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大学英语时文阅读教程

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内 容 提 要

本书为《大学英语时文阅读教程》第 1 册,共 10 单元。每单元围绕某一话题精选 4 篇精读和 4 篇快速阅读文章,并辅以双语注解和习题操练。题型涉及阅读理解、英汉翻译、词汇选择、简短回答、判断正误、选择填空等,所涵盖的知识点和能力测试与大学英语四、六级考试改革的方向一致,可帮助学生熟悉新题型、提高应试能力;所选文章内容丰富,体裁多样,融知识性和趣味性于一体,可拓宽知识面、提高学习能力、培养学习兴趣,为真正运用英语打基础。

本**套教材适合非英语专业**本科一、二年级和新高职学生使用,建议与《大学英语》精读教材同步使用,也可作为广大英语爱好者提高英语水平的自学教材。

在英语学习中,阅读是掌握语言知识、打好语言基础、获取信息的重要渠道。从语言学习规律来看,英语应用能力的提高是建立在大量阅读基础之上的。阅读不仅是语言输入的主要来源,也是听、说、写、译其他技能发展的基础和源头。没有足够的语言输入,其他技能的发展与提高也是有限的。本套教材是按照《大学英语课程教学要求》,在兼容大学英语泛读教程和快速阅读教程特点的基础上,针对大学英语四级考试的特点而专门设计编写的辅助性教材。其主要目的就是在扩大学生英语词汇量的基础上,拓宽学生知识面,提高逻辑思维能力,培养学生独立分析和理解语言的能力,培养学生良好的阅读习惯,巩固熟练各种阅读技巧,增强语感,提高常用词汇和语法现象的识读速度,进而促进学生语言综合能力的全面提高。

本套教材所选文章皆出自国内外 20 世纪 90 年代以来出版的书籍、报刊、杂志以及互联网络。汇集英文名篇,透过名家之眼观察世界,内容原汁原味、新颖别致。注重趣味性、信息性、可思性、时代性和前瞻性。题材既包括暴力、种族歧视、艾滋病等敏感话题,也涉及家庭教育、好莱坞电影、经济、环境保护、网络等大众话题;既有科普文章、社会人文,也有独特人物、异地风情,不一而足。与国内同类读物相比,该教材具有以下特色:

- 一、经典时新,兼容并蓄。文章的选取,既注重经典名篇的精华选辑,也注 重最新报刊杂志上时文、美文的挑选。选取的文章均具有知识性、趣味性、时代 性和可读性。
- 二、主题明确。每单元设一个主题,都是目前学生关注的热点话题,所选文章都是此话题的卫星文章。
- 三、实用性、针对性强。第一,超纲词汇的注解,既扩充词汇量,又节省阅读时间,降低阅读难度,有利于对文章的整体理解;第二,阅读技能的讲解可以帮助学生在短时间内正确理解文章内容,提高阅读速度;第三,每单元设置了精读和快速阅读文章,并顺应大学英语四、六级考试改革的要求,有针对性地配置了多元化的题型。

本套教材共分 1、2、3、4 分册,每册共 10 单元。每单元围绕某一话题精选 4 篇精读和 4 篇快速阅读文章,内容丰富,体裁多样。题型涉及阅读理解、英汉 翻译、词汇选择、简短回答、判断正误、选择填空等,适应大学英语四、六级考

试改革,以帮助学生熟悉新题型、提高应试能力。

本套教材适合非英语专业本科一、二年级和新高职学生使用,建议与课堂精读教材同步使用,也可作为广大英语爱好者提高英语水平的自学教材。

本套教材总主编为赵增虎,本册主编为白桂芬。本册编写分工如下: 1 单元由白桂芬编写,2~4单元由杨素香编写,5~7单元由王敏霞编写,8~10单元由韩莎夏编写。

本教材在编写过程中,得到了河南理工大学校领导、教务处的大力支持,同时也得到了英语界同仁的倾力相助,在此向他们表示衷心的感谢!

限于水平,书中肯定存在一些缺点和不足,恳请读者批评指正。

编者

2006年6月

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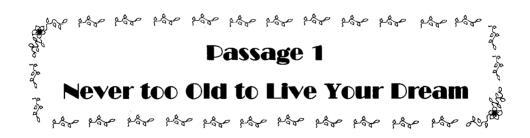
Unit One Dream

Background

Dream is something that is not real but believed in greatly or hopefully desired. In daily life, almost everyone has his or her dream. Some people dream of becoming famous; some people dream of earning more money; some people dream of learning in universities. Dream can work as a motivator which pushes a person to progress. A person without dream must not have a wonderful life, however, a person having many dreams but lacking actions also achieve nothing. Whatever dream you have, you have to act if you want to realize it. In this unit, there are several stories about how some people realize their dreams and how they are inspired, which are supposed to be useful to you.

