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冷眼看西方英语阅读丛书之七

Virtual Reality
虚 拟 现 实

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【内容简介】 21 世纪人类将迈入虚拟世界;美国有色人种后裔有意掩盖血统;因擅自捕鸟而遭逮捕的人;女权运动造就的新星;服装设计大师卡尔文开辟新天地,如何处理工作环境中的性问题;瑞典所实施的家庭政策;为扑灭森林大火而殉职的灭火队员及个人档案;外籍足球明星在日本;怎样收住丈夫的心……几十个令人耳目一新的话题将使你忘却学习英语的烦恼;你的智慧将得以启迪,情操将得以陶冶;你的英语水平将更上一层楼。

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前 言

学外语的人或许都有这样的体会：听说比阅读更让人感到紧张。原因之一是，阅读为一种隐秘的心理活动过程：读者具备或缺乏哪些背景知识，理解或没有理解哪部分的含义，哪些词认识而哪些词是生词，等等，只要不是在课堂上或考试等非自学场合，完全可以不被第二个人了解，也就是说不必当众出丑。另一个原因是，总的来说谈话的进程是任何一方无法随意控制的，而阅读时，读者可以根据个人需要决定交际速度，是否重复、终止或暂时终止而不影响对方传达的信息。

据研究表明：焦虑程度越高学习效果越差。如果阅读有这么多优点而你又身处母语环境当中，为何不经常读书从而更有效地学习语言呢？

有人说学外语应该从听说开始，但这并不意味着会话能力强的人外语综合能力一定强。书面语呈现的思维往往比人们在交谈时传递的思想更复杂，更严密，使用的语汇

更丰富也更细腻。一个人如果想利用外语对某一问题进行愈广泛、深入和更具逻辑性的探讨和研究,他就应该具备愈强的阅读能力。

人类已进入信息时代,而大部分信息是通过文字传播的,因而阅读对于当代人也就越发显得重要。

像它的姊妹篇一样,这本书是为决定提高英语阅读能力和整体英语水平的人编写的,尤其是那些想悄悄进步的人。

普遍受人喜爱的读物往往具有较强的思想性和趣味性,而且读者往往能够从中触摸到时代跳动的脉搏。外语学习书籍也是如此,而不仅仅是语言的典范。只有这样的书才能为语言学习者提供一个在主动积极思考过程中更有效地学习生动、鲜活语言的途径。而这种语言并非脱离语言运用的具体环境很难有实用价值的语言标本,或过时的语言。

买书的人有的重在娱乐,有的重在求知或陶冶性情,这本书主要是为满足后者的需要编写的。

编者

1999年5月

Unit 1

Why Husbands Turn Out

丈夫为什么会有外遇

夫妻间的争吵是经常可以看到的事情。在心理上,男性和女性对感情的把握是不尽相同的,由于彼此不了解而导致的刻薄批评和恶意攻击只能让婚姻变得更糟。如何维护夫妻间的爱情,文中婚姻问题专家提供的一些建议或许可以作些参考。

I was about to enter a restaurant one evening when a man rushed out of the door, his face set in a stony expression. Close on his heels a woman came running. Beating him with her fists, she yelled, "Come back here and be nice to me!"

That sharp, impossibly contradictory plea shows the sorrow of many unhappy

couples: raging against his “indifference”, she seeks to engage his attention while he withdraws from her “unreasonable demands”.

In most marriages there are two emotional realities: his and hers. The roots of these emotional differences, while partly biological, can also be traced to the very different lessons boys and girls are taught about handling emotions.

As psychologists Leslie Brody and Judith Hall point out, girls learn to read emotional signals and to communicate their feelings. Boys, meanwhile, become skilled at hiding certain emotions — those having to do with weakness, guilt, fear and hurt.

When girls get together, says Deborah Tannen in her book *You Just Don't Understand*, they tend to play in pairs or small groups and emphasize relationships. Boys play in larger groups, and in their games they negotiate status.

