



21世纪普通高等教育规划教材
中国劳动关系学院精品系列教材

精阶篇

高阶篇

提高篇

进阶篇

基础篇

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大学英语 拓展阅读教程

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内 容 提 要

本教程旨在通过教师课上指导、学生课下自主学习的方式拓宽学生视野、培养他们的终生学习能力。全教程由基础篇、进阶篇、提高篇、高阶篇和精阶篇五册组成,每册十个单元。每单元设计一个主题的形式,单元中各模块的设计符合学生的阅读规律,如阅读知识面拓展、技巧训练、能力培养、实战演练和兴趣开发。练习题型的设计主要是帮助学生阅读过程中猜测生词词义、预测文章内容,运用“相互关联”(Interactive)阅读模式,将“用法”(Usage)与“运用”(Use)有机地结合。同时,为适应 CET 4/6 考试要求,增加了快速阅读和细读(In-depth reading)真题训练,达到“学”以致“用”的目的。

本教程适用于本、专科学生,也可作为英语学习爱好者的案头读物。

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序

中国劳动关系学院的董连忠老师送来他和董丽娜主任合作编写的《大学英语拓展阅读教程》书稿,请我写几句话。我很高兴有机会浏览这套新编的英语泛读教材。我学习和教授英语快有40年了。我做学生的时候,特别喜欢阅读课外书,1979年,系主任分配我教泛读课。当时最大的问题就是没有教材。我记得,我从图书馆筛选内容有趣、语言难度与学生英语水平相当的英语图书作为课外读物提供给学生,让大家课后阅读,读完后,分小组交流,或写读书报告。另外,我还挑选一些英语短文,编制一些问答题或选择题,作为课堂快速阅读的材料,每次上课前,发给大家,根据文章长度,限定阅读时间,等学生读完后,核对阅读练习题。虽然很忙碌,但是当时泛读教学的这种经历给我留下很多美好的回忆,我也对英语阅读产生了浓厚的兴趣。后来,我参加了英语泛读教材和英语快速阅读教材的编写工作,我认为大量阅读是中国学生在国内学好英语的重要途径之一。我赞成以大量阅读为基础,综合提高学生听说读写技能的主张。我也愿就此机会,谈谈我对英语阅读的体会:

1. 阅读是一种综合技能

怎样才能提高自己的阅读能力,仅仅靠阅读或多读是不够的。我的体会是:①要扩大自己的词汇量,阅读能力的高低和词汇量的大小是分不开的,不少学生阅读困难是因为他们的英语词汇量偏少。要采用构词记忆、联想记忆、大量阅读记忆,以及通过上下文记忆等方法,不断扩大自己的词汇量;②要善于整合和利用自己的语法知识,理清阅读材料中令人费解的长句、难句,以及与我们母语思维差异较大的英语句式;③要读得快,读得懂,还要有丰富的文化背景知识和生活知识,要不断丰富和拓宽自己的知识面;④要善于把握和判断所读材料的语篇类型、语篇结构和文体风格。

2. 培养阅读能力要注重发展阅读策略

多年的阅读经历使我体会到,要能读得好,须要读得巧。我的体会是:①阅读是一种技能,要多实践、勤体验。每天阅读30分钟优于平时不经常读而周末读上几小时的做法;②要熟悉快读、精读、寻读和略读的技能,培养自己根据需要,采取适当阅读策略的能力;③要发展自己的推测生词词义的能力(Inference skill, to know words you don't know based on words you know)。在实际阅读过程中,我们会遇到生词,即使学过的单词,有时也要根据不同的语境,确定单词的意思。所以要培养自己能根据上下文或文中其他词汇的信息推测生词意思的能力,要善于根据上下文线索和构词法等知识进行推测。④培养阅读能力不是一朝一夕就能完成任务,需要时间和耐心,要持之以恒。

3. 阅读能力要与其他语言学习技能协调发展

整体语言教学理论强调语言是一个整体。语言教学要从整体着手。整体语言教学不是一种简单的语言教学方法,而是涉及语言、语言学习、语言教学、教学内容及学习环境的理念。我个人的体会是:读完一篇文章或材料,如果能够有所思考,写写体会或感想,或提出问题,或做一点练习,或与人交流讨论,都能有效提高阅读的能力和效率。

