

2017 年 6 月第一套

选词填空

As if you needed another reason to hate the gym, it now turns out that exercise can exhaust not only your muscles, but also your eyes. **Fear not, however, for coffee can stimulate them again.** During vigorous exercise, our muscles tire as they run out of fuel and build up waste products. Muscle performance can also be affected by a phenomenon called “central fatigue”, in which an imbalance in the body’s chemical messengers prevents the central nervous system from directing muscle movements effectively. **It was not known, however, whether (central fatigue) might also affect motor systems (not directly involved) (in the exercise itself),** such as those that move the eyes. To find out, researchers gave 11 volunteer cyclists a carbohydrate (碳水化合物) solution **either with a moderate dose of caffeine** (咖啡因), which is known to stimulate the central nervous system, or as a placebo (安慰剂) without, during 3 hours of cycling. After exercising, the scientists tested the cyclists with eye-tracking cameras to see how well their brains could still control their visual system. The team found that exercise reduced the speed of rapid eye movements by about 8%, preventing their ability to capture new visual information. The caffeine, the equivalent of two strong cups of coffee, was sufficient to reverse this effect, with some cyclists even displaying increased eye movement speeds. So it might be a good idea to get someone else to drive you home after that marathon.

- A) cautiously
- B) commit
- H) limited
- K) sensitive
- L) slowing

不用担心

批注 [词1]: 然而, 不用担心, 因为喝咖啡可以让你的肌肉和眼睛重新振作起来。
fear not 不用害怕

批注 [词2]: 中枢性疲劳

批注 [词3]: 然而, 这还不得而知__中枢疲劳是否也会影响那些不能直接参与到运动中的诸多系统
motor system 运动系统

批注 [词4]: 或是适量的咖啡因
moderate dose 适度剂量

温和的, 适度的

批注 [词5]: a. 足够的; 充分的

段落匹配

The blessing and curse of the people who never forget

A handful of people can recall almost every day of their lives in enormous detail – and after years of research, neuroscientists are finally beginning to understand how they do it.

A) For most of us, memory is a kind of scrapbook, a mess of blurred and faded snapshots of our lives. As much as we would like to **cling on to** our past, even the most **poignant** (beautiful and meaningful) moments can be washed away with time.

B) Ask Nima Veiseh what he was doing for any day in the past 15 years, however, and he will give you the minutiae (very small details) of the weather, what he was wearing, or even what side of the train he was sitting on his journey to work. "My memory is like a library of VHS tapes, walk-throughs of every day of my life from waking to sleeping," he explains.

C) Veiseh can even put a date on when those tapes started recording: 15 December 2000, when he met his first girlfriend at his best friend's 16th birthday party. He had always had a good memory, but the thrill of young love seems to have shifted a gear in his mind: from now on, he would start recording his whole life in detail. "I could tell you everything about every day after that. "

D) Needless to say, people like Veiseh are of great interest to neuroscientists hoping to understand the way the brain records our lives. Quick explanations – such as the possibility that it may be associated with autism – have proven to be unfounded, but a couple of recent papers have finally opened a window on these people's extraordinary minds. And this research might even suggest ways for us all to relive our past with greater clarity.

E) 'Highly superior autobiographical memory' (or HSAM for short), first came to light in the early 2000s, with a young woman named Jill Price. Emailing the neuroscientist and memory researcher Jim McGaugh one day, she claimed that she could recall every day of her life since the age of 12. Could he help explain her experiences?

F) McGaugh invited her to his lab, and began to test her: he would give her a date and ask her to tell him about the world events on that day. True to her word, she was correct almost every time.

批注 [词6]: 紧紧抱住; 不愿放弃; 坚持

批注 [词7]: a. 尖锐的; 辛酸的; 切中要害的

G) It didn't take long for magazines and documentary film-makers to cotton on (realize what was happening) to her "total recall", and thanks to the subsequent media interest, a few dozen other subjects (including Veisheh) have since come forward and contacted the team at the University of California, Irvine.

批注 [词8]: 全面回忆

批注 [词9]: a. 随后的

H) Interestingly, their memories are highly self-centred: although they can remember "autobiographical" life events in extraordinary detail, they seem to be no better than average at recalling impersonal information, such as random lists of words. Nor are they necessarily better at remembering a round of drinks, say (they are also not better than average people at remembering what drinks their friends order when they are in the bar) "Sometimes I don't remember what happened five minutes ago, but I can remember a detail from 22 January 2008," explains "Bill", who asked us not to use his full name to avoid unwanted attention. And although their memories are vast, they are susceptible to some of the mistakes we all make: in 2013, Lawrence Patihis (now at the University of Southern Mississippi) and colleagues found that people with HSAM still suffer from "false memories". They can be primed to (trained to, taught to) remember world events that never actually occurred, for instance. Clearly, there is no such thing as a "perfect" memory – their extraordinary minds are still using the same flawed tools that the rest of us rely on. The question is, how?

批注 [词10]: a. 自传体式的

批注 [词11]: a. 易受影响的; 易受感动的

批注 [词12]: a. 有缺陷的; 有瑕疵的; 有裂纹的

I) Lawrence Patihis at the University of Southern Mississippi recently studied around 20 people with HSAM and found that they scored particularly high on two measures: fantasy proneness(倾向) and absorption. Fantasy proneness could be considered a tendency to imagine and daydream, whereas absorption is the tendency to allow your mind to become fully absorbed in an activity to pay complete attention to the sensations and the experiences. "I'm extremely sensitive to sounds, smells and visual detail," explains Nicole Donohue, who has taken part in many of these studies. "I definitely feel things more strongly than the average person."

