

新概念英语（新版）自学辅导丛书

新概念英语 3

NEW CONCEPT ENGLISH

精彩美文同步阅读

宋德伟 顾玉梅 等 编著

Self-study
Guide

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内 容 提 要

英语阅读能力的提高离不开大量的泛读。为帮助《新概念英语》学习者进行阅读拓展训练,本书精选了各式文章,内容编排完全与原教材的结构设计同步,每篇文章的最后还给出了难点词汇、习语的解释,同时配有大量的阅读理解试题以及试题的答案与解析,用来供学习者检测阅读效果,也可帮助学习者熟悉并适应各种英语试卷的模式。除此之外,书中的部分精美文章还配有美籍专家的配乐朗读录音,学习者可以登陆我社网站 <http://www.waterpub.com.cn/Softdown/> 免费下载。

图书在版编目(CIP)数据

新概念英语(3)精彩美文同步阅读 / 宋德伟等编著

· 一北京:中国水利水电出版社,2010.3

(新概念英语(新版)自学辅导丛书)

ISBN 978-7-5084-7337-6

I. ①新… II. ①宋… III. ①英语—阅读教学—自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2010)第 038553 号

书 名	新概念英语(新版)自学辅导丛书 新概念英语 3 精彩美文同步阅读
作 者	宋德伟 顾玉梅 等 编著
出版发行	中国水利水电出版社 (北京市海淀区玉渊潭南路 1 号 D 座 100038) 网址: www.waterpub.com.cn E-mail: sales@waterpub.com.cn 电话: (010) 68367658 (营销中心)
经 售	北京科水图书销售中心(零售) 电话: (010) 88383994、63202643 全国各地新华书店和相关出版物销售网点
排 版	三原色工作室
印 刷	北京市地矿印刷厂
规 格	184mm×260mm 16 开本 16.25 印张 450 千字
版 次	2010 年 3 月第 1 版 2010 年 3 月第 1 次印刷
印 数	0001—5000 册
定 价	29.80 元

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编写说明




英语阅读能力训练向来是中国学生学习的重点，同时也是各种英语考试的测试重点，分数比重最高达 45%。学习《新概念英语》的读者一方面为教材中短小精悍、丰富幽默的短文赞叹不已，另一方面也感觉到靠有限的几篇课文是无法满足广泛的阅读需求的。教材中的各种文章结构比较严谨，语法点丰富，非常适合学生做精读训练，掌握各种句法结构。但英语阅读能力的提高离不开大量的泛读。适量和适度的泛读不但可以帮助学习者巩固精读过程中学习到的各种知识点，同时还可以拓展学习者的知识和视野，提高英语语感，为提高英语考试成绩奠定良好的基础。

本系列图书的编写正是基于以上思路完成的。编者在从事《新概念英语》的教学过程中，除了指导学生进行正常的课文学习外，还给学生提供了大量课外阅读的素材，收到了非常好的教学效果。本系列图书中的大部分文章就是编者在执教过程中不断收集和整理的。

本系列图书的内容编排完全与教材的结构设计同步，学习者在学习完课文后就可以直接进行相应的阅读拓展训练。书中所精选的各式文章不仅在难度和词汇量上基本与教材课文保持一致，还配有大量的阅读理解试题，用来检测学习者的阅读效果，同时也能帮助学习者熟悉并适应各种英语试卷的模式。除此之外，每篇文章的最后还给出了难点词汇、习语的解释及试题答案与解析供学习者参考。



特别提示

书中部分精美文章（带有  标志）还配有美国专家的朗读录音。录音还加入了罗扎诺夫推荐的巴洛克时代的神秘记忆音乐。这种把音乐与学习有机结合的音乐暗示法，是当今世界影响最大的学习方法之一，它运用一些特定频率的音乐，让大脑处于最佳学习状态。这种特定频率的音乐可以诱发大脑中的 α 脑波。 α 脑波可以诱引大脑产生脑内啡。脑内啡这种物质具有十分强大的生命运动功能，不仅可以保护大脑，而且可以提高记忆力，增加免疫力等。在淡淡的记忆音乐背景中，欣赏精美的英文录音，对于英语学习者来说，一定是一件非常快乐的事情。

参与本书编写的同志有宋德伟、顾玉梅、满春玲、韩松、赵玲、王海涛、明红丹、杨蕾、靳萌和高向云等，就职于北京外国语大学的外教 Christian Laura 女士通读了全部书稿。北京书友佳苑教育咨询中心外语录音棚的李可义同志为本书录制了 MP3 录音并配乐，在此一并表示感谢。

