




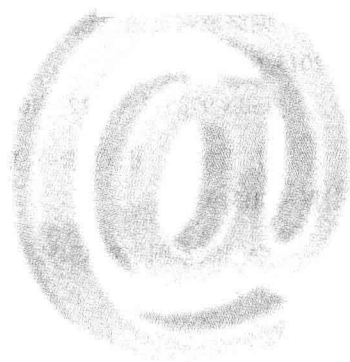
网络欣赏英语 选读

Selected English Reading Materials via Network

李 山 编著



光明日报出版社



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序

随着现代技术的迅猛发展,网络给广大的英语习得者展示了巨大的英语习得空间,希望通过网络扩大学习范围的英语习得者也越来越多。为了有效利用网络资源,给广大的英语习得者带来更多的便利,满足他们对网络资源的需求,编者将经过整合的资源编撰成书,以饷英语习得者。

本书以“篇”的形式,汇集英美著名报刊杂志和互联网上的英语美文,从不同文化背景的角度向读者展示异国文化的魅力。

本书所选文章均选自英语原文,反映出不同文化背景下英美人的人文价值、心灵世界、生活态度以及审美意趣等,语言运用地道,时代性、可读性和趣味性较强。

本书从不同角度去满足英语习得者对于英语的多元化要求,在已经具备的知识和技能的基础上有助于强化他们的英语语言综合运用能力。

本书通过编选的英语文章,从生活的不同层面向有不同兴趣的英语爱好者提供可供参考的励志启示。本书可以作为大学教材的辅助材料。

全书对个别生僻词做了汉语注释。有测试题,一种测试题是开放式测题,学习者可以根据从阅读中获取的信息加上自己的理解来进行回答;另一种是扩展式词汇题,引导学习者在阅读中扩大自主视野。学习者可根据自己的实际需求进行选择。

本书是编者对网络英语习得资源开发和利用做出的初步尝试,有疏漏和不足之处敬请广大专家和英语习得者不吝指正。

编者

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第一部分 休闲

(一) 节庆篇

1. Mother's Day

Discuss the day with your other family members. You don't want to step on anyone's toes! Perhaps your older sister was thinking of bringing Mom to the water park for the day – you could all pitch in and have a fun afternoon. Or maybe Dad heard Mom mention how nice a relaxing day at the spa would be. The more information you have, the better a decision you can come to. Remember: multiple brains are always better than one.

Consider giving her a gift. Be it a stuffed animal and a card, or a new patio set for the deck, a gift is always appreciated. Flowers and chocolates are one option, or consider a photo collage of her as a mother. A fancy recipe book of all the family recipes would be nice as well. And you can't go wrong with a gift certificate to her favorite store! Think about your mother as a person; think about what she likes to do. Show you know her by choosing a thoughtful gift.

Devise a plan for the day. You have tons of options, depending on where you live, what your mother likes to do, and how much money you can spend. Is she always on the go? One choice is to spend the day relaxing at home—make her a healthy breakfast, run her a bubble bath, watch some movies and reminisce about the past. Or you can take her out—go to a museum, a water park, the movie theater, a play, or pack a picnic and grill out at the park. Another option is to give her a break and send her off for a day alone, perhaps at the spa for a manicure, pedicure, and hair-

cut. Meet her for lunch and give her your gift. Whatever you decide, make sure you focus on Mom today.

Make contact. If you live across the country or overseas, and can't celebrate with Mom, be sure to send a sweet card and give her a phone call. Perhaps include a gift certificate with the card, or send a small gift. You could even order flowers from one of the many websites that offer those services. But overall, a phone call is a must. Your voice is a wonderful gift to a mother whose baby is far away.

(1) Tips

Tears aren't always a bad thing! On Mother's Day especially, when her babies are giving her their praise and thanks, Mom can get very emotional. Let her cry, give her a big hug, and tell her how much you love her.

For those of you whose mother has passed away, consider adopting a mother for the day. Nursing homes are often a lonely place, especially on Mother's Day. Women without families may sit alone all day, watching families come and go, but having no visitors herself. Stop in with a bouquet of flowers and ask the nurse's station if there is an elderly woman who would enjoy some company. Though it takes some courage, this small deed can change someone's month, including yours!

