



前言

PREFACE

英汉翻译是一个极其复杂的思维活动过程，它不但需要译者具有一定的英语基础知识，还需要译者能够在英汉两种语言之间自由地转化。全国硕士研究生入学统一考试中的翻译，则需要考生在有限的时间内，把相当复杂的英语句子翻译成准确而通顺的汉语。这常常使一个根本没有接受过任何翻译训练的非英语专业的考生感到无从下手，但激烈的入学考试所带来的竞争，让广大的考生无处可逃。

我编写这本考研翻译书的目的只有一个：帮助考生进行最为有效的系统学习和训练，攻克翻译难关，从而顺利地通过考试，获得高分。已经具有一定英语基础知识的考生可以借此在比较短的时间内提高自己的翻译水平，磨砺自己的英语能力；而那些感觉自己英语基础知识捉襟见肘的考生，则能够在翻译训练中巩固自己的英语基本功，提升自己的英语能力。下面分别从这本书的编写特色和编写体例方面加以说明。

一、编写特色

这本书是翻译教学的产物。在多年的英语专业和非英语专业学生的翻译教学课堂上，在新东方的翻译教学课堂上，我曾经无数次地把考研翻译的文章和句子进行剖析、讲解、归纳、整理，并不断调整，使之系统化、合理化、简单化。同时，很多新东方学生反馈的珍贵的第一手资料，让我能把翻译课上得更加精彩，从而进一步完善我提出的翻译解题策略。具体说来，这本书有如下特色：

1. 具有独创性地提出了拆分与组合的翻译方法

我从分析翻译过程着手，把英语和汉语的整个转化过程简单到两个步骤——拆分和组合。因为，考研翻译的句子都是长难句，理解长难句就很困难，要翻译长难句则是难上加难。但是，由于英语的语言本身具有非常严密的语法结构和逻辑结构，所以，我们可以通过寻找语法连接点来把考研翻译的句子拆分成简短的翻译单位，达到化繁为简的目的。如果再利用汉语习惯把理解后的这些翻译单位组合起来，那就顺利地实现了整个翻译过程。这种相对而言比较简单实用的翻译方法，无疑提高了翻译的可操作性，让广大考生能迅速掌握考研翻译的方法。

2. 句子拆分的结果重合考研翻译的考点

由于考研翻译的评分所需，考研翻译的句子常常要在评分标准下被拆分成几个部分，以便使主观的试题得以客观地评分。而评分标准中拆分考研句子的方法，也几乎和我所提出的拆分点重合。正因为如此，拆分与组合的翻译方法也给广大考生提供了一个解决考研翻译的突破口。





3. 重视翻译系统理论和实践水平的提高

诚然,任何英语知识和技巧都不能在一夜之间掌握,翻译更是如此。所以,本书从基本的什么是翻译着手,讲到怎么做翻译;从词法翻译讲到句法翻译,并辅以大量的翻译练习——从1990年到2007年共18年的考研翻译真题共90个句子,50个难句翻译练习和10篇翻译模拟题(所有的篇章都附有全文翻译)。这样,可以让广大考生掌握系统的翻译知识,同时又能在高质量的翻译练习中获得自信,从容地走进考场。

二、编写体例

全书共分8章。第一章主要讲解考研翻译的基础知识,从考研翻译大纲和试卷分析开始,让考生明白什么是翻译,什么是考研翻译,并弄清翻译的标准和翻译的方法。本章还对拆分与组合翻译法有一个比较完善的归纳,让考生一开始就明白,可以怎样进行翻译练习,并让考生可以在后面的练习中把这种最简单的解题步骤用得更加灵活,从而在考试时达到“出神入化”的翻译水平。

第二章和第三章主要讲解基本的翻译技巧,包括词法翻译法和句法翻译法。考生一直感到害怕的“单词不够用,所以做不好翻译”的问题,可以从词义选择和引申等翻译技巧中找到解决的办法。同时,所有翻译技巧都用最经典的翻译例句来支撑,并且,所有的例句翻译都尽量做到简单明了,易于接受。

第四章对1990年到2006年所有的考研翻译真题进行了逐一讲解。这是本书的核心部分。这一部分对所有的句子逐一剖析,包括句子拆分、词汇讲解以及如何用汉语习惯和翻译技巧组合成准确通顺的汉语译文。建议考生在看讲解之前,自己先动手翻译一遍,这样,可以迅速地巩固前面所学到的翻译技巧,掌握翻译方法,提高自己的英语水平。

第五章和第六章是选编的翻译练习题。第五章中只有单句翻译练习,总共有50个难句。主要是巩固考生的翻译能力,并针对考研翻译常考的名词性从句、定语从句、状语从句和被动语态等句法翻译进行练习。第六章中有10篇与真正的考试难度相当的模拟题,以利于广大考生进行冲刺练习。

所有练习题的参考译文和1990~2007年共18年翻译试题的全文译文都可以在第七章中找到。

第八章中列出了近4年的考研翻译评分细则,让考生在真正动手翻译的时候有所比较,知道自己的译文中哪些词用的是正确的,哪些词用得是错误的。

我竭尽全力,苦熬近一年的时间,才把所有的材料选编、翻译出来,把自己在课堂上所讲解的内容整理出来,写成此书。我深知这本书中还有不少地方是有待完善的,水平有限,但是用心良苦。书中如有疏漏甚至错讹之处,都是我个人水平所限,我对此深表歉意,请广大考生和英语专家指正。

最后,我要感谢北京新东方学校国内考试部主任周雷老师在本书的编写过程中和教学中给我的极大帮助,感恩在心,深深致谢;还要感谢北京新东方学校多语种部门主任范猛老师在教学上给我的帮助,以及新东方大愚文化传播有限公司在本书的编辑和出版过程中给予的大力协助。

最深的感谢要送给我在新东方的所有学生,是你们给了我写作的灵感和源泉;也是你们在课堂和课后的反馈给了我珍贵的第一手资料。祝你们能够顺利通过所有的考试,迈向更加辉煌的人生!

