

SFLEP – Longman Secondary English Graded Readers
外教社 — 朗文中学英语分级阅读

新课标百科丛书

说梦

DREAMS



新课标
第9级
之十一

W
外教社

上海外语教育出版社

Longman



KEN BEATTY

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Secondary English Graded Readers

“外教社—朗文中学英语分级阅读”是依照国家教育部最新颁布的《英语课程标准》(以下简称《新课标》)对阅读技巧的要求,由上海外语教育出版社与朗文公司强强联手、合力打造的中学百科阅读精品丛书。

本丛书按《新课标》分级编写,共4级,80册(各级册数安排及难度设计见封四)。继前三批出版的40册之后,近期我们又推出了第四批的8册新书,包括:

第三级

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之十二 Extreme Sports 《极限运动》

第七级

之十一 All About The Nobel Prize 《诺贝尔奖》

之十二 The Unexplainable 《难解之谜》

第九级

之十一 Dreams 《说梦》

之十二 Tsunami 《海啸》

本着全心全意打造精品的原则,我们预计在2至3年内出齐全套80册,为读者奉献一套体裁新颖、内容丰富、形式优美、编排科学的精品《新课标》读物!

出版说明

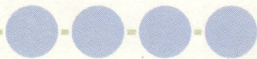
随着新《英语课程标准》（以下简称《新课标》）的颁布，中学英语教学改革推进到了一个新的阶段，对学生的知识面、交际能力、文化意识等方面的要求提到了新的高度。课外阅读不再是课堂教学可有可无的补充，而已成为英语学习不可或缺的部分。《新课标》对学生课外阅读在数量上作出了明确的规定，在培养目标上提出了一系列新的要求。为此，上海外语教育出版社与朗文合作编写了这套“外教社—朗文中学英语分级阅读：新课标百科丛书”。其目的是将《新课标》的教学理念贯彻到课外阅读当中，帮助学生达到《新课标》所提出的各项要求。

丛书的编写以《新课标》为指导，主要有以下特点：1. 在总体设计上，根据《新课标》分级编写，针对性强，充分满足各阶段中学生的阅读需求；2. 在选材上，突出个性化特征，根据不同年龄段学生的不同阅读兴趣，选择具有时代感、内容丰富的题材，帮助学生在完成《新课标》阅读任务的同时，扩大知识面，培养跨文化交流意识；3. 在难度的把握上，兼顾能力的提高和阅读兴趣及自信心的培养，为学生营造宽松的学习氛围；4. 在学习策略的指导上，根据《新课标》对各级的要求为每册书编写阅读技巧指南，引导学生养成良好的学习习惯；5. 在单元后的练习编排上，突出灵活性、开放性 & 参与性，将读、说、写等相结合，激发学生的想象力和创造力，帮助学生全面达到《新课标》的各项要求。

丛书共80册，分3、5、7、9四级，每级各20册。本丛书与“外教社·朗文小学英语分级阅读”一脉相承，是外教社与朗文合作推出的阅读精品。

作为以《新课标》为指导编写课外阅读的积极尝试，我们衷心希望广大读者能够多与我们联系、沟通，提出宝贵的意见和建议，协助我们精益求精，将丛书不断提高、完善。

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SFLEP-Longman Secondary English Graded Readers
Dreams

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Do you know?

