第九篇

If you think a high-factor sunscreen (防晒霜)keeps you safe from harmful rays, you may be wrong.Research in this week's Nature shows that while factor 50 reduces the number of melanomas(黑瘤)and delays their occurrence, it can't prevent them.Melanomas are the most aggressive skin cancers.You have a higher risk if you have red or blond hair, fair skin, blue or green eyes, or sunburn easily, or if a close relative has had one.Melanomas are more common if you have periodic intense exposure to the sun.Other skin cancers are increasingly likely with long-term exposure.

　　There is continuing debate as to how effective sunscreen is in reducing melanomas the evidence is weaker than it is for preventing other types of skin cancer.A 2011 Australian study of 1,621 people found that people randomly selected to apply sunscreen daily had half the rate of melanomas of people who used cream as needed.A second study, comparing 1,167 people with melanomas to 1,101 who didn't have the cancer, found that using sunscreen routinely, alongside other protection such as hats,long sleeves or staying in the shade, did give some protection.This study said other forms of sun protection not sunscreen seemed most beneficial.The study relied on people remembering what they had done over each decade of their lives, so it's not entirely reliable.But it seems reasonable to think sunscreen gives people a false sense of security in the sun.

　　Many people also don't use sunscreen properly applying insufficient amounts, failing to reapply after a couple of hours and staying in the sun too long.It is sunburn that is most worrying recent research shows five episodes of sunburn in the teenage years increases the risk of all skin cancers.

The good news is that a combination of sunscreen and covering up can reduce melanoma rates, as shown by Australian figures from their slip-slop-slap campaign.So if there is a heat wave this summer, it would be best for us, too, to slip on a shirt, slop on (抹上)sunscreen and slap on a hat.

如果你认为高防晒因子（防晒霜）能使你免受有害射线的影响，你可能错了。本周的研究表明，因子50可以减少黑色素瘤的数量，延缓黑色素瘤的发生，但不能阻止。黑色素瘤是最具侵袭性的皮肤癌。如果你有红发或金发、白皙的皮肤、蓝色或绿色的眼睛，或者容易晒伤，或者如果亲近的人有一个，那么黑色素瘤的风险就更高。如果你有周期性的强烈暴露在阳光下，黑色素瘤就更常见。其他皮肤癌也越来越有可能长期暴露。

防晒霜在减少黑色素瘤方面有多有效的争论，证据比预防其他类型的皮肤癌要弱。澳大利亚一项2011人对1621人的研究发现，随机选择每天涂防晒霜的人有一半的人黑色素瘤发生率。第二项研究比较了1167名黑色素瘤患者和1101名没有癌症的人，发现使用常规的防晒霜和其他的防护措施，如帽子、长袖或呆在阴凉处，确实能起到一定的保护作用。防晒霜似乎是最有益的。这项研究依赖于人们记住他们一生中每十年所做的事情，所以这并不完全可靠。但是，认为防晒霜在阳光下给人一种虚假的安全感似乎是合理的。

许多人也不适当地使用防晒霜，用量不足，两小时后不能再涂，晒太阳太久。这是最令人担心的晒伤。最近的研究显示，青少年时期的五次晒伤会增加所有皮肤癌的风险。

好消息是，防晒霜和遮盖物的结合可以降低黑素瘤的发病率，澳大利亚的数字显示出了他们的滑板拍击运动。因此，如果今年夏天有热浪，我们也最好穿上衬衫，涂上防晒霜，戴上帽子。

56.What is people's common expectation of a high-factor sunscreen? B

A.It will delay the occurrence of skin cancer.

B.It will protect them from sunburn.

C.It will keep their skin smooth and fair.

D.It will work for people of any skin color.

57.What does the research in Nature say about a high-factor sunscreen? A

A.It is ineffective in preventing melanomas.

它对预防黑色素瘤无效

B.It is ineffective in case of intense sunlight.

C.It is ineffective with long-term exposure.

D.It is ineffective for people with fair skin.

58.What do we learn from the 2011 Australian study of 1,621 people? D

A.Sunscreen should be applied alongside other protection measures.

B.High-risk people benefit the most from the application of sunscreen.

C.Irregular application of sunscreen does women more harm than good.

D.Daily application of sunscreen helps reduce the incidence of melanomas.

每日应用防晒霜有助于减少黑色素瘤的发生率

59.What does the author say about the second Australian study? C

A.It misleads people to rely on sunscreen for protection.

B.It helps people to select the most effective sunscreen.

C.It is not based on direct observation of the subjects.

它不是基于对主体的直接观察。

D.It confirms the results of the first Australian study.

