

Second Edition

NEW ENGLISH COURSE

SUPPLEMENTARY READING

2

第二版

新英语教程

补充读物

第二册

刘平梅 时 博 编
杨 芳 邢 如
李相崇 审阅

清华大学出版社



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(第二版)

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Book Two**

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内 容 提 要

本书系《新英语教程》(第二版)阅读第二册的补充读物,共选编短文 30 篇,每篇长度 400—800 词不等。选文涉及文化差异、科普知识、历史趣闻、人物传记、语言典故、广告、小说等。文风活泼,编排由浅入深,生词量严格控制不超过 3—4%。文后配有注释和练习,书后附答案,便于读者控制阅读速度和检测自己的阅读水平。

本书可供选用《新英语教程》的大专院校教学之用,亦可供具有相应水平的自学者和英语爱好者使用。

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第二版前言

《新英语教程》是一套全国通用的大学英语教材,由清华大学外语系主持编写,国家教育委员会大学外语教材编审委员会(现更名为“大学外语教学指导委员会”)审定,清华大学出版社出版。该书自1987年问世以来,经过几十所院校的反复使用,证明这套教材较好地体现了国家教委颁布的《大学英语教学大纲》的指导思想和教学要求,但也存在一些缺点和不足,在改革开放的形势下,迫切需要修订和完善。

《新英语教程》第二版在继承和发扬第一版优点和特色的基础上,力图反映国内外外语教学理论研究的成果。吸取我国80年代末90年代初以来的大学英语教学实践经验,使教程获得新的活力,同时注意解决如下问题:一、处理好语言能力与交际能力的关系,它们分别是基础和目标,相辅相成,不可偏废;二、根据我国学生的实际状况,加强写作基础的训练;三、加强实践环节,围绕各种能力的培养目标,设计出形式多样的练习,并尽可能提供各种课外学习资料,使大学英语课程“寓学于用,学用结合,以用促学”;四、注意学生独立学习能力的培养,为他们今后的提高和知识深化打下潜在的基础。

为了便于任课教师积累教学经验,并能腾出部分精力致力于教学方法的改进,以促进教学质量的提高,第二版课文的选编本着保持相对稳定的原则。

《新英语教程》全套教材的结构及对第一版内容的修订如下:

1. **阅读**:更新了第一版部分课文,保留原课文约70%;重编了大部分练习,使阅读理解从整体到局部,再由局部到整体逐步加深;设置多种形式的词汇练习,确保重点词汇的理解和运用;加强汉译英从句子到段落翻译能力的训练。另外,为1、2级增编两册**补充读物**,为3、4级增编两册**快读教材**(全部采用活页形式),旨在扩大学生的阅读量,培养他们独立阅读的兴趣,增强语感。

2. **写作**:写作是目前英语教学中的薄弱环节,几年来学生写作水平与阅读和听力相比,没有明显的提高,亟需一本针对非英语专业学生实际状况的写作教材。故此,第二版将原来分散在阅读教材中的写作部分独立成册,以练习为主组织教材,重点放在句子的表达、句间衔接及中英文语言表达的差异上。

3. **听说**:第一版《综合英语》原以培养学生的听说能力为目标,但缺点较多,第二版作了根本性的修改,并更名为《听说》。全书重在交际能力的培养,使听说教学融贯于近似真实语境的实际交流中。此教材在试用过程中受到欢迎。

4. **修订听力练习册,重编语法练习册,补编词汇练习册**,以适应当前的教学要求。

5. **编辑大学英语通用词汇例句库(1—4级)及阅读、听说配套教参**,以方便教师根据实际情况灵活组织教学。

6. 新编文史哲系列读物,供有余力的学生课外选用。

要特别指出的是,以上各册教材均以 1993 年 12 月版《大学英语教学大纲通用词汇表》(1—4 级)为依据统计词汇,并提高了纲内词汇的覆盖率。

《新英语教程》自出版以来,有幸被众多院校采用,并得到广大师生的关心爱护。他们提出的宝贵意见和建议无不是对修订工作的启示和鞭策。为了更好地吸取兄弟院校的教学经验,使第二版更具广泛的适应性,清华大学外语系特邀华中理工大学、河北师范大学、北方交通大学等多所院校共同承担教程的修订工作。从这个意义上说,《新英语教程》第二版又是兄弟院校通力协作的结果。考虑到协调和指导整套教材修编、出版的需要,清华大学外语系特成立了编写委员会。编委会成员为:主任 杨庆午,副主任 侯一麟、刘平梅,委员 蒋毅君、萧家琛、方琰、何福胜。