4. 通过阅读学习语言,很重要的一个因素是选择合适的阅读材料

合适的阅读材料一是要难易适度。材料过难,读不懂大意,容易失去阅读信心,从而影响对英语阅读的兴趣;材料过于简单,没有阅读激情,觉得学不到东西,容易失去阅读兴趣,从而影响英语阅读能力的提高。二是要内容有趣,要尽量为学生提供与他们兴趣、生活、年龄和心理联系密切的阅读材料。

我简要归纳了自己在英语阅读教学方面的体会,以及英语泛读在英语学习中的重要性。从这个角度来看这套《大学英语拓展阅读教程》,我们就会发现,它有几个鲜明的特色:

(1)《大学英语拓展阅读教程》注重拓宽学生的文化视野和知识范围,整套教材题材广泛、内容丰富,涉及科技、文化、经济、体育、跨文化交际,以及与青年大学生兴趣和生活关系密切,大学生喜闻乐见的话题,这既有助于提高阅读兴趣,又能丰富和拓宽学生的知识面,进而提高阅读能力。特别值得一提的是,本套教程还专门设计和收入了有关中国文化的素材,为学生在跨文化交流中用英语介绍和表达自己的文化提供了语言支持,有助于提高其跨文化交际的能力。

(2)《大学英语拓展阅读教程》注重培养学生的阅读策略。每个单元设置了专门的“阅读策略实践”。为学生提供了经常性的、与单元内容有关的、真实的英语阅读策略实践和指导。

(3)《大学英语拓展阅读教程》体例设计新颖、活泼。每章开始,都有章节起始页,醒目的标题、活泼的图片、简洁的说明和本章篇目标题,给人为之一新的感觉。阅读材料后面的注释、练习和部分译文,为阅读提供了方便的帮助。每篇文章后面,都提供了问答题、选择题、填空题等形式的练习,是一套便教利学、目标明确、不可多得的大学生英语泛读教程。

我们衷心期望这套英语泛读教程能为国内学生在国内学习英语提供阅读素材,以及发展阅读能力的指导,让我们的学生在英语学习过程中,体验阅读的快乐和成功,并以此为基础,综合提高英语学习的效率和综合运用英语的能力。

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2010年6月30日

Preface

I take it as an honor to be asked to write a preface for this set of *Extensive Reading* textbooks. My first reaction when I went through the five volumes was: Finally, someone is focusing on extensive reading and lifelong learning abilities! For years, I have been frustrated by Chinese teachers' focus on the intensive studying of English as a foreign language in China. Despite all its merits, "intensive reading" textbooks and courses do not push learners beyond the boundaries of a foreign language learner. It is when students are encouraged to use the language being learned, e. g. , for extensive reading or other useful purposes, that we begin to see hope for the students' use of English as a tool after they go out of the classroom and after their formal schooling.

With a wide array of topics that are of interest to Chinese university students, which I believe will help entice learners to the world of reading in English, a key characteristic of this set of textbooks is the express focus on reading strategies, learner autonomy, and lifelong reading skills. I encourage teachers to go further. In addition to the skimming and scanning strategies most prominently featured throughout these volumes, other important reading strategies such as summarizing, inferencing and predicting may well prove to be useful tools as well in the development of students' reading abilities.

I see at least three levels of reading: 1) read and understand, 2) read and remember, and 3) read and integrate. At the first level, a reader is able to decode the text being read and understand what the literal textual meaning is. Beginners of a foreign language will struggle for a long time in order to decode every word and every sentence before arriving at a general level of comprehension. Real reading never stops here. Many times we read for various functional purposes, for example, to read between the lines for the author's real intentions behind the text, to learn more about the content, and to share with each other the joys and sorrows of life. We remember the content as a natural result of reading. This is the second level. The overwhelming majority of readers will reach this level. The best readers, however, will read at level three where they enter into a dialogue with the writer. In other words, ideal readers not only read with understanding and memory, they also integrate what they read into their own knowledge structure, critically analyze the text and see if they agree with the author or how they would write their own message if they were the author. Nobody is born with these reading skills, and all three levels of reading will need to be trained. I hope that teachers who go through the trouble of reading this preface will explore different ways in cultivating their students' reading abilities at all these levels.