60.What does the author suggest to reduce melanoma rates? A

A.Using both covering up and sunscreen.

B.Staying in the shade whenever possible.

C.Using covering up instead of sunscreen.

D.Applying the right amount of sunscreen.

第十篇

Across the rich world, well-educated people increasingly work longer than the less-skilled. Some 65% of American men aged 62-74 with a professional degree are in the workforce, compared with 32% of men with only a high-school certificate. This gap is part of a deepening divide between the well-educatedwell-off and the unskilled poor. Rapid technological advance has raised the incomes of the highly skilled while squeezing those of the unskilled. The consequences, for individuals and society, are profound.

The world is facing an astonishing rise in the of old people, and they will live longer than ever before. Over the next 20 years the global population of those aged 65 or more will almost double, from 600 million to 1.1 billion. The experience of the 20th century, when greater longevity(长寿)translated into more years in retirement rather than more years at work, has persuaded many observers that this shift will lead to slower economic growth, while the swelling ranks of pensioners will create government budget problems.

But the notion of a sharp division between the working young and the idle old misses a new trend, the growing gap between the skilled and the unskilled. Employment rates are failing among younger unskilled people, whereas older skilled folk are working longer.The divide is most extreme in America, where well-educated baby-boomers(二战后生育高峰期出生的美国人)areputting off retirement while many less-skilled younger people have abandoned policies that used Xto retire early. Rising life expectancy(预期生命),combined with the replace- Xpension plans with less generous defined-contribution ones, means that even the better-off must work longer to have a comfortable retirement. But the changing nature of work also plays a big role. Pay has risen sharply for the highly educated, and those people continue to reap rich rewards into old age because these days the educated elderly are more productive that the preceding generation. Technological charge may well reinforce that shift; the skills that complement computers, from management knowhow to creativity, do not necessarily decline with age.

在发达国家，受过良好教育的人比不熟练的人工作时间长。年龄在62-74岁的美国男性中，有65%的人拥有专业学位，而只有高中毕业证书的男性只有32%。这一差距是受过良好教育的富裕阶层和非技术贫困群体之间不断加深的分歧的一部分。快速的技术进步提高了高技术人员的收入，同时挤压了那些非技术人员的收入。个人和社会的后果是深远的。

世界正面临着老年人惊人的增长，他们将比以往任何时候都活得更长。在未来的20年中，65岁或以上的全球人口将几乎翻一番，从6亿岁到11亿岁。二十世纪的经验，当更大的寿命（退休）转化为退休年，而不是更多的工作年，已经说服许多观察员认为，这种转变将导致经济增长放缓，而庞大的养老金领取者队伍将造成政府预算问题。

但是工作年轻人和懒惰老人之间的一个尖锐的分裂的概念是一种新的趋势，即熟练技术人员和非熟练技术工人之间的差距越来越大。在年轻的非技术人员中，就业率正在下降，而老练的技术人员则工作时间更长。在美国，这种分化最为严重。在那里，受过良好教育的婴儿潮一代正在推迟退休，而许多不那么熟练的年轻人已经放弃了。使用XTO提前退休的ED政策。预期寿命的增加，与替代养老金计划相比，具有较少的慷慨贡献的养老金计划，意味着即使是富裕的人也必须工作更长的时间来享受舒适的退休生活。但工作性质的改变也起着很大的作用。对于受过高等教育的人来说，工资急剧上升，而这些人在年老时继续获得丰厚的回报，因为如今受过教育的老人比前一代人更有生产力。技术收费可以很好地加强这种转变；补充计算机的技能，从管理知识到创造力，不一定随着年龄的增长而下降。

1.What is happening in the workforce in rich countries？ B

A.Younger people are replacing the elderly.

B.Well-educated people tend to work longer.

C.Unemployment rates are rising year after year.

D.People with no collage degree do not easily find work.

2.What has helped deepen the divide between the well-off and the poor？ B

A.Longer life expectancies.

B.A rapid technological advance.

C.Profound changes in the workforce.

D.A growing number of the well-educated.

3.What do many observers predict in view of the experience of the 20th century? A

A.Economic growth will slow down.

B.Government budgets will increase.

C.More people will try to pursue higher education.

D.There will be more competition in the job market.

4.What is the result of policy changes in European countries？ C

A.Unskilled workers may choose to retire early.

B.Morepeople have to receive in-service training.

C.Even wealthy people must work longer to live comfortably in retirement.

即使是有钱人也必须工作更长时间才能舒适地生活在退休生活中。

D.Peoplemay be able to enjoy generous defined-benefits from pension plans.

5.What is characteristic of work in the 21st century？ D

A.Computers will do more complicated work.

