



“最佳搭档”学英语


新目标英语阅读

主编 张 宜 孙南南



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“最佳搭档”学习 

新目标英语阅读

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内 容 简 介

本书从国内外最新的现刊以及英文网站上挑选出原汁原味的英文阅读材料, 涉及人物、社会、历史、教育、时尚、健康、艺术、科学等主题。

本书语言地道, 文字生动, 风格活泼, 结构新颖, 令读者在享受美文的同时, 增强英语语感, 提高欣赏水平和英语写作能力。

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前言

亲爱的读者，也许你还年轻，还没有真正见识这多彩的世界，真实体验这瑰丽的人生；然而，我们也知道，每个人都胸怀梦想，包容未来，所以，真的，只要你钟爱这原始的心灵的远游——阅读美文，欣赏美文，绮梦成真就不再遥不可及。

如果说，这样的梦想正是你的终点，我们多么希望本书的文字能够如一泓清泉，滋润你的心田，伴你远游。怀着这样的想法，我们开始了神圣的苦旅。创作过程中，我们力求本书既有时尚性，又有知识性，内容广泛、难易适中、情趣盎然、图文并茂。所以，当你捧起散发着墨香的书页时，能否理解我们热切而惴惴的心意呢？

我们从国内外最新的现刊以及网站上挑选出原汁原味的英文阅读材料奉献给大家。其中涉及人物、社会、历史、教育、时尚、健康、艺术、科学等主题，美文精选，地道自然，文字生动，风格活泼。

本书的每个主题均配有两篇文章。第一篇文章由五部分组成。

- 摘要：

提纲挈领，直指主题；撩拨心弦，引人入胜。

这一部分是英汉错落有致的引导性语言。文章段落语言流利，英文错落其中，令读者颇感有趣，读者将从中学到一些重要词语的英语表达。同时本部分配有极具代表性的图片，图文并茂，留给读者温馨的感受。

- 精彩短文：

文采斐然，意蕴丰富，篇篇精湛。

这一部分所选短文都是大家颇感兴趣的时尚性的文章，通过广泛、灵活的选材呈现给读者一个色彩纷呈的世界。文章中配有一些单词或词组的注释，这样可以帮助读者扫除障碍，加强对原文的理解。

- 背景词汇：

向广大读者介绍了许多领域的词汇，具有很强的知识性，并能拓宽读者的文化视野。

- 精点回放：

这一部分对经典句式进行了精心分析和点拨，并配有译文，文词融合，浑然天成。

- 自我检测：

为你灵活记忆词汇、检测词汇用法打开神奇之门。

第二篇为美文欣赏，也是围绕同一个主题精心挑选的文章。其文字行云流水，精彩纷呈，不仅仅是知识的传承，更是一种艺术的享受，阅之心旷神怡，读后口有余香。

我们还有一个小小的心愿——那就是通过对本书系统的阅读或者有选择的诵记，提升你的文化品味、增强英语语感、提高欣赏水平和英语写作能力。这是我们继续前进的动力与源泉，是我们多少个日夜劳碌之后的温馨回报。

编者

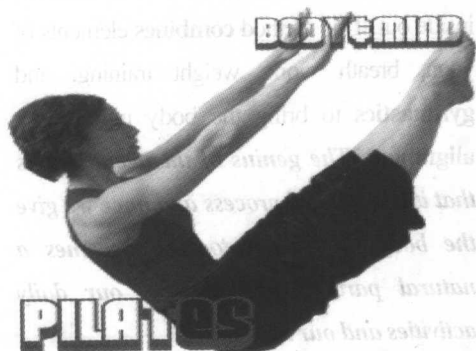
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Unit 1 Keeping Fit

Passage One

Pilates



健身绝不意味着 sweating (出汗), 在 aerobics (有氧运动) 流行的今天, gentle and soft exercise (轻柔缓慢的健身) 更有利于 consume (消耗) 多余的 fat (脂肪), 就像 Pilates

