

大学英语

阅读教程

(三)

College English Reading

杨辉 总主编



华中科技大学出版社

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大学英语阅读教程（三）

College English Reading

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前 言

《大学英语阅读教程》是以外语教学理论为指导,全面贯彻《大学英语课程教学要求》的精神编写而成的,通过拓展阅读,学生能够提高英语水平、开拓知识视野。本教程是针对大学生的学习特点和英语学习现状而编写的,共四册。

根据新颁布的《大学英语课程教学要求》,快速阅读的速度应为每分钟 100 个单词;能掌握国内英文报刊文章的中心意思,理解主要事实和有关细节;能读懂工作、生活中常见的应用文体材料。为了适应这一要求,在新改革后的大学英语四、六级考试中,快速阅读理解部分的分值比例为 10%。本教程以敏锐的眼光捕捉到了这一变化,始终把快速阅读能力的培养放在首位,以阅读技巧、阅读方法为主线,体现“精讲多练”的原则,旨在使学生能按《大学英语课程教学要求》,掌握阅读技巧,高效、快速阅读中等水平的一般性题材的英语文章,能进行一定的分析、推理和判断,以促进应试能力及实际应用能力的提高。

本教程共分四册,第一册围绕“运用语言技能理解文章”这一层面的阅读技能展开训练;第二册重点解析和训练“辨别和理解中心思想和重要细节”这一层面的阅读技能;第三册训练“运用专门的阅读技能(略读、查读)”这一层面的阅读技能;第四册提高难度,把前三册的阅读技能贯穿于其中。每册分为 8 个单元,各单元由同一题材的 2 篇文章、生词注释、有关文化背景介绍、练习等组成。为了配合学生参加大学英语四、六级考试,每个单元增加了阅读训练部分,由 3 篇配有选择练习题的小短文组成;同时在主课文的练习中,增加了汉译英练习。

本套教程的编写体现了如下特点。

(1) 本教程由具有丰富的教学经验的大学英语教师分工协作、集体编写而成,具有很强的专业性。

(2) 本教程在编写过程中充分吸收我国在外语教学方面长期积累起来的行之有效的经验和方法,取各家之长,兼容并蓄,能适应多种英语教学的要求。

(3) 本教程旨在通过教师的“精讲”和学生的“多练”来提高学生学习的主动性、积极性和创造性。

(4) 本教程选用当代英语常见语体或文体的典型样本作为素材,内容新颖,搜选范围主要是近五年来英美国家出版的图书、报纸、杂志或最新的网络文章,涵盖教育、科技、政治、经济和文化等各个方面,阅读文章素材具有时代性、可读性、文化教育性和针对性。

(5) 本教程练习题型的设计均按照最新的大学英语四、六级考试标准和难度

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进行。文章后附设了 6 种题型:一是快速阅读(包括是非判断题和句子填空题);二是阅读理解(多项选择题);三是篇章理解(选词填空题),依据阅读文章的内容,编出一篇小短文,留出 10 个空,给出 15 个词供读者进行选择填空;四是简答题,一般用问句形式命题,要求读者作简短回答;五是翻译题,共 5 个句子,句中一部分已用英文给出,要求学生根据全句意思将汉语部分译成英语;六是讨论题,对文章内容提出 2 个问题,供学生讨论。各题型的题量适当,这样可以帮助学生逐步熟悉考试形式,更好地为四、六级考试作准备。

杨辉教授担任本套教材的总主编,设计了“编写提纲”和“编写要求”;张淑莲、李显、邵光庆、荆燕老师完成了全套书的选材工作,对所选文章进行了严格的筛选、分类和分册处理。

在《大学英语阅读教程》的策划、编写和出版过程中,得到了山东轻工业学院教务处和外国语学院的支持和帮助,在此一并表示感谢!

在《大学英语阅读教程》的编写过程中,由于时间仓促,书中存在的不足或错误之处,敬请读者不吝赐教。

编 者
2009 年 2 月

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Unit 1 Changes in the Way We Live

Part 1 Reading Text

Immaterial World: Economic Woes Prompt Some to Reevaluate Their Attitude toward Materialism

Catherine Valenti

Pre-reading Introduction

Nowadays, many Americans fed up with materialism are adopting simpler lifestyles. A case in point is the debt-ridden Wilsons. See how they scaled back their lifestyle and paid off their debts. Believe it or not, simplicity has become a trend and a business.

