



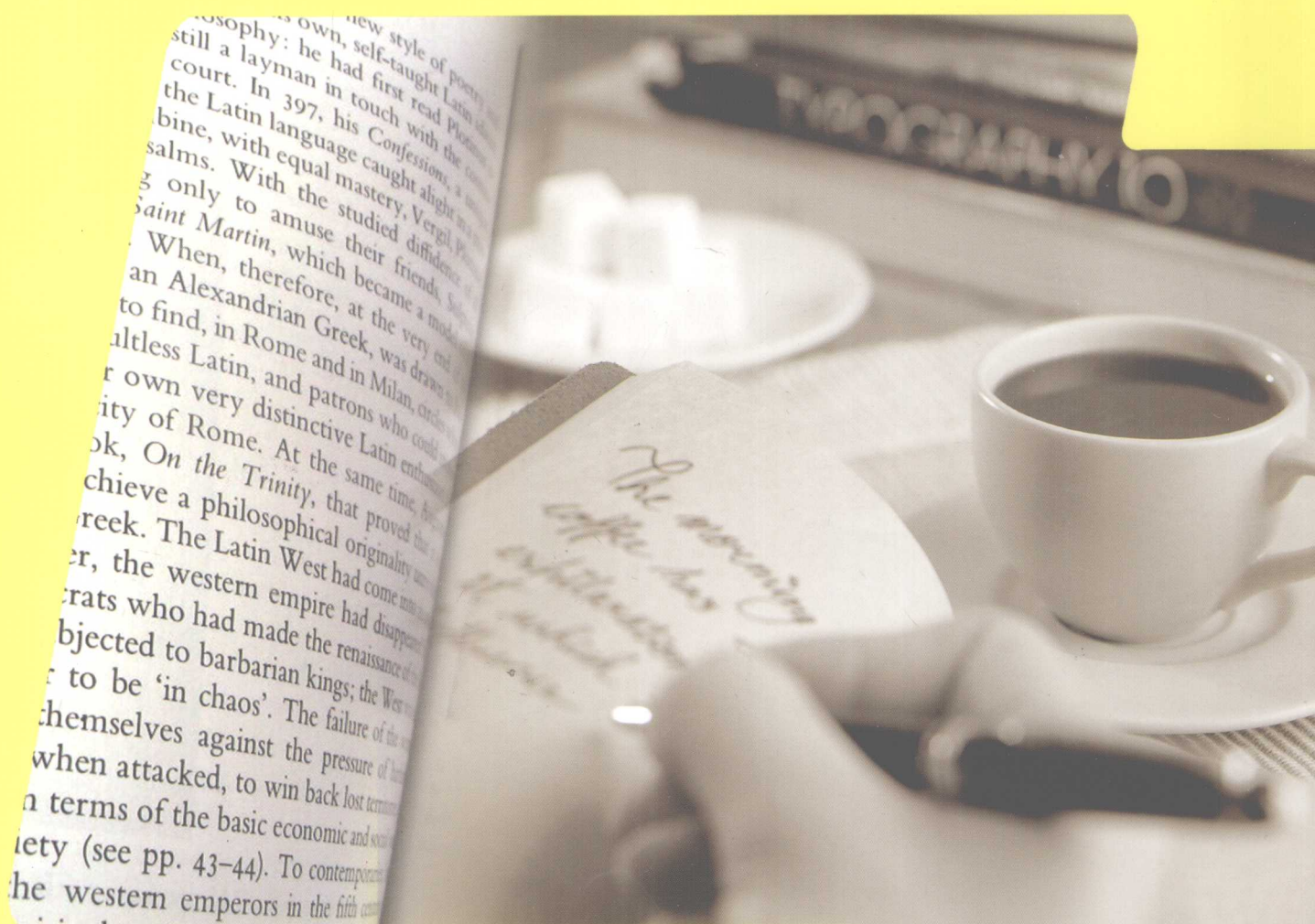
普通高等教育“十一五”国家级规划教材  
大学英语自主系列教材

# Learner Autonomy Series 大学英语自主阅读

## 2

第二版

总主编 覃朝宪 张家政 本册主编 郭明惠 唐琪瑶



高等教育出版社  
Higher Education Press



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# P 前言 Preface

随着我国现代化建设和改革开放的纵深发展,对既懂专业又熟练掌握外语的优秀人才的需求日益迫切,这无疑给大学英语教学提出了更新、更高的要求。因此,转变和更新大学英语学习者的学习理念、提高其综合素质、满足社会对人才的需求,成为本教材的探索目标。

