### 2002年6月四级试题

**Part Ⅰ Listening Comprehension (20 minutes)**

**Directions:** In this section, you will hear 10 short conversations. At the end of each conversation, a question will be asked about what was said. Both the conversation and the question will be spoken only once. After each question there will be pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on the Answer Sheet with a line through the centre.

**Example:** You will hear:

You will read:

A) At the office. C) At the airport.

B) In the waiting room. D) In a restaurant.

From the conversation we know that the two were talking about some work they had to finish in the evening. This is most likely to have taken place at the office. Therefore, A) "At the office" is the best answer. You should choose [A] on the Answer Sheet and mark it with a single line through the centre.

Sample Answer [A] [B] [C] [D]

1. A) His father.

B) His mother.

C) His brother.

D) His sister.

2. A) A job opportunity.

B) A position as general manager.

C) A big travel agency.

D) An inexperienced salesman.

3. A) Having a break.

B) Continuing the meeting.

C) Moving on to the next item.

D) Waiting a little longer.

4. A) The weather forecast says it will be fine.

B) The weather doesn’t count in their plan.

C) They will not do as planned in case of rain.

D) They will postpone their program if it rains.

5. A) He wishes to have more courses like it.

B) He finds it hard to follow the teacher.

C) He wishes the teacher would talk more.

D) He doesn’t like the teacher’s accent.

6. A) Go on with the game.

B) Draw pictures on the computer.

C) Review his lessons.

D) Have a good rest.

7. A) She does not agree with Jack.

B) Jack’s performance is disappointing.

C) Most people will find basketball boring.

D) She shares Jack’s opinion.

8. A) The man went to a wrong check-in counter.

B) The man has just missed his flight.

C) The plane will leave at 9:14.

D) The plane’s departure time remains unknown.

9. A) At a newsstand.

B) At a car dealer’s

C) At a publishing house.

D) At a newspaper office.

10. A) He wants to get a new position.

B) He is asking the woman for help.

C) He has left the woman a good impression.

D) He enjoys letter writing.

**Section B**

**Directions:** In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on the Answer Sheet with a single line through the center.

**Passage one**

**Question 11 to 13 are based on the passage you have just heard.**

11. A) They are interested in other kinds of reading.

B) They are active in voluntary services.

C) They tend to be low in education and in income.

D) They live in isolated areas.

12. A) The reasons why people don’t read newspapers are more complicated than assumed.

B) There are more uneducated people among the wealthy than originally expected.

C) The number of newspaper readers is steadily increasing.

D) There are more nonreaders among young people nowadays.

13. A) Lowering the prices of their newspapers.

B) Shortening their news stories.

C) Adding variety to their newspaper content.

D) Including more advertisements in their newspapers.

**Passage Two**

**Questions 14 to 17 are based on the passage you have just heard.**

14. A) A basket.

B) A cup

C) An egg.

D) An oven.

15. A) to let in the sunshine.

B) To serve as its door.

C) To keep the nest cool.

D) For the bird to lay eggs.

16. A) Branches.

B) Grasses.

C) Mud.

D) Straw.

17. A) Some are built underground.

B) Some can be eaten.

C) Most are sewed with grasses.

D) Most are dried by the sun.

**Passage Three**

**Questions 18 to 20 are based on the passage you have just heard**.

18. A) To examine the chemical elements in the Ice Age.

B) To look into the pattern of solar wind activity.

C) To analyze the composition of different trees.

D) To find out the origin of carbon-14 on Earth.

19. A) The lifecycle of trees.

B) The number of trees.

C) The intensity of solar burning.

D) The quality of air.

20. A) It affects the growth of trees.

B) It has been increasing since the Ice Age.

C) It is determined by the chemicals in the air.

D) It follows a certain cycle.

**Part II Reading Comprehension (35 minutes)**

**Direction:** There are 4 passages in this part. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B) C) and D). You should decide on the best choice and mark the corresponding letter on the Answer Sheet with a single line through the center.

