

# 芝麻 THE GATE SWINGS OPEN 开门



Gateway  
带你走近西方  
to the  
World

{Asher Skowronek(加、澳)} {毕熙燕(澳)} {编著}



外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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## ARE YOU THE READER OF THIS BOOK?

*Gateway to the World* is a cultural reader designed for readers who are eager to understand subtle aspects of western culture, especially English-speaking culture.

Do you want to go abroad for further study?

Do you want to be a knowledgeable/well-informed person?

Do you want to nurture the qualities of a world citizen?

If you answered *Yes* to these questions, then *Gateway to the World* is for you.

## WHY?

In this globalized 21st century, Chinese and western people are getting closer day by day both in work and in their daily experiences. The cultures are interacting and influencing each other. *Gateway to the World* was born out of this reality.

*Gateway to the World* is a different type of cultural reader. It includes news articles, readers' letters, jokes, short stories, songs, interviews with famous people, conversations in Internet chat rooms, and advertisements. These are the kinds of short texts that western people read every day. They are full of shared cultural knowledge about marriage, relationships, money, recent social history, child education, tensions between the generations, etc. *Gateway to the World* offers Chinese readers unusual insights into the daily realities of westerners. It expands **cultural awareness** in a light-hearted way.

## WHAT IS CULTURAL AWARENESS?

The cultural awareness we mean is not the usual diet of facts about festivals, the banking system, public transport, etc.—the “fixed” knowledge that is already widely available. Rather, it draws on subtle, in-depth texts with a human touch. It explores the deeper unconscious attitudes of westerners, which are seldom explained because they seem obvious. To Chinese, of course, they are not all obvious. This kind of cultural awareness is the key for Chinese to fully enter into western society, whether to merge into the mainstream, to look for jobs, to achieve success in a career, or simply to live comfortably.



For example, western and Chinese funeral practices differ greatly. A Chinese reader will probably react with filial shock to the son in Unit 7 of Book One, who has strapped his mother's coffin to the roof of his car. A westerner is more likely to be amused at the son's meanness. Western and Chinese readers will probably both be amused by the space wedding in Unit 4 of Book One, but westerners have a tradition of seeking out bizarre wedding settings, and would read the article in this spirit. The notes in these units reveal the attitudes to death and marriage that underlie the stories.

## WHAT IS NATURAL ENGLISH?

To western ears, most Chinese English is not wrong, but sounds formal and bookish. *Gateway to the World* promotes **Natural English**—the living, developing language that people actually use today, not the stiff language that is sometimes taught in books. *Gateway to the World* teaches you to recognize and use idioms, slang and proverbs. Every unit contains a dialog of people discussing current issues. The texts and dialogs are recorded on the MP3 with each book. Useful expressions are highlighted and the cultural issues and dialogs are translated into Chinese. You can then listen to the MP3 and imitate the speakers' pronunciation and intonation. Many Chinese students abroad are known as "silent lambs"—famous for keeping their mouths shut and hoping no one will ask them a question. *Gateway to the World* aims to give you the confidence to speak out in everyday settings.

## THE TEXTS

This series takes and adapts language from authentic sources: newspaper articles, magazines, letters to editors, blogs, advertisements, short stories, songs, among others. It also offers dialogs where native speakers discuss the issues raised in the units, in vivid, natural, idiomatic speech. They have been selected for Chinese readers with a reading level of intermediate or above. All difficult words are translated in the glossaries beside or after each text.

The texts are followed by questions that check understanding and stimulate thought. We want you to reflect on the similarities and differences between China and the West.

## THE BENEFITS

Many Chinese students have very high IELTS or TOEFL scores but can't benefit from their university studies in the way they hoped. Some are



forced to change their programs, others need to take catch-up courses. According to a survey conducted by a private Sydney school, more than 60% of Chinese students studying in Australia need private tuition to acquire the kind of cultural background set out in this series, at rates of \$50–\$80 an hour.

## **CULTURAL LINKS**

Every unit finishes with references to similar texts or other sources of cultural information on the unit's theme. Most of these can easily be found on the Internet.

We are sure you will find *Gateway to the World* useful, informative, stimulating and fun.

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本系列由英语语言教学专家精心策划、倾力编写

## 精彩栏目

### \* Cultural Issues

爱情老鼠怎样通过借口制造公司逃脱老公/老婆的监视? 怎样面对成长的烦恼? 约翰·列依的精神世界是怎样的? ……这些有趣而独特的现象背后的根源和影响如何? 要想知道答案就来“芝麻开门”吧!

