

大学英语泛读教程

第 二 册



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前 言

- 一、《大学英语泛读教程》是根据《大学英语教学大纲》编写的。全书由四册组成。每册四十篇课文，并配以注释、练习和答案。
- 二、课文主要选自国外阅读教材和书刊。选材力求体裁多样，题材广泛，符合可读性、趣味性、信息性和语言规范性等原则。课文篇幅以四百词为起点，最长的不超过一千词。超纲词汇约占1%。
- 三、这套课本是大学英语基础阶段的泛读教材，也适应英语专业低年级学生和英语业余爱好者提高英语阅读技能和熟巧的需要。
- 四、本书经外国专家校阅。因编者水平有限，切望读者和外语界同仁不吝赐教。

编者

1990年1月

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1. Reading Hygiene

When you looked at the title of this article, perhaps you asked, "what is reading hygiene? *Hygiene* tells us how to live comfortably and healthfully; it helps us to make the best use of our bodies. Reading hygiene tells us how to make the best use of our eyes — how to prevent eyestrain and how to read more comfortably.

When you misuse your eyes, they let know in various ways. Your eyes may hurt and your eyelids become red. You may not be able to see clearly. You may have headaches, feel dizzy, or be uncomfortable in other ways. The human eye will stand hard use, but not abuse. Every day you have many opportunities to use your eyes wisely and well.

Here are some good hints for good eye health that everyone can follow:

Rest your eyes before they get tired. Have you ever been so interested in a fascinating story that you read on and on without a break? Perhaps you paid no attention to the distress signals your eyes gave you. You can easily avoid this sort of strain. Just close your eyes from time to time or look off at some distant object. You will find that doing this relaxes your eye muscles, just as a good stretch relaxes your body.

Never be careless about lighting. Do not read in

either too dim a light or a glare. Be careful not to read in the twilight or in direct sunlight. It is hard to say exactly how bright a light bulb you should have. The strength of the light bulb you need depends on many things, such as the distance of your book from the light and the color of the walls. Dark walls absorb light, while pale colors reflect it. Have the kind of light in which you see most clearly and comfortably.

Read with the light falling over your left shoulder (or the right if you are left-handed). In this way, you keep out of your own light and avoid a bright light shining in your eyes.

Hold your book the distance from your eyes at which you can read most easily and comfortably. Many people read comfortably with the book about fourteen inches from their eyes. But each one of us must find the distance that is best for him.

The way the book is held is important, too. You should not lay it flat in the desk or table. Hold it upright in your hand at the best distance from your eyes. This lets you hold your head up as you read.

Try not to read much while traveling on a moving train or bus. That causes eye-strain for many people. If you ride to school and back, you can use the time learning difficult words or formulas and thinking about what you have read.

Some of us need glasses. If you do, get them and

wear them. Science comes to your rescue by providing glasses, which lessen the strain on your eyes. A thorough and skillful eye examination may show that you need glasses. However, to be of any help, glasses must be worn as directed and kept clean and properly fitted. Poorly fitted glasses are worse than none at all.

What about the type of the book? That is important, too. In many older books and in some magazines and newspapers, the type is too small and close together. When words and lines are too close together, it is hard to read the words and sentences. When they are too far apart, it is hard to bring the parts of a sentence together or to pass quickly from one line to the next. Fortunately, most of the text-books you use have good-sized, well-spaced type on dull white paper. Whenever possible you should choose books printed in this way.

Following all these suggestions will do much to guard your eyes from strain. But, there is still one important factor.

The health of your eyes depends on the health of your body as a whole. If you get plenty of good food, sleep, exercise, and happiness, you will build health and improve the condition of your eyes. Poor general health will soon affect your eyes.

Your eyes are your most faithful servants. Like friends, if treated well, they will help you for many

years.