**Passage One**

**Questions 21 to 25 are based on the following passage**:

In the 1960s, medical researchers Thomas Holmes and Richard Rahe developed a checklist of stressful events. They appreciated the tricky point that any major change can be stressful. Negative events like “serious illness of a family member” were high on the list, but so were some positive life-changing events, like marriage. When you take the Holmes-Rahe test you must remember that the score does not reflect how you deal with stress — it only shows how much you have to deal with. And we now know that the way you handle these events dramatically affects your chances of staying healthy.

By the early 1970s, hundreds of similar studies had followed Holmes and Rahe. And millions of Americans who work and live under stress worried over the reports. Somehow, the research got boiled down to a memorable message. Women’s magazines ran headlines like “Stress causes illness!” If you want to stay physically and mentally healthy, the articles said, avoid stressful events.

But such simplistic advice is impossible to follow. Even if stressful events are dangerous, many — like the death of a loved one — are impossible to avoid. Moreover, any warning to avoid all stressful events is a prescription (处方) for staying away from opportunities as well as trouble. Since any change can be stressful, a person who wanted to be completely free of stress would never marry, have a child, take a new job or move.

The notion that all stress makes you sick also ignores a lot of what we know about people. It assumes we’re all vulnerable (脆弱的) and passive in the face of adversity (逆境). But what about human initiative and creativity? Many come through periods of stress with more physical and mental vigor than they had before. We also know that a long time without change or challenge can lead to boredom, and physical and metal strain.

21. The result of Holmes-Rahe’s medical research tells us \_\_\_\_\_\_\_\_\_\_.

A) the way you handle major events may cause stress

B) what should be done to avoid stress

C) what kind of event would cause stress

D) how to cope with sudden changes in life

22. The studies on stress in the early 1970’s led to \_\_\_\_\_\_\_\_\_.

A) widespread concern over its harmful effects

B) great panic over the mental disorder it could cause

C) an intensive research into stress-related illnesses

D) popular avoidance of stressful jobs

23. The score of the Holmes-Rahe test shows \_\_\_\_\_\_\_\_.

A) how much pressure you are under

B) how positive events can change your life

C) how stressful a major event can be

D) how you can deal with life-changing events

24. Why is “such simplistic advice” (Line 1, Para. 3) impossible to follow?

A) No one can stay on the same job for long.

B) No prescription is effective in relieving stress.

C) People have to get married someday.

D) You could be missing opportunities as well.

25. According to the passage people who have experienced ups and downs may become \_\_\_\_\_\_\_\_.

A) nervous when faced with difficulties

B) physically and mentally strained

C) more capable of coping with adversity

D) indifferent toward what happens to them

**Passage Two**

**Questions 26 to 30 are based on the following passage:**

Most episodes of absent-mindedness — forgetting where you left something or wondering why you just entered a room — are caused by a simple lack of attention, says Schacter. “You’re supposed to remember something, but you haven’t encoded it deeply.”

Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later. Failure to encode properly can create annoying situations. If you put your mobile phone in a pocket, for example, and don’t pay attention to what you did because you’re involved in a conversation, you’ll probably forget that the phone is in the jacket now hanging in you wardrobe (衣柜). “Your memory itself isn’t failing you,” says Schacter. “Rather, you didn’t give your memory system the information it needed.”

Lack of interest can also lead to absent-mindedness. “A man who can recite sports statistics from 30 years ago,” says Zelinski, “may not remember to drop a letter in the mailbox.” Women have slightly better memories than men, possibly because they pay more attention to their environment, and memory relies on just that.

Visual cues can help prevent absent-mindedness, says Schacter. “But be sure the cue is clear and available,” he cautions. If you want to remember to take a medication (药物) with lunch, put the pill bottle on the kitchen table — don’t leave it in the medicine chest and write yourself a note that you keep in a pocket.

Another common episode of absent-mindedness: walking into a room and wondering why you’re there. Most likely, you were thinking about something else. “Everyone does this from time to time,” says Zelinski. The best thing to do is to return to where you were before entering the room, and you’ll likely remember.

26. Why does the author think that encoding properly is very important?

A) It helps us understand our memory system better.

B) It enables us to recall something form our memory.

C) It expands our memory capacity considerably.

D) it slows down the process of losing our memory.