Just four years ago, Jacqueline Wilson and her husband owed over \$ 35 000 on their three cars, \$ 11 000 in student loans and \$ 10 000 in credit card debt. That's on top of two mortgages totaling around \$ 200 000.

"I woke up often in the middle of the night, worrying that if I lost my job, we're doomed. If either I or my husband lost our jobs, we'd be doomed," says the 34-year-old Delaware based technical specialist.

Feeling overwhelmed, the Wilsons decided to pay off their bills to get out from under their mounting debt load.

But they didn't just stop there. Growing increasingly disillusioned with marketing messages that encourage non-stop consumption, the couple decided to dramatically scale back their lifestyle.

Jacqueline abandoned her tech-consulting work for a steady but lower-paying job with a large company, while her husband left his job to stay home and raise their son. Instead of buying new cars and eating out, the couple now grow their own vegetables, cook meals in, do their own home repairs and even sew some of their clothes.

As a result, most of the couple's debt is now gone and a large chunk of their mortgage has been paid off. And unlike many debt-ridden Americans, Jacqueline is now

proud to say that if she lost her job tomorrow, she has enough savings so that her family could live comfortably for a year.

The Wilsons' decision to cut back their consumption is emblematic of many Americans who have become fed up with materialism and are adopting simpler lifestyles, say experts. With the stock market's decline, the collapse of confidence in corporate America and the threat of terrorist attacks and impending war looming large on people's minds, experts say many are turning away from consumerism to focus more on family and free time.

Long Hours Not Worth It

For example, the number of Americans who think that working long hours is worth the sacrifice has dropped substantially in the last year and a half, according to a new ABCnews.com poll.

In an apparent example of the greater emphasis on family life that's occurred since the Sept. 11 terrorist attacks, just 33 percent of those polled today said that working long hours was worth it, a drop from 46 percent in March 2001.

And groups devoted to prompting less materialistic ways of life say they are seeing an increase in membership or in the numbers of people going to their seminars or websites for more information on how to step out of the consumerist lifestyle.

Seeds of Simplicity, a non-profit group dedicated to the idea of "voluntary simplicity", has seen its membership increase by 25 percent since the Sept. 11 terrorist attacks. The group, which is a Los Angeles-based program of Cornell University's Center for Religion, Ethics & Social Policy, provides educational material and sponsors "simplicity circles" where people get together in their local communities to discuss ways of simplifying their lives.

The Center for a New American Dream, a Tacoma Park, Md.-based group that promotes responsible consumption, has also seen an increase in traffic to its website, which provides tips and information about issues like having a less commercial holiday season, reducing junk mail and commercialism.

Money Woes Drive Trend

But even though there has been a surge of interest in information about leading less materialistic lifestyles, these groups admit that many people might be motivated more by necessity than ideology. With layoffs on the rise and the stock market plummeting almost weekly, financial concerns could be one of the main drivers for people to scale back their purchases.

"It remains to be seen whether we're going to see some fundamental shifts in the

way people approach materialism,” says Eric Brown, communications director for the Center for a New American Dream.

Indeed, recent data shows that many Americans have been cutting back on spending money and trying to pay off their debts.

Household borrowing posted its smallest gain in eight months in August, while retail sales in September — traditionally a big spending month as consumers gear up for school and cooler weather — fell 1.2 percent, the biggest drop in nearly a year. Wall Street analysts say anxiety about a war with Iraq, the volatile stock market and continued layoffs has kept many consumers on the sidelines.

The Business of Simplicity

One ironic sidebar to this trend is American’s craving to get back to basics has inspired a business of simplicity in recent years. Countless books have been published in the last 10 years on the subject, while magazines like *Real Simple* and *Simplicity* exhort readers to strip their lives down to the things that really matter.

“You’re still buying stuff to control buying stuff,” notes James Twitchell, a professor of English and advertising at the University of Illinois, Champaign-Urbana and the University of Florida in Gainesville, and author of the recent book *Living It Up: Our love Affair with Luxury*.

Still, groups that promote less consumerism say they don’t mind this synergy between simplicity and commerce, as long as the word is getting out about their mission.

“It’s a free country and if some people want to take the advantage that voluntary simplicity provides and turn it into a profit there’s not much we can do, except to point out that there are some higher values bubbling to the surface,” says Seeds of Simplicity’s program director Carol Holst, which is a non-profit group but does charge a membership fee of \$ 25.