Part I Intensive Reading

Directions: There are four passages in this part. Each passage is followed by some questions or unfinished sentences. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter.



The first day of school our professor introduced himself to our chemistry class and **challenged** us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a **wrinkled**, little old lady **beaming** up at me with a smile that lit up her entire being.

She said, "Hi, handsome. My name is Rose. I'm eighty-seven years old. Can I gave you a hug?"

I laughed and warmly responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of children, and then retired and travel."

"No seriously," I asked. I was curious what may have **motivated** her to be taking on this challenge at her age.

"I always dreamed of having a college education and now I'm getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became close friends. Every day for the next three months we would leave class together and talk nonstop. I was always attracted listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the school year, Rose became a campus **icon** and easily made friends wherever she went. She loves to dress up and she enjoyed the attention **bestowed** upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football **banquet** and I'll never forget what she taught us. She was introduced and stepped up to the **podium**. As she began to deliver her prepared speech, she dropped her three-by-five cards on the floor. Frustrated and a bit embarrassed she **leaned** into the microphone and simple said, "I'm sorry I'm so nervous. I gave up beer for **Lent** and this whiskey is killing me! I'll never get my speech back in order to let me just tell you what I know." As we laughed, she cleared her throat and began:

"We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy and achieving success.

"You have to laugh and find humor each and every day.

"You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and they don't even know it!

"There is a giant difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change.

"Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "the Rose". She challenged each of us to study the **lyrics** and live them out in our daily lives.

At year's end, Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep. Over two thousands college students attended her funeral in **tribute** to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

(631 words, 选自《英语学习》2002 年第 2 期, 外语教学与研究出版社)

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banquet *n*. a formal dinner, especially one at which speeches are made (尤指有致词的)宴会 **beam** *v*. to smile brightly and happily 喜笑颜开,面露喜色

bestow v. to give something to someone 将某物赠予某人

challenge v. to invite someone to complete against you or to test their abilities 向(某人)挑战

hug v. to hold someone tightly in your arms because you love them 拥抱

icon *n*. a picture or figure of a holy person, used in the Eastern branches of Christianity (东正教的)圣像

lean v. to bent from an upright position 倾斜, 弯曲

Lent *n*. a kind of whisky 一种威士忌

lyric n. the words of a song 歌词

motivate v. to provide someone with a reason for doing something 构成动机,促使

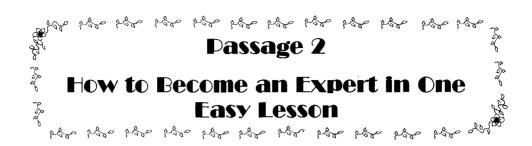
podium n. a raised part of a floor for a performer to stand on 讲台,表演台

tribute *n.* something done, said or given to show respect for someone (表示敬意或敬仰的)礼物, 颂辞

wrinkle v. to form into lines or folds (使) 起皱纹

Questions 1 to 5 are based on Passage 1

- 1. Rose was in college at the age of eighty-seven to
 - A. live her dream of meeting a rich husband
 - B. live her dream of making more young friends
 - C. live her dream of having a college education
 - D. live her dream of becoming a campus icon
- 2. Why did the author call Rose "time machine"?
 - A. Because she was eighty-seven years old.
 - B. Because she knew much about the time.
 - C. Because she took on a challenge of being in college at eighty-seven.
 - D. Because she had much wisdom and experience of life.
- 3. What did Rose think of the people without dreams?
 - A. She thought such people were dead without knowing it.
 - B. She thought such people walking around those who were dead.
 - C. She thought such people had known that they were dead.
 - D. She thought such people lived happily.
- 4. According to Rose, which of the following statements is NOT true?
 - A. Having dreams is one of the secrets to keeping young.
 - B. To grow up doesn't take any talent or ability.
 - C. The elderly usually have regrets for things they did not do.
 - D. Only those people who have regrets fear death.
- 5. What can be concluded from the passage?
 - A. Rose died without any regrets.
 - B. Rose is a good example to show that it's never too late to realize one's dream.
 - C. Many collage students admired Rose because she was easy-going.



When I took my first job as a newspaper reporter, I became an instant expert! I was sent out to cover a story and had to quickly **compile** the facts and then present them in a way in which the **average** reader could understand them.

Then, as if that was not enough, I was often expected to give instant **analysis** on the event. And sometimes even answer questions — when city officials and others called for information. Because, after all, at that moment I was the expert. I knew more about the subject than most people.

And that's basically what an expert is. It's someone who knows more about a particular subject than the average person. Usually this expert is also successful using the knowledge that he or she possesses.