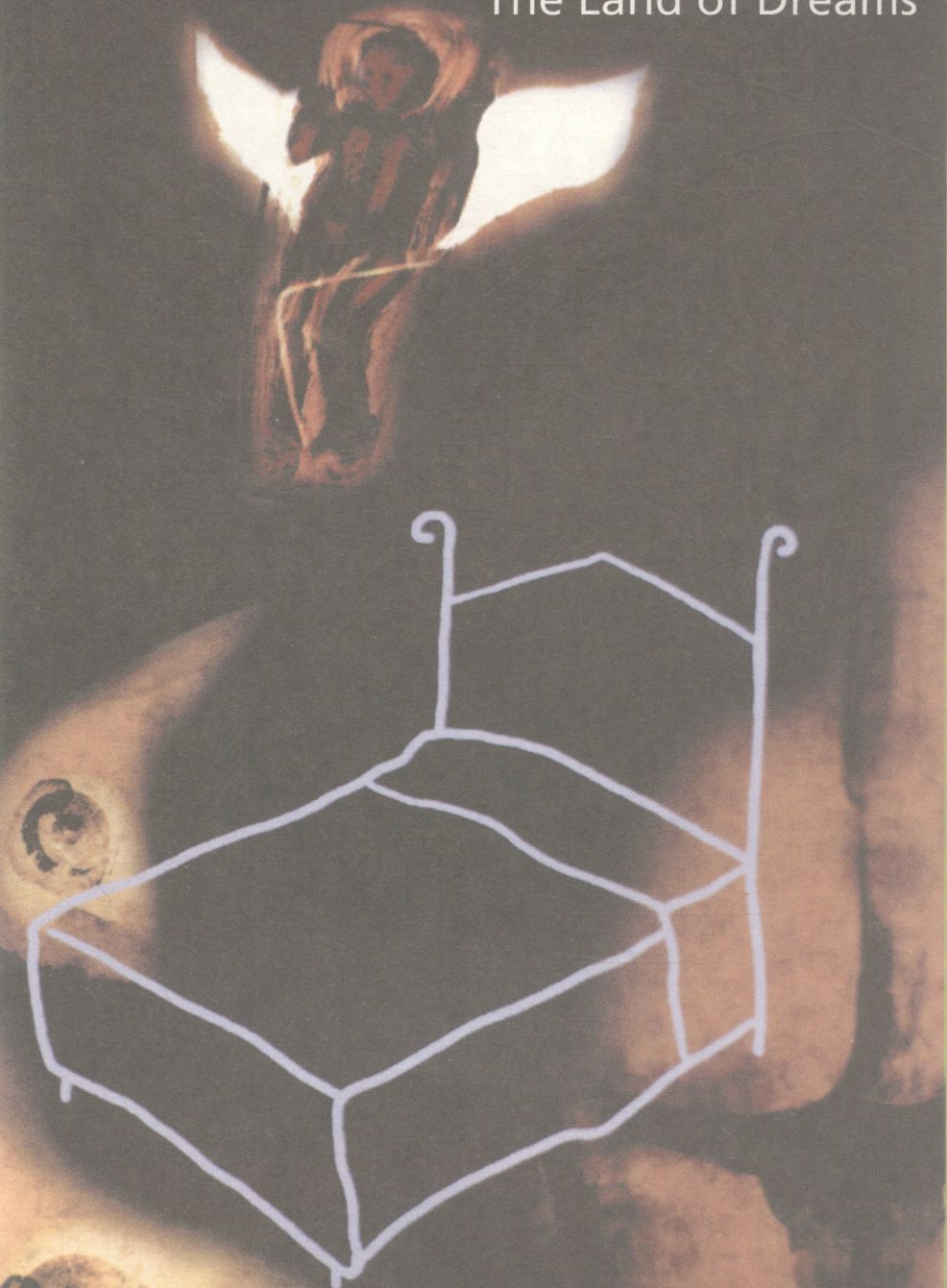
- What is REM sleep?
- Why are we paralysed at certain times during a night's sleep?
- Does everybody dream the same amount?
- Can unborn babies dream?
- What is a lucid dream?
- How did Hippocrates help diagnose his patients' illness?
- What can it mean when people dream of being chased?
- What does Carl Jung say about elephants in dreams?

Read this book and find the answers to these and other questions.

Learn about your own and other people's dreams. You'll be amazed!



The Land of Dreams



The Land of Dreams

Imagine there was a strange place where you were going to spend six years of your life. Would you be interested in knowing more about it? The fact is, you will spend about six years of your life in the land of dreams, but you have probably never thought much about why you go there, how you get there, or what you do there.

Why do we dream? Does everybody

have the same types of dreams?

Do dreams mean anything?

Everyone of us has travelled

to the land of dreams, but

not many of us can

answer these questions.

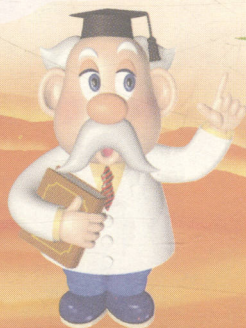
By thinking about the

questions on page 5,

you will take the first

step towards a better

understanding of the land
of dreams.



