

大学 英语新编 泛读教材

二至六级统考必备

南开大学公共外语教学部

侯梅雪 主编

下
册



- 阅读文章 105 篇
带注释和测试题
- 小知识、绕口令、趣闻、小幽默、
谜语等 88 篇
- 英文歌曲 12 首(配录音磁带)

南开大学出版社

COLLEGE ENGLISH EXTENSIVE READING

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College English Extensive Reading

大学英语新编泛读教材(下册)

——二至六级统考必备

侯梅雪 主编

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前 言

国家教委《大学英语教学大纲》中有关大学英语教学目的的指示是“培养学生具有较强的阅读能力、一定的听的能力、初步的写和说的能力。”在《大纲》的说明部分还明确规定：一级的泛读教材是精读的4倍，以后逐级增多，五、六级泛读量是精读的5倍。实践证明，要培养学生听说读写诸方面的技能，提高学生的阅读能力是关键。因此，学生不仅要学好精读，而且要重视泛读。只有前者而没有后者，则容易陷入“只见树木，不见森林”的境地，故而在学习上要想打下扎实的根基，就须在泛读课中同样下功夫，所谓“精深”还需“博大”作基础。大量地阅读难度适当的各种英文材料可使学生迅速增加词汇量，开阔视野，丰富不同的文化背景知识，提高阅读速度和理解力，增强语感并提高语言运用能力，最终促使学生的听力、写作能力亦得到相应的提高。

然而要求非英语专业学生在课堂上大量阅读或在课余拿出完整的时间集中读大块文章是不切实际的，应该帮助他们利用零星时间，见缝插针，日积月累。许多学生对目前一些泛读教材单一的文学性或科普性，以及过长的篇幅逐渐失去了兴趣，他们热切希望有适合实际需要的新教材，本书正是为适应学生的上述要求和教学的实际需要而编写的，其特点是集知识性、趣味性于一体，寓英语学习于娱乐之中；图文并茂，题材广泛，生动活泼，妙趣横生；篇幅随学习阶段的提高而适当增加，旨在配合高校非英语专业的英语分级教学和二、三、四、六级的统考。该书除适合高校研究生、本科生和专科生使用外，对高中生及英语爱好者、成人高教自学者也颇为有益。

全书分上下两册，每册20个单元，上册每单元6课，下册每单元5课。每篇读物的生词和语言难点均在文后有注释，注释形式不拘一格，包括中文释义、英文释义和中英文双重释义等三种，目的是便于学生学习和领会释文含义；之后是阅读理解测试题，以帮助学生理解、消化和吸收所读内容；最后配有补白性质的小品文，形式包括谜语、笑话、绕口令、名人名言、小常识、小测验、小幽默、应用文、明星简介、英文歌曲等，为便于学生自学，书后附有阅读理解

参考答案。上下册英文歌曲配有录音磁带各一盒,读者可与南开大学出版社发行科联系。

教材的编写安排:上册供1至3级英语教学使用,下册供4至6级教学使用。

本书在编写中曾得到南开大学教务处,公共外语教学部和南开大学出版社张彤同志的大力支持。全书由南开大学外国语言文学系柯文礼副教授审定,我们在此一并表示衷心感谢。

由于水平有限,时间短促,错误与疏漏在所难免,恳请读者不吝匡谬。

编者

1994年3月于南开大学

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UNIT ONE

Lesson One

A Sound Body

"Early to bed and early to rise,
Makes a man healthy, wealthy, and wise."

Those were the words of Benjamin Franklin, a famous eighteenth-century American author and inventor. Today, few busy adults can follow Franklin's advice, but most of them are very concerned about their health. In 1982, people in this country spent about \$287 billion¹ on health care, but all those doctors and pills aren't the only evidence that Americans really try to stay well. A public opinion poll² showed that 81 percent of all Americans rated³ good health almost as important as a happy family life. Another survey showed that the average American expects to live to be 77, and that almost a quarter of the people expect to live to be 86. One third of the people who participated in the second survey said that they do not eat sugar. One half of them said that they take vitamin pills, and more than one half said that they take part in a regular program of physical fitness. In today's crazy world, people feel that they have no control over the major events that affect their lives, but they feel that they can control their own bodies.

For many people, good health starts at the dinner table. Too much food means too many pounds, so a health-conscious person tries to limit the quantity of food he or she eats. However, the quality of a diet also affects a person's health. That's why some people avoid fatty foods, foods with caffeine⁴, foods with sugar or salt in them, and foods with added chemicals. Farmers spray

their plants with insecticides that kill insects, but do these same chemicals kill people, too? Cattle producers feed their cows certain drugs to make them fat, but are these drugs good for human beings? Are the chemicals that keep foods fresh harmful to our bodies when we eat so many of them? These questions trouble many people, and they refuse to eat anything but “natural” foods. That’s why, when you shop for groceries in American supermarkets today, you will often see labels that say “No preservatives⁵,” or “No artificial ingredients⁶,” or “All natural flavors.”