B.More will be the educated young.

C.Most jobs to be done will be creative ones.

D.Skills are highly valued regardless of age.

无论年龄如何，技能都很受重视

第十一篇

The rise of the Internet has been one of the most transformative developments in human history, comparable in impact to the invention of the printing press and the telegraph. Over two billion people worldwide now have access to vastly more information than ever before, and can communicate with each other instantly, often using Web-connected mobile devices they carry everywhere. But the Internet’s tremendous impacts has only just begun.

“Mass adoption of the Internet is driving one of the most exciting social, cultural, and political transformations in history, and unlike earlier periods of change, this time the effects are fully global,” Schmidt and Cohen write in their new book. The New Digital Age.

　　Perhaps the most profound changes will come when the five billion people worldwide who currently lack Internet access get online. The authors do an excellent job of examining the implications of the Internet revolution for individuals, governments, and institutions like the news media. But if the book has one major shortcoming, it’s that authors don’t spend enough time applying a critical eye to the role of Internet businesses in these weeping changes.

　　In their book, the authors provide the most authoritative volume to date that describes — and more importantly predicts — how the Internet will shape our lives in the coming decades. They paint a picture of a world in which individuals, companies, institutions, and governments must deal with two realities, one physical, and one virtual.

At the core of the book is the idea that “technology is neutral, but people aren’t.” By using this concept as a starting point, the authors aim to move beyond the now familiar optimist vs. pessimist dichotomy(对立观点)that has characterized many recent debates about whether the rise of the Internet will ultimately be good or bad for society. In an interview with TIME earlier this week, Cohen said although he and his co-author are optimistic about many aspects of the Internet, they’re also realistic about the risks and dangers that lie ahead when the next five billion people come online, particularly with respect to personal privacy and state surveillance(监视).

互联网的兴起是人类历史上最具革命性的发展之一，与印刷机和电报的发明相媲美。现在世界上有超过二十亿人拥有比以往任何时候都多的信息，并且可以即时通信，经常使用他们随身携带的网络连接的移动设备。但互联网的巨大影响才刚刚开始。

施密特和科恩在他们的新书中写道：“大规模采用互联网是推动历史上最令人兴奋的社会、文化和政治变革之一，这与早期的变化不同，这次的影响是全球性的。”新的数字时代。

也许最深刻的变化将到来，当全球五十亿人缺乏互联网接入上网。作者对互联网革命对个人、政府和新闻媒体等机构的影响进行了很好的研究。但如果这本书有一个主要缺点，那就是作者没有花足够的时间去批判互联网企业在这些哭泣变化中的作用。

在他们的书中，作者提供了迄今为止最权威的描述，更重要的是预测未来几十年互联网将如何塑造我们的生活。他们描绘了一个世界，其中个人、公司、机构和政府必须处理两个现实，一个物理的，一个虚拟的。

这本书的核心是“技术是中性的，而人不是”的观点。通过使用这个概念作为起点，作者的目的是超越现在熟悉的乐观主义者与悲观主义二分法（South-Stand），它表征了最近关于TH的崛起的争论。互联网最终将对社会有利或不利。在本周早些时候的一次采访中，科恩说，尽管他和他的合作者对互联网的许多方面都持乐观态度，但他们也对未来五十亿人上网时面临的风险和危险持现实态度，尤其是在个人隐私方面。ND状态监测（STED）。

57 In what way is the rise of the Internet similar to the invention of the printing press and the telegraph? B

互联网的兴起与印刷机和电报的发明有何关系

A.It transforms human history.

B.It facilitates daily communication.

有利于日常交流

C.It is adopted by all humanity.

D.It revolutionizes people's thinking.

58 How do Schmidt and Cohen describe the effects of the Internet? B

A.They are immeasurable.

B.They are worldwide.

C.They are unpredictable.

D.They are contaminating.

59 In what respect is the book The New Digital Age considered inadequate? C

A.It fails to recognize the impact of the Internet technology.

B.It fails to look into the social implications of the Internet.

C.It lacks an objective evaluation of the role of Internet businesses.

缺乏对互联网企业作用的客观评价

D.It does not address the technical aspects of Internet communication.

60 What will the future be like when everybody gets online? A

A.People will be living in two different realities.

B.People will have equal access to information.

C.People don’t have to travel to see the world.

D.People don’t have to communicate face to face.

61 What does the passage say about the authors of The New Digital Age? D

A.They leave many questions unanswered concerning the Internet.

B.They are optimistic about the future of the Internet revolution.

C.They have explored the unknown territories of the virtual world.

