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https://www.100test.com/kao_ti2020/277/2021_2022_07_E5_B9_B4_E8_81_8C_E7_A7_c91_277527.htm 第2篇 Stress Level Tied to

Education Level People with less education suffer fewer stressful days, according to a report in the current issue of the Journal of Health and Social Behavior . However, the study also found that when less-educated people did suffer stress it was more severe and had a larger impact on their health . From this, researchers have concluded that the day-to-day factors that cause stress are not random . Where you are in society determines the kinds of problems that you have each day, and how well you will cope with them . The research team interviewed a national sample of 1,031 adults daily for eight days about their stress level and health . People without a high school diploma reported stress on 30 percent of the study days , people with a high school degree reported stress 38 percent of the time , and people with college degrees reported stress 44 percent of the time . ‘ ‘ Less advantaged people are less healthy on a daily basis and are more likely to have downward turns in their health. ’ ’ lead researcher Dr . Joseph Grzywacz , of Wake Forest University Baptist Medical Center, said in a prepared statement . “ The downward turns in health were connected with daily stressors . and the effect of daily stressors on their health is much more devastating for the less advantaged . ” Grzywacz suggested follow-up research to determine why less-educated people report fewer days of stress when it is known their stress is more acute

and chronic . “ If something happens every day, maybe it ’ s not seen as a stressor ” Grzywacz says . “ Maybe it is just life . ” 词汇 : stressful adj . 紧张的 ; 压力重的diploma n . 毕业文凭 , 毕业证书stressor n . 紧张刺激物devastating adj . 毁灭性的follow-up n . (对病人的)随访1 . Stress level is closely related toA)family size . B)social status . C)body weight . D)work experience . 2 . The 1 . 03 1 adults were interviewedA)on a daily basis for 8 days . B)during one of eight days . C)all by Grzywacz . D)in groups . 3 . Which group reported the biggest number of stressful days?A)People without any education . B)People without high school degrees . C)People with high school degrees . D)People with college degrees . 4 . The less advantaged people are , the greaterA)the impact of stress on their health is . B)the effect of education on their health isC)the level of their education is . D)the degree of their health concern is . 5 . Less educated people report fewer days of stress possibly becauseA)they don ’ t want to tell the truth . B)they don ’ t want to face the truth . C)stress is too common a factor in their life . D)their stress is more acute . 第3篇 Late-night drinkingCoffee lovers beware. Having a quick “ pick-me-up ” cup of coffee late in the day will play havoc with you sleep. As well as being a stimulant, caffeine interrupts the flow of melatonin, the brain hormone that send people into a sleep.Melatonin levels normally start to rise about two hours before bedtime. Levels then peak between 2 a.m. and 4 a. m , before falling again. “ It ’ s the neurohormone that controls our sleep and tells our body when to sleep and when to wake, ” says Maurice Ohayon

of the Stanford Sleep Epidemiology Research Center at Stanford University in California. But researchers in Israel have found that caffeinated coffee halves the body's levels of this sleep hormone. Lotan Shilo and a team at the Sapir Medical Center in Tel Aviv University found that six volunteers slept less well after a cup of caffeinated coffee than after drinking the same amount of decaf. On average, subjects slept 336 minutes per night after drinking caffeinated coffee, compared with 415 minutes after decaf. They also took half an hour to drop off---twice as long as usual---and jiggled around in twice as much.. In the second phase of the experiment, the researchers woke the volunteers every three hours and asked them to give a urine sample. Shilo measured concentrations of melatonin breakers were half those in decaf drinkers. The results suggest that melatonin concentrations in caffeine drinkers were half those in decaf drinkers. In a paper accepted for publication in Sleep Medicine, the researchers suggest that caffeine blocks production of the enzyme that drives melatonin production. Because it can take many hours to eliminate caffeine from the body, Ohayon recommends that coffee lovers switch to decaf after lunch.

练习：1. The author mentions "pick-me-up" to indicate that

- A) melatonin levels need to be raised.
- B) Neurohormone can wake us up.
- C) Coffee is stimulant.
- D) Decaf is a caffeinated coffee.

2. Which of the following tells us how caffeine affects sleep?

- A) Caffeine blocks production of the enzyme that stops melatonin production.
- B) Caffeine interrupts the flow of sleep hormone.
- C) Caffeine halves the body's levels of sleep hormone.
- D) Caffeine stays in the body for many hours.

3. What does

paragraph 3 mainly discuss?A) Different effects of caffeinated coffee and decaf on sleep.B) Different findings of Lotan Shilo and a team about caffeine.C) The fact that the subjects slept 415 minutes per night after drinking decaf.D) The evidence that the subjects took half an hour to fall asleep.

4. What does the experiment mentioned in paragraph 4 prove?A) There are more enzymes in decaf drinkers ' urine sample.B) There are more melatonin concentrations in caffeine drinkers ' urine sample.C) Decaf drinkers produce less melatonin.D) Caffeine drinkers produce less sleep hormone.

5. The author of this passage probably agrees thatA) coffee lovers sleep less than those who do not drink coffee.B) We should not drink coffee after supper.C) People sleep more soundly at midnight than at 3 a.m..D) If we feel sleepy at night, we should go to bed immediately.

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