编者希望能与所有使用《新概念英语》的学习者共同就学习方法进行探讨，欢迎感兴趣的学习者写信到：

tingxiebar@qq.com

我们期待着您的关注和参与，并祝您的英语学习之路——一帆风顺！

编者

2010年1月

读者必读

► 学习英语为什么要选择《新概念英语》

英国著名英语教育专家路易·乔治·亚历山大(L. G. Alexander)先生与北京外国语大学何其莘教授联合编写的《新概念英语》是完全针对中国学生英语学习特点而编写的一套英语教材,侧重于听、说、读、写四种语言技能的综合训练,注重实际运用能力;语言活泼,趣味性强。自出版以来,《新概念英语》以其严密的体系性、严谨的科学性、精湛的实用性、浓郁的趣味性深受广大英语学习者的青睐。

这套教材语言最大的特点就是往往看似平淡无奇的常用词准确而传神地表达了丰富的意象。亚历山大先生在课文的甄选和编排上表现出了深湛的功力和慧眼卓识。这些课文文思兼优、雅俗共赏,难度由浅入深,篇幅由短到长,层层递进,有条不紊。

教材中所选文章一般以幽默故事为主,适应了不同专业、爱好的学习者的阅读口味。这些课文的题材是相当广泛的,涉及社会、政治、人物、艺术、考古、科技和自然等方方面面。各篇课文的语言风格大体一致,即便是科技类文章行文也是活泼生动的,没有多少刻板的学究气。课文不仅宜于阅读,而且还可以作为学习写作的良好范本。

► 《新概念英语3》的学习重点

第三册教材中的文章全部都是原汁原味的英文精品,语言优雅、凝练,句型工整而又富于变化。教材着重分析句子之间内在的逻辑关系,使学习者认识到句型的精炼、优美、实用与可模仿性,从而将其有机地运用于英语写作之中,并进一步扩充讲解词汇、短语及语法的实战运用。

► 《新概念英语3》的读者对象

中、高级英语学习者

- ⇒ 已经学完《新概念英语》第二册或任何一本中级以下水平综合英语教材的学习者
- ⇒ 已经具备了一定英语基础的高中二、三年级学生或大学一、二年级学生
- ⇒ 不满足于只是应付水平考试,想全面提高自己英语水平的学习者
- ⇒ 在校的大、中学生,打算在学习课业的同时选择广泛的阅读材料
- ⇒ 有相当的英语水平,想更加自由运用英语的学习者
- ⇒ 准备各种社会公共英语考试,如BEC二级、雅思、托福和CET-4考试的考生
- ⇒ 无应试压力,但对英语有浓厚的兴趣,希望以英语为工具在工作、生活中有所发展的中、高级英语学习者
- ⇒ 参加PETS四级考试的考生
- ⇒ 用词单调,准备提高自己写作水平的学习者

► 《新概念英语 3》的学习目标

学完第三册后能够达到的水平

- ⇒ 能讲出较地道、简练的英文句子
- ⇒ 模仿千变万化的“钻石句型”，写作水平将获得质的飞跃
- ⇒ 帮助通过英语四、六级考试，为 GRE、GMAT 和考研等打下坚实的基础
- ⇒ 增强学习者对英文的敏感度，能听懂日常英文授课、基本的生活叙述及中等语速的英文节目
- ⇒ 掌握高频词汇 4000~6000

► 学习《新概念英语 3》的最佳方法：背诵

背诵是最古老，也是最有效的学习方法。

背诵可以帮助你练习发音，增加词汇，提高口语表达的流利程度！

背诵可以帮助你培养语感，强化写作，全面拓展自己的知识范围！

俗话说“熟读唐诗三百首，不会作诗也会吟。”

英语作为一种交际性很强的语言学习科目，如果能达到：“不会作诗也会吟”的境界，那何愁英语学不好呢？既然“会吟”，那么，困扰中国教育学家多年的“哑巴英语”不就迎刃而解了吗；把“吟”的内容背诵下来，这在无形中不就解决了有些学习者为之头痛的写作难题吗？真可谓“一举三得”。

背诵可以帮助学习者加深对课文的理解，提高阅读能力，锻炼记忆力；还可以帮助学生学习中用词造句、布局谋篇的方法，培养和提高作文能力。有则外国谚语说：“能背诵多少书籍，就能获得多少知识。”可见，背诵是英语学习能力提升中一个重要的方面。

