

2016年高考阅读理解双 语对照



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You probably know who Marie Curie was, but you may not have heard of Rachel Carson. Of the outstanding ladies listed below, who do you think was the most important woman of the past 100 years?

你可能知道玛丽·居里是谁，但你或许没有听说过瑞秋·卡森。在下面列出的杰出女性中，你认为谁是过去100年最重要的女性？

Jane Addams(1860-1935)

简·亚当斯 (1860-1935)

Anyone who has ever been

helped by a social worker

has Jane Addams to

thank.Addams helped the

poor and worked for peace.

She encouraged a sense of

community(社区)by creating

shelters and promoting

education and services for

people in need In

1931,Addams became the

first American woman to win

the Nobel Peace Prize.

任何曾经得到社会工作者帮助的人都要感谢简·亚当斯。亚当斯帮助穷人并致力于和平。她通过创建庇护所和促进教育及服务，鼓励社区意识，帮助有需要的人。1931年，亚当斯成为首位获得诺贝尔和平奖的美国女性。

Rachel Carson(1907-1964)

瑞秋·卡森 (1907-1964)

If it weren't for Rachel

Carson, the environmental movement might not exist

today. Her popular 1962 book *Silent Spring* raised awareness of the dangers of pollution and the harmful effects of chemicals on humans and on the world's lakes and oceans.

如果没有瑞秋·卡森，环保运动可能至今还不存在。她的畅销书《寂静的春天》

（1962年）提高了人们对污染危险的认识，以及化学品对人类和世界湖泊、海洋的有害影响。

Sandra Day

O'Connor(1930-present)

桑德拉·戴·奥康纳 (1930年
至今)

When Sandra Day

O'Connor finished third in
her class at Stanford Law
School, in 1952, she could
not find work at a law firm
because she was a woman.

She became an Arizona
state senator(参议员) and
, in 1981, the first woman to
join the U.S. Supreme

Court. O'Connor gave the deciding vote in many important cases during her 24 years on the top court.

当桑德拉·戴·奥康纳在1952年以斯坦福法学院第三名的成绩毕业时，她找不到律师事务所的工作，因为她是女性。她成为了亚利桑那州的州参议员，并于1981年成为首位加入美国最高法院的女性。在奥康纳在最高法院的24年任期内，她在许多重要

案件中投下了决定性的一票。

Rosa Parks(1913-2005)

罗莎·帕克斯 (1913-2005)

On December 1,1955,in Montgomery,Alabama,Rasa Parks would not give up her seat on a bus to a passenger. Her simple act landed Parks in prison.But it also set lff the Montgomery bus boycott. It lasted for more than a year, and kicked off the civil-rights

movement. “The only tired I was, was tired in giving in,” said Parks.

1955年12月1日，在阿拉巴马州蒙哥马利，罗莎·帕克斯拒绝在公交车上为一位乘客让座。她这个简单的行为让帕克斯进了监狱。但它也引发了蒙哥马利公交车抵制运动。这场抵制持续了一年多，并开启了民权运动。“我唯一感到疲惫的，就是屈服，”帕克斯说。

1. What is Jane Addams noted for in history?
 - A. Her social work.
 - B. Her lack of proper training in law.
 - C. Her efforts to win a prize.
 - D. Her community background.

答案：A

2. What is the reason for O'Connor's being rejected by the law firm?
 - A. Her lack of proper

training in law.

B. Her little work

experience in court.

C. The discrimination
against women.

D. The poor financial
conditions.

答案： C

3. Who made a great
contribution to the civil-
rights movement in the
US?

A. Jane Addams. B.

Rachel Carson. C.

Sandra Day O'Connor.

答案： D

4. What can we infer about the women mentioned in the text?

A. They are highly

educated. B. They are

truly creative.

C. They are pioneers. D.

They are peace-lovers.

答案： C

A warm drink of milk before bed has long been the best choice for those wanting a good night's sleep. But now a study has found it really does help people nod off—if it is milked from a cow at night.

喝一杯温暖的牛奶长期以来一直是那些想要睡个好觉的人的最佳选择。但现在一项研究发现，它确实有助于人们入睡——如果这牛奶是在夜间从奶牛身上挤出来的。

Researchers have discovered that “night milk” contains more melatonin(褪黑激素), which has been proven to help people feel sleepy and reduce anxiety. 研究人员发现，“夜间牛奶”含有更多的褪黑激素，已被证明有助于人们感到困倦并减少焦虑。

The study, by researchers from Seoul, South Korea, involved mice being fed with dried milk powder made

from cows milked both during the day and at night.

这项由韩国首尔的研究人员进行的研究涉及喂养小鼠，这些小鼠被喂食由白天和夜间挤奶的奶牛制成的脱脂奶粉。

Those given night milk, which contained 10 times the amount of melatonin, were less active and less anxious than those fed with the milk collected during daytime, according to the

study published in The Journal of Medicinal Food. 根据发表在《药用食品杂志》上的研究，那些被喂食含有褪黑激素量是白天挤奶的牛奶的10倍的夜间牛奶的小鼠，活动量较少，焦虑感也较轻。

Night milk quickened the start of sleep and caused the mice to sleep longer. 夜间牛奶加快了小鼠入睡的开始，并使它们睡得更久。

While the effect of cows milk harvested at different time has not been tested on humans up to now, taking melatonin drugs has been suggested to those who are struggling to fall asleep at night.

尽管到目前为止，不同时间收获的牛奶对人类的影响尚未经过测试，但已经建议那些晚上难以入睡的人服用褪黑素药物。

Previous studies have also indicated that milk can be excellent for helping sleep because of the calcium content, which helps people to relax.

以前的研究也表明，由于钙含量的原因，牛奶对于帮助睡眠非常有益，钙有助于人们放松。

Milk is also sugar-free and additive-free with nutritionists recommending skimmed milk as the best