Is a woman in your life pregnant? She can still celebrate Mother's Day. Order fresh flowers and attach a sweet note, or give her a keepsake baby item—perhaps a sterling silver "Mom" keychain or another small token.

(2) Warnings

Don't be selfish and make today about you. Okay, so you want her to co-sign on a new car for you. Fine, but don't ask her today. It will look like you're only being nice to butter her up and agree to whatever you ask. This is a definite no-no.

Don't bring up past issues. She may have been into drugs when you were a kid, and forgot you at school a lot, but don't talk about that today. Try to focus on the better times, when she supported one of your decisions, or when she did something silly and made everyone laugh.

Again, don't step on your siblings' toes. Let them in on your great idea for the day and allow them to participate. It's not Your Day, it's Mother's Day, and if you have brothers and sisters it means she's a mother to more than just you. Bring the family closer by allowing everyone to show their love and affection for Mom. If your younger brother has already made solid plans for the day without anyone else's con-

sent, why not give her two Mother's Days What a bonus surprise for her!

Exercise One: Tell Yourself:

a. What does the sentence mean in Paragraph 1: Multiple brains are always better than one?

b. When you devise a plan for Mother's Day, what options you'd like to have?

Exercise Two: Explain the Following Terms:

a. the family recipes

b. a keepsake

c. keychain

2. Father's Day

Father's Day has been celebrated for over 100 years. It's also an event celebrated in many countries around the world, although at different times of the year. In North America and the United Kingdom, Father's Day is celebrated on the third Sunday in June. Here are some tips to help you celebrate Father's Day in a special way.

Steps

Help dad to enjoy the day. Perhaps you'll let him sleep—in this morning, or perhaps you won't badger(烦扰) him to be somewhere on time, for a change. Whatever it is, let it be his day.

Make it a family event. Father's Day is by nature a family event. Use this opportunity to get everyone in the family together for a fun day. Think about including all the dads in your family, not just your own father. Could your celebration include husbands, would-be future dads, your uncles, and brothers? If so, do it—the more the merrier! And don't forget step-fathers—they're important too. You don't have to remain at home; you could go to the beach, a local park, a favorite spot of dad's!

Consider building the celebration around an activity you all can enjoy. Some ideas include:

Having a family picnic.

Enjoying a family barbecue.

Taking dad to a favorite sporting event.

Go fishing together.

Go plane spotting or train spotting together.

Play golf together.

Be creative. When it comes to making gifts for Father's Day, perhaps steer clear of the traditional store – bought gifts of tie and socks. He's probably still got last year's socks stuffed at the back of the drawer. Expensive or typical gifts are not necessary, but the time and effort you put in to create a personalized tribute, will be deeply appreciated. Instead, let your own creative abilities shine and make him something special:

Bake a cake.

Make his favorite dinner.

Make a gift basket and fill it with homemade candies, cookies, crossword or other puzzles you've created yourself, hand – crafted woodwork objects, etc.

If you're artistically inclined, draw or paint a portrait of your dad from a favorite photo or from memory.

Write a poem.

Write a song and perform it.

Celebrate your shared experiences. Look at old photos of you and your dad doing fun things together. Take a walk down memory lane by creating either a photo album or a photo slideshow. You may be surprised at how many things you both have forgotten about and how much they mean to you.

Especially if he doesn't talk much about his life, consider recording his voice or taking notes as you talk about old times or old photographs. Make his words and memories part of the family history.

Acknowledge the importance of fatherhood. Being a father is a tough job. Dads are responsible for at least one half of the financial and emotional well – being of the family. A thoughtful card, a letter, or short speech that expresses your love will benefit both you and your dad. Giving dad a heartfelt speech, toast, or card of genuine, loving words at the dinner table, or at some other point when all the family are around (siblings especially), will make this a poignant occasion. Here are some ways to prepare:

Make a handmade card.

Write a letter.

Write a speech or prepare a toast.