承蒙清华大学教材委员会、清华大学出版社慷慨资助,清华大学外语系领导、教工积极支持与配合,以及各参编单位和其他兄弟院校热情鼓励和帮助,《新英语教程》第二版方得以尽快付梓并广泛发行。在此,谨向有关单位和人士表示最衷心的感谢和诚挚的敬意。

《新英语教程》编写委员会

1994 年 1 月于清华园

编写说明

本书为《新英语教程》**阅读**第二册的补充读物,旨在培养学生独立阅读的兴趣,扩大学生的阅读量,提高阅读能力,尤其侧重提高阅读的流利程度,增强语感。

一、**选材** 全书由 30 篇短文组成,每篇长度为 300—800 词,总阅读量约为 19,300 词。所选材料生动活泼,风趣幽默,内容新颖,可读性强。选文涉及文化差异、科普知识、人物传记、历史趣闻、社交礼仪、语言典故、广告以及短篇小说等诸多方面。短文编排由浅入深,循序渐进,难度稍低于**阅读**第二册的精读课文。每篇短文后标有文章长度,便于读者控制和检测自己的阅读速度。

二、**练习** 每篇短文之后设计有 5 道阅读理解选择题,题型与大学英语四、六级统考的阅读理解题型一致。书末附有练习答案,读者可自行检测自己的阅读理解水平,便于自学提高。

三、**词汇** 本书严格控制生词量,各篇短文生词一般不超过 3—4%。书后所附总词汇表按字母顺序排列,并标有每个词出现的课次。凡标有 * 者为大纲 1—4 级词汇。词组部分单独列出,统排于总词汇表之后。此外,生词(或词组)在文中用斜体排印,以便查找。为训练和提高根据上下文及英语构词法猜测词义的能力,对可猜出词义的生词和词组一般不加注释。

全书生词量分三个阶段计算:**阅读**第二册中 Unit 1—Unit 4 出现过的单词,本书第 1—10 篇不再计为生词;Unit 1—Unit 7 出现过的单词,本书第 11—20 篇不再计为生词;Unit 1—Unit 10 出现过的单词,本书第 21—30 篇不再计为生词。

作为教程,对泛读要求不必过精,但教师可适当督促检查和答疑解惑。

本书编写过程中得到清华大学外语系计算机室的大力支持,使用了过浩川老师编制的大学英语四级词汇检索和排序程序,并得到他的技术指导,特此表示感谢。

热诚欢迎对本书的缺点和错误批评指正。

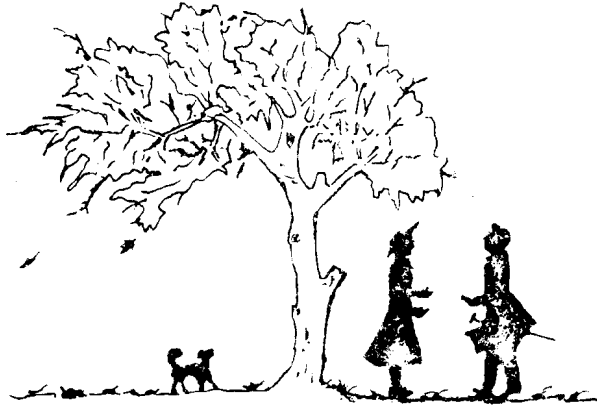
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PASSAGE 1

EARLY AUTUMN

When Bill was very young, they had been in love. Many nights they had spent walking, talking together. Then something not very important had come between them, and they didn't speak. *Impulsively*, she had
5 married a man she thought she loved. Bill went away, bitter about women.

Yesterday, walking across Washington Square, she saw him for the first time in years.

"Bill Walker," she said.

10 He stopped. At first he did not recognize her, to him she looked so old.

"Mary! Where did you come from?"

Unconsciously, she lifted her face as though wanting a kiss, but he *held out* his hand. She took it.

15 "I live in New York now," she said.

"Oh" — smiling politely. Then a little *frown* came quickly between his eyes.

"Always wondered what happened to you, Bill."

"I'm a lawyer. Nice firm, way downtown."

20 "Married yet?"