D.They don’t take sides in analyzing the effects of the Internet.

在分析互联网的影响方面，他们不偏袒任何一方。

第十二篇

In 1950, a young man would have found it much easier than it is today to get and keep a job in the auto industry. And in that year the average autoworker could meet monthly mortgage(抵押贷款)payments on an average home with just 13.4 percent of his take-home pay. Today a similar mortgage would claim more than twice that share of his monthly eamings.

　　Other members of the autoworker’s family, however might be less inclined to tried the present for the past. His retired parents would certainly have had less economic security back then. Through-out much of the 1960s,more than a quarter of men and women and women age 65 and older lived below the poverty level, compared to less than 10 percent in 2010.

　　In most stales, his wife could not have taken out a loan or a card in her own name. In 42 states, a homemaker had no legal claim on the earnings of her husband. And nowhere did a wife have legal protection against family violence.

　　Most black workers would not want to return to a time when, on average they earned 40 percent less than their white counterparts(职位相当的人),white racially restrictive agreements largely prevented them from buying into the suburban neighborhoods being built for white working –class families.

　　Today, new problems have emerged in the process of resolving old ones, but the solution is not to go back to the past. Some people may long for an era when divorce was still hard to come by. The spread of no -fault divorce has reduced the bargaining power of whichever spouse is more interested in continuing the relationship. And the breakup of such marriages has caused pain for many families.

The growing diversity of family life comes with new possibilities as well as new challenges. According to a recent poll, more than 80 percent of Americans believe that their current family is as close as the one in which they grew up, or closer. Finding ways to imaginary golden age.

在1950，一个年轻人会发现比现在更容易在汽车行业获得和保住工作。在那一年，普通的自动售货机可以在一个普通的家庭支付每月的按揭（支付），只有13.4%的家庭工资。如今，类似的抵押贷款将是其月度的两倍以上。

然而，AutoWoRK家族的其他成员可能不太愿意尝试过去的礼物。那时，他退休的父母肯定没有那么多的经济保障。在20世纪60年代的大部分时间里，超过四分之一的男性和女性年龄在65岁以上，生活在贫困线以下，相比之下，2010岁以下的人只有10%岁。

在大多数房产中，他的妻子不可能以自己的名义取出贷款或信用卡。在42个州，家庭主妇对丈夫的收入没有法律要求。妻子也没有法律保护家庭暴力。

大多数黑人工人都不想回到一个时期，他们平均收入比白人白人少40%，白人种族限制协议很大程度上阻止了他们购买白人工人阶级家庭的郊区社区。锿。

今天，在解决旧问题的过程中出现了新的问题，但解决办法不是回到过去。有些人可能渴望一个离婚仍然难以实现的时代。无过错离婚的蔓延降低了夫妻双方对继续维持关系的兴趣。这种婚姻的破裂给许多家庭带来了痛苦。

家庭生活的日益多样化带来了新的可能性和新的挑战。根据最近的一项民意调查，超过80%的美国人认为他们现在的家庭和他们长大的家庭一样亲密，或者更亲密。寻找虚幻的黄金时代。

　　62 What do we learn about American autoworkers in 1950?

　　A.They had less job security than they do today.

　　B.It was not too difficult for them to buy a house.

　　C.Their earnings were worth twice as much as today.

　　D.They were better off than workers in other industries.

　　答案：B

　　63 What does the author about retired people today?

　　A.They invariably long to return to the golden past.

　　B.They do not depend so much on social welfare.

C.They feel more secure economically than in the past.

他们在经济上比过去更加安全

　　D.They are usually unwilling to live with their children.

　　答案：C

　　64 Why couldn’t black workers buy a house in a white suburban neighborhood ?

　　A.They lacked the means of transportation.

B.They were subjected to racial inequality.

他们遭受种族不平等

　　C.They were afraid to break the law.

　　D.They were too poor to afford it.

　　答案：B

65 What is the result of no-fault divorce ?

无过错离婚的后果是什么？

　　A.Divorce is easier to obtain.

　　B.Domestic violence is lessened.

　　C.It causes little pain to either side.

　　D.It contributes to social unrest.

　　答案：A

　　66 What does the author suggest society do?

　　A.Get prepared to face any new challenges.

　　B.Try to better the current social security.

　　C.Narrow the gap between blacks and whites.

　　D.Improve the lives of families with problems.

