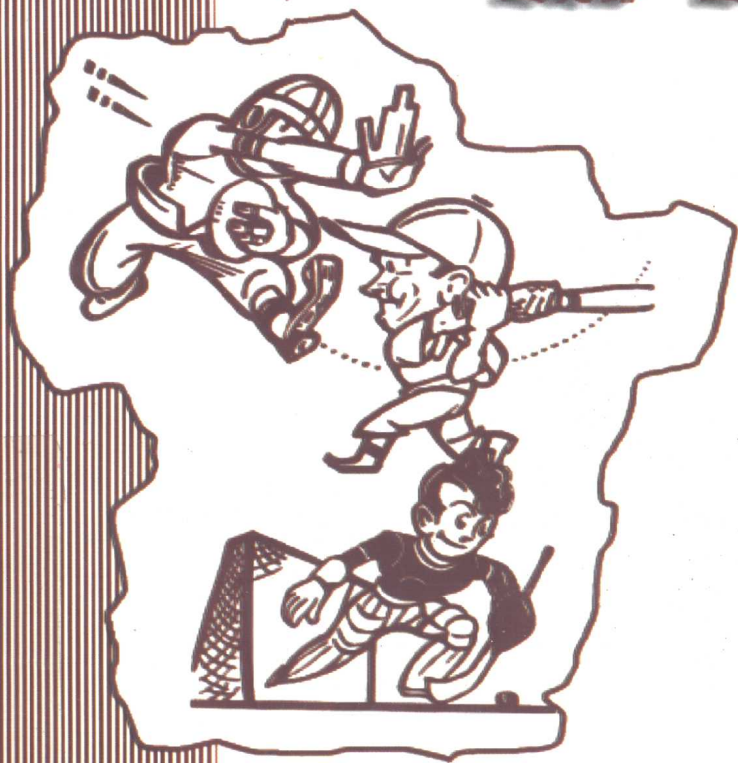


大学生英语阅读系列丛书

THE WORLD OF SPORTS

# 体育大世界

王晓露 主编



*The World of Sports*



中国人民大学出版社

大学生英语阅读系列丛书

# 体育大世界

王晓露 主编

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## 使 用 说 明

很多前辈学者的成功经验表明，大量阅读英文书籍是从根本上提高英文水平的必由之路。大量的课外阅读能帮助学生巩固课上所学的语言知识，并扩大词汇量；大量的课外阅读能帮助学生提高理解能力，加快阅读速度；大量的课外阅读能开阔学生的眼界，使学生更多地了解英语国家的文化。更重要的是，只有通过大量的阅读才能逐步形成语感。总之，量的积累能导致质的飞跃。大阅读量对提高英语水平所起的作用是精读课和做试题都无法取代的。为了满足广大学生和英语爱好者学习的需要，我们编写了这套系列阅读丛书。

本系列丛书针对非英语专业大学生的需要编写而成。既可为他们提供课外阅读的资料，又可为他们进入专业阅读阶段的学习打下基础。还可以供社会上其他中级水平的英语学习者自学之用。本着既富趣味性，又兼顾知识面的原则，本丛书第一批共推出八册，题目分别为：体育大世界，特殊的历史时刻，人与环境，法庭内外，媒体文萃，文化与交际，世界政坛焦点漫谈，经济文选等。每册书中既有该领域的奇闻轶事及趣谈供读者赏析，又有初步的理论与专业术语供读者学习。按专业分类选编的目的旨在提高每册书中同一领域单词的复现率，有利于读者扩充词汇，并能满足综合性大学各专业学生及社会上各行业读者学习专业外语的不同选择。

我们编写本阅读系列丛书的意图是引导读者既学习语言又学习阅读技巧。为此，本丛书以学习理论为指导，安排全书的编写体例。

首先，目录为英汉对照，使读者对每册书的内容一目了然。

其次，每篇文章之前设导语，提示该篇主题或要点，引导读者阅读之前对阅读内容进行预测。在阅读过程中验证所做出的推断、养成积极思维的良好阅读习惯。这一习惯的养成对于提高阅读理解能力和阅读速度，起着至关重要的作用。

