

2005年12月英语四级B卷试题（阅读1）PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/162/2021_2022_2005_E5_B9_B412_E6_c83_162612.htm Part II Reading Comprehension (35 minutes) Passage One Questions 21 to 25 are based on the following passage. “ Humans should not try to avoid stress any more than they would shun food, love or exercise. ” Said Dr. Hans Selye, the first physician to document the effects of stress on the body. While here ’ s on question that continuous stress is harmful, several studies suggest that challenging situations in which you ’ re able to rise to the occasion can be good for you.. In a 2001 study of 158 hospital nurses, those who faced considerable work demands but coped with the challenge were more likely to say they were in good health than those who felt they stress that you can manage also boost immune(免疫的) function. In a study at the Academic Center for Dentistry in Amsterdam, researchers put volunteers through two stressful experiences. In the first, a timed task that required memorizing a list followed by a short test, subjects through a gory(血淋淋的) video on surgical procedures. Those who did well on the memory test had an increase in levels of immunoglobulin A, an antibody that ’ s the body ’ s first line of defense against germs. The video-watchers experienced a downturn in the antibody. Stress prompts the body to produce certain stress hormones. In short bursts these hormones have a positive effect, including improved memory function. “ They can help nerve cells handle information and put it into storage, ” says Dr. Bruce McEwen of Rockefeller University in New York. But

in the long run these hormones can have a harmful effect on the body and brain. “ Sustained stress is not good for you, ” says Richard Morimoto, a researcher at Northwestern University in Illinois studying the effects of stress on longevity , ” It ’ s the occasional burst of stress or brief exposure to stress that could be protective. ” 21. The passage is mainly about_____ A) how to avoid stressful B) how to cope with stress effectively C) the benefits of manageable stress D) the effect of stress hormones on memory 22. The word “ shun ” (Line 1,Para.1) most probably means_____. A) cut down on B) stay away from C) run out of D) put up with 23.We can conclude from the study of the 158 nurses in 2001 that_____ A) people who can ’ t get their job done experience more stress B) doing challenging work may be good for one ’ s health C) stress will weaken the body ’ s defense against germs D) people under stress tend to have a poor memory 24.In the experiment described in Paragraph 3,the video-watchers experienced a downturn in the antibody because_____. A) the outcome was beyond their control B) they knew little about surgical procedures C) they felt no pressure while watching the video D) the video was not enjoyable at all 25.Dr. Bruce McEwen of Rockefeller University believes that_____. A) a person ’ s memory is determined by the level of hormones in his body B) a person ’ s memory improves with continued experience of stress. C) stress hormones have lasting positive effects on the brain D) short bursts of stress hormones enhance memory function 100Test 下载频道开通 , 各类考试题目直接下载。 详细请访问 www.100test.com