### \* Texts

想知道西方人每日读什么报刊杂志、书籍, 上什么网站吗? 形式多样、别具特色的小文, 再加上美籍专家精心准备的录音, 将引导你在愉悦的阅读中体味文化差异, 快速提高阅读和口语水平!

### \* Over to You

想说一口纯正地道的自然英语吗? 想随口而出最in的习语、俚语、俗谚吗? 由美籍专家录音的MP3帮你随时提高口语能力!

### \* Culture Links

看完所有的文章和故事还觉得不过瘾吧? 书中提供了更多话题相关信息, 供你进行目的性更强的拓展阅读和深入思考哦。



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# Unit One

## Weight and Dieting

## 体重与节食

Fat as a Social Issue

从社会角度看肥胖问题

Part I

### ***Western People Are Getting Heavier***

西方人越来越重



If you sit down for a coffee break in any western workplace, somebody will mention weight and diet before long. Many westerners, and not only women, are concerned about their weight, and a huge number have tried weight-loss diets. Oddly, western culture values slimness more than it ever did. The culture's "beautiful people"—its actors, dancers and fashion models—struggle to be impossibly thin. Images of thinness are everywhere: on television, films, billboards and in the pages of glossy magazines. An enormous weight-loss industry exists to serve this obsession. In the year 2000, it was worth US\$33 billion in the United



States alone. There is an endless number of diets—the grapefruit diet, the Pritikin diet, and the Atkins diet. There are also Weight Watchers clubs to supervise the diet and provide group support.

It has not always been like this. The men and women who were painted by the great masters of western art were generally hefty. The beauties of the 17th Century Flemish master Rubens would be put on the strictest diet these days. In the past, the ideal body type was closer to the way people actually looked. In the West, as in other cultures, a certain amount of fat was associated with wealth. Only the rich could afford to



get fat. Today fatness is more often associated with bad diet, and is quite common among the poorest.

It is ironic that while more and more westerners are dieting to get thinner, they are actually heavier than ever. This is usually blamed on changes in work and lifestyles. The number of people engaged in farm or physical labor is steadily declining. More and more people are in white-collar jobs where they sit at desks all day long, so that time needs to be made for exercise. More and more meals are eaten in restaurants, and many of these are fast foods, fried and rich in calories. Text Two in Part I dramatically shows the effects of these changes on the American population.

Because few people have the *svelte* figures of the ideal types, many young people, believing themselves unattractive, become anxious and depressed. Some turn to smoking in the belief that this will help them lose weight. Others get caught up in a vicious circle of dieting and food avoidance, which has led to an epidemic of destructive eating disorders.

weight-loss diet 减肥食谱

glossy magazine 时尚杂志

obsession *n.* 着迷

grapefruit diet 葡萄柚（减肥）食谱。西方传统以吃葡萄柚减肥。“葡萄柚饮食”是一种 30 年前在西方国家备受女性推崇的减肥食谱

Pritikin diet 普里特金节食减肥法。普里特金提出以未经加工的蔬菜、豆类和水果等为主，食用少量肉类等瘦身要诀

Atkins diet 阿特金斯饮食法，俗称“食肉减肥法”。该饮食法将富含碳水化合物的食物，包括面包、面条、米饭、糖一概列入禁食的范围，取而代之的是丰富的蛋白质，甚至是富含脂肪的食物。这种减肥法是由美国医生阿特金斯提出的，因此以他的名字命名



**hefty** *adj.* 高大健壮的

**Flemish** 佛兰德斯画派, 17 世纪最重要的画派之一

**Rubens** 鲁本斯, 17 世纪佛兰德斯派画家, 擅长于绘制宗教、神话、历史、风俗、肖像以及风景画, 是 17 世纪西方成就最大的画家之一

**white-collar** *adj.* 非体力劳动的

**fast food** 快餐

**calory** *n.* 卡路里

**svelte figure** 苗条的体形

**epidemic** *n.* 流行病

**eating disorder** 进食紊乱



## Translation

在西方任何一个工作单位坐下来休息喝咖啡时, 不一会儿就会有人提到体重和节食。许多西方人, 不仅仅是女性, 都很担心他们的体重, 而且很多人都尝试过减肥食谱。说来也怪, 西方文化对身材苗条的看重超过了以往任何时候。该文化中的“美人”——演员、舞蹈家和时装模特——都竭尽全力使自己瘦得不能再瘦。纤细的形象在电视、电影、广告牌以及时尚杂志里比比皆是。一个巨大的减肥业应运而生, 以服务于这份对减肥的着迷。2000 年, 仅美国一个国家, 减肥业总值就高达 330 亿美元。减肥食谱数也数不清: 葡萄柚减肥食谱、普里特金节食减肥法和阿特金斯饮食法。还有体重观察者俱乐部来监督节食和提供团体支持。

