

Passage 1

Working Moms: Stressed to Excess

Working women with children – at least mothers in full-time clerical and customer service jobs – tote a particularly heavy load of mental strain. This strain increases production of a critical stress hormone that may, in turn, promote heart disease, a new study finds.

All sorts of mothers endure this burden in the workplace, reports a scientific team at the Duke University Medical Center in Durham, N.C. Stress weighs just as heavily on married women who have a decent family income, plenty of contact with friends and family, and only one or two kids as it does on single women who scrape by financially and spend most of their time outside the workplace caring for a handful of youngsters.

Combination of pervasive pressures at work and at home exacts a unique physiological toll on women raising children, contend Linda J. Luecken and her coworkers in the July-August *PSYCHOSOMATIC MEDICINE*. Single and married working moms who hold midlevel jobs over which they have little control also perform most child-rearing and household tasks, the researchers note. Moreover, working mothers must tackle unexpected family problems, such as a child's illness, on a moment's notice.

Luecken's team studied 109 women age 21 to 61 who hold clerical and customer service jobs at a large company. The researchers collected urine samples on two consecutive workdays. For the premenopausal women, the samples were taken in the first week of the menstrual cycle.

Women who had at least one child living at home excreted substantially more of the stress hormone cortisol in their urine than did their counterparts without kids at home, regardless of marital status or number of social contacts. Independent studies indicate that long-term elevations of cortisol contribute to heart disease, the Duke scientists note.

Working women with children reported more demands on their time and more mental strain at home, but not on the job.

Other indications of stress, such as depression, anger, and negative feelings about the workplace, that have been linked to physical ailments also occur in both single and married working women.

Even if their husbands perform a fair share of household tasks, working women still take responsibility for seeing that the work gets done, comments psychologist Kathleen C. Light of the University of North Carolina at Chapel Hill School of Medicine.

"The working woman's sense of vigilance and being on call is virtually constant, whereas her spouse more often does his assigned chores and then relaxes," Light contends.

Vocabulary

clerical *a.* 办事员的; 办公室工作的
tote *vt.* 背负
scrape *vi.* 节省; 勉强过日子
pervasive *a.* 普遍的
toll *n.* 重大代价; 损失
tackle *vt.* 处理; 解决
premenopausal *a.* 停经前的
menstrual *a.* 月经的
excrete *v.* 分泌
vigilance *n.* 警戒, 警惕

Reading Comprehension

Directions: *There are four suggested answers to each of the following questions. Choose the best one according to the passage you have just read.*

1. The passage is mainly about
 - A. family problems among mothers in clerical and customer service jobs.
 - B. stress experienced by working women with children.
 - C. production of critical stress hormone.
 - D. new findings in heart disease.

2. Which of the following statements is true according to the passage?
 - A. Single women suffer greater mental strain than married ones.
 - B. The number of children affect stress endured by their mothers.
 - C. Marriage status does not affect the degree of stress of the mothers.
 - D. Mothers should spend more time outside the workplace caring their children.

3. Luecken's team would most likely draw which of the following conclusions?
 - A. Women with children to care for tend to suffer greater stress than childless women.
 - B. Married status should not be considered as a factor determining stress of a woman.
 - C. Women should have at least one child to reduce the risk of heart disease.
 - D. Married women tend to suffer greater stress than single women.

4. As far as husbands are concerned, Light suggests
 - A. they are less concerned about household tasks than their spouse.
 - B. they are constantly unaware of their share of household tasks.
 - C. they are less responsible than their spouse.
 - D. they relax more often than their spouse.

5. Which of the following might reduce mental strain endured by the working mothers?
 - A. Greater sense of vigilance of their spouse in tackling family problems.
 - B. Doing less housework and having more relaxation.
 - C. Quitting their job when raising their children.
 - D. Increased production of cortisol.

Passage 2

Depression Puffs up Lung Cancer...

Several controversial studies have suggested that people who experience bouts of depression run a greater risk of developing all sorts of cancers, possibly because depression weakens the immune system's ability to control the spread of cancerous cells.

Now, a long-term investigation conducted in Finland casts doubt on those sweeping conclusions. Overall, new cases of cancer do not crop up disproportionately among people who have endured moderate to severe depression, investigators report in the Dec. 15 *American Journal of Epidemiology*. However, lung cancer does develop more frequently in depressed men, the scientists find. The underlying link in some cases may be that the mood disturbance encourages depressed men to smoke more cigarettes rather than that it depresses the immune system or has some other biological effect.

Paul Knekt, an epidemiologist at the National Public Health Institute in Helsinki, directed the study of 7,018 men and women. Participants, who entered the project between 1978 and 1980 showing no signs of any cancer, filled out medical and psychiatric questionnaires. In late 1991, the investigators tallied the cases of cancer that had been diagnosed in volunteers.