27. One possible reason why women have better memories than men is that \_\_\_\_\_\_\_\_.

A) they have a wider range of interests

B) they are more reliant on the environment

C) they have an unusual power of focusing their attention

D) they are more interested in what’s happening around them

28. A note in the pocket can hardly serve as a reminder because \_\_\_\_\_\_\_\_\_.

A) it will easily get lost

B) it’s not clear enough for you to read

C) it’s out of your sight

D) it might get mixed up with other things

29. What do we learn from the last paragraph?

A) If we focus our attention on one thing, we might forget another.

B) Memory depends to a certain extent on the environment.

C) Repetition helps improve our memory.

D) If we keep forgetting things, we’d better return to where we were.

30. What is the passage mainly about?

A) The process of gradual memory loss.

B) The causes of absent-mindedness.

C) The impact of the environment on memory.

D) A way if encoding and recalling.

**Passage Three**

**Questions 31 to 35 are based on the following passage:**

It is hard to track the blue whale, the ocean’s largest creature, which has almost been killed off by commercial whaling and is now listed as an endangered species. Attaching radio devices to it is difficult, and visual sightings are too unreliable to give real insight into its behavior.

So biologists were delighted early this year when, with the help of the Navy, they were able to track a particular blue whale for 43 days, monitoring its sounds. This was possible because of the Navy’s formerly top-secret system of underwater listening devices spanning the oceans.

Tracking whales is but one example of an exciting new world just opening to civilian scientists after the cold war as the Navy starts to share and partly uncover its global network of underwater listening system built over the decades to track the ships of potential enemies.

Earth scientists announced at a news conference recently that they had used the system for closely monitoring a deep-sea volcanic eruption (爆发) for the first time and that they plan similar studies.

Other scientists have proposed to use the network for tracking ocean currents and measuring changes in ocean and global temperatures.

The speed of sound in water is roughly one mile a second — slower than through land but faster than through air. What is most important, different layers of ocean water can act as channels for sounds, focusing them in the same way a stethoscope (听诊器) does when it carries faint noises from a patient’s chest to a doctor’s ear. This focusing is the main reason that even relatively weak sounds in the ocean, especially low-frequency ones, can often travel thousands of miles.

31. The passage is chiefly about \_\_\_\_\_\_\_\_.

A) an effort to protect an endangered marine species

B) the civilian use of a military detection system

C) the exposure of a U.S. Navy top-secret weapon

D) a new way to look into the behavior of blue whales

32. The underwater listening system was originally designed \_\_\_\_\_\_\_\_.

A) to trace and locate enemy vessels

B) to monitor deep-sea volcanic eruptions

C) to study the movement of ocean currents

D) to replace the global radio communications network

33. The deep-sea listening system makes use of \_\_\_\_\_\_\_\_.

A) the sophisticated technology of focusing sounds under water

B) the capability of sound to travel at high speed

C) the unique property of layers of ocean water in transmitting sound

D) low-frequency sounds traveling across different layers of water

34. It can be inferred from the passage that \_\_\_\_\_\_\_\_.

A) new radio devices should be developed for tracking the endangered blue whales

B) blue whales are no longer endangered with the use of the new listening system

C) opinions differ as to whether civilian scientists should be allowed to use military technology

D) military technology has great potential in civilian use

35. Which of the following is true about the U.S. Navy underwater listening network?

A) It is now partly accessible to civilian scientists.

B) It has been replaced by a more advanced system.

C) It became useless to the military after the cold war.

D) It is indispensable in protecting endangered species.

**Passage Four**

**Questions 36 to 40 are based on the following passage:**

The fitness movement that began in the late 1960s and early 1970s centered around aerobic exercise (有氧操). Millions of individuals became engaged in a variety of aerobic activities, and literally thousands of health spas developed around the country to capitalize (获利) on this emerging interest in fitness, particularly aerobic dancing for females. A number of fitness spas existed prior to this aerobic fitness movement, even a national chain with spas in most major cities. However, their focus was not on aerobics, but rather on weight-training programs designed to develop muscular mass, strength, and endurance in their primarily male enthusiasts. These fitness spas did not seem to benefit financially form the aerobic fitness movement to better health, since medical opinion suggested that weight-training programs offered few, if any, health benefits. In recent years, however, weight training has again become increasingly popular for males and for females. Many current programs focus not only on developing muscular strength and endurance but on aerobic fitness as well.

