

大学英语四级模拟试卷第13组（阅读4）PDF转换可能丢失图片或格式，建议阅读原文

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Questions 36 to 40 are based on the following passage. You ' re late for a job interview when traffic slows to a crawl. At the supermarket, a customer wheeling a full cart cuts ahead of you in the check-out line. You spend months on a make-it or break-it project, and your lazy colleague lands the promotion. Feel that burn? Before you explode with rage or fly into a fury, take a deep breath and remember this: Anger hurts. Study after study has found that high levels of anger and hostility are associated with greater risk for heart disease, poor immune responses, and even a tendency for obesity(肥胖). Men with high anger scores were three times more likely to develop heart disease than their calmer companions, a Harvard School of Public Health study found. And in women, arguments with spouses raise hormone levels and lower immunity—a real problem, since lower immune response may increase women ' s risk of cancer. It doesn ' t seem to matter whether you release the anger or hold it in, experts say. The effects on your health are the same. “ Anger is anger, ” says Redford Williams, M.D), director of the Behavioral Medicine Research Center at Duke University Medical Center and co-author of the book Life Skills. “ Both are harmful to health. ” The good news is, it is possible to control your anger. “ By evaluating it and using various techniques, you can talk yourself out of it, ” Williams says, “ That ' s what ' s nice about us humans: We

can always do something or not do something to change our behavior. ” 36. From the passage we learn that \_\_\_\_\_.A) irritable people are more likely to suffer from some diseases than cheerful onesB) high levels of anger and hostility are caused by poor immune responsesC) men suffer more from high levels of anger and hostility than womenD) high levels of anger and hostility will inevitably result in heart disease, obesity and cancer37. By saying “ Anger is anger ” , Redford Williams means that \_\_\_\_\_.A) anger is inevitable in lifeB) one should hold in anger instead of releasing it for the sake of healthC) one should release anger instead of holding it in for the sake of healthD) anger does harm regardless of its different forms of expressions38. “ Talk yourself out of it ” in the last paragraph is closest in meaning to \_\_\_\_\_.A) control your anger by talking to yourself B) talking helps you hold in your angerC) persuade yourself not to get angerD) release your anger by talking it out39. It can be inferred from the passage that \_\_\_\_\_.A) fresh air helps one control his feeling B) higher hormone levels are unfavorable to the health of femalesC) humans can always control their feelings by instinctD) the angrier one is, the fatter one will be40. What is the best title for the passage?A) Anger Is AngerB) Releasing Anger or Holding It inC) Controlling Anger Before It Controls YouD) Anger, A Big Killer

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