



Essays

# 泛美最新 时文精选

AMERICAN

Modern

Key to Best English

Fashion

汪礼瑞 主编

英语敲门砖





Essays

泛美最新

时文精选

Key to Best English

Fashion



英语敲门砖

主编

汪礼瑞

编委

孟淑文 栾千

鲍燕琳 李宝平

## 图书在版编目 (CIP) 数据

泛美最新时文精选：英语敲门砖/汪礼瑞编．—北京：华艺出版社，2000.7

ISBN 7-80142-006-3

I . 泛… II . 汪… III . 英语 - 语言读物 IV .H319.4

中国版本图书馆 CIP 数据核字 (2000) 第 64834 号

### 泛美最新时文精选——英语敲门砖

---

汪礼瑞主编

华艺出版社出版发行

(北京朝内南小街前拐棒胡同一号)

编码 100010 电话 65286554)

北京师范大学印刷厂

850×1168 1/32 4.5 印张 86 千字

2000 年 7 月第一版 2000 年 7 月第一次印刷

---

ISBN 7-80142-006-3 / I · 004

定 价：16.00 元

# 前言

随着我国改革开放的进一步深入，对外交流日益增多，特别是互联网广泛深入我们的学习与工作，使得英语知识的掌握比以往更加重要。在我们的学习与工作当中英语的运用最多的还是阅读，随着网络业的发展，在电脑前阅读信息、查找资料、交流业务将越来越普遍，英语是网络世界里的主要语言。所以，学习和掌握英译汉的实用技巧是我们学习西方文化科学知识和对外交流的重要环节。

今天，随着 IT 产品的不断发展，诸如“酷易典”这样的电子英汉字典以携带更便捷、使用更快易、词汇量更丰富的特点替代了传统图书字典，使得英语学习者更方便快捷地翻译比自己所掌握词汇量大的英语文章成为可能。

我们编辑这本书一方面是给广大英语学习与爱好者提供一个全新的精读与泛读的读本。同时，我们为各位朋友掌握英语（美语）的最新动态提供一个新的通道。我们把文章分为六大类，都是我们生活、学习和工作中常常会遇到的场景，使得我们在阅读时一方面增长了英语翻译能力，同时也通过这些文章得到其它方面的知识乐趣。

我们祝愿大家早日具备英语阅读的能力！

——编委

# CONTENTS

## ENVIRONMENT(科普)

<i>Fitness in Flight</i> .....	1
<i>Headaches</i> .....	5
<i>Health Update Too Much of a Good Thing?</i> .....	7
<i>Living with the White Bear</i> .....	10
<i>The Millennium Bug</i> .....	15
<i>A Test to Answer a Salty Question</i> .....	19

## PASSPORT(旅游)

<i>Alaska</i> .....	21
<i>Amazing Places: the Great Pyramids of Egypt</i> .....	23
<i>Brussels Transcendent</i> .....	25
<i>Confirming Your Flight</i> .....	29
<i>Iceland: Nature's Land of Surprises</i> .....	31
<i>Israel Group Travel</i> .....	34
<i>Lake Tahoe</i> .....	38
<i>Massachusetts</i> .....	40
<i>Mexico City</i> .....	43
<i>Niagara Fall</i> .....	45
<i>Spotlight on Minnesota</i> .....	47
<i>Spotlight on Paris</i> .....	49



## **ENTERTAINMENT(时尚)**

<i>A New Spin on Skating</i> .....	52
<i>As American as Pizza</i> .....	54
<i>Caving</i> .....	59
<i>Going West, Young Man?</i> .....	62
<i>Jumping's Big Secret</i> .....	66
<i>New Kids on the Market</i> .....	69

## **DIALOGUE(交际)**

<i>A New Hairdo</i> .....	71
<i>A Recycling Trip</i> .....	73
<i>A Visit to Disneyland</i> .....	75
<i>Acupunctrue Treatments</i> .....	77
<i>Differing Responsibilities</i> .....	79
<i>Office Hours: Taking Care of Time</i> .....	81
<i>Office Hours: The Blame Game</i> .....	84

## **BOTTOM LINE(生活)**

<i>At Your Service</i> .....	87
<i>Be a Good Steward of Your Time</i> .....	90
<i>Boost your Memory Power</i> .....	92
<i>Energy to Go</i> .....	95
<i>Health Tips: That's Snooze to Me!</i> .....	100
<i>Hotel Managers</i> .....	102
<i>Johnny</i> .....	104

*New Skills for New Manufacturers* .....107

## **ECHOES(人文)**

*"Babe" Ruth* .....111

*Billy Graham: A Man with a Message* .....113

*Celine Dion* .....115

*Charles Dickens*.....117

*CNN: Hemingway Biography*.....119

*Famous People: Pele, Soccer Superstar* .....123

*Famous People: The*

*World Greatest Tennis Player*.....125

*Famous People: Trading*

*Fame for Service* .....127

*Lonely Planet: The Story Behind the*

*World's Popular Travel Guides* .....129

*Luciano Pavarotti:*

*Bringing Opera to the World*.....134

*Audrey Hepburn*.....137



# Fitness in Flight

Flying can take its toll, but here are a few handy health tips to help you arrive at your destination feeling relaxed and refreshed.