对于大多数英语学习者而言，特别是大学生和已经在备考 GRE 及托福的朋友们，十多年的英语无论学得好与坏，在大量的英语阅读和接触中，他们的脑海中已经蕴藏了大量典型的句子，只不过由于日常生活中实在是太少运用，已使这一部分记忆变成惰性了。正如 GRE 单词，很多学习者到最后也只能达到见词生义而不能把词运用在生活中一样。为什么呢？这是因为这些学习者实在很难再碰到这些词汇。思维需要不断地激活，才能让这部分记忆经常地活动于大脑皮层。背诵其实就是每天不断地刺激这部分惰性思维。久而久之，当我们再写作文时，大脑皮层活跃的是你十多年积累而一直没有被应用的英语句子。所以背诵是一剂良好的催化剂，值得广大英语学习者尝试一下。

现在有很多英语学习者都通过背诵《新概念英语》课文来提高自己的英语水平：很多重点中学的教师都要求其学生能够熟练背诵或默写《新概念英语》的第二册或第三册。部分准备考研及托福考试的考生也都通过背诵《新概念英语》来提高其英语口语和写作水平。实践证明，《新概念英语》教材中短小精悍、生动有趣的课文最适合用来背诵。

► 应如何进行有效的英文背诵

每个人都会根据自己的学习特点采取不同的背诵方式，下面给大家推荐几种不同的背诵方法。

一、明确目的，集中精力

背诵一篇英语文章或者一段必须掌握的语句，最忌讳东张西望，漫不经心，注意力分散。如果是一篇很简单的文字，背了几天后仍老出错，这肯定是用心不专的缘故。至于出现“前记后忘”的现象，这是正常的，这时千万不要向这种暂时困难屈服而打退堂鼓。

二、反复阅读与再现相结合

背诵一篇短文，仅仅读几遍是行不通的，一定要熟读到滚瓜烂熟的程度才行。单纯地反复阅读效果并不好，学习者应该在文章还没有完全记住前积极进行尝试再现，回忆不起来时再读。这样容易记住，保持时间也长。对于特别生疏的语句，注意要多尝试再现几次。因为尝试再现是一种比阅读更积极的智力活动，又是一种自我检查的过程，使人更能集中精力，掌握识记内容的重点、难点，并及时改正记忆中的错误。开始时可短一些，容易一些，然后作一定幅度的调整。

在背诵过程中如果“卡壳”，应该进行追忆。追忆是有意和间接再现的形式，它需要付出很大的意志力，克服一定的困难，多方面寻找线索，进行积极灵活的思维。因此，不能一“卡壳”就立即停止背诵。文章通过理解消化，已纳入自己的知识系统，语句通过熟读试背，也已朗朗上口，如果再反复朗读几遍，就能流利地背诵下来。

复习背诵的时间用得越多，记住的效果就越佳。早晨背诵过的课文或知识，晚上睡前以及第二天起床后，应进行一次复背，并在每周六或周日再作适当的温习背诵，以后过一个月再复背一次。这样，可保证很长一段时期不会遗忘。

三、加强默写，强化训练

所谓“眼过千遍，不如手抄一遍”。这也是运用内部语言背诵的一种形式，既动脑，又动手，可加深对文章的记忆。因为文字本身就是一种图形和符号，经常默写可帮助促进右脑的开发。采取默写手段，可有效地巩固已经背诵了的课文和知识，而且对加深记忆大有好处。一篇文章，就这样一段一段地把它“吃掉”。最后，遵循“整体→部分→整体”的原则，按照背诵各段的方法，再把全篇串联起来，进行背诵。如果能切实做到循序渐进，长期进行默写训练，那么一定会有助于提升背诵的质量和效果。

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编写说明

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Lesson 1

Passage

A



Track-1. mp3

The Winter Olympics is also called the White Olympics. At this time, many colourful stamps are published to mark the great Games. The first stamps marking the opening came out on January 25, 1932 in the United States for the 3rd White Olympics. From then on, publishing stamps during the White Olympics became a rule.

During the 4th Winter Olympic Games a group of stamps were published in Germany in November 1935. The five rings of Olympics were printed on the front of the sportswear. It was the first time that the symbol appeared on the stamps of the White Olympics.

In the 1950's the stamps of this kind became more colourful. When the White Olympics came, the host countries as well as the non-host countries published stamps to mark those Games.

