

### 【News report 1】

... parts of Scotland covered by the orange alert to avoid travel on Wednesday, ' this is what he said to us. The orange warning may be raised to red in some areas. That is a warning for snow that has never been seen since the modern system came into place in Scotland. The orange warning has been extended until 6 p.m. on Thursday. Trains, planes and ferries are also likely to be affected, with wind chill that could see parts of Britain feeling as cold as  $-15^{\circ}\text{C}$ . The head of road policing said, 'I would urge drivers to take extra care on the roads for their journeys. Drivers should make sure they are prepared for their journey with warm clothing, food and drink, sufficient fuel and a charged mobile phone. There could be significant traffic delays, so please start to plan your journey now to consider if you really need to travel on conditions of this ...

Question 1: What were people at parts of Scotland advised to do?

Question 2: What did the head of road policing urge drivers to do?

### 【解析】

Question 1: What were people at parts of Scotland advised to do?

问题 1: 建议苏格兰部分地区的人们做什么?

“... parts of Scotland covered by the orange alert to avoid travel on Wednesday, ' this is what he said to us.”。

苏格兰的部分地区都发布了橙色预警，人们应避免周三出行。

Question 2: What did the head of road policing urge drivers to do?

问题 2: 路政负责人敦促驾驶员做什么?

“The head of road policing said, 'I would urge drivers to take extra care on the roads for their journeys. Drivers should make sure they are prepared for their journey with warm clothing, food and drink, sufficient fuel and a charged mobile phone. There could be significant traffic delays, so please start to plan your journey now to consider if you really need to travel on conditions of this ...”

公路警务负责人说：“我会敦促驾驶员在旅途中格外小心。驾驶员应确保自己准备好穿上暖和的衣服，食物和饮料，足够的燃料和一部充电的手机，为旅途做好准备。可能会有严重的交通延误，因此请立即开始计划行程，以考虑是否真的需要在这种情况下出行……”

### 【译文】

... 苏格兰的部分地区发布了橙色预警，以避免周三出行，这就是他对我们说的。在某些区域，橙色预警可能会变为红色。这是大雪的警告，自从现代系统在苏格兰成立以来就从未见过。橙色警告已延长至星期四下午 6 点。火车，飞机和渡轮也可能受到影响，寒风可能会使英国部分地区的气温降到零下 15 摄氏度。公路警务负责人说：“我会敦促驾驶员在旅途中格外小心。驾驶员应确保自己带上暖和的衣服，食物和饮料，足够的燃料和一部充好电的手机，为旅途做好准备。可能会有严重的交通延误，因此请立即开始计划行程，以考虑是否真的需要在这种情况下出行……”

### 【News Report 2】

Romania's wetlands are coming back to life, thanks to help from local communities, the World Wildlife Fund and funding from the European Union. Roughly 2,224 acres of the picturesque Danube Delta – home to 300 species of birds – have filled with wildlife. The land has been connected to the network of lakes and streams in the area. 'A lot of birds have migrated to the area and one doesn't need to travel long hours anymore or go to other lakes to watch the birds,' says Ion Meuta, Deputy Mayor of Mahmudia. The area around Mahmudia, which is a UNESCO World Heritage site, is the third-most biodiverse in the world, after Australia's Great Barrier Reef and the Galapagos Islands. Groups used earth-moving equipment to restore the waterways. Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.

3. What is the news report mainly about?  
4. What did government's officials propose to do to protect the endangered fish?

**【解析】**

3. What is the news report mainly about?

问题 3: 这篇新闻报道的主要内容是什么?

“Romania's wetlands are coming back to life, thanks to help from local communities, the World Wildlife Fund and funding from the European Union. Roughly 2,224 acres of the picturesque Danube Delta – home to 300 species of birds – have filled with wildlife. The land has been connected to the network of lakes and streams in the area.”

得益于当地社区的帮助, 世界野生动物基金会和欧盟的资助, 罗马尼亚的湿地正在恢复生机。风景如画的多瑙河三角洲(约 300 种鸟类的栖息地)约 2224 英亩, 充满了野生动植物。土地已连接到该地区的湖泊和溪流网络。

4. What did government's officials propose to do to protect the endangered fish?

问题 4: 政府官员提议采取什么措施来保护濒临灭绝的鱼类?