唐 静



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第一部分

初 级 篇



Unit 1 Medical Science and Health(I)

医学与健康(一)

Text

Something about the Treatment of Diabetes

One recent study that was published in the January 2004 issue of *the Journal of the American Medical Association*, found that just 12 percent of people with diabetes have met the doctors' recommended guidelines for blood **glucose**, **lipids** and blood pressure levels. Those people, failing to meet these goals, are at an extremely high risk for heart disease, which is the leading cause of death for people with diabetes.

According to data released at the American Diabetes Association's (ADA's) 64th Annual Scientific Sessions in June, most diabetes specialists worldwide do not regard diabetes as a “**coronary equivalent**”. That is, they don't treat problems such as high **cholesterol** as aggressively in people who have diabetes as they do in people who have heart disease, even though people who have diabetes are as much at risk for a coronary event as someone without diabetes who has already had a heart attack.

Other studies show that doctors fail to treat high blood pressure aggressively enough in people who have diabetes, and that nearly half of all people with diabetes who are treated for high blood pressure cannot succeed in keeping their blood pressure levels “at goal”. More than 70 percent of all people with diabetes have high blood pressure, though many of them do not even know it.

What makes this more complex is the reality that many other obstacles hold people from keeping their own blood pressure, lipids and blood glucose levels in check. These problems might include the patient's failure to stick to a treatment plan, a lack of social support and the fact that many people who have diabetes face various disease conditions that can become overwhelming.

Because diabetes is such a complex disease, it is often difficult for people to see how to take a few simple steps to vastly improve their health. That's why the American Diabetes Association has developed a new tool, known as Diabetes Personal Health Decisions (Diabetes PHD), which can immediately show people the specific benefits they would achieve by losing a specific number of pounds, or by lowering blood glucose, cholesterol or blood pressure levels by varying amounts.

This tool allows people who have diabetes—and even those who are at risk for developing it—to enter personal health information such as age, sex, height, race, weight, family history, medications and a variety of blood values onto a Web site. The program then gives back an accurate **risk profile** that spells out what that person can do to lower his or her risks by changing specific health parameters such as weight, blood pressure or cholesterol. People will have free access to the Diabetes PHD on the ADA's Web site later this year.

But retrieving a report from Diabetes PHD is only the first step. The information provided can help emphasize the benefits of different health and lifestyle changes, but it is up to health care providers and the people they treat to follow through on Diabetes PHD data with action.

Diabetes is a serious and life-threatening disease, but it is one that we know how to treat, how to delay or prevent it. And that's a goal worth working towards in the future.

Reading Comprehension

1. According to one recent study published in *the Journal of the American Medical Association*, what is the percentage of those people with diabetes who have not met recommended guidelines for blood glucose, lipids and





blood pressure levels?

- A. 70% B. 30% C. 12% D. 88%
2. According to the passage, doctors have not been active enough in treating ____ of the patients with diabetes.
A. their heart disease B. their high cholesterol
C. their high blood pressure D. both B and C
3. In real life, many people can not succeed in keeping their own blood pressure, lipids and blood glucose at healthy levels as a result of many obstacles except _____.
A. the patients can not stick to a treatment plan
B. there is a lack of family support
C. the patients have to face many other disease conditions
D. the society does not give enough support
4. By developing Diabetes PHD, the American Diabetes Association aims at _____.
A. helping the people with diabetes in analyzing their physical conditions
B. offering people some accurate health parameters
C. helping emphasize the importance and benefits of different health and lifestyle changes
D. directing doctors in their treatment of the diabetes
5. The author's attitude towards the present treatment of diabetes is _____.
A. critical B. objective C. positive D. optimistic

答案与题解

1. D 文章的第一段说仅仅有12%的糖尿病患者的血糖、血脂和血压的指标达到了医生建议的标准,换算一下,没达到标准的应该是88%。
2. D 文章的二、三段对此词进行了详细的交代,第二段指出,医生们没有像对待心脏病患者那样积极治疗糖尿病患者的胆固醇;第三段第一句话就指出了医生没有对糖尿病患者的血压进行积极的治疗。
3. B 文章第四段说到妨碍人们控制血压、血脂和血糖的一些障碍,包括不能按照方案坚持治疗、缺乏社会的支持、要面对合并多种疾病的事实,但没有提到家庭支持。
4. C 从文章的第五段到第七段一直在说开发“糖尿病PHD”的目的,选项A和B讲的是这一工具的功能,D不符合文意,只有C是说的研发糖尿病的目的。在文中这一目的在五、六、七段均提到了。
5. B 文章的第二和第三段指出了糖尿病治疗过程中的一些不足,如对胆固醇和高血压没有给予积极的治疗,但在文章的最后一段也肯定了目前医学在治疗糖尿病方面作出的贡献,如总结了一些治疗方法,知道如何预防和延缓它,所以说作者的态度是客观的。