Sometimes just writing an **informative** or **authoritative** article or book can turn you into an expert. Other times an "expert" has studied for years to gain their knowledge. Whatever it is, it works and they are instantly successful using and presenting this knowledge to others! And people find their information useful and helpful and return to learn more.

1) Use Research to Increase Your Knowledge

When I was in college I had to write term papers. A term paper **involved** hours and hours in the library researching a particular subject. When you were through, though, you felt like an expert! Anyone asking you questions about that subject could get instant answers from you. What I'm saying here is that you can become an expert by doing research.

Research the topic, study it, and learn all you can! Then put together the pieces — almost like writing a term paper, or putting together a **jigsaw puzzle**.

My 11-year-old son recently did a report for his fifth grade class about the World War II. Because he had done the research and knew more about the subject than his classmates he, in **essence**, was the World War II expert in his class. His classmates could ask him questions and get answers on this topic! He knew more than they did about the World War II!

The more you know on a particular subject, the greater your **expertise!** But you don't have to know everything about a subject to get started! You can often learn as you go along. Just the fact that you know more than most people about a particular subject will begin to make you an expert in their eyes.

But don't bluff (pretend to know something you really don't know). Because when people

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find out, your expert status will vanish in an instant!

2) See What the Experts Are Doing and Do Likewise

One of the quickest ways to succeed is to see what those who are already successful are doing and then do likewise. This may at times involve a great deal of research to **uncover** what it is that they are doing. Other times they will just tell you if you ask.

Don't copy directly what they say or what they have written. But like the research paper, you can write about and present information on what you do know that is already in your head. And remember to always give credit where credit is due!

3) Check Your Facts

Like any good reporter worth his "salt", make sure you check your facts and get them right! There's nothing more **aggravating** than to wake up the next morning and discover you got one of your facts wrong and to be called on it!

In Summary

Becoming an expert really is not all that difficult. It just takes time to research and to learn. But remember, nobody starts at the top. Everybody has to begin somewhere to build their knowledge.

But once you do, then you are in a position to teach others. You will have become an "expert" — because others will look to you to learn the knowledge that you possess.

And they will listen to you, too, because — after all — you possess the knowledge that they are lacking and wanting!

(675 words, from www.soaringprofits.com)

Notes

aggravate ν . to make a problem worse or more serious 使(问题)更坏,加剧 analysis n. a careful examination of something 分析

authoritative *adj.* having or showing power and the ability to command or control others 命令式的,有权威的

average adj. regarded as usual or ordinary 普通的, 通常的

bluff v. pretend to know something you really don't know 虚张声势

compile v. to put (facts or information) together in a single collection 编辑, 汇编

essence n. the inner nature of a thing, by which it can be recognized 本质,精髓

expertise n. skill in a particular field 专门技能,专业知识

informative adj. that tells one some useful things 提供资料的,增进知识的

involve v. to have as a part or result 包括, 涉及

jigsaw puzzle n. a picture stuck onto wood and cut up into many small irregular pieces to be fitted together or amusement 拼图游戏

uncover v. to find out (something unknown) 揭露

vanish v. to disappear or come to an end 消失, 消逝

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Questions 6 to 10 are based on passage 2

- 6. As a newspaper reporter, what did the author NOT do?
 - A. He covered a story and had to quickly compile the facts and then present them.
 - B. He was often expected to give instant analysis on the event.
 - C. He sometimes even answered questions to those who called for information.
 - D. He only wrote something that average readers could understand.
- 7. Why did the author's 11-year-old son become a World War II expert in his class?
 - A. Because he did a report for his fifth grade class about World War II.
 - B. Because he had done a research and knew more about World War II than his classmates.
 - C. Because he worked harder than his classmates.
 - D. Because he knew everything about World War II.
- 8. According to the author, an expert is _____
 - A. someone who knows all about a particular subject
 - B. someone who knows more about any subject than the average people
 - C. someone who knows more about a certain subject than the average people
 - D. someone who knows no more about a certain subject than the average people
- 9. The expression "worth his 'salt" (in paragraph 9) most probably means ______
 - A, worth the salary that he gets
 - B. worthy of respect
 - C. worth the salt he eats
 - D. worthy of praise
- 10. Which of the following statement can suggest the main idea of the passage?
 - A. Becoming an expert takes time to research and to learn.
 - B. Somebody can begin at the top to build their knowledge to become an expert.
 - C. An expert has to study for years to gain their knowledge.
 - D. It is not necessary for an expert to check his facts.



Jerry was the kind of guy you love to hate. He was always in a good mood and always had something **positive** to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural **motivator**. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Jerry replied, "Each morning I wake up and say to myself, 'Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a **victim** or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I **protested**. "Yes, it is," Jerry said. "Life is all about choices. When you cut away all the **junk**, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I **reflected** on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the **combination**. The robbers **panicked** and shot him. Luckily, Jerry was found relatively quickly and rushed to the local **trauma** center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with **fragments** of the bullets still in his body.

