



英语培训 系列教程
Enhanced Efficient Effective

英语读写教程 II

Intermediate Reading and Writing

Enhanced

拓展

主 编 严忠志

Efficient

Effective

重庆大学出版社



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主 编 严 忠 志
编 者 黄 秀 蓉

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内 容 提 要

本书是根据中国人英语学习的特点,并借鉴国外外语强化教学的经验编写而成的英语读写强化教程。它突出语言知识的实用性,而且以提高学习者英语阅读理解能力和写作能力、增加词汇量、扩大知识面为编写目的。本书在每篇课文后设计阅读理解练习、词汇练习、语法练习和写作练习。学习者不仅可以学习阅读技巧,提高阅读成绩,而且还可以提高包括阅读理解能力和写作能力在内的实际语言运用能力。本书的英语语言起点为大学英语3级,可供出国留学中级班学员、其他各类英语短期培训中级班学员、准备参加大学英语4级考试的学生以及其他具有同等英语水平、希望进一步提高英语读写能力的学习者使用。

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前 言

随着我国成功加入 WTO，以及我国与国际间的交往日趋频繁，社会对英语人才的需求越来越大。为适应我国经济的快速发展，满足社会对英语人才培养的现实需求，我们以先进的英语教学理念为指导，借鉴国外出版的最新英语语言教材，结合编者自己在主要英语国家留学、任教和研究的亲身经历，根据新颖、实用的原则，编写了这套《3E 英语培训系列教材》。全套教材分“英语读写教程”和“英语听说教程”两大部分，每一部分按照读者的英语水平分为 I、II、III，即初级、中级、高级三个分册。

目前，国内出版的读写教材的编写体例主要有两种：其一是传统的泛读教材形式，即在选文后配上一些词汇、阅读理解和写作练习。这种做法往往忽略了中国人英语学习的具体情况，没有注意到相关语法知识在阅读理解和写作中的重要作用。其二是传统的精读教材形式，即在课文后配上较多的语音、语法和词汇用法方面的练习。这种做法所提供的阅读量往往较小，在阅读技巧方面的训练大多不足。

根据中国人英语学习的特点，《英语读写教程 II（拓展）》借鉴了国外外语强化教学的相关经验，力求在背景知识和词汇两个方面反映当今英语国家的社会风貌，在语言知识方面则强调实用。在编写本书的过程中我们注意综合前述两类教材的长处，在主课文之后设计了阅读理解练习、词汇练习、语法练习和写作练习。通过本书的学习，读者不仅可以掌握阅读技巧，而且还可以提高包括阅读理解能力和写作能力在内的实际语言运用能力。

在选材方面，本书力求做到语言规范，题材多样，内容新颖，且兼顾知识性、趣味性和科学性，有利于激发读者学习英语的积极性和兴趣。本书在体例编排上由浅入深，循序渐进，以便读者在学习增加词汇量，扩大知识面，逐步提高英语语言修养。

本书的英语语言起点为大学英语 3 级，可供出国留学初级班学员、其他各类英语短期培训初级班学员、准备参加大学英语 4 级考试的学生以及具有同等英语水平、希望进一步提高

英语读写能力的学习者使用。

四川外语学院的严忠志教授负责本书的总体策划和结构设计，并且审阅和修改了全稿。
黄秀蓉老师负责材料收集和具体编写工作。

在本书的编写过程中，我们参考和使用了相关资料，在此谨向相关人士表示真诚的谢意。最后，我们恳请使用本书的老师 and 读者提出宝贵意见，以便本书再版时修改完善。

编 者

2003 年 7 月

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Culture Shock

Whenever people travel overseas, they are like “a fish out of water”. Like the fish, they have been swimming in their own culture all their lives. A fish doesn’t know what water is. Likewise, we often do not think too much about the culture we are raised in. Our culture helps to shape our identity. Many of the cues of interpersonal communication (body language, words, facial expressions, tone of voice, idioms, slang) are different in different cultures. One of the reasons that we feel like a fish out of water when we enter a new culture is that we do not know all of the cues that are used in the new culture.

