

2005年12月英语四级A卷试题（阅读3）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_162624.htm Passage Three Questions 31 to 35 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. ” 31. The passage is mainly about_____A) the benefits of manageable stressB) stay away fromC) run out ofD) put up with32. The word “ shun ” (Line 1,Para.1) most probably means_____.A) cut down onB) stay away fromC) run out ofD) put up with33.We can conclude from the study of the 158 nurses in 2001 that_____.A) people under stress tend to have a poor memoryB) people who can ’ t get their job done experience more stressC) doing challenging work may be good for one ’ s healthD) stress will weaken the body ’ s defense against germs34.In the experiment described in Paragraph 3,the video-watchers experienced a downturn in the antibody because_____.A) the video was not enjoyable at allB) the outcome was beyond their control C) they knew little about surgical proceduresD) they felt no pressure while watching the video35.Dr. Bruce McEwen of Rockefeller University believes that_____.A) a person ’ s memory is determined by the level of hormones in his bodyB) stress hormones have lasting positive effects on the brainC) short bursts of stress hormones enhance memory functionD) a person ’ s memory improves with continued experience of stress.

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