



MP3有声英文读物



# 典藏书屋—— 午后咖啡

龚 嵘 ○ 主 编

Life is the coffee and the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and do not change the quality of Life. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided. So, don't let the cups drive you ... enjoy the coffee instead.

如果生活是你杯中的咖啡，工作、财富和社会地位就是那些杯子。它们只是维持生活的工具而已，并不改变生活质量。有时候，我们在过于关注杯子的同时却忘了去品味上帝赐予的咖啡。所以，不要成为杯子的奴隶，好好地享受杯中的咖啡吧。



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华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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# 致读者 Foreword

## 亲爱的读者：

已有多年英语学习史的你，是否仍困扰重重？看见大段的英文字就头痛！一步一生词，前查后忘记！那些长得像、意思近的词总是混淆难辨！除了美国牛仔、伦敦大雾、澳洲袋鼠，你的英语文化知识寥寥无几！遇见老外，聊完天气就无话可说！

要改善上述问题，你必须尝试超越课本与习题的禁锢，多读多听多看多练习。

本套丛书《典藏书屋——青春悦读/午后咖啡/睿智人生(MP3 有声英文读物)》为你铺设了一条英语提高新捷径，引导学习者在愉快阅读中系统、快速地积累词汇、背景知识，提高快速阅读技能。本丛书内容新颖翔实，具有极强的知识性、史料性、娱乐性与可读性，结构编排注意词汇与语言点的阶梯式循环出现，帮助读者在阅读中不断巩固、重复记忆。

本书精选文章 50 篇，从游戏规则到化妆品相对论，从交通事故报告到个人预算，从占星算命到镜子的魔力，从自闭症到美国的睡眠赤字，从有关单身女郎的 7 种误解到都市型男……为你展示了一个精彩的语言文化万花筒。每篇文章还附有精炼的内容点评、难句汉译、生词速记、文化知识链接等内容，使你进一步开拓语言文化视野，提高各领域的词汇知识。更重要的是，它能帮你找回失落已久的阅读的乐趣！

本丛书分三册,词汇级别从 3500-4500-5500 逐级增长,分别适用于高中生、大学英语四级、大学英语六级或研究生应考者三个读者群。

参与本书编写的还有李芳、刘友健、杨华业、陈小斌、陈旭辉、王岩、曹长波等,在此表示衷心感谢。

囿于作者的学识和水平,书中错漏之处在所难免,敬请广大读者批评指正。

编 者

2008 年 7 月

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# Unit 1

## The Weight of Paper 纸的分量



比尔·盖茨让电脑登上了全世界的每个办公桌，有人预言“无纸化办公”(Paperless Office)即将到来。然而事实是，在这个日益数字化的世界里，纸张销量一路飙升，白领们仍深陷纸海。人类对纸的眷恋、对硬拷贝的信任使纸的分量永远不会减轻。

The arrival of computer everywhere in the workplace would, some technological forecasters predicted, soon make paper a thing of the past.

And guess what? Bill Gate's vision of a computer on every desk has been more or less realized. Yet, most of the folks working at those desks are knee-deep in paper. In fact, sales of the stuff are growing.

Research from a new book, *"The Myth of Paperless Office"* suggests our increasing use of paper is due to the introduction of the very digital technology that was supposed to wipe it out.

The case studies on e-mail in the workplace, for example, show that it can lead to a 40% rise in paper consumption — this does not take into account the amount of paper used to print information from the Internet.

Xerox's (施乐公司) core business involved paper, and it was understandably alarmed by the prospect of its going out of fashion. So the research center invented the computing and printer technology that made sure it didn't. Those Xerox executives knew what they were doing.

But our attachment to paper is truly amazing. An astonishing proportion of e-mail users print off their messages and store them in filing cabinets. Organizations that used to print many documents for meetings now circulate them electronically via their intranets. But those attending meetings generally turn up with heaps of paper hot from the nearest laser printer.

Why store e-mail messages in paper files, which take up valuable space and are effectively unsearchable, when you can keep them on a hard disk and effortlessly look through them for keywords? Why print off bulky documents whose only fate is to be discarded after the meeting is over?

If people love paper, there must be a reason for it. And there is. It is highly portable, infinitely flexible, and consumes no battery power. And it doesn't have to be turned on before you can read it.

The mystery is not that people use so much paper, but that they don't use even more of the stuff. The problem with technological predictions is that they are always solution-driven (受解决方法驱使). "Technology is the answer" is their underlying mindset (潜在的心态). Now what was the question again? It's foolish — and here is the hard copy to prove it.

(384 words)

## 经典句型。

1. And guess what? 而结果怎样呢?
2. So the research center invented the computing and printer technology that made sure it didn't. 研究中心发明了计算机打印技术以确保纸张不会过时。(didn't后省“go out of fashion”)

