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新理念

大学英语阅读

**New Concept
College English
Reading**

张国申 主编

中国科学技术大学出版社

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大学英语阅读

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中国科学技术大学出版社

图书在版编目(CIP)数据

新理念大学英语阅读(1) / 张国申主编. — 合肥: 中国科学技术大学出版社, 2006. 9

ISBN 7-312-01933-1

I. 新... II. 张... III. 英—阅读教学—高等学校—教学参考资料
IV. H319.4

中国版本图书馆 CIP 数据核字(2006)第 099761 号

新理念大学英语阅读(1) 张国申 主编

中国科学技术大学出版社出版发行

(安徽省合肥市金寨路 96 号, 邮编: 230026)

网址: <http://www.press.ustc.edu.cn>

合肥华星印务有限责任公司印刷

全国新华书店经销

开本: 787×960 1/16 印张: 14.625 字数: 255 千

2006 年 9 月第 1 版 2006 年 9 月第 1 次印刷

印数: 1—5000 册

ISBN 7-312-01933-1/H·388

定价: 19.80 元

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前 言

去年,国家教育部以新的英语教学理念对大学英语四、六级考试做了改革,制订出了新的考试题型,并且将阅读理解部分的比例调整为35%,其中精读部分占25%,快速阅读部分占10%。对精读部分的测试,除篇章读解外,还包括对篇章语境中的词汇的理解;对快速阅读部分的测试,注重的是准确捕捉主要信息及速读能力。

本书瞄准新的大学英语四、六级考试,以理念新、选材新、练习题型新,从而达到有效提高应试能力为编写宗旨,全套书4册,每册15单元,每单元1篇主题性文章、1篇速读文章、3篇精读文章。结构如下:

1. 对主题性文章的阅读。包括:词汇、短语的注释和练习,难句的注释和翻译练习,理解练习及思考题。
2. 快速阅读(Skimming and Scanning)。包括:判断练习,根据文章完成句子的练习。
3. 仔细阅读(Reading in Depth)。包括:填词练习(第1篇),选择练习(第2篇、第3篇)

本书在主题性文章中加入了提示语,目的是引导读者把握文章主旨,迅速捕捉文章中的重要信息。这是本书编写上的一大特色。

学好第1册,能达到超过一级的水平。以此类推,学完四册书,将达到超过四级的水平。

编 者

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Unit 1

Building Love

Marnell Jameson

母亲生病住院,父亲平静的生活被搅乱,我却从中悟出了爱的真谛。

〈母亲的病给家庭带来烦恼和担心。〉

Mom's in the hospital. Nothing huge— just a knee replacement. She's 78, same age as Dad, and the joint has just worn out. But our small **family frets**. We worry about the small odds that something might go wrong, which will someday happen, but we hope not just now.

〈此刻他们在做些什么呢?〉

After she was wheeled into surgery, Dad and I headed to the hospital lobby. “How are you doing?” I asked him, trying to jump-start a conversation.

“Lousy,” he said. “The union's at stake.”

I knew we weren't talking the Civil War. “We have a routine,” he continued. “I slice the bananas; she pours the cereal. I gather the laundry; she runs the washing machine. I don't know what kind of soap to put in.”

〈我意识到父母相亲相伴。〉

All this time I'd been worried about Mom, but at that moment I realized Dad was in the hospital, too. The laundry soap was just the beginning. He was referring to their daily dance, finely tuned after 53 years of marriage. She cooks. He gardens. He turns down the bed. She makes it up. If the roles were reversed, she'd feel the same desperate way.

〈爱得越深危险性就越大吗?〉

What happened to their independence? I imagine it was a slow surrender. As in most marriages, couples either wear each other out or break each other in. It happens by degrees. You have to give to gain. Intimacy

requires dependency, which requires vulnerability. It's a package deal. And the deeper the love, the greater the risk.

〈如何看待感情和爱情?〉

When we're young, we often look at our parents' relationship and think, how dull. We naively compare it to adolescent love, with its erratic pitches of hope, headiness and heartbreak. As a teen, the feelings seemed real to me in a way that my parents' love didn't. I confused intensity with genuineness. **Genuineness takes time.**

〈成熟的爱和浪漫的爱有何不同?〉

Mature love picks up where **romantic love** leaves off, and while very different, it's also in many ways better. Yes, the sun sets, taking its flames, but the moon, more magical, rises. Romantic love delights in novelty, while mature love reveals in consistency.