Historically, most physical-fitness tests have usually included measures of muscular strength and endurance, not for health-related reasons, but primarily because such fitness components have been related to performance in athletics. However, in recent years, evidence has shown that training programs designed primarily to improve muscular strength and endurance might also offer some health benefits as well. The American College of Sports Medicine now recommends that weight training be part of a total fitness program for healthy Americans. Increased participation in such training is one of the specific physical activity and fitness objectives of Healthy People 2000: National Health Promotion and Disease Prevention Objectives.

36. The word “spas” (Line 3, Para. 1) most probably refers to \_\_\_\_\_\_\_\_\_.

A) sports activities

B) places for physical exercise

C) recreation centers

D) athletic training programs

37. Early fitness spas were intended mainly for \_\_\_\_\_\_\_\_\_\_.

A) the promotion of aerobic exercise

B) endurance and muscular development

C) the improvement of women’s figures

D) better performance in aerobic dancing

38. What was the attitude of doctors towards weight training in health improvement?

A) Positive.

B) Indifferent.

C) Negative.

D) Cautious.

39. People were given physical fitness tests in order to find out \_\_\_\_\_\_\_\_.

A) how ell they could do in athletics

B) what their health condition was like

C) what kind of fitness center was suitable for them

D) whether they were fit for aerobic exercise

40. Recent studies have suggested that weight training \_\_\_\_\_\_\_\_\_\_.

A) has become an essential part of people’s life

B) may well affect the health of the trainees

C) will attract more people in the days to come

D) contributes to health improvement as well

**Part III Vocabulary and Structure (20 minutes)**

**Directions:** There are 3.0. incomplete sentences in this part. For each sentence there are four choices marked A), B), C) and D). Choose the ONE that best completes the sentence. Then mark the corresponding letter on the Answer Sheet with a single line through the center.

41. You would be \_\_\_\_\_\_ a risk to let your child go to school by himself.

A) omitting B) attaching C) affording D) running

42. He is always here; it’s \_\_\_\_\_\_ you’ve never met him.

A) unique B) strange C) rare D) peculiar

43. There has been a great increase in retail sales, \_\_\_\_\_\_?

A) does there B) isn’t there C) hasn’t there D) isn’t it

44. We’d like to \_\_\_\_\_\_ a table for five for dinner this evening.

A) preserve B) retain C) reserve D) sustain

45 Although a teenager, Fred could resist \_\_\_\_\_\_ what to do and what not to do.

A) being told B) telling C) to be told D) to tell

46. The European Union countries were once worried that they would not have \_\_\_\_\_\_ supplies of petroleum.

A) proficient B) efficient C) potential D) sufficient

47. In fact, Peter would rather have left for San Francisco than \_\_\_\_\_\_ in New York.

A) to stay B) stayed C) staying D) having stayed

48. He soon received promotion, for his superiors realized that he was a man of considerable

A) ability B) future C) possibility D) opportunity

49. Britain ahs the highest \_\_ of road traffic in the world -- over 60 cars for every mile of road.

A) popularity B) density C) intensity D) prosperity

50. How is it \_\_\_\_\_\_ your roommate’s request and yours are identical?

A) if B) so C) what D) that

51. In my opinion, he’s \_\_\_\_\_\_ the most imaginative of all the contemporary poets.

A) in all B) at best C) for all D) by far

52. He didn’t have time to read the report word for word: he just \_\_\_\_\_\_ it.

A) skimmed B) observed C) overlooked D) glanced

53. The leader of the expedition \_\_\_\_\_\_ everyone to follow his example.

A) promoted B) reinforced C) sparked D) inspired

54. What a lovely party! It’s worth \_\_\_\_\_\_ all my life.

A) remembering B) to remember

C) to be remembered D) being remembered

55. Who would you rather \_\_\_\_\_\_ with you, George or me?

A) going B) to go C) have gone D) went

56. The \_\_\_\_\_\_ goal of the book is to help bridge the gap between research and teaching, particularly between researchers and teachers.