(普拉提)。普拉提是目前最为时尚的健身项目之一, 在大部分的 gyms (健身馆), 你都可以感受到普拉提 atmosphere (氛围)。或许我们应该把成功归功于它的 founder (创始人)——Joseph Pilates (约瑟夫·普拉提)。他将东、西方的 how to maintain good health (养生之道), 如 t'ai chi (太极拳)、yoga (瑜伽) 等融会贯通, 并加以自己设计的一些动作, 以后逐渐形成了今天的普拉提。普拉提的 characteristic (特点) 是简单易学, 不仅动作平缓, 而且可以有目的地针对手臂、胸和肩部锻炼, 同时又能 strengthen (增强) 身体的 flexibility (柔韧性)。而且, 这项运动不受活动地点的 restriction (限制), 无论在 gym 还是 living room (起居室), 同样都可以练习。

core[kɔ:]

n. 身体轴心

combine[kəm'beɪn]

v. (使)结合

gymnastics

[dʒɪm'næstɪks]

n. 体操

alignment

[ə'laɪnmənt]

n. 联合, 组合

coordination

[kəʊ.ɔ:di'neɪʃən]

n. (肌肉的)协调功能

flexibility

[ˌflekse'bɪlɪti]

n. 弹性, 适应性

spinal ['spainl]

adj. 脊骨的, 脊髓的

1 Have you heard of Pilates? *Well, maybe not the whole world, but certainly most parts of Canada, Europe, and Pan-Asia are experiencing the explosion in demand for Pilates*¹. Pilates has become a regular class at most gyms. What is Pilates? The Pilates method is a system of exercise that creates **core** strength. Using this core to perform all movement improves our balance and reshapes and redesigns the body from the inside out. This method **combines** elements of yoga, breath work, weight training, and **gymnastics** to bring the body into proper **alignment**. *The genius of this technique is that it is a natural process and once we give the body the proper tools it becomes a natural part of our posture, our daily activities and our lives*².

2 It may sound trendy but Pilates has actually been around for more than 70 years. *Over seventy years ago, a forward-thinking physical trainer, Joseph Pilates, designed a conditioning program that would improve strength, coordination, flexibility, control and body-awareness*³. Joseph believed that many people had imbalanced bodies because they overdeveloped the stronger muscle groups, which led to poor posture and **spinal**

devotees[devəu'ti:]

n. 热爱者, 执着者

unique [ju:'ni:k]

adj. 惟一的, 独特的

elite [e'i'li:t]

n. 精华

rehabilitation

[ˈri:(h)ə.bili'teɪʃən]

n. 复职

torso ['tɔ:səu]

n. 人体的躯干

abdominal

[æb'dɒminl]

adj. 腹部的

eliminate

[i'limineit]

v. 消除, 消去

conscious ['kɒnʃəs]

adj. 有意识的

harmoniously

[hɑ:'məʊjəsli]

adv. 和谐地

misalignment. His goal was to create and maintain a structurally fit body. In the early days, Pilates was popular mainly in the dance and performance world. Students and **devotees** recognized the benefits of this **unique** system that developed strong, long, lean muscles. Since that time, the word has spread to a wider audience of **elite** athletes, **rehabilitation** clients, and the common public.

3 Do you know how it works? The technique works by creating core strength from within the body. We begin each session with alignment and use the muscles in the **torso** as the strength center of the body. This makes every exercise an **abdominal** exercise. We begin with the feet as our foundation, **eliminating** stress into our knees and hips. Through the **conscious** action of incorporating more muscles to perform a single movement, the body begins to work more **harmoniously**. Using proper breathing technique to fuel the muscle movement strengthens our body core. As we connect mind, body, and breath we become more centered and balanced. This process uplifts the spirit creating the true meaning of health.

4 Of course, there are other ways to keep healthy, but if you're ready to give Pilates a try, you will be surprised!

Key Vocabulary 背景词汇

Yoga

Yoga (瑜伽), 再熟悉不过的字眼, 现在已经成为各种健身俱乐部 hot setting-up exercise (火爆的健身方式)。瑜伽何以“集众人宠爱于一身”呢? 瑜伽在印度已经流传数千年, 是印度 crystallization of wisdom (智慧的结晶)。瑜伽不是一种 religion (宗教); 它是基于一些心理行为的 philosophy (哲学), 它的目的是使身体和精神之间发展得和谐, 以使得 individual (个体) 和 universe (宇宙) 之间完全和谐。除了 reducing weight (减肥)、reshaping the body (塑身) 外, 瑜伽还有 cultivating yourself through meditation (修心养性) 的作用, 长期坚持练习瑜伽的人会用一颗平淡的心面对一切, 无形之中, 压力减少了, 生活也变轻松了。

