

## 武汉新东方学校四级听力短文解析

2020年7月

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### Passage one

There is a saying that goes something along the lines of 'You must love yourself first before you can love someone else.' Similarly, I personally believe that you must be comfortable and happy in your own company before you can truly be yourself in the company of others. [16] There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. However, you don't have to actually be alone to feel that way. Many times, I've felt lonely when surrounded by a big group of people. In contrast, being alone can actually be a blessing, particularly, when you've actively chosen it. In my experience, being bored and alone is dangerous and can easily lead to the feeling of loneliness. The trick is to be active. [17] Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. You don't have to take anyone else into consideration and can do whatever you please. [18] Spending time alone also allows you to more efficiently take care of problems. And then, when it's time to be social and meet up with your friends, you will be fully there, because you won't have too much other stuff floating around in your mind. Having been alone for a bit, you will also appreciate your friends' company more and chances are your time spent together will be more worthwhile.

16: What does the speaker say about being alone?

【解析】此题考查事实细节以及文章大意。根据问题中的 being alone 可知答案出现在句③ There is a massive difference between being lonely and being alone. Loneliness is a horrible feeling. .... In contrast, being alone can actually be a blessing, particularly, when you've actively chosen it. 可知本文主旨是在讲孤独和独处的区别，孤独是可怕的感觉，而对比之下，独处实际上可以是一件好事，尤其是当你主动选择时。

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17: What does the speaker say how to reduce one's feeling of loneliness?

【解析】此题考查事实细节。根据问题中的 how to reduce one's feeling of loneliness 可知答案出现在 The trick is to be active. Get outside, stretch your legs, do something cultural, buy yourself something tasty to eat or something pretty to wear. 其中 the trick 指的是解决孤独感的窍门,也就是变得主动,出门,做腿部拉伸,做点文艺范的事,买点好吃的和好看的衣服。

18: What is an advantage of spending one's time alone?

【解析】此题考查事实细节与因果关系。根据问题中的 advantage of spending one's time alone 可以得知答案出现在 Spending time alone also allows you to more efficiently take care of problems. 以及 because you won't have too much other stuff floating around in your mind. 即独处可以让你更有效率的解决问题;因为你没有太多其他事情烦恼。

文章出处:

<https://lifegoalsmag.com/enjoy-spending-time-alone/>

## Passage 2

When I turned twelve, I worked summers at my father's small brick cleaning business. I remember the harsh acid smell of the cleaning solution, and the scraping sound of stiff iron brushes against rough brick. It was tempting to have your job just finish. [19] But anybody who worked for Thomas Kahoon had to meet his standards, and that include of me. If I messed up, he made me stay late until I got it right.

My father wasn't been me. He demanded the same at himself. Every brick he cleaned on the house stood out like a red jewel in a white setting. It was his signature.

In 1970, when I was twenty, I got married. [20] I moved out my parent's modest place into a housing project.

Drugs and gang violent were just beginning to plague the projects.

Some of my friend went to jail. Some were killed. My wife Verllen, was 18, and nobody gave our marriage a chance. But we believed in each other. And our faith made us strong.

When we married, I worked as a stock clerk at Southwest Super Food. It was hard, tedious

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work. Each Friday night a truck came, with cases of food that had to be unloaded, priced and placed on shelves.

Most of stock clerks try to get Friday night off. But I was always ready to work. By Saturday morning, all the kinds and drawers in my aisle would place with a label facing smartly out, like a line of soldiers on review. That was my signature. [21]I took pride in a job nobody wanted.

19. What do we learn about the speaker's father?

【解析】此题考查事实细节以及转折处。根据问题中的 the speaker's father 可以得知答案出现在 But anybody who worked for Thomas Kahoon had to meet his standards, and that include of me. If I messed up, he made me stay late until I got it right. 即但是任何为 Thomas Kahoon（演讲者父亲）工作的人必须达到他的标准，这也包括我。如果我搞砸了，他会让我待到很晚直到我做对。以及 My father wasn't been me. He demanded the same at himself. 即我父亲不是针对我，他也如此要求自己。

20. What does the speak say about the housing project?

【解析】此题考查事实细节。根据问题中的 the housing project 可知答案出现在 I moved out my parent's modest place into a housing project. Drugs and gang violent were just beginning to plague the projects. 即“我从父母朴素住处搬出来，搬入住宅区。毒品和帮派暴力正好开始困扰这些住宅区。”

21. What do we learn about the speaker as a stock clerk?

【解析】此题考查事实细节以及转折处。根据问题中的 a stock clerk 可知答案出现在 Most of stock clerks try to get Friday night off. But I was always ready to work. 即“大多数仓库管理员都想在周五晚上休息。但是我总是准备好工作。”以及 That was my signature. I took pride in a job nobody wanted. 即“这就是我的标签。我以别人不想做的工作为傲。”

Passage 3

Watching more than 3 hours of television a day doubles memory loss in older people, a new study of more than 3,000 adults suggests. [22]Scientist at University College London used

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memory and fluency tests on the same group of people 6 years apart. They found that those who watched on average less than 3 hours television a day showed a decline ever round 4 to 5 percent, while those who tended to watch more than 3 hours a day declined by an average of 8 to 10 percent. [23]The research team say they believe the alert but passive nature of television watching maybe creating stress on the mind, which contributes to memory decline.

Older people who watch more television are also less likely to undertake activities knowing to preserve mental functioning, such as reading or interactive screen base pursuits, such as using the internet or playing video games. [24]The researchers say that television viewing maybe a risk factor for all Alzheimer's disease, but more researches needed to establish a link.

While watching television may have educational benefits and relaxation benefits, [25]the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities. If you're concerned that the amount of television you're watching could have a negative impact on your health, you should eliminate the amount of TV watch each day and undertake some healthy hobbies.

22. By what means does scientist at University College London measure memory lost?

【解析】此题考查事实细节。根据问题中的 By what means（用什么方式）可知答案出现在 College London used memory and fluency tests on the same group of people 6 years apart. 即 College London 六年来对同一组人群分别使用记忆和流利度测试。

23. What contributed to memory decline in the participants?

【解析】此题考查事实细节与因果关系。根据问题中的 What contributed to memory decline 可知答案出现在 The research team say they believe the alert but passive nature of television watching maybe creating stress on the mind, which contributes to memory decline. 研究团队声称他们认为看电视的警觉而被动的特性也许对大脑产生了压力，导致记忆衰退。

24. What did the researchers say about their finding concerning the link between TV viewing and Alzheimer's disease?

【解析】此题考查事实细节。根据问题中的 What contributed to memory decline 可知答案出现在 The researchers say that television viewing maybe a risk factor for all Alzheimer's disease,

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but more researches needed to establish a link. 即研究者声称看电视也许是阿兹海默症的一个风险因素，但是需要更多研究来确立这种联系。

25. What do the researchers suggest older people do?

【解析】此题考查事实细节以及建议忠告。根据问题中的 suggest older people do 可知答案出现在 the researchers advise that adults over the age of 50 should try and ensure that television viewing is balanced with other contrasting activities. 即研究者建议 50 岁以上的成年人应该尝试保证且平衡看电视与其他不同的活动。

原文出处：

<https://www.dailymail.co.uk/health/article-6756181/Over-50s-watch-3-5-hours-TV-day-10-likely-suffer-memory-loss.html>