

最新大学英语阅读教程 1—4 级

NEW COLLEGE ENGLISH READING COURSE

最新大学英语阅读教程

ZUIXIN DAXUE YINGYU YUEDU JIAOCHENG

二级

黄 忠 主编



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最新大学英语阅读教程

College English Reading Course



第二版



最新大学英语阅读教程 1~4 级 李长庚 俞进主编

最新大学英语阅读教程

New College English Reading Course

二 级

本册主编 黄 忠

本册主审 黄 川

参编人员 (以姓氏笔划为序)

孙其标 唐 军

黄 忠 黄 贵

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前 言

根据国家教育部制定的《大学英语教学大纲》的要求,我们组织了一批长期从事大学英语教学,具有丰富教学经验的老师编写了这套《最新大学英语阅读教程》(1-4级),旨在帮助广大学生以英语为媒介,了解当今国际文化、经济、政治、科技等领域最新发展动态,学习和掌握相关词汇及表达方法,加深语言领悟力,从而提高学生阅读英语文章及参加大学英语四、六级应试的能力。

本套书具有以下几个特点:1.题材广泛、内容新颖、信息量大。所选的文章均来自于英美报刊、杂志、书籍,语言地道、标准。内容涉及政治、经济、文化、艺术、历史、地理、体育、科技等诸多领域,信息量大,时代感强。2.由浅入深,循序渐进,难易适度。本套书按新大纲要求,从一级至四级,由易到难,循序渐进地来编写各分册内容。3.编写、选材力求科学性、知识性及趣味性相结合。

本教程共分四分册,每册20个单元,计60篇文章。每篇文章均配有练习题,书后还附有参考答案。选编的练习有助于学生理解课文,提高学生阅读理解的能力,也便于学生自我检测。参加《最新大学英语阅读教程 二级》编写的人员分工如下:

唐 军 Unit1-5 阅读文章、练习及参考答案。

孙其标 Unit6-10 阅读文章、练习及参考答案。

黄 忠 Unit11-15 阅读文章、练习及参考答案。

黄 贵 Unit16-20 阅读文章、练习及参考答案。

由于时间仓促和经验不足,疏漏之处在所难免,恳请广大读者及外语界同仁批评指正。

编者于2001年10月

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1 UNIT

Passage A

What is Safe to Eat?

1 LONDON — Butter is bad for you — but so is margarine. Coffee raises blood pressure, but may protect against cancer. Alcohol is okay, but only if it's wine.

2 The confusing studies on what it is safe to eat and drink are enough to send anyone screaming to the nearest burger joint in rebellion against the idea of trying to understand what is "good food."

3 But are the studies really contradictory, or does the media oversimplify and overhype?

4 "It is obviously a confusing world out there and certainly there is a lot of information that appears to the consumer to be contradictory," said Ursula Arens, a nutrition scientist with the British Nutrition Foundation.

5 "Over time, consumers will become increasingly cynical."

6 Nutritionists, too, have contradicted themselves.

7 "An example of an absolutely dramatic major U-turn on the advice that nutritionists give is on starch," Arens said.

8 Twenty years ago, slimmers were told to stay away from potatoes, bread or pasta.

9 "Our advice today is the complete opposite," she said. "Carbohydrate and particularly starch is absolute wonder stuff and really we should be eating more of it."

10 The margarine-butter debate has been especially confusing. Studies that linked saturated fat — found mostly in animal products such as meat and butter — with cancer and heart disease sent millions rushing to buy margarine.

11 But then another study found that people who ate a lot of margarine also had high levels of heart disease.

12 Back to the butter dish, or so it seemed.

13 But many doctors point out that their advice has never been conflicting. For years, and in various countries, they have recommended cutting overall fat intake.

14 People in Western industrialized countries such as Britain and the United States get about 40 per cent of their calories from fat. Doctors say this should be around 30 or even 25 per cent.