Joseph Pilates

普拉提运动的创始人。Joseph Pilates 从小体弱多病, 为了健康, 他在日后工作中, 不断研究东、西方的 regimen (养生方法)。1914 年战争在欧洲爆发, 当时住在英格兰的 Joseph Pilates, 由于是德裔, 所以被安置在一所 concentration camp (集中营) 里。在集中营内, 他开始帮助那些卧床的病人进行训练, 使他们恢复肌肉力量和控制能力, 后来 Joseph Pilates 搬到纽约与 ballet dancer (芭蕾演员) 一起训练, 这种训练进一步 spread (流传) 开来, 很多名人也都来练习, 这样逐渐形成了 Joseph Pilates 的健身工作室。后来, 他逐渐把瑜伽、太极、古希腊和罗马的传统养生法融会贯通, 结合自己的想法, 创造出了 Pilates (普拉提)。

Important Expressions 精点回放

1. Well, maybe not the whole world, but certainly most parts of Canada, Europe, and Pan-Asia are experiencing the explosion in demand for Pilates. 也许不是整个世界, 但是大部分加拿大, 欧洲和整个亚洲的人对普拉提这项运动的需求已经达到了爆炸的程度。

句中, pan 这个词平时我们都知道是“锅”的意思, 但在文中 pan 的意思是“全的, 总的, 泛的”, 即 the whole of。例如: pan-African (泛非洲民族的), pantheism (泛神论, 多神信仰)。

2. The genius of this technique is that it is a natural process and once we give the body the proper tools it becomes a natural part of our posture, our daily activities and our lives. 这项运动的特点是它是一个自然的过程, 一旦给身体提供适当的工具, 这种运动就成为我们身体姿势、日常生活行为的一部分。

genius 有“天才, 精神, 高智力”的意思, 但在这里应译为“特点”, 即 special character。另外, genuine 这个词你认识吗? 它是“真正的, 纯粹的, 真实的”的意思。此外, once 有“曾经, 一次, 一旦”的意思, 但在句中应译为连词“一旦”。例如: How would we cope once the money had gone?

3. Over seventy years ago, a forward-thinking physical trainer, Joseph Pilates, designed a conditioning program that would improve strength, coordination, flexibility, control and body-awareness. 70 年以前, 一位有先见的健身教练约瑟夫·普拉提设计了一套训练项目, 来增强力量, 加强协调能力、柔韧性、控制性和身体的感知能力。

此句中, forward-thinking 意思是“有先见之明的”, 类似的词还

有 forward-looking 是“有前途的, 进步的”的意思。另外, conditioning 是心理学专有名词, 应译为“训练”。

Exercises 自我检测

Vocabulary

Please choose the appropriate word from the given choices to fill in the blanks in each group.

Group One

1. The firework ___ in his hand.
2. I'm not interested in hearing about Bill's ___.
3. Columbus discovered America but did not ___ it.
4. When he smiled, he ___ a set of perfect white teeth.

- A. exposed
- B. exploit
- C. exploded
- D. explore

Group Two

1. This ___ of the road is closed.
2. After several ___ at the gym, I feel a lot fitter.

- A. sessions
- B. section

Group Three

1. Thank you for your ___.
2. You need excellent ___ for ball games.

- A. cooperation
- B. coordination

Group Four

1. The patient's slow ___ made them happy.

2. These houses are unfit for human ___.

A. habitation

B. rehabilitation

Keys:

Group One 1.C 2.B 3.D 4.A

Group Two 1.B 2.A

Group Three 1.A 2.B

Group Four 1.B 2.A

Passage Two

Taekwondo (跆拳道)



Living in the complicated society, it can be a good choice if there is an exercise which can train a good shape, and learn a KongFu to protect yourself at the unpredictable moments as well. Taekwondo

is such an ideal one.

Taekwondo, which originated from Chinese Wushu, was developed by South Korea and quickly gained popularity around the world. Today, Taekwondo is one of the world's most popular martial arts(武术), there are now 65 millions people in 150 countries including China who practice Taekwondo. And thus it has become an official Olympic sport.

Taekwondo is composed of several syllables(音节). "Tae" means

different kinds of efficient defensive movements and actions by using the feet to bounce(弹跳), kick(踢) or stamp(踹). "Kwon" means different kinds of powerful defensive movements and actions by using the hands to punch or block. "Do" means an advancing way toward a direction turned by a head, is a way of life based on morality(道德) and the principle of the thing. Its techniques include deferent movements to keep the best distance and make the most of the body's abilities including feet, hands and other parts of the body to bounce, kick, punch(击打), dodge(躲)and block(挡) the moving target.