Words

- | | |
|-------------------------|--------------------|
| 1. glucose 葡萄糖 | 2. lipid 脂质, 油脂 |
| 3. coronary 冠心病的, 冠状动脉的 | 4. cholesterol 胆固醇 |
| 5. risk profile 风险预测 | |

Notes

1. 第三段的“keeping their blood pressure levels ‘at goal’”是指“将他们的血压控制在合格标准之内”。
2. 第四段的“What makes this more complex is the reality that many other obstacles hold people from keeping their own blood pressure, lipids and blood glucose levels in check.”这句话包含了两个从句,一个是由what引导的主语从句,另外一个是由that引导的同位语从句,先行词是reality。
3. 第四段的“...who have diabetes face various disease conditions that can become overwhelming.”中的“that can become overwhelming”是个定语从句,先行词是disease conditions,而其中又包含了一个以conditions为先行词,由that引导的定语从句。
4. 第六段的spell out意思是“清楚地说明”。





5. 第七段的“..., but it is up to health care providers and the people they treat to follow through on Diabetes PHD data with action.”中的up to表示“由……决定, 取决于……”。“they treat to follow through on Diabetes PHD data with action”是个定语从句, 先行词是people, 省去了引导词that。

参考译文

糖尿病治疗二三事

2004年1月份《美国医学会杂志》刊登了一项最近的研究报告。报告发现, 仅仅12%的糖尿病患者的血糖、血脂和血压的指标达到了医生建议的标准。没有达到这些指标的人患心脏病的风险极高, 而心脏病也是糖尿病患者的首要死因。

在6月份召开的第64届科学年会上, 美国糖尿病协会(ADA)发表的数据表明: 全世界大部分糖尿病专科医生都没有把糖尿病看作“冠心病等危症”。也就是说, 虽然糖尿病患者发生冠脉事件的风险与已有过一次心脏病发作的非糖尿病患者相当, 但是, 专科医生们未能像对待心脏病患者那样, 对糖尿病患者的高胆固醇等情况予以积极治疗。

另外的一些研究表明, 医生们对糖尿病患者的血压没有给予足够积极的治疗, 而接受高血压治疗的全部糖尿病患者几近一半未能将他们的血压保持在“合格标准之内”。在全部糖尿病患者中, 患有合并高血压的超过70%, 尽管他们中的许多人甚至并不知情。

使这种情况复杂化的是, 现实中还存在许多妨碍人们控制血压、血脂和血糖水平的障碍。这些问题可能包括病人不能坚持按照方案治疗、缺乏社会支持、甚至许多糖尿病患者还要面对难以控制的多种合并疾病的纠缠。

糖尿病是如此复杂的一种病, 人们常常无法得知如何通过几个简单步骤来显著改善健康状况。这就是ADA开发一个新的“工具”——称为“糖尿病个人健康判定程序”(简称糖尿病PHD)——的原因。该程序会立即告知患者通过减少特定磅数的体重或降低不同数量的血糖、胆固醇或血压, 他们就可能获得切实的益处。

有了这个“工具”, 糖尿病患者——以及那些有患上糖尿病危险的人——可以把年龄、性别、身高、民族、体重、家族史、药物治疗情况和血液的各种化验值等个人健康信息输入到一个网站上。接着该程序就会反馈一个精确的风险预测, 清楚明了地告诉人们如何通过改变体重、血压或胆固醇等特定的健康参数来降低他/她患糖尿病的风险。2004年晚些时候, 人们就可以在ADA网站上免费使用“糖尿病PHD”了。

不过, 从“糖尿病PHD”检索一份报告还只是第一步。报告提供的信息突出了健康状况和生活方式的变化所带来的诸多好处, 但是, 一切还得取决于保健医生们和他们治疗的病人按照“糖尿病PHD”提供的数据采取了怎样的行动。

虽然糖尿病是一种严重的和威胁生命的疾病, 但我们已经知道如何去治疗它。我们甚至知道如何延缓或预防它。而那也正是一个值得我们为之工作的目标。

练习

I. Cloze

A single night of taking the drug Ecstasy can cause serious brain damage and hasten the 1 of Parkinson's disease, scientists say. Just two to three Ecstasy tablets—a quantity that thousands of clubbers take during raves—can permanently 2 brain cells that affect movement and 3, according to American research that 4 the drug to Parkinson's for the first time.

A study by a team at Johns Hopkins University in Baltimore, Maryland, 5 monkeys and baboons found that both species of primate 6 irreversible damage to key cells 7 dopamine neurons, which are lost in Parkinson's, after receiving three low doses of Ecstasy at three-hour 8.

The study is particularly significant because baboons are one of the best animal models for the human 9. George Ricaurte, who led the research, said that widespread 10 of the drug may already be 11 victims of such





neurological damage. “The most troubling 12 is that young adults using Ecstasy may be 13 their risk for developing Parkinsonism as they get older.”

Alan Leshner, a former director of the US National Institute on Drug Abuse, said: “This study emphasizes the multi-faceted damage that Ecstasy can do 14 users. We’ve long known that repeated use damages serotonin brain cells. This study shows that even very 15 use can have long-lasting effects 16 many different brain systems. It sends an important message to young people: don’t 17 with your own brain.”