I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live." "Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "The **paramedics** were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big, strong nurse shouting questions at me," said Jerry.

"She asked if I was **allergic** to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breathe and shouted, 'Bullets!' Over their laughter, I told them. 'I am choosing to live. Operate on me as if I am alive, not dead.' "Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

(715 words, from www.inspirationalstories.com)

Motes

allergic adj. 患过敏症的

combination n. the list of special numbers or letters needed to open a special lock 号码组合 (开启

BOTTO TO BOTTOM TO THE TOTAL TOTAL TO THE TO

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号码锁的数字或字母)

fragment n. a small pieces broken 碎片

junk n. old useless things 旧而无用的东西

motivator *n*. something that provides someone with a reason for action 激起某种行为的人或事,促进因素,激发因素

panick v. to make someone feel frightened or worried 使恐慌

paramedic *n*. a person who is trained to help with the care of patients, but who is not a doctor or nurse 护理人员

positive adj. hopeful or confident 有希望的, 积极的

protest v. to express one's disagreement about something 反对,抗议

reflect v. to think carefully 考虑,深思

trauma n. damage to one's mind caused by a sudden shock or terrible experience 精神创伤

victim *n*. a person or animal that is harmed or killed by someone or something unpleasant happened to them 受害者,牺牲者

Questions 11 to 15 are based on passage 3

- 11. According to the passage, Jerry was _____.
 - A. a positive person
 - B. a negative person
 - C. a strange person
 - D. a humorous person
- 12. Why did several waiters follow Jerry around from restaurant to restaurant?
 - A. Because he was a unique manager.
 - B. Because he had a positive attitude.
 - C. Because he could choose his life.
 - D. Because he was brave.
- 13. What was Jerry's reaction when he was shot by the robbers?
 - A. He felt panicked and in desperation.
 - B. He didn't give up his life.
 - C. He lost consciousness and knew nothing.
 - D. He was allergic to bullets.
- 14. Which of the following statement is not directly mentioned about Jerry?
 - A. Jerry always told his employees to look on the positive side of life.
 - B. I was affected deeply by Jerry's attitude.
 - C. One morning he was held up at gunpoint by three armed robbers.
 - D. He was always in a good mood and always had something positive to say.
- 15. The best title of this passage is _____.
 - A. A Natural Motivator
 - B. A Victim of a Robbery
 - C. Attitude Is Everything
 - D. Humor Is Important



The most important quality you can ever develop is having belief in yourself. The belief that you can without a shadow of a doubt achieve success in every area of your life. Almost every person has the capacity to do wonderful things with his or her life. But the greatest single obstacle for most people is self-doubt. Many people wish they could accomplish certain things but lack the belief that they can actually do it.

When people under achieve in any part of their life, it is their beliefs more than anything else that hold them back. Self-limiting beliefs act as breaks on our ability to achieve our goals. Many of us have high hopes, dreams, and **aspirations**, but we let doubts **creep** in and **undermine** our talents, abilities, and effectiveness.

Each one of us has feelings of **inferiority** because we feel that we are not good enough. We think that we are not as good as other people, and we feel that we are not good enough to acquire and enjoy the things we want in life. Often we feel that we don't deserve good things. Even if we work hard and have some achievements in our life, we often feel that we are not really **entitled** to our successes.

The Universal Law of Belief says that whatever we believe, with feeling becomes our reality. We don't believe what we see; instead, we see what we believe. Our beliefs form a screen as to how we see the world, and we never allow any information that is not consistent with our beliefs to pass through it. Even if we have beliefs that are totally **inconsistent** with reality, we won't let them through because our beliefs have become true for us.

The most common and also the most harmful beliefs are the ones that are self-limiting. These are beliefs about yourself, for example, believing that you can't achieve something because you don't have enough money or education. You might believe you can't achieve something because you are the wrong sex, race, age, or it is because of the economy. Most of these beliefs are not true, but they will hold you back.

The fact is you deserve every good thing that you are capable of acquiring through the use of your talents. The only real limitation on what you can be and have is if you lack the desire. If you set a goal and want to achieve it badly enough, nothing in the world can stop you from achieving it, as long as you're willing to persist long and hard enough.

To develop positive beliefs, you have to decide exactly where you want to end up in the future. The clearer you are about the result you want in your future, the easier it will be for you to change your actions and behaviors in the short term. This, in turn, will **assure** that you achieve what you want in the long term.

Once you've clearly decided on the type of person you want to be, you will have already taken a major first step in developing new beliefs. In order to incorporate your new beliefs into your every day life, you have to discipline yourself to act exactly in every situation as if you already were that person. When you begin to act like the successful person you want to become, you will

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