However, the worst thing for a Taekwondo practitioner is to practice the techniques only without learning its moralities. The essence Taekwondo is to form a noble character to attain a healthy mind and body. Through regular and scientific training, the techniques of Taekwondo can build a noble character in a healthy constitution. The noble character includes a strong spirit plus adaptability(适应) to the community. The healthy constitution includes a healthy body plus the ability in self-defense. A true practitioner(从事者, 实践者) of Taekwondo not only has high techniques but also has a noble character, but he or she is never satisfied.

Unit 2 Extreme Sports

Passage One

The hardest race in the world — Dakar Rally



Speed(速度), endurance (毅力), technique (技术), desert (沙漠), teamwork (团队), death(死亡)……这些将生命交予大漠来主宰, 用体能和毅力与大自然抗衡的 physical extreme exercises(极限运动), 惟有真正的强者才能经受它的考验; 这更是一次挑战 physical and mental extremes (心理和生理极限)的 exploration (探险)。你的对手不是普通的人类, 而是严酷无情的自然。它是全球越野赛事的一项 legend (传奇), 是世界上最艰巨最充满冒险精神的 cross-country competition(越野竞赛)。它, 就是达喀尔拉力赛 (Dakar Rally)。“巴黎—达喀尔”, 最初源于一种 amateur rally(业余比赛), 但由于参赛者不断增加, 如今已经成为世界上最有名的越野赛。比赛主要在 Sahara (撒哈拉沙漠)中进行, 车手必须完全凭借自己的技术、意志和赛车的性能来对抗诸如 searing heat (高温)和 sandstorm (沙暴)等恶劣环境, 同时需要凭借经验辨别方向, 再加上不时出现的 armed men (武装分子), 甚至 mine (地雷), 让这项比赛变成了真正的 a trip in hell(地狱之旅)。

sophisticated

[sə'fistikeitɪd]

adj. 复杂的

subjugate

['sʌbdʒugeɪt]

v. 使屈服, 征服,

vow [vaʊ]

v. 立誓, 发誓

immensity [ɪ'mensɪti]

n. 广大, 浩瀚

mythical ['miθɪkəl]

adj. 神话的

inevitable [ɪn'evɪtəbl]

adj. 不可避免的

sear [siə]

v. 烤焦, 使枯萎

1 *Mankind looks for new challenges to satisfy their need for new emotions within an extremely sophisticated and technological world*¹. Dakar Rally is one of the ways that man has in hand to release his need for risk and adventure. However, success is very hard to get thus true sport spirit is seldom reached.

2 In 1977, Thierry Sabine got lost in the Libyan desert while participating in the Abidjan-Nice Rally. *Found in extremes he returned to France subjugated by the desert*². He vowed to share this passion with a maximum of people and had one objective in mind: to transport everyone into this **immensity** of sand.

3 He imagined a route starting in Europe, crossing the most **mythical** deserts and finishing in Dakar. The project took shape quickly. The Paris-Dakar opened upon an unknown world.

4 So how tough is it? Put it this way — make sure drivers must get life insurance before setting off. Along the way, they may have to cope with snowstorms and sub-zero temperatures before tackling the **inevitable** sandstorms and **searing** heat of the desert. Not surprisingly, the conditions push man and machine to their limits. Getting stuck is a routine hazard — there are holes in the sand

dune [dju:n]

n. 沙丘

make off with

拿走, 偷走

diversity [da i'və:siti]

n. 差异, 多样性

vehicle ['vi:ikl]

n. 交通工具, 车辆

reflect [ri'flekt]

v. 反映, 表现

ATV:

All-Terrain Vehicle
(能行驶于各地的)全
地形汽车

strive for

争取, 为……而努力

off-road

adj. 越野的

dunes big enough to swallow a truck. The locals aren't always friendly either. In 1999 around 50 competitors were held up and robbed at gunpoint. The drivers were stopped during the night by about 20 armed men, who **made off with** four cars, three trucks and a motorcycle.

5 This rally covers many aspects like sport competition, incredible mechanical **diversity**, the magic of Africa and the desert, thus making this rally into something above any other competition. But, without a doubt, it is the hardest race in the world because it has an extremely big demand of effort and mechanical know how which make it a real adventure. *Dakar's legend is formed by many single adventures as well as individual experiences, just as many as participants and as vehicles used by the pilots who reflect the particular essence of this race³.*

6 Each year the world's bravest drivers come together to compete in the Paris-Dakar Rally, from Paris, France, to Dakar, Senegal, Africa. They do battle in trucks, cars, motorbikes and ATVs, all **striving for** the honor of being called the ultimate **off-road** champion. Dakar is a challenge for those who go, and a dream for those who stay behind.