



教育部推荐使用大学外语类教材  
全国高等学校第二届优秀教材特等奖  
国家教委高等学校第二届优秀教材一等奖

第三版  
Third Edition

# 大学英语 泛读 College English

总主编 董亚芬

**EXTENSIVE READING**

学生用书 STUDENT'S BOOK

## Book 5

主 编 张砚秋



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编 者 王珠英 王 红

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# 总 序

《大学英语》是遵照 1986 年国家教委审定的《大学英语教学大纲(文理科本科用)》编写的一套系列教材,分精读、泛读、听说、快速阅读和语法与练习五种教程,由全国六所重点大学合作编写。教材于 1986 年出版试用本,1992 年出版正式本,并于同年 9 月荣获全国高等学校第二届优秀教材特等奖,以及国家教委高等学校第二届优秀教材一等奖。

1998 年,在广泛征求意见的基础上,《大学英语》系列教材根据《大学英语教学大纲(高等学校本科用)》进行了第一次修订。修订本更加注意文、理、工、农、医等各科的通用性,力求给学生打好“宽、厚、牢”的语言基础。

为了推进大学英语教学改革,适应社会各界对大学生英语能力的要求,教育部于 2004 年颁布了《大学英语课程教学要求(试行)》(以下简称《课程要求》)。遵照《课程要求》对大学英语提出的教学目标,即“培养学生的英语综合应用能力”,编者于 2004 年决定对教材进行第二次修订,以满足新时期国家和社会对人才培养的需要。

## 本次修订原则:

1. 教材的定位不变。《大学英语》是综合教育型(English for integrative purposes)而非特殊目的型(English for specific purposes)的教材,旨在帮助大学本科各专业学生进一步打下扎实的语言基础。

2. 选材原则不变。正因为《大学英语》是综合教育型的,选材必须做到题材广泛,体裁多样,语言规范,有利于打好语言基础。选材遵循三性原则,即趣味性、知识性、可思性,以激发学生学习英语的兴趣。

3. 在更新课文时注意经典性与时代性的融合,科普性与文学性的融合,使选文内容经得起时间考验,文字经得起反复咀嚼。这两个融合是教材可教性与可学性的保证,也是教材生命力之所在。

4. 本次修订按照《课程要求》所提出的培养“英语综合应用能力”这一目标,着重考虑增强听与说的训练,提高听与说尤其是说的要求。

## 本次修订重点:

### 精读:

1. 更新部分课文。选用一些时代感更强、更贴近现代生活、语言更地道的文章取代部分



相形见绌的课文。

2. 梳理全教程的练习。除了设置新的听、说练习外,还针对近年来学生在口、笔试中经常出现的语言错误设计了用法方面的练习,以提高学生在使用英语时的准确性。

3. 为了帮助学生集中精力学好基本词语,这次修订继续遵循前次修订时的方法,把全书单词分为三类:(1)words to drill(通过反复操练能熟练掌握其用法的单词);(2)words to remember(能记住其形、音、义的单词);(3)words to have a nodding acquaintance with(能于再次出现时根据上下文识别其词义的单词),并进一步调整各项练习,以确保常用词语的复现率。

4. 为了提高学生的写作能力,这次修订还强调微观与宏观的写作技能同时发展,即一方面训练学生如何写好各类句子,同时从第一课开始就要求学生写成段的文章。

#### 泛读:

在第一次修订的基础上进一步选用时代感较强、故事情节动人的文章取代内容相对陈旧的课文。丰富了练习类型(如增加了词汇练习和翻译练习),以帮助学生在提高阅读理解能力的同时适当扩大词汇量。

#### 听说:

除了大幅度更新听力材料,适当提高听力理解的要求之外,这次修订还有针对性地增强了说的训练。根据不同话题提供了丰富的口语素材,并通过多种练习方式为培养学生具有实质性的口语能力打下基础。

#### 快速阅读:

除了原有的版本继续发行之外,还另外编写了一套全新的快速阅读教程,内容侧重科普,供各类院校选择使用。

#### 语法与练习:

把原有四册书删繁就简为两册,以便于学生携带。删除部分章节,增补和替换了大量例句和练习。为方便学生自学,例句都附有中文译文。本教程既可作为语法参考书,也可作为补充练习手册。

#### 精读(预备级)、泛读(预备级)、听说(预备级):

分别将精读(预备级)和泛读(预备级)由原来的各两册修订成各一册。精读(预备级)为重新设计编写,不仅课文与练习是全新的,对听与说的要求也比原书有较明显的提高。泛读(预备级)和听说(预备级)也作了相应的更新与改进。

本教材的起点为1800单词,从这个起点开始要为学生打下扎实的语言基础并达到培养英语综合应用能力这一目标,教材除了必须提供丰富的语言素材之外,还必须编写出多种口头练习以保证学生有足够的语言实践机会。因此本教材的精、泛读教程仍坚持每册编写10单元。至于5到6册,则因为课文难度有显著提高,每课课文长度也有所增加,所以决定每册编写8单元,以便使用者能在有限的学时内完成教学任务。但目前大学英语的有效授课时间有限,各校可以根据学生的具体情况制定自己的教学计划,灵活选用练习,不必每题必做。与此同时还应当尽可能争取合理的周学时并充分调动学生课外自学的积极性。如果师生双方能共同努力,相互配合,认真学好每一单元,则必能取得良好的教学效果。

《大学英语》从试用本问世到本次修订本完稿历时 20 余载,跨越两个世纪。使用者一度遍及全国千余所高等院校,受到了师生们的广泛欢迎。教材之所以有这样的规模和影响力主要可以归结为以下几个原因:

(1) 一支优秀的编写队伍:《大学英语》的编者来自全国六所重点大学的骨干教师,他们都有长期的大学英语教学经历,具备深厚的英、汉语功底与高度负责的工作态度。这是本套教材获得大学英语教学界普遍认同的基础。

(2) 精心挑选的精、泛读课文和听力材料:课文为教材之本,能否为读者提供理想的课文是教材成功的关键。不少人认为当前选材自由度很大,各类原版的素材铺天盖地,俯拾即是,选材不存在困难。然而事实证明,选材却是编写工作中最为辛苦费力的环节。《大学英语》的编者虽然长期积累了大量素材,但为了找出更合适的内容,往往需要翻阅数十篇甚至上百篇文章才能筛选出一段文字优美纯正,内容引人入胜的选文材料,正是这样,才确保了课文的趣味性、知识性和可思性。

(3) 科学设计和认真编写的练习:在编写和历次修订的过程中,本书编者不仅重视练习的针对性和实用性,还十分注重练习的语言质量。几乎每个例句都经过了集体讨论、反复推敲和论证,以确保语言规范、内容完整和难易度适中,使学生能够在轻轻松松的课堂气氛中进行语言操练。

(4) 审稿层层把关:为了使教材更完善,在正式定稿前,约请了多位中外专家多次审阅和润饰。

除了上述各点外,本教材经久不衰的另一重要原因是广大读者多年来的支持和关爱。他们通过文章、书信和座谈等渠道,在充分肯定我们教材的同时,还向我们提出了不少宝贵的意见和建议,对我们的再修订工作助益颇丰。对此,我代表编写组全体成员向他们表示最诚挚的感谢,并衷心希望他们能够一如既往地支持我们的教材,随时向我们反馈各种意见和建议。

《大学英语》系列教材(第三版)由复旦大学、北京大学、华东师范大学、南京大学、四川大学、苏州大学等高校的资深教授、英语教学专家通力合作,修订编写而成。英籍专家 Anthony Ward 协助编写与审阅。出版社的同志协助编写组安排修订日程,随时提出改进的意见和建议,协调有关编写和编辑工作,为保证这次修订工作的顺利完成付出了辛勤的劳动。在此一并致以诚挚的感谢。

总主编 董亚芬

2006 年 3 月

## 编者的话

《大学英语》自1986年问世以来,为适应教学形势的变化,几经修改,于1992年出版正式本,并于1998年进行了修订。这套教材使用了近20年,受到使用院校的广泛欢迎,曾先后获国家级奖项,它的生命力在于与时俱进,不断更新,不断完善。

本书为《大学英语》系列教材(第三版)泛读教程。本次修订是按照2004年教育部颁布的《大学英语课程教学要求(试行)》并结合当前我国大学英语的实际情况而进行的。因此,我们的修订方向是:在提高阅读能力的同时,要注重培养学生综合应用英语的能力。

《大学英语》泛读教程第五、六册在本次修订时,听取了使用院校的意见,压缩了篇幅,由每册十个单元压缩到八个单元,每单元仍保留三篇课文。由于各院校课程安排不同,各地学生阅读能力存在差异,各院校可视具体情况有选择地使用本教材。我们在编排时,每个单元的第一课内容更精彩,使用时可着重处理。

每篇课文后有三种练习,一是阅读练习,二是翻译练习,三是读后思考的写作练习。翻译练习和读后思考的写作练习是为锻炼学生综合应用英语的能力而设的。阅读练习是一定要做的,翻译练习和读后思考的写作练习可根据个人需要和能力,或全做或选做一部分。为了提高学习兴趣,每四个单元后增加一个自测练习,备有供休闲阅读的篇章,学生可自己检查阅读能力的提高。(课文中英译汉的句子及翻译练习的答案均在“教师用书”里。)

在此次修订时,我们侧重于方便读者,把脚注改为边注。我们的注释原则是:根据2000版《大学英语教学大纲词汇表》,中学词汇一律不注,只注四级以上词汇。同根词,在释义不变的情况下,不予重注。此外,课文后面列有某些背景知识和长句释义,供贯通理解课文时参考。注码不带圈者为边注,注码带圈者为篇末注释。

总之,泛读教程力求为英语学习提供阅读的园地,注重培育学习兴趣,有助于学生课外积极主动地进行学习,以达到巩固词汇、拓宽知识面、熟悉英语国家文化的目的。我们希望这本泛读教程能成为读者掌握英语的好帮手。

《泛读》第五、六册(正式本)于1992年问世时,承美籍专家 John Alton、Allan Brown 教授、Sara Kenney 女士以及英国专家 Anthony Ward 协助审阅。1996年修订时,澳大利亚专家 Tony Gallagher 也协助审阅。此次的再修订得到了北京大学大学英语教研室的鼎力相助,并得到中国人民大学外语学院田育英教授等几位老师的大力支持,在此深表谢意。

朱荔、麻乔志、解又明、胡之璉、沈贤志老师曾参加本书以前的编写修订工作,特此致谢。



由于编者水平与精力有限,教材中难免还有缺憾,衷心希望读者像往常一样关心爱护这套教材,多加批评指正。

编者  
2007年12月



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# Unit One

## 1. How to Be a Patient Person

Jo Coudert

### Text

*Have you ever wondered why a few people are models of patience whereas most of us are not? What causes our impatience anyway and are there simple ways of overcoming it? The author of this selection suggests an interesting reason underlying impatience and gives us some useful ideas to gain more patience.*

I watched the old man's fumbling fingers as he slowly counted out the coins, one by one. I was all but<sup>1</sup> dancing with impatience in the checkout<sup>2</sup> line<sup>①</sup> and sighed with exasperation<sup>3</sup>.

Hearing me, he smiled apologetically — a tiny smile of humiliation<sup>4</sup> at being feeble and holding up<sup>5</sup> the world's business.

Then I became contrite<sup>6</sup>. Putting myself in his shoes, I realized that someday they might pinch my feet<sup>②</sup>. I, too, could become dependent on the kindness of strangers. I patted his frayed<sup>7</sup> sleeve. "Take your time,<sup>8</sup>" I said. "There's no hurry."

It occurred to me how often I have acted impatiently — honking<sup>9</sup> my horn the instant the light changed, speaking sharply to someone slow to understand. Did it matter? It did.

1. all but: almost completely
2. checkout /'tʃekaut/ n. 付款台
3. exasperation /ɪɡˈzæspəˈreɪʃən/ n. 愤怒
4. humiliation /hjuːˈmɪliˈeɪʃən/ n. 耻辱, 丢脸
5. hold up: 阻碍, 延迟
6. contrite /'kɒntraɪt/ a. 悔悟的, 痛悔的
7. frayed /freɪd/ a. 磨破了的
8. take one's time: 不着急
9. honk /hɒŋk/ vt. 按(喇叭)



15 When you're impatient, you're apt to be rude. And such behavior is counterproductive<sup>10</sup>, making people angry or stubborn or uncooperative.

I decided to try becoming more patient and to develop various approaches for calming myself in stressful situations. I  
20 can't claim that these techniques transformed me into a model of patience, but they have helped me eliminate some impatience from my life and control most of it.

Allow for a margin of error. A friend had passed the interviews for an important new job; all that remained was for  
25 the president of the company to meet his wife.

At six, my friend and his wife were in a tunnel<sup>11</sup> on their way into the city for a seven o'clock appointment. At seven, they were still in the tunnel, stuck behind an overturned tractor-trailer<sup>12</sup>. When they finally reached the president's hotel,  
30 he had gone, leaving no message. He would not accept an explanation the next day. "You should have planned for delays," he said.

Impatient people don't like to waste time, so they cut things too close. They budget the exact number of minutes that  
35 a journey or task should take, not allowing for the possibility of delay or the unexpected. It is better to provide a margin for error. The more important your appointment, the more time should be allotted<sup>13</sup>. When an appointment absolutely can't be missed, it pays to allow ridiculous amounts of time.

40 Put things in perspective. Not getting a coveted<sup>14</sup> job is calamitous<sup>15</sup>, but the consequences of being held up are seldom that serious. They are not worth getting impatient.

I've learned to ask myself, "What's the worst that can happen?" If the answer is that I'll miss the opening credits of a  
45 movie<sup>16</sup> or the start of a sports event, I calm down. Will I even

10. counterproductive /ˌkaʊn-  
təprə'dʌktɪv/ a. 产生相反结果的

11. tunnel /'tʌnl/ n. 隧道, 地道

12. tractor-trailer: 牵引式挂车

13. allot /ə'lɒt/ vt. 分配, 分给

14. covet /'kʌvɪt/ vt. 渴望, 垂涎

15. calamitous /kə'læmɪtəs/ a. 不幸的

16. the opening credits of a movie: 电影片头







remember next week that I was ten minutes late today? Putting matters in perspective should ease your impatience.

Humor helps. Think of ways to turn a trying<sup>17</sup> situation into a funny story that will amuse your family and friends. Try to make yourself into an observer, which may provide just the distance you need to keep your impatience at bay<sup>18</sup> until the delay is over.

Think ahead. One evening as an acquaintance was leaving for a weekend trip, her car wouldn't start — and three friends were waiting to be picked up on a street corner. She had no way of getting word to them; they were cold and miserable and worried when she arrived an hour late. Since hearing of her predicament<sup>19</sup>, I've always arranged to meet people where they or I can be reached in case of delay. It enables me to be far more patient when things go wrong.

Traffic tie-ups<sup>20</sup> are less likely to irritate<sup>21</sup> if you're not hungry, thirsty, hot, cold or in desperate need of a bathroom. I used to be amused by an aunt who never drove anywhere without a box of graham crackers<sup>22</sup>. I learned to appreciate her wisdom last summer when a friend and I went for an overnight visit with other friends at their beach house.

We started off at 11 in the morning. The drive should have taken two hours, but we didn't reach our destination until seven that night. A truck loaded with mayonnaise<sup>23</sup> had crashed, greasing the highway and making it impassable. If ever patience was needed, that was the day. Fortunately, we had brought along a loaf of banana bread and a carrot cake as hostess gifts. By the time we arrived, we'd made sizable inroads on both<sup>24</sup> — but we were far less frazzled<sup>24</sup> than if we'd been hungry too.

Be prepared. Waiting in airports is one of the most trying features of modern life. I was watching torrential rains<sup>25</sup> streak<sup>26</sup> the windows at an airport one morning when a man came up, took a word game from his pocket and asked me if I wanted to play. We played with pleasure for the four hours our plane was delayed. Near us, a man worked on his lap-top computer<sup>27</sup>. One woman went through a stack of catalogues methodically<sup>28</sup>, turning down the corners of the pages, filling out order blanks. The most impatient people — the ones who prowled<sup>29</sup> the waiting area and complained loudly — were those

17. trying /'traɪŋ/ *a.* 难堪的,恼人的

18. keep ... at bay: 控制住

19. predicament /prɪ'dɪkəmənt/ *n.* 尴尬的处境

20. traffic tie-up: 交通阻塞

21. irritate /'ɪrɪteɪt/ *vt.* 使恼怒

22. graham cracker: 全麦饼干

23. mayonnaise /ˌmeɪəˈneɪz/ *n.* 蛋黄酱

24. frazzled /'fræzld/ *a.* 疲惫的

25. torrential rain: 暴雨

26. streak /stri:k/ *vt.* 在...留下条纹

27. lap-top computer: 笔记本电脑

28. methodically /mɪ'thɒdɪkəlɪ/ *ad.* 有条不紊地

29. prowl /praʊl/ *vt.* 徘徊(某地)



## College English Extensive Reading (5)

who had nothing to do but put coins in the vending machines<sup>30</sup>.

30. vending machine: 投币式自动售货机

I now assume I'll encounter a delay, so I always carry a paperback<sup>31</sup>. A friend works crossword puzzles. For traffic tie-ups try keeping a supply of books-on-tape in your car.

31. paperback /'peɪpəbæk/ n. 平装本, 简装本

Use your imagination. Recently, while waiting in a restaurant, I felt the tension rising. "Possess your soul in patience,<sup>32</sup>" I reminded myself.

32. possess one's soul in patience: 耐住性子, 保持平静

I remembered a swimming pool from my teen years that was often crowded and noisy and agitated<sup>33</sup> on the surface. Sometimes I'd fill my lungs, drop down at the deep end and sit underwater, where it was still and green and silent. So that day in the restaurant I dropped down to a place inside myself where it was serene<sup>34</sup> and still.

33. agitated /'ædʒɪteɪtɪd/ a. 烦躁不安

If you're too irritated to think clearly, use your imagination to transport you to a favorite place. "When I feel myself getting tied in knots<sup>35</sup>," a friend says, "I imagine myself in a peaceful spot on the bank of a river. It always helps the tension drain away<sup>36</sup>."

34. serene /sɪ'reɪn/ a. 宁静的

Live for the moment.<sup>37</sup> A man I knew was always racing impatiently into the future. If we met for a drink after work, the first thing he talked about was where we'd go for dinner; at dinner, he rushed through dessert<sup>38</sup> to get to a movie; at the movie, he was on his feet before the last frame<sup>39</sup> faded. And in the car on the way home, he was making plans for the next day, next week, next year.

35. get tied in knots: 变得紧张(要发火)

36. drain away: 减弱, 逐渐消失

37. live for the moment: 享受当前

38. dessert /dɪ'zɜ:t/ n. (餐后)甜食

39. frame: (电影的)画面

Never did he live in the here and now<sup>40</sup>. Consequently, he couldn't enjoy life.