“Government officials proposed to protect the area's endangered wild fish by issuing a fishing ban over the next decade.”

在未来十年里颁布禁渔令

**【译文】**

得益于当地社区的帮助, 世界野生动物基金会和欧盟的资助, 罗马尼亚的湿地正在恢复生机。风景如画的多瑙河三角洲(约 300 种鸟类的栖息地)约 2224 英亩, 充满了野生动植物。土地已连接到该地区的湖泊和溪流网络。Mahmudia 副市长 Ion Meuta 说: “许多鸟类已经移居该地区, 人们不再需要长时间旅行或去其他湖泊看鸟。” Mahmudia 是联合国教科文组织认定的世界遗产地, 是世界第三大生物多样性区, 仅次于澳大利亚的大堡礁和加拉帕戈斯群岛。团队组织使用土方设备恢复水道。政府官员提议在未来十年内发布捕鱼禁令, 以保护该地区的濒危野生鱼类。

**【News Report 3】**

Scott Dunn, recently awoke from a medically-induced sleep he'd been in after a car accident. He was heartbroken after realizing he'd missed his high school graduation. His classmates decided to give him a second chance. It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation. And last week, they did it again. Scott's car accident was on May 22nd, just 3 days before the ceremony. "I remember waking up in the hospital and asking mom, 'What day it was', she told me it was the 28th." He said, "I looked at her and said, 'I missed my graduation.'" The school's principal, Mr. Fausey, called Scott's mom Karen and said that everybody wants to do something special for him. Students wore their caps and gowns and sat in the front of the auditorium. Scott's parents, Karen and Scott Senior, sat front and center. After brief speeches, Scott's name was called, only Scott's name. He walked across the stage as the audience cheered. A graduation for one. "I'm speechless," Scott said. "I don't know how to even explain it. I'm speechless to know that so many people are behind me."

Question 5: What happened to Scot a month ago?

Question 6: What did Scot ask about when he regained consciousness?

Question 7: Why was Scot speechless at the graduation ceremony?

**【解析】**

Question 5: What happened to Scot a month ago?

问题 5: 一个月前斯科特发生了什么事?

“It was just a month ago that East Juniata High School seniors met in the school's auditorium for graduation. And last week, they did it again. Scott's car accident was on May 22nd, just 3 days before the ceremony.”

就在一个月前, 东朱尼亚塔高中的高年级学生在校礼堂聚会举行毕业典礼。上周, 他们又做了一次。斯科特的车祸发生在 5 月 22 日, 即仪式举行的前三天。

Question 6: What did Scot ask about when he regained consciousness?

问题 6: 当斯科特恢复意识时, 他问了什么?

“I remember waking up in the hospital and asking mom, 'What day it was',”

“我记得在医院醒来时问妈妈, '那天是什么日子',”

Question 7: Why was Scot speechless at the graduation ceremony?

问题 7: 为什么斯科特在毕业典礼上不知道说什么?

speechless to know that so many people are behind me.”

“我不知道说些什么,”斯科特说。“我甚至不知道如何解释它。知道有这么多人在我身后, 我简直不知道该说些什么。”

### 【译文】

斯科特·邓恩 (Scott Dunn), 因车祸而陷入医学引导的昏迷中, 近日从昏迷中醒来。在意识到自己错过了高中毕业后, 他伤心欲绝。他的同学决定再给他一次机会。就在一个月前, 东朱尼亚塔高中的高年级学生在校礼堂聚会举行毕业典礼。上周, 他们又做了一次。斯科特的车祸发生在 5 月 22 日, 即仪式举行的前三天。“我记得在医院醒来时问妈妈, '那天是什么日子', 她告诉我那是 28 日。”他说: “我看着她说, ‘我错过了毕业典礼。’”这所学校的校长 Fausey 先生给 Scott 的妈妈 Karen 打电话, 说每个人都想为斯科特做些特别的事情。学生们戴着帽子和长袍, 坐在礼堂前。斯科特 (Scott) 的父母凯伦 (Karen) 和斯科特 (Scott Senior) 坐在前排中间。经过简短的演讲后, 叫到斯科特的名字, 只有斯科特的名字。他走过舞台时, 观众欢呼雀跃。一个人的毕业典礼。“我不知道说些什么,”斯科特说。“我甚至不知道如何解释它。知道有这么多人在我身后, 我简直不知道该说些什么。”

### 【Conversation 1】

M: How do you like your new flexible work in arrangement? Do you enjoy working from home?