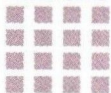
这种情况并非一贯如此。以往, 那些展现在西方艺术大师笔下的男男女女们通常都很高大健壮。17 世纪的佛兰德斯画派的艺术大师鲁本斯笔下的美女如果还活着的话, 肯定要被迫采用最严格的减肥食谱。过去, 理想的身材同人们的实际样子更接近。那时在西方及其他一些文化中, 一定程度的肥胖和人们的富有程度有关, 因为只有有钱人才有资格变胖。而今天肥胖更多地和饮食不当联系起来, 并且在最穷的人群中也十分常见。



具有讽刺意味的是，当越来越多的西方人努力节食以变得更瘦的时候，他们事实上却比以往任何时候都重。这一现象通常被归咎于工作和生活方式的改变。从事农业或体力劳动的人的数量在稳步下降，越来越多的人从事非体力劳动的工作，整天坐在办公桌前，锻炼身体则要专门挤出时间来。人们到饭馆吃饭的次数越来越多，而吃的东西很多都是那些油炸的、卡路里含量很高的快餐。本单元中第一部分的第二篇课文戏剧性地展示了以上这些变化对美国人的影响。

因为很少有人拥有苗条的理想体型，所以许多年轻人都认为自己没有吸引力，从而变得焦虑、消沉。有人开始吸烟，认为吸烟可以帮助他们减肥。还有人误入了节食和禁食的恶性循环之中，从而引发了一种具有伤害性的流行病——进食紊乱。

### Text One



## Carry That Weight 如此负重

(news report 新闻报道)

The rising incidence of obesity has forced bathroom scale makers to design their products for heavier customers.

The standard bathroom scale, which once had a top reading of 130 kilograms, is quickly being replaced in shops by scales that reach up to 150 kilograms. But even these are proving inadequate to cope with expanding waistlines. Newcastle Weighing Services, which makes industrial scales for the post office, produced a domestic scale with a 150 kg limit. However, it soon discovered this was not enough.

**Focus  
QUESTION**

Which  
countries  
are named as the  
fattest in the world?



“We often get calls from people wanting scales over 150 kilograms,” a company spokeswoman said. “We have to offer them industrial scales. I feel terrible doing it.”

Another distributor, Wedderburn, supplies professional scales to gyms which read up to 200 kilograms and cost \$1000. Yet even these will not do the job for some hefty customers. It has received requests from Weight Watchers for scales that register weights up to 270 kilograms.

Kelly Lockwood, a marketer with Milners, a bathroom scale importer, said, “Australia is now equal in fatness with America.” She said the obesity epidemic was a boon to the company’s profits, and sales had shot up in the past year. “There is so much emphasis on measuring weight and body fat.”

incidence *n.* 发生率；发生  
 bathroom scale 洗澡间磅秤  
 prove inadequate 证明是不够的  
 domestic scale 家用磅秤  
 distributor *n.* 销售者；批发商；批发公司  
 register weights 记录重量  
 marketer *n.* 专营特定商品的商人  
 obesity *n.* 过度肥胖；肥胖症  
 boon *n.* 裨益；福利  
 shoot up 直线上升



## Text Two



## Americans Get Heavier

## 美国人更重了

(adapted research report 改编自研究报告)

## Up and Out: Americans Get Heavier

Men and women in the United States are about an inch taller, on average, than they were in 1960. But they weigh nearly 25 pounds more, the Centres for Disease Control and Prevention reported yesterday. Children, too, are notably heavier. The weight averages are increasing mostly because of continuing gains

in people who are already obese, researchers say. But the proportion of Americans who are overweight or obese is rising and is now 65 percent, up from 56 percent a decade ago.

FOCUS  
QUESTION

What percentage of Americans are overweight or obese, according to this table?

## Slightly Taller...

The average height of American men, age 20–74, increased to 5 feet 9½ inches in 2002 from just over 5 feet 8 inches in 1960. Women increased to 5 feet 4 inches from 5 feet 3 inches.