But diet isn’t the only thing that health-conscious people want to control. They also want to maintain their good health through regular exercise. The most popular activity for men is walking, with weight lifting and calisthenics⁷ next. Women also rate walking most popular, but many women also like yoga or aerobic dancing⁸. Young people often play competitive sports such as softball⁹, baseball, basketball, or football. Although most middle-aged people don’t play these sports very often, they participate in sports like tennis, golf, or bowling. But, curiously, the group that tries to get the most exercise (usually walking) is not the young or the middle-aged—it’s the elderly. Old people take care of themselves more than people in their 40s or 50s, perhaps because old people think more about dying.

At one time¹⁰, people thought that only athletes should care a lot about sports, and that the mind was more important than the body. But nowadays, many people realize that they must keep a balance between the two. A Latin proverb recommends “a sound mind in a sound body.” It’s old advice, but a lot of people take it seriously.

Notes

1. billion: (美、法)十亿,即 10^9 ; (英、德)万亿,即 10^{12} .
2. poll: 民意测验; 民意测验记录.
3. rate: regard ... as; consider.

4. caffeine: 咖啡碱; 咖啡因。
5. preservative: 防腐剂; 保护料。
6. ingredient: 配料; (混合物的) 组成部分。
7. calisthenics: (用作单或复数) = callisthenics 健美体操; 柔软体操。
8. yoga or aerobic dancing: 瑜伽舞或增氧健身舞。
9. softball: 垒球(运动)。
10. at one time: 从前有一个时期。

Comprehension Questions

1. The most important idea of paragraph 1 concerns _____.
 A. Benjamin Franklin's advice
 B. the evidence that Americans are very eager to stay healthy
 C. the food that Americans eat
 D. the amount of exercise that Americans get
2. In paragraph 2, the writer implies but does not state directly that _____.
 A. fatty foods, caffeine, and salt may not be healthy
 B. natural foods aren't good for you
 C. chemicals added to foods are probably harmless
 D. preservatives aren't chemicals
3. In paragraph 2, the writer implies but does not state directly that _____.
 A. farmers don't use chemicals on vegetables
 B. farmers want to eliminate artificial ingredients from food
 C. farmers want to produce more vegetables and larger cows
 D. farmers are careless
4. The most important idea of paragraph 3 concerns _____.
 A. muscle tone
 B. walking for men, women, and old people
 C. sports, dancing, and calisthenics
 D. the types of physical activities that people do to stay healthy
5. The most important idea of this article is that _____.
 A. Americans try to stay healthy by controlling their diet and by exercising

- B. Americans are afraid of dying
- C. Americans eat a lot of natural foods
- D. Americans are too health conscious

小知识

When Do You Stop Growing?

The average newborn infant is about one foot, eight inches long. In 20 years, this little body more than triples in length! The average height of a man is five feet eight.

But man does not stop growing then. He actually continues to grow even after the age of twenty-five and reaches his maximum height at about the age of thirty-five to forty.

What happens after that? He does not just stop growing but begins to "shrink"! The average person shrinks by about four-tenths of an inch every ten years after the age of forty. The reason for this shrinkage is the drying up of the cartilage in the joints and the spinal column.¹

Growth varies with the seasons. Children grow more rapidly during the summer than during the winter. Children of school age actually grow twice as fast during the summer months as during the winter! Better food, better modes of living², a whole group of circumstances are making the newer generations taller than the previous ones.

Our rate of growth is determined by four important sets of glands: the thyroid, the pituitary, the thymus, and the sex gland³. When these glands operate normally and there is the proper balance between their functions, then growth is normal.

Did you know that every morning we are taller than we were the previous evening, but in the course of the day we begin to shrink?

1. the cartilage ... column: 关节和脊骨里的软骨。
2. modes of living: 生活方式。
3. the thyroid, ... the sex gland: 甲状腺, 垂体, 胸腺和性腺。

Lesson Two

How Americans Choose Their President

Every four years, Americans choose a new president for the nation. The summer before the election, each of the major political parties holds a convention. Delegates from every state meet together to choose candidates for President and Vice-President and to decide on the party's programme¹: a very general statement of its philosophy, aims and views on national and international questions.

The manner of choosing delegates to the party conventions varies from state to state. In some states, delegates are elected by voters. In others, they are appointed by a state party convention or by state political leaders.

Once the presidential candidate is elected, his running mate (the vice-presidential candidate) must be chosen. Usually the presidential candidate can have the running mate of his own choice. Traditionally, a party's presidential and vice-presidential candidates come from different parts of the country and have somewhat different political views.

Actual campaigning² for the election (or running for the presidency) begins on Labor Day (the first Monday in September). From that time until election day, political materials come to voters from all sides -- radio, television, newspapers and personal communications. Longstanding friendships and even marriages break up³ because of differences of opinion over issues and candidates. Ordinarily soft-spoken people become heated supporters of their candidate. Election workers knock on every door and remind each voter of all that the party has done for him and the country since the last election.