15 "We must try to reduce total fat, in particular saturated fat," said Dr Rudolf Riemersma of the University of Edinburgh, who has been studying the effects of fat intake for years.

16 "We need to go to starchy foods, more bread, in particular brown bread, and more fruit and vegetables."

17 So if you can't eat meat, should you eat fish?

18 Fish oil has been linked with reduced risks of disease — specifically, its content of omegathree fatty acids, which seem to reduce cholesterol build-up.

19 But a survey of 45,000 men found that those who ate five or six servings of fish a week had just as much heart disease as those who ate two or three portions.

20 And environmentalists say fish taken from heavily polluted waters like the North Sea, or the US Great Lakes, could carry enough poisonous heavy metals in their flesh to be dangerous.

21 Fresh produce may not be so safe, either. Last month the British Government advised consumers to peel their carrots because of pesticide contamination, while many Americans briefly boycotted apples because of fears over the chemical alarm.

22 But Arens said any risk of pesticide poisoning would be outweighed by the costs of not eating plant foods.

23 "In balance, if you were to put both risks against each other, the advice has to be eating as much fruit and vegetables daily as possible," she said.

24 In general, nutritionists conclude, variety truly is the spice of life. "The general advice is pretty much the same advice that nutritionists have been

talking about for a long time — a varied diet, a mixture of foods and not too much of any one,” Arens said.

◇ New Words and Expressions

margarine /ˈmɑːdʒəˈriːn/ <i>n.</i>	人造黄油
contradictory /ˌkɒntrəˈdɪktəri/ <i>a.</i>	矛盾的;对立的;相反的;抵触的
oversimplify /ˌəʊvəˈsɪmplɪfaɪ/ <i>vt.</i>	过分地单纯化;使…过于简化;过于简单地处理
overhype /ˌəʊvəˈhaɪp/ <i>vt.</i>	过分地大肆宣传
cynical /ˈsɪnɪkəl/ <i>a.</i>	怀疑人生价值的;乖戾的;愤世嫉俗的
contradict /ˌkɒntrəˈdɪkt/ <i>vt.</i>	同…矛盾,同…抵触;反驳;驳斥
starch /stɑːtʃ/ <i>n.</i>	淀粉,淀粉食品(如马铃薯、面包等)
pasta /ˈpɑːstɑː/ <i>n.</i>	(意)加盐,牛奶或鸡蛋等制成的面食品
carbohydrate /ˈkɑːbəʊˈhaɪdreɪt/ <i>n.</i>	(化学)糖类,碳水化合物
saturated /ˈsætʃəˈreɪtɪd/ <i>a.</i>	饱和的;湿透的;浸透的
intake /ˈɪnteɪk/ <i>n.</i>	入口;摄入量
starchy /ˈstɑːtʃi/ <i>a.</i>	含有淀粉的
cholesterol /kəˈlestərəʊl/ <i>n.</i>	(生化)胆固醇;胆固醇
serving /ˈsɜːvɪŋ/ <i>n.</i>	服务;服侍;一份食物(或饮料)
pesticide /ˈpestɪsaɪd/ <i>n.</i>	杀虫剂;农药
contamination /kənˌtæmɪˈneɪʃən/ <i>n.</i>	污染;污秽
boycott /ˈboɪkət/ <i>vt.</i>	联合抵制;拒绝使用
build-up /ˈbɪldʌp/ <i>n.</i>	逐渐积累或集聚
in rebellion against sb/sth.	公开反抗;对权威的反抗
U-turn	180°大转弯;急剧的改变
wonder stuff	奇妙的东西

◇ Notes

1. British Nutrition Foundation 英国营养学基金会
2. University of Edinburgh 爱丁堡大学
3. omegathree fatty acid 脂肪酸, 变称 n-3 fatty acid, 一种多未饱和脂肪酸, 正常视网膜功能的要素, 对多种新陈代谢渠道有影响, 能降低胆固醇和甘油三酸脂水平, 抑制血小板血块的形成, 并降低发炎和免疫的反应。