Have all of your siblings explain why dad matters to them.

Make the day joyful. The most important aspect of the day is that you are present and attentive. It does not take material presents to make a dad happy—it takes showing your love, and reassuring your dad that you're proud of him and all he's done for you. For many fathers, the most rewarding part of being a father is feeling that your children love you, and the knowledge that each child is on a path to a successful future, no matter what age, coping well with the problems that life inevitably throws at us all.

End his "Fun – filled day" by telling your father you love him. Don't forget his hug and kiss!

Exercise One : Tell Yourself :

- a. When is Father's Day celebrated in the United Kingdom?
- b. According to the author, who could be included for a fun Father's Day?

Exercise Two : Explain the Following Terms :

- a. a handmade card
- b. card of genuine
- c. material presents

3. Chinese New Year

Chinese New Year, or Chinese Spring Festival, holds the most significant position among all Chinese festivals and holidays. It's also called the Chinese Lunar New Year, because its date is determined by the Chinese lunar calendar, which falls sometime from late January to late February and varies from year to year. The celebration lasts 15 days. There are many exciting things happening during this New Year. If you want to participate in the celebrations, there are many things you can do to join the festivities and to pay homage to Chinese traditions.

Steps

Research Chinese New Year. It's a very significant holiday in Chinese culture and the festivities extend over a period of two weeks. The Chinese New Year is accompanied by a belief in good fortune, and there are many decorations around to herald the new year. Chinese celebrators head to temples to pray for good luck during the New Year celebration period. There they burn incense sticks and can also have their fortunes told. If you are not of Chinese descent but would like to participate, attend a Chinese temple and take a tube of fortune sticks which can usually be found at the

entrance to the temple. Ask a question, shake the tube and the number that falls out can be interpreted by one of the fortune tellers at the temple.

Clean your home in time for New Year. This tradition is founded in the belief that cleaning the house at this time of year will "sweep away the bad luck" that has accumulated inside over the past year.

Put away dustpans and brooms so that the good luck won't be swept away after cleaning.

Keeping fresh and hygienic is also an important part of celebrating; even a new haircut will do.

Be aware! Do not clean your home during the New Year, such as sweeping or wiping the windows. To do so is to "sweep away" the good luck you've just received for the New Year. Over the following 13 to 15 days, you're relieved of cleaning duties. It may be a little dirtier than usual but it is an important part of observing the tradition.

Decorate your home. The color that is most recommended is red. Red is the color or symbol of good luck in Chinese culture. The number "8" also symbolizes good luck and wealth, as in Chinese the word for eight rhymes with fortune or wealth.

Take care not to overdo the decorations. Display a few good ones to bring life and fortune from their brightness and colorful nature.

Place flowers through the house, such as lotuses. Lotus flowers symbolize rebirth and new growth.

Place mandarins in bowls throughout the house. Mandarins with their leaves still intact are the fruits of happiness for the New Year. Keep their numbers even though, as uneven numbers bring unhappiness. When offering mandarins to others, always offer them in pairs.

Set out a tray of candies with eight different types of candies arranged along it. The traditional candies are those made from lotus seeds, longan (龙眼), peanuts, coconut, red melon seed, candied melon, etc.

Offer a sacrifice to the Kitchen God. While this deity (神) may have a funny name, it is like all gods and should be worshiped. This sacrifice could include foods such as fruits, for example. Good behavior should be used so that he will make a "good report when he goes back to Heaven." Many families have a large poster (画)

of him in their kitchen.

Have a traditional dinner on New Year's Eve. This is one of the most important parts of the holiday and the food eaten at this time of year has traditional meanings related to the Chinese New Year. Some Chinese choose not to eat meat on the first day of Chinese New Year because each new year carries the name of an animal. The remaining days carry no such restrictions. Traditional dishes include fish, jai, chicken, law pak ko, lin guo (sticky rice cake), noodles and desserts. Dumplings play a special role in New Year food because of their shape, a shape which resembles the ancient Chinese gold or silver ingots (锭). Some of the food meanings include:

Jiu, a traditional hard liquor, and daikon, the Chinese radish, carry the meaning of longevity (长寿).