Psychologists tell us that there are four basic stages that human beings pass through when they enter and live in a new culture. This process, which helps us to deal with culture shock, is the way our brain and our personality reacts to the strange new things we encounter when we move from one culture to another. If our culture involves bowing when we greet someone, we may feel very uncomfortable in a culture that does not involve bowing. If the language we use when talking to someone in our own culture is influenced by levels of formality based on the other person’s age and status, it may be difficult for us to feel comfortable communicating with people in the new culture.

Culture shock begins with the “honeymoon stage”. This is the period of time when you first arrive in which everything about the new culture is strange and exciting. You may be suffering from “jet lag” but you are thrilled to be in the new environment, seeing new sights, hearing new sounds and language, eating new kinds of food. This honeymoon stage can last for quite a long time because we feel we are involved in some kind of great adventure.

Unfortunately, the second stage of culture shock can be more difficult. After you have settled down into a new life, working or studying, buying groceries, doing laundry, or living with a home-stay family, you can become very tired and begin to miss your homeland and your family. All the little problems that everybody in life has seem to be much bigger and more disturbing when you face them in a foreign culture. This period of cultural adjustment can be very difficult and lead to the new arrival rejecting or pulling away from the new culture. This “rejection stage” can be quite dangerous because the visitor may develop unhealthy habits (smoking and drinking too much, being too concerned over food or contact with people from the new culture). This can unfortunately lead to the person getting sick or developing skin infections or rashes which then makes the person feel even more scared and confused and helpless. This stage is considered a crisis in the process of cultural adjustment and many people choose to go

back to their homeland or spend all their time with people from their own culture speaking their native language.

The third stage of culture shock is called the “adjustment stage”. This is when you begin to realize that things are not so bad in the host culture. Your sense of humour usually becomes stronger and you realize that you are becoming stronger by learning to take care of yourself in the new place. Things are still difficult, but you are now a survivor!

The fourth stage can be called “at ease at last”. Now you feel quite comfortable in your new surroundings. You can cope with most problems that occur. You may still have problems with the language, but you know you are strong enough to deal with them. If you meet someone from your country that has just arrived, you can be the expert on life in the new culture and help him or her to deal with his or her culture shock.

There is a fifth stage of culture shock which many people don't know about. This is called “reverse culture shock”. Surprisingly, this occurs when you go back to your native culture and find that you have changed and that things there have changed while you have been away. Now you feel a little uncomfortable back home.

There is a risk of sickness or emotional problems in many of the phases of culture shock. Remember to be kind to yourself all the time that you are overseas, and when you get home, give yourself time to adjust. Be your own best friend. If you do these things you will be a much stronger person. If you do these things, congratulations, you will be a citizen of the world!