A) intensive B) concise C) joint D) overall

57. The owner and editor of the newspaper \_\_\_\_\_\_ the conference.

A) were attending B) were to attend C) is to attend D) are to attend

58. We left the meeting, there obviously \_\_\_\_\_\_ no point in staying.

A) were B) being C) to be D) having

59. Their products are frequently overpriced and \_\_\_\_\_\_ in quality.

A) influential B) inferior C) superior D) subordinate

60. The neighborhood boys like to play basketball on that \_\_\_\_\_\_ lot.

A) valid B) vacant C) vain D) vague

61. These people once had fame and fortune; now \_\_\_\_\_\_ is left to them is utter poverty.

A) all that B) all what C) all which D) that all

62. To our \_\_\_\_\_\_, Geoffrey’s illness proved not to be as serious as we had feared.

A) anxiety B) relief C) view D) judgment

63. Many people like white color as it is a \_\_\_\_\_\_ of purity.

A) symbol B) sign C) signal D) symptom

64. The residents, \_\_\_\_\_\_ had been damaged by the fire, were given help by the Red Cross.

A) all of their homes B) all their homes

C) whose all homes D) all of whose homes

65. This research has attracted wide \_\_\_\_\_\_ coverage and has featured on BBC television’s Tomorrow’s World.

A) message B) information C) media D) data

66. I would never have \_\_\_\_\_\_ a court of law if I hadn’t been so desperate.

A) sought for B) accounted for C) turned up D) resorted to

67. Investigators agreed that passengers on the airliner \_\_\_\_\_\_ at the very moment of the crash.

A) should have died B) must be dying C) must have died D) ought to die

68. The energy \_\_\_\_\_\_ by the chain reaction is transformed into heat.

A) transferred B) released C) delivered D) conveyed

69. \_\_\_\_\_\_ their work will give us a much better feel for the wide differences between the two schools of thought.

A) To have reviewed B) Having reviewed C) Reviewing D) Being reviewed

70. During the process, great care has to be taken to protect the \_\_\_\_\_\_ silk from damage.

A) sensitive B) tender C) delicate D) sensible

**Part IV Short Answer Questions (15 minutes)**

**Directions:** In this part there is a short passage -with five questions or incomplete statements. Read the passage carefully. Then answer the questions or complete the statements in the fewest possible words (not exceeding 10 words).

As researchers learn more about how children's intelligence develops, they are increasingly surprised by the power of parents. The power of the school has been replaced by the home. To begin with, all the factors which are part of intelligence — the child's understanding of language, learning patterns, curiosity — are established well before the child enters school at the age of six. Study after study has shown that even after school begins, children's achievements have been far more influenced by parents than by teachers. This is particularly true about learning that is language- related. The school rather than the home is given credit for variations in achievement in subjects such as science.

In view of their power, it's sad to see so many parents not making the most of their child's intelligence. Until recently parents had been warned by educators who asked them not to educate their children. Many teachers now realize that children cannot be educated only at school and parents are being asked to contribute both before and after the child enters school.

Parents have been particularly afraid to teach reading at home. Of course, children shouldn't be pushed to read by their parents, but educators have discovered that reading is best taught individually — and the easiest place to do this is at home. Many four-and five-year-olds who have been shown a few letters and taught their sounds will compose single words of their own with them even before they have been taught to read.

Questions: (注意：答题尽量简短，超过10个词要扣分。每条横线限写一个英语单词，标点符号不占格)

S1. What have researchers found out about the influence of parents and the school on children's intelli1gence?

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

S2. What do researchers conclude about children's learning patterns?

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

S3. In which area may school play a more important role?

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

S4. Why did many parents fail to make the most of their children's intelligence?