Extensive or intensive reading, let's not forget that the ultimate purpose of learning English as a foreign language for non-English majors at the tertiary level in China is to be

able to function independently in their respective future careers not only in Chinese, but also in a language that has become a de facto world language. In other words, we are all engaged in a great enterprise of educating the next generation of Chinese workforce that is globally competitive and future-ready. As such, their English language ability will not and should not stop at Band 4 or Band 6 of CET. Reading extensively, being able to read and learn competently after they graduate from universities, and being able to use English as a tool for international communication and professional development is the target we should all aim for.

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前言

《大学英语拓展阅读教程》是在充分研究了国内外英语教材编写的原则和特点的基础上,应用最新英语教学理论,吸纳最新英语教学方法、以培养学生阅读策略和自主学习能力为目标而编写的一套理念创新、体系科学、内容实用的阅读教材。其选材既注重科学性、人文性、可读性,又侧重培养学生的阅读技能和综合应用能力,符合我国大学英语教学改革的最新要求及发展趋势。其主要特色如下:

一、选材广泛,内容新颖

本教程立足教学实际、博采众长,突出了语言输入与输出功能的结合。选材以英语国家社会、政治、经济、文化等方面内容为主,同时辅以相应的中国文化元素,让学生在浩瀚的知识海洋中,多方汲取营养。所选文章语言规范,题材多样,贴近生活,可读性强,适合不同专业学生的学习需求。

二、个性鲜明,针对性强

本教程广泛汲取了国内外同类教材的精华,针对非英语专业学生英语水平和教学实际,充分体现了国家教育部有关大学英语教学改革的精神,彰显了英语教学个性化风格。

三、理念先进,题型多样

本教程旨在通过教师课上指导、学生课下自主学习的方式拓宽学生视野、培养他们的终生学习能力。单元中各模块的设计符合学生的阅读规律,如阅读知识面拓展、技巧训练、能力培养、实战演练和兴趣开发。练习题型的设计主要是帮助学生阅读过程中猜测生词词义、预测文章内容,运用“相互关联”(Interactive)阅读模式,将“用法”(Usage)与“运用”(Use)有机地结合。同时,为适应 CET 4/6 考试要求,增加了快速阅读和细读(In-depth reading)真题训练,达到“学”以致“用”的目的。

四、独特设计、实用创新

本教程由五册组成,每册十个单元。采用每单元设计一个主题的形式,在选材及练习设计上秉承循序渐进的原则,将其分为基础篇、进阶篇、提高篇、高阶篇和精阶篇。一切从有利于学生打好语言基础和提高语言应用能力出发,前后按照由浅入深、循序渐进的原则系统而连贯地设计完成。各册互相渗透,形成科学有机的整体。

五、中西相融、学练相长

本教程的创新之处在于中、西文化元素相融,“学”、“练”相长。学生在吸纳西方文化精华的同时,补以母语(中国)文化的“乳汁”,使学生所学知识得以融会贯通、相得益彰,从而提高其文化鉴赏能力和批判阅读能力。

本教程的基础篇、进阶篇、提高篇和高阶篇分别用于两年(四个学期)的大学英语基础教学;精阶篇用于三、四年级备考英语六级和研究生入学英语考试的选修课程。使用过程中,可根据本校学生实际情况灵活掌握。

本教程总主编为董连忠、董丽娜副教授。编写组成员分别为张鑫、宋红辉、王猛、邵帅和董连忠。他们每位担任一册教材的主编,同时负责每册教材两个单元的编写工作。教程的编写

还得到了同事和朋友的支持。北京师范大学博士生导师田贵森教授和新西兰维多利亚大学顾永琪博士为本教程的编写给予了指导并撰写了序言;廊坊师范学院和北华航天学院的部分教师在试用过程中提出了宝贵的反馈意见;董丽娜主任对整体设计给予了精心指导;外语教学部的巫正洪、周风燕、陈劲、邓小莉、乔晓芳、安静、康春杰、李群、范恭华、刘磊、宋炳、訾华东老师作了校读并提出了宝贵意见,吕京红老师在编写和试用过程中做了大量基础工作。另外,作为中国劳动关系学院教改立项的部分成果,本教程得到了学院的资助,使其得以问世,在此我们一起表示衷心的感谢。

本教程适用于本、专科学生,也可作为英语学习爱好者的案头读物。作为我国大学英语教学改革实践的创新成果,虽经我们精心编写,但由于编者的水平和经验有限,错误和缺点在所难免,恳请各位专家和读者提出宝贵意见,以便在修订中日臻完善。

编者

2010年8月

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Unit One

Cultural Differences

Cultural differences between people do exist and will continue. They can cause argument and criticism sometimes. But if we don't have them, the whole world will be a boring place. "Variety is the spice of life".