China also published four stamps in February 1980, when the Chinese sportsmen began to march into the area of the White Olympics.

Japan is the only Asian country that has ever held the White Olympics. Altogether 14,500 million stamps were sold to raise money for this sports meet.

Different kinds of sports were printed on these small stamps. People can enjoy the beauty of the wonderful movement of some athletes.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

- The White Olympics and the Winter Olympics _____.
 - are of the same kind of Games
 - are of different kinds of Games
 - are both held in winter
 - are not both held in winter
- It was _____ that the world made it a rule to publish stamps to mark the great world Games.
 - after the 2nd white Olympics
 - after the 3rd White Olympics
 - after the 4th Winter Olympics
 - from the year 1950
- From the passage we know the symbol of five rings came into being _____.
 - in November 1935

- B. in the 1950's
 C. first in Germany
 D. before the November of 1935
4. The Japanese sold out 14,500 million stamps in order to raise money for _____.
 A. an Asian Games
 B. its own people
 C. paying for its war
 D. the world-wide Games
5. So far the Olympics has not been held in _____.
 A. the USA
 B. Germany
 C. China
 D. Japan

1. symbol *n.* 标记
 2. the host country 东道主

► 答案与解析

1. A. 从文章的第一段我们知道 The White Olympic 和 The Winter Olympic 是一回事。
 2. B. 细节理解题, 见文章中的第一段, 美国在第三届冬季奥林匹克运动会上发行了邮票之后, 就慢慢地成为一个惯例。
 3. D. 细节理解题, 从文章中第二段的最后可知在 1935 年 11 月时奥林匹克的标志首次出现在邮票上。因此该标志肯定在此之前就已存在。
 4. D. 见文章中的 Altogether 14,500 million stamps were sold to raise money for this sports meet.
 5. C. 归纳判断题, 从文章中我们可以看出美国、德国和日本都已经举办过了, 故选 C。

Passage

B



American is growing older. Fifty years ago, only 4 out of every 100 people in the United States were 65 or older. Today, 10 out of every 100 Americans are over 65. The aging of the population will affect American society in many ways—education, medicine, and business. Quietly, the graying of America has made us a very different society—one in which people have a quite different idea of what kind of behavior is suitable at various ages.

A person's age no longer tells you anything about his/her social position, marriage or health. There's no longer a particular year in which one goes to school or goes to work or gets married or starts a family. The social clock that kept us on time and told us when to go to school, get a job, or stop working isn't as strong as it used to be. It doesn't surprise us to hear of a 29-year-old university president or a 35-year-old grandmother, or a 70-year-old man

who has become a father for the first time. Public ideas are changing.

Many people say, "I am much younger than my mother or my father was at my age." No one says "Act your age" anymore. We've stopped looking with surprise at older people who act in youthful ways.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

1. It can be learnt from the text that the aging of the population in America _____.
A. has made people feel younger
B. has changed people's social position
C. has changed people's understanding of age
D. has slowed down the country's social development
2. The underlined word "one" refers to _____.
A. a society
B. America
C. a plane
D. population
3. "Act your age" means people should _____.
A. be active when they are old
B. do the right thing at the right time
C. show respect for their parents young or old
D. take more physical exercise suitable to their age
4. If a 25-year-old man becomes general manager of a big firm, the writer of the text would most probably consider it _____.
A. normal
B. wonderful
C. unbelievable
D. unreasonable

youthful *adj.* 年轻的

► 答案与解析

1. C. 细节题，我们只要抓住了第二段最后两句话便可以得出本题的最佳答案为 C。
2. A. 词义理解题，one 在文中位于 society 之后，为代词，它所代替的就是 society，所以最佳答案为 A。
3. B. 词义理解题，由文章的总体大意即可得出答案。
4. A. 推理判断题，由第二段最后所举的几个例子可知 25 岁当上公司总经理在作者看来应该很正常才是。



Character Building

I was playing golf at the local course in my hometown when I sent an errant approach shot into the parking lot adjacent the clubhouse. It took one hop and plowed right into the side of a pickup truck parked in the lot. To make matters even worse, the owner was sitting on the tailgate changing his shoes. Of course, my first reaction was to slink the other way and hope that nobody would know where it came from. But, I decided, I had to own up, take responsibility for my actions.

Taking a deep breath, I walked over to the truck and sheepishly apologized for what I had done. To my surprise and delight, the man smiled and told me he learned long ago that sometimes you get the better of the game, and other times the game gets the best of you.

