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# 大学英语 泛读教程

主 编 张 妮  
主 审 阎立君

# 3

修订版

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总主编 王亚光

(修订版)

# 大学英语泛读教程3

APPROACHING  
READING  
EFFICIENCY

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# 前 言

听与读是语言输入的两个重要途径,而对于外语学习者来说,由于受到语言环境的限制,阅读就显得尤为重要。我们在学习外语的过程中,既需要有精细的阅读,以提高语言掌握的以及语言运用的准确性,又需要通过广泛阅读来达到一定的阅读量,从而获得一定的语言感觉,进而产生对语言理解和使用的一个质的飞跃。而一套能够让学习者喜欢读、容易读的泛读教材会更有助于提高学生的英语水平,开阔学生视野,丰富知识,启迪思想。

《大学英语泛读教程》就是本着这样的目的、依据教育部《大学英语课程教学要求》编写的,适合高等院校非英语专业的大学一、二年级学生使用的阅读教程。《大学英语泛读教程》已经出版使用近两年了。在此期间,一方面,各位编者也是该教材的使用者对该教材在使用过程中出现的问题与不足进行了反思;另一方面,为了保证教材内容的时效性,经过各位编者及部分使用者的认真讨论,仔细策划,我们对第一版教材进行了修订和完善,推出《大学英语泛读教程》(第二版)。《大学英语泛读教程》(第二版)新课文的比例为 25% 至 40%,其中本册新课文共十三篇,与第一版相比,总修订量(含练习)达 40% 以上。

《大学英语泛读教程》(第二版)在秉承《大学英语泛读教程》(第一版)的目的和原则的基础上,力图突出以下特点:

一、增强其趣味性,适当调整难易度,使学生喜欢读、读得懂,以达到让学生积极主动地阅读,通过提高其阅读量,来提高其语言能力的目的。大学英语课堂教学的时间有限,泛读教材大部分需要学生课后自主阅读,因此教材的趣味性就显得尤为重要。为了增强其趣味性,我们一方面在文章的内容上选择贴近学生生活,让年轻人喜闻乐见的主题;另一方面,增强其时效性,尽量选择大众所关注的热点话题,以吸引学生的注意力。在语言上,尽量考虑学生的英语水平,选择表达流畅准确,学生读起来不会感觉太难于理解的文章,以保持并增强其阅读积极性。

二、注重体裁的多样性,主题的启迪性和语言的纯正性。一种语言会为我们打开一扇看世界的窗户,泛读会让我们透过这扇窗户看到五彩缤纷的世界。泛读的目的是打开学习者的视野,让其了解各种各样的体裁和风格,感受英语语言文化的魅力。因此,我们在选材时特别注意体裁的多样性以及风格的差异性,选

文中包括记叙文、散文、论说文、书信、演讲等等,风格有庄重的、朴实的、讽刺的、幽默的等等。主题方面在保证选材趣味性、时效性的同时,还考虑到主题的深刻性和启迪性。学生通过阅读所获得的决不仅仅是语言能力的提高,同时还应唤起他们对人生的思索,对社会的责任,对真、善、美的追求,以潜移默化地提高学生的综合素质。另外,我们还十分注重所选文章语言的纯正性,尽量选择母语是英语的作者的文章,以呈现给学生原汁原味的英语。

三、注重培养学生快速、准确、有效地获取信息的能力。我们在每篇文章后面都有针对性地设置了阅读理解练习题,一方面训练学生把握文章中心思想的能力,另一方注重其在阅读中对于句子和词汇的正确理解和掌握,以逐步提高其阅读速度和理解能力。

本教程共分四册,每册十六单元,每单元围绕一个主题,分为头脑风暴、阅读、开心一刻或名言警句三部分组成。其中阅读部分包括两篇文章(Text A 和 Text B) 每篇文章后面都附有词汇表、难点注释以及相应的练习题。由于课堂时间有限,建议在教材的使用中采取课后自主学习为主、课堂教学为辅的原则。教师可根据实际情况选择其中的一篇用于课堂教学。本套书中词汇表中带★号的词汇为六级词汇,带▲号的为超纲词汇,未做标识的均为四级词汇。另外,每册书后附有该册全部练习答案,以供教师和学生参考。