In this unit, you will read:

- Beauty: The Korean Way
- American Culture: Myths & Realities
- Myths and Realities of Thanksgiving
- The Frugal Gourmet Cooks American
- American Table Manners



Part One

Pre-reading Questions

1. Why do you think many people would like to undergo plastic surgery?
2. What do you know about plastic surgery?
3. What do you think is the standard for beauty?

Beauty: The Korean Way

Julia Yoo

1 “Thank goodness! You have ssang-ku-pool! Your parents saved a lot of money.” said a close family friend when I was five years old. Ssang-ku-pool is the line above the **eyelid**, which almost every **Caucasian** has but is rare among Northeast Asians. According to Sandy Cobrin, only 25% of Koreans are born with the double eyelid **crease**, and she describes eyelid **surgery** as “**stitching** a permanent crease into the eyelid.” After observing the Korean trends and Korean pop culture idols for many years from a Korean-American perspective, I think I have figured out the meaning of Korean beauty. It is a very complicated and profound one. Beauty means having big eyes, a pale **complexion**, a sharp and pointed nose, a taller height, and a small chin and mouth. **Essentially**, South Korean beauty means looking as “white” or Caucasian as possible.

2 I never quite understood how having lines above my eyelids saved my parents money until the summer of 1998 when I visited Korea and saw my aunt in Korea whom I hadn’t seen for years. She just had eyelid surgery a year before, and I noticed how the lines above her eyes opened them up so that they appeared a bit rounder. She was **beaming** as she was telling me how she got a discount on the surgery, paying only \$700 because she knew the surgeon. I felt fortunate; I had saved seven hundred dollars. But instead of yelling this aloud, I remained silent. For the first time in my life, I felt a bit ashamed of my race.

3 **Plastic surgery** has some kind of magical appeal to many Koreans — the promise of beauty. In this **mystical** and arduous **quest** for good looks, women are often **convinced** that suffering and **sacrificing** is necessary and worthy in order to bear the fruits of beauty. And this suffering is not for nothing. With good looks, the Korean society believes that beauty leads to attracting a better-looking partner, which leads to a better lifestyle and better-looking children. Oh, and of course, better looks equals better chances for competitive jobs, especially in the business field. **Essentially**, they believe that physical beauty equals happiness.

4 And in Korea, we impossibly apply the same standards for beauty as the Western world does. A woman should be tall, thin, with a milky complexion, **chiseled** facial features, long legs, nice big eyes, and the perfectly-angled nose. Ann Shin's film, "**Western Eyes**" thoroughly and accurately captures the **essence** of the struggle for Asian-American women striving for Western beauty. The **protagonists resort** to **cosmetic** surgery in search of beauty and acceptance, believing that their appearance, especially their eyes, will alter the way others perceive them. The immigrant women believe cosmetic surgery is the key to their assimilation in a **predominantly** white town. However, the Asian immigrants in the movie are different from the women in Korea, such as my aunt, who do not live around white people, yet experience similar internal **dilemmas** with their appearance. So if environment is not the primary cause of this drive to look "whiter," then what is it?

5 The next closest thing to living around white people is seeing them all over TV, **billboards**, and magazines. With globalization alive and well in South Korea, Western pop culture has mushroomed into every corner of the country. Lacoste, Estee Lauder, Ralph Lauren, Louis Vuitton, and Chanel are only a few of the heavily sought-out Western brands. The Koreans exchange their advanced electronic devices through companies such as LG, Samsung, Hyundai, and Kia in return for Western clothing, cosmetics, and pop idols such as Britney Spears and Justin Timberlake. However, Koreans do not just admire these Western idols. They do not only want to purchase their albums and clothes, but they also want to look like them. *Maybe* this explains why the majority of Korean celebrities have gone under the knife at least once.