40. the here and now: the present

I've come to appreciate that life has its own timetable. It takes nine months to make a baby, 21 years to make an adult. It takes a long time to become a good violinist or downhill skier. It also takes time to become a success — and even more time to become a success as a person.

Perhaps the last thing for controlling impatience is to examine your own contribution to it<sup>41</sup>. Are you unwilling to grant children time to learn, or slow people time to accomplish a task? If impatience is only occasional, your annoyance will pass. But if you're almost always irritable and abrupt<sup>41</sup>, you may well<sup>42</sup> feel that you're just too important to ever be kept waiting for anyone or anything.

41. abrupt /ə'brʌpt/ a. 无礼的, 粗鲁的

42. may well: 完全可能



130 You're not, of course; none of us is. If we can accept that the world is ours to enjoy but not made for our convenience, we'll be better able to move through it equably<sup>43</sup>, more patient with the ordinary vicissitudes<sup>44</sup> of life and a good companion to our fellow human beings — and to ourselves.

43. equably /'ekwəblɪ/ ad.

平和地, 宁静地

44. vicissitudes /vɪ'sɪsɪtʃuːdz/

n. 变化; 盛衰

From Reader's Digest, June, 1990.



## Notes

- ① I was all but dancing with impatience at the checkout line (L. 2): I had almost lost my patience and was becoming restless in the queue at the pay desk in the supermarket
- ② they might pinch my feet (L. 9): they (the shoes) might be too tight and hurt my feet. Figuratively used to imagine the situation the narrator might meet when she becomes old.
- ③ we'd made sizable inroads on both (L. 73): we had eaten a large part of both the bread and the cake
- ④ to examine your own contribution to it (L. 119): to examine whether your own misplaced sense of self-importance causes your own impatience



## Exercises



### Comprehension of the text

1. Read the following statements and decide whether they are true (T) or false (F) according to the text.

1. When you act impatiently people usually react by becoming angry or uncooperative. T ☐ F ☐

2. To ensure you keep an important appointment just calculate the exact number of minutes needed for the journey so as to get there on time. T ☐ F ☐
3. There is no point in getting impatient if you are a few minutes late for a film. T ☐ F ☐
4. One way to keep patient when you are delayed for an appointment is to ensure you can contact the one who is waiting for you. T ☐ F ☐
5. The author suggests that carrying an interesting paperback is the best way to be prepared for delays when taking a journey. T ☐ F ☐
6. If your meal is temporarily delayed in a restaurant it is possible to remain patient by imagining you are in a peaceful spot elsewhere. T ☐ F ☐
7. One good way to relieve impatience is to always think about what you are going to do next. T ☐ F ☐
8. Although it is possible to accept that the world is ours to enjoy, it is not true that the world is made for our convenience. T ☐ F ☐

2. Choose the best answer to each of the following questions based on the information from the text.

1. The author changed her attitude towards the old man at the checkout counter because \_\_\_\_\_.  
 A) he heard her sigh and so he smiled apologetically  
 B) she realized she was being impatient  
 C) he was doing his best in difficult circumstances  
 D) she realized that someday she too would be old
2. How does the author give her advice to the readers?  
 A) She describes various ways which calm people in stressful situations.  
 B) She suggests that some techniques, which helped her be more patient, might help others.  
 C) She guarantees her techniques will work for most people.  
 D) She predicts everyone will become more patient if we apply her techniques.
3. What does the writer mean by "allowing for a margin of error"?  
 A) Everyone makes mistakes so we should all be more patient.  
 B) There is a limit to the number of mistakes we should be expected to put up with.  
 C) Accidental occurrences need to be taken into account when making plans or schedules.  
 D) One can never imagine what the future may hold.
4. "Put things in perspective" can be paraphrased as "\_\_\_\_\_".  
 A) be prepared for the worst development of things