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大学英语阅读教程

DAXUEYINGYUYUVEDUJIAOCHENG



西安地图出版社

大学英语阅读教程

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图书在版编目(CIP)数据

大学英语阅读教程/吴书芳,崔俊阁主编. -- 西安:
西安地图出版社,2012.11

ISBN 978-7-80748-870-5

I. ①大… II. ①吴… ②崔… III. ①英语—
阅读教学—高等学校—教材 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2012)第 254494 号

著作人及著作方式:吴书芳,崔俊阁 主编

责任编辑:王心雨

书 名:大学英语阅读教程

出版发行:西安地图出版社

地址邮编:西安市友谊东路334号 710054

印 刷:西安地图出版社印刷厂

开 本:792mm×1092mm·1/16

印 张:16.375

印 数:300

版 次:2012年11月第1版 2012年11月第1次印刷

书 号:ISBN 978-7-80748-870-5

定 价:40.00元

西安地图出版社通过 ISO9001 国际质量管理体系认证

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大学英语阅读教程

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序 言

众所周知,中国学生学习英语的最大瓶颈是真实语言环境的缺乏和语言输入量的严重不足。要解决这些问题,单靠一两本所谓的主干教材是远远不够的。为了全面实施《大学英语教学要求》,推行大学英语教学改革,提高学生综合应用语言的能力,我们特别编写了《大学英语阅读教程》。该教程的内容经过严格的筛选和科学的设计,能够为学习者提供丰富的多彩的英文阅读素材,培养学习者的英语阅读技能,帮助学习者掌握英语阅读策略,从而在一定程度上提升学习者的英语阅读能力。

本教程的编写体现了如下特点。(1)本教程由具有丰富的教学经验的大学英语教师分工协作、集体编写而成,具有很强的专业性。(2)本教程在编写过程中充分吸收我国在外语教学方面长期积累起来的行之有效的经验和方法,取各家之长,兼容并蓄,能适应多种英语教学的要求。(3)本教程内容丰富,旨在通过学生的"多练"来提高学习者学习的主动性、积极性和创造性。(4)本教程搜选范围主要是近年来英美国国家出版的图书、报纸、杂志或最新的网络文章,涵盖教育、科技、政治、经济和文化等各个方面,阅读文章素材具有时代性、可读性、文化教育性和针对性。(4)本教程的每个单元都围绕一个主题展开。所有主题均属当今政治、经济、文化、生活、科技发展的前沿,具有强烈的时代气息。每个单元分为三个部分:Passage A、Passage B 和 Passage C。(5)本教程每个单元开始前均有单元导读,让学习者在阅读前做到心中有数;每段阅读材料都同步给出生词注释,方便学习者随时查阅;段后练习题型的设计均按照大学英语四、六级考试标准和难度进行。段后附设了2种题型:一是阅读理解,包含5个单项选择题;二是翻译题,要求学习者根据段落意思将4个英语句子译成汉语,考查学习者的语言转换能力。各题型的题量适当,帮助学习者开展有针对性地进行阅读训练,从而更好地为四、六级考试做准备。

本教程可供大学非英语专业学生前两年使用,建议每学期学习8个单元,与上海外语出版社出版的《全新版大学英语综合教程》配套使用效果更佳。同时,还可作为大学英语四六级考试或者研究生英语考试的自学教材。

本书共分为十二单元,约47.5万字。在本书编委会的协调下,其中南阳理工学院的吴书芳负责编写13万字,田园负责编写8万字,高东晓负责编写6万字,崔俊阁和袁健分别编写5万字,南阳师范学院的田甜负责编写5.5万字,南阳医学高等专科学校的古晓负责编写5万字。本书在编写过程中参阅了大量国内外近年来出版的相关资料和部分网络资源,恕不一一注明,在此表示衷心感谢。由于编者水平有限,书中疏漏之处在所难免,不当之处敬请各位学习者不吝指正!