答案：D

第十三篇

Children are a delight．They are our future．But sadly, hiring someone to take care of them while you go to work is getting more expensive by the year．   
　　Earlier this month, it was reported that the cost of enrolling an infant or small kid at a childcare center rose 3% in 2012, faster than the overall cost of living．There are now large strips of the country where daycare for an infant costs more than a tenth of the average married couple's income．   
　　This is not necessarily a new trend, but it is a somewhat puzzling one．The price of professional childcare has been rising since the 1980s．Yet during that time, pay for professional childcare workers has stood still．Actually caregivers make less today, in real terms, than they did in 1990．Considering that labor costs are responsible for up to 80% of a daycare center's expenses, one would expect flat wages to have meant flat prices．   
　　So who's to blame for higher childcare costs?   
　　Childcare is a carefully regulated industry．States lay down rules about how many children each employee is allowed to watch over, the space care centers need per child, and other minute details．And the stricter the regulations, the higher the costs．If it has to hire a caregiver for every two children, it can't really achieve any economies of scale on labor to save money when other expenses go up．In Massachusetts, where childcare centers must hire one teacher for every three infants, the price of care averaged more than $16,000 per year．In Mississippi, where centers must hire one teacher for every five infants, the price of care averaged less than $5,000．   
　　Unfortunately, I don't have all the daycare-center regulations handy．But I wouldn't be surprised if as the rules have become more elaborate, prices have risen．The tradeoff (交换) might be worth it in some cases; after all, the health and safety of children should probably come before cheap service．But certainly, it doesn't seem to be an accident that some of the cheapest daycare available is in the least regulated South．

孩子们是一种乐趣。他们是我们的未来。但可悲的是，在你去上班的时候雇一个人来照顾他们，一年比一年更贵。

本月早些时候，据报道，在儿童保育中心招收婴儿或小孩的费用在2012上升了3%，比总体生活费用快。现在，全国有大量的儿童照料费用超过普通夫妇收入的第十。．

这不一定是一种新的趋势，但这是一个令人费解的问题。自从20世纪80年代以来，专业托儿的价格一直在上升。然而，在这段时间里，专业的育儿工作者的工资已经停滞不前。事实上，照料者在实际生活中的花费比1990年少。考虑到劳动力成本对日托中心费用的高达80%的影响，人们会认为持平的工资意味着持平的物价。

那么，谁应该承担更高的育儿成本呢？

儿童保育是一个经过严格管制的行业。各州规定了每一个雇员可以看守多少个孩子，空间护理中心需要每个孩子，以及其他细节。规章制度越严格，费用就越高。孩子们，当其他费用增加时，不能真正节省劳动力的经济规模。在马萨诸塞州，育儿中心必须为每三个婴儿雇用一名教师，每年的护理费用平均超过16000美元。在密西西比州，中心必须雇用ONETEA。谢尔每五个婴儿的护理费用平均不到5000美元。

不幸的是，我没有所有的日托中心规章制度。但如果规则变得更加精细，价格也会上涨，我不会感到惊讶。在某些情况下，折衷可能是值得的；毕竟，儿童的健康和安全应该在便宜的SE之前到来。当然，在最不受监管的南方，一些最便宜的日托服务似乎并不意外。

57、 What problem do parents of small kids have to face? A  
A．The ever-rising childcare prices．

不断上升的儿童保育价格  
B．The budgeting of family expenses．  
C．The balance between work and family．  
D．The selection of a good daycare center．

58、 What does the author feel puzzled about? C  
A．Why the prices of childcare vary greatly from state to state．  
B．Why increased childcare prices have not led to better service．  
C．Why childcare workers' pay has not increased with the rising childcare costs．  
D．Why there is a severe shortage of childcare professionals in a number of states．

59、 What prevents childcare centers from saving money? B  
A．Steady increase in labor costs．  
B．Strict government regulations．

严格的政府规章  
C．Lack of support from the state．  
D．High administrative expenses．

60、 Why is the average cost of childcare in Mississippi much lower than in Massachusetts? D  
A．The overall quality of service is not as good．  
B．Payments for caregivers there are not as high．  
C．Living expenses there are comparatively low．  
D．Each teacher is allowed to care for more kids．

61、 What is the author's view on daycare service? B  
A．Caregivers should receive regular professional training．  
B．Less elaborate rules about childcare might lower costs．

关于儿童保育的不那么精细的规则可能会降低成本  
C．It is crucial to strike a balance between quality and costs．  
D．It is better for different states to learn from each other．