## 速记生词。

**attachment** [ə'tætʃmənt] *n.* [+ to] 依恋

**forecaster** ['fɔ:kɑ:stə(r)] *n.* 预测人员

**attend** [ə'tend] *vt.* 参加 (会议、讲座、音乐会)

**heap** [hi:p] *n.* 一堆

**alarm** [ə'lɑ:m] *vt.* 使恐慌

**infinitely** *adv.* 无限地

**astonishing** [əs'tɒnɪʃɪŋ] *adj.* 令人惊讶的

**intranet** ['ɪntrənet] *n.* 内部互联网

**battery** ['bætəri] *n.* 电池

**myth** [mɪθ] *n.* 神话

**bulky** ['bʌlki] *adj.* 大量的

**predict** [prɪ'dɪkt] *vt.* 预测

**circulate** ['sɜ:kjuleɪt] *v.* 交流, 流通

**portable** ['pɔ:təbl] *adj.* 可移动的, 便携的

**consume** [kən'sju:m] *vt.* 消耗

**proportion** [prə'pɔ:ʃən] *n.* 部分

**core** [kɔ:(r)] *n.* 核心

**prospect** ['prɒspekt] *n.* 前景

**digital** ['dɪdʒɪtəl] *adj.* 数字的

**realize** ['rɪəlaɪz] *vt.* 实现

**discard** [dɪs'kɑ:d] *vt.* 丢弃

**stuff** [stʌf] *n.* 东西

**document** ['dɒkjumənt] *n.* 文件

**valuable** ['væljuəbl] *adj.* 宝贵的

**executive** [ɪg'zekjʊtɪv] *n.* 执行官, 行政官员

**via** ['vaɪə] *prep.* 通过

**flexible** ['fleksəbl] *adj.* 灵活的

**vision** ['vɪʒən] *n.* 预见, 远见



## 流行短语

case study 个案分析

paperless office 无纸化办公

be supposed to 应该

take into account 考虑

filing cabinet 档案柜

take up 占据

hard disk 硬盘

turn up 出现

hard copy 硬拷贝, 打印的纸质备份

a thing of the past 成为过去

laser printer 激光打印机

wipe out 消灭, 淘汰

## 词趣链接

### paper相关词

层出不穷的纸类产品(paper products)以及与纸相关的衍生产品演绎着现代办公文化:

paper shredder 碎纸机

paper bag 纸袋

waste paper 废纸

paper flower 纸花

paper cup 纸杯

paper clip 纸夹

paper pulp 纸浆

paperweight 镇纸

paper knife 裁纸刀(用于开信封)

paper cutter 切纸刀(用于修剪页边)

paper napkin 一次性纸巾

其他与纸相关的词组:

paper tiger 纸老虎(看似可怕的人)

paper boy/girl 报童

paper stainer 拙劣的作家(字面义为玷污纸张者)

paper-folding game 折纸游戏



## You vs Your Boss

When you take a stand, you're being bull-headed.

When your boss does it, he's being firm.

When you overlooked a rule of etiquette, you're being rude.

When your boss skips a few rules, he's being original.

When you please your boss, you're arse-creeping.

When your boss please his boss, he's being co-operative.

## 你和你的老板

你若表态明确,是因为你生性固执;

老板表态明确,是因为他坚决果断。

你不遵循社交礼节,是因为你行为粗鲁;

老板忽视社交礼仪,是因为他敢于开创。

你讨好你的上司,那你就是溜须拍马;

老板讨好他的上司,是因为他富有合作精神。



## Unit 2

### Mirror Miracle

### 镜子的魔力

在童话世界里,邪恶的继母永远是丑陋的,善良的公主与仙女永远是美丽的。“美丽的东西都是好的”,这种观点在日常生活与工作中,给外表漂亮的人带来无可否认的优势。爱美之心,人皆有之。人们或出于虚荣,或出于缺乏自信,都对镜子产生了难以抗拒的眷恋。时下,俊男靓女充斥电视、报刊、广告牌等各种媒体形式,有时我们每天看见美人的次数远远超过了自己的家人,这会给普通人造成什么样的影响呢?

We are all more obsessed with our appearance than we like to admit. Concern about appearance is quite normal and understandable. Attractive people have distinct advantages in our society. Studies show:

- \* Attractive children are more popular, both with classmates and teachers. Teachers give higher evaluations to the work of attractive children and have higher expectations of them.

- \* Attractive applicants have a better chance of getting jobs, and of receiving higher salaries. One US study found that taller men earned around \$ 600 per inch more than shorter executives a month. In court, attractive people are found guilty less often. When found guilty, they



receive less severe sentences.

We also believe in the “What is beautiful is good” stereo-type — a deep-rooted belief that physically attractive people possess other desirable characteristics such as intelligence, competence, social skills and confidence — even moral virtue. The good fairy princess is always beautiful; the wicked stepmother (邪恶的继母) is always ugly.

It is not surprising that physical attractiveness is of overwhelming importance to us.

Every period of history has its own standards of what is beautiful, and every contemporary society has its own distinctive concept of the ideal physical features. In the 19th century being beautiful meant wearing a corset (紧身衣) — causing breathing problems. Now we try to diet and exercise ourselves into the fashionable shape — often with even more serious consequences. But although we resemble our ancestors in our concern about appearance, there is a difference in the degree of concern. Advances in technology and in particular the rise of the mass media have caused normal concerns about how we look to become obsessions. How? There are 3 reasons:

\* Thanks to media, we’ve become accustomed to extremely rigid and uniform standards of beauty.

\* TV, billboards (广告牌) and magazines mean that we see “beautiful people” all the time, more often than our own family members, making exceptional good looks seem real, normal and attainable.

\* Standards of beauty have become harder and harder to attain. The media ideal of thinness for women is achievable by less than 5% of the female population.

Even attractive people may not be looking in the mirror out of vanity (虚荣), but out of insecurity. We forget that there were disadvantages to being attractive: attractive people are under much greater pressure to maintain appearance.



## 经典句型

1. We are all more obsessed with our appearance than we like to admit.  
我们大家对自身容貌的在意程度都超过了我们所愿意承认的程度。
2. Now we try to diet and exercise ourselves into the fashionable shape — often with even more serious consequences. 现在我们试图通过节食与锻炼获得时尚的体型,但后果往往更严重。
3. The media ideal of thinness for women is achievable by less than 5% of the female population. 女性人群中只有不到5%的人能达到媒体眼中“苗条”的理想标准。

## 流行短语

be accustomed to 习惯于  
out of insecurity 出于不自信  
be obsessed with 迷恋于  
believe in 信奉  
be under pressure 承受压力

be of overwhelming importance  
极其重要  
in particular 尤其  
out of vanity 出于虚荣心