Men who initially reported that in the weeks before they enrolled in the study they had experienced symptoms of depression, such as feelings of hopelessness or loss of interest in daily activities, displayed a markedly higher lung cancer rate 11 to 14 years later than nondepressed men did. This finding held when the researchers controlled statistically for age, weight, cholesterol concentration, amount of exercise, and use of cigarettes, alcohol, and antidepressant drugs.

Moreover, lung cancer rates were highest among the severely depressed men who smoked cigarettes, Knekt's group finds.

Lung cancer afflicted too few women in the study to allow for a comparable statistical analysis, the researchers add.

Other studies indicate that depressed cigarette smokers tend to smoke heavily and find it especially difficult to kick their habit, remarks epidemiologist Gary D. Friedman of Kaiser Permanente Medical Care Program in Oakland, Calif, in an accompanying editorial. Their attachment to cigarette smoking, rather than mood-inspired immune breakdowns, most likely accounts for the link between depression and lung cancer, Friedman argues.

Vocabulary

controversial *a.* 有争议的

bout *n.* 发作

cancerous *a.* 癌的

disproportionately *adv.* 不成比例地

epidemiology *n.* 流行病学

antidepressant *n.* 抗抑郁病药

Reading Comprehension

Directions: *There are four suggested answers to each of the following questions. Choose the best one according to the passage you have just read.*

1. Before the publication of the report mentioned in the second paragraph, it was widely believed that
 - A. cancer patients run a greater risk of developing depression.
 - B. depressed people are more likely to develop cancer.
 - C. the spread of cancerous cells cannot be controlled.
 - D. none of the above.

2. The conclusion of the Finish investigation seems to emphasize the effect of
 - A. depression.
 - B. cigarette smoking.
 - C. mood disturbance.
 - D. ability of the immune system.

3. Which of the following is true of the participants included in the study?
 - A. They were all born between 1978 and 1980.
 - B. They were chosen for the study by psychiatrists.
 - C. Most of them had experienced symptoms of depression.
 - D. They were not sufferers of cancer when registering for the study.

4. If women participants equaled to men participants in number and smoking had the same effect on both sexes, it can be inferred that
 - A. fewer women than men were diagnosed as having cancer.
 - B. men run greater risk of developing lung cancer than women.
 - C. the study included fewer women smokers than men smokers.
 - D. most women did not allow the researchers to compare them with men.

5. The last paragraph explains
 - A. why it is difficult for heavy smokers to kick their habit.
 - B. why heavy smokers are more severely depressed than others.
 - C. why the severely depressed smokers had the highest lung cancer rates.
 - D. why depressed people suffer from mood-inspired immune breakdowns.

Passage 3

Directions: There are 10 blanks in the following passage. For each blank there are four choices marked **A**, **B**, **C**, and **D**. You should choose the ONE that best fits into the passage.

During my nutrition studies, one of the teachers shared a powerful story of two of his relatives who believed that they had 1 the concentration camps of the holocaust by “chewing” their water. While others drank the water they received as fast as they could, this man and son drank 2 slowly, chewing the liquid for as long as they could in order to 3 their saliva to mix with the water before swallowing. By doing so, they alleged that they were able to 4 more nutrients from the water and consequently survive longer periods of starvation and dehydration than others in the camp. Whether it was in fact the chewing of the water or other factors that contributed to their survival, this story was enough to have me 5 closer attention to the benefits of conscious chewing.

Chewing is very important part of the digestive process. To begin with, it 6 the salivary glands, which binds the food, making it easier to swallow and 7 coat the food with digestive juices once it enters the stomach. Saliva is also important for killing some of the bacteria in food and protecting the teeth. By keeping the food in your mouth longer, you allow your tongue to recognize the flavors and ensure the right digestive juices are 8. 9, the nutrients are more quickly released and assimilated allowing for 10 absorption.

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|-----|-----------------|------------------|-----------------|------------------|
| 1. | A. thrived | B. survived | C. revived | D. derived |
| 2. | A. their | B. theirs | C. it | D. that |
| 3. | A. allow | B. make | C. cause | D. require |
| 4. | A. acquire | B. drink | C. absorb | D. obtain |
| 5. | A. place | B. pay | C. put | D. attach |
| 6. | A. motivates | B. vibrates | C. facilitates | D. activates |
| 7. | A. subsequently | B. consequently | C. sequentially | D. consecutively |
| 8. | A. relieved | B. relaxed | C. released | D. replaced |
| 9. | A. Generally | B. Exceptionally | C. Additionally | D. Contrarily |
| 10. | A. definite | B. possible | C. mixed | D. maximum |