Words and Expressions

culture shock 文化冲击, 文化环境不适应症

likewise /'laɪkwaɪz/ *adv.* 同样地; 也, 亦

identity /aɪ'dentɪti/ *n.* 特性, 身份; 一致, 相同

cue /kjuː/ *n.* 信号, 线索; 提示, 暗示

idiom /'ɪdiəm/ *n.* 成语, 惯用语

slang /slæŋ/ *n.* 俚语; 行话

psychologist /saɪ'kɒlədʒɪst/ *n.* 心理学家

encounter /ɪn'kaʊntə/ *v.* 意外地遇见, 邂逅;
遭遇

bow /bau/ *v.* 鞠躬, 弯腰; 服从, 屈从

formality /fɔ:'mælɪti/ *n.* 礼节, 仪式; 手续

status /'steɪtəs/ *n.* 地位, 身份; 情况, 状况

jet lag 乘喷气式飞机高速飞行时引起的生理节奏
的混乱

thrill /θrɪl/ *v.* 使极度兴奋; 兴奋, 颤抖

laundry /'ləʊndri/ *n.* 洗衣; 洗衣房, 洗衣店

home-stay family 接受外国学生同住的家庭

disturbing /dɪ'stɜːbɪŋ/ *adj.* 搅乱的, 心烦意乱的;
打扰的, 干扰的

adjustment /ə'dʒʌstmənt/ *n.* 适应, 配合; 调整,
调节

reject /rɪ'dʒekt/ *v.* 拒绝, 抵制; 抛弃, 扔掉

infection /ɪn'fekʃən/ *n.* 传染, 感染; 受传染的
东西

rash /ræʃ/ *n.* 皮疹

反面的

reverse /riˈvɜːs/ *adj.* 相反的, 反向的; 背面的,

phase /feɪz/ *n.* 阶段, 时期; 方面, 方向

Notes



1. Whenever people travel overseas, they are like “a fish out of water”. 人们在海外旅行时, 就如离水之鱼。
(to feel like) a fish out of water [成语] (感到) 如鱼离水, 生疏 (或不自在, 不适应)
2. One of the reasons that we feel like a fish out of water when we enter a new culture is that we do not know all of the cues that are used in the new culture. 我们进入一个新文化时感到不适应的原因之一是, 我们不了解该新文化中所有的交际提示。
此句是主从复合句, 主句结构为 One of the reasons... is..., that we feel... 是同位语从句, 说明 reasons 的内容, when we enter... 是同位语从句的时间状语, that we do not... 是表语从句, that are used... 是定语从句修饰 cues。
3. This process, which helps us to deal with culture shock, is the way our brain and our personality reacts to the strange new things we encounter when we move from one culture to another. 这个过程帮助我们面对文化冲击, 是我们的大脑和性格在我们从一种文化进入另一种文化时对遇到的新事物做出反应的方式。
此句是主从复合句, 主句结构为 This process... is..., which helps... 是非限定性定语从句修饰 this process, our brains... things 是省略了连词 that 的同位语从句, 与 the way 同位, we encounter 是省略了关系代词 that / which 的定语从句修饰 things, when we... 是时间状语从句。
4. If the language we use when talking to someone in our own culture is influenced by levels of formality based on the other person's age and status, it may be difficult for us to feel comfortable communicating with people in the new culture. 在自己的文化里, 如果我们与人交谈时使用的语言受到基于对方的年龄和身份而产生的礼节等级的影响, 那么, 在新的文化里我们也许难以顺畅地与人交流。
If the language... is influenced... 是条件状语从句, we use 是定语从句修饰 language, when talking... 是省略了主语 (we) 和部分谓语 (are) 的时间状语从句, 过去分词短语 based on... 作定语修饰 formality. 它是形式主语, 真正的主语是不定式结构 for us to feel...
5. This period of cultural adjustment can be very difficult and lead to the new arrival rejecting or pulling away from the new culture. 这个文化适应期可能会很困难, 可能使初来者排斥或是逃避新的文化。



Read and Complete

1. Choose the best answer according to the information in the text.

- (1) “A fish out of water” is a metaphor for _____.
 - A. people who leave their hometown
 - B. people who travel in a foreign country
 - C. people who come out of water
 - D. people who don’t understand a foreign language
- (2) We can deduce from the first paragraph that _____.
 - A. people usually think highly of other cultures and ignore their own culture
 - B. people are like fish in that they can swim very well
 - C. nodding may indicate “yes” in one culture and “no” in another
 - D. if we know all the cues of communication in a new culture, we won’t feel uncomfortable
- (3) In Paragraph 2, two examples are given to illustrate _____.
 - A. every nation has its own culture
 - B. cultural differences can lead to negative reactions in our brain and personality when we enter a new culture
 - C. every culture has its own system of body language as well as verbal communication system
 - D. it’s important to understand cultural differences when we travel abroad
- (4) Which of the following about the “honeymoon stage” is false?
 - A. It’s the first stage of culture shock.
 - B. Everything about the new culture is strange and exciting to the new arrival.
 - C. The experience in the new environment is just like some kind of great adventure.
 - D. “Jet lag” can spoil the fun of the honeymoon trip.
- (5) Which of the following is not mentioned to account for the difficulty of the second stage?
 - A. The new environment doesn’t hold any attraction to you any more.
 - B. You begin to suffer from home sickness.
 - C. All the little problems are magnified in a foreign culture.
 - D. You can become tired from doing all the things on your own.
- (6) According to the passage, the following reactions can occur in the “rejection stage” except _____.