第十四篇

Alex Pang's amusing new book The Distraction Addiction addresses those of us who feel panic without a cellphone or computer．And that, he claims, is pretty much all of us．When we're not online, where we spend four months annually, we're engaged in the stressful work of trying to get online．   
　　The Distraction Addiction is not framed as a self-help book．It's a thoughtful examination of the dangers of our computing overdose and a historical overview of how technological advances change consciousness．A "professional futurist", Pang urges an approach which he calls "contemplative (沉思的) computing．" He asks that you pay full attention to  "how your mind and body interact with computers and how your attention and creativity are influenced by technology．"   
　　Pang's first job is to free you from the common misconception that doing two things at once allows you to get more done．What is commonly called multitasking is, in fact, switch-tasking, and its harmful effects on productivity are well documented．Pang doesn't advocate returning to a pre-Internet world．Instead, he asks you to "take a more ecological (生态的) view of your relationships with technologies and   
look for ways devices or media may be making specific tasks easier or faster but at the same time making your work and life harder．"   
　　The Distraction Addiction is particularly fascinating on how technologies have changed certain fields of labor-often for the worse．For architects, computer-aided design has become essential but in some ways has cheapened the design process．As one architect puts it, "Architecture is first and foremost about thinking．．, and drawing is a more productive way of thinking" than computer-aided design．   
　　Somewhat less amusing are Pang's solutions for kicking the Internet habit．He recommends the usual behavior-modification approaches, familiar to anyone who has completed a not smoking program．Keep logs to study your online profile and decide what you can knock out, download a program like Freedom that locks you out of your browser, or take a  "digital Sabbath (安息日 )":  "Unless you're a reporter or   
emergency-department doctor, you'll discover that your world doesn't fall apart when you go offline．"

Alex Pang那本有趣的新书《分散的沉溺》讲述了我们那些没有手机或电脑感到恐慌的人。他说，这几乎是我们所有人的事。当我们不在线的时候，我们每年都要花四个月的时间，我们从事的是尝试上网的紧张的工作。

注意力分散的成瘾并不是一本自我帮助的书。它是对我们计算过量的危险的一次深思熟虑的检查，以及对技术进步如何改变意识的历史回顾。庞是一个“专业的未来主义者”，他敦促一种他称之为“沉思”的方法。他要求你充分注意“你的思维和身体如何与计算机互动，以及你的注意力和创造力如何受到技术的影响。”

庞的第一份工作是让你从一种常见的误解中认识到，一次做两件事可以让你做得更多。事实上，所谓的“多任务”实际上是转换任务，它对生产力的有害影响是有据可查的。庞并不主张回到互联网前。相反，他要求你“对你与技术的关系采取一种更具生态性的观点。

寻找设备或媒体可能使特定任务变得更容易或更快，但同时也使你的工作和生活更加困难。

分心成瘾在技术如何改变某些领域的情况下尤其令人着迷。对于建筑师来说，计算机辅助设计已经变得至关重要，但在某些方面却降低了设计过程。最重要的是思考，绘画是一种比计算机辅助设计更有效率的思维方式。

庞对互联网习惯的解决方法有点不好玩。他推荐了通常的行为修改方法，对于那些已经完成了不吸烟计划的人来说是很熟悉的。保持日志来研究你的在线个人资料，并决定你可以删掉什么，下载一个像FRIDO这样的程序。M将你锁定在浏览器之外，或者进行“数字安息日”：“除非你是记者或

急诊部医生，你会发现你的世界不会崩溃，当你离线。

62、Alex Pang's new book is aimed for readers who \_\_\_\_\_ D  
A．find their work online too stressful  
B．go online mainly for entertainment  
C．are fearful about using the cellphone or computer  
D．can hardly tear themselves away from the Internet

63、 What does Alex Pang try to do in his new book? D  
A．Offer advice on how to use the Interuet effectively．  
B．Warn people of the possible dangers of Internet use．  
C．Predict the trend of future technological development．  
D．Examine the influence of technology on the human mind．

64、 What is the common view on multitasking? A

多任务的普遍观点是什么？  
A．It enables people to work more effectively．

它使人们能够更有效地工作  
B．It is in a way quite similar to switch-tasking．  
C．It makes people's work and life even harder．  
D．It distracts people's attention from useful work．

65、 What does the author think of computer-aided design? B  
A．It considerably cuts down the cost of building design．  
B．It somewhat restrains architects' productive thinking．

它对建筑师的生产思维有一定的抑制作用。  
C．It is indispensable in architects' work process．  
D．It can free architects from laborious drawing．

66、 What is Alex Pang's recommendation for Internet users? C  
A．They use the Internet as little as possible．  
B．They keep a record of their computer use time．  
C．They exercise self-control over their time online．  
D．They entertain themselves online on off-days only．

第十五篇

New Yorkers are gradually getting used to more pedaling (骑车的) passengers on those blazing blue Citi Bikes. But what about local bike shops? Is Citi Bike rolling up riders at their expense? At Gotham Bikes in Tribeca, manager W. Ben said the shop has seen an increase in its overall sales due to the bike-share program. “It’s getting more people on the road,” he said. James Ryan, an employee at Danny’s Cycles in Gramercy also said Citi Bike is a good option for people to ease into biking in a city famed for its traffic jams and aggressive drivers. “They can try out a bike without committing to buying one,” he said.