《大学英语泛读教程》(第二版)采取集体研讨,分工负责的方式进行编写。主编及所有编者均为长期从事大学英语教学的一线教师。《大学英语泛读教程》(第二版)(第三册)的主编为张锐,副主编为郭晓林、张冰冰、杨宁、张贺。其中郭晓林老师负责第一单元和第四单元课文B的编写以及第一、四、五和十三单元的勘误工作;张冰冰老师负责第三单元和第十二单元课文B的编写以及第二、三、六和十二单元的勘误工作;杨宁老师负责第七单元和第十五单元课文A的编写以及第七、八、十一和十五单元的勘误工作;张贺老师负责第九单元课文A、第十单元和第十四单元课文A的编写以及第九、十、十四和十六单元的勘误工作。

《大学英语泛读教程》(第一版)的主编为阎立君,副主编为张锐、赵森、刘芳、邢德馨,谨在此向她们对本书做出的贡献表示衷心的感谢。外籍专家 Kane Kevin 审阅了全部书稿,在此一并表示谢意。由于编者水平有限,教材中难免有不足和疏漏之处,恳请广大师生不吝赐教,批评指正,以使之不断完善。

编者

2013年春

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## Unit 1

# Peace of Mind



### Part I Brainstorming

Answer the following questions.

1. Which do you prefer, daytime or nighttime? Why?
2. Do you often go out at night?
3. How do you reach the inner peace?



### Part II Reading

#### Text A

#### Why I Adore the Night

by Jeanette Winterson

1 It's human to want light and warmth. Our pagan(无宗教信仰的人) ancestors had a calendar of fire festivals, and God's first recorded words, according to the *Hebrew Bible*<sup>①</sup>, were: "Let there be light." Night belongs to the dark side, literally and metaphorically(比喻地): ghosts, scary monsters, robbers, the unknown. Electricity's triumph over the night keeps us safer as well as busier.

2 But whatever extends the day loses us the dark.

3 We now live in a fast-moving, fully lit world where night still happens, but is optional to experience. Our 24/7<sup>②</sup> culture has phased out the night. In fact we treat the night like failed daylight. Yet slowness and silence — the different rhythm of the night — are a necessary correction to the day.

4 I think we should stop being night-resisters, and learn to celebrate the changes of the seasons, and realign(重新适应) ourselves to autumn and winter, not just turn up the

heating, leave the lights on and moan a lot.

5 Night and dark are good for us. As the nights lengthen, it's time to reopen the dreaming space. Have you ever spent an evening without electric light?

6 It doesn't matter whether you are in the city or the country, as long as you can control your own little pod(豆荚). Make it a weekend, get in plenty of candles, and lay the fire if you have one. Prepare dinner ahead, and plan a walk so that you will be heading for home in that lovely limited time where light and dark are hinged against each other.

7 City or country, that sundown hour is strange and excited, as ordinary spatial relations are altered; trees rear up in their own shadows, buildings bulk out, pavements stretch forward, the red wrapper(外罩)of brake lights turns a road into a lava flow.

8 Inside, the lights are going on. Outside, it's getting dark. You, as a dark shape in a darkening world, want to hold that intimacy(温馨), just for one night. Go home. Leave the lights off.

9 We have all experienced negative darkness — those long stretches of the night when we can't sleep, and worry about everything, and so we know that "dark time" can seem interminably(漫无止境)long, compared with daytime. Yet this slowing of time can be the most relaxing and beautiful experience. Spending the evening in candlelight, and maybe by the fire — with no TV — talking, telling stories, letting the lit-up world go by without us, expands the hours, and alters the thoughts and conversations we have.