Janet Betts, the Essex mother whose daughter Leah died after a single Ecstasy tablet in 1995, said: “This comes as no 18. People can’t see the effects at first, and they’re in permanent denial, saying it’s not going to happen to them. But we’ll see the 19 later, just as we have 20 smoking.”

- | | | | |
|-------------------|------------------|-----------------|-----------------|
| 1. A. outset | B. onset | C. outcome | D. opening |
| 2. A. destroy | B. demolish | C. ruin | D. wreck |
| 3. A. intuition | B. understanding | C. reasoning | D. judgment |
| 4. A. connect | B. links | C. combine | D. unite |
| 5. A. involving | B. taken | C. involved | D. engrossing |
| 6. A. made | B. did | C. suffered | D. escaped |
| 7. A. marked | B. titled | C. naming | D. called |
| 8. A. time | B. process | C. intermission | D. intervals |
| 9. A. body | B. heart | C. brain | D. head |
| 10. A. disuse | B. ill-use | C. misuse | D. abuse |
| 11. A. requiring | B. claiming | C. doing | D. enduring |
| 12. A. suggestion | B. implication | C. insinuation | D. intimation |
| 13. A. enlarging | B. extending | C. increasing | D. expanding |
| 14. A. to | B. with | C. as | D. for |
| 15. A. irregular | B. sparse | C. occasional | D. insufficient |
| 16. A. to | B. on | C. with | D. in |
| 17. A. do | B. make | C. use | D. experiment |
| 18. A. amazement | B. astoundment | C. astonishment | D. surprise |
| 19. A. symptoms | B. signs | C. tokens | D. marks |
| 20. A. to | B. with | C. as | D. in |

II. Reading Passages

Part A 阅读理解

Passage One

LONDON—Among people who have had blood clots, men are twice as likely as women to have them again after finishing treatment, according to an analysis of several studies.

“Gender may need to be considered when deciding how long patients should be treated with blood thinners,” said Dr. Simon McRae, principal author of a paper published Friday in the medical journal *Lancet*.

McRae is a doctor with the department of hematology and oncology at Queen Elizabeth hospital in Woodville, Australia. He and his colleagues analyzed 15 studies in a review that considered approximately 5,400 people who had discontinued medication three to six months after having a blood clot.

Blood clots, or thrombosis, are thought to affect 1 in every 1,000 people. The clots develop in veins of the legs, which then get dislodged and can travel to the heart or lungs, potentially causing cardiac or pulmonary failure.

The condition has also been called “economy class syndrome,” since remaining immobile for long stretches of time, for example during long-haul flights, is a known risk factor.

There is no discernible difference in the risk of a first blood clot between men and women. When it comes to





recurrent thrombosis, however, McRae concludes that men appear to be statistically at higher risk.

McRae said that the discrepancy is significant enough that physicians should take gender into account when treating patients.

“The real potential of this study is that it will help doctors determine how long certain patients should remain on blood thinners,” he said.

Researchers are still trying to determine why men are more susceptible to recurrent blood clots than women. They believe physiological, genetic or hormonal variations might play a role.

“We know that diseases manifest in different ways between men and women,” said Dr. Sidney Smith, director of the center for cardiovascular science at the University of North Carolina. “The next step is to design a prospective study so that we can see if these observed differences are actually real.”

In an accompanying commentary in the *Lancet*, scientists in Italy conclude that “it is still too early to rely on patients’ sex when determining the length of treatment on blood-thinners.”

“There is a lot of data available that could be examined in more detail,” said Dr. Sania Nishtar, founder of Heart file, a health-policy think tank in Pakistan, and frequent adviser to the World Health Organization. “The Lancet study may not have found any definitive answers, but what it has done is to flag important research questions,” said Nishtar.

- The spread of the blood clots has been called “economy class syndrome” due to the consideration of its _____.
A. cause B. cost C. time D. result
- The “cardiac” failure means the failure of _____.
A. lungs B. heart C. legs D. Blood
- In the researchers’ view, which of the following can not explain why men are more likely to be affected with recurrent blood clots than women?
A. They have different characteristics in the functioning of their organisms.
B. They are affected by different genes.
C. They are different in their life styles.
D. They have different levels of hormone.
- Which one of the following is not true according to the passage?
A. Physicians should take gender into account when treating patients.
B. The blood clots usually occur firstly in veins of the legs.
C. Men and women have different risk in the infection of a first blood clot.
D. The doctors still can not rely on patients’ sex to determine how long certain patients should remain on blood thinners.
- Which is Dr. Sania Nishtar’s comment on the Lancet study?
A. The study has found out all the answers for the difference in the risk of blood clot between men and women.
B. The study has helped doctors determine how long certain patients should remain on blood thinners.
C. The study is meaningless since it had not found out any definitive answers.
D. The study has found out no definitive answers, but it is still quite valuable of the future research.

