

2007年英语四级复习资料（二十六）PDF转换可能丢失图片或格式，建议阅读原文

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》Part Writing (30 minutes) 1. 西方的节日越来越深的影响着许多中国年青人的生活。 2、有人认为西方的节日使很多中国的传统日益淡化。 3、你的观点。 Part II Reading

Comprehension (Skimming and Scanning、 (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1. For questions 1-7, mark Y(for YES、 if the statement agrees with the information given in the passage. N(for NO、 if the statement contradicts the information given in the passage. NG(for NOT GIVEN、 if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage. Our dreams combine verbal, visual and emotional stimuli into a sometimes broken, nonsensical but often entertaining story line. We can sometimes even solve problems in our sleep. Or can we? Many experts disagree on exactly what the purpose of our dreams might be. Are they strictly random brain impulses, or are our brains actually working through issues from our daily life while we sleep -- as a sort of coping mechanism? Should we even bother to interpret our dreams? Many say yes, that we have a great deal to learn from our dreams. Why do we Dream? For centuries, we've tried to figure out just why our brains play these nightly shows for us. Early civilizations thought dream worlds were real, physical worlds that

they could enter only from their dream state. Researchers continue to toss around many theories about dreaming. Those theories essentially fall into two categories: The idea that dreams are only physiological stimulations The idea that dreams are psychologically necessary

Physiological theories are based on the idea that we dream in order to exercise various neural connections that some researchers believe affect certain types of learning. Psychological theories are based on the idea that dreaming allows us to sort through problems, events of the day or things that are requiring a lot of our attention. Some of these theorists think dreams might be prophetic. Many researchers and scientists also believe that perhaps it is a combination of the two theories.

### Dreaming and the Brain

When we sleep, we go through five sleep stages. The first stage is a very light sleep from which it is easy to wake up. The second stage moves into a slightly deeper sleep, and stages three and four represent our deepest sleep. Our brain activity throughout these stages is gradually slowing down so that by deep sleep, we experience nothing but delta brain waves -- the slowest brain waves. About 90 minutes after we go to sleep and after the fourth sleep stage, we begin REM sleep. Rapid eye movement (REM) was discovered in 1953 by University of Chicago researchers Eugene Aserinsky, a graduate student in physiology, and Nathaniel Kleitman, Ph.D., chair of physiology. REM sleep is primarily characterized by movements of the eyes and is the fifth stage of sleep.

### How to Improve Your Dream Recall

It is said that five minutes after the end of a dream, we have forgotten 50 percent of the dreams content. Ten minutes later, we've

forgotten 90 percent of its content. Why is that? We don't forget our daily actions that quickly. The fact that they are so hard to remember makes their importance seem less. There are many resources both on the Web and in print that will give you tips on how to improve your recall of dreams. Those who believe we have a lot to learn about ourselves from our dreams are big proponents of dream journals. Here are some steps you can take to increase your dream recall: When you go to bed, tell yourself you will remember your dreams. Set your alarm to go off every hour and half so you'll wake up around the times that you leave REM sleep -- when you're most likely to remember your dreams. (Or, drink a lot of water before you go to bed to ensure you have to wake up at least once in the middle of the night!)

Keep a pad and pencil next to your bed. Try to wake up slowly to remain within the "mood" of your last dream.

### Common Dream Themes and Their Interpretations

#### Being naked in public

Most of us have had the dream at some point that we were at school, work or some social event, and we suddenly realize we forgot to put on clothes! Experts say this means: We're trying to hide something (and without clothes we have a hard time doing that). We're not prepared for something, like a presentation or test (and now everyone is going to know -- we're exposed!). If we're naked but no one notices, then the interpretation is that whatever we're afraid of is unfounded. If we don't care that we're naked, the interpretation is that we're comfortable with who we are.

#### Falling

You're falling, falling, falling... and then you wake up. This is a very common dream and is said to symbolize insecurities and

anxiety. Something in your life is essentially out of control and there is nothing you can do to stop it. Another interpretation is that you have a sense of failure about something. Maybe you're not doing well in school or at work and are afraid you're going to be fired or expelled. Again, you feel that you can't control the situation.

**Being chased**The ever-popular chase dream can be extremely frightening. What it usually symbolizes is that you're running away from your problems. What that problem is depends on who is chasing you. It may be a problem at work, or it may be something about yourself that you know is destructive. For example, you may be drinking too much, and your dream may be telling you that your drinking is becoming a real problem.

**Taking an exam (or forgetting that you have one)** This is another very common dream. You suddenly realize you are supposed to be taking an exam at that very moment. You might be running through the hallways and can't find the classroom. This type of dream can have several variations that have similar meanings. (Maybe your pen won't write, so you can't finish writing your answers.) What experts say this may mean is that you're being scrutinized about something or feel you're being tested -- maybe you're facing a challenge you don't think you're up to. You don't feel prepared or able to hold up to the scrutiny. It may also mean there is something you've neglected that you know needs your attention.

**Flying** Many flying dreams are the result of lucid dreaming (清醒梦). Not all flying dreams are, however. Typically, dreaming that you are flying means you are on top of things. You are in control of the things that matter to you. Or, maybe you've just

gained a new perspective on things. It may also mean you are strong willed and feel like no one and nothing can defeat you. If you are having problems maintaining your flight, someone or something may be standing in the way of you having control. If you are afraid while flying, you may have challenges that you don't feel up to.

Running, but going nowhere This theme can also be part of the chasing dream. You're trying to run, but either your legs won't move or you simply aren't going anywhere -- as if you were on a treadmill ( 踏车、 ). According to some, this dream means you have too much on your plate. You're trying to do too many things at once and can't catch up or ever get ahead.

1. This passage mainly discusses different theories about why we have dreams at night.
2. Early theories held that dreams were reflection of people's real, physical worlds.
3. According to physiological theories, dreaming allows us to sort through problems or events of the day that require our attention.
4. REM occurs at the third and fourth stage during which we experience the deepest sleep.
5. The reason why dreams do not seem important is that they are very difficult to remember.
6. Trying to get recorded what you said or did in your dream can help increase your dream recall.
7. If a person dreams he is naked but is not noticed by others, it means what he is afraid of is groundless.
8. You are falling, falling, falling in your dream, which is said to symbolize \_\_\_\_\_.
9. Being chased in a dream usually means that you're escaping from your \_\_\_\_\_.
10. One of the interpretations for flying dreams is that you are \_\_\_\_\_ and nothing can defeat you.

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