批注 [词13]: n. 吸收; 全神贯注

J) The absorption helps them to establish strong foundations for a recollection, says Patihis, and the fantasy proneness means that they revisit those memories again and again in the coming weeks and months. Each time this initial memory trace is "replayed", it becomes even stronger. In some ways, you probably go through that process after a big event like your wedding day – but the difference is that thanks to their other psychological tendencies, the HSAM subjects are doing it day in, day out, for the whole of their lives.

K) Not everyone with a tendency to fantasise will develop HSAM, though, so Patihis suggests that something must have caused them to think so much about their past "Maybe

soak v. 浸泡

some experience in their childhood meant that they became obsessed with calendars and what happened to them," says Patihis.

L) The people with HSAM I've interviewed would certainly agree that it can be a mixed blessing. On the plus side, it allows you to relive the most transformative and enriching experiences. Veiseh, for instance, travelled a lot in his youth. In his spare time, he visited the local art galleries, and the paintings are now **lodged** deep in his autobiographical memories.

批注 14: v. 固定; 卡住; 存放; 保管; 租房; 借住

M) "Imagine being able to remember every painting, on every wall, in every gallery space, between nearly 40 countries," he says. "That's a big education in art by itself. " With this comprehensive knowledge of the history of art, he has since become a professional painter.

N) Donohue, now a history teacher, agrees that it helped during certain parts of her education. "I can definitely remember what I learned on certain days at school. I could imagine what the teacher was saying or what it looked like in the book. "

O) Not everyone with HSAM has experienced these benefits, however. Viewing the past in high definition can make it very difficult to get over pain and regret. "It can be very hard to forget embarrassing moments," says Donohue. "You feel the same emotions—it is just as raw, just as fresh. . . You can't turn off that stream of memories, no matter how hard you try. " Veiseh agrees. "It is like having these open wounds—they are just a part of you," he says.

P) This means they often have to make a special effort to lay the past to rest. Bill, for instance, often gets painful "flashbacks", in which unwanted memories intrude into his consciousness, but overall he has chosen to see it as the best way of avoiding repeating the same mistakes. "Some people are absorbed in the past but not open to new memories, but that's not the case for me. I look forward to each day and experiencing something new. "

36. People with HSAM have the same memory as ordinary people when it comes to impersonal information.

37. Fantasy proneness will not necessarily cause people to develop HSAM.

38. Veiseh began to remember the details of his everyday experiences after he met his first young love.

39. Many more people with HSAM started to contact researchers due to the mass media.

40. People with HSAM often have to make efforts to avoid focusing on the past.

41. Most people do not have clear memories of past events.

42. HSAM can be both a curse and a blessing.

43. A young woman sought explanation from a brain scientist when she noticed her unusual memory.

44. Some people with HSAM find it very hard to get rid of unpleasant memories.

45. A recent study of people with HSAM reveals that they are liable to fantasy and full absorption in an activity.

仔细阅读（一）

The phrase almost completes itself: midlife crisis. It's the stage in the middle of the journey when people feel youth vanishing, their prospects narrowing and death approaching.

There's only one problem with the cliché（套话）. It isn't true.

"In fact, there is almost no hard evidence for midlife crisis **other than** a few small **pilot studies** conducted decades ago," Barbara Hagerty writes in her new book, *Life Reimagined*. The bulk of the research shows that there may be a pause, or a **shifting of gears** in the 40s or 50s, but this shift "can be exciting, rather than terrifying."

Barbara Hagerty looks at some of the features of people who turn midlife into a rebirth. They break routines, because "autopilot is death." **They choose purpose over happiness**—having a clear sense of purpose even reduces the risk of Alzheimer's disease. They give priority to relationships, as careers often recede（逐渐淡化）.

Life Reimagined paints a picture of middle age that is far from **gloomy**. Midlife seems like the second big phase of decision-making. Your identity has been formed; you've built up your resources; and now you have the chance to take the big risks precisely because your foundation is already secure.

Karl Barth described midlife precisely this way. At middle age, he wrote, "the sowing is behind; now is the time to reap. **The run has been taken; now is the time to leap.** Preparation has been made; now is the time for the venture of the work itself."

The middle-aged person, Barth continued, can see death in the distance, but moves with a **"measured haste"** to get big new things done while there is still time.

批注 [闫15]: 除了

批注 [闫16]: 初步研究; 预备实验

批注 [闫17]: 转变

批注 [闫18]: 他们选择了目标而不是幸福

批注 [闫19]: a. 黑暗的; 沮丧的; 阴郁的

批注 [闫20]: 助跑已经准备好, 现在是时候跳跃了

批注 [闫21]: 适当加速

What Barth wrote decades ago is even truer today. People are healthy and energetic longer. We have presidential candidates running for their first term in office at age 68, 69 and 74. **A longer lifespan is changing the narrative structure of life itself.** What could have been considered the beginning of a **descent** is now a potential turning point—the turning point you are most equipped to take full advantage of.

批注 [闫22]: 寿命的延长改变了人生本来的叙事结构
narrative n. 叙事; 描述

批注 [闫23]: n. 下坡路; 斜道;

46. What does the author think of the phrase "midlife crisis"?

- A. It has led to a lot of debate.
- B. It is widely acknowledged.
- C. It is no longer fashionable.
- D. It misrepresents real life.

47. How does Barbara Hagerty view midlife?

- A. It may be the beginning of a crisis.
- B. It can be a new phase of one's life.
- C. It can be terrifying for the unprepared.
- D. It may see old-age diseases approaching.