长难句翻译与注解

- Gender may need to be considered when deciding how long patients should be treated with blood thinners.
在决定病人应当使用多久的血液稀释剂时，可能需要考虑一下病人的性别。
这句话中一直没出现真正的施动者，在翻译的时候可以选择加或不加；如果不添加，必须将状语提前。
- He and his colleagues analyzed 15 studies in a review that considered approximately 5,400 people who had discontinued medication three to six months after having a blood clot.
在回顾检查中，他和他的同事们分析了十五项研究，这些研究细心观察了大约5,400名血栓患者，这些患者在患病三到六个月后放弃了药物治疗。
这句话有点复杂，句中that引导的是定语从句，先行词是review；该词后面的who引导的也是一个定语从句，





先行词是people, 在翻译时为了避免定语过长, 要进行适当的拆分。

3. Blood clots, or thrombosis, are thought to affect 1 in every 1,000 people.

每1,000人中会有一人患上血液堵塞, 又称为血栓症。

原文中用了被动语态, 然而在中文中很不习惯用被动句来表达, 因此, 要进行主谓调整, 在主语改变后, 有时谓语也要作出一些相应的调整。在这句话中, 由于主语变成了人, 因此谓语只能说“患上”。

4. The next step is to design a prospective study so that we can see if these observed differences are actually real.

下一步需要设计一项前瞻性调查, 这样我们就能知道是否真的存在这些观测到的差异。

so that引导的是一个结果状语从句, 在这个从句中又包含了一个if引导的宾语从句, 作see的宾语, 这里的if不是指“如果”, 而是表示“是否”。

5. In an accompanying commentary in the Lancet, scientists in Italy conclude that “it is still too early to rely on patients’ sex when determining the length of treatment on blood-thinners.”

在兰瑟特医学杂志发表的附随评论中, 意大利的科学家认为“依靠病人的性别来决定使用血液稀释剂的时间长短还为时过早。”

这句话中的accompanying是个形容词, 表示“陪伴的, 附随的”; that引导的是一个宾语从句, 作conclude的宾语; 此句中的when引导的也是一个伴随状语, 用法同while。

Passage Two

Many Americans often reach for a sugary, caffeinated soda to quench their thirst. But aside from the increased risk of obesity and diabetes, regular consumption of cola might lead to lower bone mineral density in older women and increase their risk of osteoporosis, according to a new study published in *the American Journal of Clinical Nutrition*.

Katherine Tucker, director of Tuft University’s Epidemiology and Dietary Assessment Program, led her colleagues in a study that analyzed dietary questionnaires submitted by 1,125 men and 1,413 women between the ages of 29 and 86. Overall, participants were largely former smokers and moderate drinkers who were slightly overweight and, on average, men drank cola five times a week while women drank it four times a week. Density measurements show cola consumption significantly reduced bone mass in the hip regardless of the woman’s age, menopausal status, intake of calcium and vitamin D and her history of smoking and alcohol consumption. Diet cola had a similar affect on women’s bone density. By contrast, the bone density of male was not similarly affected.

What it means: A so-called silent disease, osteoporosis is progressive and often misunderstood as a natural consequence of aging. Four times as many women will develop osteoporosis than men and currently 10 million Americans suffer from it. But osteoporosis is preventable and the nearly 34 million Americans who have the potential to develop the disease can take steps to prevent it. Caffeine has been considered a risk factor for osteoporosis and phosphoric acid, found in cola, has been shown to reduce calcium absorption. Additionally, high fructose corn syrup might also weaken bone. It is important to note that at least one previous study showed a link between cola consumption and increases in the amount of calcium measured in urine.

This study shows that women are more sensitive to the effects of cola than men, but the mechanism is still unclear. Researchers ruled out the possibility that cola replaces healthier beverages, such as milk, in the diet that might lead to lower bone density. And to the point of gender, they suggest that more physical activity, a diet higher in calcium and different hormone levels might help protect males from the downside of drinking cola. Until further research is done, however, women (and men) can keep their bones strong with regular weight-bearing exercise and high intake of calcium and vitamin D.

- What is true about the participants took part in the dietary questionnaires carried out by Katherine Tucker and her colleagues?
 - They were all former smokers.
 - They are fat heavy drinkers.
 - They suffered similarly from the drinking of cola.
 - They were all regular cola drinkers.
- Generally speaking, why women will suffer more from the downside of drinking cola than men?
 - Because women have less physical activity.
 - Because women will decline more quickly than men when getting older.





- C. Because women's diet is usually lower in calcium
D. Both A and C
3. A silent disease (in the first sentence of paragraph three) means _____.
A. a disease that makes you dumb B. a disease that can not defend itself
C. a disease that comes to us as time flows D. a disease that should not be mentioned
4. Which one of the following is FALSE according to the passage?
A. Diet cola reduces women's bone density as much as common cola.
B. It is commonly accepted that people will suffer from osteoporosis more possibly when they are getting older.
C. The researchers believe that sometimes cola can replace milk while not lead to lower bone density.
D. Women can resort to exercises to keep their bone strong.
5. According to the passage, which opinion is true?
A. Regular consumption of cola might lead to lower bone mineral density in younger women.
B. It is already clear why women are more sensitive to the effects of cola than men.
C. Cola consumption can reduce same bone mass in the hip of any woman.
D. Men's intake of calcium would not be reduced by Cola consumption.