**教材特色:** 根据《大学英语课程教学要求》的精神和要求,结合当前大学英语教学改革的发展趋势,编者力图以建构主义为理论基石、以动机为先导、以兴趣为动力、以学生为中心、以任务为基础、以自学为途径,编写了本套自主阅读教材。本套教材为普通高等教育“十一五”国家级规划教材。

针对学习者的特点和大学英语教学现状,根据编写原则,我们组织富有经验的专家和一线骨干教师设计全书框架,编写样课单元在学生中广泛试用,并以问卷调查及座谈会形式就教材体例、板块结构、文章题材等方面广泛收集意见和建议,然后以此为依据对教材进行反复修改,力求达到材料的最优组合和体系的最佳平衡,以保持教材的科学性、趣味性和可操作性。

本教材注重学习者的学习兴趣、生活经历和认知水平,倡导自主、体验和实践的学习方式;强调“在读中练,在练中学,在学中用,在用中学”的学习理念;突出 C—R—E—A—T—I—O—N 的八大特色:

**综合性(Comprehensive)。** 本教材内容涵盖人文、地理、文学、语言、文化、法律、经贸、名人演讲、高科技、社会焦点等领域。充分体现了现代教育理论中的“多元知识观”,有利于学习者知识、能力、科学与人文素养的整体提高。

**合理性(Reasonable)。** 本教材利用 Range 软件,对词汇出现的频率(Tokens)、文本的类符(Types)以及词簇(Families)三个纬度进行了测量,其指标均呈正态上升趋势,且梯度分明,适合学习者的认知规律。

**体验性(Experiencing)。** 本教材所选素材大多是学习者日常生活中熟悉并感兴趣的话题,学习者能在学习的过程中感觉亲切、自然;有助于激活学习者相关图式(Schemata),增加学习过程中的体验性,其实际运用语言的能力会得到很大提高。

**自主性(Autonomous)。**根据各册特点设计了相应的《自主阅读能力自评表》。该表旨在帮助学习者科学合理地评估其自主阅读活动,引导学习者养成良好的自主学习习惯,并对不足之处进行自我修正。从而使学习者在掌握各项阅读技巧的同时,逐步提高自主学习能力。

**时代性(Timely)。**利用多媒体和网络等现代信息技术,本教材配有网络辅助学习资源,能满足不同层次、不同个性的学习者的需求,从而实现听、说与阅读的有机结合,以更好提高学生语言应用能力。

**趣味性(Interesting)。**本教材设计了趣味阅读(Reading for Pleasure)辅助板块,精选幽默故事、名人名言,采撷美文编汇诵读菁华,旨在让学习者既能领会到英语学习的愉悦,又能感受英语语言的魅力,以缓解学习压力,提高学习热情,强化学习动机。

**开放性(Open)。**本教材设计了没有统一固定答案的具有开放性和延展性的思考题和讨论题型,给学习者提供广阔的思维空间,在阅读过程中开动脑筋,发散思维。

**真实性(Native)。**本教材题材选自英美作家,语言纯正、自然、地道,材料真实,使学习者既能接触到地道而又真实的语言环境,又能加强文化因素的积累,培养学习者跨文化交际意识。

本套教材是“大学英语自主阅读系列”教材的全新版本,从内容到形式都有不少新的尝试。当然,不足之处在所难免,我们会虚心听取各位同行和学习者的宝贵意见,不断加以完善。

编者

2008年10月



# 使用说明

## explain

本教材共4册。每册分12个单元,每个单元紧扣一个主题(theme),融知识性与趣味性于一体。每册配有“自主阅读自评表”,建议学习者学完每册后认真填写,同时注意调整学习方法与习惯;每册主课文附有阅读建议时间:第一册 70 words/min;第二册 80 words/min;第三册 90 words/min;第四册 90 words/min。每一练习题首和主体板块末尾有 **Your Score**(每题得分情况)和 **Your Total Score**(总体得分情况),建议学习者按要求做完习题后,按评分标准记下各题得分和每单元累计得分。准确率应达到70%以上。

第一、二、三册由以下四个部分构成:

### Part I Comprehensive Reading(综合阅读)

**1. Pre-reading Activities**——主体课文热身活动,由 **Lead-in Questions** 和 **Word Warming-up** 两部分组成,藉此扫清阅读中的部分生词障碍,增强学习者的阅读信心,同时训练其根据语境猜词的能力,提升阅读前的预测能力。