Inactivity, jet lag, low humidity, motion sickness and high altitude are all factors associated with air travel which affect the comfort level of passengers. These are exacerbated by the increasing length of flights. It is important for travelers to be aware of the uniqueness of air travel and take steps to enhance their comfort level. The following guidelines should contribute to a more pleasant trip.

## Low Humidity

The aircraft cabin has low humidity. This is due to the extremely low humidity levels of the outside air supplied to the cabin. As a result, drying of the nose, throat and eyes can occur.

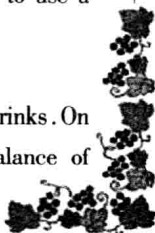
In order to minimize these effects during the flight, drink plenty of water and juices. Only drink coffee, tea and alcohol in moderation as these act as diuretics, increasing the body's dehydration.

If you normally wear contact lenses and your eyes become irritated, remove the lenses and wear glasses.

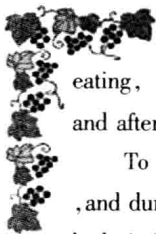
If you experience dry or tight skin, it's a good idea to use a moisturizer.

## Eating and Drinking

On most flights it is common to be served food and drinks. On longer journeys, several meals may be served. A good balance of







eating, drinking and exercise will enhance your comfort, both during and after your flight.

To remain as comfortable as possible, avoid overeating just prior to, and during the flight. It is difficult to digest too much food when your body is inactive.

Try eating a light, well balanced meal that is easily digested. In terms of what to eat, foods that are low in salt, sugars and dairy products are preferable, such as vegetables, fruit and bread.

### Circulation and Relaxation

Sitting upright in a stationary position for any long period of time can affect your blood circulation. This can lead to other effects on your heart activity, muscle tension and fluid retention (explaining why some passengers may notice that their feet have swollen after a long flight).

Even while seated, carry out stretching exercises of your limbs. When you get up for any reason, use this opportunity to stretch and bend.

### Cabin Pressure

The outside air drawn into the cabin must be pressurized for your comfort and health. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for the average passenger. However, if you are suffering from a cold or a sinus infection, lung diseases, anemia or certain heart conditions, you may experience discomfort. To limit any discomfort, there are a few simple procedures to follow: To clear your ears, try swallowing, sucking a sweet or yawning. These actions help open your Eustachian tubes, equalizing pressure between your middle ear chamber and your throat.

You can also use nasal sprays, decongestants and antihistamines approximately 30 minutes prior to descent to help open up your ear and sinus passages.

When flying with babies or infants, feed them or give them a bottle or teething ring to suck on during ascent or descent. Sucking and swallowing will help to equalize the pressure in their ears.

### Jet Lag

When you travel to a different time zone, your body may have trouble adjusting to new night/day cycles. The common symptoms of this "jet lag" are sleeplessness or tiredness, loss of appetite or increased hunger at odd hours, and a general feeling of fatigue.

In order to minimize the effects of jet lag, try to get a good night's rest before your flight.

If possible, arrive at your destination a day or two early, to give your body a chance to become more acclimatized to the new time zone.

When possible, fly direct to minimize flight time. This allows you to relax more upon arrival.

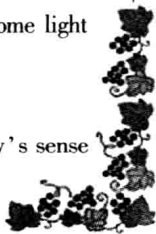
If you're staying at your destination less than 48 hours, try to eat and sleep according to your home time.

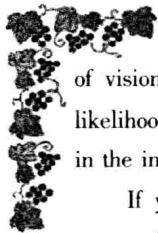
On longer stays, try preparing in advance for your destination's different time zone; adjust your meal and rest time to be closer to those of your destination.

If you can't sleep after arrival, try relaxing by doing some light exercises, walking briskly or reading.

### Motion Sickness

Motion sickness is caused by a conflict between the body's sense





of vision and its sense of equilibrium. Air turbulence increases the likelihood of motion sickness because it causes movement of the fluid in the inner ear.

If you have good visual cues (keeping your eyes fixed on a non-moving object), motion sickness is less likely to occur.

Passengers who are inclined to suffer from motion sickness while flying should request a window seat. When the weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.

# Headaches

## by John DeRiso

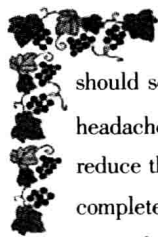
Headaches are among the most common ailments to plague mankind, affecting nearly everyone at one time or another. While they are simply a minor annoyance for most people, even incapacitating.

Headaches have a variety of causes, including colds and fevers, sinus infections, and hangovers. They can also have a psychological origin, arising from stress, anxiety, or depression. An example of this type is the simple "tension" headache, which a person may feel at the end of a hard day. It's caused when muscles in the scalp and the back of the neck contract, causing a feeling of pressure, and a dull pain in the back of the head or above the eyes.