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

S5. The author suggests in the last paragraph that parents should be encouraged to

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Part V Writing (30 minutes)**

**Directions:** For this part, you are allowed thirty minutes to write a composition on the topic Student Use of Computers. You should write at least 120 words, and base your composition on the chart and the outline given below:

1. 上图所示为1990年、1995年、2002年某校大学生使用计算机的情况，请描述其变化；

2. 请说明发生这些变化的原因（可从计算机的用途、价格或社会发展等方面加以说明）；

3. 你认为目前大学生在计算机使用中有什么困难或问题。

Student Use of Computers

### 2002年6月四级试题详解

**PartⅠ Listening Comprehension**

1. D 2. A 3. A 4. D 5. B 6. C 7. A 8. D 9. D 10. A

11. C 12. D 13. C 14. B 15. B 16. C 17. A 18. A 19. C 20. D

**PartⅡ Reading Comprehension**

21. C 22. A 23. A 24. D 25. C 26. B 27. D 28. C 29. A 30. B

31. B 32. A 33. C 34. D 35. A 36. B 37. B 38. C 39. A 40. D

**Passage One**

**译文**

在20世纪60年代，医学研究人员Thomas Holmes 和Richrd Rahe 对造成压力的事情整理出了一份清单。他们欣赏这一令人迷惑的观点：任何大的改变都会带来压力。类似于“家庭成员患严重疾病”等具有消极影响的事情高居榜首，但像“结婚”等具有积极意义的转折性事情也榜上有名。当你接受Holmes-Rahe测试时你必须牢记：分数并不反映你如何处理压力，而只是反映你必须处理的程度。我们现在知道，处理这些事件的方式在很大程度上能影响你保持健康的可能性。

在20世纪70年代初期，数百项类似的研究继Holmes 和Rahe之后展开。几百万在压力下生活工作的美国人对研究报告非常担心。不知是什么原因，这项研究被归结为难忘的启示。例如，妇女杂志登出大标题：压力导致疾病！文章说，如果你想保持身心健康，就必须避免造成压的事情。

但是采纳这种过分简单化的建议是不可能的。尽管造成压力的事情对健康有害，比如说至爱亲朋的死亡，但许多是无法避免的。而且，任何能够避开所有压力的警告其实都是避开麻烦也失去机会的处方。既然任何改变都会带来压力，那么一个想完全摆脱压力的人就得永远也不结婚、不生子、不选择新的工作或不搬家了。

压力会使人生病的观念也忽视了我们对人的许多了解。它认为面对逆境都是脆弱和被动的。那么如何看待人的主动性和创造力呢？经过压力后许多人无论在体力还是在精神上都比过去更有活力。同时，我们也知道：长期没有任何变化或挑战的生活可能会导致乏味和身心疲劳。

**Passage Two**

**译文**

Schacter 解释说，大部分心不在焉都是因精力不集中造成的，如记不清把东西放在哪里，或者进了房间却忘了想干什么等等。“你本应该记住某事，但并没有把它认真编码”。

Schacte解释说，编码是集中注意力于某一件事的特殊方式，它对于以后回忆有重要影响。不恰当地编码会造成令人非常烦心的状况。比如说你把手机放在上衣口袋里，但因为你正在谈话，所以并没有注意到这一动作，很可能忘记了手机在衣橱里的茄克衫呢。Schacte说：“你的记忆力本身没有问题而是你没有给记忆系统提供它所需的信息。”

另外，缺乏兴趣也会导致心不在焉。Zelinski说：“一个能背诵三十年前的体育统计数据的人，很可能会记不住要把信息投进邮筒。”女性的记忆力略强于男性，很可能是因为女性更注意周围环境，而这正是记忆所依赖的。

Schacter说，视觉提示可以帮助避免心不在焉。他提醒说：“但要保证是清楚且能看到的提示。”如果你想记住吃午饭时服药，就把药瓶放在餐桌上，千万别把药瓶放在药柜里，然后再写一张纸条放在衣兜里。

另一种心不在焉的现象是进了房间却忘了想干什么。极有可能你正在想别的事情。Zelinski说：“每个人都常会有这种情况。”最好的办法是返回到你进房间以前的地方，这样你很可能就会想起来了。

**Passage Three**

**译文**

现在已经很难找到海洋中最大的动物蓝鲸的踪迹了。商业捕鲸几乎将它们灭杀殆尽，因而现在蓝鲸被列为濒危动物类。很难为蓝鲸安装无线电装置，而肉眼观测不可靠，不能对蓝鲸的行为进行仔细观察。

