

2023 考研英语阅读基础课程-必刷 40 篇

主讲: KK 何凯文

Text 24

第一段

If you intend using humor in your talk to make people smile, you must know how to identify shared experiences and problems. Your humor must be relevant to the audience and should help to show them that you are one of them or that you understand their situation and are in sympathy with their point of view. Depending on whom you are addressing, the problems will be different. If you are talking to a group of managers, you may refer to the disorganized methods of their secretaries; alternatively if you are addressing secretaries, you may want to comment on their disorganized bosses.

重点词汇:

be relevant to: 和...相关

are in sympathy with: 随着、和...一致

addressing: 对...讲话

secretaries: 秘书、大臣

第一句

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第二句

Your humor must be relevant to the audience and should help to show them that you are one of them or that you understand their situation and are in sympathy with their point of view.

第三句

Depending on whom you are addressing, the problems will be different.

第四句

If you are talking to a group of managers, you may refer to the disorganized methods of their secretaries; alternatively if you are addressing secretaries, you may want to comment on their disorganized bosses.

第二段

Here is an example, which I heard at a nurses' convention, of a story which works well because the audience all shared the same view of doctors. A man arrives in heaven and is being shown around by St. Peter. He sees wonderful accommodations, beautiful gardens, sunny weather, and so on. Everyone is very peaceful, polite and friendly until, waiting in a line for lunch, the new arrival is suddenly pushed aside by a man in a white coat, who rushes to the head of the line, grabs his food and stomps over to a table by himself. "Who is that?" the new arrival asked St. Peter. "Oh, that's God," came the reply, "but sometimes he thinks he's a doctor."

重点词汇:

Convention: 习俗、惯例

Stomps: 跺脚、重踩

第一句

Here is an example, which I heard at a nurses' convention, of a story which works well because the audience all shared the same view of doctors.

第二句

A man arrives in heaven and is being shown around by St. Peter. He sees wonderful accommodations, beautiful gardens, sunny weather, and so on.

第三句

Everyone is very peaceful, polite and friendly until, waiting in a line for lunch, the new arrival is suddenly pushed aside by a man in a white coat, who rushes to the head of the line, grabs his food and stomps over to a table by himself. "Who is that?"

第四句

the new arrival asked St. Peter. “Oh, that’s God,” came the reply, “but sometimes he thinks he’s a doctor.”

第三段

If you are part of the group which you are addressing, you will be in a position to know the experiences and problems which are common to all of you and it’ll be appropriate for you to make a passing remark about the inedible canteen food or the chairman’s notorious bad taste in ties. With other audiences you mustn’t attempt to cut in with humor as they will resent an outsider making disparaging remarks about their canteen or their chairman. You will be on safer ground if you stick to scapegoats like the Post Office or the telephone system.

重点词汇：

Inedible: 不宜食用的

Resent: 怨恨、憎恶

Disparaging: 诋毁的

Scapegoats: 替罪羊

第一句

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第三句

You will be on safer ground if you stick to scapegoats like the Post Office or the telephone system.

第四段

If you feel awkward being humorous, you must practice so that it becomes more natural. Include a few casual and apparently off-the-cuff remarks which you can deliver in a relaxed and unforced manner. Often it's the delivery which causes the audience to smile, so speak slowly and remember that a raised eyebrow or an unbelieving look may help to show that you are making a light-hearted remark.

重点词汇:

Awkward: 尴尬

off-the-cuff: 即兴的

light-hearted : 轻松的

remark: 言论

第一句

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第五段

Look for the humor. It often comes from the unexpected. A twist on a familiar quote “If at first you don’t succeed, give up” or a play on words or on a situation. Search for exaggeration and understatement. Look at your talk and pick out a few words or sentences which you can turn about and inject with humor.

重点词汇：

Exaggeration:

Inject: 注射、投入

第一句

Look for the humor. It often comes from the unexpected.