48. How is midlife pictured in the book *Life Reimagined*?

- A. It can be quite **rosy**.
- B. It can be burdensome.
- C. It undergoes radical transformation.
- D. It makes for the best part of one's life.

批注 [闫24]: a. 红润的; 美好的; 乐观的

49. According to Karl Barth, midlife is the time _____.

- A. to relax
- B. to mature
- C. to harvest
- D. to reflect

50. What does the author say about midlife today?

- A. It is more meaningful than other stages of life.
- B. It is likely to change the narrative of one's life.
- C. It is more important to those with a longer lifespan.
- D. It is likely to be a critical turning point in one's life.

仔细阅读 (二)

In spring, chickens start laying again, bringing a welcome source of protein at winter's end. So it's no surprise that cultures around the world celebrate spring by honoring the egg.

Some traditions are simple, like the red eggs that get baked into Greek Easter breads. Others **elevate** the egg into a fancy art, like the heavily jewel-covered "eggs" that were favored by the Russians starting in the 19th century.

批注 [词25]: v..提拔; 举起; 抬举

One ancient form of egg art comes to us from Ukraine. For centuries, Ukrainians have been drawing complicated patterns on eggs. Contemporary artists have followed this tradition to create eggs that speak to the anxieties of our age: Life is precious, and delicate. Eggs are, too.

"There's something about their delicate nature that appeals to me," says New Yorker cartoonist Roz Chast. Several years ago, she became interested in eggs and learned the traditional Ukrainian technique to draw her very modern characters. "I've broken eggs at every stage of the process—from the very beginning to the very, very end. "

But there's an appeal in that vulnerability. "There's part of this **sickening** horror of knowing you're walking on the edge with this, that I kind of like, knowing that it could all fall apart at any second" Chast's designs, such as a worried man alone in a tiny **rowboat**, reflect that delicateness.

批注 [词26]: a. 令人厌恶的; 令人震惊的; 令人烦恼的; 给人不祥的感觉的

批注 [词27]: n. 划艇

Traditional Ukrainian decorated eggs also spoke to those fears. The **elaborate** patterns were believed to offer protection against evil.

批注 [词28]: a. 精心制作的; 详尽的;
v. 精心制作; 详细描述

"There's an ancient legend that as long as these eggs are made, evil will not **prevail** in the world," says Joan Brander, a Canadian egg-painter who has been painting eggs for over 60 years, having learned the art from her Ukrainian relatives.

批注 [词29]: v. 盛行; 战胜; 获胜

The tradition, dating back to 300 B. C. , was later incorporated into the Christian church. The old symbols, however, still endure. A decorated egg with a bird on it, given to a young married couple, is a wish for children. A decorated egg thrown into the field would be a wish for a good harvest.

51. Why do people in many cultures prize the egg?

- A. It is a welcome sign of the coming of spring.
- B. It is their major source of protein in winter.
- C. It can easily be made into a work of art.
- D. It can bring wealth and honor to them.

52. What do we learn about the decorated "eggs" in Russia?

- A. They are shaped like jewel cases.
- B. They are **cherished** by the rich.
- C. They are heavily painted in red.
- D. They are favored as a form of art.

批注 [词30]: v. 珍贵; 爱护; 抱有; 怀有

53. Why have contemporary artists continued the egg art tradition?

- A. Eggs serve as an enduring symbol of new life.
- B. Eggs have an oval shape appealing to artists.
- C. Eggs reflect the anxieties of people today.
- D. Eggs provide a unique surface to paint on.

54. Why does Chast enjoy the process of decorating eggs?

- A. She never knows if the egg will break before the design is completed.
- B. She can add multiple details to the design to communicate her idea.
- C. She always derives great pleasure from designing something new.
- D. She is never sure what the final design will look like until the end.

55. What do we learn from the passage about egg-painting?

- A. It originated in the eastern part of Europe.

- B. It has a history of over two thousand years.
- C. It is the most time-honored form of fancy art.
- D. It is especially favored as a church decoration.

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选词填空

The method for making beer has changed over time. Hops (啤酒花), for example, which give many a modern beer its bitter flavor, are a relatively recent addition to the beverage. This was mentioned in reference to brewing in the ninth century. Now, researchers have found a surprising ingredient in residue (残留物) from 5000-year-old beer brewing equipment. While excavating two pits at a site in the central plains of China, scientists discovered fragments from pots and vessels. The different shapes of the containers suggest they were used to brew, filter, and store beer. They may be ancient “beer-making tools,” and the earliest direct evidence of beer brewing in China, the researchers reported in the Proceedings of the National Academy of Sciences. To test that hypothesis, the team examined the yellowish, dried remains inside the vessels. The majority of the grains, about 80%, were from cereal crops like barley (大麦), and about 10% were bits of roots, including lily, would have made the beer sweeter, the scientists say. Barley was an unexpected find: the crop was domesticated in Western Eurasia and didn't become a staple food in central China until about 2000 years ago, according to the researchers. Based on that timing, they indicate barley may have arrived in the region not as food, but as raw material for beer brewing.

b) consuming d) exclusively

批注 [词31]: n. 饮料

批注 [词32]: brew

v. 酿; 泡; 煮

n. 啤酒; 茶; 咖啡

批注 [词33]: 当科学家们在中国的中部地区对两个考古坑进行发掘的时候, 发现了罐和容器的碎片.