Red chilies mean good luck.

Rice ensures harmony.

Cook your own Chinese cuisine (菜肴). If you'd like to do more than simply order at the local Chinese restaurant, try these delicious recipes suitable for Chinese New Year:

How to make Chinese dumplings

How to fry pot stickers

How to make Chinese New Year cake nian gao (sticky rice cake)

How to make Chinese noodles in a peanut sauce

How to make a Chinese bean paste bun

How to make shrimp with Chinese lobster sauce.

Dress for the occasion. If you have traditional Chinese clothing, this is the perfect time to wear it. Outfits can be purchased in Chinatown, and silk Chinese clothing is very beautiful. Prefer the color red for all your clothing during this time. Associated with joy, happiness, good luck, wealth and good fortune, red clothes will ensure that you're fully participating in the spirit of the celebrations. Gold is another suitable color; try combining the two for a very elegant look.

Avoid wearing too much black during the celebration period. Black symbolizes bad luck and even death. This is a time of good fortune and life!

Interact with others in a positive manner. Chinese New Year is a time of happiness and good fortune and it's important to spread the goodwill. Avoid having any

quarrels, fights, or negative attitudes during the New Year. These will bring you bad luck.

When greeting other people during the New Year period, use greetings such as: Gung hay Fat Choy / "Gong Xi Fa Chai"—these mean "Happy New Year" in Cantonese and Mandarin Chinese respectively.

"Kung hei fat choy" means: "We hope that you will be wealthy".

Visit your relatives and friends. This is the most important part of the New Year and is a time of connecting and sharing the celebrations together.

Bring Angpau, the red envelopes, with you, to pass to children. Usually, the red envelopes are filled with money or treats. The red color is meant to scare away any evil spirits. These envelopes are usually given to the unmarried from the married. And for the sake of continued prosperity, it's a good idea (or lesson) to encourage children to save the money that they're given in the envelope.

Set off firecrackers. The firecrackers used in China and Hong Kong are loud, banging fireworks that are mostly lit on the ground. The loud noises are thought to scare the bad spirits away, to prevent them from bringing bad luck. Many Chinese choose to decorate their homes with plastic firecrackers too, to ward off bad luck and to symbolize the deafening noise made when the real firecrackers are set off.

Visit a parade. Parades are full of excitement, including firecrackers, activities, and dragon dancers. There are people who are disguised as dragons and lions; the dragon is revered in China rather than being viewed as a monster. Indeed, it could be said that the dragon almost symbolizes China itself. A five clawed dragon used to be worn by emperors on their clothes and they also wore yellow and other people were forbidden from doing so. Nowadays you can wear yellow and dragons too, as it's not only for royalty. The lions and dragons also scare off the bad spirits like the firecrackers, and the dragon dance and lion dance are an important part of the Chinese New Year. They're decorated beautifully and are a sight worth seeing.

Look online or in your local newspaper for information about local Chinese New Year parades in your area. Be sure to take your camera and to wear adequate clothes if it's cold outside.

The Lantern Festival is held on the last day. People carry lanterns designed as insects such as dragonflies or animals with them on the streets. Sweet rice cakes and other sweets are eaten on this day and people put candles around their house to guide

the spirits home.

Exercise One ; Tell Yourself :

a. Why do some Chinese celebrators head to temples during the New Year celebration period?

b. During the New Year, what do people avoid doing? And why?

Exercise Two ; Explain the Following Terms :

a. the Kitchen God

b. silver ingots

c. dragons

d. New Year parades

4. Mid – Autumn Festival, the Moon (or Mooncake) Festival

If you're not familiar with the traditional Chinese celebration known variously as Mid – Autumn Festival, the Moon (or Mooncake) Festival or the Chinese Moon Festival (or Zhongqiu Festival) , but you'd like to get more involved, here are some suggestions to get you started.

Understand what this festival is about. The Mid – Autumn festival is an important event on the Chinese calendars, a time of family reunion and celebration. It is a lunar harvest festival and has rituals (仪式) that date back as long ago as 3,000 years. The festival is held on the fifteenth day of the eighth month in the Chinese calendar, falling close to the autumnal equinox.