**2. Text**——单元主体课文,由精选时文及美文佳作组成。文中生词均附在当页下方,以便学习者查阅;对重要词组和难句难点均进行归纳和详注,有助于学习者明确语言要点、释疑解惑。

**3. Post-reading Exercises**——本部分旨在让学习者全方位掌握文章意旨并通过不同类型的练习内化语言知识。参考译文附在每单元后,练习答案附于每册书后,便于学习者自测自评。

### Part II Reading Skill and Word Building(阅读技巧与词形构造)

此部分对专项阅读技巧和词形构成进行精讲精练,以全面提高学习者的阅读能力、扩大学习者的词汇量,并减少学生在阅读过程中对词典的依赖。

### Part III Fast Reading (快速阅读), Reading in Depth(仔细阅读)和 Reading for Test(阅读测试)

此部分提供了与大学英语四级考试相近的快速阅读、长度和难度与之相近的仔细阅读理解文章,旨在使学习者透过海量资讯,快速获取所需信息,提高阅读速度、理解能力和应试技能。

### Part IV Reading for Pleasure(趣味阅读)

秉持“外语学习是一种愉快的体验”的理念,我们设计了 Reading for Pleasure 辅助板块,精选幽默故事、名人名言,希望学习者既能领会到英语学习的愉悦,又能感受英语语言的魅力。

第四册大致沿承了第一、二、三册的体系,保留了 Part I 和 Part IV 两个板块,并新增了一个特色板块 **Figures of Speech**(修辞手法),旨在培养学习者的修辞素养,提高鉴赏评析文章的能力。

本套教材拟定两个学年完成,建议一学期完成一册的学习任务,每个单元的学习时间以一周半为宜,每周两学时,学习者也可根据个人情况参照我们的建议妥善调整。

编者

2008年10月



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# Unit One

## *The Art of Making Friends*

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Most people have one or two close or old friends in their lives, but how can you bring a new life to old friendship, enhance your old friendship and keep it fresh and resilient? This unit will give you some tips on strengthening your relationship with your old friends.

Besides, you will learn about:

- how to help your friends out of depression;
- the reading skill — patterns of organization ( I );
- some suffixes: *-er*, *-ee*, *-or*, *-is*, etc.

### **PART I**

### *Comprehensive Reading*



### *Pre-reading Activities*

---



### **I** Lead-in Questions

1. There is a famous English proverb that goes: A friend in need is a friend indeed. What do you think of it?
2. Do you agree that friends should always keep in close contact? Why or why not? And what is your suggestion on maintaining friendship?



## Word Warming-up

**Directions:** All the italicized words in the sentences below are taken from the following text. Use the context provided to determine their meanings. Write a definition, synonym, or description for each of them.

1. Air and water are *indispensable* to life.
2. Those speeches do nothing to *enhance* your status in the company. You should work hard so as to get a promotion.
3. To achieve our aim, we should *count on* cooperation, hard work and mutual understanding between each other.
4. You should *reinforce* your argument with more details, evidences and theoretical ground so that it will become more convincing.
5. We should not let our great course become *stagnant*. We should work hard to inject fresh life into it with advanced technology so that it will move forward.



## Text

### Old Friends, Good Friends

Kathryn Rose Gertz

- 1 More than 30 years ago, when I took my first job in New York City, I found myself working with a number of young women. Some I got to know just in passing, but others gradually became my friends. Today, six of these women remain a **vibrant**<sup>[1]</sup> part of my life. They are more than simple friends, more even than close friends. They are old friends, as indispensable as sunshine and dearer to me than ever. According to many experts, I am certainly not alone: Most people at midlife attach great importance to long-term friendships.
- 2 The reason why the years draw us back to — and closer to — these **abiding**<sup>[2]</sup> attachments has to do with perspective. Not only do we come to appreciate the texture of old friendships, but we also view them from the vantage point of accumulated years. These people share a long-standing history with us and provide a **reassuring**<sup>[3]</sup> sense of balance and continuity.

[1] vibrant /'vaɪbrənt/ *adj.* full of life and energy; exciting 充满生气的;精力充沛的

[2] abiding /ə'baɪdɪŋ/ *adj.* enduring; permanent 持久的;永久的

[3] reassuring /ˌriːə'sʊərɪŋ/ *adj.* comforting and removing sb.'s fears or doubts 安慰(性)的



- 3 In fact, old friends are a lot like promises. They put reliability into the uncertainty of life and establish a reassuring link between the past, present, and future. But no matter how far back a good friendship goes, it remains a work in progress, forever in need of attention. Here are some suggestions on how to enhance your old friendships and keep them fresh and **resilient** <sup>[4]</sup>:

*Honor Your Emotional Contract*

*Be Flexible*

*Stay in Touch*

*Give a Little Extra*

*Think Back*

### Honor Your Emotional Contract

- 4 The attachment between friends who have known each other for many years is bound to be complex. There is no formal obligation or legal arrangement whatsoever, but the understanding that exists can often sustain us in ways that family cannot. A long-standing friendship is based on a history of mutual exchanges, offering comfort, sharing confidences, providing support — these are among the terms of this powerful emotional **bond** <sup>[5]</sup>.
- 5 Perhaps the most defining characteristic of an old friendship is its predictability, says Roger Granet, M. D. , a **psychiatrist** <sup>[6]</sup> at the Weill Cornell Medical College in New York City. People find much comfort in knowing what to expect. By now, for example, I know that I can count on Leah, one of the six close friends I mentioned, for practical advice about how best to handle a particular situation like a family problem. On the other hand, Joanna, another member of this group, is better at listening to me when I can't find my way out of a confusing mood. Old friends have individual strengths that we grow to rely on, strengths that **nourish** <sup>[7]</sup> and reinforce our connection.
- 6 However, predictability does not mean that the friendship is stagnant or that it must always remain the same, says Granet. One week a friend and I may have lunch together and talk on the phone every day, and then we may not be in contact for months. On occasion we are exceedingly close, and at other times one or both of us **invariably** <sup>[8]</sup> step back. Ebb and flow. Thick and thin. How smoothly and gently we negotiate these hills and valleys has everything to do with how well the friendship ages.

[4] resilient /rɪˈzɪlənt/ *adj.* able to recover or regain strength soon 能迅速恢复或重新振作的

[5] bond /bɒnd/ *n.* a written agreement or promise that has legal force 契约; 合同

[6] psychiatrist /saɪˈkɪətrɪst/ *n.* a doctor who treats people with mental illnesses 精神病专家

[7] nourish /ˈnʌrɪʃ/ *vt.* maintain or increase (feeling etc.) 保持; 增长(情绪等)

[8] invariably /ɪnˈveəriəbli/ *adv.* always or almost always 总是



## Be Flexible

- 7 Sometimes events **intervene**<sup>[9]</sup> in a way that requires us to rework the terms of a relationship. A friend starts a second career, let's say, and suddenly has less free time. Another remarries, adding someone new to the equation. Or friendships we've shared as a couple change because of divorce or death. "Talk honestly and listen to each other to find out if the other's needs are being met," advises Granet. Renegotiating pays full tribute to life's inevitable changes and says that we **deem**<sup>[10]</sup> our friendships worthy of preserving.

## Stay in Touch

- 8 Old friends also need time — by this I mean the time spent doing things together, of course, but just as important, comparing notes, **commiserating**<sup>[11]</sup> about life's bumps and potholes. Whether it's face to face over a cup of coffee, side by side while jogging, ear to ear over the phone, or via e-mail and letters, don't let too much time go by without sharing your thoughts with each other.
- 9 Staying in "touch" sometimes means just that. Researchers have become increasingly aware of the healing and strengthening power of physical touch. Touch can reinforce friendships as well. Putting an arm around a friend's shoulder for comfort or offering a reassuring pat on the back provides warm evidence of affection. As Longfellow wrote: "Ah, how good it feels! The hand of an old friend."

## Give a Little Extra

- 10 Those who are near and dear to you sometimes need special recognition in keeping with their place in your life. So now and then take a long look at them with fresh eyes, suggests Cohen. "Remind yourself why you appreciate them, **foibles**<sup>[12]</sup> and all," she says. "Then go out of your way to show your regard with gestures that make their life happier and easier."
- 11 In other words, put yourself out for the sake of the friendship — and sometimes put yourself second. Change your plans so you can be nearby if you feel your presence would ease a friend's burden. Do double duty at the market if a friend's car is under repairs. Make time to listen carefully when a friend needs a sympathetic ear, even though your schedule is full. Knowing a friend's needs is key.

[9] intervene /ˌɪntə'veɪn/ vi. (of events etc.) happen in such a way to prevent sth. from being done (事情等)发生(以致阻碍某事)

[10] deem /di:m/ vt. consider, regard 视为, 认为

[11] commiserate /kə'mɪzəreɪt/ vi. feel, or say that one feels, sympathize 同情; 怜悯

[12] foible /'fɔɪbl/ n. small and harmless weakness in a person's character (性格上的)小缺点



## Think Back

- 12 Memories give you roots, and **evoking**<sup>[13]</sup> them helps both to preserve your identity and **navigate**<sup>[14]</sup> the road ahead. “**Reminiscing**<sup>[15]</sup> can spark good ideas because you can savor things you enjoyed at an earlier time but may have forgotten,” notes psychologist James Birren, Ph.D., of the University of California in Los Angeles. And the older the friend, the better he or she can help you reflect on where you’ve been and how you got there.
- 13 So **coddle**<sup>[16]</sup> your friends while you may. Gather them close and **nurture**<sup>[17]</sup> them. Bring them blankets and magazines. Be ready with a **pitcher**<sup>[18]</sup> of water before your friend holds out a glass. Is this how I treat my old friends? I hope so. Of course, you would have to ask them — but if the continued affection and concern I get in return is any indication, I must be doing something right.