With the woman head of our family down, Dad had caught a glimpse of how much he needed Mom. How important she is to him. Dad also knew the two things Mom would most want when she woke up from surgery were her glasses and lipstick. So he had them there for her.

Mature love is the payoff for investing in romantic love— which we all know doesn't always pay—and for doing the work of mature love, the giving to gain. My parents are no longer beautiful, though they were in their day. But they're clearly beautiful to each other.

〈父亲在想些什么?〉

"I MISS her," Dad tells me a couple days after her surgery. Though he sees her every day, I know he means he misses her beside him in the bed they've shared for half a century. He misses their routine. And I know, after she has recovered, after he's once again slicing the bananas while she pours the cereal, that as a result of all this, they will have moved yet another degree closer.

New Words and Expressions

slice /slais/n. 切开,把……切成片

reverse/'rɪvəs/ *vt.* 倒过,反过来

fret/fret/ *vi.* 烦恼

intimacy/'ɪntɪməsi/ *n.* 亲密,亲昵的语言

naively /na:'i:vli/ *ad.* 单纯地,天真地

erratic /ɪ'rætik/ *a.* 不确切的,古怪的,捉摸不透的

consistency/kən'sɪstənsi/ *n.* 连贯性,永恒

payoff /peɪ'ɒf/ *n.* 报偿,贿金,好处费

vulnerability/vʌlnərə'bɪləti/ *n.* 脆弱,易受伤



at stake → be in danger or disputing problem/ 处在危险中或争议

refer to → mention or speak of /提及

make ... up → prepare for (bed, room)/整理,准备

turn down → turn over /翻过来

wear out → spend or fritter away / 度过,消磨

break in → be gradually used to /逐渐习惯

pick up → build (friendship) /建立

leave off → end, or give up /停止,结束,放弃

catch a glimpse of → get a glimpse of/ 瞥见

Notes to the Text

⇨ a knee replacement/膝关节复位

⇨ with its erratic pitches of hope/带有极为稀奇古怪的希望

⇨ delight in novelty/乐在新鲜感

⇨ ... , though they were in their day. /……虽然(尽管)在他们的时代他们算得上是好看的。

⇨ trying to jump-start a conversation/设法进行交谈

⇨ The union's at stake. /接骨处在危险之中。

⇨ As in most marriages, couples either wear each other out or break each other in. /因为在大多数婚姻中,夫妻间既互相磨合度日,又互相适应习惯。

⇒ So he had them there for her. / 所以,他为她拿好眼镜和唇膏。

● ● ● Comprehension of the Text ● ● ●

1. During Mom being in the hospital the peaceful life is disturbed, I realize _____.
 - A. Mom's illness from it
 - B. true meaning of love from it
 - C. the hardship of father's life from it
 - D. father is very busy from it
2. "I asked him, trying to jump-start a conversation." In this sentence "jump-start" means _____.
 - A. "give an added impetus to"
 - B. "give a start immediately"
 - C. "help sb. start"
 - D. "begin doing something at once"
3. What a routine do they have?
 - A. They love each other.
 - B. They like to exchange each other.
 - C. They are used to doing their respective things.
 - D. They like to take a walk.
4. What does mature love mean?
 - A. It means the state of always being the same in thought and behaviour.
 - B. It means falling in love with each other.
 - C. It means love each other very much.
 - D. It means love each other for a long period.
5. When Mom woke up from surgery, the things she would most want were _____.
 - A. her clothes and shoes
 - B. her bananas and cereal
 - C. her small odds
 - D. her glasses and lipstick

Maxims

Every man is the master of his own fortune. /每个人都是自己命运的主宰。

——R. Steels /R. 史狄斯

Man is the artificer of his own happiness. /人是他自己幸福的建立者。

——Thoreau / 梭雷

He lives twice who lives well. /生活得好的人等于生活了两次。

——English Proverb / 英国谚语

★ ★ ★ Exercises to the Text ★ ★ ★

I. Fill in the blanks of the following sentences, using the words and expressions given below.

(1)joint (2)wear out (3)head to (4)at stake (5)refer to
(6)turn down (7)reverse (8)naively (9)break in (10)novelty
(11)pick up (12)leave off