This festival has equivalents in other countries, such as Japan, Malaysia, Singapore, the Philippines and South Korea.

Gather some essential supplies.

Gather some essential supplies. Visit your local Chinatown to purchase authentic Chinese tea leaves, lanterns, incense and moon cakes (you can also make your own lanterns and moon cakes, see later steps). These are important parts of the celebration.

Make moon cakes.

Make moon cakes. If you enjoy baking, you might like to make your own moon cakes for the celebration. For details on making your own, see How to make moon cakes. Give yourself plenty of time to practice making them if you've never tried before—they are labor intensive and time – consuming, which is why so many of

them are now made commercially.

Chinese moon cakes tend to be round (like the moon), while Vietnamese ones tend to be square but the shape used is flexible.

Traditional fillings for moon cakes include: lotus bean/seed paste, sweet bean paste, five kernel, egg yolk, jujube paste or dried/jam apricots. However, there are many modern variations, so if you're a keen baker, search online for the many variants of making moon cake fillings.

Make lanterns for decoration or for use.

Make lanterns for decoration or for use. Making easy lanterns at home is a good way to involve the children and other family members in preparing for the event. Some ideas for making lanterns include:

Make sky lanterns for releasing into the sky.

Make a Chinese paper lantern for decoration purposes.

Make real lanterns for lighting and hanging around the home and garden.

Mark the date on the calendar.

Mark the date on the calendar. When the day arrives, wait until night time. Call your family over (this is a time of family togetherness) and watch and admire the moon together. Watch the moon rise and then disappear into the clouds or into the clear sky. Share your experiences of the moon: how bright it is, the way it looks in the night sky, the impressions it leaves on you.

If you can't be with your family, still gaze at the moon and think about your family. Suggest that they do the same too, and you'll all be looking at the moon together, even if apart.

Serve the moon cakes and brew tea for you and your family to eat and drink.

Cut the moon cakes into fourths. Use toothpicks to eat the moon cakes.

While you eat, talk about the origins of the Moon Festival. This is a good occasion to learn more Chinese history, either by viewing history information provided on the internet or looking at relevant history books.

Light or turn on the lanterns and close all the lights in the house. Enjoy the glow emitted by the lanterns. If you have floating sky lanterns, release them (of course, only do so if this is legal in your area—don't do it where dry grass could catch on fire and start a wildfire).

In some places you can see lantern boats being launched. This is a beautiful

sight, so check your local news to see if this is happening near you.

Burn the incense. This is in reverence to various deities. It also adds to the atmosphere.

Check out the possibility of seeing live dragon or lion dances in your area. If there is a local Chinese dance troupe near where you live, you might be lucky enough to see a live dance and join in the celebrations with the crowd.

(1) Tips

If you want to photograph the moon, check out How to photograph the moon for details, as it's a bit of challenge to get a good image of a bright object against the night sky.

Legend has it that a man who lived on the moon went down to Earth, disguised as an old beggar. He came to where a rabbit, a fox, and monkey lived. He said he was very hungry. The fox and monkey found food easily, but the rabbit finally decided to cook himself so the beggar could eat him. That is why when you look at the moon very closely, you can see a dark rabbit on the moon.

Some people like to find a moon - oriented activity, such as crying, watching the ebb and flow of a strong tide or planting winter vegetables by the moon.

If you want to find a date, go out to a dance this night and see if matchmaking is possible for you!

(2) Warnings

Do not point at the moon; this is a Chinese cultural taboo.

Moon cakes are delicious but too many a stomachache can make!

Chinese lanterns can be a fire hazard. Only use if you have experience with them and supervise their use at all times.

Exercise One: Tell Yourself:

a. When is the Mid - Autumn festival held in the Chinese calendar, falling close to the autumnal equinox.

b. Did your parents give you some warnings when you watched the moon? What were they?

Exercise Two: Explain the Following Terms:

a. the Chinese calendars

b. the moon cakes

c. Legend