

英语二阅读真题同源过关练习连载十

文章来源：科学美国人 段落：五段 字数：416 内容：社会

要求：A. 做题 B. 找到出题处 C. 挑五个句子翻译 D. 将文中单词认真背完

High school begins across the U.S. this week and next. And it begins too early! Too early in the day, that is. Ask any groggy teenager waiting for a bus or yawning in “home room” and he or she will tell you that it’s just too darn early in the morning to learn chemistry equations or analyze a narrative by some Russian novelist.

Are they just lazy? No. Scientific studies of teen **sleep patterns** say they’re right. So do results from numerous schools across the country that has **delayed start times**: The later classes begin, the more academic performance improves.

Bonus points: attendance goes up, teen depression goes down, and fewer student drivers get into car crashes.

What’s more, communities find that the usual worries about starting school later **do not pan out**, according to an analysis by the National Sleep Foundation. Students still succeed in holding part-time jobs, and after-school programs such as sports and theater still run well. “I get tired of the argument that these kids have to do all these activities and community service and therefore can’t start school later,” Wahlstrom says. “The issue is not the start time. It’s that the students are overly busy. There is too much pressure to cram it all in just to have a good resume to get into college.” Students, parents and school advisors should all be more judicious with what students choose to participate in, she says, with emphasis on doing certain activities well rather than piling up a long list.

Another **intriguing study** was done more than 10 years ago by University of Kentucky researchers. In Fayette County, which has only one school district, crash rates of teen drivers dropped 16.5 percent in the two years after start times were delayed one hour, compared with the two years before the change. The kicker: the teen crash rate for the rest of the state went up 7.8 percent in the same time period. Sure enough, the portion of Fayette County students who got at least eight hours of sleep during weeknights rose from 36 percent to 50 percent, and those who got at least nine hours rose from 6 percent to 11 percent.

Nonetheless, more comprehensive results are needed before fewer accidents can be reliably linked to later school start times, Wahlstrom says. But anecdotally, the idea makes sense. “Driving is monotonous,” she notes. “So if you’re sleep-deprived, you’re more likely to lose attention, have your head nod or fall asleep at the wheel.”

1. According to the paragraph 2, late classes can do all of the following things Except:

- A. bettering students’ scores
- B. reducing traffic accidents
- C. enhancing attendance rate
- D. aggravating pupils’ restlessness

2. Wahlstrom’s attitude towards starting school early can be described as

- A. appreciative
- B. objective
- C. negative
- D. opposed

3. The word ‘judicious’ in the paragraph 3 may mean

- A. worried
- B. cautious
- C. sensible
- D. passionate

4. After the policy of one-hour start times had been adopted,

- A. driving on road became safer
- B. driving on road became cooler
- C. driving on road became cheaper
- D. driving on road became more enjoyable

5. It is implied in the last paragraph that

- A. comprehensive understanding of accidents is needed
- B. the evidence between the two is insufficient
- C. driving is actually relaxing and entertaining
- D. sleeping when driving is terrible and disastrous

答案：DDCAB

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全文翻译:

这周和下周，美国的高中就要开学了。太早啦！——我是说每天早晨的到校时间。随便找一个睡眠惺忪地等着校车或者在“喋血教室”打着呵欠的高中生，他/她一定会跟你抱怨，一大早学个什么化学方程式或者分析一位俄国小说家写的故事真是太凶残了。

是因为他们太懒吗？不是这样的。科学家研究了青少年的睡眠模式，发现他们的抱怨是有道理的。而实验结果也证明了这一点：全国有很多学校尝试推后了到校时间，而事实表明上课时间越晚，学生学习成绩越好。此外还有更多惊喜哦：学生出勤率增加了，青少年抑郁症发病率下降了，学生开车的事故率也降低了。

此外，国家睡眠基金会（the National Sleep Foundation）的研究人员经分析发现，对学校推迟上课时间会导致不良后果的各种担忧根本不成立。哪怕早上到校晚了一些，学生们还是可以做好兼职工作并不影响其课外活动（如体育和戏剧等等）。“说什么因为学生得参加各项课外活动和社区服务，所以不能晚点儿上课，我真是烦透了这种说法。”Wahlstrom 说，“问题根本就不在到校时间上，而在于学生们实在太忙了。升学的压力太大，他们不得做所有的这些事情，只为了申请大学的时候能有份漂亮的简历。”她认为，学生、父母和学校老师都应该更明智地选择学生所参与的活动，要找准重点，分清轻重缓急，而不是列一堆长长的清单。

其实，早在十年前，肯塔基大学（University of Kentucky）的研究人员就做了一项有趣的研究。在菲也特县（Fayette County）只有一个学区，将到校时间推迟了一个小时以后，在两年内青少年司机的车祸发生率降低了 16.5%，在同样的一段时间内，肯塔基州其他地区该类车祸发生率却上升了 7.8%。这段时间内，在菲也特县，工作日能保证 8 小时睡眠的学生所占百分比从 36% 上升到了 50%，而能保证 9 小时睡眠的学生从 6% 上升到了 11%。

然而，Wahlstrom 说，到校时间的推迟与事故发生率的降低之间的因果关系还需要更多更全面的证据来证明。不过这事想想倒是很有道理，“开车是很单调的，”她提醒道，“所以缺乏睡眠的人就更有可能会注意力涣散，在驾驶的时候开始打瞌睡、甚至睡着了。”