W: Yes and no, I find an isolation challenging at times, apart from my mother, not too many people I know, have time for phone chat during working hour. I tried the library but found I wasn't really keen on working there.

M: No, neither would I. I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counter-productive to getting a lot of work done.

W: I found the same thing. So, lately, I've been going out to Cafes occasionally, I love the noise, the people, the busyness of a Café, the sense of being out in the world.

M: Coffee shops seem to have affectively become off spaces for so many people in this digital age. Though I'm not sure how Café owners feel about it - having so many people who go to that places to work rather than drink and eat.

W: Yes, some people seem to spend a lot of time there and not order much. The most annoying one for Café owners must truly be those, usually only two of them, who occupy a table for six with their laptops and paperwork.

M: They should sit at a table for two, not the table for six. Some obviously stay so long, they need to plug the laptops into a power adapter. I nearly tripped over someone's computer electrical lead the other day in my local café.

W: It's a double-edged sword, no doubt about that, for a Café owner. While remote workers help to keep the café full in quiet times, they can take up valuable table space and busy period.

8. What does the woman say is the disadvantage of working from home?

9. What does the man say is counter-productive to getting work done in the library?

10. What does the woman like about doing one's work in a café?

11. What is most annoying for café owners according to the woman?

### 【解析】

8. What does the woman say is the disadvantage of working from home?

问题 8. 女士说在家工作的弊端是什么?

“W: Yes and no, I find an isolation challenging at times, apart from my mother, not too many

people I know, have time for phone chat during working hour. I tried the library but found I wasn't really keen on working there."

W: 喜欢也不喜欢, 我有时会感到孤立, 除了我母亲有在工作时间进行电话聊天以外, 我认识的人并不多。我尝试了图书馆, 但发现我并不热衷于在那里工作。

9. What does the man say is counter-productive to getting work done in the library?

问题 9. 这位男士说什么会导致在图书馆完成工作适得其反

"M: No, neither would I. I find the library a bit too quiet. I'd lack inspiration or stimulation, which would be counter-productive to getting a lot of work done."

M: 是的, 我也不喜欢。我觉得图书馆有点安静。我会缺乏灵感或刺激, 这对完成许多工作会适得其反。

10. What does the woman like about doing one's work in a café?

问题 10. 女士喜欢在咖啡厅工作的什么?

"W: I found the same thing. So, lately, I've been going out to Cafes occasionally, I love the noise, the people, the busyness of a Café, the sense of being out in the world."

W: 我发现了同样的事情。所以最近, 我偶尔去咖啡厅, 我喜欢喧闹声、有人的感觉, 咖啡馆的忙碌, 让我感觉处于世界之中的感觉。

11. What is most annoying for café owners according to the woman?

问题 11. 据这位女士说, 网吧老板最讨厌的是什么?

"The most annoying one for Café owners must truly be those, usually only two of them, who occupy a table for six with their laptops and paperwork."

对于咖啡馆老板来说, 最烦人的就是那些通常只有两个人, 但他们用笔记本电脑和文书工作占据六个人的桌子。

### 【译文】

M: 您喜欢新的灵活的工作安排吗? 你喜欢在家工作吗?

W: 喜欢也不喜欢, 我有时会感到孤立, 除了我母亲有在工作时间进行电话聊天以外, 我认识的人并不多。我尝试了图书馆, 但发现我并不热衷于在那里工作。

M: 是的, 我也不喜欢。我觉得图书馆有点安静。我会缺乏灵感或刺激, 这对完成许多工作会适得其反。

W: 我发现了同样的事情。所以最近, 我偶尔去咖啡厅, 我喜欢喧闹声、有人的感觉, 咖啡馆的忙碌, 让我感觉处于世界之中的感觉。

M: 在这个数字时代, 咖啡店似乎已经有效地吸引了许多人。尽管我不确定咖啡厅的主人对此有何看法, 因为有那么多人去该工作场所而不是吃喝玩乐。

W: 是的, 有些人似乎在那里度过很多时间而不怎么点餐。对于咖啡馆老板来说, 最烦人的就是那些通常只有两个人, 但他们用笔记本电脑和文书工作占据六个人的桌子。

M: 他们应该坐一张两人桌, 而不是占据六人桌。有些人显然呆了很长时间, 因此需要将笔记本电脑插入电源适配器。前几天, 我在当地的一家咖啡馆几乎绊倒了某人的计算机电源。