10 I have noticed that when all the lights are on, people tend to talk about what they are doing — their outer lives. Sitting round in candlelight or firelight, people start to talk about how they are feeling — their inner lives. They speak subjectively(主观地), they argue less, there are longer pauses.

11 To sit alone without any electric light is curiously creative. I have my best ideas at dawn or at nightfall, but not if I switch on the lights — then I start thinking about projects, deadlines, demands, and the shadows and shapes of the house become objects, not suggestions, things that need to be done, not a background to thought.

12 The famous "sleep on it"<sup>③</sup> when we have a dilemma we can't solve is an indication of how important dream time is to human well-being. The night allows this dream time, and the heavier, thicker dark of winter gives us a chance to dream a little while we are awake — a kind of reverie(幻想)or meditation(冥想), the constellation(集结)of slowness, silence and darkness that sits under the winter stars.

13 In the autumn, make the bedroom cooler, not warmer. In winter, keep it slightly chilly, so that there is pleasure in that tingle of cold before you leap into bed with a hot water bottle, a good book and a glass of whisky.

14 It is a mistake to fight the cold and the dark. We're not freezing or starving in a cave, so we can enjoy what autumn and winter bring, instead of trying to live in a perpetual

climate-controlled fluorescent world with the same day-in, day-out processed, packaged, flown-in(航空快运) food.

15 I have a tiny wood burning stove on my girlfriend's balcony in London. She thinks I'm crazy, but I like to sit in front of it with the lights of the city elsewhere, heating a pan of soup or roasting chestnuts(栗子), and yes, I could do that on her fancy cooker, but I wouldn't be where I like to be in my mind — which is dark without being melancholy, brooding without being depressed.

16 Food, fire, walks, dreams, cold, sleep, love, slowness, time, quiet, books, seasons — all these things, which are not really things, but moments of life — take on a different quality at night-time, where the moon reflects the light of the sun, and we have time to reflect what life is to us, knowing that it passes, and that every bit of it, in its change and its difference, is here and now of what we have.

17 Life is too short to be all daylight. Night is not less; it's more.

(872 words)

### New Words and Expressions

ancestor <i>n.</i> 祖先	brake <i>n.</i> 刹车; 闸
calendar <i>n.</i> 历法	stretch <i>n./v.</i> 伸展; 张开
literally <i>adv.</i> 字面上	lava <i>n.</i> 熔岩
monster <i>n.</i> 怪兽	outer <i>adj.</i> 外部的
triumph <i>n.</i> 辉煌成就	dilemma <i>n.</i> 窘境
optional <i>adj.</i> 可选择的	indication <i>n.</i> 象征; 指示
phase out 逐步淘汰	*well-being <i>n.</i> 健康; 幸福
rhythm <i>n.</i> 节奏	tingle <i>n.</i> 刺痛
resister <i>n.</i> 抵抗者; 反抗者	*perpetual <i>adj.</i> 永久的
moan <i>v.</i> 抱怨	▲fluorescent <i>adj.</i> 发荧光的
*hinge <i>v.</i> 用铰链接合	process <i>v.</i> 加工; 处理
▲spatial <i>adj.</i> 空间的	package <i>v.</i> 把……打包
alter <i>v.</i> 改变	roast <i>v.</i> 烘; 烤
rear up 站立	▲melancholy <i>adj.</i> 忧郁的
bulk out 使……更大	*brood <i>v.</i> 沉思

### Notes

1. *Hebrew Bible* 希伯来圣经, 指公元前数百年以色列人—犹太人绝大部分用希伯来语, 小部分用亚拉姆语写成的一部书, 是犹太教和后来产生的基督教共同承认的一部宗教经典。

- 24/7 24 小时(一天)/ 7 天(一个星期)。
- sleep on it 明天再说;把问题留在第二天解决。

### Reading Comprehension

Answer the following questions according to the information from the text.