◇ Exercises

- *Decide whether each of the following statements is True or False according to the passage.*

- () 1. The media overhype the confusing studies on what it is safe to eat and drink.
- () 2. Slimmers are told to stay away from starch while twenty years ago it was not the case.
- () 3. Studies show that saturated fat found mostly in animal products is responsible for cancer and heart disease.
- () 4. Doctors have found that in western industrialized countries 40% people are cutting overall fat intake to around 30% of their calories.
- () 5. The general advice of nutritionists has been much the same advice for a long time.

- *Short answer questions.*

1. Why are people confused about what it is safe to eat?
2. Why have nutritionists contradicted themselves?
3. What's the advice that has never been conflicting according to many doctors?
4. Is it much safer to eat fish, since fish oil has been linked with reduced risks of disease?
5. What's safe to eat?

Passage B**Longevity Affected by
Heredity, Diet, Stress**

1 LONDON — Some say it's a lack of stress, others argue that it's hereditary and one woman believes the secret is drinking boiled water and avoiding fish.

2 Whatever the reason, Pershore, a small town of 9,000 people in central England, has been called Britain's capital of longevity because of the number of centenarians (people aged 100 or more) who live there.

3 "At present there are seven. We had 10 up until a couple of months ago. We lost the oldest one, George Carey, who was in his 105th year," said Miles Ogle. "He didn't die of anything specifically, he was just tired."

4 Apart from centenarians, Pershore has more than its fair share of people close to the century mark.

5 "We've got husbands and wives in their 90s and well into their 80s. That's nothing around here," said 69-year-old Ogle, a youngster by local standards.

6 As the pharmacist in Pershore, he has been filling the town's prescriptions for 28 years and is more familiar than most with the ailments of its residents.

7 Few take large quantities of drugs, heart problems are rare and most of the medicines he administers are for constipation or "something like that."

8 Most of the centenarians are women.

9 One of them, 104-year-old Blanche Duffy, credits her diet. "I always boiled the water from the tap, that's the secret," she said in an interview. "And I've never eaten fish, can't bear the smell."

10 Some centenarians say there is no magic formula. Ogle disagrees, saying it's in the genes. Duffy's sister Kate lived to 105 and her son Jack is 74.

11 "I think it's hereditary. If you look at the Pershore people, whole families had lived long lives. At the time these people were born they had to be very strong because infant mortality was quite high. It was the strongest who survived and I think it really has come out now in the families," Ogle said.

12 “Blanche Dufty still smokes,” he added to prove his point.

13 Living in a rural area with plenty of fresh vegetables and dairy products and far from the stress of the city also seems to have helped.

14 “We do have quite a few centenarians. When you speak to them, some of them are very clear-minded and a lot younger than their years would suggest,” said Ian Carmichael, manager of one of the two local health centres.

15 “The majority of the old people have actually lived here all their lives and are not the people who have retired in the area after a lifetime somewhere else.”

16 Of the 10,700 people treated at the health centre, 77 women and 17 men are over 90 and nearly 1,000 are over 75.

17 Stonebow House, a residential centre for the elderly, is home to two of Pershore's centenarians, aged 100 and 101.

18 “Both women have never smoked and they only drink alcohol on special occasions. They also put it down to being happy,” explained Janet Crouch, who runs the home with her husband.

19 The average age of the 30 people who live in Stonebow is 93.

20 Dr Marshall Wilson, a retired doctor in Pershore, supported the nutrition theory to account for the 100 plus club.

21 “It is a horticultural market gardening area and even the poorer people had allotment (small vegetable gardens). We're talking about the 1890s. They may have had better nutrition as children compared to say, those living in inner cities.”

22 Ogle is convinced that whatever the cause for the longevity of Pershore's residents it will not continue through subsequent generations.