Notes

- | | | |
|----------------|---------------|---|
| 1. hygiene | /'haɪdʒi:n/ | <i>n.</i> science of, rules for, healthy living 卫生学 |
| 2. eyestrain | /'aɪstreɪn/ | <i>n.</i> tired condition of the eyes 眼睛疲劳 |
| 3. eyelid | /'aɪlɪd/ | <i>n.</i> upper or lower covering of the eye 眼皮, 眼睑 |
| 4. dizzy | /'dɪzi/ | <i>adj.</i> suffering from a confused feeling in the head (as if everything were turning round, as if one were likely to fall) 头晕, 眼花缭乱 |
| 5. abuse | /ə'bjʊ:z/ | <i>vt.</i> make a bad or wrong use of 滥用, 妄用 |
| 6. fascinating | /'fæsɪneɪtɪŋ/ | <i>adj.</i> having strong charm or attraction 迷人的 |
| 7. dim | /dɪm/ | <i>adj.</i> not bright; not clearly to be seen 暗淡的, 看不清楚的 |
| 8. glare | /gleə/ | <i>n.</i> strong, fierce, unpleasant light 闪光, 强烈刺目的光 |
| 9. twilight | /'twɪlaɪt/ | <i>n.</i> faint half-light before sunrise or after sunset (日出前或日落后的)微明, 曙光, 黄昏 |
| 10. bulb | /bʌlb/ | <i>n.</i> any round thing in shape, as an electric-light bulb 电灯泡 |

11. formula /'fɔ:mjələ/ *n.* statement of a rule, fact, etc,
esp. one in signs or numbers,
as in chemistry, mathematics,
etc. 公式, 分子式
12. rescue /'reskjʊ:/ *n.* setting free from prison, the
power of enemies, etc. saving
from danger, distress, destruc-
tion, etc. 援救
come to sb's rescue 援救(救助)某人
13. dull /dʌl/ *adj.* not bright, strong, or sharp; not
shining 阴暗的, 单调的

Exercises

A. Multiple Choice:

- If you treat your eyes wisely and well, you may
 - live comfortably.
 - live healthfully.
 - prevent many of uncomfortably physical condi-
tions.
 - have good eyesight without any other help.
- According to the passage, which one is not
suitable for good eye health as you read?
 - Relax your eyes before they get tired.
 - Never be careless about lighting.
 - Lay the book flat on the desk.
 - Find the distance that is best for us.
- Which of the following can not be inferred from

the passage?

- a. Pay attention to the way the book is held when we read.
 - b. Try not to read much while traveling on a moving train or bus.
 - c. Wear glasses, or we can not lessen eyestrain.
 - d. Read with the light falling over your right shoulder if you are left-handed.
4. The type of the books we choose is very important. Whenever possible, we should choose
- a. beautifully printed books.
 - b. books printed in a good way.
 - c. books printed on dull white paper.
 - d. the type that is close together.
5. A good title of this article is
- a. How to Live Comfortably and Healthfully.
 - b. How to Make the Best Use of our Eyes.
 - c. How to Prevent Eyestrain.
 - d. How to Read More Comfortably.

B. True or False:

- 1. The author concludes that a good stretch can relax your body as well as your eye muscles. ()
- 2. All of us read comfortably with the book about fourteen inches from their eyes. ()
- 3. If you want to know whether you need glasses you should have an all-round examination. ()

4. For good eye health there are at least more than 3 suggestions about light. ()
5. The health of one's body has no direct relation to the health of one's eyes. ()

2. International Languages Today

English is the native language of over 250 million people. This term you are learning English. You are reading English passages and answering questions in English. Probably you are studying English grammar too. Your instructor gives you directions and homework assignments in English. Perhaps you are practicing oral English with your friends or using a tape recorder to learn English pronunciation. Many foreign students and immigrants in the United States, in England, and Australia are studying English as a second language just as you are. The reason for all this English language study is that English is an international language.

Only a few of the world's languages are used for international communication. Currently, the United Nations is using six official languages for international communication. English is one of these. The five other international languages of the United Nations

are Arabic, French, Mandarin Chinese, Russian, and Spanish. English and French are the two basic languages at the United Nations. Most of the world's scientific and technical writing is produced in English. A small amount is also produced in French and Russian.