With a heavy sigh of relief, the weight of the world off my shoulders, I reached down to retrieve my ball from its location near the front tire. However, as I bent over, the shift in weight caused my bag of golf clubs to swing around, smashing into the side of his truck. I looked up at the man, and with a smile that was beginning to flatten out he said, "Now I'm starting to get mad."

Enough character building for one day. I grabbed my ball and took off.

培养自己的品格

当时,我正在家乡当地一个高尔夫球场打球,打了一杆接近球,结果打偏了,球直飞俱乐部会所边上的停车场。球弹跳了一下,然后猛击在了停车场一辆轻便小货车的车身上。更糟糕的是,车主正坐在后挡板上换鞋。自然,我下意识的反应便是溜之大吉,希望没人知道球是从哪个方向来的。但反思之后,我决定勇敢承认,对自己的行为负责。

我深吸了一口气,走到小货车那儿,不安地为自己的过失道歉。让我感到惊喜的是,那个男人笑着告诉我,他早就知道,在运动项目中,有时候是你控制它,有时候是它控制你。

我长舒了一口气,如释重负,弯腰去捡落在前轮边的球。然而,我一弯腰,重心一动,结果装着高尔夫球棍的运动包一甩,实实在在地撞上了小车的车身。我抬头看着那人,他带着慢慢僵硬的笑容道:“这下我可真要恼火了。”

今天的品格培育课已经上得有点过了,我抓起球匆忙离去。

Lesson 2

Passage

A

Track-2. mp3

Many years ago, there was a family named Franklin. They lived in Boston. The Franklins had many children in the family. On a January day in 1706, the last baby was born. His parents named him Benjamin.

His father figured Ben must be a special. So he sent him to school for three years, which has more schooling than Ben's nine brothers ever has. In school, Benjamin had been good at reading and writing but not good at maths. He read all of his father's books. And whenever he had a little money, he spent it on a book.

Ben Franklin was very clever and was always working on new ideas even when he was a child.

He found the first circulating library in America and helped to set up Philadelphia's fire department. He invented a stepladder stool, a windmill to turn the roasting spit, a lightning rod, a rocking chair with a self-activating fan, and a kind of stove that is still popular today—the Franklin stove. He published "Poor Richard's Almanack", full of wit and wisdom, and it sold like hot cakes for 25 years.

He had been Postmaster General and appointed envoy to Britain and France. He helped write the American Declaration of Independence and the Constitution of the United States. Franklin's father had been right: Ben was special.

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

1. Why did Ben's father send him to school?
 - A. Because Ben is the last child in the family.
 - B. Because his father thought he was special.
 - C. Because Ben had a gift of reading.
 - D. Because he was not good at maths.
2. Which invention is still popular today?
 - A. The Franklin stove.
 - B. A lightning.
 - C. A rocking chair with self-activating fan.
 - D. A stepladder rod.
3. Why were "Poor Richard's Almanack" described like hot cakes?
 - A. Because it is full of wit and wisdom.

- B. Because its writer is Benjamin Franklin.
 C. Because it is so cheap.
 D. Because it is the only book written by Ben.
4. What did Ben help United States do?
 A. He wrote the American Declaration of Independence.
 B. He wrote only the American Declaration of Independence.
 C. He was appointed envoy to Britain and France.
 D. He was appointed envoy and helped write the American Declaration of Independence and the Constitution.
5. Why was Ben special?
 A. His father thought that he was special.
 B. His experience was not ordinary.
 C. He devoted his witness to the society and the people.
 D. He helped write the American Declaration of Independence.

1. circulating library 流通图书馆
 2. windmill *n.* 风车
 3. envoy *n.* 公使

▶ 答案与解析

1. B. 细节理解题, 见文章第二段中的 His father figured Ben must be a special. So he sent him to school for three years.
 2. A. 见文章中的 and a kind of stove that is still popular today—the Franklin stove.
 3. A. 见倒数第二段 He published “Poor Richard’s Almanack,” full of wit and wisdom, and it sold like hot cakes for 25 years.
 4. D. 事实理解题, 见文章最后一段。
 5. C. 主旨大意题, 因为文章中所说的“特别”, 是指他为人民贡献了力量和智慧。

Passage

B



Television in the United States is free. To pay for programs, there are many advertisements. Often these advertisements are short plays with actors. The following television advertisement is like many others that Americans see daily.