If a boy who has been hurt during a game becomes upset, he is expected to get out of the way and stop crying so the game can go on. Among girls, however, the game stops while everyone gathers around to help the one who is crying. According to Tannen, whereas boys take pride in their independence, girls see themselves as part of a web of connectedness and feel threatened by a break in their relationships.

All of this means that, in general, women enter marriage prepared for the role of emotional manager, while men arrive with much less appreciation of the importance of this task to the relationship.

Understanding the emotional gender gap is critical in



Such corrosive conversation takes its toll. If a husband ex-

learning how to handle disagreements. Issues such as how often a couple has sex, how to discipline the children or how much debt a couple feels comfortable with are not what make or break a marriage. Rather it is how a couple *discusses* such sore points.

“Did you pick up the dry cleaning?” asks a husband.

“What am I, your maid?” the wife responds.

“Hardly,” he replies. “If you were, at least you’d know how to clean.”

This is a typical exchange by a hostile couple, according to John Gottman, a University of Washington psychologist. In his laboratory Gottman has tracked the ups and downs of more than 2,000 couples since 1972, analyzing the emotional glue that binds two people together and the corrosive feelings that can tear them apart. In one study Gottman was able to predict with 94-percent accuracy which couples would divorce within three years.

While couples talk in Gottman’s lab, sensors record the slightest physiological flow, and videos of their faces reveal the most fleeting differences of feeling. After the session, each partner separately watches the films, narrating what his or her thoughts were during the exchange. What results is an emotional X ray of the marriage.

An early signal that a marriage is in danger, Gottman finds, is harsh criticism. Take the response of one woman to her husband when he apologized to her and their daughter for coming home ten minutes late for a family outing. The wife said harshly. “That’s okay — it gave us a chance to discuss your amazing ability to damage every single plan we make. You’re so

self-centered!”

In a healthy marriage, husband and wife feel free to voice their complaints, but they do this in a particular way. They report specifically what *action* is upsetting them and how it makes them feel: “When you forgot to pick up my clothes at the cleaner’s, it made me feel you don’t care about me.” They are straight forward but not hostile.

The approach of the woman who angrily called her husband self-centered is completely different. Instead of criticizing his behavior, she starts a global attack on *him*. This leaves him feeling ashamed, disliked, inadequate — and defensive.

Such corrosive conversation takes its toll. If a husband expresses contempt regularly, Gottman found, his wife will be more likely to have health problems. And when a wife’s face shows disgust four or more times within a 15-minute conversation, it is a sign that the couple is likely to separate.

Contempt, disgust and personal attack can cause what Gottman calls “flooding”. Flooded husbands or wives are so overwhelmed by their partner’s negativity and their own reaction to it that they are drowned in dreadful, out-of-control feelings. They can no longer hear without distortion or respond with clear-headedness; they find it hard to organize their thinking, so they fall back on primitive reactions — shouting and screaming.

Fighting can be damaging, but fleeing can be more dangerous, particularly when the “flight” ends up with stony silence.

What can couples do, then, to protect the love and affection they feel for each other? Marriage researchers offer specific advice for men and for women, and some general rules for both.

For men: don't avoid conflict. Realize that when your wife brings up some complaint, she may be doing it as an act of love, trying to keep the relationship on course. Understand that anger is not personal attack. The strength of your wife's emotions often simply indicates her strong feeling about the matter — not necessarily dissatisfaction with you.

Be on guard against short-circuiting the discussion by offering a solution too early on. It's typically more important for a wife to know that her husband understands her feelings than to know he agrees with her. More often than not, once she feels her view has been heard, she calms down.

For women: attack the right thing. Wives are often too intense in voicing complaints. Instead of delivering angry personal critiques, they should make clear statements that a particular *behavior* is distressing. It helps, too, if complaints are expressed in the larger context of reassuring your spouse of your love.

To stay on track during disagreements, *both* partners should employ the following techniques:

Stick to one topic. Don't drag ancient history or other complaints into disagreements. Keep to the original issue and give each partner a chance to state his or her point of view at the beginning.