6 This rush for Western beauty has not only plagued South Korea, but is **seeping** into other parts of Asia, such as Japan and China. Korean pop culture is **dominating** Asia today with its soap opera series, movies, cosmetics, and technology. In 2004, after the hit TV show "Dae-jiang-geum," many Japanese and Taiwanese women flocked to South Korean cosmetic clinics asking to look like the hit's main character, Young-Hae Lee, who is known for her big round eyes, small chin, and high nose. *Newsweek* describes the westernization of beauty standards: "Eastern and Western tastes have been **cross-pollinating** with a **vengeance**. . . The **zaffig** Indian goddesses and the heart-shaped face of the Chinese beauty are yielding to round eyes, **oblong** faces and lean figures." But perhaps this **surge** for Western beauty is just an **ephemeral** trend, like skinny-legged jeans.

7 Much evidence indicates that this beauty ideal is not a trend, but a very real standard that is growing deeper into Korean society. Appearance is starting to play a bigger role in the workplace, to the extent that men are starting to resort to cosmetic surgery also. The most popular surgeries among these men are almost identical to those for women—eyelid and nose jobs. In other words, this shows that the standards for beauty not only apply to women, but also to men. According to a Men's Health Research, "86 percent of South Korean men between age 25 and 37 believe their competitiveness for jobs would be increased by having a good appearance and healthy body," and over half the South Korean male population are dissatisfied with their appearance. Therefore, the continuing high rates of cosmetic surgeries, and the

growing number of Korean celebrities who look almost “white” as a result of these procedures, indicate the extent to which Western beauty standards have been ingrained into South Korea.

8 Perhaps the quest for western beauty is political as well as cultural. Going back to the **Imperialist** era in the 1800s, the notion of white **supremacy** is still alive in our minds since Western nations, such as the United States, are still the most powerful and wealthiest. Perhaps even the notions of “walking, talking, and looking” like the white race still exist to the **subtlest** extents. For instance, many countries around the world, including South Korea, are required to speak English, the language of the world power—the United States—as their second language. As a result, most South Korean students are reasonably fluent in English by the time they reach high school.

9 Perhaps the **obsession** with beauty is due to the fact that human nature always strives for what is thought to be better. So Koreans associate beauty with people of countries that are wealthier than they are, and as a result strive to be more like them. In essence, this quest for beauty is no different than the quest for any other **greed** in life, such as money and fame. There is always someone more beautiful, richer, taller, and smarter. We always want what we can’t have. We cannot help but wonder about people and places that we will never be or see. Our **elusive** journey toward the complete perfection that we can never achieve begins.

10 The solution to this plague is starting with the transformation of one individual at a time in South Korea. The fact that nearly half the population is somehow displeased with their appearance and willing to undergo cosmetic surgery shows that something is culturally wrong here. But before these individuals can change, the change needs to begin with the role models in Korea, the celebrities and other media figures. Essentially, the face of Korean media needs to change. They need to stop sending the message that beauty means Nicole Kidman and Britney Spears, and instead show that true Asian characteristics are beautiful too. They need to realize that smaller eyes, rounder faces, and flatter noses can be beautiful. By continuing to have eyelid surgeries and nose jobs, the Koreans are rejecting their natural Asian beauties and perpetuating the notion that western features are more beautiful.

Words and Expressions

eyelid *n.* each of the upper and lower folds of skin which cover the eye when closed 眼皮, 眼睑

crease *n.* a line or ridge produced on paper, cloth or skin (纸, 布或皮肤的) 折痕, 褶皱

surgery *n.* the branch of medicine concerned with treatment of injuries or disorders of the body by incision or manipulation, esp. with instruments 外科学, 外科手术

stitch *v.* make, mend, or join (sth.) with stitches 缝, 缝补, 缝合

complexion *n.* the natural color, texture, and appearance of a person’s skin, esp. of the face 天然肤色(尤指面色)

essentially *ad.* used to emphasize the basic, fundamental, or intrinsic nature of a person, thing, or situation 基本上, 本质上

beam *v.* smile radiantly 面露喜色, 满脸堆笑

plastic surgery the process of reconstructing or repairing parts of the body by the transfer of tissue, either in the treatment of injury or for cosmetic reasons 整形手术

mystical *a.* inspiring a sense of spiritual mystery, awe, and fascination 使人敬畏的, 使人迷恋的, 使人感到玄秘的

quest *v.* a search for sth. 寻求, 探求

convince *v.* cause (someone) to believe firmly in the truth of sth. 使确信, 使信服

sacrifice *v.* give up (sth. important or valued) for the sake of other considerations 牺牲, 献出

chisel *v.* cut or shape (sth.) with a chisel 凿, 镑, 雕

protagonist *n.* the leading character or one of the major characters in a drama, film, novel, or other fictional text 主人公

resort *v.* turn to and adopt 采取, 诉诸

cosmetic *a.* designed or serving to improve the appearance of the body, esp. the face 化妆用的; 美容的

predominantly *ad.* mainly, for the most part 主要地, 大部分地

dilemma *n.* a situation in which a difficult choice has to be made between two or more alternatives, esp. ones that are equally undesirable (进退两难的)困境, 窘境

billboard *n.* a large outdoor board for displaying advertisements (户外)广告牌, 广告招贴板

seep *v.* flow or leak slowly through porous material or small holes (液体)渗出, 渗漏

dominate *v.* have a commanding influence on; exercise control over 支配, 控制

cross-pollinate *v.* pollinate (a flower or plant) with pollen from another flower or plant 异花受粉

vengeance *n.* punishment inflicted or retribution exacted for an injury or wrong 报仇, 复仇, 报复

zaftig *a.* having a full, rounded figure; plump 体态丰盈的, 丰满的

oblong *a.* having an elongated and typically rectangular shape 长方形的

surge *v.* a powerful rush of an emotion or feeling (感情)汹涌, 翻腾

ephemeral *a.* lasting for a very short time 短暂的, 昙花一现的

imperialist *a.* 帝国主义的

supremacy *n.* the state or condition of being superior to all others in authority, power, or status 至高无上, 最高地位

subtle *a.* (esp. of a change or distinction) so delicate or precise as to be difficult to analyze or describe 微妙的, 细微的, 难以描述的, 难以分析的

obsession *n.* the state of being obsessed with sb. or sth. 着迷

greed *n.* intense and selfish desire for sth., esp. wealth, power, or food 贪婪, 贪心, 贪欲

elusive *a.* difficult to find, catch, or achieve 难以分辨(或捉摸、得到)的

Background Information

1. **Caucasian**: In common use in American English, the term “Caucasian” (rarely supplemented with the word “race”) is sometimes restricted to Europeans and other lighter-skinned populations

within these areas, and may be considered equivalent to the varying definitions of white people. The term continues to be widely used in many scientific and general contexts, usually with its more restricted sense of “white”, specifically White American in a US context.

2. Western Eyes: This documentary presents two Canadian women of Asian descent who are contemplating eyelid surgery. Maria and Sharon, of Philippine and Korean heritage respectively, believe their looks—specifically their eyes—get in the way of how people see them. Layering their stories with pop culture references to beauty icons and supermodels, filmmaker Ann Shin looks at the pain that lies deep behind the desire for plastic surgery.

Learn about Words

Often you can tell the meaning of a word from its context — the words around it. Please find the word in the paragraph that means:

1. lasting or intended to last or remain unchanged indefinitely (1)
2. demanding deep study or thought (1)
3. involving or requiring strenuous effort; difficult and tiring (3)
4. becoming absorbed and integrated (4)
5. increase, spread, or develop rapidly (5)
6. a famous person (5)
7. cause continual trouble or distress to (6)
8. go together in a crowd (6)
9. firmly fix or establish (a habit, belief, or attitude) (7)
10. make (sth., typically an undesirable situation or an unfounded belief) continue indefinitely (10)

Part Two

Reading Skill — Reading for the Main Idea in a Paragraph

The particular reading skill introduced in this unit is reading for the main idea of a paragraph. This skill is one of the most useful reading skills students can develop. Finding the main idea is necessary for the understanding of a piece of writing.

The main idea of a paragraph is usually stated by one of the sentences in the paragraph. The main idea sentence is commonly known as “a topic sentence” or “a topic statement”. Most frequently the first sentence of a paragraph states the main idea. However, the main idea sentence may also appear in other places: in the middle or at the end of a paragraph. Sometimes, there is no sentence in a paragraph that directly states the main idea. The main idea is simply left unstated or implied.