W: 对于咖啡馆老板来说, 毫无疑问, 这是一把双刃剑。边远地区的工作人员在安静的时间里帮助咖啡馆保持开满状态的同时, 他们也会占用宝贵的餐桌空间和忙碌的时间。

### 【Conversation 2】

W: I'm going to start working for another job. I can't see myself getting an opportunity to progress on my company anytime in the near future. And I really think my skills and abilities deserve a higher salary.

M: You are not going to quit, are you?

W: I'm thinking I might as well. Then I can devote more time and energy to find me a better position at another company.

M: But you've been in your present company less than two years, haven't you? This would be the

third time you've left your job in the last five years. If you do several jobs in a relatively short span of time, perspective employers might see that you lack loyalty. That could make them worry and reluctant to employ you.

W: Unfortunately, loyalty doesn't pay. Even if I get a promotion at my company, it's likely to be less sizeable than if I were to get a job elsewhere. And even if I get a promotion, I'm not guaranteed to get a raise. I had that experience at another company I worked up.

M: They want you to take on more work and responsibility but for the same amount of money?

W: More or less, yes. The way I see it, through having different jobs, I've got a lot of experience, and different jobs and in different industries.

M: But potential employers might worry about that experience is not deep, or thorough enough.

W: Perhaps, but I feel pretty confident that I can sell myself. You know what they say, fortune favors the brave.

Q12: What makes the woman think about changing her job?

Q13: What does the man say about people who keep changing their jobs?

Q14: What does the woman say would happen even if she got promoted in her current company?

Q15: What benefit has the woman gain from changing her jobs frequently?

### 【解析】

Q12: What makes the woman think about changing her job?

问题 12: 是什么让这位女士考虑换工作?

“W: I'm going to start working for another job. I can't see myself getting an opportunity to progress on my company anytime in the near future.”

W: 我要开始做另一份工作了。在不久的将来, 我不认为自己有机会能在公司中取得进步。我真的认为我的技能和能力应该得到更高的薪水。

Q13: What does the man say about people who keep changing their jobs?

问题 13: 这个男士对不断更换工作的人有何看法?

“If you do several jobs in a relatively short span of time, perspective employers might see that you lack loyalty. That could make them worry and reluctant to employ you.”

如果你在相对较短的时间内换了多个工作, 那么有远见的雇主可能会发现您缺乏忠诚度。这可能会使他们感到担忧, 并且不愿雇用您。

Q14: What does the woman say would happen even if she got promoted in her current company?

问题 14: 即使她在目前的公司中晋升, 该女士说会怎样?

“W: Unfortunately, loyalty doesn't pay. Even if I get a promotion at my company, it's likely to be less sizeable than if I were to get a job elsewhere. And even if I get a promotion, I'm not guaranteed to get a raise.”

M: 不幸的是, 忠诚并不赚钱。即使我在公司升职, 也可能比在其他地方找到工作的职位要低。即使我得到晋升, 也不能保证得到加薪。

Q15: What benefit has the woman gain from changing her jobs frequently?

问题 15: 这位女士从经常更换工作中获得了什么好处?

“W: More or less, yes. The way I see it, through having different jobs, I've got a lot of experience, and different jobs and in different industries.”

W: 或多或少, 是的。我的看法是, 通过从事不同的工作, 我有了很多在不同的行业从事过不同的工作的经验。

### 【译文】

W: 我要开始做另一份工作了。在不久的将来, 我不认为自己有机会能在公司中取得进步。我真的认为我的技能和能力应该得到更高的薪水。

M: 你不会辞职的, 是吗?

M: 我也想。然后, 我可以投入更多的时间和精力来寻找其他公司的更好职位。

玛: 但是你到现在的公司还不到两年, 不是吗? 这将是您过去五年中第三次离职。如果你在相对较短的时间内换了多个工作, 那么有远见的雇主可能会发现您缺乏忠诚度。这可能会使他们感到担忧, 并且不愿雇用您。

M: 不幸的是, 忠诚并不赚钱。即使我在公司升职, 也可能比在其他地方找到工作的职位要低。即使我得到晋升, 也不能保证得到加薪。我曾在另一家公司有过这样的经验。

M: 他们想让您承担更多的工作和更多的责任, 但是花同样的钱吗?