Mandarin Chinese is only one of many oral languages in China. But there is only one official written language. This written language uses characters that all literate Chinese can read. Some of characters have many separate strokes and are very difficult to write. Currently, the Chinese are trying to make their characters easier. Then more Chinese people will be able to read and write their language.

French is another international language. It is a native language for over 50 million people. French is used primarily in France, but people in Haiti and in some parts of Africa also speak French. French is also studied in high schools and colleges all over the world. Some Africans speak their own language at home, but they are learning French as a second language in school. They are reading French words in a book.

Russian is another international language. Over 120 million people natively speak Russian. But Russian is generally spoken only in the Soviet Union and some countries in Eastern Europe. Spanish and

Arabic are international languages that are used in many different countries. Spanish, for example, is used all over Central and South America, in Spain, and in many parts of the United States. Nearly 150 million people are native Spanish speakers. Currently, many high school and college students are studying Spanish. There are many other languages such as Hindi, which millions of people also speak. But these languages are not officially used as international language at the United Nations.

Notes

- | | |
|-------------------------------|--|
| 1. instructor /in'straktə/ | <i>n.</i> person who teaches a school subject, a skill 教员, 指导员 |
| 2. assignment
/ə'sainmənt/ | <i>n.</i> giving a person or choosing a person for (a task or a duty) 任务, 作业 |
| 3. immigrant /'imigrənt/ | <i>n.</i> person who comes as a settler (into another country), not as a tourist or visitor 移民, 侨民 |
| 4. currently /'kʌrəntli/ | <i>adv.</i> now, the present time 现在, 当前 |
| 5. Mandarin Chinese | standard spoken Chinese as used by educated Chinese in all parts of China |
| 6. character /'kærɪktə/ | <i>n.</i> a letter or sign in writing or printing [汉语]字, 字体 |

7. literate /'lɪtərɪt/ *adj.* able to read and write, cultured 有文化的
8. stroke /strəʊk/ *n.* mark made by a single movement of a pen or brush (写字、绘画的)一笔, 一划

Exercises

A. Multiple Choice:

1. What are the international languages of the United Nations?
 - a. English.
 - b. English and French.
 - c. English, Chinese, Russian, French and Spanish.
 - d. English, Arabic, French, Mandarin Chinese, Russian and Spanish.
2. What are the Basic languages of the United Nations?
 - a. English.
 - b. English and French.
 - c. English, French and Russian.
 - d. English, French, Russian and Spanish.
3. Which sentence uses the word directions with the same meaning that it has in the sentence "Your instruction gives you directions...."?
 - a. The children ran off in different directions.
 - b. The four main directions are north, south, east

and west.

- c. Please give me directions for going to your house.
 - d. Reforms are needed in numerous directions.
4. What does the sentence "A small amount is also produced in French and Russian" (in Paragraph 2) mean?
- a. French and Russian are also used at the same time, but not so often.
 - b. French and Russian are also used in the United Nations, but not so often.
 - c. A small number of people use French and Russian.
 - d. A small amount of scientific and technical writing is also produced in French and Russian.
5. According to the last paragraph, which of the following is true?
- a. Spanish is used all over Central and North America.
 - b. Arabic is spoken all over Central and South America.
 - c. Hindi is an official language at the United Nations.
 - d. Russian is generally spoken only in the Soviet Union and some countries in Eastern Europe.

B. True or False:

1. More than 250 million people natively speak English. ()
2. Spanish is used only in Spain. ()
3. People in Haiti and in some parts of Africa also speak French. ()
4. 50 million people natively speak Arabic. ()
5. Some Africans are learning English as a second language. ()

3. Taming Husband

Once there was a woman who was greatly troubled by her husband. He no longer loved her. He neglected her and seemed to care little whether she was happy or sad.

So the woman took her trouble to the local magician. She told him her story, full of pity for herself and her sad condition. "Can you give me a charm to make him love me again?" she asked anxiously.

The magician thought for a moment and replied, "I will help you, but first you must bring to me three hairs from a living lion. These I must have before I can make the charm for you."

The woman thanked the magician and went away. When she came near to her home she sat down on a rock and began to think, "How shall I do this thing?"