今年早些时候，生物学家们非常高兴。因为在海军的帮助下，通过监测蓝鲸的声音，他们能够跟踪一条蓝鲸长达四十三天。这之所以可能，是因为海军从前绝密的海底监听系统横跨了海洋。

冷战结束后，海军对几十年来为跟踪潜在敌舰而建立的全球海底监听系统作了部分解密，并开始同他人分享。追踪蓝鲸只不过是令人激动的新世界向民用科学家开放的一个例子。

在最近的记者招待会上地球科学家宣布：他们首次利用这一系统对深海火山爆发进行了仔细的观测并计划做类似的研究。

另一些科学家建议利用这一网络跟踪洋流、预测海洋变化和全球温度。

声音在水中的传播速度大约是每秒一英里，比在陆地中的传播速度慢，但比在空气中要快。最为重要的是，不同层面的海水都可以成为声道，如同听诊器一样把声音汇聚在一起，把病人胸腔的微弱的声音传到医生的耳机里。声音的这种汇聚就可以解释为什么在海洋里，即使是相对微弱的声音（特别是低频声音）也可以传播几千英里了。

**Passage Four**

**译文**

起源于20世纪60年代后期至70年代早期的健身运动主要是增氧锻炼。数百万人参加各种增氧锻炼，为了利用人们对这种新出现的健身运动的兴趣，尤其是女子对有氧健美操的兴趣，确实有数千家健身中心在全国出现。很多健身中心在增氧健身运动兴起前就出现了，甚至在大多数大城市出现了全国连锁健身中心。但是它们的重点不在于有氧运动，而在于举重，这些活动主要是对加强肌肉健美、增强体质、提高耐力的男性爱好者而设计的。这些健身中心似乎并没有从促进健康的增氧运动活动中获得经济利益，因为当时医学上的看法是：举重对健康几乎没有什么促进作用，即使有也是微乎其微。但是最近几年来，健美训练在男男女女中又越来越流行起来。目前许多项目的重点不光是锻炼肌肉和耐力，还将重点放在增氧健身上。

历史上，绝大多数体能测试通常包括肌肉力量和耐力，这并不是为了健康，而主要是因为这些健康指标与体育成绩有关。但是最近有证据表明：主要是为强健肌肉力量和加强耐力而设计的训练项目对人体健康也有益。美国体育运动医学院建议，举重训练应当成为健康美国人健身项目的一部分。2000年越来越多的人参加这种训练，这是2000全民健康年——促进全民健康、实现预防疾病目标——这个特定体育活动和健身目标之一。

**Part Ⅲ Vocabulary and Structure**

41. D 42. B 43. C 44. B 45. A 46. D 47. B 48. A 49. B 50. D

51. D 52. A 53. D 54. A 55. D 56. D 57. C 58. B 59. B 60. C

61. A 62. B 63. A 64.D 65. C 66. D 67. C 68. B 69. C 70. C

**Part IV Short Answer Questions**

**译文**

随着研究人员越来越多地了解儿童的智力是如何发展的，他们越发对家长的影响感到惊讶。学校的影响被家庭代替了。首先，所有与智力有关的因素——对语言的理解力、学习模式以及好奇心等——都早在孩子6岁进入学校以前就确立了。大量的研究表明即使在进入学校以后，家长对孩子的进步的影响也远大于老师，在与语言有关的科目中尤其是这样。理科科目进步的大小与学校而不是与家庭有关。

鉴于家长的作用，很可惜，许多家长没有充分地开发孩子的智力。在此之前，教育家一直不主张家长在家里教育孩子。许多老师现在认识到孩子不能仅仅接受学校的教育，因此要求家长在儿童学龄前和上学以后对他们进行教育。

家长特别不愿意在家里教孩子阅读。当然，家长们在家里也不能强迫孩子阅读，但是教育家发现阅读最好单独教，最适合的场所就是在家里。许多4岁和5岁的孩子，甚至在学习阅读之前，学了几个字母和语音就能用它们来组成自己想出来的词。

S1. Parents have greater influence than the school. /Parent’s influence is greater than the school’s.

S2. They are established well before the age of six.

S3. Science subjects.

S4. They were told by educators not to educate their children.

S5. teach reading at home.