Some people believe that they don't dream because they don't remember their dreams. But it is a fact that everyone dreams every night.

What Do You Know about Your Dreams?

Answer these questions.

- 1 Are your dreams different every time or do they sometimes repeat?
- 2 Do you dream in colour, black and white, or a combination of the two?
- 3 In what language do you dream? Have you ever dreamt in a foreign language?

- 4 Which of the following have happened in your dreams?
Tick the boxes.

☐ a future event

☐ being chased

☐ losing your teeth

☐ failing an exam

☐ falling

☐ flying

- 5 Are your dreams usually based on something you have recently seen, heard, or done?
- 6 Do you have nightmares? What are they usually about?
- 7 Are you always yourself in your dreams or are you sometimes someone else?
- 8 Do you think your dreams mean anything?



NOTES

combination

/ ,kɒmbɪ'neɪʃən / 组合, 结合

nightmare / 'naɪtməʊ / 恶梦

What kind of dreams are they?

Dreams are things that we see in our sleep, but we also call our hopes for the future 'dreams'. This book is about the dreams we have in our sleep. Which type of dream is each poem below talking about?

Dreams

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Langston Hughes

A

Dreams

I was a pretty butterfly
Floating high up in the sky
But then a bird came flying by
And ate me.

I woke and found I was not eaten
In fact, I simply had been dreaming.

Laura Hepburn

B

Answer: A – hopes for the future; B – dreams we have in our sleep

Sleeping and Dreaming



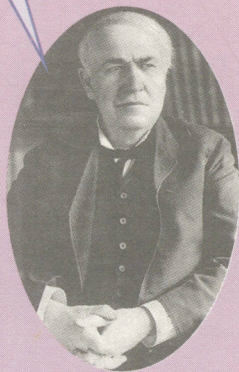


When we use the phrase ‘sweet dreams’ to send people to bed, we hope that enjoyable dreams will also bring them a good night’s sleep. Sleeping and dreaming are very closely connected as it is only during sleep that we dream. Therefore, before we look more closely at dreaming, we need to know a bit about sleep and how the two are related.

We all need sleep

We all need to sleep, even though Thomas Edison (1847–1931), famous inventor of the light bulb, said it was a waste of time. It is easy to understand why he said this because we actually spend about a third of our lives asleep. Imagine all the things we could do if we did not!

Sleep is a total waste of time!

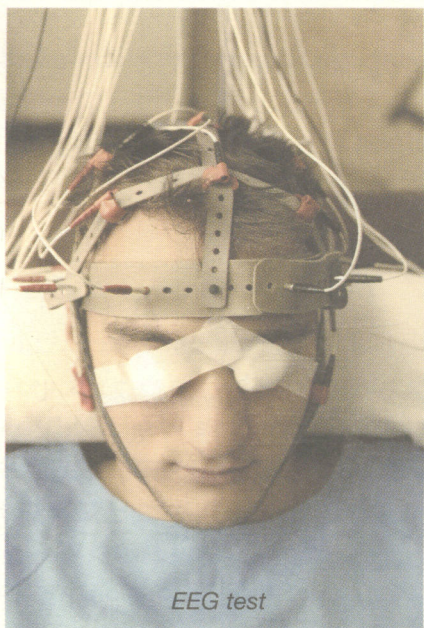


Thomas Edison



NOTES

light bulb / laɪt bʌlb / 电灯泡



EEG test

For a long time scientists were not interested in studying sleep because they assumed that the brain simply switched off during sleep. However, in 1936, an 'EEG' machine was invented. It could measure brain activity through electrodes placed on a person's head. Scientists suddenly saw that a person's brain was *active* during sleep. Since then, sleep has been studied extensively.

Most people need between 7-8 hours of sleep a night, with children and babies needing significantly more. The longest a human has ever stayed awake is 11 days, a record which has not been broken since 1965. In fact, not many people have tried because lack of sleep is extremely harmful to our health and can even be fatal. A person will die quicker without sleep than without food.

NOTES

EEG 脑电波图

electrode /r'lektroəd/ (术语) 电极

extensively /ɪk'stensɪvli/ 大量地

significantly /sɪg'nɪfɪkəntli/ 显著地

fatal /'feɪtl/ 致命的