- A. the visitor may indulge in smoking and drinking
 - B. the visitor may have physical problems resulting from unhealthy habits
 - C. the visitor may reject contacting people of the host culture
 - D. the visitor may get so depressed that he wants to commit suicide
- (7) Which of the following about the “adjustment stage” is untrue?
- A. You begin to find things are not so bad in the host culture.
 - B. You become emotionally stronger.
 - C. Things are still difficult, but you can deal with them effortlessly.
 - D. It comes right after the “rejection stage”.
- (8) Which of the following is not mentioned as a feature of the fourth stage?
- A. You feel quite comfortable in the new surroundings.
 - B. You can cope with most problems that occur.
 - C. You can give survival advice to the new arrival from your country.
 - D. You don’t suffer from home sickness any more.
- (9) Which of the following about the last stage of culture shock is false?
- A. It’s called “reverse culture shock”.
 - B. You feel completely comfortable immediately after you go back to your own country.
 - C. It’s unknown to many people.
 - D. It happens when you go back to your native culture.
- (10) By “a citizen of the world”, the writer means _____.
- A. a person without nationality
 - B. a person who can adjust himself to any new culture
 - C. a person who holds the passports of all the countries
 - D. a person who travels round the world

2. Study how the words are formed and give the meanings.

interpersonal	international	intercontinental	interoceanic	interline
intercity	interchange	interact	interview	interconnect
internet	interweave	interdependence	likewise	clockwise
sunwise	otherwise	pairwise	sidewise	crabwise

3. Give the related verbs of the following nouns.

reaction	passage	entrance	shock	involvement
influence	arrival	adjustment	rejection	contact
infection	choice	consideration	congratulation	knowledge

encounter

bow

basis

disturbance

excitement

4. Pair off the words and phrases with similar meanings .

likewise	<i>hint</i>	to bow	<i>excited</i>
to raise	<i>to cause</i>	scared	<i>annoying</i>
to encounter	<i>ceremony</i>	to cope with	<i>to meet</i>
thrilled	<i>to be comfortable</i>	to be at ease	<i>stage</i>
cue	<i>venture</i>	reverse	<i>frightened</i>
to lead to	<i>opposite</i>	phase	<i>to bring up</i>
formality	<i>to bend</i>	disturbing	<i>to deal with</i>
adventure	<i>bewildered</i>	confused	<i>similarly</i>

5. Put in appropriate prepositions or adverbs .

- (1) There are many difficulties to be dealt _____ when a new business is started.
- (2) This shop deals _____ woolen goods.
- (3) Don't involve me _____ your crime — I had nothing to do with it!
- (4) How long has Grace been involved _____ that red-haired boy?
- (5) The organization aims to settle newcomers _____ in the city.
- (6) Do pull yourself _____ the window; there can't be anything interesting out there.
- (7) An ordinary cold can soon lead _____ a fever.
- (8) When the old lady heard the news, she passed _____ with the shock.
- (9) Never pass _____ a chance to improve your English.
- (10) After I took a quick look at the ancient vase, I passed it _____ to the art dealer. I could see she was afraid I was going to break it.
- (11) He tried to pass the painting _____ as an original Picasso, but I recognized at once that it was a fake.
- (12) The Buddhist monk told me that the old woman had not really died. He said she had simply passed _____ her next life.
- (13) The police helicopter passed _____ our house several times while they were looking for the prisoner who had escaped.
- (14) Every day, when the yellow bus passes _____ my house on its way to school, I think of my childhood in Iowa and simpler times.
- (15) I momentarily lost my cell phone connection when the train passed _____ the tunnel.