Spreading the Word

And even more exhortations to scale back are on the way. Wanda Urbanska, president of the Simple Living Television Series in Mount Airy, N. C. is about to produce a four show series for the Public Broadcasting Service called *Simple Living*. Scheduled to air next year, the shows will offer viewers tips on how to simplify their lives.

Urbanska says PBS was interested in such a series in part because of the popularity of a show called *Affluenza*, which explored the high social and environmental costs of materialism and over-consumption. The public television network first broadcast *Affluenza* in 1997 and did a sequel called *Escape from Affluenza* a year later, which

Urbanska hosted.

John de Graaf, one of the producers of *Affluenza* and author of the book of the same name, is also on a new crusade. He's spearheading a movement to start a holiday called "Take Back Your Time Day". Modeled on Earth Day, "Take Back Your Time Day" will encourage workers to stay home from work and attend events that deal with work-life issues instead. De Graaf's premise is that Americans, who work much longer than their European counterparts, are so obsessed with material gain that they spend too much time working. If Americans consumed less and focused on other matters, they wouldn't need to work so much, he says.

"We're overdoing it here at the expense of so many things," says de Graaf. "I think most people really get it. I just hope some of the companies will get it, too."

(1 235 words)

From: The World of English, 2004 (1)

About the Author

Catherine Valenti is an educator, artist and entrepreneur. She is the founding director of Angel Care Montessori, a program for early childhood education.

New Words and Expressions

1. immaterial /,ɪmə'tɪəriəl/ *adj.* not having a physical form 非物质的, material 的反义词
2. a large chunk a fairly large amount of 相当大的部分(或数量)
3. emblematic /ˌemblə'mætrɪk/ *adj.* that represents or is a symbol of sth.; that is considered typical of a situation, an area of work, etc. 象征的, 典型的
4. simplicity circle a small-group, participatory form of learning that helps people create lives focused on the well-being of both people and the planet 专门讨论简单化生活的组织、团体、圈子
5. junk mail advertisements and publicity materials that you receive through the post or by e-mail which you have not asked for and which you do not want [美]三级邮件, (批量发出的)邮寄广告宣传品
6. driver /'draɪvə(r)/ *n.* reason 驱使, 驱动力, 引申为原因
7. keep sb. on the sidelines 使某人靠边站, 这里指经济不景气让人们不敢大手大脚地花钱
8. synergy /'sɪnədʒi/ *n.* the extra energy, power, success, etc. that is achieved by two or

more people or companies working together, instead of on their own 协同作用(指两事共同产生的效果大于各事单独产生的效果之和)

9. air /ɛə/ v. to broadcast a programme on the radio or on television, to be broadcast 上映, 播出
10. affluenza /æflu'enzə/ n. rich man's disease(which calls for a long period of rest and expensive diet 富贵病, 此词由 affluence 和 influenza 两词合成)

Exercises

I. Fast Reading (15 minutes)

Directions: For questions 1—7, mark Y (for Yes), if the statement agrees with the information given in the passage; N (for No), if the statement contradicts the information given in the passage; NG (for Not Given), if the statement is not given in the passage. For questions 8—10, complete the sentences with the information given in the passage.

1. Altogether, the Wilsons owed more than \$200 000 in debt.
2. Three years ago, the Wilsons decided to pay off their bills.
3. The couple decided to change their lifestyle by scaling back their consumption dramatically.
4. The couple paid off their debts at last, which was out of their expectations.
5. Jacqueline exchanged her tech-consulting work because it is less-paid.
6. People can go to seminars or website for information on how to step out of the consumerist lifestyle.
7. The Wilsons' decision to cut back their consumption is just a unique case.
8. _____ is a four show series for PBS scheduled to air next year.
9. _____ is not only a name of a TV show but a book.
10. The Center for a New American Dream prompts _____.

II. Reading Comprehension (Reading in Depth)

Directions: The following are five questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice.

1. According to a new _____ news. com poll, the number of Americans who think that working long hours is worth the sacrifice has dropped.
A. BBC B. ABC C. PBS D. CNN
2. Great emphasis on family life occurred since _____.
A. the Gulf War B. the Iraq War
C. the Sept. 11 terrorist attacks D. the decline of the stock market
3. Why do many Americans turn away from consumerism to focus more on family and

free time?

