

备战2009年12月英语四级考前每日一练(13)英语四级考试 PDF
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https://www.100test.com/kao_ti2020/645/2021_2022__E5_A4_87_E6_88_982009_c83_645645.htm Directions: There are 20 blanks in the following passage. For each blank there are four choices marked A, B, C and D on the right side of the paper. You should choose the ONE that best fits into the passage. Then mark the corresponding letter on Answer Sheet 2 with a single line through the centre. As the pace of life continues to increase, we are fast losing the art of relaxation. Once you are in the 67 of rushing through life, being on the go from morning till night it is hard to 68 down. But relaxation is essential for a 69 mind and body. Stress is natural part of everyday life and there is no way to 70 it. In fact, it is not the bad thing it is often 71 to be. A certain amount of stress is vital to provide 72 and give purpose to life. It is only when the stress gets out of control 73 it can lead to poor performance and ill health. The amount of stress can withstand 74 very much on the individual. Some people are not afraid of stress, and 75 characters are obviously prime material for managerial responsibilities. 76 lose heart at the first signs of unusual difficulties. When 77 to stress, in whatever form, we react both chemically and 78 . In fact we make choice between "flight and fight" and in more 79 days the choices made the difference between life and death. The crises we meet today are unlikely to be so extreme, 80 however little the stress, it 81 the same response. It is 82 such a reaction lasts long, through continued exposure to stress, that health becomes 83 . Such serious conditions as high blood pressure

and heart diseases have 84 links with stress. Since we cannot 85 stress from our lives (it would be 86 to do so even if we could), we need to find ways to deal with it. 67. [A] routine B] habit [C] custom [D] tradition 68. [A] slow B] cool [C] hold [D] back 69. [A] dynamic [B] energetic [C] healthy D] vigorous 70. [A] avoid [B] refuse [C] prevent [D] prohibit 71. [A] expected [B proved [C] intended [D] supposed 72. [A] consideration [B] confidence [C] motivation [D] inspiration 73. [A] if [B] which [C] what [D] that 74. [A] falling [B] depending [C] standing [D] hanging 75.[A] such [B] as [C] so [D] thus 76. [A] Some [B] Others [C] Another [D] Else 77. [A] released [B] appeared [C] exposed [D] exhibited 78. [A] personally [B] physically [C] spiritually [D] materially 79. [A] prior [B] preliminary [C] primitive [D] primary 80. [A] or [B] and [C] but [D] then 81. [A] includes [B] contains [C] comprises [D] involves 82. [A] since [B] when [C] how [D] once 83. [A] endangered [B] inspired [C] degraded [D] frustrated 84. [A] established [B] experienced [C] determined [D] accustomed 85. [A] dismiss [B] depart [C] relieve [D] remove 86. [A] improper [B] risky [C] unfair [D] unwise 【结构剖析】议论文。本文首先指出压力无处不在，一定压力对生活很重要。然后说明持续压力对精神和身体的危害，我们应该采取方法处理好面对的压力。点击进入论坛查看详细答案gt. 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