- I got into my car and _____ my new office.
- As the soil becomes warmer than the water, the air movement is _____.
- He is getting the knee in _____ again.
- I shall _____ while I am well.
- I assume that it is proper to _____ her as "Miss".
- The old machine has _____.
- _____ is the equilibrium(平衡)of the world's species.
- The _____ of her new job soon wore off.
- The economy continues to _____ speed with surprising swiftness.
- I _____ think that he couldn't be absent from class.

11. A new car has to be _____ gradually.
12. It looks better to _____ your collar.

II . Put the following into Chinese.

1. She is 78, the same age as Dad, and the joint has just worn out.
2. If the roles were reversed, she'd feel the same desperate way.
3. Romantic love delights in novelty, while mature love reveals in consistency.
4. Mature love is the payoff for investing in romantic love.

III . Questions for discussion

1. How do you comprehend the true meaning of love?
2. Do you know what mature love is?



Reading Comprehension

(Skimming and Scanning)

The Metal Box

Last weekend, we celebrated my parents' fiftieth wedding anniversary. This morning, they left on a long-awaited trip to Hawaii. They were as excited as if it were their honeymoon.

When my parents married, they had only enough money for a three-day trip fifty miles from home. They made a pact that each time they made love, they would put a dollar in a special metal box and save it for a honeymoon in Hawaii for their fiftieth anniversary.

Dad was a policeman, and Mom was a schoolteacher. They lived in a modest house and did all their own repairs. Raising five children was a challenge, and sometimes money was short, but no matter what emergency came up, Dad would not let Mom take any money out of the "Hawaii ac-

count". As the account grew, they put it in a savings account and then bought CDs.

My parents were always very much in love. I can remember Dad coming home and telling Mom, "I have a dollar in my pocket," and she would smile at him and reply, "I know how to spend it."

When each of us children married, Mom and Dad gave us a small metal box and told us their secret, which we found enchanting. All five of us are now saving for our dream honeymoons. Mom and Dad never told us how much money they had managed to save, but it must have been considerable because when they cashed in those CDs they had enough for airfare to Hawaii plus hotel accommodations for ten days and plenty of spending money.

As they told us goodbye before leaving, Dad winked and said, "Tonight, we are starting an account for Cancun. That should only take twenty-five years."

Ann Landers

Answer the following questions (1~ 7) with "Yes", "No" or "Not Given" in the passage. For questions (8~10), complete the sentences with the information given in the passage.

1. My parents left home to Hawaii to spend their honeymoon.
2. When they married, they had prepared enough money for their honeymoon in their fiftieth anniversary.
3. When they were falling in love, they began to save money for a honeymoon in their fiftieth anniversary.
4. It was not easy for my parents to raise five children at that time.
5. No matter what emergency came up, Mom would take some money out of the "Hawaii account".
6. When my Dad came back, he would say, "I have some money in my pocket."
7. All five of us married, they sent us a small metal box.

8. They left home for Hawaii through _____.
9. They always put a dollar into a special metal box for _____.
10. Mom and Dad were keeping a secret as to _____.

Reading Comprehension

(Reading in Depth)

Section A

In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given below. Read the passage through carefully before making your choices.

ODDS AND ENDS

In these days, much of the _____ of a business — sometimes the whole of its success — depends on the use of the odds and _____. The odds and ends are various small things. They are left over when the main thing is _____. Yet they have a real value of their own.

All kinds of big businesses have their odds and ends. In a big meal factory, for example, there are countless odds and ends — bones and hair, to name a few. The bones are made into glue; the hair is made into rope. If these odds and ends were to be looked _____ upon, it would mean a big difference in the amount of the profit of the factory.

We students have our own odds and ends. Take time for instance. Every one of us has the same amount of it. Our success or _____ depends on the use of our time. But we use the time more or _____ in the same way. We have our regular day's work, certain periods of classes, or several hours of review. And that ends a day.