Stay calm. Agree in advance to call break at the first sign of flooding. During that timeout period, cool down by practicing a relaxation technique or doing some physical exercise.

Focus on content. Try editing what you hear, ignoring the hostility — the nasty tone, the insult — to concentrate on the main message. Often the emotional intensity is not meant to be

- skilled at hiding certain emotions
- B. girls tend to play in pairs or small groups while boys play in larger group
 - C. women enter marriage prepared for the role of emotional manager, while men arrive with much less appreciation of the importance of this task to the relationship
 - D. men take pride in their independence while women see themselves as part of a web of connectedness and feel threatened by a break in their relationships
4. It can be inferred from the article that the author thought the issue which mostly influence the decision about breaking marriage is _____.
- A. issue like how often a couple has sex
 - B. issue about how to handle children
 - C. issue about how much debt a couple feels comfortable with
 - D. how a couple discuss the above sore points
5. From the article we may conclude that John Gottman, a University of Washington psychologist, is _____.
- A. an outstanding marriage expert who has tracked the ups and downs of more than 2,000 couples since 1972
 - B. an excellent predictor who in one case was able to predict with 94-percent accuracy
 - C. an enthusiastic provoker who sings high praise for the healthy marriage
 - D. a narrow-minded psychologist who only cares about how to stop quarreling
6. If a husband/wife in a healthy marriage wants to complain something, he or she may _____.

-
- A. criticize without mercy about what his/her spouse had done wrong
- B. feel free to voice his/her complaints in a particular way
- C. start a global attack on her/his behavior
- D. hesitate to express his/her true feelings till the last minute
7. The most likely order during the process of a marriage from falling in danger to breaking up is _____.
- A. firstly harsh criticism, then fighting or fleeing, last step stony silence
- B. firstly harsh criticism, then "flooding", fighting, the last one: fleeing
- C. firstly "flooding", then harsh criticism, finally fighting
- D. firstly harsh criticism, then "fighting", finally "flooding"
8. In accordance with the article, all the following statements are found by Gottman and his colleagues except that _____.
- A. in 85 percent of all marriages studied by them, it was the husband who stonewalled in response to a critical wife
- B. more men than women react to a spouse's criticism with flooding
- C. one reason men are so likely to stonewall is to protect themselves from flooding
- D. once husbands began stonewalling, their heart rates dropped by about ten beats per minute, bringing a sense of relief
9. If both partners want to stay on tract during disagreements, the techniques they shall employ include _____.

personal but instead is a signal of the issue's importance. It may mean, too, that the discussion should be delayed until later.

Mirror the message. The most powerful form of nondefensive listening is called mirroring. When one partner makes a complaint, the other repeats it in his or her own words, trying to capture not just the thought but also the feelings that go with it. The effect of being mirrored accurately is feeling emotionally understood and effective.

Empathize. One powerful way to diminish a fight is to let your partner know that you can see things from his or her point of view. Another is to take responsibility or even apologize if you see that you are wrong. At least, convey that you are listening and acknowledge the emotions that are being expressed, even if you can't go along with the argument.

During peaceful times, finding something in your partner that you genuinely appreciate not only comforts your spouse but also builds up emotional capital you can draw on when disagreements do arise.

Because all these techniques are to be called upon during the heat of confrontation, it helps to practice them in nonstressful moments. Then you'll have them ready when you need them, to keep your fights fair and your marriage strong.

New Words

1. hostile ['hɒstail] *a.* 敌对的, 不友好的
2. ups and downs 起伏, 波折
3. corrosive [kə'reʊsɪv] *a.* 腐蚀性的
4. nuance ['nju:ɑ:ns] *n.* 细节, 细微的差别

