

根据最新《大学英语教学指南》编写

总 主 编 向明友
系列主编 崔校平

New Voyage

新起航大学英语

College English



主 编 王秀梅

阅 读
Reading

2



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

根据最新《大学英语教学指南》编写

总 主 编 向明友

系列主编 崔校平

New Voyage

新起航大学英语

College English

主 编 王秀梅

副主编 丛日珍 韩海艳

编 者 丛日珍 董 涛 韩海艳 彭 静

王秀梅 汪晓霞 张 宁 赵晓光



上海交通大学出版社
SHANGHAI JIAO TONG UNIVERSITY PRESS

阅 读

Reading

2

图书在版编目(CIP)数据

新起航大学英语阅读. 2 / 向明友等主编. —上海: 上海交通大学出版社, 2016

ISBN 978-7-313-14231-3

I. ①新… II. ①向… III. ①英语—阅读教学—高等学校—教材 IV. ①H319.4

中国版本图书馆 CIP 数据核字 (2016) 第 038214 号

新起航大学英语阅读 2

主 编: 王秀梅

出版发行: 上海交通大学出版社

邮政编码: 200030

出 版 人: 韩建民

印 制: 浙江广育爱多印务有限公司

开 本: 889mm×1194mm 1/16

字 数: 242 千字

版 次: 2016 年 7 月第 1 版

书 号: ISBN 978-7-313-14231-3/H

定 价: 35.00 元

地 址: 上海市番禺路 951 号

电 话: 021-64071208

经 销: 全国新华书店

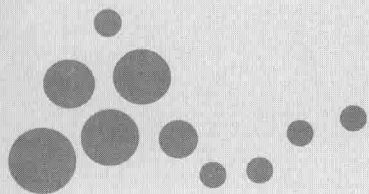
印 张: 10

印 次: 2016 年 7 月第 1 次印刷

版权所有 侵权必究

告 读 者: 如发现本书有印装质量问题请与印刷厂质量科联系

联系电话: 0571-22805993



主编《新起航大学英语》系列教材
其时向 程 敏 李 岚
刘长江 宁翠叶
秦平新 谈宏慧 王秀梅 王悦文 肖 辉 杨小刚
余 丽 曾洪伟 甄凤超

《新起航大学英语》系列教材

编委会

主 任 向明友（北京航空航天大学）

副主任（以姓氏拼音为序）

陈坚林（上海外国语大学） 崔校平（山东大学）

李佐文（中国传媒大学） 屠国元（宁波大学）

杨瑞英（西安交通大学） 张 滢（上海海事大学）

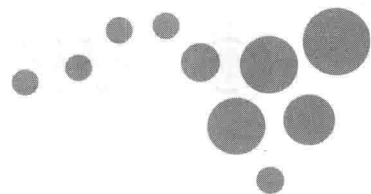
赵文静（河南师范大学）

编 委（以姓氏拼音为序）

常留英 程 敏 胡东平 李 岚 刘长江 宁翠叶

秦平新 谈宏慧 王秀梅 王悦文 肖 辉 杨小刚

余 丽 曾洪伟 甄凤超



PREFACE 总序

自 20 世纪五六十年代我国开启大学英语教学以来,出于社会不同发展阶段的不同需求,受制于不同的客观实际,基于不同人的不同理解,就大学英语教什么、教多少、如何教的问题,从教育主管部门到学界一直存在不同的声音。反映在大学英语教材建设上,文革前有《文科英语》《理科英语》和《高等工业学校英语》的三足鼎立;从文革结束到 20 世纪 80 年代中叶仍然延用《英语》(供理科用)、《英语》(高等学校文科非英语专业教材)及《英语》(供工科用)的三足模式;伴随 1985 年和 1986 年分别供理工科和文理科使用的两份《大学英语教学大纲》的先后颁布,《大学英语》《大学核心英语》《新英语教程》及《现代英语》等教材应运而生;随着 1999 年大学外语教学指导委员会对理工科和文理科两份《大学英语教学大纲》的修订、合并完毕,尤其是 2007 年《大学英语课程教学要求》的问世,国内《新编大学英语》《21 世纪大学英语》《全新版大学英语》《新视野大学英语》《现代大学英语》《新世纪大学英语》等教材如雨后春笋般涌现。群雄并起的大学英语教材编写战可谓一路硝烟。如今,大学英语的内涵已不再是一门大学英语课所能包含的,其工具性和人文性的双重特质不断得以彰显;其作为我国高等学校人文教育一部分的功能已为大家所认知;其量大面广的优势已成为不争的事实。致力于指导和规范我国大学英语教学的《大学英语教学指南》(简称《指南》)即将面世。《指南》呼吁构建“服务于学校办学目标、院系人才培养目标和学生个性化发展需求”的新的大学英语课程体系,倡导“can do”理念,提出“基础”、“提高”和“发展”三级教学目标,推荐“通用英语”、“专门用途英语”和“跨文化交际”三大教学内容。修正旧问题,应对新要求,建设服务于新的大学英语课程体系的新教材已成为我国大学英语教育工作者无法回避的重要使命。因应这一新的形势,在上海交通大学出版社的推动下,我们策划出版《新起航大学英语》系列教材。该系列教材由《读写教程》《泛读教程》和《听说教程》等三套主干教材和一套《阅读》辅助教材构成,每套教材分别包括四个分册。