W: 或多或少, 是的。我的看法是, 通过从事不同的工作, 我有了很多在不同的行业从事过不同的工作的经验。

M: 但是潜在的雇主可能会担心经验不够深入或不够彻底。

M: 也许, 但是我很自信我可以推销自己。众所周知, 财富有利于勇敢者。

### 【Passage 1】

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. 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. 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. 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.

Question 16: What does the speaker say about being alone?

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

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

### 【解析】

Question 16: What does the speaker say about being alone?

“问题 16: 关于孤独说话人说了什么?”

In contrast, being alone can actually be a blessing, particularly, when you’ve actively chosen it.”

相反, 独自一人实际上可以算是一种祝福, 尤其是当您积极地选择它时。

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

问题 17: 说话人说可以怎样减轻一个人的孤独感?

“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. You don’t have to take anyone else into consideration and can do whatever you please.”

诀窍是要活跃。到户外去, 伸展双腿, 做一些文艺范的事情, 给自己买点好吃的东西或穿漂亮的衣服。您不必考虑其他任何人, 就可以随心所欲。

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

问题 18: 一个人独处的时间有什么好处?

“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.”

花时间独处也可以使您更有效地解决问题。然后, 当需要社交并与朋友见面时, 您将完全在那里, 因为您的脑海中不会浮现其他东西。独自一人一段时间后, 您还将更加感激朋友的陪伴, 而你们在一起度过的时光可能会更有价值。

### 【译文】

有句话说：“在爱别人之前必须先爱自己。”同样，我个人认为，要想在他人的公司里做真正的自己，你必须在自己的公司内保持舒适和快乐。寂寞与孤独之间存在巨大差异。寂寞是一种可怕的感觉。但是，您实际上不必独自一人去感受。很多次，当我被一群人包围时，我感到寂寞。相反，独自一人实际上可以算是一种祝福，尤其是当您积极地选择它时。以我的经验，无聊和孤独很危险，很容易导致寂寞感。诀窍是要活跃。到户外去，伸展双腿，做一些文艺范的事情，给自己买点好吃的东西或穿漂亮的衣服。您不必考虑其他任何人，就可以随心所欲。花时间独处也可以使您更有效地解决问题。然后，当需要社交并与朋友见面时，您将完全在那里，因为您的脑海中不会浮现其他东西。独自一人一段时间后，您还将更加感激朋友的陪伴，而你们在一起度过的时光可能会更有价值。

### 【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. 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. 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 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. I took pride in a job nobody wanted.

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

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

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

### 【解析】

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

问题 19. 关于说话人的父亲我们知道什么？

“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.”

但是为 Thomas Kahoon 工作的任何人都必须满足他的标准，包括我在内。如果我搞砸了，他会让我熬夜直到我做对了。我父亲不止对我这样，他要求自己也这样做。他在房子上打扫的每块砖都像白色背景上的红色珠宝一样醒目。这是他的标志。

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

问题 20. 关于住房项目说话人说了什么？

“In 1970, when I was twenty, I got married. 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.”

1970 年，我 20 岁那年结婚。我搬出了我父母那不起眼的地方进入一个住房区。毒品和帮派暴力刚刚开始困扰这些住宅区。我的一些朋友或入狱或被杀。

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

问题 21. 说话人作为仓库管理员，我们了解什么？

“When we married, I worked as a stock clerk at Southwest Super Food. It was hard, tedious 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. I took pride in a job nobody wanted. ”

1970年，我20岁那年结婚。我搬出了我父母那不起眼的地方进入一个住房区。毒品和帮派暴力刚刚开始困扰这些住宅区。我的一些朋友或入狱或被杀。我的妻子韦伦（Verllen）那年18岁，没人看好我们的婚姻。但是我们彼此相信。我们的信念使我们坚强。结婚时，我在西南超级食品公司担任仓库管理人员。这是艰苦而乏味的工作。每个星期五晚上，都有卡车运着许多食物来，我们必须把这些食物卸下来，标好价，放在架子。大多数仓库管理员试图在星期五晚上休假。但是我一直准备工作。到星期六早上，我过道中的所有种类和抽屉都会朝外贴上标签，就像一排正在接受审查的士兵一样。那是我的标志。我为没人想要的工作感到自豪。