长难句翻译与注解

1. But aside from the increased risk of obesity and diabetes, regular consumption of cola might lead to lower bone mineral density in older women and increase their risk of osteoporosis, according to a new study published in the American Journal of Clinical Nutrition.
美国临床营养学杂志发表的一项最新研究显示,经常饮用可乐类饮料除了会增加患肥胖症和糖尿病的危险,还可能会降低年长女性骨质中的矿物质密度,并增加其患骨质疏松症的危险。
这是一个简单句,谓语部分由两个并列动词构成,分别是might lead to和increase;在翻译这一句话时,要将状语提前,这样才符合中文的行文习惯;aside from表示“除……以外”。
2. Overall, participants were largely former smokers and moderate drinkers who were slightly overweight and, on average, men drank cola five times a week while women drank it four times a week.
大体来看,参加者主要是略微超重的曾经吸烟者和适度饮酒者,而且平均而言,其中男性每周饮用可乐类饮料五次,女性每周四次。
这句话是个并列句。其中,who引导的是一个定语从句,先行词是drinkers。连词while连接了两个并列分句,表示两者情况的对比。
3. A so-called silent disease, osteoporosis is progressive and often misunderstood as a natural consequence of aging.
所谓的无声的病,骨质疏松症,是日益严重的,常常被错误地理解成是衰老的一个自然结果。
在这句话中,a so-called silent disease和osteoporosis是同位关系,可以相互补充说明;尽管这句话的谓语部分非常长,但仍然是个简单句。
4. It is important to note that at least one previous study showed a link between cola consumption and increases in the amount of calcium measured in urine.
重要的是,我们注意到以前至少有一项研究表明可乐类饮料的饮用和尿液中含钙量的增加是有联系的。
这句话有点复杂,首先it是个形式主语,真正的主语是“to note that...”,而在这个真正的主语中,that引导的是个宾语从句,作note的宾语。因为真正的主语过长,为了避免头重脚轻,作者选用形式主语。
5. And to the point of gender, they suggest that more physical activity, a diet higher in calcium and different hormone levels might help protect males from the downside of drinking cola.
就性别而言,他们(研究者)表示,更多的体力活动、饮食中含有更高的钙、不同的荷尔蒙含量使男性可以免受可乐类饮料的负面影响。
这句话中,to the point of常用来表示“达到……的程度”,此处意为“就……而言”;that引导的是一个宾语从句,作suggest的宾语。此句的suggest,意为“表明,说明”,因此从句不使用虚拟语气。





Part B 观点与例证

Directions: You are going to read a text about the advantages of drinking water, followed by a list of choices. Choose the most suitable one from the list A~F for each numbered subheading (1~5). There is one extra choice which you do not need to use.

Water is a fundamental part of our lives. It is easy to forget how completely we depend on it. Human survival is dependent on water—water has been ranked by experts as second only to oxygen as essential for life. The average adult body is 55 to 75% water. 2/3 of your body weight is water (40 to 50 quarts). A human embryo is more than 80% water. A newborn baby is 74% water. Everyday your body must replace $2\frac{1}{2}$ quarts of water. The Water you drink literally becomes you! Since such a large percentage of our bodies is water, water must obviously figure heavily in how our bodies function. We need lots of fresh water to stay healthy. Aside from aiding in digestion and absorption of food, water regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins and other wastes. This “body water” also cushions joints and protects tissues and organs, including the spinal cord, from shock and damage. Conversely, lack of water (dehydration) can be the cause of many ailments. In his book, *Your Body's Many Cries for Water*, Dr. Fereydoon Batmanghelidj noted that chronic dehydration may cause certain problems for the body, including hypertension, asthma, allergies, and migraine headaches.

Every process in our body occurs in a water medium. We can exist without food for 2 months or more, but we can only survive for a few days without water.

(1) Water is better than other beverages.

There is a difference between drinking pure water & beverages that contain water. Fruit juice, soft drinks, coffee, etc., may contain substances that are not healthy, and actually contradict some of the positive effects of the added water. Other Beverages also contain dehydrating agents. They may actually reduce the water reserves in the body! Drinking other beverages to the exclusion of water also causes you to lose your taste for water. This is particularly true with children as they become dependent on Sodas & juices.

(2) Water can improve people's Metabolic rate.

Water is the solvent of the body & it regulates all functions, including the activity of everything it dissolves & circulates.

(3) Water can help people in weight loss.

Water plays a major part in weight loss. Since water contains no calories, it can serve as an appetite suppressant, and helps the body metabolize stored fat, it may possibly be one of the most significant factors in losing weight. Dehydration leads to excess body fat, poor muscle tone & size, decreased digestive efficiency & organ function, increased toxicity, joint & muscle soreness, & water retention. Water works to keep muscles and skin toned.

(4) Water can benefit people's Digestive System.

Constipation(便秘) is a frequent symptom of dehydration. Increased water, along with increased fiber, will usually totally eliminate a problem.

(5) Water lubricates our joints

The cartilage(软骨) tissues found at the ends of long bones & between the vertebrae(椎骨) of the spine hold a lot of water, which serves as a lubricant during the movement of the joint. Rheumatoid(患风湿症的) joint pain frequently decreases with increased water intake & flexing exercises to bring more circulation to the joints.

A. The digestion of solid foods depends on the presence of copious amounts of water. Acids & enzymes in the stomach break the food down into a homogenized fluid state which can pass into the intestine for the next phase of digestion. An “acid stomach” will respond to hydration. Gastritis(胃炎), duodenitis(十二指肠炎), pain from ulcers(溃疡)(as long as the ulcer is not perforated), & heartburn all decrease with increased water intake. Water eliminates toxins & waste from the body.

