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As the pace of life continues to increase, we are fast losing the art of relaxation. But relaxation is \_\_1\_\_ for a healthy mind and body. Stress is a natural part of everyday life and there is no way to \_\_2\_\_ it. In fact, it is not the bad thing as it is often supposed to be. A certain amount of stress is vital to provide motivation and give purpose to life. It is only when the stress gets out of \_\_3\_\_ that it can lead to poor performance and ill health. The amount of stress a person can withstand depends very much on the individual. Some people are not afraid of stress, and such \_\_4\_\_ are obviously prime material for managerial responsibilities. Others lose heart at the first sight of \_\_5\_\_ difficulties. When exposed to stress, in whatever form, we react both physically and \_\_6\_\_. In fact we make choice between "flight or fight" and in more \_\_7\_\_ days the choices made the difference between life or death. The crises we meet today are unlikely to be so extreme, but however little the stress, it involves the same \_\_8\_\_. It is when such a reaction lasts long, through continued \_\_9\_\_ to stress, that health becomes endangered. Since we cannot \_\_10\_\_ stress from our lives it would be unwise to do so even if we could, we need to find ways to deal with it.

来源：www.100test.com A)exposure

B)characters C)answer D)chemically E)avoid F)psychologically

G)primitive H)transfer I)unusual J)control K)remove L)escape

M)response N)backward O)essential ANSWER: 1.选O)。此处应

填形容词。前文中说人们正在失去放松的休闲方式，But转折表明作者对relaxation的重视态度，只有essential“必须的，重要的”符合文意。2.选E)。此处应填动词。前句说Stress is a natural part of everyday life“压力是日常生活中很自然的一部分”，说明人们不能避免压力。选项中只有avoid的意思为“避免，消除”，故E) avoid正确。3.选J)。此处应填名词。前面说有压力并不是坏事，适当的压力能给人以动力，能赋予人生活的意义。只有在什么时候，压力才会导致人们表现不佳，身体不好。根据上下文可知get out of control“压力失控”的时候，才会有不好的结果，故选J) control。4.选B)。此处应填名词。前句中not afraid of stress“不怕压力”是一些人的性格特点，选项中可以表示人的性格特点的词只有characters，故选B)。5.选I)。此处应填形容词，修饰名词difficulties。一些人遇到.....的困难就灰心丧气，选项中的形容词中，unusual“不同寻常的”可以说明困难的程度，故选择I)。6.选F)。此处应填副词，与physically相对应，在此physically作为“身体上的”解释。选项中的副词有chemically“化学地”和psychologically“精神地”，很明显两个副词中选择F) psychologically。7.选G)。此处应填形容词，修饰名词days。...days与后文中的today相对应，形成对比。选项中的是primitive，即将人类的早期和人类的今天做比较，故选G)。而N) backward说明的是社会发展的状态，不符合原文意思。8.选M)。此处填名词。前句说，在人类的早期，选择不同就意味着生与死的差别；而现在人们碰到的危机不可能那样极端。后面but转折，说明了不管是压力的大小，人们都是在“避免”和“战斗”之间选择，下句中的such a

reaction也可以说明人们对压力的反应是一样的，选项中的名词answer和response中，M) response=reaction符合文意。9. 选A)。根据上题，这种反应长时间持续的原因就是长时间的面对压力，选项中的exposure“暴露的状态，受影响”符合上下文意思，故选择A) exposure。10.选K)。此处要填动词原形，和from构成动介搭配。人们应想办法应对压力，而不是将它.....出人们的生活。选项中的transfer表示“转移”不符合原文意思；remove“移动，移除”可以和from连用，表示“除掉，移开”，符合原文意思，故选K)。导读：As the pace of life continues to increase, we are fast losing the art of relaxation. But relaxation is O) essential for a healthy mind and body. Stress is a natural part of everyday life and there is no way to E) avoid it. In fact, it is not the bad thing as it is often supposed to be. A certain amount of stress is vital to provide motivation and give purpose to life. It is only when the stress gets out of J) control that it can lead to poor performance and ill health. The amount of stress a person can withstand depends very much on the individual. Some people are not afraid of stress, and such B) characters are obviously prime material for managerial responsibilities. Others lose heart at the first sight of (看到.....时，一看到.....) I) unusual difficulties. When exposed to stress, in whatever form, we react both physically and F) psychologically. In fact we make choice between "flight or fight" (意为“逃避”与“战斗”，作者在这里用了头韵和尾韵的修辞方法，使文章更加琅琅上口。) and in more G) primitive days the choices made the difference between life or death. The crises we meet today are unlikely to be so extreme, but

however little the stress, it involves the same M)response. It is when such a reaction lasts long, through continued A)exposure to stress, that health becomes endangered. ( 本句中 , it is...that为强调句型。强调的成分是一个是状语从句"when such a reaction lasts long"; 介词短语, " health become endangered " 中的become相当于is。 ) Since we cannot K)remove stress from our lives it would be unwise to do so even if we could, we need to find ways to deal with it. 全文翻译: 来源: 考试大 随着生活节奏持续加快, 我们也正迅速地失去放松的休闲方式。但放松对于身心健康是非常必要的。压力是日常生活中很自然的一部分, 而且无法避免。事实上, 压力并不像人们常常想象的那样是件坏事。一定的压力能给人以压力, 能赋予人生活的意义。只有压力失控时, 才会导致人们表现不佳, 身体不好。一个人能承受的压力很大程度上取决于个人。有些人不害怕压力, 很明显, 那样的性格是管理职责的重要条件。而其他人一碰到不同寻常的困难就灰心丧气。当面对任何形式的压力时, 我们会有身体和精神上的反应。事实上, 我们就是在“逃避”与“战斗”之间做出选择。而在人类早期, 这样的选择就是生与死的差别。我们现在碰到的危机不可能那样极端。但是不管压力多么小, 它都会引起同样的反应。只有当持续地面对压力, 而且这种反应持续是件过长时, 个人的健康才会受到威胁。一些严重的疾病, 像高血压、心脏病等就与压力有关。既然我们无法摆脱生活中的压力, 即使能够那样做也是不明智的, 我们就必须找到应对压力的方法。相关推荐: 英语四级10种常见典型语法错误分类解析 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](http://www.100test.com)