"Sure. Two kids."

"Oh," she said.

A great many people went past them through the park. People they didn't know. It was late afternoon.

25 Nearly sunset. Cold.

"And your husband?" he asked her.

"We have three children. I work in the *bursar's* office at Columbia^①."

30 "You're looking very . . . (he wanted to say old) . . . well," he said.

She understood. Under the trees in Washington Square, she found herself *desperately* reaching back into the past. She had been older than he then in Ohio. Now she was not young at all. Bill was still young.

35 "We live on Central Park West^②," she said. "Come and see us sometime."

"Sure," he replied. "You and your husband must have dinner with my family some night. Any night. Lucille and I'd love to have you."

40 The leaves fell slowly from the trees in the Square. Fell without wind. Autumn *dusk*. She felt a little sick.

"We'd love it," she answered.

"You ought to see my kids," he smiled.

45 Suddenly the lights came on up the whole length of Fifth Avenue^③, chains of *misty brilliance* in the blue air.

"There's my bus," she said.

He held out his hand, "Good-by."

50 "When . . ." she wanted to say, but the bus was ready to *pull off*. The lights on the avenue *blurred*, *twinkled*, blurred. And she was afraid to open her mouth as she entered the bus. Afraid it would be impossible to utter a word.

Suddenly she shouted very loudly, "Good-by!" But the bus door had closed.

- 55 The bus started. People came between them outside, people crossing the street, people they didn't know. Space and people. She *lost sight of* Bill. Then she remembered she had forgotten to give him her address — or to ask him for his — or tell him that her youngest boy
60 was named Bill, too.

(480 words)

NOTES

1. **Columbia**: 哥伦比亚大学
2. **Central Park West**: 中央公园西部
3. **Fifth Avenue**: 纽约第 5 街, 以讲究时髦、阔绰著称

READING COMPREHENSION

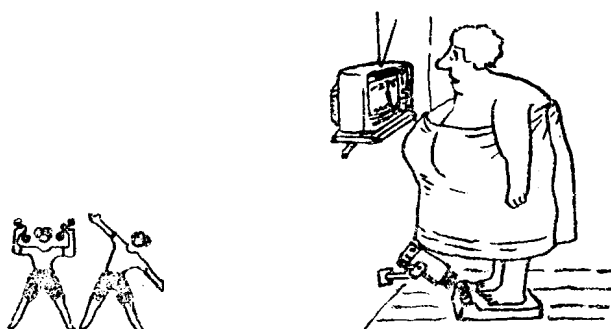
1. Mary did not marry Bill because _____.
 - A. she had a quarrel with him about something unimportant
 - B. Bill had left her as he felt bitter about women
 - C. her husband was then much better off than Bill
 - D. She was tired of playing childish games with Bill
2. The reason why Bill didn't recognize her when they met again was that _____.
 - A. he didn't expect to see her after so many years
 - B. he didn't expect that she had changed so much
 - C. they were not so close to each other as they used to be
 - D. he couldn't believe that she was in the city where he lived
3. Although both of them invited the other to visit, they didn't set a date or exchange addresses. It can thus be inferred that _____.
 - A. they didn't really want to keep in touch later
 - B. both of them didn't really mean what they were saying
 - C. they forgot to exchange addresses because they were in a hurry
 - D. They were just saying something proper and behaving politely
4. Which of the following adjectives (形容词) can best express Mary's feelings after she met Bill in the Square?

- A. Sick
C. Sad
- B. Pleased
D. Satisfied

- 9 5. Which of the following statements is NOT one of the reasons why Mary named her youngest son Bill?
- A. She wants to remind him of her love story with Bill.
 - B. She wishes he would be as successful as Bill.
 - C. She wishes she hadn't broken with Bill years ago.
 - D. Bill, instead of her husband, was the one she really loved.

PASSAGE 2

FIT OR FAT?



- If you are like most Americans, you are probably worried about getting fat. Studies show that by mid-life, more than half of all Americans are overweight. They spend \$500 million a year on health and *diet* products.
- 5 But they continue to worry about *calories* in their food and how much they weigh.

- At least one physical fitness expert disagrees with the emphasis on pounds and calories, and more than 500,000 people have read what he has to say. In his book
- 10 *Fit or Fat?* Covert Bailey^① says we should be thinking more about our body shape and how our hearts and lungs are working than about our calories.