But what about its odds and ends — the odd moments? Many giants in science and art have huge successes for themselves in the world _____

because they have made best use of their odd moments. Take Thomas A. Edison. While he was _____ his living by tapping out messages, he did not allow his odd moments to slip by. He thought, he planned, and he tried between messages. And he succeeded in working out a lot of things entirely new to the world. By fully using his odd moment, he _____ valuable wealth for the modern world.

Think of the odd quarter of an hour in the morning before breakfast, the odd half an hour after dinner, and the odd moments in the washroom or between classes. Remember the chances to read or think that come now and again during the day. Make full _____ of them, and you may find, as many big businesses have found, that the real profit is using the odds and ends.

- (1) produced (2) raised (3)profit (4)interest (5)ends (6)use
 (7)down (8)up (9)fail (10)defeat (11)less (12)little
 (13)mainly (14)earning (15)provided

Section B

There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C, D. You should decide on the best choice.

Passage 1

There is one kind of pain for which nobody has yet found a cure — the pain that comes from the ending of a relationship. The relationship could be a marriage or a deep friendship. Such a relationship may come to a sudden end; or it may simply fade away slowly as people and circumstances change. You may be the one to “break it off”, with a short note or a brief phone call. Or you may be on the receiving end. But however it ended and whoever decided to end it, the pain is equally hard to bear and it requires

the same time for grief.

Although there is no cure for Grief, we cannot help looking for one, to ease the pain and to make us forget our tears. We keep ourselves busy with work, we try to plunge ourselves in our hobbies. Perhaps we start to drink more than we should do to “drown our sorrows”, or we follow the conventional advice and join a club or society. But these things cannot cure it. Moreover, we are always in a hurry to get rid of our grief. We feel that we should try to convince ourselves, as we bite on the pillow, that we are much too old to be crying. Some people bury their grief deep inside themselves. Others seek relief by pouring their hearts out to their friends, or to anyone else who can offer a sympathetic shoulder to cry on.

It is not easy to explain why we adopt this attitude to emotional pain, when we would never expect anyone to overcome physical pain simply by an effort of will power. Part of the answer must lie in the nature of grief itself.

The important thing to admit about grief, then, is that it will take its time. By trying to convince ourselves that it ought to be over sooner, we create an additional tension which can only make things worse. How much time is needed will vary from person to person, but psychiatrists have a rule of thumb; grief will last as long as the original relationship lasted. The sad thing is that, when the breakdown occurs, we can only stumble forward over the stones beneath our feet. It is dark ahead, and we will fall painfully many times before we begin to see the light at the end of the tunnel.

1. Relationships often come to an end because _____.
 - A. the affection of people is not very deep
 - B. people do not realise the pain they can cause
 - C. people do not always stay the same
 - D. very few people really know how to love
2. One way to get over a broken relationship is to _____.
 - A. start to drink more wine
 - B. make a brief phone call

- C. try to forget the other person
D. none of the above
3. Often we are ashamed when we cry because _____.
- A. we think it is a childish thing to do
B. we do not expect our unhappiness to last so long
C. we are worried what others will think of us
D. only babies and children cry
4. You tell your friends about your unhappiness because _____.
- A. you hope it will make you feel better
B. you want them to hear the story from you
C. you feel sure that they have had similar experiences
D. you want them to feel sorry for you
5. Psychiatrists tell you that grief will last as long as the original relationship. This calculation is _____.
- A. the result of scientific research
B. no more than a hopeful guess
C. generally true but with many exceptions
D. based on a deep understanding of human nature

Passage 2

The food we eat seems to have profound effects on our health. Although science has made enormous steps in making food more fit to eat, it has, at the same time, made many foods unfit to eat. Some research has shown that perhaps eighty percent of all human illnesses are related to diet and forty percent of cancer is related to the diet as well, especially cancer of the colon. Different cultures are more likely to cause certain different illnesses because of the food that is characteristic in these cultures. That food is related to illness is not a new discovery. In 1945, about 35 years ago, government researchers realized that nitrate, commonly used to preserve color in meats, and other food additives, caused cancer. Yet, these carcinogenic additives remain in our food, and it becomes more difficult all the time to know which things on the packaging labels of processed food are