Words	1,035	Suggested Time	13 min.	Your Time	
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## Phrases to Learn

1. **in passing**: casually; incidentally 随便地; 碰巧地; 顺便地
2. **vantage point**: position from which one has a good or advantageous view of sth. (观看某物) 有利的地点
3. **attach sth. to sth.**: connect sth. to sth.; attribute sth. to sth. 将某事物与另一事物相联系
4. **be bound to do sth.**: be certain to do sth. 一定做某事
5. **find one's way out of ...**: find a method of solving a problem, or avoiding a difficult situation 发现解决问题的办法
6. **on occasion**: now and then; whenever there is need 不时; 偶尔
7. **ebb and flow (of sth.)**: regular increase and decrease of sth. (声音、流行式样等) 消长; 兴衰
8. **thick and thin**: difficulties 艰难
9. **pay tribute to (sb./sth.)**: express one's admiration or respect for sb. or sth. 对某人(某物)表示赞赏或敬意
10. **go out of one's way (to do sth.)**: take particular trouble to do sth. 特意不怕麻烦做某事
11. **put oneself out**: do sth. even though it is inconvenient for oneself 虽对自己不便仍做某事

[13] evoke /ɪˈvəʊk/ vt. produce a strong feeling or memory in someone 唤起, 引起

[14] navigate /ˈnævɪɡeɪt/ vi. find one's way through 设法穿越

[15] reminisce /ˌremɪˈnɪs/ vi. think or talk about past events and experiences, usu. with enjoyment 缅怀过去或叙谈往事(通常为愉快地); 回忆

[16] coddle /ˈkɒdl/ vt. treat (sb.) with great care or tenderness 悉心照顾或照料某人

[17] nurture /ˈnɜːtʃə/ vt. help the development of (sth.) 扶植(某物); 支持

[18] pitcher /ˈpɪtʃə/ n. large container for liquids 大罐, 大壶



1. **The reason why the years draw us back to — and closer to — these abiding attachments has to do with perspective (Para. 2):** The reason why we are getting closer to those lasting attachments with our friends is concerned with how we look at it.
2. **Not only do we come to appreciate the texture of old friendships ... (Para. 2):** This sentence contains a figure of speech, METAPHOR (隐喻), which is found in all languages. It makes images vivid; it brings so much life to language. English is rich in metaphors and one often finds expressions as the following:  
*Time is money.*  
*He had been half mule and half beaver in running the store.*  
Through using metaphors, people often associate certain qualities with certain creatures or objects. These qualities often arouse certain reactions or emotions, usually facilitating readers' understanding of the sentence. In this example of our text, "texture" is used to refer to the element or component of friendship.
3. **whatsoever (or whatever) (Para. 4):** "Whatsoever" is often used after *no + n.*, *nothing*, *none*, etc., for emphasis.
4. **Perhaps the most defining characteristic of an old friendship is its predictability, ... (Para. 5):** Perhaps the most important and crucial characteristic of friendship is its predictability.
5. **M. D. (Para. 5):** M. D. is short for Doctor of Medicine (医学博士), which is from the Latin *Medicinae Doctor*.
6. **How smoothly and gently we ... how well the friendship ages (Para. 6):** Here "age" is used as a verb, which means "become mature".
7. **Sometimes events intervene in a way that requires us to rework the terms of a relationship. (Para. 7):** Sometimes events unexpected interfere into (干涉) our friendship so that we have to rethink about the relationship among us.
8. **... commiserating about life's bumps and potholes (Para. 8):** The phrase "bumps and potholes" is used to refer to the various difficulties, frustrations, and disappointments.
9. **Reminiscing can spark good ideas because you can savor things you enjoyed at an earlier time but may have forgotten, ... (Para. 12):** This sentence means that recalling the past good memory can give you good ideas because you can refind pleasure in the memory that you may have forgotten.
10. **... but if the continued affection and concern I get in return is any indication, ... (Para. 13):** If the continued affection and concern I get in return from those friends I take care of is any indication of my hospitality to them, ...



### Post-reading Exercises



#### Short Answer Questions

Your Score: