

1

Questions 56 to 60 are based on the following passage.

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

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

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

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

46. What is people's common expectation of a high-factor sunscreen?
- A) It will delay the occurrence of skin cancer. C) It will keep their skin smooth and fair.
B) It will protect them from sunburn. D) It will work for people of any skin color.
47. What does the research in *Nature* say about a high-factor sunscreen?
- A) It is ineffective in preventing melanomas.
B) It is ineffective in case of intense sunlight.
C) It is ineffective with long-term exposure.
D) It is ineffective for people with fair skin.
48. What do we learn from the 2011 Australian study of 1,621 people?
- A) Sunscreen should be applied alongside other protection measures.
B) High-risk people benefit the most from the application of sunscreen.
C) Irregular application of sunscreen does women more harm than good.
D) Daily application of sunscreen helps reduce the incidence of melanomas.
49. What does the author say about the second Australian study?
- A) It misleads people to rely on sunscreen for protection.
B) It helps people to select the most effective sunscreen.
C) It is not based on direct observation of the subjects.
D) It confirms the results of the first Australian study.
50. What does the author suggest to reduce melanoma rates?
- A) Using both covering up and sunscreen. C) Using covering up instead of sunscreen.
B) Staying in the shade whenever possible. D) Applying the right amount of sunscreen.

2

Questions 61 to 65 are based on the following passage.

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

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

But the notion of a sharp division between the working young and the idle old misses a new trend, the growing gap between the skilled and the unskilled. Employment rates are falling among younger unskilled people, whereas older skilled folk are working longer. The divide is most extreme in America, where well-educated *baby-boomers* (二战后生育高峰期出生的美国人) are putting off retirement while many less-skilled younger people have dropped out of the workforce.

Policy is partly responsible. Many European governments have abandoned policies that used to encourage people to retire early. Rising *life expectancy*(预期寿命), combined with the replacement of generous defined-benefit pension plans with less generous defined-contribution ones, means that even the better-off must work longer to have a comfortable retirement. But the changing nature of work also plays a big role. Pay has risen sharply for the highly educated, and those people continue to reap rich rewards into old age because these days the educated elderly are more productive than the preceding generation. Technological change may well reinforce that shift: the skills that complement computers, from management knowhow to creativity, do not necessarily decline with age.

51. What is happening in the workforce in rich countries?
- A) Younger people are replacing the elderly.
 - B) Well-educated people tend to work longer.
 - C) Unemployment rates are rising year after year.
 - D) People with no college degree do not easily find work.
52. What has helped deepen the divide between the well-off and the poor?
- A) Longer life expectancies.
 - B) A rapid technological advance.
 - C) Profound changes in the workforce.
 - D) A growing number of the well-educated.
53. What do many observers predict in view of the experience of the 20th century?
- A) Economic growth will slow down.
 - B) Government budgets will increase.
 - C) More people will try to pursue higher education.
 - D) There will be more competition in the job market.
54. What is the result of policy changes in European countries?
- A) Unskilled workers may choose to retire early.
 - B) More people have to receive in-service training.
 - C) Even wealthy people must work longer to live comfortably in retirement.
 - D) People may be able to enjoy generous defined-benefits from pension plans.
55. What is characteristic of work in the 21st century?
- A) Computers will do more complicated work.
 - B) More will be taken by the educated young.
 - C) Most jobs to be done will be the creative ones.
 - D) Skills are highly valued regardless of age.

3

Declining mental function is often seen as a problem of old age, but certain aspects of brain function actually begin their decline in young adulthood, a new study suggests.

The study, which followed more than 2,000 healthy adults between the ages of 18 and 60, found that certain mental functions—including measures of abstract reasoning, mental speed and puzzle-solving—started to dull as early as age 27.

Dips in memory, meanwhile, generally became apparent around age 37.

On the other hand, indicators of a person's accumulated knowledge—like performance on tests of vocabulary and general knowledge—kept improving with age, according to findings published in the journal *Neurobiology of Aging*.

The results do not mean that young adults need to start worrying about their memories. Most people's minds function at a high level even in their later years, according to researcher Timothy Salthouse.

“These patterns suggest that some types of mental flexibility decrease relatively early in adulthood, but that the amount of knowledge one has, and the effectiveness of integrating it with one's abilities, may increase throughout all of adulthood if there are no diseases,” Salthouse said in a news release.

The study included healthy, educated adults who took standard tests of memory, reasoning and perception at the outset and at some point over the next seven years.

The tests are designed to detect subtle (细微的) changes in mental function, and involve solving puzzles, recalling words and details from stories, and identifying patterns in collections of letters and symbols.

In general, Salthouse and his colleagues found, certain aspects of cognition (认知能力) generally started to decline in the late 20s to 30s.

The findings shed light on normal age-related changes in mental function, which could aid in understanding the process of dementia (痴呆), according to the researchers.

“By following individuals over time,” Salthouse said, “we gain insight in cognition changes, and may possibly discover ways to slow the rate of decline.”

The researchers are currently analyzing the study participants' health and lifestyle to see which factors might influence age-related cognitive changes.

46. What is the common view of mental function?

- A) It varies from person to person.
- B) It weakens in one's later years.
- C) It gradually expands with age.
- D) It indicates one's health condition.

47. What does the new study find about mental functions?

- A) Some diseases inevitably lead to their decline.
- B) They reach a peak at the age of 20 for most people.
- C) They are closely related to physical and mental exercise.
- D) Some of them begin to decline when people are still young.

48. What does Timothy Salthouse say about people's minds in most cases?

- A) They tend to decline in people's later years.
- B) Their flexibility determines one's abilities.
- C) They function quite well even in old age.
- D) Their functioning is still a puzzle to be solved.

49. Although people's minds may function less flexibly as they age, they ____.

- A) may be better at solving puzzles
- B) can memorize things with more ease
- C) may have greater facility in abstract reasoning
- D) can put what they have learnt into more effective use

50. According to Salthouse, their study may help us ____.

- A) find ways to slow down our mental decline
- B) find ways to boost our memories
- C) understand the complex process of mental functioning
- D) understand the relation between physical and mental health

4

The most important thing in the news last week was the rising discussion in Nashville about the educational needs of children. The *shorthand*(简写)educators use for this is “pre-K”—meaning instruction before kindergarten—and the big idea is to prepare 4-year-olds and even younger kids to be ready to succeed on their K-12 journey.

But it gets complicated. The concept has multiple forms, and scholars and policymakers argue about the shape, scope and cost of the ideal program.

The federal Head Start program, launched 50 years ago, has served more than 30 million children. It was based on concepts developed at Vanderbilt University’s Peabody College by Susan Gray, the legendary pioneer in early childhood education research.

A new Peabody study of the Tennessee Voluntary Pre-K program reports that pre-K works, but the gains are not sustained through the third grade. It seems to me this highlights quality issues in elementary schools more than pre-K, and indicates longer-term success must connect pre-K with all the other issues related to educating a child.

Pre-K is controversial. Some critics say it is a luxury and shouldn’t be free to families able to pay. Pre-K advocates insist it is proven and will succeed if integrated with the rest of the child’s schooling. I lean toward the latter view.

This is, in any case, the right conversation to be having now as Mayor Megan Barry takes office. She was the first candidate to speak out for strong pre-K programming. The important thing is for all of us to keep in mind the real goal and the longer, bigger picture.

The weight of the evidence is on the side of pre-K that early *intervention* (干预)works. What government has not yet found is the political will to put that understanding into full practice with a sequence of smart schooling that provides the early foundation.

For this purpose, our schools need both the talent and the organization to educate each child who arrives at the schoolhouse door. Some show up ready, but many do not at this critical time when young brains are developing rapidly.

51. What does the author say about pre-kindergarten education?

- A) It should cater to the needs of individual children.
- B) It is essential to a person’s future academic success.
- C) Scholars and policymakers have different opinions about it.
- D) Parents regard it as the first phase of children’s development.

52. What does the new Peabody study find?

- A) Pre-K achievements usually do not last long.
- B) The third grade marks a new phase of learning.
- C) The third grade is critical to children’s development.
- D) Quality has not been the top concern of pre-K programs.

53. When does the author think pre-K works the best?

- A) When it is accessible to kids of all families.
- B) When it is made part of kids’ education.
- C) When it is no longer considered a luxury.
- D) When it is made fun and enjoyable to kids.

54. What do we learn about Mayor Megan Barry?

- A) She knows the real goal of education.
- B) She is a mayor of insight and vision.
- C) She has once run a pre-K program.
- D) She is a firm supporter of pre-K.

55. What does the author think is critical to kids’ education?

- A) Teaching method.
- B) Kids’ interest.
- C) Early intervention.
- D) Parents’ involvement.

5

"Sugar, alcohol and tobacco," economist Adam Smith once wrote, "are commodities which are nowhere necessities of life, which have become objects of almost universal consumption, and which are, therefore, extremely popular subjects of taxation. "

Two and a half centuries on, most countries impose some sort of tax on alcohol and tobacco. With surging obesity levels putting increasing strain on public health systems, governments around the world have begun to toy with the idea of taxing sugar as well.

Whether such taxes work is a matter of debate. A preliminary review of Mexico's taxation found a fall in purchases of taxed drinks as well as a rise in sales of untaxed and healthier drinks. By contrast, a Danish tax on foods high in fats was abandoned a year after its introduction, amid claims that consumers were avoiding it by crossing the border to Germany to satisfy their desire for cheaper, fattier fare.

The food industry has, in general, been firmly opposed to such direct government action. Nonetheless, the renewed focus on waistlines means that industry groups are under pressure to demonstrate their products are healthy as well as tasty.

Over the past three decades, the industry has made some efforts to improve the quality of its offerings. For example, some drink manufacturers have cut the amount of sugar in their beverages.

Many of the reductions over the past 30 years have been achieved either by reducing the amount of sugar, salt or fat in a product, or by finding an alternative ingredient. More recently, however, some companies have been investing money in a more ambitious undertaking: learning how to adjust the fundamental make-up of the food they sell. For example, having salt on the outside, but none on the inside, reduces the salt content without changing the taste.

While reformulating recipes (配方) is one way to improve public health, it should be part of a multi-sided approach. The key is to remember that there is not just one solution. To deal with obesity, a mixture of approaches--including reformulation, taxation and adjusting portion sizes--will be needed. There is no silver bullet.

46. What did Adam Smith say about sugar, alcohol and tobacco?

- A. They were profitable to manufacture.
- B. They were in ever-increasing demand.
- C. They were subject to taxation almost everywhere.
- D. They were no longer considered necessities of life.

47. Why have many countries started to consider taxing sugar?

- A. They are under growing pressure to balance their national budgets.
- B. They find it ever harder to cope with sugar-induced health problems.
- C. The practice of taxing alcohol and tobacco has proved both popular and profitable.
- D. The sugar industry is overtaking alcohol and tobacco business in generating profits.

48. What do we learn about Danish taxation on fat-rich foods?

- A. It did not work out as well as was expected.
- B. It gave rise to a lot of problems on the border.
- C. It could not succeed without German cooperation.
- D. It met with firm opposition from the food industry.

49. What is the more recent effort by food companies to make foods and drinks both healthy and tasty?

- A. Replacing sugar or salt with alternative ingredients.
- B. Setting a limit on the amount of sugar or salt in their products.
- C. Investing in research to find ways to adapt to consumers' needs.
- D. Adjusting the physical composition of their products.

50. What does the author mean by saying, at the end of the passage, "There is no silver bullet" (Line 4, Para.7)?

- A. There is no single easy quick solution to the problem.
- B. There is no hope of success without public cooperation.
- C. There is no hurry in finding ways to solve the obesity problem.
- D. There is no effective way to reduce people's sugar consumption.

6

You may have heard some of the fashion industry horror stories: models eating tissues or cotton balls to hold off hunger, and models collapsing from hunger-induced heart attacks just seconds after they step off the runway.

Excessively skinny models have been a point of controversy for decades, and two researchers say a model's body mass should be a workplace health and safety issue. In an editorial released Monday in the American Journal of Public Health, Katherine Record and Bryn Austin made their case for government regulation of the fashion industry.

The average international runway model has a body mass index (BMI) under 16--low enough to indicate starvation by the World Health Organization's standard. And Record and Austin are worried not just about the models themselves, but about the vast number of girls and women their images influence.

"Especially girls and teens," says Record. "Seventy percent of girls aged 10 to 18 report that they define perfect body image based on what they see in magazines. " That's especially worrying, she says, given that anorexia (厌食症) results in more deaths than does any other mental illness, according to the National Institute of Mental Health.

It's commonly known that certain diseases are linked with occupations like lung disease in coalminers. Professional fashion models are particularly vulnerable to eating disorders resulting from occupational demands to maintain extreme thinness.

Record's suggestion is to prohibit agents from hiring models with a BMI below 18.

In April, France passed a law setting lower limits for a model's weight. Agents and fashion houses who hire models with a BMI under 18 could pay \$ 82,000 in fines and spend up to 6 months in jail. Regulating the fashion industry in the United States won't be easy, Record says. But with the new rules in France, U.S. support could make a difference. "A designer can't survive without participating in Paris Fashion Week", she says, adding, " Our argument is that the same would be true of New York Fashion Week. "

51. What do Record and Austin say about fashion models' body mass?

- A. It has caused needless controversy.
- B. It is but a matter of personal taste.
- C. It is the focus of the modeling business.
- D. It affects models' health and safety.

52. What are Record and Austin advocating in the Monday editorial?

- A. A change in the public's view of female beauty.
- B. Government legislation about models' weight.
- C. Elimination of forced weight loss by models.
- D. Prohibition of models eating non-food stuff.

53. Why are Record and Austin especially worried about the low body mass index of models?

- A. It contributes to many mental illnesses.
- B. It defines the future of the fashion industry.
- C. It has great influence on numerous girls and women.
- D. It keeps many otherwise qualified women off the runway.

54. What do we learn about France's fashion industry?

- A. It has difficulty hiring models.
- B. It has now a new law to follow.
- C. It allows girls under 18 on the runway.
- D. It has overtaken that of the United States.

55. What does Record expect of New York Fashion Week?

- A. It will create a completely new set of rules.
- B. It will do better than Paris Fashion Week.
- C. It will differ from Paris Fashion Week.
- D. It will have models with a higher BMI.

7

Aging happens to all of us, and is generally thought of as a natural part of life. It would seem silly to call such a thing a “disease.”

On the other hand, scientists are increasingly learning that aging and biological age are two different things, and that the former is a key risk factor for conditions such as heart disease, cancer and many more. In that light, aging itself might be seen as something treatable, the way you would treat high blood pressure or a vitamin deficiency. Biophysicist Alex Zhavoronkov believes that aging should be considered a disease. He said that describing aging as a disease creates incentives to develop treatments.

“It unties the hands of the pharmaceutical(制药的)industry so that they can begin treating the disease and not just the side effects,” he said.

“Right now, people think of aging as natural and something you can’t control,” he said. “In academic circles, people take aging research as just an interest area where they can try to develop interventions. The medical community also takes aging for granted, and can do nothing about it except keep people within a certain health range.”

But if aging were recognized as a disease, he said, “It would attract funding and change the way we do health care. What matters is understanding that aging is curable.”

“It was always known that the body accumulates damage,” he added. “The only way to cure aging is to find ways to repair that damage. I think of it as preventive medicine for age-related conditions.”

Leonard Hayflick, a professor at the University of California, San Francisco, said the idea that aging can be cured implies the human lifespan can be increased, which some researchers suggest is possible. Hayflick is not among them.

“There’re many people who recover from cancer, stroke, or heart disease. But they continue to age, because aging is separate from their disease,” Hayflick said. “Even if those causes of death were eliminated, life expectancy would still not go much beyond 92 years.”

46. What do people generally believe about aging?

- A) It should cause no alarm whatsoever.
- B) They just cannot do anything about it.
- C) It should be regarded as a kind of disease.
- D) They can delay it with advances in science.

47. How do many scientists view aging now?

- A) It might be prevented and treated.
- B) It can be as risky as heart disease.
- C) It results from a vitamin deficiency.
- D) It is an irreversible biological process.

48. What does Alex Zhavoronkov think of “describing aging as a disease” ?

- A) It will prompt people to take aging more seriously.
- B) It will greatly help reduce the side effects of aging.
- C) It will free pharmacists from the conventional beliefs about aging.
- D) It will motivate doctors and pharmacists to find ways to treat aging.

49. What do we learn about the medical community?

- A) They now have a strong interest in research on aging.
- B) They differ from the academic circles in their view on aging.
- C) They can contribute to people’s health only to a limited extent.
- D) They have ways to intervene in people’s aging process.

50. What does Professor Leonard Hayflick believe?

- A) The human lifespan cannot be prolonged.
- B) Aging is hardly separable from disease.
- C) Few people can live up to the age of 92.
- D) Heart disease is the major cause of aging.

8

Female applicants to postdoctoral positions in geosciences were nearly half as likely to receive excellent letters of recommendation, compared with their male counterparts. Christopher Intagliata reports.

As in many other fields, gender bias is widespread in the sciences. Men score higher starting salaries, have more mentoring (指导), and have better odds of being hired. Studies show they're also perceived as more competent than women in STEM(Science, Technology, Engineering, and Mathematics) fields. And new research reveals that men are more likely to receive excellent letters of recommendation, too.

"Say, you know, this is the best student I've ever had," says Kuheli Dutt, a social scientist and diversity officer at Columbia University's Lamont campus. "Compare those excellent letters with a merely good letter: 'The candidate was productive, or intelligent, or a solid scientist or something that's clearly solid praise,' but nothing that singles out the candidate as exceptional or one of a kind."

Dutt and her colleagues studied more than 1,200 letters of recommendation for postdoctoral positions in geoscience. They were all edited for gender and other identifying information, so Dutt and her team could assign them a score without knowing the gender of the student. They found that female applicants were only half as likely to get outstanding letters, compared with their male counterparts. That includes letters of recommendation from all over the world, and written by, yes, men and women. The findings are in the journal Nature Geoscience.

Dutt says they were not able to evaluate the actual scientific qualifications of the applicants using the data in the files. But she says the results still suggest women in geoscience are at a potential disadvantage from the very beginning of their careers starting with those less than outstanding letters of recommendation.

"We're not trying to assign blame or criticize anyone or call anyone conscious sexist. Rather, the point is to use the results of this study to open up meaningful dialogues on implicit gender bias, be it at a departmental level or an institutional level or even a discipline level." Which may lead to some recommendations for the letter writers themselves.

51. What do we learn about applicants to postdoctoral positions in geosciences?

- A) There are many more men applying than women.
- B) Chances for women to get the positions are scarce.
- C) More males than females are likely to get outstanding letters of recommendation.
- D) Male applicants have more interest in these positions than their female counterparts.

52. What do studies about men and women in scientific research show?

- A) Women engaged in postdoctoral work are quickly catching up.
- B) Fewer women are applying for postdoctoral positions due to gender bias.
- C) Men are believed to be better able to excel in STEM disciplines.
- D) Women who are keenly interested in STEM fields are often exceptional.

53. What do the studies find about the recommendation letters for women applicants?

- A) They are hardly ever supported by concrete examples.
- B) They contain nothing that distinguishes the applicants.
- C) They provide objective information without exaggerate.
- D) They are often filled with praise for exceptional applicants.

54. What did Dutt and her colleagues do with the more than 1,200 letters of recommendation?

- A) They asked unbiased scholars to evaluate them.
- B) They invited women professionals to edit them.
- C) They assigned them randomly to reviewers.
- D) They deleted all information about gender.

55. What does Dutt aim to do with her study?

- A) Raise recommendation writers' awareness of gender bias in their letters.
- B) Open up fresh avenues for women post-doctors to join in research work.
- C) Alert women researchers to all types of gender bias in the STEM disciplines.
- D) Start a public discussion on how to raise women's status in academic circles.

9

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.

This has wiped 6% off the value of the soft tissue paper market in the UK. It has shrunk from £1.19 billion in 2011 to £1.12 billion 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 in 2016.

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 in 2014 to £41 in 2015.

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 of 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%).

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.

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.

10

“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.

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.

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.

11

The latest in cat research reveals that the lovely animal seems to have a basic grasp on both the laws of physics and the ins and outs of cause and effect.

According to a newly published study, cats seem to be able to predict the location of hiding prey (猎物) using both their ears and an inborn (天生的) understanding of how the physical world works.

In a recent experiment, Japanese researchers taped 30 domestic cats reacting to a container that a team member shook. Some containers rattled (发出响声); others did not. When the container was tipped over, sometimes an object fell out and sometimes it didn't.

It turns out that the cats were remarkably smart about what would happen when a container was tipped over. When an object did not drop out of the bottom of a rattling container, they looked at it for a longer time than they did when the container behaved as expected.

"Cats use a causal-logical understanding of noise or sounds to predict the appearance of invisible objects," lead researcher Saho Takagi says in a press release. The researchers conclude that cats' hunting style may have developed based on their common-sense abilities to infer where prey is, using their hearing.

Scientists have explored this idea with other endearing creatures: babies. Like cats, babies appear to engage in what's called "preferential looking" —looking longer at things that are interesting or unusual than things they perceive as normal.

When babies' expectations are violated in experiments like the ones performed with the cats, they react much like their animal friends. Psychologists have shown that babies apparently expect their world to comply with the laws of physics and cause and effect as early as two months of age.

Does the study mean that cats will soon grasp the ins and outs of cause and effect? Maybe. Okay, so cats may not be the next physics faculty members at America's most important research universities. But by demonstrating their common sense, they've shown that the divide between cats and humans may not be that great after all.

46. What do we learn from a newly published study about cats?

- A) They can be trained to understand the physical world.
- B) They know what kind of prey might be easier to hunt.
- C) They have a natural ability to locate animals they hunt.
- D) They are capable of telling which way their prey flees.

47. What may account for the cats' response to the noise from the containers?

- A) Their inborn sensitivity to noise.
- B) Their unusual sense of direction.
- C) Their special ability to perceive.
- D) Their mastery of cause and effect.

48. What is characteristic of the way cats hunt, according to the Japanese researchers?

- A) They depend on their instincts.
- B) They rely mainly on their hearing.
- C) They wait some time before attack.
- D) They use both their ears and eyes.

49. In what way do babies behave like cats?

- A) They focus on what appears odd.
- B) They view the world as normal.
- C) They do what they prefer to do.
- D) They are curious about everything.

50. What can we conclude about cats from the passage?

- A) They have higher intelligence than many other animals.
- B) They interact with the physical world much like humans.
- C) They display extraordinarily high intelligence in hunting.
- D) They can aid physics professors in their research work.

12

Imagine you enter a car with no steering wheel, no brake or accelerator pedals (踏板). Under a voice-activated command, you say an address. “The fastest route will take us 15.3 minutes. Should I take it?” You say “yes” and you are on your way. The car responds and starts moving all by itself. All you have to do is sit back and relax.

How weird would it be if, one day in the future, everyone had such a car? No crazy driving, no insults, no cutting in; traffic laws would be respected and driving much safer. On the other hand, imagine the cost savings for local police enforcement and town budgets without all those speeding and parking tickets.

A new technology has the potential to change modern society in radical ways. There’s no question that self-driving vehicles could be an enormous benefit. The potential for safer cars means accident statistics would drop: some 94% of road accidents in the U.S. involve human error. Older drivers and visually-or physically-impaired people would gain a new level of freedom. Maintaining safe speeds and being electric, self-driving cars would drastically reduce pollution levels and dependency on non-renewable fuels. Roads would be quieter, people safer.

But we must also consider the impact of the new technology on those who now depend on driving for their livelihoods. According to the U.S. Department of Labor, in May 2015 there were 505,560 registered school bus drivers. The American Trucking Association lists approximately 3.5 million professional truck drivers in the U.S.

The companies developing self-driving vehicles should be partnering with state and federal authorities to offer retraining for this massive workforce, many of whom will be displaced by the new technology. This is similar to what’s happening in the coal and oil industries, a situation that fuels much of the current political discontent in this country.

New technologies will, and should, be developed. This is how society moves forward. However, progress can’t be one-sided. It is necessary for the companies and state agencies involved to consider the ethical consequences of these potential changes to build a better future for all.

51. What would be the impact of the extensive use of driverless cars?

- A) People would be driving in a more civilized way.
- B) It would save local governments a lot of money.
- C) More policemen would be patrolling the streets.
- D) Traffic regulations would be a thing of the past.

52. How would the elderly and the disabled benefit from driverless cars?

- A) They could enjoy greater mobility.
- B) They would suffer no road accidents.
- C) They would have no trouble driving.
- D) They could go anywhere they want.

53. What would be the negative impact of driverless cars?

- A) The conflict between labor and management would intensify.
- B) The gap between various sectors of society would be widened.
- C) Professional drivers would have a hard time adapting to new road conditions.
- D) Numerous professional drivers would have to find new ways of earning a living.

54. What is the result of the introduction of new technologies in energy industries?

- A) Political dissatisfaction.
- B) Retraining of employees.
- C) Fossil fuel conservation.
- D) Business restructuring.

55. What does the author suggest businesses and the government do?

- A) Keep pace with technological developments.
- B) Make new technologies affordable to everyone.
- C) Enable everyone to benefit from new technologies.
- D) Popularize the use of new technologies and devices.

严正声明：该资料仅用于 B 站课堂：我是瑞斯拜四级课学员内部使用，盗印盗卖追究法律责任

- | | | | | | |
|----------|----------|----------|-----------|-----------|-----------|
| 1. BADCA | 2. BCABD | 3. BDCDA | 4. CABDC | 5. CBADA | 6. DBCBD |
| 7. BADCA | 8. CCBDA | 9. ABCAD | 10. BDCBA | 11. CDBAB | 12. BADAC |