编者

2012年8月于南阳理工学院

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Unit 1 Growing Up

Introduction: Growing up is full of discoveries, not just about the world around us, but also about ourselves, about our hidden strengths and weakness. Passage A tells us some changes experienced by youngsters in the course of their growing and analyzed how the parents should think of their children and give some good advice. Specifically, it shows how the parents' reaction influences their children as well as themselves, how the children think of their parents' disillusionment, how the parents should be brave enough to admit their own faults, and how both parents and children should mutually take the attitude to face the reality when there occurs some problems. Passage B tells us there are two basic ways to see growth: one as a product, the other as a process. Comparatively, the process of growing is a little more comprehensive with a little high level. If we want to grow, we should overcome our internal fears and doubts, and be smart, brave, and active enough to make some bold attempts and face the new challenges.

Passage A

Parents are often upset when their children praise the homes of their friends and regard it as a slur¹ on their own cooking, or cleaning, or furniture, and often are foolish enough to let the adolescents² see that they are annoyed. They may even accuse them of disloyalty, or make some spiteful³ remark about the friends' parents. Such a loss of dignity and descent into childish behavior on the part of the adults deeply shocks the adolescents, and makes them resolve that in future they will not talk to their parents about the place or people they visit. Before very long the parents will be complaining that the child is so secretive and never tells them anything, but they seldom realize that they have brought this on themselves.

Disillusionment⁴ with the parents, however good and adequate they may be both as parents and as individuals, is to some degree inevitable. Most children have such a high ideal of their parents, unless the parents themselves have been unsatisfactory,

1. slur 诋毁

2. adolescent 青少年

3. spiteful 恶毒的

4. disillusionment 幻想破灭

that it can, hardly hope to stand up to a realistic evaluation. Parents would be greatly surprised and deeply touched if they realized how much belief their children usually have in their character and infallibility⁵, and how much this faith means to a child. If parents were prepared for this adolescent reaction, and realized that it was a sign that the child was growing up and developing valuable powers of observation and independent judgment they would not be so hurt, and therefore would not drive the child into opposition by resenting and resisting it.

The adolescent, with his passion for sincerity, always respects a parent who admits that he is wrong, or ignorant, or even that he has been unfair or unjust. What the child cannot forgive is the parent's refusal to admit these charges if the child knows them to be true.

Victorian parents believed that they kept their dignity by retreating behind an unreasoning⁶ authoritarian attitude; in fact, they did nothing of the kind, but children were then too cowed⁷ to let them know how they really felt. Today we tend to go to the other extreme, but on the whole this is a healthier attitude both for the child and the parent. It is always wiser and safer to face up to reality, however painful it may be at the moment.

5. infallibility 绝对可靠

6. unreasoning 不理性的

7. cow 恐吓

I. Decide on the best choice to complete or answer each of the following.

- According to the passage, children would arouse parents' disappointment for _____.
A. admiring their friends' homes
B. talking back to their parents
C. complaining home-made dishes
D. making some spiteful remark
- When adolescents feel disillusion with their parents, it means that they _____.
A. feel disappointed with their parents
B. are developing into maturity
C. just want to hurt their parents
D. are expressing their discontentment
- Adolescents in Victorian times _____.
A. had shown more respect for parents than today.
B. always answered back to deal with the problem.
C. admired the authoritarian attitude of their parents.
D. were too afraid to tell what they really thought.

4. What is the tone of the passage? _____
- A. Critical.
B. Humorous.
C. Serious.
D. Ambiguous.
5. What does this passage mainly discuss? _____
- A. Children will become more and more mature when growing up.
B. Parents have to change their ways in educating their children.
C. The conflicts between parents and their children are inevitable.
D. Parents have made mistakes in communicating with children.

II. Translate the following into Chinese.

1. They may even accuse them of disloyalty, or make some spiteful remark about the friends' parents.
2. Disillusionment with the parents, however good and adequate they may be both as parents and as individuals, is to some degree inevitable.
3. The adolescent, with his passion for sincerity, always respects a parent who admits that he is wrong, or ignorant, or even that he has been unfair or unjust.
4. It is always wiser and safer to face up to reality, however painful it may be at the moment.

Passage B

There are two basic ways to see growth: one as a product, the other as a process. People have generally viewed personal growth as an external result or product that can easily be identified and measured. The worker who gets a promotion, the student whose grades improve, the foreigner who learns a new language—all these are examples of people who have measurable results to show for their efforts.