- A. The decline of the stock market.
 - B. The threat of terrorist attack and the impending war.
 - C. The collapse of confidence in corporate America.
 - D. All of the above.
4. According to Wall Street analysts, _____ has kept many consumers on the sidelines.
- A. anxiety about a war with Iraq
 - B. the volatile stock market
 - C. continual layoffs
 - D. all of the above.
5. The tone of the author of this article is _____.
- A. Objective
 - B. Subjective
 - C. Pessimistic
 - D. Optimistic

III. Passage Understanding

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

The Wilsons decided to pay off their bills totaling around \$200 000. In order to get out from under their mounting debt 1, the couple decided to 2 scale back their lifestyle. Jacqueline took a steady but lower-paying job while the husband stayed home and raise the child. As a result, most of their debt has been paid off. They have enough savings to live comfortably for a year. Many Americans are 3 simpler lifestyles. Experts say they are 4 consumerism to focus on family and free time. This greater emphasis on family life occurred since the Sept.11 terrorist attacks. Members of groups devoted to 5 less materialistic ways of life are getting more and more. People get together in their local 6 to discuss ways of simplifying their lives. It is 7 that financial concerns could be one of the main drivers for people to scale back their purchases. Ironically, a business of simplicity has been 8 in recent years. Countless books have been published on the subject. People are still buying stuff to control buying stuff. Even more exhortations to scale back are on the way. A show-series, which is 9 to air next year will offer viewers tips on how to simplify their lives. Workers are encouraged to stay home from work and attend events that deal with work-life 10 instead.

- | | | | | |
|--------------|--------------|----------------|------------------|---------------|
| A. issues | B. simplify | C. load | D. dramatically | E. abandoning |
| F. Terrorist | G. prompting | H. communities | I. materialistic | J. simplify |
| K. scheduled | L. Scale | M. inspired | N. admitted | O. adopting |

IV. Short Answer Questions

Directions: Answer the questions in fewest possible words. Your answer may be a word, a phrase, or a short sentence with not more than ten words.

1. Why September is traditionally a big spending month?
2. According to Eric Brown, are we going to see some fundamental shifts in the way people approach materialism?
3. What motivated many people to lead less materialistic lifestyles?
4. According to De Graaf, why do Americans spend too much time working?
5. What is the ironic sidebar to the trend of simplicity?

V. Translation

Direction: Complete the sentences by translating the Chinese given in the brackets into English.

1. He was _____ (与其说受伤, 不如说受了惊吓).
2. I'm _____ (厌倦了/受够了) with your grumbling.
3. He always _____ (充分利用对手犯的错误).
4. More and more people _____ (被失业恐惧所困扰).
5. An old man saved a young lady's life _____ (以自己的生命为代价).

VI. Questions for Discussion

1. What's your understanding of materialism, consumerism, commercialism and simplicity?
2. Do you agree to simplify our lives? List some practical ways to simplify your life please.

Part 2 Reading Practice

There are three short passages in this part, read the passages quickly and do the comprehension exercises.

Passage 1

Massive changes in all of the world's deeply cherished sporting habits are underway. Whether it's one of London's parks full of people playing softball, and Russians taking up rugby, or the Super Bowl rivaling the British Football Cup Final as a televised spectator event in Britain, the patterns of players and spectators are changing beyond recognition. We are witnessing a globalization of our sporting culture.

That annual bicycle race, the Tour de France, much loved by the French is a good case in point. Just a few years back it was a strictly continental affair with France, Belgium and Holland, Spain and Italy taking part. But in recent years it has been dominated by Colombian mountain climbers, and American and Irish riders. The people who really matter welcome the shift toward globalization. Peugeot, Michelin and Panasonic are multi-national corporations that want worldwide returns for the millions they invest in teams. So it does them literally a world of good to see this unofficial world championship become just that.

This is undoubtedly an economic-based revolution we are witnessing here, one made possible by communications technology, but made to happen because of marketing considerations. Sell the game and you can sell Coca Cola or Budweiser as well.

The skilful way in which American football has been sold to Europe is a good example of how all sports will develop. The aim of course is not really to spread the sport for its own sake, but to increase the number of people interested in the major money-making events. The economics of the Super Bowl are already astronomical. With seats at \$125, gate receipts alone were a staggering \$10 000 000. The most important statistic of the day, however, was the \$100 000 000 in TV advertising fees. Imagine how much that becomes when the eyes of the world are watching.

