

**Advanced Reading Test Preparation**

高级英语应试阅读系列

# **Reading For CET-4**

## **四级阅读**

(第二版)

**朱篤 编著**

**清华大学出版社**

**北京**

## 内 容 简 介

本书第一版是深受读者喜爱的畅销书。为了打造精品，本书作者在第一版特色的基础上又进行了完善，使全书的实用性、预测性和指导性进一步提高。

本书的特点是：所选 80 篇文章均为未经简化的原文；既有阅读理解题又有测试题；既有答案也有问题解答和难点注释，针对性、仿真性强，因此颇受广大考生欢迎。

与本书配套使用的录音磁带请另外购买，并请认准“第二版”字样。

读者对象：准备参加英语四级 (CET-4) 和全国公共英语四级考试 (PETS-4) 的读者。

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## 再 版 前 言

《高级英语应试阅读系列——四级阅读（第二版）》问世了。该书同第一版相比有如下特色：

- 一、本书真实地反映了近几年四级考试阅读理解走向，在选材、题量和问题设计上都更接近真题。
- 二、问题的设计经过精心推敲，可以说是千锤百炼，信度和效度都有提高，在难易度和区分度上也有改进。
- 三、增加了阅读理解题型分析这一部分，对近几年的题型做了充分的解剖，使读者了解考题的特点。
- 四、改进后的问题解答和语言注释使读者可以精读每一篇文章，掌握更多的词汇和句法，在提高阅读技能的基础上提高语言水平。
- 五、每篇文章经过精心挑选，删去了部分文章，但增加了更多的文章，更符合对文章体裁的要求，可读性更强。

许多同学想知道怎样才能尽快提高英语水平并在考试中取得良好成绩。国内外有许多学者认为，除非有机会在英语国家生活，提高英语水平的最好方法就是阅读。通过阅读一方面可以获得大量的语言信息，学到很多有用的词汇和句法结构，另一方面又为语言的输出如写作和口头表达打下坚实的基础。

阅读的重要性也体现在考题本身。大学英语四级考试阅读部分的得分权重最大，而且除了阅读理解部分外，其他题目类型大多与阅读有密切关系。大学英语四级考试中的完形填空、词汇与结构多项选择、英译中、简短问答题等都与阅读有关。

阅读理解能力的培养也是十分重要的。阅读的过程并不是传统意义上的被动地接受知识，而是读者与文本之间进行互动交流、主动积极地获取信息的过程。除了理解文章字面意义，还应该理解和归纳文章的要旨和中心思想、理解和辨析支撑文章中心思想的细节内容、从字里行间推断文章的深层含义，揣测作者的意图、观点和态度，根据上下文推测词义、理解上下文的逻辑关系等。以上这些阅读技能也只有在阅读实践中才能得到提高。

因此，无论是作为输入语言材料的手段，还是在考试得分中所占的比重，还是提高阅读技能，阅读都是至关重要的。《高级英语应试阅读系列——四级篇》正是基于这样的考虑而编写的，因此可以使读者通过广泛的阅读实践，提高英语语言技能和阅读技能。

另外，根据教育部考试中心有关全国公共英语等级考试的级别定位的说明，该书也适用于准备参加全国公共英语五级考试的读者。

本书紧扣《大学英语教学大纲》和大学英语考试委员会的命题要求，在选材和问题设计上下了很大功夫。具体说来有以下特色：

1. 本书的语言材料在难度和量方面略微高于考试中使用的阅读材料，这使读者能够在以后的考试中驾轻就熟。

2. 本书的材料大部分都是近期发表的文字资料，读者可以从中获得最新的信息，接触到最新的语言材料。所选文章除了涉及英语国家的文化以外，还有大量关于现代科技方面的内容。历年考试中所使用的文章，不外乎是关于这两方面的内容。熟悉这些内容可为以后的阅读打下基础，也可为应试做好准备。

3. 本书采用的文章来自原文，在词汇和句法结构上基本未作任何简化处理，真实地反映了当今英语国家人们使用英语的现状。以往考试中的阅读理解文章为了把难度限制在一定范围以内，对文章的语言作了大规模的简化处理。而这些被替换的单词和词组是英语国家人们经常使用的、具有丰富表达力的语言手段。这或许是许多人虽然通过了四级考试，却仍看不懂原文的症结所在了。但是，

为了方便读者，每篇文章后面增加了单词表，并对文章中的难点进行注释。

4. 本书对各篇章中出现的语言现象作了较详细的注释，这包括词汇、短语、惯用法、语法知识等。在注释过程中，还使用来自于 BNC 和 Brown 等著名语料库中的近千个原文例句，每个例句都辅以中文翻译，因此这些例句本身就提供了丰富的语言材料。

本书共有 80 篇文章，其中 16 篇用于测试。文章按难度梯度排列。每隔 16 篇文章进行一次测试，每次四篇文章。为了取得最佳阅读效果，我们认为在阅读时应注意以下几个方面：

1. 首先要熟悉单词表中的生词。由于是原文，词汇量比较大，所以一定要在了解单词表中生词的大概意思后再进行阅读。

2. 阅读和答题要在规定的时间内完成，每篇文章限制在 9 分钟以内。阅读不仅要有正确的理解，还要有一定的速度，因此，在规定的时间内完成阅读任务是十分重要的。

3. 具体阅读方法因人而异，但一般的阅读方法是，首先快速浏览全文，接着回答问题，然后再有针对性地读第二遍或第三遍。

4. 查阅问题解答，如果有错，应该知道错在哪里。在完成阅读理解任务以后，可以仔细阅读全文和后面的注释，做到基本掌握文章中出现的单词、词组和句法结构。

在本书的编写过程中得到同事和朋友的支持和帮助，谨此致谢。书中难免有疏漏之处，敬请广大读者批评指正。

编者

2002 年 8 月

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\* 目录中的标题是编者加的，目的是便于读者检索。正文里的各 passage 没有标题，这与正式考试题型一致。

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## 阅读理解题型分析

根据国家教育部颁发的《大学英语教学大纲》，培养学生具有较强的阅读能力是大学英语教学的目的之一。根据大学英语四、六级考试委员会的命题要求，阅读理解部分的目的是测试学生通过阅读获取信息的能力。包括掌握所读材料的主旨和大意；了解说明主旨和大意的事实和细节；既理解字面的意思，也能根据所读材料进行一定的判断和推论；既理解个别句子的意义，也理解上下文的逻辑关系，理解文章的深层含义。

根据以上的能力要求，阅读理解问题主要有以下三种类型：

- 一、理解主旨和中心大意题
- 二、理解事实和细节题
- 三、推论题

### 一、理解主旨和中心大意题

主旨和中心大意题是十分常见的题类，它要求考生不仅理解文章中的句子，还要把阅读理解提升到语篇的水平上，对所读材料进行整体上的把握。主旨和中心大意题既要求学生理解文章的主题，也要求学生理解文章的中心思想。前者指的是文章所讨论的话题，它常常可以用一个词或短语来表述；而中心大意是对主旨进行的充实，它常常是一个命题，纳入了作者的观点和立场，因此必须要有一个完整的句子才能将它表达清楚。

根据英语的思维习惯，文章一般在开始时就把主要内容交待得一清二楚，各段落也都以主题句开头。因此，阅读时要注意文章的开头部分，每段的主题句、段尾总结部分。有时，段落里没有主题句，阅读时则需要对每一段作一概括，阅读完后，再将各段内容综合起来便构成文章的主题或中心思想，而不要把某一段落作为文章的主题，否则就不免会以偏概全。

从历年考题可以发现，主旨和中心大意题有下列几种提问方式：

1. The passage is mainly about \_\_\_\_\_.

这一类问题要求理解文章的主旨，也就是文章所讨论的主题。

例如：

1999年6月试题第一篇文章：

Believe it or not, optical illusion (错觉) can cut highway crashes.

Japan is a case in point. It has reduced automobile crashes on some roads by nearly 75 percent using a simple optical illusion. Bent stripes, called chevrons (人字形), painted on the roads make drivers think that they are driving faster than they really are, and thus drivers slow down.

Now the American Automobile Association Foundation for Traffic Safety in Washington D.C. is planning to repeat Japan's success. Starting next year, the foundation will paint chevrons and other patterns of stripes on selected roads around the country to test how well the patterns reduce highway crashes.

Excessive speed plays a major role in as much as one fifth of all fatal traffic accidents, according to the foundation. To help reduce those accidents, the foundation will conduct its tests in areas where speed-related hazards are the greatest—curves, exit slopes, traffic circles, and bridges.

Some studies suggest that straight, horizontal bars painted across roads can initially cut the average speed of drivers in half. However, traffic often returns to full speed within months as drivers become used to seeing the painted bars

Chevrons, scientists say, not only give drivers the impression that they are driving faster than they really are but also make a lane appear to be narrower. The result is a longer lasting reduction in highway speed and the number of traffic accidents.

The passage mainly discusses \_\_\_\_.

- (A) a new way of highway speed control
- (B) a new pattern for painting highways
- (C) a new approach to training drivers
- (D) a new type of optical illusion

该文第一段就道出了主题，即视错觉可以减少高速公路上的车祸。在接下来的几段中，作者具体讨论了如何在高速公路上用不同的视错觉图形来降低车速。因此选项(A)为正确答案。

2. The best title for this passage would be \_\_\_\_.

这一类问题要求用文章的标题形式来表达文章的中心思想。和上一类问题不同的是，这一类问题是将命题进行浓缩，也就是说问题的选项包含了对主题进行某种判断，纳入了某种观点和立场。例如：

2000年6月试题第三篇文章：

Americans are proud of their variety and individuality, yet they love and respect few things more than a uniform, whether it is the uniform of an elevator operator or the uniform of a five-star general. Why are uniforms so popular in the United States?

Among the arguments for uniforms, one of the first is that in the eyes of most people they look more professional than civilian (百姓的) clothes. People have become conditioned to expect superior quality from a man who wears a uniform. The television repairman who wears a uniform tends to inspire more trust than one who appears in civilian clothes. Faith in the skill of a garage mechanic is increased by a uniform. What easier way is there for a nurse, a policeman, a barber, or a waiter to lose professional identity than to step out of uniform?

Uniforms also have many practical benefits. They save on other clothes. They save on laundry bills. They are tax-deductible (可减税的). They are often more comfortable and more durable than civilian clothes.

Primary among the arguments against uniforms is their lack of variety and the consequent loss of individuality experienced by people who must wear them. Though there are many types of uniforms, the wearer of any particular type is generally stuck with it, without change, until retirement. When people look alike, they tend to think, speak, and act similarly, on the job at least.

Uniforms also give rise to some practical problems. Though they are long-lasting, often their initial expense is greater than the cost of civilian clothes. Some uniforms are also expensive to maintain, requiring professional dry cleaning rather than the home laundering possible with many types of civilian clothes.

The best title for this passage would be \_\_\_\_\_.

- (A) Uniforms and Society
- (B) The Importance of Wearing a Uniform
- (C) Practical Benefits of Wearing a Uniform
- (D) Advantages and Disadvantages of Uniforms

该题的主题是工作服，但作者的笔墨涉及到了工作服的外延。解题的关键在于理解各段落的主题句。第二、三段的主题句归纳了工作服的优点，但第四、五段的主题句则归纳了工作服的缺点。因此，如果只根据第二、三段的内容来做出判断，就不免会以偏概全，落入选项(B)所设下的陷阱。正确答案应选(D)。

3. The author's purpose in writing this passage is \_\_\_\_\_.

这一类问题要求理解作者的目的和意图。例如：

2001年6月试题第二篇文章：

Sport is not only physically challenging, but it can also be mentally challenging. Criticism from coaches, parents, and other teammates, as well as pressure to win can create an excessive amount of anxiety or stress for young athletes (运动员). Stress can be physical, emotional, or psychological and research has indicated that it can lead to burnout.

Burnout has been described as dropping or quitting of an activity that was at one time enjoyable.

The early years of development are critical years for learning about oneself. The sport setting is one where valuable experiences can take place. Young athletes can, for example, learn how to cooperate with others, make friends, and gain other social skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback to youngsters can greatly affect their children. Youngsters may take their parents' and coaches' criticisms to heart and find a flaw (缺陷) in themselves.