23 “Once you lose these people, with the stress factor that is going on in the country today, I wouldn't think there'll be many people who are going to live to be 100. Life is so stressful now,” he said.

◇ New Words and Expressions

longevity /lɒn'dʒeviti/ *n.*

长命; 寿命; 生命

heredity /hi'rediti/ *n.*

遗传; 继承; 世袭

hereditary /hi'reditəri/ *a.*

遗传的; 祖传的; 世袭的

centenarian /ˌsenti'nɛəriən/ *a. & n.*

百岁老人(的)

pharmacist /'fɑ:məstɪs/ *n.*

药剂师, 制药者

ailment /'eilmənt/ *n.*

疾病; 烦恼; 失调

constipation /ˌkɒnstɪˈpeɪʃən/ n.	(医)便秘
mortality /mɔːˈtælɪti/ n.	必死性;死亡率;失败率
horticultural /ˌhɔːtiˈkʌltʃərəl/ a.	园艺的
allotment/əˈlɒtmənt/n.	(英国)(尤指市镇议会)租给百姓种植蔬菜的小块土地
put(sth)down to sth else	认为某事物系由另一事物所引起的,把某事物归因于另一事物

◇ Notes

1. Pershore has more than its fair share of people close to the century mark. 在 Pershore,接近一百岁的人也比别处多。“fair share”意指“公平的份额,该得到的一份”。
2. filling the town's prescriptions 为小镇上的居民开处方

◇ Exercises

- *Decide whether each of the following statements is True or False according to the passage.*
 - () 1. Pershore is Britain's capital of longevity because the number of centenarians is 9,000.
 - () 2. The oldest centenarian, George Carey, who was in his 105th year, died after he retired.
 - () 3. The 69-year-old Ogle, is a youngster by local standards, for there are many people who are close to the century mark.
 - () 4. Gene plays an important part in longevity.
 - () 5. People living in Pershore are far from the stress of the city and that will help longevity of Pershore continue through the subsequent generation.
- *Short answer questions.*
 1. Why has Pershore been called Britain's capital of longevity?
 2. What are the popular ailments in Pershore?
 3. Why do people there are in Pershore live longer?
 4. How many centenarians in Stonebow House? And how old are they?
 5. Which factor will have side-effect on the longevity of Pershore residents?

Passage C**Heart Problems Linked to Seasons**

1 ORLANDO, Florida — Winter is a hardhearted season — especially for the heart.

2 Two new studies find people are more likely to suffer heart attacks and life-threatening heart rhythm problems during the winter months than at any other time of the year. And cold weather and shovelling snow are not entirely to blame.

3 While cold clearly can trigger heart attacks, the latest research shows that people are more likely in the winter to suffer rhythm disturbances that can lead to cardiac arrest(heart attacks) — even if they live in warm places like Florida.

4 Why? Maybe shorter days have something to do with it.

5 Heart attacks occur when a blood clot(a thick lump of blood)plugs up one of the heart's arteries, choking off the oxygen supply and killing some of the muscle. Cardiac arrest — what doctors call“sudden death”— is an electrical fault in the heart. The heart stops beating rhythmically, and circulation ceases.

6 Some people who have survived serious heart rhythm problems have implanted devices known as defibrillators that sense these faults and shock the heart back to normal beating.

7 These computerized devices record everything that goes wrong, so doctors know precisely when their patients have experienced serious heartbeat disruptions.

8 Researchers from the University of Massachusetts Medical Centre in Worcester looked at data from 282 defibrillator patients to see if the hearts beat more erratically in one season than another.

9 In all, they experienced 1,995 disruptions during two and a half years. Winter was the worst; that's when 31 per cent occurred. Spring was the safest with 16 per cent.

10 Dr Robert Mittleman presented the results recently at the annual scientific meeting of the American College of Cardiology.

11 He included people from the cold city of Boston to the sunny holiday