Our body shape depends, *for the most part* , on how we use our muscles. Sixty to seventy percent of the
15 *energy* our muscles need when resting is supplied by fat. *Glucose* and fats are burned by the body all day long, but fats give us most of our energy. These fats, either from a recent meal or from stored *deposits* , travel through the blood to the muscles and supply half the resting muscles'
20 energy needs. So storage of fat is a natural body function. The trouble is that some people's bodies are very good at storing fat and very poor at using it or *burning it up* . As people settle down to a very *sedentary* work routine, their muscles are rarely, if ever, put to
25 hard use. Hard use means stressing the muscles to their limits *from time to time* . With such a lack of hard use, the muscles, which are normally long, thin, and dense, become short and thick, but less dense, allowing fat to be stored in and around them. As the muscle shape
30 changes, a person gains no weight and doesn't look fat, but the body already has too much fat in it. Finally, when the muscle space has become so full of fat that it can take no more, the fat goes outside the muscle and is stored under the skin. The fat is no longer replacing
35 muscle but is *adding to* the body. A person gains weight and begins to look fatter. It is the fat around the muscle and the changing shape of the muscle that changes the body shape.

The fat that *invades* the muscle spaces also changes
40 the body chemistry and *metabolism* . As muscle turns to fat, not only does the actual quantity of muscle decrease, but the need for calories decreases and the chemistry of the remaining muscle changes in such a way as to use fewer calories. The body's ability to use fat for energy
45 decreases and its use of glucose increases. Since it is hard use of the muscles that encourages the burning of fat more than glucose in most people, the fatter one gets,

the greater the tendency is to store fat and to burn glucose.

When people try to lose fat by dieting, they lose only the fat from under the skin outside the muscle. Nothing happens to the fat in and around the muscle, and nothing in a diet can increase the amount of muscle or change the way the body uses fat. The muscles are still short and less dense than they should be. The body still tends to store fat and burn it less efficiently. If you look like a big *pear* before you diet, you will look like a small pear afterwards. Most certainly, you will gain the lost weight back very soon.

Aerobic exercise^② is one way to change all this forever. It can increase muscle, change the body chemistry, and increase the burning of calories. Aerobic exercise means steady, continuous exercise, which demands an uninterrupted stressing of the muscles over at least a twelve- to twenty-minute period every day. Some examples of aerobic exercise are walking fast, climbing stairs, *jogging*, jumping rope, riding a bicycle, running *in place*, and dancing fast. Hard work like washing floors, cleaning the house, or lifting weight is not aerobic exercise because it is not continuous. The *minimum* for aerobic exercise is twelve nonstop minutes almost every day. Two six-minute exercises are not the same as a single twelve-minute exercise. And a thirty-minute exercise three times a week is not as good as a twelve-minute exercise six days a week. The goal is to burn the fat in the muscle spaces and to replace it with the natural, long, dense muscle again. As the muscle gets leaner, the person will burn more calories without even knowing it.

As exercise progresses and the muscles get longer and more dense, the body's metabolism changes and begins to burn more fat. For several hours after exercise, the body stays warm and uses more calories. In addition,

- your heart becomes stronger and is more *resistant* to heart attack. If you combine aerobic exercise with proper diet, the body shape can change dramatically over time. But it takes time — months and even years for very overweight people. (792 words)

NOTES

1. **Covert Bailey** /'kʌvət 'beili/: 卡佛特·贝利
2. **aerobic exercise** (或 **aerobics**): 持续的心肺锻炼, 健美运动, 一译“耗氧运动”或“增氧健身法”

READING COMPREHENSION

1. Instead of worrying so much about their calories and weight, Mr. Bailey urges people _____.
 - A. to change their work routine
 - B. to pay attention to the changing shape of the fat around the muscle
 - C. to put one's muscles and the fat around it to good use
 - D. to mind one's body shape and the calories the working of one's heart and lung need
2. According to Mr. Bailey, what happens to muscles that are not put to hard use very often?
 - A. Too much fat will be stored in and around the muscles.
 - B. They will be gradually replaced by fat.
 - C. The shape of the fat as well as the muscles will change.
 - D. There will be no more space to store fat under the skin.
3. When one goes on a diet, _____.
 - A. he will lose the fat in and around the muscles
 - B. he will look like a small pear
 - C. his muscles will become longer and more dense
 - D. he will not lose the fat in and around the muscles
4. Which of the following statements is NOT an example of aerobic exercise?
 - A. A continuous twelve-to twenty-minute jogging.
 - B. Lifting weight for ten minutes.
 - C. Climbing stairs.
 - D. Riding a bicycle.
5. As a result of doing aerobic exercises, _____.