第二句

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第三句

Search for exaggeration and understatement.

第四句

Look at your talk and pick out a few words or sentences which you can turn about and inject with humor.

Text 25

第一段

Of all the components of a good night's sleep, dreams seem to be least within our control. In dreams, a window opens into a world where logic is suspended and dead people speak. A century ago, Freud formulated his revolutionary theory that dreams were the disguised shadows of our unconscious desires and fears; by the late 1970s, neurologists had switched to thinking of them as just "mental noise" -- the random byproducts of the neural-repair work that goes on during sleep. Now researchers suspect that dreams are part of the mind's emotional thermostat, regulating moods while the brain is "off-line." And one leading authority says that these intensely powerful mental events can be not only harnessed but actually brought under conscious control, to help us sleep and feel better, "It's your dream," says Rosalind Cartwright, chair of psychology at Chicago's Medical Center. "If you don't like it, change it."

重点词汇:

Components: 部件、组成部分

Suspended: 悬挂、终止

Formulated: 明确表达

Revolutionary: 革命性的

Disguised: 伪装的、掩饰

Neurologists: 精神学家

neural-repair: 神经修复

thermostat: 调节器

harnessed: 利用

第一句

Of all the components of a good night's sleep, dreams seem to be least within our control.

第二句

In dreams, a window opens into a world where logic is suspended and dead people speak.

第三句

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第四句

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第五句

And one leading authority says that these intensely powerful mental events can be not only harnessed but actually brought under conscious control, to help us sleep and feel better, “It's your dream,” says (that) Rosalind Cartwright, chair of psychology at Chicago's Medical Center.

第六句

“If you don't like it, change it.”

第二段

Evidence from brain imaging supports this view. The brain is as active during REM (rapid eye movement) sleep -- when most vivid dreams occur -- as it is when fully awake, says Dr. Eric Nofzinger at the University of Pittsburgh. But not all parts of the brain are equally involved; the limbic system (the “emotional brain”) is especially active, while the prefrontal cortex (the center of intellect and reasoning) is relatively quiet. “We wake up from dreams happy or depressed, and those feelings can stay with us all day.” says Stanford sleep researcher Dr. William Dement.

重点词汇:

brain imaging: 脑成像

limbic system: 大脑边缘系统

prefrontal cortex: 前额皮质

第一句

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But not all parts of the brain are equally involved; the limbic system (the “emotional brain”) is especially active, while the prefrontal cortex (the center of intellect and reasoning) is relatively quiet.

第四句

“We wake up from dreams happy or depressed, and those feelings can stay with us all day.” Says (that) Stanford sleep researcher Dr. William Dement.

第三段

The link between dreams and emotions shows up among the patients in Cartwright’s clinic. Most people seem to have more bad dreams early in the night, progressing toward happier ones before awakening, suggesting that they are working through negative feelings generated during the day. Because our conscious mind is occupied with daily life we don’t always think about the emotional significance of the day’s events -- until, it appears, we begin to dream.

重点词汇：

Clinic: 诊所、（医院的）科室

第一句

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第二句

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第三句

Because our conscious mind is occupied with daily life (that) we don't always think about the emotional significance of the day's events -- until, it appears, we begin to dream.

第四段

And this process need not be left to the unconscious. Cartwright believes one can exercise conscious control over recurring bad dreams. As soon as you awaken, identify what is upsetting about the dream. Visualize how you would like it to end instead; the next time it occurs, try to wake up just enough to control its course. With much practice people can learn to, literally, do it in their sleep.

重点词汇:

Recurring: 反复出现

Course: 进程、行动方式

第一句

And this process need not be left to the unconscious.

第二句

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第三句

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Visualize how you would like it to end instead; the next time (that) it occurs, try to wake up just enough to control its course.

第五句

With much practice people can learn to, literally, do it in their sleep.