B. An active, athletic person needs 2/3 ounce per pound which is 13-14.8 ounce glasses a day if you're 160 pounds. The more you exercise the more water you need. Spread out your water intake throughout the day. Do not drink





more than 4 glasses within any given hour.

- C. Water is the medium for various enzymatic & chemical reactions in the body. It moves nutrients, hormones, antibodies, & oxygen through the blood stream & lymphatic system. The proteins & enzymes of the body function more efficiently in solutions of lower viscosity.
- D. Caffeinated beverages stimulate the adrenal glands (肾上腺) and act as diuretics, robbing your body of necessary water. Soft drinks contain phosphorus which can lead to depletion of bone calcium. Soda contains sodium. Fruit juices contain a lot of sugar & stimulate the pancreas. These drinks may tax the body more than they cleanse it. A 12 ounce can of regular soda contains the equivalent of 9 teaspoons of sugar and loads of empty calories.
- E. In the article "Water Bearers", (Shape magazine) Elizabeth Austin notes that "water is the single most important nutrient you take in every day. It's fat-free, cholesterol-free, low in sodium, and completely without calories." Also, drinking more water helps to reduce water retention by stimulating your kidneys. Studies have recommended that if you are overweight according to average height and weight comparison charts, you should add one glass of water to your daily requirement (of eight glasses) for every 25 pounds over your recommended weight.
- F. When the cartilage is hydrated, the two opposing surfaces glide freely, & friction damage is minimal. If the cartilage is dehydrated, the rate of "abrasive" damage is increased, resulting in joint deterioration & increased pain. The actively growing blood cells in the bone marrow take priority over the cartilage for the available water that goes through the bone structure.

III. Translation

LOS ANGELES, Jan. 8—Gov. Arnold Schwarzenegger on Monday proposed extending health care coverage to all of California's 36 million residents as part of a sweeping package of changes to the state's huge, troubled health care system.

A total of 6.5 million people, one-fifth of the state's population, do not have health insurance, far more than in any other state. At least one million of the uninsured are illegal immigrants, state officials say. (1) Under Mr. Schwarzenegger's plan, which requires the approval of the Legislature, California would become the fourth and by far the largest state to attempt near universal health coverage for its citizens. The other three states are Maine, Massachusetts and Vermont.

The governor outlined his proposal to an audience of health care experts and reporters via satellite from Los Angeles. (2) He made it clear that a variety of mechanisms would be used to provide all Californians with insurance and that the responsibility of providing it would fall on the government, employers, health care providers and the uninsured themselves.

(3) The plan, which Mr. Schwarzenegger estimated would cost \$12 billion, calls for many employers that do not offer health insurance to contribute to a fund that would help pay for coverage of the working uninsured. It would also require doctors to pay 2 percent and hospitals 4 percent of their revenues to help cover higher reimbursements for those who treat patients enrolled in Medi-Cal, the state's Medicaid program.

Mr. Schwarzenegger's plan includes elements that quickly provoked opposition from many powerful interests, including doctors and the governor's Republican colleagues in the Legislature. But the speaker of the State Assembly said in a statement, "I'm glad the governor is on board with coverage for all kids."

(4) Over the last two years, state legislatures have grown increasingly concerned with how to provide health insurance to citizens as the number of employers offering coverage has fallen and the number of workers entering fields where health insurance is not an option has grown. Because of its great size, California is likely to set the stage for a national conversation about health care this year.

"This is a very significant proposal," said Karen Davis, president of the Commonwealth Fund, a nonprofit foundation. "It is not just children he is talking about. It is really dealing with the whole problem of the uninsured, with





concrete positions to raise revenues to pay for that coverage, and the philosophy of shared responsibility. I think this shows health care is going to be a major issue in the 2008 presidential election.”

In many ways, Mr. Schwarzenegger's proposal mirrors the plan in Massachusetts, the most comprehensive of its sort, which is projected to cover about 515,000 of the state's 550,000 uninsured. The law enacted there transformed a \$1 billion pool that had long paid for health care for uninsured patients into a mechanism to help subsidize insurance for those who could not afford it.

Under Mr. Schwarzenegger's proposal, Medi-Cal would be extended to adults who earn as much as 100 percent above the federal poverty line and to children, regardless of their immigration status, living in homes where the family income is as much as 300 percent above that line, about \$60,000 a year for a family of four. Medi-Cal is currently limited to adults with children, and children with documented residency are covered if their family's income is up to 250 percent above of the poverty line.

Adult illegal immigrants would continue to be barred from Medicaid benefits but would still be entitled to health services from their counties and the state's hospital system.

Employers would have new responsibilities as well. (5) Businesses with 10 or more workers that choose not to offer coverage would be required to pay 4 percent of their total Social Security wages to a state fund that would be created to subsidize the purchase of coverage by the working uninsured. The cost of such coverage would be measured on a sliding scale depending on what an employee earned, and employees would be able to pay for it using pretax dollars.

IV. Writing

Part A

Directions: *Nowadays some people still smoke on buses. This does great harm to the children who are riding in a bus with those smokers. Write a notice in the name of the Public Health Department, which should includes:*

- 1) the harm that smoking do to children's health;
- 2) the reason why children are more sensitive to second-hand smoke;
- 3) some appeals.

You should write about 100 words.