1. What does it mean by "Night belongs to the dark side"?
2. What kind of attitude should we have towards the night, according to the author?
3. When people sit round in candlelight or firelight, what do they tend to talk about?
4. Why does the author say we should keep the bedroom slightly chilly in winter?
5. What conclusion does the author reach at the end of the article?

### Language Focus

Fill in the gaps with words chosen from the box. Change the form where necessary.

negative	optional	indication	literally	leap	conversation
celebrate	process	extend	rhythm	depress	reflect

1. Joe was an excellent translator, and he never translated the article \_\_\_\_\_.
2. When asked for your views about your current job, on no account must you be \_\_\_\_\_ about it.
3. This year they have introduced three new products to \_\_\_\_\_ their range.
4. In this world-famous university, attendance at the lecture is \_\_\_\_\_.
5. The club will hold a party to \_\_\_\_\_ its centenary.
6. John is a well-known composer, and his music of that period fused the \_\_\_\_\_ of Jazz with classical forms.
7. The houses caught fires one after the other. In order to escape, many people \_\_\_\_\_ from windows.
8. The information gathered by the telescopes will be \_\_\_\_\_ by computers.
9. Mary lost her job last Wednesday, and her boyfriend left her for her best friend, without any warning. She's been very \_\_\_\_\_ and upset about this whole situation.
10. Someone has been listening in to our telephone \_\_\_\_\_.

### Cloze

Below are 10 blanks in the following passage. For each blank there are four choices. You should choose the ONE that best fits the passage.

If you live in America in the 21st century you've probably had to listen to a lot of people tell you how busy they are. It's become the default (默认的) response when you ask anyone how

they're doing: "Busy!" "So busy." "Crazy busy." It is, pretty obviously, a boast disguised(伪装的) as a 1. And the usual response is a kind of congratulation: "That's a good problem to have," or "Better than the 2."

Notice it isn't generally people pulling back-to-back shifts in the I. C. U. or commuting by bus to three minimum-wage jobs who tell you how busy they are; what those people are is not busy but tired and 3. It's almost always people whose lamented(令人遗憾的) busyness is purely self-imposed; work and obligations(责任) they've taken on 4, classes and activities they've "encouraged" their kids to 5 in. They're busy because of their own ambition or anxiety, because they're addicted to busyness and dread what they might have to face in its absence.

Even children are busy now, scheduled down to the half-hour with classes and extracurricular(课外的) activities. They come home at the end of the day as 6 as grown-ups. I was a member of the latchkey(挂钥匙) generation and had three hours of totally unstructured, largely unsupervised time every afternoon, time I used to do everything from surfing the World Book Encyclopedia to making animated films to getting together with friends in the woods to chuck(扔) dirt clods(土块) directly into one another's eyes, all of which 7 me with important skills and 8 that remain 9 to this day. Those free hours became the model for how I wanted to live the 10 of my life.

- |                    |                  |                |                  |
|--------------------|------------------|----------------|------------------|
| 1. A. complaint    | B. complain      | C. complement  | D. complementary |
| 2. A. same         | B. opposite      | C. different   | D. identical     |
| 3. A. active       | B. happy         | C. exhausted   | D. optimistic    |
| 4. A. voluntarily  | B. volunteer     | C. voluntary   | D. voluntarism   |
| 5. A. take         | B. enter         | C. come        | D. participate   |
| 6. A. tired        | B. excited       | C. pessimistic | D. anxious       |
| 7. A. is providing | B. are providing | C. provided    | D. had provided  |
| 8. A. knowledges   | B. techniques    | C. insights    | D. sights        |
| 9. A. value        | B. valuable      | C. vague       | D. vaguely       |
| 10. A. rest        | B. remain        | C. all         | D. part          |

## Text B

### Spell of the Rising Moon

By Peter Steinhart

- 1 There is a hill near my home that I often climb at night. The noise of the city is a far-off murmur. In the hush of dark I share the cheerfulness of crickets and the confidence of owls. But it is the drama of the moonrise that I come to see. For that restores in me a quiet and clarity that the city spends too freely.