### 【译文】

当我十二岁的时候，我夏天在父亲的一家小型砖瓦清洁公司工作。我记得清洁溶液的刺鼻酸味，以及坚硬的铁刷刮擦粗糙砖块的声音。刚刚完成工作是很诱人的。但是任何人都必须满足 Thomas Kahoon 的工作标准，包括我在内。如果我搞砸了，他会让我熬夜直到我做对了。

我父亲不止对我是这样，他要求自己也这样做。他在房子上打扫的每块砖都像白色背景上的红色珠宝一样醒目。这是他的标志。

1970年，我20岁那年结婚。我搬出了我父母那不起眼的地方进入一个住宅区。毒品和帮派暴力刚刚开始困扰这些住宅区。我的一些朋友或入狱或被杀。我的妻子韦伦（Verllen）那年18岁，没人看好我们的婚姻。但是我们彼此相信。我们的信念使我们坚强。

结婚时，我在西南超级食品公司担任仓库管理人员。这是艰苦而乏味的工作。每个星期五晚上，都有卡车运着许多食物来，我们必须把这些食物卸下来，标好价，放在架子。

大多数仓库管理员试图在星期五晚上休假。但是我一直准备工作。到星期六早上，我过道中的所有种类和抽屉都会朝外贴上标签，就像一排正在接受审查的士兵一样。那是我的标志。我为没人想要的工作感到自豪。

### 【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. Scientist at University College London used 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. 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. 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, 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?

23. What contributed to memory decline in the participants?

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

25. What do the researchers suggest older people do?

### 【解析】

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

问题 22.伦敦大学学院的科学家用什么方法来衡量记忆的丧失?

“Scientist at University College London used memory and fluency tests on the same group of people 6 years apart.”

伦敦大学学院的科学家对相隔 6 年的同一组人群进行了记忆和流利度测试。

23.What contributed to memory decline in the participants?

“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. 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.”

问题 23.是什么导致参与者记忆力下降?

他们发现,每天平均观看少于 3 小时的电视节目的人下降了大约 4%至 5%,而每天观看超过 3 小时的电视节目的人平均下降了 8%至 10%。研究小组说,他们相信观看电视时机警但被动的性质可能会在心理上造成压力,从而导致记忆力下降。

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

“The researchers say that television viewing maybe a risk factor for all Alzheimer’s disease, but more researches needed to establish a link.”

问题 24.关于看电视与阿尔茨海默氏病之间的联系,研究人员发现了什么?

研究人员说,观看电视可能是所有阿尔茨海默氏病的危险因素,但是需要更多的研究来建立联系。

25.What do the researchers suggest older people do?

“While watching television may have educational benefits and relaxation benefits, 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.”

问题 25.研究人员建议老年人做什么?

虽然看电视可能会带来教育上的好处和放松上的好处,但研究人员建议 50 岁以上的成年人应尝试确保电视观看与其他对比活动保持平衡。如果您担心正在观看的电视数量可能会对您的健康造成负面影响,那么您应该每天减少看电视的量,并发展一些健康的爱好。

#### 【译文】

一项针对 3,000 多名成年人的新研究表明,每天看电视超过 3 小时,会使老年人的记忆力丧失翻倍。伦敦大学学院的科学家对相隔 6 年的同一组人群进行了记忆和流利度测试。他们发现,每天平均观看少于 3 小时的电视节目的人下降了大约 4%至 5%,而每天观看超过 3 小时的电视节目的人平均下降了 8%至 10%。研究小组说,他们相信观看电视时警觉而被动的性质可能会在心理上造成压力,从而导致记忆力下降。

看电视次数更多的老年人也不太可能从事已知能保持心理机能的的活动,例如阅读或互动式屏幕游戏,例如使用互联网或玩视频游戏。研究人员说,观看电视可能是所有阿尔茨海默氏病的危险因素,但是需要更多的研究来建立联系。

虽然看电视可能会带来教育上的好处和放松上的好处,但研究人员建议 50 岁以上的成年人应尝试确保电视观看与其他对比活动保持平衡。如果您担心正在观看的电视数量可能会对您的健康造成负面影响,那么您应该每天减少看电视的量,并发展一些健康的爱好。