Part B

Directions:

- 1) Write an essay in about 200 words on the topic “The Importance of Health”.
- 2) Your essay should be developed according to the following outline.
- 3) Your essay should be written clearly.

Outline:

- 1) A brief definition of health;
- 2) The importance of good health;
- 3) The best measure you think to keep healthy.

Useful Expressions

- | | |
|---|--|
| 1. well-being 幸福; 舒适; 安宁 | 2. free from pain 不受疼痛困扰 |
| 3. lack of capabilities 能力缺乏 | 4. malfunction 功能障碍 |
| 5. be of prime importance 最为重要 | 6. emotional ailments 情感上的不宁 |
| 7. live a long, productive and enjoyable life 长寿、充实、愉悦的生活 | 9. committing yourself to exercising 让自己运动起来 |
| 8. keep fit 保持健康 | |
| 10. discharging many feelings and incommunities 卸载许多情绪和不适 | |
| 11. better human relationships 改善人际关系 | |





练习答案与题解

I. Cloze

1. B outset和opening表示“开端, 起始”; onset一般表示“(坏事)的开始, 动手”; outcome指“结果, 成果”; 文中此处讲的是帕金森氏症的开始, 所以用onset最合适。
2. A destroy 强调“以具有摧毁或杀伤性的力量把某物彻底毁掉”; demolish 尤其适用“摧毁像建筑物之类的庞大物体”, 词义引申后可以表示“推翻已经确立的理论”等; wreck 尤其适用于表示“碰毁, 撞坏”, 词义引申之后, wreck 通常表示抽象含义的“彻底毁掉”, 这时可与ruin换用; ruin 亦指“彻底毁掉”, 但不含有“以某种摧毁性的力量进行破坏”之意, 而含有“在一定的过程中逐渐毁掉”的意思。文中此处说的是摇头丸对脑细胞的杀伤情况, 所以应选择destroy。
3. C intuition是对诸如真理或事实的洞察力或理解力, 而不牵扯理性的过程; understanding是某人理解认知的能力, 常带有从运用中获得的理解力之意; reason是指通过理性且逻辑地思考并作出推理的能力; judgment是对形势或环境作出估计并得出正确结论的能力。此处说摇头丸除了会影响动作, 还会影响人们的理性思维能力, 所以选reason。
4. B 此题根据后面的介词to应选择link, 其他三个词均需和介词with搭配。
5. A 文中此处说的这项研究中选用的是猴子和狒狒, 而且因为主语是study, 所以应该用现在分词表示主动含义, 综合考虑只能选用involving。
6. C 此处是说这两种灵长类动物遭受了严重的伤害, 因此选suffer。
7. D 此处是说这种主要的细胞被称为多巴胺神经细胞, 由于是被动含义, 因此只能在过去分词中选择。mark表示“作标记”, title表示“给予称号、头衔”, 放在此处均不合适, 所以选called。
8. D 由于前面的介词at是因此排除选A和B的可能, intermission是表示“暂停, 停顿”, 不符合文义; interval表示“时间间隔”, 同时可以和at搭配, 所以选择该词。
9. C 前文一直在讲吸食摇头丸可能会对大脑造成的损伤, 所以我们可以初步判断此处可能该选用brain一词, 而根据常识, 我们还知道狒狒和人类在脑结构方面最相似, 因此选C。
10. D disuse是指“停用”; ill-use是指“虐待和凌辱”; misuse是指“误用”, 意思不符; abuse表示“滥用”。此处讲的是滥用毒品的危险, 所以选择该词。
11. B claiming表示“索取, 夺走”, 暗指采用一种貌似合理的暴力手段取走, 此处是指吸毒可能已经夺走了一些神经系统遭受重大伤害的无辜者的生命, 所以选择该词, 其他三项均不合文意。
12. B suggestion指“通过联想或思绪的联系使想到某事”; hint指的是“通常包含线索的间接的或较隐秘的暗示”; intimation指“反映出谨慎、技巧或保留的间接的、微妙的表达方式”; insinuation指“以隐蔽的、委婉的或秘密的方式暗示”, 通常是不愉快的事。而implication的意思是“提出一个没有明确表示的想法或主意”, 但可以从别的较明显的事物, 如声明中推断出来, 符合上下文。
13. C enlarge指“在大小、程度、容量或范围等方面的扩大”; extend指“加大空间、加长时间或扩大范围”; increase应用范围最广, 有时指“稳定的增长”; expand指“在大小、面积、容积、体积或范围等方面的增长”。这里是说随着年龄的增加, 吸毒的风险也在逐步升高, 所以选increase。
14. A do damage to sb.是固定搭配, 意为“损害, 破坏”。
15. C 根据上下文可以判断出此处说的是即使偶尔使用毒品也会对大脑系统产生长久的影响, 所以选C。
16. B have effects on是固定搭配, 意为“对……有影响”。
17. D 根据上下文可以判断出此处说的是不要拿大脑做实验, 所以选D。
18. D amazement表示“极度惊讶, 困惑”; astoundment暗指“由于未经历过的事情产生的震惊”; astonishment表示“难以抵御的惊讶”; surprise指的是“因其出乎意料或非同寻常而使人突然充满好奇和不相信”。文中此处讲的是这位母亲早已预见到了这种后果, 所以一点也不意外, 故选D。
19. A sign是最普通的用词; token通常指“无形事物的证据或证明”; mark可以指“可见的痕迹或印证”, 或指