5. secrete ['si:krit] *v.* 分泌
6. confrontation [ˌkɒnfrən'teɪʃn] *n.* 对抗

Reading Comprehension

- At the beginning of the article, the author describes an accident that happened between a man and a woman he doesn't know in order to _____.
 - illustrate what may happen if a couple's relationship is in danger
 - seek some possible solutions to improve their relationship
 - introduce a common scene which is often observed by the author
 - set a situation and offer a clue of what will come next in the article
- Suppose one person among a mixture group of girls and boys has been hurt, what may be boy's and girl's response?
 - They may all stop playing the game and gather around the person, consoling him/her.
 - Boy may stand aside, waiting for her a while and girl may gather around, comforting him.
 - They may continue their game and let the person to recover alone.
 - Boys may try to say some good words while girls show indifferent attitude towards the person.
- According to the article, "the emotional gender gap", which is critical in learning how to handle disagreements among couples may refer to the fact that _____.
 - girls learn to read emotional signals while boys become

- A. stick to one topic, mirror the message, stay calm and attack the right thing
- B. mirror the message, focus on content, emphasize, don't sidestep conflict and stick to one topic
- C. stay calm, attack the right thing, minor the message, don't sidestep conflict and stay calm
- D. stay calm, focus on content, stick to one topic, mirror the message and emphasize
10. The author's purpose in writing this article is mainly to _____.
- A. clarify the cause and effect of marriage
- B. illustrate what may happen in a hostile marriage
- C. study the cause of unhappy marriage and seek possible solution
- D. analyse the reasons of breaking up and offer suggestions to avoid them

We Had to Fall in Love All Over Again

重爱一次

从婚前的浪漫爱情,婚后的日常繁琐家务,到惊心动魄的事件,直至拯救家庭,主人公回顾了她所走过的婚姻生活。“重爱一次”,读者可从中获得启迪和灵感。

I met Michael while waiting to enroll for my degree. I was shy and seemed to have joined the wrong line. All of a sudden he was there, a kind and helpful second-year student. It wasn't love at first sight — I went out with several boys but I remember feeling totally at home in his company. Suddenly I realised how handsome he was and longed for him to ask me out. But apparently he saw me always surrounded by young men and thought he didn't stand a chance!

At last, walking back from a lecture in the pouring rain, he plucked up courage. I jumped at the chance and somehow we ended up under the same umbrella. I'd never been so happy.

An idyllic white wedding followed a week after his graduation and, a year later, we settled in a Norfolk village. I took a job at the local school. Michael was taken on as a junior partner in a dental practice and four years later our first son, Ben, was born.

I decided to become a full-time mum and threw myself into country living. We hadn't much money, but I felt fulfilled. Then Sam, our second son, came along.

It wasn't always easy having two young babies, trying to balance being the perfect wife and mother — letting Michael enjoy bath and bedtime while I washed up and did the hundred and one chores at the end of the day. Then, when Michael came downstairs, I'd be angry that he could enjoy the children while I did all the hard work.

But the real difficult moment came when I returned to work. Initially, teaching seemed ideal. I was always there in the holidays and could be home soon after my boys. Ben was 12 by

then and I felt they wouldn't be taken away from a real full-time mother. But, my workload increased, the boys needed constant ferrying to and from their activities, and the cooking, cleaning and ironing didn't go away.

I began to feel surrounded by it all — and yet I loved the glory of being successful in my job. I accepted promotion and enrolled in a part-time university course. Michael and I saw less and less of each other and, when we did, we were both very tired and under great pressure from our demanding lifestyles. He didn't even seem to look at me.

Then one day I met Paul who not only looked at me but noticed and cared — and said so. We were on the same course — both teachers, both married and should have known better. It started innocently over coffee. We seemed to have so much in common. In many ways it was like meeting Michael all over again.

No one suspected a thing. I became almost dangerously happy and Michael seemed pleased that the uncheerful, bad-tempered me had been replaced by the happy person he used to know. He even said so one afternoon, and I wondered if he'd guessed. I almost wanted him to, so that I could shout out that I loved someone else.

I behaved recklessly. I knew it was wrong, and hated cheating, yet I didn't want it to end. Every day I would wake up, look at myself in the mirror and think how lucky I was to have a lovely home, my husband and children. But by the end of the day I was wishing my knight would arrive on his horse.

Then, one Sunday morning, Michael asked the question I'd