- 2 From this hill I have watched many moons rise. Each one has its own mood. There have been broad, confident harvest moons in autumn; shy, misty moons in spring; lonely, white moons in winter, rising into the utter silence of an ink-black sky and smoke-smudged (弄脏; 污染), orange moons over the dry fields of summer. Each, like fine music, excited my heart and calmed my soul.
- 3 Moon gazing is an ancient art. To prehistoric hunters, the moon overhead was as unerring (一贯准确的) as a heartbeat. They knew that every 29 days it became full-bellied (饱满的) and brilliant, then sickened and died, and then was reborn once again. They knew the waxing moon appeared larger and higher overhead after each succeeding sunset. They knew that the waning moon rose later each night, until it vanished in the sunrise. To have understood the moon's patterns from experience must have been a profound thing.
- 4 But we, who live indoors, have lost contact with the moon. The glare of street lights and the dust of pollution veil the night sky. Though men have walked on the moon, it grows less familiar. Few of us can say what time the moon will rise tonight.
- 5 Still, it tugs at our minds. If we unexpectedly encounter the full moon, huge and yellow over the horizon, we can't help but stare back at in awe its commanding presence. And the moon has gifts to bestow upon those who watch.
- 6 I learned about its gifts one July evening in the mountains. My car had mysteriously stalled, and I was stranded and alone. The sun had set, and I was watching what seemed to be the bright-orange glow of a forest fire beyond a ridge to the east. Suddenly, the ridge itself seemed to burst into flames. Then, the rising moon, huge, red and grotesquely misshapen (怪异的; 奇形怪状的) by the dust and sweat of the summer air, loomed up out of the woods.
- 7 Distorted thus by the hot breath of earth, the moon seemed somewhat ill-tempered and imperfect. At a nearby farmhouse, dogs barked nervously, as if this strange light had wakened evil spirits in the weeds.
- 8 But as the moon lifted off the ridge, it gathered firmness and authority. Its complexion changed from red, to orange, to gold, to impassive (冷漠的) yellow. It seemed to draw light out of the darkening earth, for as it rose; the hills and valleys below grew dimmer. By the time the moon stood clear of the horizon, full-chested (皓月当空), round and the color of ivory — the valleys were deep shadows in the landscape. The dogs, reassured that this was the familiar moon, stopped barking. And all at once I felt a confidence and joy close to laughter.
- 9 The drama took an hour. Moonrise is slow and serried with subtleties (微妙; 细微之处). To watch it, we must slip into an older, more patient sense of time. To watch the moon move inexorably (不可阻挡的) higher is to find an unusual stillness within ourselves. Our imaginations become aware of the vast distances of space, the immensity (无限; 扩大) of the

earth, and the huge improbability of our own existence. We feel small but privileged.

10 Moonlight shows us none of life's harder edges. Hillsides seem silken and silvery, the oceans still and blue in its light. In moonlight we become less calculating, more drawn to our feelings.

11 And odd things happen in such moments. On that July night, I watched the moon for an hour or two, and then I got back into the car, turned the key in the ignition(点火器)and heard the engine start, just as mysteriously as it had stalled a few hours earlier. I drove down from the mountains with the moon on my shoulder and peace in my heart.

12 I often return to watch the rising moon. I feel drawn to it, especially when events crowd ease and clarity of vision into a small corner of my life. This happens often in the fall. In such moments I go to my hill and wait the hunter's moon, enormous and gold over the horizon, filling the night with vision.

13 An owl swoops(猛冲)from the ridge top, noiseless but bright as flame. A cricket shrills(长鸣)in the grass. I think of poets and musicians. Of Beethoven's<sup>①</sup> *Moonlight Sonata*<sup>②</sup> and of Shakespeare<sup>③</sup>, whose Lorenzo<sup>④</sup> declaims in *The Merchant of Venice*<sup>⑤</sup>, "How sweet the moonlight sleeps upon this bank! / Here will we sit and let sounds of music/ Creep in our ears." I wonder if their verse and music, like the music of crickets, are in some way voices of the moon. With such thoughts, my citified(城市化的)confusions melt into the quiet of the night.