第五段

At the end of the day, there's probably little reason to pay attention to our dreams at all unless they keep us from sleeping or "we wake up in a panic," Cartwright says. Terrorism, economic uncertainties and general feelings of insecurity have increased people's anxiety. Those suffering from persistent nightmares should seek help from a therapist. For the rest of us, the brain has its ways of working through bad feelings. Sleep -- or rather dream -- on it and you'll feel better in the morning.

重点词汇:

Terrorism: 恐怖主义

Therapist: 心理治疗师

第一句

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第二句

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第四句

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第五句

Sleep -- or rather dream -- on it and you'll feel better in the morning.

Text 26

第一段

Everybody loves a fat pay rise. Yet pleasure at your own can vanish if you learn that a colleague has been given a bigger one. Indeed, if he has a reputation for slacking, you might even be outraged. Such behaviour is regarded as “all too human,” with the underlying assumption that other animals would not be capable of this finely developed sense of grievance. But a study by Sarah Brosnan and Frans de Waal of Emory University in Atlanta, Georgia, which has just been published in *Nature*, suggests that it is all too monkey, as well.

重点词汇:

pay rise: 涨工资

vanish: 消失

slacking: 偷懒、懈怠

outraged: 义愤填膺的、愤慨的

grievance: 不满、委屈

第一句

Everybody loves a fat pay rise.

第二句

Yet pleasure at your own can vanish if you learn that a colleague has been given a bigger one.

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Indeed, if he has a reputation for slacking, you might even be outraged.

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Such behaviour is regarded as “all too human,” with the underlying assumption that other animals would not be capable of this finely developed sense of grievance.

第五句

But a study by Sarah Brosnan and Frans de Waal of Emory University in Atlanta, Georgia, which has just been published in *Nature*, suggests that it is all too monkey, as well.

第二段

The researchers studied the behaviour of female brown capuchin monkeys. They look cute. They are good-natured, co-operative creatures, and they share their food readily. Above all, like their female human counterparts, they tend to pay much closer attention to the value of “goods and services” than males.

重点词汇：

Capuchin: 卷尾猴

good-natured: 温厚的、脾气好的

readily: 乐意地

第一句

The researchers studied the behaviour of female brown capuchin monkeys.

第二句

They look cute.

第三句

They are good-natured, co-operative creatures, and they share their food readily.

第四句

Above all, like their female human counterparts, they tend to pay much closer attention to the value of “goods and services” than males.

第三段

Such characteristics make them perfect candidates for Dr. Brosnan’s and Dr. de Waal’s study. The researchers spent two years teaching their monkeys to exchange tokens for food. Normally, the monkeys were happy enough to exchange pieces of rock for slices of cucumber. However, when two monkeys were placed in separate but adjoining chambers, so that each could observe what the other was getting in return for its rock, their behaviour became markedly different.

重点词汇:

Adjoining: 毗邻的

Chambers: 单间

Markedly: 明显地

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第三句

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第四句

However, when two monkeys were placed in separate but adjoining chambers, so that each could observe what the other was getting in return for its rock, their behaviour became markedly different.

第四段

In the world of capuchins, grapes are luxury goods (and much preferable to cucumbers). So when one monkey was handed a grape in exchange for her token, the second was reluctant to hand hers over for a mere piece of cucumber. And if one received a grape without having to provide her token in exchange at all, the other either tossed her own token at the researcher or out of the chamber, or refused to accept the slice of cucumber. Indeed, the mere presence of a grape in the other chamber (without an actual monkey to eat it) was enough to induce resentment in a female capuchin.

重点词汇:

Reluctant: 不愿意

Tossed: 扔、抛

Induce: 引起

Resentment: 怨恨、愤恨

第一句

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So when one monkey was handed a grape in exchange for her token, the second was reluctant to hand hers over for a mere piece of cucumber.

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And if one received a grape without having to provide her token in exchange at all, the other either tossed her own token at the researcher or out of the chamber, or refused to accept the slice of cucumber.