　　Rentals are not a big part of the business at either Gotham Bikes or Danny’s Cycles. But for Frank’s Bike Shop, a small business on Grand St., the bike-share program has been bad news. Owner Frank Arroyo said that his rental business has decreased by 90% since Citi Bike was rolled out last month. Arroyo’s main rental customers are European tourists, who have since been drawn away by Citi Bikes.

　　However, Ben said the bike-share is good for bike sales at his shop. “People have used the bike-share and realized how great it is to bike in the city, then decide that they want something nicer for themselves,” he noted.

　　Christian Farrell of Waterfront Bicycle Shop, on West St. said initially he was concerned about bike-share, though, he admitted, “I was happy to see people on bikes.”

　　Farrell’s early concerns were echoed by Andrew Crooks, owner of NYC Velo, at 64 Second Ave. “It seemed like a great idea, but one that would be difficult to implement,” Crooks said of Citi Bike. He said he worried about inexperienced riders’ lack of awareness of biking rules and strong negative reaction from non-cyclists. However, he said, it’s still too early to tell if his business has been impacted.

While it’s possible bike-share will cause a drop in business, Crooks allowed that the idea is a positive step forward for New York City.

纽约人逐渐习惯于骑着蓝色的花花公子骑着更多的脚踏车。但是当地的自行车商店呢？花旗自行车是以牺牲成本为代价的吗？在高谭市自行车在Tribeca，经理W. Ben说，该店已经看到了它的整体销售由于自行车共享计划的增加。“路上的人越来越多，”他说。GrasCy的丹尼自行车公司的一名员工James Ryan也说，花旗自行车是一个很好的选择，让人们在一个以交通拥堵和咄咄逼人的司机著称的城市里轻松骑车。他说：“他们可以试着买一辆自行车而不必买一辆。”

租金不是GothAM自行车或丹尼自行车的重要组成部分。但对于弗兰克的自行车店，一个小企业在圣街，自行车共享计划一直是坏消息。业主Frank Arroyo说，自上月花旗自行车推出以来，他的租赁业务减少了90%。Arroyo的主要租赁客户是欧洲游客，他们已经被花旗自行车吸引走了。

不过，本说，自行车的份额是很好的自行车销售在他的商店。他说：“人们使用自行车的份额，意识到骑自行车在城市有多棒，然后决定他们自己想要更好的东西。”

在西大街的海滨自行车店的Christian Farrell说，起初他很关心自行车的份额，但他承认，“我很高兴看到人们骑自行车。”

法瑞尔早先的关注得到了NYC Velo车主Andrew Crooks在64秒的回应。“这似乎是个好主意，但很难实施，”克罗克斯说。他说，他担心缺乏经验的骑手缺乏骑车规则的意识和来自非骑自行车者的强烈负面反应。不过，他说，现在判断他的生意是否受到影响还为时过早。

虽然有可能自行车份额将导致业务下降，骗子允许这一想法是一个积极的向前迈进的纽约。

　　56. What is the author's chief concern about the increasing use of Citi Bikes in New York? B

　　A) How non-cyclists will respond to it.

B) Whether local bike shops will suffer.

当地的自行车商店是否会遭殃。

　　C) Whether local bike businesses will oppose it.

D) How the safety of bike riders can be ensured.

57. What happened to Gotham Bikes as a result of the bike-share program? C

由于自行车共享计划，哥谭自行车发生了什么？

　　A) It found its bike sales unaffected.

　　B) It shifted its business to rentals.

　　C) It saw its bike sales on the rise.

D) It rented more bikes to tourists.

　　58. Why is the bike-share program bad news for Frank's Bike Shop? B

　　A) It cannot meet the demand of the bike-share program.

　　B) Its customers have been drawn away by Citi Bikes.

　　C) Its bike prices have to be lowered again and again.

D) It has to compete with the city's bike rental shops.

　　59. Why did Andrew Crooks think that the bike-share program would be difficult to execute? A

　　A) Inexperienced riders might break biking rules.

　　B) Conflicts might arise among bike rental shops.

　　C) Traffic conditions might worsen in the downtown area.

D) There are not enough lanes to accommodate the bikes.

　　60. What is the general attitude of the local bike shops towards Citi Bike? D

　　A) Wait and see.