第三，本丛书在词汇控制方面别具特色。既控制生词量，又指导学生掌握使用字典的分寸。各分册以大学英语教学大纲词表为准，将四级以外的单词控制在千分之七左右。对于超出四级的单词，作如下处理：凡是根据理解的需要必须懂的生词，均以斜体标出，并收入书后的词表，方便记者查阅；凡是不影响全文理解或者不构成重要信息的生词，以及根据上下文的提示或构词法知识可以猜出的生词，则不做斜体处理，亦不收入词表。遇到这类生词，读者应先设法猜测词义，猜不出时尽可以忽略，不必费时费力查字典。这种安排旨在向读者传递这样一个信息，即：培养阅读能力的关键是学会针对不同的阅读目的采取不同的阅读方法。课外阅读属于泛读，目的是获取信息，重在扩大阅读量，不必依照精读课的习惯字字推敲，因而也不必频繁地放下书本去查字典，因为那样不仅会影响阅读速度、打断阅读时的雅兴，而且字字斟酌费时费力，所查出的词义又不可能全部记住，造成事倍功半的结果。

第四，为了体现泛读与精读方法上的不同之处，本丛书中每篇文章后只附少量阅读理解题目，提示应掌握的文章要点与理解重点，引导读者注重扩大阅读量，而不必过分追究细节。

以阅读与学习理论指导阅读丛书编写工作的作法尚属尝试。由于我们水平有限，编写中难免有失误与疏漏之处，敬请读者与英语界前辈及同仁批评指正。

本丛书由中国人民大学外语系英语阅读系列丛书编写组编写。编委会成员有：主编：李守京教授，顾问：罗舜泉教授，编

委（按姓氏笔划顺序）：王晓露副教授，田育英副教授，任林静副教授，吴红云副教授，张卫平教授，张勇先副教授，和赵艳萍副教授。编写过程中，得到中国人民大学外语系大学英语教研室和研究生英语教研室的大力支持，外语系郭欣同志承担了部分录入工作，特此鸣谢。

**英语阅读系列丛书编委会**

1999 年春，于北京

## 前言

《体育大世界》是编者从近百篇文章中精心筛选出来的，选文均来自国外书报杂志，仅对极小部分做了适当删节。广大英语爱好者可以通过阅读体育运动中的趣闻轶事、热点话题以及知识介绍，来达到提高英语阅读能力的目的。本书适合相当于大学公共英语本科一、二年级水平的读者使用。

本书以提高读者英语阅读水平为编写原则，选文要求文字表达准确，题材、体裁多样，特别强调趣味性和知识性。此外，本书有些选文选自英美原版写作教材，既是理想的读物，又是优秀的写作范文。

本书共分三部分：

第一部分：人物故事。读者可以从了解体育明星和普通体育运动参与者的个人经历及运动中发生的故事。

第二部分：美国体育掠影。作为世界体育强国，美国的体育运动丰富多彩。其种种体育运动现象，从中可见一斑。

第三部分：体育万花筒。向读者介绍关于各种体育运动话题的讨论，并向读者展现出体育世界的不同画面。

为了帮助读者提高阅读效率，检验和加强理解能力，本书每课都附有注释和思考题。书后附有生词表，生词表所列生词在正文中以斜体出现。本书由中国人民大学外语系王晓露副教授、北京体育大学唐建军副教授编写，王晓露副教授担任主编，谌馨荪教授担任主审。限于编写水平，不妥之处难免，敬请广大读者批评指正。

编者

1999年春

## 第一批书目

- 《世界政坛焦点漫谈》 主编 田育英
- 《经济文选》 主编 张勇先
- 《文化与交际》 主编 赵艳萍 李洁连
- 《法庭内外》  
——法律英语文章选读 主编 吴红云
- 《媒体文粹》 主编 张卫平
- 《体育大世界》 主编 王晓露
- 《人与环境》 主编 任林静
- 《特殊的历史时刻》 主编 任林静



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# 第一部分 人物故事

## 1. How I Lost Four Ounces in Three Weeks

### 我如何在三星期减了四盎司

*What has the narrator gone through to  
have lost only four ounces in three  
weeks?*

“I’m not fat,” I told my neighbor, “but I would like to lose a little —— about ten pounds.”

“Ten pounds?” he said. “That’s easy. I lost 20 pounds just by running every day.”

That’s when I made up my mind. I would run, too. I’d run on Willow Road, which goes by the end of our block. And I’d *outfit* myself in a pair of white shorts, *sneakers* and a sweat shirt. I’d have the right clothes, so I wouldn’t look silly.

To begin with, I decided to run up Willow Road as far as the Emersons’ house. That was about a mile.

By the time I got to the end of our block, my legs had turned to stone. And I felt as if somebody had lit a campfire in my chest! I

*limped* on for another hundred yards. The thing to do, I decided, was to stop as soon as I came to a good place for a rest. At once I said to myself, "This looks like a good place!"

After some time, I sat up. "You're out of shape,"<sup>1</sup> I told myself. "You've got to work up to things bit by bit. Give yourself time!"

I stood up and walked home.