- A. a person's fat in the muscle spaces will be burnt up
- B. a person will burn fat and lose weight dramatically in a short time
- C. a person's fat stored under the skin will be burnt up
- D. a person's heart will become stronger and his heart diseases will be cured

PASSAGE 3

THE INFLUENCE OF ADVERTISEMENTS

The only things that people advertise are things that nobody needs. The less need there is for something, the more the seller must advertise it.

Is that true? Think about the things that are
5 advertised most. These are things like *beer* and breakfast cereal^① and toothpaste. You must say you need all those things. True, but do you need ten different types of beer, 100 different breakfast cereals, and 200 different toothpastes?

10 If there was only one toothpaste on the market, there would be no reason to advertise it. It is because there are so many toothpastes out there that each advertiser must find ways to make you buy this toothpaste and no other.

15 There are laws that say advertisers must not tell lies about their products. So they have to think of truthful ways of saying one product is better than another, even when they are both the same.

20 Some advertisers will use "*weasel*" words to help sell the product. 'Weasel' words get their name from the way weasels eat the eggs they find in the nests of other animals. They make a hole in the egg, suck out the insides, and place the egg back in the nest. That's how it is with weasel words. They look as if they are saying

25 something, but they are really empty and meaningless.

What does this advertisement mean? ‘*Crest* can be of *significant* value...’ Look at the second and third words: can be. This does not say that *Crest* is or does anything. It says only that it can be of value. Which
30 means, of course, that it might not be. ‘Can be’ are weasel words.

It’s so easy to miss those little words, like ‘can be’. Or like the words ‘up to’. You have seen the advertisements that say ‘Up to 50% off’. Now what
35 does that mean? Not Much. If the store *marks down* one or two *items* by 50 percent, they have met their claim. Everything else can stay at the old price.

And don’t you want to know 50 percent off of what? Is it 50 percent off the highest possible price? Or is it 50
40 percent off a price that was raised before the sale, so the item could be marked down?

And how about that little phrase ‘up to’? You have seen advertisements for a medicine that works ‘up to ten times faster’, or for the battery that lasts ‘up to twice as
45 long’. But if your medicine works only twice as fast, or if your battery lasts only a little bit longer, the advertiser’s claim is still correct.

These claims also make use of ‘unfinished words.’ The claim that a battery lasts ‘up to twice as long’ does
50 not finish the sentence. Twice as long as what? A birthday candle? A tank of gas? The advertiser hopes you will fill in the unfinished words in a way that *flatters* the product.

In some advertisements, a number of weasel words
55 are run together to make it harder for you to find the truth about the product. In 1983, Estee Lauder made a new product called ‘Night Repair.’ This is what they said about it: ‘Night Repair was scientifically made in our U.S. plant, as part of the Swiss Age-Controlling

60 Skincare Program. Although only nature controls the aging process, this program helps control the signs of aging and encourages skin to look and feel younger'.

Here the word 'scientifically' is used to sound good. The beginning of the second sentence is right — 'only
65 nature controls the aging process' — but the rest of it says nothing at all. The cream does not stop aging, it only 'helps control the signs of aging'— whatever that means.

Perhaps you think there is nothing wrong with
70 advertisements like these. But did you know that advertisements can *alter* the way the world thinks? The story of diamonds shows this.

A company called De Beers owns 80 percent of the world's diamonds that are used in jewellery. Each year
75 the world produces over fifty times as many diamonds as it needs. So the problem is how to sell all these extra diamonds.

The De Beers advertisers *thought up* the words, 'A Diamond Is Forever.' They used these words with
80 pictures of young people on their *honeymoon*. In fact, a diamond does not last forever — it can chip or burn or lose its colour. But people began using a diamond to show love. The De Beers company made a huge profit. It is because of this advertising that the world now thinks of
85 a diamond as an important part of getting married.

Perhaps you think advertisements do not affect you. But if you can name the *brand* of coffee, toothpaste, soap, cereal, and drinks you have in your home right now, then advertisements have, at least partly, helped
90 make you who you are.

(812 words)