　　B) Negative.

　　C) Indifferent.

　　D) Approving.

第十六篇

Various studies have shown that increased spending on education has not led to measurable improvements in learning. Between 1980 and 2008. staff and teachers at U.S. public schools grew roughly twice as fast as students. Yet students showed no additional learning in achievement tests.

Universities show similar trends of increased administration personnel and costs without greater learning, as documented in Richard Arum and Josipa Roksa's recent book Academically Adrift Limited Learning on College Campuses.

A survey shows that 63% of employers say that recent college graduates don't have the skills they need to succeed and 25% of employers say that entry-level writing skills are lacking.

Some simplistically attribute the decline in our public education system to the drain of the skilled students by private schools, but far more significant events were at work.

Public schools worked well until about the 1970s. In fact, until that time, public schools provided far better education than private ones. It was the underperforming students who were threw out of public schools and went to private ones.

A prominent reason public schools did well was that many highly qualified women had few options for working outside the house other than being teachers or nurses. They accepted relatively low pay, difficult working conditions, and gave their very best.

Having such a large supply of talented women teachers meant that society could pay less for their services. Women's liberation opened up new professional opportunities for women, and, over time, some of the best left teaching as a career option, bringing about a gradual decline in the quality of schooling.

Also around that time, regulations, government, and unions came to dictate pay, prevent adjustments, and introduce bureaucratic (官僚的) standard for adjustment. Large education bureaucracies and unions came to dominate the landscape, confusing activity with achievement. Bureaucrats regularly rewrite curriculums, talk nonsense about the theories of education, and require ever more administrators. The end result had been that, after all the spending, students have worse math and reading skills than both their foreign peers and earlier generations spending far less on education — as all the accumulating evidence now documents.

各种研究表明，教育支出的增加并没有导致学习上的显著改善。在1980到2008之间。美国公立学校的教师和教师的增长速度是学生的两倍。然而，学生在成绩测试中没有额外的学习。

正如Richard Arum和Josipa Roksa最近在大学校园里进行的学术性学术研究中所记载的那样，大学表现出类似的趋势，即增加了管理人员和成本，没有更大的学习。

一项调查显示，63%的雇主说，最近的大学毕业生没有成功所需的技能，25%的雇主说缺乏入门级的写作技巧。

一些简单地将我们的公共教育体系的下降归因于私立学校的熟练学生的流失，但是更重要的事件在起作用。

公立学校直到20世纪70年代才运转良好。事实上，直到那时，公立学校提供的教育比私立学校好得多。是那些表现不佳的学生被扔出公立学校去私立学校。

公立学校做得很好的一个重要原因是，许多高素质的女性除了在教师或护士之外，很少有选择在家工作的选择。他们接受了相对低的工资，艰苦的工作条件，并尽了最大的努力。

拥有如此庞大的有才华的女教师，意味着社会可以为她们的服务付出更少的代价。妇女解放为妇女开辟了新的职业机会，随着时间的推移，一些优秀的教师离开了教师的职业生涯，导致了学校教育质量的逐渐下降。

在那个时候，规章制度、政府和工会来规定工资，防止调整，并引入官僚（调整）标准。大型教育机构和工会开始统治景观，把活动与成就混淆起来。官僚们经常改写课程，谈论教育理论的无稽之谈，需要更多的管理者。最终的结果是，在所有的花费之后，学生的数学和阅读能力比他们的外国同龄人和早期的教育花费少得多——因为所有积累的证据现在已经证明了。

61. What do we learn from various studies on America's public education? C

A) Achievement tests have failed to truly reflect the quality of teaching.

B) Public schools lack the resources to compete with private schools.

C) Little improvement in education has resulted from increased spending.

D) The number of students has increased much faster than that of teachers.

62. How do some people explain the decline in public education? B

A) Government investment does not meet school's needs.

B) Skilled students are moving for private schools.

C) Qualified teachers are far from adequately paid.

D) Training of students' basic skills is neglected.

63. What was significant contribution to the past glory of public schools? C

A) Well-behaved students.

B) Efficient administration.

C) Talented women teachers.

D) Generous pay for teachers.

64. Why did some of the best women teachers leave teaching? A

A) New career opportunities were made available to them by women's liberation.

B) Higher academic requirements made it difficult for them to stay in their jobs.

C) They were unhappy with the bureaucratic administration in their schools.

D) The heavy teaching loads left them little time and energy for family life.

65. What docs the author think is one of the results of government involvement in education? D

A) Increasing emphasis on theories of education.

B) Highly standardized teaching methods.

C) Students' improved academic performance.

D) An ever-growing number of administrators.