We see a man and his wife at the breakfast table. They have been married for a long time. They are not speaking to each other. They haven't spoken to each other at the breakfast table for years. The husband is reading his newspaper. We can't see his face. The wife looks very bored as she pours a cup of coffee for him. Today, she is using a new kind of coffee for the first time. The husband picks up his cup. He isn't very interested. He tastes his coffee. Suddenly he puts down his newspaper. Something is different. Can it be the coffee? He takes

another taste. It's wonderful. He smiles. He looks at his wife and says in amazement, "Doris, when did you cut your hair?" Doris is pleased. She answers, "Two months ago." Doris asks, "Herbie, when did your hair begin to turn gray?" He replies, "A long time ago." Doris says, "Oh, very handsome." Now they aren't bored any more. Breakfast is different. Has a new kind of coffee changed their lives?

► 阅读上面的短文，从每题所给的四个选项中，选出一个最佳答案。

- In the TV story, Doris looks bored because _____.
 - she doesn't like the breakfast that morning
 - she has been married to Herbie for a long time
 - Herbie doesn't care much for her
 - Herbie isn't interested in the breakfast she cooks
- The TV story wants to tell the viewers _____.
 - to have an immediate try at the new coffee
 - to have a good laugh at the good couple
 - that a nice breakfast must go with nice coffee
 - that advertisements can certainly increase goods production
- What does the author mean by saying the last sentence?
 - What kind of coffee can change people's lives?
 - How can a new kind of coffee change people's lives?
 - Nice coffee can change one's life.
 - A new kind of coffee costs quite a lot.
- This text is mainly about _____.
 - who pays for TV programs in the United States
 - what a TV advertisement is usually like in the USA
 - why long married couples dislike speaking to each other
 - what made Herbie and Doris not bored any more

-
- advertisement *n.* 广告
 - amazement *n.* 惊愕，惊讶
 - handsome *adj.* 漂亮的，英俊的

► 答案与解析

- B. 从这一则广告中所表现的情景，我们会知道 Herbie 和 Doris 已经结婚几年了，他们的生活现在显得很单调乏味。
- A. 主旨大意题，从后面的文章我们知道这个广告在推销一种咖啡。
- C. 虽然文章中使用了疑问句，但是我们从文章的意思知道咖啡改变了他们夫妇之间的关系。
- B. 文章大意判断题。它揭示了在美国电视上的广告是怎样的。



Bend, but Don't Break

One of my fondest memories as a child is going by the river and sitting idly on the bank. There I would enjoy the peace and quiet, watch the water rush downstream, and listen to the chirps of birds and the rustling of leaves in the trees. I would also watch the bamboo trees bend under pressure from the wind and watch them return gracefully to their upright or original position after the wind had died down.

When I think about the bamboo tree's ability to bounce back or return to its original position, the word resilience comes to mind. When used in reference to a person this word means the ability to readily recover from shock, depression or any other situation that stretches the limits of a person's emotions.

Have you ever felt like you are about to snap? Have you ever felt like you are at your breaking point? Thankfully, you have survived the experience to live to talk about it.

During the experience you probably felt a mix of emotions that threatened your health. You felt emotionally drained, mentally exhausted and you most likely endured unpleasant physical symptoms.

Life is a mixture of good times and bad times, happy moments and unhappy moments. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend but don't break. Try your best not to let the situation get the best of you.

曲而不折

我童年最美好的回忆便是在小河边漫步，或懒懒地坐在河岸边。在那里，我静静地享受那份悠闲，流水溅溅，鸟鸣啾啾，树声萦耳。我还喜欢看那片竹林。清风拂来，它们全都弯下了腰；风势渐微，它们又都优雅地站了起来，恢复了之前的挺拔。

每当我想起竹子从弯曲中恢复挺拔身姿的能力，脑海里便出现“韧性”这个词。这个词用于人身上，便是指轻松地、从震惊、沮丧或其他考验我们心理极限的境况中恢复过来的能力。

你是否曾感觉自己马上就要折断了？是否曾感觉自己已经到了崩溃的边缘？感谢上帝，你挺过来了，于是才有现在这活着的你去追忆那不堪回首的往事。

在那一段往事中，你也许感到心中的情绪纠结正侵蚀着你的健康。你感到自己一颗心麻木了、脑力枯竭了，甚至你完全可能正经受身体的各种不适。

人生便是起起伏伏，悲欢相继。下次当不幸或痛苦将你带到崩溃的边缘，记住：曲而不折。努力吧，不要让这样的境况把你打倒。