

2007英语四级备战之四级阅读(四) PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/467/2021_2022_2007_E8_8B_B1_E8_AF_AD_c67_467621.htm Do you find getting up in the morning so difficult that its painful ? This might be called laziness, but Dr. Kleitman has a new explanation. He has proved that everyone has a daily energy cycle. During the hours when you labour through your work you may say that youre "hot". Thats true. The time of day when you feel most energetic is when your cycle of body temperature is at its peak . For some people the peak comes during the forenoon. For others it comes in the afternoon or evening No one has discovered why this is so , but it leads to such familiar monologues as : "Get up, John! Youll be late for work again !" The possible explanation to the trouble is that John is at his temperature-and -energy peak in the evening. Much family quarrelling ends when husbands and wives realize what these energy cycles mean, and which cycle each member of the family has. You cant change your energy cycle, but you can learn to make your life fit it better. Habit can help, Dr. Kleitman believes . Maybe youre sleepy in the evening but feel you must stay up late anyway . Counteract your cycle to some extent by habitually staying up later than you want to .If your energy is low in the morning but you have an important job to do early in the day, rise before your usual hour. This wont change your cycle, but youll get up steam and work better at your low point. Get off to a slow start which saves your energy. Get up with a leisurely yawn and stretch . Sit on the edge of the bed a

minute before putting your feet on the floor . Avoid the troublesome search for clean clothes by laying them out the night before.

Whenever possible, do routine work in the afternoon and save tasks requiring more energy or concentration for your sharper hours.31. If

a person finds getting up early a problem , most probably

_____.A)he is a lazy person B)he refuses to follow his own energy cycle C)he is not sure when his energy is low D)he is at his peak in

the afternoon or evening 32. Which of the following may lead to

family quarrels according to the passage?A) Unawareness of energy

cycles. B) Familiar monologues. C) A change in a family members

energy cycle. D) Attempts to control the energy cycle of other family

members. 33.If one wants to work more efficiently at his how point

in the morning, he should _____.A)change his energy cycle

B)overcome his laziness C)get up earlier than usual D)go to bed

earlier 34. You are advised to rise with a yawn and stretch because it

will _____.A)help to keep your energy for the days work B)help you

to control your temper early in the day C)enable you to concentrate

on your routine work D)keep your energy cycle under control all

day 35. Which of the following statements is NOT TRUE?A)Getting

off to work with a minimum effort helps save ones energy. B)Dr.

Kleitman explains why people reach their peaks at different hours of

day. C)Habit helps a person adapt to his own energy cycle.

D)Children have energy cycles, too. 100Test 下载频道开通 , 各类

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