(16) My grandfather lived a very long and active life. He didn't pass _____ until he was 107 years old.

(17) One by one, we passed the pictures _____ so that everyone could see what a talented photographer Jerry had become.

6. Complete these sentences with "other", "others", "another", "the other" or "the others".

(1) There's no _____ way to do it.

(2) Some people like to rest in their free time. _____ like to travel.

(3) This cake is delicious! Can I have _____ slice, please?

(4) Where are _____ boys?

(5) The supermarket is on _____ side of the street.

(6) There were three books on my table. One is here. Where are _____ ?

(7) Some of the speakers went straight to the conference room. _____ speakers are still hanging around.

(8) This is not the only answer to the question. There are _____.

(9) Please give me _____ chance.

(10) He was a wonderful teacher. Everyone agreed it would be hard to find _____ like him.

(11) Fifteen students are here. Two of them are studying, but _____ are sleeping.

(12) There are a lot of different kinds of fruit. One kind is the apple. Another is the orange. What _____ fruit do you like?

(13) I have seen four monsters. One of them was a witch. Another was a vampire. _____ was a werewolf. The other was my mom without makeup!

7. Try to complete the paragraph using words listed below.

anxieties	rejecting	crisis	concerns	react	reject
regress	survive	recover	complain	identity	symptoms
aggressive	regressing	reacting	illusions		

Some of the (1) _____ of culture shock are: (2) _____ the host culture, (3) _____ in an (4) _____ way to small problems, (5) _____ in your language studies, and suffering from (6) _____ and (7) _____ that seem real. It is important to take time out to strengthen your own (8) _____; you have to learn to take good care of yourself.

Try not to (9) _____ too much, and try to stay calm and strong. If you feel you are entering a (10) _____, take time to get help. Find someone to talk to about your

(11) _____. There are trained people who can help you. You will find them on every campus; you just have to ask for help.

If you find that you always (12) _____ strongly to the problems you meet, you may be starting to (13) _____ the host culture which may cause you to (14) _____ in your language studies or your work. Do not be embarrassed to talk to someone. A good friend or a counselor will help you to (15) _____ and be strong again.

You will (16) _____!



Read and Learn

Passage 1

⌚ Starting time: Minutes _____ Seconds _____

Some Cultural Differences in the Act of Touching

In some cultures, the act of touching another person is considered very intimate and is therefore reserved for people who know each other very well. In the United States, for example, young children are taught that it is rude to stand too close to people. By the time they are adults, Americans have learned to feel most comfortable when standing at about arm's length away from people to whom they are talking. And many Americans do not touch each other with great frequency while talking (this is particularly true of men). In contrast, other cultures have more relaxed rules regarding touching. For example, it is usual for friends — both men and women — to embrace each other when they meet. When they talk, they generally stand closer than Americans do, and they touch each other more often. They are as much at ease doing this as Americans are with more space between them.

(153 words)

⌚ Finishing Time: Minutes _____ Seconds _____

Multiple choice.

- (1) Two persons touching each other may be viewed to be _____.
A. in close relationship in the American culture
B. rude in all different cultures
C. common friends in the American culture
D. very unfriendly in other cultures
- (2) The polite space between two persons talking to each other _____.

- A. is not very important in the American culture
 - B. is very important in the American culture if they are intimate
 - C. is about arm's length in all cultures
 - D. varies from culture to culture
- (3) According to this passage, different cultural backgrounds _____ .
- A. have little to do with human behaviors
 - B. influence human interactions
 - C. show that one people is superior to another
 - D. have produced the same human behavior

Passage 2

⌚ Starting time: Minutes _____ Seconds _____

The American Way

Americans usually consider themselves a friendly people. Their friendships, however, tend to be shorter and more casual than friendships among people from other cultures. It is not uncommon for Americans to have only one close friend during their lifetime, and consider other "friends" to be just social acquaintances. This attitude probably has something to do with American mobility and the fact that Americans do not like to be dependent on other people. They tend to "compartmentalize" (划分) friendships, having "friends at work", "friends on the softball team", "family friends", etc.