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Indeed, the mere presence of a grape in the other chamber (without an actual monkey to eat it) was enough to induce resentment in a female capuchin.

第五段

The researchers suggest that capuchin monkeys, like humans, are guided by social emotions. In the wild, they are a co-operative, group-living species. Such co-operation is likely to be stable only when each animal feels it is not being cheated. Feelings of righteous indignation, it seems, are not the preserve of people alone. Refusing a lesser reward completely makes these feelings abundantly clear to other members of the group. However, whether such a sense of fairness evolved independently in capuchins and humans, or whether it stems from the common ancestor that the species had 35 million years ago, is, as yet, an unanswered question.

重点词汇:

righteous: 正直的

indignation: 义愤、愤愤不平

abundantly: 丰富地、大量地

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Text 27

第一段

Do you remember all those years when scientists argued that smoking would kill us but the doubters insisted that we didn't know for sure? That the evidence was inconclusive, the science uncertain? That the antismoking lobby was out to destroy our way of life and the government should stay out of the way? Lots of Americans bought that nonsense, and over three decades, some 10 million smokers went to early graves.

重点词汇:

Inconclusive: 不确定的

stay out of: 不插手

nonsense: 胡说

nonsense: 坟墓

第一句

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第二句

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第三句

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第四句

Lots of Americans bought that nonsense, and over three decades, some 10 million smokers went to early graves.

第二段

There are upsetting parallels today, as scientists in one wave after another try to awaken us to the growing threat of global warming. The latest was a panel from the National Academy of Sciences, enlisted by the White House, to tell us that the Earth's atmosphere is definitely warming and that the problem is largely man-made. The clear message is that we should get moving to protect ourselves. The president of the National Academy, Bruce Alberts, added this key point in the preface to the panel's report: "Science never has all the answers. But science does provide us with the best available guide to the future, and it is critical that our nation and the world base important policies on the best judgments that science can provide concerning the future consequences of present actions."

重点词汇:

Parallels: 平行线、匹敌者

Panel: 专题讨论小组

Enlist: 赞助

Consequences: 后果、结果

第一句

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第二句

The latest was a panel from the National Academy of Sciences, enlisted by the White House, to tell us that the Earth's atmosphere is definitely warming and that the problem is largely man-made.

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The president of the National Academy, Bruce Alberts, added this key point in the preface to the panel's report: "Science never has all the answers."

第五句

But science does provide us with the best available guide to the future, and it is critical that our nation and the world base important policies on the best judgments

that science can provide concerning the future consequences of present actions.”

第三段

Just as on smoking, voices now come from many quarters insisting that the science about global warming is incomplete, that it's OK to keep pouring fumes into the air until we know for sure. This is a dangerous game: by the time 100 percent of the evidence is in, it may be too late. With the risks obvious and growing, a prudent people would take out an insurance policy now.

重点词汇:

Fumes: 烟气

prudent: 谨慎的、节俭的

第一句

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第四段

Fortunately, the White House is starting to pay attention. But it's obvious that a majority of the president's advisers still don't take global warming seriously. Instead of a plan of action, they continue to press for more research -- a classic case of "paralysis by analysis."

重点词汇:

Classic: 典型的、经典的

Paralysis: (行动、决策、运行等的) 瘫痪、停顿

第一句

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第二句

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第五段

To serve as responsible stewards of the planet, we must press forward on deeper atmospheric and oceanic research. But research alone is inadequate. If the Administration won't take the legislative initiative, Congress should help to begin fashioning conservation measures. A bill by Democratic Senator Robert Byrd of West Virginia, which would offer financial incentives for private industry, is a promising start. Many see that the country is getting ready to build lots of new power plants to meet our energy needs. If we are ever going to protect the atmosphere, it is crucial that those new plants be environmentally sound.

重点词汇:

Stewards: 干事、管理员

Initiative: 措施

Conservation: 节约、保护

Incentives: 奖励

Sound: 健康的

第一句

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