So it came as a terrible shock, but not really as a surprise, to learn that some people are now suggesting that soccer change from being a game of two 45-minute halves, to one of four 25-minute quarters. The idea is unashamedly to capture more advertising revenue, without giving any thought for the integrity of a sport which relies for its essence on the flowing nature of the action.

Moreover, as sports expand into world markets, and as our choice of sports as consumers also grows, so we will demand to see them played at a higher and higher level. In boxing we have already seen numerous, dubious world title categories because people will not pay to see anything less than a "World Title" fight, and this means that the title fights have to be held in different countries around the world!

(457 words)

1. Globalization of sporting culture means that_____.

- A. more people are taking up sports
- B. traditional sports are getting popular
- C. many local sports are becoming international
- D. foreigners are more interested in local sports

2. Which of the following is NOT related to the massive changes?
 - A. Good economic returns.
 - B. Revival of traditional games.
 - C. Communications technology.
 - D. Marketing strategies.
3. As is used in the passage, “globalization” comes closest in meaning to _____.
 - A. commercialization
 - B. popularization
 - C. speculation
 - D. standardization
4. What is the author’s attitude towards the suggestion to change soccer into one of four 25-minute quarters?
 - A. Favorable.
 - B. Unclear.
 - C. Reserved.
 - D. Critical.
5. People want to see higher-level sports competitions mainly because _____.
 - A. they become more professional than ever
 - B. they regard sports as consumer goods
 - C. there exist few world-class championships
 - D. sports events are exciting and stimulating

Passage 2

During the last three years, many speculated high about the possible intrusions concerning the corporate computing systems and global computing infrastructure. Fortunately, such and many other frightening predictions did not come true. Surely, technology is the prime reason for this achievement but at the core lies the work environment and the human factor.

We have seen that IT leaders in almost all areas have enormously reduced their expenses by adopting winning solutions provided by today’s security vendors. Does this mean technology alone is sufficient to deliver? No, in the truest sense, policies, their enforcement, along with education and training provide a winning combination to secure corporate computing.

As far as technology is concerned, due credit goes to security vendors and service providers for shielding users in many ways, from desktop antivirus software to integrated security appliances. Also, myths about the role played by operating systems in security have finally died out. Almost all OS vendors such as Microsoft, IBM, Sun, Red Hat, etc. have earned trust and recognition with their installed systems, suggesting that security is not a feature of an operating system.

The recently conducted 2003 InfoWorld Security Survey of more than 500 IT executives and strategists reveals that around 49 percent of reader respondents felt confidence in their systems performance with 52 percent observing fewer than 100

attempts against their networks in the past year. This highlights the role of policies, enforcement, and positive culture in shielding away security breaches. In today's IT culture, playing a black-hat is no longer desirable, rather it leads to quick apprehension and strict punishment with years to be spent behind the bars. Alternatively, one can earn both career and recognition by helping out the industry with ways and means of fighting security breaches and hostile attacks — this way of looking into the matter is rapidly gaining support by many.

Training is another important concern for IT leaders — it includes training to avert human error and improve overall security practices. Unfortunately, a large part, 79 percent, of InfoWorld 2003 Security Survey respondents felt their corporation employees and users underestimated the importance of adhering to their company's security policies. It's critical not to underestimate the role of sound security practices since employees and users shape the needs for enterprise services.

Two other elements must also be kept in consideration: rigorous education and awareness of security requirements and significant number of staff to monitor and enforce security practices in the enterprise, the need for which is stronger than ever since many enterprises today handle security internally. All this underscores greater demand for training and education for security related workers.

(440 words)

1. Which of the following elements is the most critical to online security according to the author?
 - A. IT culture.
 - B. Desktop antivirus software.
 - C. Operating systems.
 - D. The efforts by online security vendors.
2. An operating system is no guarantee of online security probably because_____.
 - A. some OS suppliers are not trustworthy
 - B. antivirus software is not updated in due time
 - C. it still fails to shield users from intrusions
 - D. some terminals are not installed with such a system
3. The 2003 survey reveals that _____.
 - A. hostile online attacks are still rampant
 - B. other elements than technology are at work for greater security
 - C. fighting online attacks is a never ending battle
 - D. new operating systems should be updated constantly to fight viruses
4. It is important that employees stick to their company's security policies because _____.