excavate v. 挖掘

pit n. 矿坑; 陷阱

plains a. 平的; 简单的; 朴素的; 清晰的 v. 平原

fragment n. 碎片

批注 [词34]: n. 过滤器

批注 [词35]: n. 假设

批注 [词36]: a. 微黄色的; 淡黄的

批注 [词37]: n. 百合花

批注 [词38]: a. 家养的; 驯服的

批注 [词39]: n. 主要产品; 订书钉; 主题
a. 主要的; 常用的

批注 [词40]: n. 定时; 时间

批注 [词41]: consuming a. 强烈的

exclusively ad. 唯一的; 专有的; 排他的

段落匹配

Team spirit

A) Teams have become the basic building blocks of organisations. Recruitment advertisements routinely call for "team players". Business schools grade their students in part on their performance in group projects. Office managers knock down walls to encourage team building. Teams are as old as civilisation, of course: even Jesus had 12 co-workers. But a new report by Deloitte, "Global Human Capital Trends", based on a survey of more than 7,000 executives in over 130 countries, suggests that the fashion for teamwork has reached a new high. Almost half of those surveyed said their companies were either in the middle of restructuring or about to embark on (开始) it; and for the most part, restructuring meant putting more emphasis on teams.

B) Companies are abandoning conventional functional departments and organising employees into **cross-disciplinary** teams that focus on particular products, problems or customers. These teams are gaining more power to run their own affairs. They are also spending more time working with each other rather than reporting upwards. Deloitte argues that a new organisational form is on the rise: a network of teams is replacing the conventional hierarchy (等级体制).

C) The fashion for teams is driven by a sense that the old way of organising people is too rigid for both the modern marketplace and the expectations of employees. Technological innovation places greater value on agility (灵活性). John Chambers, chairman of Cisco Systems Inc., a worldwide leader in electronics products, says that "we compete against market transitions (过渡), not competitors. Product transitions used to take five or seven years; now they take one or two." Digital technology also makes it easier for people to co-ordinate their activities without resorting to hierarchy. **The "millennials" (who will soon make up half the workforce in rich countries) were raised (from nursery school onwards to work) (in groups).**

D) The fashion for teams is also spreading from the usual corporate suspects (such as GE and IBM) to some more unusual ones. The Cleveland Clinic, a hospital operator, has reorganised its medical staff into teams to focus on particular treatment areas; consultants, nurses and others collaborate closely instead of being separated by speciality (专业) and rank. The US Army has gone the same way. In his book, Team of Teams, General Stanley McChrystal describes how the army's hierarchical structure hindered its operations during the

批注 [词42]: a. 跨学科的

批注 [词43]: 即将构成富裕国家半数劳动力的“千禧一代”
从幼儿园到工作的整个过程中都处于集体之中
nursery school 幼儿园
onwards to 开始

early stages of the Iraq war. His solution was to learn something from the rebels it was fighting: decentralising authority to self-organising teams.

E) A good rule of thumb is that as soon as generals and hospital administrators jump on a management bandwagon (追随一种管理潮流), it is time to ask questions. Leigh Thompson of Kellogg School of Management in Illinois warns that, "Teams are not always the answer—teams may provide insight, creativity and knowledge in a way that a person working independently cannot; but teamwork may also lead to confusion, delay and poor decision-making." The late Richard Hackman of Harvard University once argued, "I have no question that when you have a team, the possibility exists that it will generate magic, producing something extraordinary . . . But don't count on it."

F) Hackman (who died in 2013) noted that teams are hindered by problems of (co-ordination and motivation) (that chip away at) (the benefits of collaboration). High-flyers who are forced to work in teams may be undervalued and free-riders empowered. Group-think may be unavoidable. In a study of 120 teams of senior executives, he discovered that less than 10% of their supposed members agreed on who exactly was on the team. If it is hard enough to define a team's membership, agreeing on its purpose is harder still.

G) Profound changes in the workforce are making teams trickier to manage. Teams work best if their members have a strong common culture. This is hard to achieve when, as is now the case in many big firms, a large proportion of staff are temporary contractors. Teamwork improves with time: America's National Transportation Safety Board found that 73% of the incidents in its civil-aviation database occurred on a crew's first day of flying together. However, as Amy Edmondson of Harvard points out, organisations increasingly use "team" as a verb rather than a noun: they form teams for specific purposes and then quickly disband them.

H) The least that can be concluded from this research is that companies need to think harder about managing teams. They need to rid their minds of sentimentalism (感情用事): the most successful teams have leaders who are able to set an overall direction and take immediate action. They need to keep teams small and focused: giving in to pressure to be more "inclusive" is a guarantee of dysfunction. Jeff Bezos, Amazon's boss, says that "If I see more than two pizzas for lunch, the team is too big." They need to immunise teams against group-think: Hackman argued that the best ones contain "deviant" (离经叛道者) (who are willing to do something) (that may be upsetting to others).

批注 [闫44]: 但不要指望他
(但不要过分依赖团队)

批注 [闫45]: 由于协调和动机问题, 团队合作的好处收到了削弱, 团队也因此受到了阻碍.
hinder a. 后面的 v. 阻碍/成为阻碍
chip away at 削弱; 损害

批注 [闫46]: 被强制在团队中工作的那些能干的人可能会被低估, 而免费搭便车的人反而会得到认可
High-flyers n. 成功的人; 有野心的人
undervalued a. 贬值的; 被低估的
free-riders n. 搭顺风车的人
empowered v. 被授予权利

批注 [闫47]: a. 深厚的; 意义深远的

批注 [闫48]: = tricky
a. 狡猾的; 机警的

批注 [闫49]: 他们要让团队避免趋同思维. H 认为, 最好的团队应该有“离经叛道者”, 他们应该做一些可能让别人感到不安的事情
immunize v. 使免疫
group-think n. 群体思维
ones 指代 团队
upsetting a. 令人心烦的

I) A new study of 12,000 workers in 17 countries by Steelcase, a furniture-maker which also does consulting, finds that the best way to ensure employees are "engaged" is to give them more control over where and how they do their work—which may mean liberating them from having to do everything in collaboration with others.

J) However, organisations need to learn something bigger than how to manage teams better: they need to be in the habit of asking themselves whether teams are the best tools for the job. Team-building skills are in short supply: Deloitte reports that only 12% of the executives they contacted feel they understand the way people work together in networks and only 21% feel confident in their ability to build cross-functional teams. Loosely managed teams can become hotbeds of distraction—employees routinely complain that they can't get their work done because they are forced to spend too much time in meetings or compelled to work in noisy offices. Even in the age of open-plan offices and social networks some work is best left to the individual.

36. Successful team leaders know exactly where the team should go and are able to take **prompt** action.

37. Decentralisation of authority was also found to be more effective in military operations.

38. In many companies, the conventional form of organisation is giving way to a network of teams.

39. Members of poorly managed teams are easily distracted from their work.

40. Teamwork is most effective when team members share the same culture.

41. According to a report by Deloitte, teamwork is becoming increasingly popular among companies.

42. Some team members find it hard to agree on questions like membership and the team's purpose.

43. Some scholars think teamwork may not always be reliable, despite its potential to **work wonders**.

44. To ensure employees' commitment, it is advisable to give them more flexibility as to where and how they work.

45. Product transitions take much less time now than in the past.

批注 [词50]: v. 提示; 鼓励; 促进; 激起; 导致
a. 敏捷的; 及时的;
n. 提示; 提示符; 鼓励; 催眠; 付款期限
ad. 准时地

批注 [词51]: 创造奇迹

仔细阅读（一）

Shoppers in the UK are spending less money on toilet paper to save money, research has shown.

Penny-pinching UK consumers choose cheaper products from discounters such as Aldi and Lidl rather than luxury alternatives.

批注 [词52]: a. 小气的

This has **wiped 6% off** the value of the soft tissue paper market in the UK. It has shrunk from 1. 19 billion pounds in 2011 to 1. 12 billion pounds in 2015, according to a new report from market research company Mintel. Furthermore, the future of the market looks far from rosy, with sales expected to fall further to 1. 11 billion pounds in 2016.

批注 [词53]: 除去; 清洗; 洗刷

In the last year alone, despite an increase in the UK population and a **subsequent** rise in the number of households, sales of toilet paper fell by 2%, with the average household reducing their toilet roll spending from 43 pounds in 2014 to 41 pounds in 2015.

批注 [词54]: a. 随后的

Overall, almost three in five people say they try to limit their usage of paper—including facial tissue and kitchen roll—to save money. "Strength, softness and thickness remain the leading indicators of toilet paper quality, with just a small proportion of consumers preferring more luxurious alternatives, such as those with flower patterns or perfume," said Mintel analyst Jack Duckett. "These extra features are deemed unnecessary by the majority of shoppers, which probably reflects how these types of products are typically more expensive than regular toilet paper, even when on special offer. "

While consumers are spending less on toilet paper, they remain **fussy**—in theory at least—when it comes to paper quality. Top of Britons' toilet paper wish list is softness (57%) followed by strength (45%) and thickness (36%).

批注 [词55]: a. 无忧无虑的; 挑剔的; 紧张的; 过分琐碎的

(One in 10 buyers) rank toilet rolls (made from recycled paper) among their top considerations. (highlighting) (how overall the environment) is much less (of a consideration) (for shoppers) (than product quality). In a challenge for manufacturers, 81% of paper product users said they would consider buying recycled toilet tissue if it were comparable in quality to standard paper.

批注 [词56]: 1/10 的购买者把利用再生纸制造的卫生卷纸列为了首选, 这突出表明, 相比于环境, 购买者更加关注于商品质量的现象是很普遍的。
rank among 跻身于...; 属于...之列
highlighting 使...显著
后半句 :
(整体环境如何)是个更小的考虑因素(对于购买者)(比商品质量)

46. The market sales of toilet paper have decreased because _____.

- A. Britons have cut their spending on it.
- B. its prices have gone up over the years.

C. its quality has seen marked improvement.

D. Britons have developed the habit of saving.

47. What does the author think of the future of the tissue paper market in the UK?

A. It will expand in time.

B. It will remain gloomy.

C. It will experience ups and downs.

D. It will recover as population grows.

48. What does Jack Duckett say about toilet paper?

A. Special offers would promote its sales.

B. Consumers are loyal to certain brands.

C. Luxurious features add much to the price.

D. Consumers have a variety to choose from.

49. What do we learn about Britons concerning toilet paper?

A. They are particular about the quality of toilet paper.

B. They emphasize the strength of toilet paper the most.

C. They prefer cheap toilet paper to recycled toilet paper.

D. They reject using toilet paper with unnecessary features.

50. What can we infer from the last paragraph?

A. More and more Britons buy recycled toilet paper to protect the environment.

B. Toilet paper manufacturers are facing a great challenge in promoting its sales.

C. Toilet paper manufacturers compete with one another to improve product quality.

D. Environmental protection is not much of a concern when Britons buy toilet paper.

批注 [词57]: a. 黑暗的; 诅咒的; 抑郁的

仔细阅读（二）

"One of the reasons I find this topic very interesting is because my mom was a smoker when I was younger," says Lindson-Hawley, who studies tobacco and health at the University of Oxford.

By studying about 700 adult smokers, she found out that her mom quit the right way—by stopping abruptly and completely.

In her study, participants were randomly （随机地） assigned to two groups. One had to quit abruptly on a given day, going from about a pack a day to zero. The other cut down gradually over the course of two weeks. People in both groups used nicotine （尼古丁） patches before they quit, in addition to a second form of nicotine replacement, like gum or spray. They also had talk therapy with a nurse before and after quit day.

批注 [词58]: n. 治疗; 疗法

Six months out, more people who had quit abruptly had stuck with it—more than one-fifth of them, compared to about one-seventh in the other group. Although these numbers appear low, it is much higher than if people try without support.

And the quit rates were particularly convincing given that before the study started, most of the people had said they'd rather cut down gradually before quitting. "If you're training for a marathon, you wouldn't expect to turn up and just be able to run it. And I think people see that for smoking as well. They think, 'Well, if I gradually reduce, it's like practice,'" says Lindson-Hawley. But that wasn't the case. Instead of giving people practice, the gradual reduction likely gave them cravings （瘾） and withdrawal symptoms before they even reached quit day, which could be why fewer people in that group actually made it to that Point. "Regardless of your stated preference, if you're ready to quit, quitting abruptly is more effective," says Dr. Gabriela Ferreira. "When you can quote a specific number like a fifth of the patients were able to quit, that's compelling. It gives them the encouragement, I think, to really go for it," Ferreira says.

批注 [词59]: 事实并非如此

批注 [词60]: a. 引人注目的; 令人信服的; 不可抗拒的
v. 强迫的

People rarely manage to quit the first time they try. But at least, she says, they can maximize the odds of success.

51. What does Lindson-Hawley say about her mother?

- A. She quit smoking with her daughter's help.
- B. She succeeded in quitting smoking abruptly.

C. She was also a researcher of tobacco and health.

D. She studied the smoking patterns of adult smokers.

52. What kind of support did smokers receive to quit smoking in Lindson-Hawley's study?

A. They were given physical training.

B. They were looked after by physicians.

C. They were encouraged by psychologists.

D. They were offered nicotine replacements.

53. How does Dr. Gabriela Ferreira view the result of Lindson-Hawley's experiment?

A. It is idealized.

B. It is unexpected.

C. It is encouraging.

D. It is misleading.

54. The idea of "a marathon" (Line 2, Para. 5) illustrates the popular belief that quitting smoking _____.

A. is something few can accomplish

B. needs some practice first

C. requires a lot of patience

D. is a challenge at the beginning

55. What happens when people try to quit smoking gradually?

A. They find it even more difficult.

B. They are simply unable to make it.

C. They show fewer **withdrawal symptoms**.

D. They feel much less pain in the process.

批注 [词61]: n. 脱瘾症状

2017 年 6 月第三套

选词填空

America's Internet is faster than ever before, but people still complain about their Internet being too slow.

New York's Attorney General's office launched an investigation in the fall into whether or not Verizon, Cablevision and Time Warner are delivering broadband that's as fast as the providers claim it is. Earlier this month, the office asked for the public's help to measure their speed results, saying consumers deserved to get the speeds they were promised. "Too many of us may be paying for one thing, and getting another," the Attorney General said.

If the investigation uncovers anything, it wouldn't be the first time a telecom provider got into trouble over the broadband speeds it promised and delivered customers. Back in June, the Federal Communications Commission fined AT&T \$100 million over accusations that the carrier secretly reduced wireless speeds after customers consumed a certain amount of data.

Even when they stay on the right side of the law, Internet providers arouse customers' anger over bandwidth speed and cost. Just this week, an investigation found that media and telecom giant Comcast is the most hated provider. Over 10 months, Comcast received nearly 12,000 customer complaints, many relating to its monthly data cap and overage (超过额度的) charges.

Some Americans are getting so frustrated with Internet providers they're just giving up. A recent study found that the number of Americans with high-speed Internet at home today actually fell during the last two years, and 15% of people now consider themselves to be "cord-cutters."

段落匹配

From Accountant to Yogi: Making a Radical Career Change

A) At some point, almost all of us will experience a period of radical professional change. Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers. Either way, we have choices about how we respond to it when it comes.

批注 [词62]: n. 电信

批注 [词63]: accusation n. 控告; 指控; 指责

批注 [词64]: 即使这些供应商遵守法律
stay on the right side of...
与...一致

批注 [词65]: n. 帽子
v. 覆盖

批注 [词66]: “剪线族”
这些消费者取消有线服务, 转向 Hulu 和 Netflix 等费用较低的服务, 后者提供的节目与有线电视基本相同, 但价格要便宜得多。

批注 [词67]: a. 激进的; 根本的; 彻底的

B) We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself. In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home. In the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people. Even if your personal reinvention is less **drastic**, we think there are lessons from her experience that apply.

批注 [闫68]: a. 激烈的; 猛烈的

C) Where do the seeds of change come from? The Native American Indians have a saying: "**Pay attention to the whispers so you won't have to hear the screams.**" Often the best ideas for big changes come from unexpected places—it's just a matter of **tuning in**. Great leaders recognize the weak signals or slight signs that point to big changes to come. Leah reflects on a time she listened to the whispers: "About the time my daughter was five years old, I started having a sense that 'this isn't right.' " She then realized that her life no longer matched her vision for it.

批注 [闫69]: 注意低语, 这样你就不必听到尖叫声.

批注 [闫70]: 收听; 使...协调

D) **Up until that point**, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. "I did what everybody else thought looked successful," she says. **Leah easily could have fallen into (a trap) (of feeling content)**; instead, her energy sparked a period of experimentation and renewal.

批注 [闫71]: 在那之前

批注 [闫72]: L 本来容易掉进满足的陷阱
content a. 内容; 目录; 满足; 容量
a. 满意的

E) Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise and dieting, she lost some weight and discovered an inner strength. "I felt powerful because I broke through my own limitations," she recalls.

F) However, it was another interest that led Leah to radically reinvent herself. "I remember sitting on a bench with my aunt at a yoga studio," she said, "**and having a moment of clarity right then and there**: Yoga is saving my life. Yoga is waking me up. I'm not happy and I want to change and I'm done with this. " In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

批注 [闫73]: 就在那个时刻, 在那个地方突然感觉很清醒

G) Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way. When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked. She recalls:

H) One day a man I worked with, Ryan, who had his office next to mine, said, "Leah, let's go look at this space on Queen Anne. " He knew my love for yoga and had seen a space close to where he lived that he thought might be good to serve as a yoga studio. As soon as I saw the location, I knew this was it. Of course I was scared, yet I had this strong sense of "I have to do this. " Only a few months later Leah opened her first yoga studio, but success was not instant.

I) Creating the future takes time. That's why leaders continue to manage the present while building toward the big changes of the future. When it's time to make the leap, they take action and immediately drop what's no longer serving their purpose. Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

J) Soon after, she knew she had to make a bold move to fully commit to her new future. Within two years, Leah shed the safety of her accounting job and made the switch complete. Such drastic change is not easy.

K) Steering through change and facing obstacles brings us face to face with our fears. Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: "I was probably up against the most fear I've ever had," she says. "I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all. "

L) She connected with her sense of purpose and dug deep, cultivating a tremendous sense of strength. "I was feeling so intentional and strong that I wasn't going to let fear just take over. I was thinking, 'OK, guys, if you want to try to shut me down, shut me down. ' And I knew it was a negotiation scheme, so I was able to say to myself, 'This is not real. '" By naming her fears and facing them head-on, Leah gained confidence. For most of us, letting go of (the safety and security) (of the past) (gives us great fear). Calling out our fears explicitly, as Leah did, can help us act decisively.

M) The cycle of renewal never ends. Leah's growth spurred her to open her second studio—and it wasn't for the money.

N) I have no desire to make millions of dollars. It's not about that; it's about growth for me. Honestly, I didn't need to open a second studio. I was making as much money as I was as an accountant. But I know if you don't grow, you stand still, and that doesn't work for me.

O) Consider the current moment in your own life, your team or your organization. Where are you in the cycle of renewal: Are you actively preserving the present, or selectively

批注 [闫74]: L 回忆起一件让她感觉恐惧的事情, 那时候她的投资者威胁着要关闭她的工作室
incident n. 事件
trigger n. 起因; 触发器 v. 触发; 引起; 开动

批注 [闫75]: 对于我们大多数人来说, 放下过去的安全和保障让我们感到了巨大的恐惧, 像 L 那样明确的说出我们的恐惧可以帮助我们果断的采取行动
let go of 释放; 松手放开
explicitly a. 明确地;
decisively ad. 果断地; 决然地

forgetting the past, or boldly creating the future? What advice would Leah give you to move you ahead on your journey? Once we're on the path of growth, we can continually move through the seasons of transformation and renewal.

36. Readiness to take advantage of new opportunities will make it easier to create one's desired future.

37. By conventional standards, Leah was a typical successful woman before she changed her career.

38. Leah gained confidence by laying out her fears and confronting them directly.

39. In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.

40. Leah's interest in yoga prompted her to make a firm decision to reshape her life.

41. Small signs may indicate great changes to come and therefore merit attention.

42. Leah's first yoga studio was by no means an immediate success.

43. Some people regard professional change as an unpleasant experience that disturbs their stable careers.

44. The worst fear Leah ever had was the prospect of losing her yoga business.

45. As she explored new interests and developed new potentials. Leah felt powerful internally.

批注 [闫76]: v. 提示; 鼓励; 激起; 促进; 导致
a. 敏捷的; 立刻的; 及时的
n. 提示; 鼓励; 催促
ad. 准时地

批注 [闫77]: 微小的信号可能意味着重大的改变即将来临, 因此值得注意
merit n. 优点; 功绩; 功过
v. 值得; 应受报答

仔细阅读 (一)

Urbanization—migration away from the suburbs to the city center—will be the biggest real estate trend in 2015. according to a new report.

批注 [闫78]: n. 房地产

The report says America's urbanization will continue to be the most significant issue affecting the industry, as cities across the country imitate the walkability and transit-oriented development making cities like New York and San Francisco so successful.

批注 [闫79]: n. 步行友好性

批注 [闫80]: 公共交通导向型

As smaller cities copy the model of these "24-hour cities," more affordable versions of these places will be created. The report refers to this as the coming of the "18-hour city," and uses the term to refer to cities like Houston, Austin, Charlotte, and Nashville, which are

"positioning themselves as highly competitive, in terms of livability, employment offerings, and recreational and cultural facilities. "

Another trend that looks significant in 2015 is that America's largest population group, Millennials （千禧一代）, will continue to put off buying a house. Apartments will retain their appeal (for a while) (for Millennials), haunted by (what happened to home-owning parents).