Every morning for three weeks, Mondays through Fridays, I burst from my house and ran toward the Emerson place. I went a bit further every time. Weekends I rested up. Finally, I decided that I was ready to run the whole mile. Of course, I'd stop a few times along the route to rest.

I made the big push on Saturday. That was a mistake. I had forgotten that the neighborhood children would not be in school that day.

I was no more than halfway up the block when I sensed that I had an audience. There were all the children standing on their front lawns staring at me. I waved. Most likely, they were admiring my *brisk* pace. Then I learned the awful truth. As I turned onto Willow Road, a half-dozen eight-year-olds ran out and settled into a steady *trot* beside me.

"Hey, mister," said one, "my little brother can run faster than this, and he's only six."

"Oh, yeah?" I barked. "When he's as old as. . . ." But there my air ran out. I stopped talking in order to save my breath.

We paced onward. Up ahead, I could see a shady maple tree, an ideal rest stop. Sweat dripped into my eyes as I pushed toward the tree. Then, just as the shade was within reach, a small voice said, "Hey, mister, we'll race you!"

The eight-year-olds tore out<sup>2</sup> in front of me and were soon out of sight. My spirit was broken. I staggered off the road into a clump of *underbrush* and dropped like a sack of bricks.

I was still resting there ten minutes later when I heard children's voices.

"They must have caught him," one voice said.

"Yes," another replied. "He did all right for an old man, though. He must have run the whole two miles from the mental hospital."

Still I wouldn't give up. The best way to run without an audience, I decided, was to run after dark.

"Well, enjoy yourself," my wife said. "I've got to drive Andy to his trumpet lesson."

I set out into the dark, sure that I would finally reach the Emersons'. I had just turned the corner when something the size of a watermelon shot out at me. It began barking and wouldn't stop. It was the Barts' bulldog. I shouted and sent him back to the Barts' front lawn, but I could feel a rising fear. After all, there were lots of dogs in our neighborhood.

My *hunch* was right. Two minutes later I set off the Abels' boxer.<sup>3</sup> He circled around me, barking, and refused to leave. Next it was the O'Briens poodle and then a strange sheep dog.

I was nervous, but I led the parade onward. Once in a while I'd say, "Nice fella!" to nobody in particular. Then a huge *collie* came bounding out of a driveway. I had heard once that collies love children. I pointed to my shorts and trotted on.

What did it, finally, was the Emersons' Great Dane. That dog is the size of a pony and has jaws like an alligator. They call him

Cuddles!

Well, I made it to the Emersons' driveway. I jogged in glory across the lawn. I even had my foot on the porch step when Cuddles burst from his doghouse like a fire engine answering an alarm. The next instant, the whole parade was tearing back down Willow Road. And I was bringing up the rear.<sup>4</sup>

Halfway home, I remembered that Cuddles was usually chained to his doghouse, so I slowed down. However, I was exhausted when I reached home, and I flung myself down on the front steps<sup>5</sup> to recover.

Andy was standing by the garage with his trumpet. He and his mother had just got back from his lesson.

"Gee, Dad," he said excitedly, "did we see the craziest thing on the way home! Some old man in a white bathing suit was chasing a pack of dogs down Willow..." Then his eyes fell on my clothes. A puzzled look mixed with fear came over his face. "I guess I'd better go practice my trumpet, huh, Dad?" He did not stay for an answer.

In spite of it all, I might have kept on running, but that evening I climbed onto the scales. I wanted to see how much lighter I was after three weeks' work. I had lost four ounces. I could have lost more than that by letting Cuddles chew on me for a few seconds!<sup>6</sup>

#### Notes:

1. out of shape: 这里作不成样子, 没有体形解。
2. tore out: 跑出去。
3. set off the Abels' boxer: 激怒了 Abel 家的狗。"boxer"原意为拳击手, 这里指一种中型叭儿狗。



4. bring up the rear: 殿后。
5. flung myself down on the front step: 一屁股坐在前门台阶上。
6. I could have lost more than that by letting Cuddles chew on me for a few seconds! : 我要是让 Cuddles 啃我几秒钟, 减掉的体重比那还多!

### Comprehension Questions:

1. Are the things that happened to Mr. Collier just naturally funny? Does any of the humor come from the way he writes? Find examples from the story to support your answer.
2. The title of the story gives away the ending. Does it make any difference? Why?
3. Why did Mr. Collier decide to take up running?
4. Why did he outfit himself in a pair of white shorts, sneakers and a sweat shirt?
5. Why did he decide to run after dark instead of during the day?
6. Why did he point to his shorts when he saw the huge collie?
7. Why did he finally decide to give up running?

## 2. Defeat and Victory

### 失败与成功

*This is an excerpt from one of Bill*