Because the United States is a highly active society, full of movement and change, people always seem to be on the go. In this highly charged atmosphere, Americans can sometimes seem brusque (无礼的) or impatient. They want to get to know you as quickly as possible and then move on to something else. Sometimes, they will ask you questions that you may feel are very personal. No insult is intended; the questions usually grow out of their genuine interest or curiosity, and their impatience to get to the heart of the matter. And the same goes for you. If you do not understand certain American behaviors or you want to know more about them, do not hesitate to ask them questions about themselves. Americans are usually eager to explain all about their country or anything "American" in which you may be interested. So much so in fact that you may become tired of listening. It doesn't matter because Americans tend to be uncomfortable with silence during a conversation. They would rather talk about the weather or the latest sports scores, for example, than deal with silence.

On the other hand, don't expect Americans to be knowledgeable about international geography or world affairs, unless those subjects directly involve the United States. Because the U-

(323 words)

- (1) The topic of the passage is _____.
A. American culture
B. American society
C. Americans' activities
D. Americans' personality
- (2) Which of the following statements is NOT true according to the passage?
A. Americans do not like to depend on other people.
B. Friendship among Americans tends to be casual.
C. Americans know a lot about international affairs.
D. Americans always seem to be on the go.
- (3) The phrase "highly charged" (paragraph 2) most probably means _____.
A. extremely free
B. highly responsible
C. very cheerful
D. full of mobility and change
- (4) It can be inferred from the passage that _____.
A. Americans want to participate in all kinds of activities
B. Americans' character is affected by their social and geographical environments.
C. Americans do not know how to deal with silence
D. Curiosity is characteristic of Americans
- (5) According to the passage, Americans tend to ignore the rest of the world because _____.
A. they are not interested in other countries
B. they are too proud of themselves
C. their country does not have many neighboring nations
D. they are too busy to learn about other countries



Read and Write

Write a composition of about 120 words on the topic “My Views on Studying Abroad”. Your composition should be based on the following scene. Many young people in China go abroad to study. What do you think of the trend? State your argument and support it with details.

Unit 2 World of the Future

At the docks you step into a shiny metal submarine that is shaped like a shark. The door is closed behind you, and a powerful engine purrs to life. Down slides the submarine — like a shark diving. Deeper and deeper under the water.

Soon all sunlight is gone. The headlights of the diving ship are turned on. Then, six miles below, you come to the sea bottom. From the diving submarine, you change to a tiny jet boat and ride along close to the bottom of the ocean, almost as you would skim over the land in an airplane. As you travel, you have fun looking out the window at the sights on the bottom of the ocean. You see strange fish and underwater mountains, cliffs, and valleys. But more than that — hotels and mining camps and farms and factories!

Scientists think that wonderful things may come true in the future. Future means a time that is not yet here. It can be a short time from now or a long time from now. Some of the underwater wonders are almost ready to come true now. Others won't come true, we think, until a long time from now.

Some, of course, may never come true — but who knows for sure? They may. What are some of the wonders that may come true in the future?

Let's go back to dry land and take a future journey the other way — up instead of down.

Huge rocket liners take you into space to visit the Moon Camp. You walk around on the moon in a special moon suit. You visit an observatory where a giant telescope looks far into space — farther than anyone has ever been able to see from Earth. You go deep down into one of the moon mines.

After you have visited the moon, you visit the Mars Colony and the Venus Exploration Outpost.

Let's go back to Earth.

In the far, far future, girls — and boys, too — may be playing with dolls that look like the people of the planets visited by our spacemen.

To control or run all kinds of toys, boys and girls may learn to use special computers — machines that answer questions and do arithmetic faster than you can blink.

Bicycles and perhaps skates may be run by jet power, and a new thing to ride may be small flying saucers. Imagine a race between them!

There may be telepathy helmets that send thought waves from your brain to that of your friend miles away. You just think a thought and your friend knows it! You can have secrets