By contrast, the process of personal growth is much more difficult to determine, since by definition it is a journey and not the specific signposts¹ or landmarks along the way. The process is not the road itself, but rather the attitudes and feelings people have, their caution² or courage, as they encounter new experiences and unexpected obstacles. In this process, the journey never really ends; there are always new ways to experience the world, new ideas to try, new challenges to accept.

In order to grow, to travel new roads, people need to have a

1. signpost 标志

2. caution 谨慎

willingness to take risks, to confront the unknown, and to accept the possibility that they may “fail” at first. How we see ourselves as we try a new way of being is essential to our ability to grow. Do we perceive ourselves as quick and curious? If so, then we tend to take more chances and to be more open to unfamiliar experiences. Do we think we’re shy and indecisive³? Then our sense of timidity can cause us to hesitate, to move slowly, and not to take a step until we know the ground is safe. Do we think we’re slow to adapt to change or that we’re not smart enough to cope with a new challenge? Then we are likely to take a more passive role or not try at all.

These feelings of insecurity⁴ and self-doubt are both unavoidable and necessary if we are to change and grow. If we do not confront and overcome these internal fears and doubts, if we protect ourselves too much, then we cease to grow. We become trapped⁵ inside a shell of our own making.

3. indecisive 优柔寡断的

4. insecurity 不安全感

5. trap 陷入困境

I. Decide on the best choice to complete or answer each of the following.

- A person is generally believed to achieve personal growth when _____.
A. he has given up his smoking habit
B. he has made great efforts in his work
C. he is keeping on learning anything new
D. he has tried to determine when he is on his journey
- In the author’s eyes, one who views personal growth as a process would _____.
A. succeed in climbing up the social ladder
B. judge his ability to grow from his own achievements
C. face difficulties and take up challenges
D. aim high and reach his goal each time
- When the author says “a new way of being” (line 4, para. 3) he is referring to _____.
A. a new approach to experience the world
B. a new way of taking risks
C. a new method of perceiving ourselves
D. a new system of adaptation to change
- For personal growth, the author advocates all of the following except _____.
A. curiosity about more chances
B. promptness in self-adaptation
C. open-mindedness to new experiences
D. avoidance of internal fears and doubts

5. If we want to grow, we should _____.
A. stay far away from the internal fears and doubts
B. try to avoid the internal fears and doubts
C. admit, face and deal with the internal fears and doubts
D. ask others to help us with such internal fears and doubts

II. Translate the following into Chinese.

1. People have generally viewed personal growth as an external result or product that can easily be identified and measured.
2. The process is not the road itself, but rather the attitudes and feelings people have, their caution or courage, as they encounter new experiences and unexpected obstacles.
3. Then our sense of timidity can cause us to hesitate, to move slowly, and not to take a step until we know the ground is safe.
4. We become trapped inside a shell of our own making.

Passage C

A lot of people believe that television has a harmful effect on children. A few years ago, the same criticisms were made of the cinema. But although child psychologists have spent a great deal of time studying this problem, there is not much evidence that television brings about juvenile delinquency¹.

Few people in the modern world share the views of parents a hundred years ago. In those days, writers for children carefully avoided any reference to sex in their books but had no inhibitions² about including scenes of violence.

These days children are often brought up to think freely about sex but violence is discouraged. Nevertheless, television companies receive a large number of letters every week complaining about programmes with adult themes being shown at times when a few young children may be awake. Strangely enough, the parents who complain about these programmes see no harm in cartoon films for children in which the villain³, usually either an animal or a monster, but in some cases a human being, suffers one cruel punishment after another.

The fact is that, as every parent knows, different things frighten different children. One child can read a ghost story without having bad dreams while another cannot bear to have the book in his bedroom. In the same way, there is little consistency

1. delinquency 青少年
犯罪

2. inhibition 抑制

3. villain 坏人

about the things that terrify adults. Almost everyone has an irrational private fear but while some of us cannot stand the sight of spiders, for example, others are frightened of snakes or rats.