This trend will continue into the 2020s, the report projects. After that, survey respondents disagree over whether this generation will follow in their parents' footsteps, moving to the suburbs to raise families, or will choose to remain in the city center.

Another issue affecting real estate in the coming year will be America's failing infrastructure. Most roads, bridges, transit, water systems, the electric grid, and communications networks were installed 50 to 100 years ago, and they are largely taken for granted until they fail.

The report's writers state that America's failure to invest in infrastructure impacts not only the health of the real-estate market, but also our ability to remain globally competitive.

Apart from the specific trends highlighted above, which cause some investors to worry, the report portrays an overall optimism borne by the recent healthy real-estate "upcycle" and improving economy. Seventy-four percent of the respondents surveyed report a "good to excellent" expectation of real-estate profitability in 2015. While excessive optimism can promote bad investment patterns, resulting in a real- estate "bubble," the report's writers downplay that potential outcome in that it has not yet occurred.

46. According to the new report, real estate development in 2015 will witness _____ .

- A. an accelerating speed
- B. a shift to city centers
- C. a new focus on small cities
- D. an ever-increasing demand

47. What characterizes "24-hour cities" like New York?

- A. People can live without private cars.
- B. People are generally more competitive.

批注 [闫81]: 公寓对他们的吸引力将会保持一段时间, 因为他们被发生在他们已买了房的父母身上的事情所困扰
retain v. 保持; 困; 记住
haunted a. 闹鬼的; 受到困扰的

批注 [闫82]: n. 基础设施;

批注 [闫83]: 这份报告还描绘了最近良性的房地产升级改造和经济改善所带来的总体乐观情绪
portray v. 描绘
be borne by 由... 承担

批注 [闫84]: v. 轻视; 贬低; 低估

批注 [闫85]: 不断增长的

C. People can enjoy services around the clock.

D. People are in harmony with the environment.

48. Why are Millennials **reluctant** to buy a house?

A. They can only afford small apartments.

B. The house prices are currently too high.

C. Their parents' bad experience still haunts them.

D. They feel attached to the suburban environment.

49. What might hinder real estate development in the U. S. ?

A. The continuing economic recession in the country.

B. The lack of confidence on the part of investors.

C. The fierce global competition.

D. The worsening infrastructure.

50. How do most of the respondents in the survey feel about the U. S. real-estate market in 2015?

A. Pessimistic.

B. Hopeful.

C. Cautious.

D. Uncertain.

批注 [词86]: a. 不情愿的; 勉强的; 顽抗的

仔细阅读 (二)

The brain is a seemingly endless library, whose shelves house our most precious memories as well as our lifetime's knowledge. But is there a point where it reaches capacity?

The answer is no, because brains are more sophisticated than that. Instead of just crowding in, old information is sometimes pushed out of the brain for new memories to form.

Previous behavioural studies have shown that learning new information can lead to forgetting. But in a new study, researchers **demonstrated** for the first time how this effect occurs in the brain.

批注 [词87]: v. . 证实; 揭露; 显示

In daily life, forgetting actually has clear advantages. Imagine, for instance, that you lost your bank card. The new card you receive will come with a new personal identification number (PIN). Each time you remember the new PIN, you gradually forget the old one. This process improves access to relevant information, without old memories **interfering**.

批注 [词88]: interfere

v. 干涉; 妨碍; 打扰; 冲突; 介入

And most of us may sometimes feel the frustration of having old memories interfere with new, relevant memories. Consider trying to remember where you parked your car in the same car park you were at a week earlier. This type of memory (where you are trying to remember new, but similar information) is particularly vulnerable to **interference**.

批注 [词89]: interference

n. 干扰; 冲突; 干涉

When we acquire new information, the brain automatically tries to incorporate (合并) it within existing information by forming associations. And when we retrieve (检索) information, both the desired and associated but irrelevant information is recalled.

The majority of previous research has focused on how we learn and remember new information. But current studies are beginning to place greater emphasis on the conditions under which we forget, as its importance begins to be more appreciated.

A very small number of people are able to remember almost every detail of their life. While it may sound like an advantage to many, people with this rare condition often find their unusual ability burdensome.

In a sense, forgetting is our brain's way of sorting memories, so the most relevant memories are ready for **retrieval**. Normal forgetting may even be a safety **mechanism** to ensure our brain doesn't become too full.

批注 [词90]: n. 取回; 索回(recovery)

批注 [词91]: n. 方法; 机制

51. What have past behavioural studies found about our brain?

- A. Its capacity actually knows no limits.
- B. It grows sophisticated with practice.
- C. It keeps our most precious memories until life's end.
- D. New information learned pushes old information out.

52. What is the benefit of forgetting?

-
- A. It frees us from painful memories.
 - B. It helps slow down our aging process.
 - C. It facilitates our access to relevant information.
 - D. It prevents old information from forming associations.

53. What is the emphasis of current studies of memory?

- A. When people tend to forget.
- B. What contributes to forgetting.
- C. How new technology hinders memory capacity.
- D. Why learning and forgetting are **complementary**.

批注 [词92]: a. 相辅相成的; 相互补充的

54. What do people find about their rare ability to remember every detail of their life?

- A. It adds to the burden of their memory.
- B. It makes their life more complicated.
- C. It contributes to their success in life.
- D. **It constitutes a rare object of envy.**

批注 [词93]: 它构成了一种罕见的嫉妒
constitute v. 构成了

55. What does the passage say about forgetting?

- A. It can enlarge our brain capacity.
- B. It helps get rid of negative memories.
- C. It is a way of organizing our memories.
- D. It should not cause any alarm in any way.