Coaches and parents should also be cautious that youth sport participation does not become work for children. The outcome of the game should not be more important than the process of learning the sport and other life lessons. In today's youth sport setting, young athletes may be worrying more about who will win instead of enjoying themselves and the sport. Following a game many parents and coaches focus on the outcome and find fault with youngsters' performances. Positive reinforcement should be provided regardless of the outcome. Research indicates that positive reinforcement motivates and has a greater effect on learning than criticism. Again, criticism can create high levels of stress, which can lead to burnout.

The author's purpose in writing the passage is \_\_\_\_.

- (A) to teach young athletes how to avoid burnout
- (B) to persuade young children not to worry about criticism
- (C) to stress the importance of positive reinforcement to children
- (D) to discuss the skill of combining criticism with encouragement

在第一段中作者首先提出一个问题，即年轻运动员由于受到教练、家长和同事的批评而感到精神压抑，从而有可能导致精神完全崩溃。接着在二、三段，作者讨论了解决这一问题的方法，即运动

员从小就应该有一个良好的环境，这其中包括教练和家长应该给运动员更多正面鼓励。在最后一段，作者用 *should* 来强调正面鼓励的重要性。因此选项(C)为正确答案。

4. It can be concluded from the passage that \_\_\_\_\_.

这一类问题要求归纳文章的主题或中心思想。这一类文章没有明显的主旨句和主题句，因此，理解文章的主题或中心思想依赖于对文章中的信息进行高度的综合和概括。例如：

2002 年 1 月试题第三篇文章：

In 1993, New York State ordered stores to charge a deposit on beverage (饮料) containers. Within a year, consumers had returned millions of aluminum cans and glass and plastic bottles. Plenty of companies were eager to accept the aluminum and glass as raw materials for new products, but because few could figure out what to do with the plastic, much of it wound up buried in landfills (垃圾填埋场). The problem was not limited to New York. Unfortunately, there were too few uses for second-hand plastic.

Today, one out of five plastic soda bottles is recycled (回收利用) in the United States. The reason for the change is that now there are dozens of companies across the country buying discarded plastic soda bottles and turning them into fence posts, paint brushes, etc.

As the New York experience shows, recycling involves more than simply separating valuable materials from the rest of the rubbish. A discard remains a discard until somebody figures out how to give it a second life—and until economic arrangements exist to give that second life value. Without adequate markets to absorb materials collected for recycling, throwaways actually depress prices for used materials.

Shrinking landfill space, and rising costs for burying rubbish are forcing local governments to look more closely at recycling. In many areas, the East Coast especially, recycling is already the least expensive

waste-management option. For every ton of waste recycled, a city avoids paying for its disposal, which, in parts of New York, amounts to savings of more than \$100 per ton. Recycling also stimulates the local economy by creating jobs and trims the pollution control and energy costs of industries that make recycled products by giving them a more refined raw material.

It can be concluded from the passage that \_\_\_\_\_.

- (A) rubbish is a potential remedy for the shortage of raw materials
- (B) local governments in the U.S. can expect big profits from recycling
- (C) recycling is to be recommended both economically and environmentally
- (D) landfills will still be widely used for waste disposal

根据第一段，虽然啤酒罐得到回收利用，但存在的问题是塑料瓶仍然被埋入垃圾填埋场；根据第二、三段，今天部分的塑料瓶得以回收利用，是因为存在着吸收废旧物品的市场，一些公司愿意回购废旧塑料瓶并将它们回收利用；如果废旧物品得不到回收利用，这会压制废旧物品的价格；根据第四段，随着垃圾填埋场面积的逐步缩小以及填埋垃圾费用的增加，地方政府越来越重视回收利用，而且回收利用可以节约费用振兴经济。从以上各段可以归纳出以下的结论：废物的回收利用有利于经济和环境。选项(C)为正确答案。

## 二、细节和事实题

我们知道，文章的主题思想是文章的中心脉络，它往往是一抽象的命题。它的成立有赖于细节内容的支撑。因此，对细节题的理解正确与否直接关系到对文章中心思想的把握。这类问题出现的次数最多，涉及的内容很广泛，阅读的大部分时间是用在对细节和事实的理解和辨别之上的。这类问题主要针对文章中明确表达的细节内容。回答这类问题应该有的放矢，快速准确地文章中定位具体