The evidence collected suggests, however, that neither the subject nor the action in itself frightens children. The context in which cruelty or violence occurs is much more important.

A good guide to what is psychologically healthy for a small child is therefore provided by a television series in which a boy and a girl are supposed to be exploring distant planets with their parents. In each story, they encounter strange monsters and find themselves in dangerous situations but the parents are reassuring and sensible, as a child's parents should be in real life. There is an adult character who is a coward⁴ and a liar, but both the children are brave and, of course, every story ends happily.

4. coward 胆小鬼

Some people think children should be exposed to the problems of real life as soon as possible, but they cannot help seeing these through news programmes. When they are being entertained, the healthiest atmosphere is one in which the hero and heroine are children like themselves who behave naturally and confidently in any situation.

I . Decide on the best choice to complete or answer each of the following.

1. According to the first paragraph, child psychologists _____.
 - A. believe that TV causes juvenile delinquency
 - B. cannot find much evidence of a direct connection between TV and juvenile delinquency
 - C. think that TV programmes are completely harmless
 - D. don't doubt that television has an instructive effect on children
2. Parents who write letters of complaint to television companies _____.
 - A. do not like adult programmes
 - B. are afraid their children will be harmed by seeing adult programmes
 - C. think cartoon films are too violent
 - D. are sure that television programmes are harmful to children
3. According to the author, which statement is true? _____.
 - A. Children who read ghost stories have bad dreams.
 - B. Different children are afraid of different things.
 - C. All adults are afraid either of spiders or of snakes.
 - D. Most people are frightened of the same thing.

4. The television series mentioned is healthy because _____.
 - A. the children are shown as brave and confident
 - B. the only bad character in an adult
 - C. what is shown in it is quite different from that in real life
 - D. when the children are in trouble their parents can do nothing about it
5. What is the best title of this passage? _____.
 - A. Juvenile delinquency
 - B. TV and juvenile delinquency
 - C. Children's addiction to television programmes
 - D. Television programmes are harmful to children

II. Translate the following into Chinese.

1. But although child psychologists have spent a great deal of time studying this problem, there is not much evidence that television brings about juvenile delinquency.
2. In those days, writers for children carefully avoided any reference to sex in their books but had no inhibitions about including scenes of violence.
3. A good guide to what is psychological healthy for a small child is therefore provided by a television series in which a boy and a girl are supposed to be exploring distant planets with their parents.
4. When they are being entertained, the healthiest atmosphere is one in which the hero and heroine are children like themselves who behave naturally and confidently in any situation.

Unit 2 Friendship

Introduction: Friendship is a topic to all our hearts, for none of us would choose to live without friends, the source of so many of our happiest moments. That said, we can occasionally take our friendship too much for granted, failing to keep them in good repair. Passage A is a typical expository writing. It tells us those with the same experience, interests and views are easy to establish friendship. That is to say, similarity is one of the main factors of striking up friendship. Passage B gives us a vivid example to show what a true friendship is: when your friend errs from the right path, you should point it out; when your friend is in trouble, you should give your timely aid; when your friend is out of trouble, you should be pleased for him/her.

Passage A

Research on friendship has established a number of facts, some interesting, some even useful. Did you know that the average student has 5-6 friends, or that a friend who was previously an enemy is like more than one who has always been on the right side? Would you believe that physically attractive individuals are preferred as friends to those less comely¹, and is it fair that physically attractive defendants² are less likely to be found guilty in court? Unfortunately, such tidbits³ don't tell us much more about the nature or the purpose of friendship. In fact, studies of friendship seem to implicate more complex factors.

For example, one function friendship seems to fulfil is that it supports the image we have of ourselves, and confirms the value of the attitudes we hold. Certainly, we appear to project ourselves onto our friends. Several studies have shown that we judge them to be more like us than they (objectively) are. This suggests that we ought to choose friends who are similar to us rather than those who would be complementary⁴. In our experiment, some developing friendships were monitored amongst first-year students living in the same hostel. It was found that similarity of

1. comely 美丽的

2. defendant 被告

3. tidbit 轶闻

4. complementary 互补的