14 Lovers and poets find deeper meaning at night, when we are all apt to pose deeper questions — about our origins and destinies. We indulge in riddles, rather than in the impersonal geometries that govern the day-lit world. We become philosophers and mystics.

15 At moonrise, as we slow our minds to the pace of the heavens, enchantment steals over us. We open the vents of feeling, and exercise parts of our minds that reason locks away by day. We hear, across the distances, murmurs of ancient hunters and see anew the visions of poets and lovers of long ago.

(957words)

### New Words and Expressions

★murmur *n.* 咕哝

▲hush *n.* 寂静; 安静

▲cricket *n.* 蟋蟀

confidence *n.* 秘密; 知心话

★owl *n.* 猫头鹰

restore *v.* 归还; 恢复

★clarity *n.* 清晰

utter *adj.* 彻底的; 绝对的

waxing moon 盈月

waning moon 亏月



vanish *v.* 消失

★ *profound adj.* 意义深远的

★ *glare n.* 强光

veil *v.* 遮盖

★ *tug v.* 牵动

unexpectedly *adv.* 意外地

▲ *awe n.* 敬畏

commanding *adj.* 居高临下的

▲ *bestow v.* 赠给; 授予

★ *stall v.* 熄火; 抛锚

★ *stranded adj.* 束手无策的; 进退两难的

ridge *n.* 山脉

▲ *grotesquely adv.* 荒诞地; 奇怪地

loom *v.* 隐约地出现; 赫然耸现

loom up 隐隐约约

★ *distort v.* 扭曲; 变形

★ *complexion n.* 肤色; 面孔

*dim adj.* 暗淡的

landscape *n.* 风景

serried *adj.* 密集的

slip *v.* 不知不觉地进入; 滑入

crowd *v.* 挤满

enormous *adj.* 巨大的

declaim *v.* (像讲演般) 说话

★ *verse n.* 诗

indulge in 沉溺; 沉迷

riddle *n.* 谜团

geometry *n.* 几何学

philosopher *n.* 哲学家

▲ *mystic n.* 神秘主义者

▲ *enchantment n.* 迷人之处

steal over 悄悄地呈现; 渐渐弥漫

★ *vent n.* (感情等的) 发泄

★ *anew adv.* 再一次; 重新

## Notes

1. Beethoven 贝多芬(1770—1827), 德国著名作曲家、钢琴家。他的音乐作品包括 9 部交响乐、35 首钢琴奏鸣曲、1 部小提琴奏鸣曲和 16 首弦乐四重奏、两部弥撒曲及一部歌剧。
2. *Moonlight Sonata* 《月光奏鸣曲》, 贝多芬最为出名的代表作之一, 又称为《第十四钢琴奏鸣曲》, 创作于 1801 年。
3. Shakespeare 莎士比亚(1564—1616), 英国剧作家、诗人。他的戏剧作品被认为是英语文学作品中最伟大的戏剧, 其中包括历史剧, 如《理查德二世》; 喜剧, 如《皆大欢喜》; 悲剧, 如《哈姆雷特》等。此外, 他还创作了 154 首十四行诗。
4. Lorenzo 洛伦佐, 莎士比亚喜剧《威尼斯商人》中威尼斯商人安东尼奥的朋友, 夏洛克的女婿。
5. *The Merchant of Venice* 《威尼斯商人》, 莎士比亚的一部著名喜剧。它是莎士比亚早期的重要作品, 大约创作于 1596 至 1597 年年间。该剧本的主题是歌颂仁爱、友谊和爱情, 同时也反映出资本主义早期有关金钱、法律和宗教等问题的人文主义思想。这部剧作的一个重要文学成就就是塑造了夏洛克这一唯利是图、冷酷无情的高利贷者的人物形象。