Some people suffer from severe, recurring headaches known as migraines, which seem to follow certain patterns. The headaches are usually felt only on one side of the head, and may last for hours or even days. They may be accompanied by nausea, dizziness, and loss of vision. Doctors do not understand the underlying cause of migraine headaches, but the pain starts when blood vessels in the scalp and face dilate. In some people, migraine headaches can be triggered by psychological stress or by eating certain foods.

For minor headaches, aspirin or a good sleep is the best medicine. However, people suffering from severe or frequent headaches





should seek a doctor's help. In the case of migraines and other chronic headaches, a variety of treatments are available, including drugs which reduce the painful dilation of blood vessels. While headaches cannot be completely prevented, modern medicine can usually stop them from seriously disrupting people's lives.

# Health Update

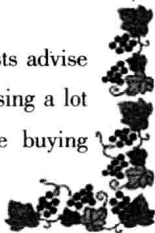
## Too Much of a Good Thing?

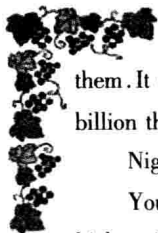
When Scott Adams, the creator of the cartoon strip Dilbert, couldn't find nutritious fast food, he decided to go back to the drawing board. He came up with the Dilberito, a burrito sprayed with 100 percent of all the vitamins and minerals a person needs in a day. "It's just three minutes in the microwave, it's hand held, it works with a busy lifestyle," Adams said. The Dilberito joins hundreds of other so-called functional foods, which are now the leading trend in the U.S. food industry.

"What we've done is we've fortified some of the traditional indulgent goods so people can have the foods they really want without feeling guilty," said Moria Watson of the Watson Foods Company.

But these vitamin- and mineral-supplemented foods have some wondering about over-exposure to nutrients. For example, just an ounce of total cereal and one Dilberito provide 200 percent of the recommended daily allowance for iron. For some, that could be dangerous. Iron is one of those minerals that once we take it in, it's hard to get rid of it.

With more functional foods entering the market, scientists advise eating them in moderation. Still, food manufacturers are focusing a lot of attention on these foods, and American consumers are buying





them. It is estimated that sales of these designer foods will top US \$ 17 billion this year.

### Night-Light May Lead to Nearsightedness

Young children who sleep with a light on may have a substantially higher risk of developing nearsightedness as they get older, says a new study.

The study of 479 children found 55 percent of children who slept with a room light on before age 2 had myopia or nearsightedness between ages 2 and 16. Of the children who slept with a night-light after age 2, 34 percent were myopia, while just 10 percent of children who slept in darkness were nearsighted.

The survey demonstrated that the relative proportions of light and dark during the 24-hour day greatly affected eye growth and refractive development.

Even low levels of light can penetrate the eyelids during sleep, keeping the eyes working when they should be at rest. Taking precautions during infancy, when eyes are developing at a rapid pace, may ward off vision trouble later in life.

"The study does not establish that nighttime lighting during early childhood is a direct cause of myopia, and there are undoubtedly other risk factors," the study's senior author, Dr. Richard Stone, said. "Still, it would seem advisable for infants and young children to sleep at night without artificial lighting in the bedroom until further research can evaluate all the implications of our results."

The study also offers a novel explanation for the increasing prevalence of myopia over the past two centuries, as populations shifted

from agricultural to urban environments.

### Insulin Inhaler May Replace Injections

Thanks to a new insulin inhaler, researchers say, the daily injections many diabetics take may become relics of the past. Nearly 16 million Americans suffer from diabetes. One of every 10 of those take insulin to control their blood sugar, sometimes requiring multiple painful injections each day. A new inhaler may make their lives easier.

The inhaler sprays insulin out into the mouth like a mist, which coats the membranes of the mouth, throat and tongue. The insulin then passes quickly through the membranes into the bloodstream. Researchers say patients overwhelmingly prefer the new device. They hope the inhaler can help diabetics who have an aversion to injections.

Currently, the only way to limit insulin injections is to use an insulin pump. The pump is a beeper-like device, worn on the hip, that attaches to a catheter implanted under the skin. But even pump-wearers require an injection every two to three days.

The new insulin inhaler is in phase two clinical trials. If all goes well, the Food and Drug Administration could put it on a fast track for approval, making it available on the market in less than two years.







# Living With the White Bear

by Nikita Ovsyanikov

A Russian scientist reports firsthand about the world of polar bears on two remote Siberian islands.

My investigation into the life and behavior of polar bears in the Russian Arctic began in 1990 on remote Wrangel Island, above the northeastern corner of Siberia. My companion on this expedition was Hugh Maynard, a cameraman with the British Broadcasting Corporation. Our destination was Cape Blossom, which features a gravel spit that penetrates deep into the sea.

We traveled for two days by all-terrain vehicle to reach the cabin where we would stay. When we reached the coast near Cape Blossom, we saw that the sea was open, with not a single ice floe. Usually in autumn the island is surrounded by ice, but that year had been unusually warm. Hundreds of bears had lost their drifting hunting grounds and were stuck on the island.

At the cabin an amazing sight met our eyes: Tens of thousands of walrus were churning up the sea. Since they were all in the water, we could drive right up to the door without fear of disturbing them. We hurried to get our food and equipment inside.

Bears at the Windows