

英语四级阅读真题练习(第十三期) PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/468/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c67_468043.htm 请大家试着翻译文章中划线句子。 indispensable 不可缺少的；必须的 well-being 健康幸福等的状态 Passage Four Questions 66 to 70 are based on the following passage: Since we are social beings, the quality of our lives depends in large measure on our interpersonal relationships. One strength of the human condition is our tendency to give and receive support from one another under stressful circumstances. Social support consists of the exchange of resources among people based on their interpersonal ties. Those of us with strong support systems appear better able to cope with major life changes and daily hassles (困难) . People with strong social ties live longer and have better health than those without such ties. Studies over a range of illnesses, from depression to heart disease, reveal that the presence of social support helps people fend off (挡开) illness, and the absence of such support makes poor health more likely. Social support cushions stress in a number of ways. First, friends, relatives, and co-workers may let us know that they value us. Our self-respect is strengthened when we feel accepted by others despite our faults and difficulties. Second, other people often provide us with informational support. They help us to define and understand our problems and find solutions to them. Third, we typically find social companionship supportive. Engaging in leisure-time activities with others helps us to meet our social needs while at the same time distracting (转移...注

意力) us from our worries and troubles. Finally, other people may give us instrumental support financial aid, material resources, and needed services that reduces stress by helping us resolve and cope with our problems. 66. Interpersonal relationships are important because _____. A) they are indispensable to people's social well-being B) they awaken people's desire to exchange resources C) they help people to cope with life in the information era D) they can cure a range of illnesses such as heart disease, etc. 67. Research shows that people's physical and mental health _____. A) relies on the social welfare systems which support them B) has much to do with the amount of support they get from others C) depends on their ability to deal with daily worries and troubles D) is closely related to their strength for coping with major changes in their lives 68. Which of the following is closest in meaning to the word "cushions" (Line 1, Para.2)? A) Adds up to. B) Does away with. C) Lessens the effect of. D) Lays the foundation for. 69. Helping a sick neighbor with some repair work is an example of _____. A) instrumental support B) informational support C) social companionship D) the strengthening of self-respect 70. Social companionship is beneficial in that _____. A) it helps strengthen our ties with relatives B) it enables us to eliminate our faults and mistakes C) it makes our leisure-time activities more enjoyable D) it draws our attention away from our worries and troubles

答案:翻译：因为我们是社会性的动物，我们的生活质量就在很大程度上取决于人际关系。文章只有两段，不是我们喜欢的型，所以要找好关键词定位 66. 人际关系为什么重要？文章第一个词Since（因为）后面给出

答案：我们的生活质量就在很大程度上取决于人际关系。A因为他们对于人们活得好是比不可少的，就是对第一句话的同意转述。B唤醒交换的欲望，这个不是原因。C information era信息时代，文章没有提到。D能治疗心脏病，人际关系只能预防“挡开”疾病。答案是A。 67.文章的主题是人际关系的重要性，只有B和主题沾边。或者用排除法：A社会福利，文章没有提到；C依靠处理麻烦的能力，那不是能力强的人不会得病啦？而且文章也没有提到ability；D和他们处理生活重大变故的能力密切相关，文章是说有人际关系支持的人能更好的处理重大变故，没有说和疾病的关系。B和他们从别人那里得到支持的多少有关，人际关系strong的人活的longer 身体better。答案是B。 68.词意题，把选项代进去看看。A增加压力，很文章内容不和；B赶走压力，也没有这么神；C减少压力的影响；D社会支持是压力的基础，这和主题优点相反了。联系第二段的内容，答案是C。cushion n.软垫，靠垫 v.（某事物）起缓冲作用的。 69.帮邻居修理东西属于最后一个功能中的needed services，所以答案是A。 70. Social companionship对应第三点。D中draws our attention away from和distracting（转移...注意力）属于关键词替换。A是第一点的内容；B是第二点的内容；C的意思和文章中的意思好象没有沾边。所以答案是D。 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