我们认为,英语更多是学生学出来的,不完全是教师教出来的。学好英语的关键是学生的内生动力,而非单靠教师的课堂操劳。在英语学习过程中,教师仅发挥组织教学、引导学习的教练作用。一套好的教材对帮助教师组织课堂,激发学生学习积极性、主体

性有着不可替代的作用。依循英语学习规律,编写一套力求简单、明了,突显趣味性、科学性、思辨性和时代性的大学英语教材,既能激发学生的内生动力,又能满足大学英语教学新内涵的要求。

《新起航大学英语》系列教材中的《读写教程》《听说教程》和《泛读教程》等三套主干教材撇开应试干扰,着重培养学生的英语应用能力。《阅读》辅助教材旨在巩固学生英语知识的同时,引导学生熟悉和适应国家级英语水平考试。本系列教材参照《大学英语教学指南》“基础”和“提高”阶段的教学目标要求,按每周4个学时设计。

《读写教程》在系统讲解英语构词、语法、修辞、文体知识的基础上,着重训练学生“读”、“写”能力,兼顾“说”的能力,并适时导入跨文化交际、学业英语及批判思维元素。

《听说教程》为引进改编教材,旨在培养学生英语“听”、“说”能力,兼顾“写”的能力。教材在保留原版教材生动鲜活语料的基础上,通过改编使之契合整套系列的理念、定位和目标。

《泛读教程》旨在培养学生良好的阅读习惯和有效的阅读技巧,在重点提升学生阅读能力,兼顾“说”、“写”训练的同时,扩大学生知识面,补充学生学习和工作所需的专门用途英语知识,课文选题涵盖自然科学、社会科学、人文素养及工程技术等五十余个学科。

《阅读》作为教辅,既是《读写教程》的延伸补充,又是对国家级英语水平考试的训练。本教辅围绕《读写教程》的单元主题设计阅读题目,题型向国家级考试靠拢,同时体现《大学英语教学指南》的要求与精神。

本套教材具有定位明确、目标清晰、手段具体、可操作性强等特点。我们按照不同规格高校人才培养的不同需求,把本套教材的服务对象明确定位为“非985”院校的非英语专业学生。三套主干教材遵照《大学英语教学指南》有关“基础”和“提高”阶段大学英语教学要求,以“can do”为目标,训练学生用英语交流和思辨,增强学生跨文化交际意识和交际能力,培养学生批判思维能力,提升学生综合文化素养,丰富学生专门用途英语知识,倡导并向学生输入正确价值观,鼓励学生不仅学会用英语讲述西洋风情,

还要会用英语介绍中国故事,可谓目标清晰;本系列教材启用听、说、读、背、咏、辩、写等多种训练手段,多管齐下,多模态综合,操练手段十分具体;本系列教材以《读写教程》为龙头,以《听说教程》和《泛读教程》为主体,形成教材主干,集知识、素养、能力提升于一体,着力增强学生英语应用能力、思辨能力和跨文化交际能力,把《阅读》列为辅助教材,引导学生掌握国家级考试的相关要求,这样既务实,又可操作。

针对教材服务对象的客观实际,我们综合参照高中英语选修1课程要求和“Collins Co-build”基础词表,核准本教材的起点词汇,不追求英语词汇量的盲目扩大,也不赶长难句的时髦,注重新知识的系统循序导入,严把词汇及知识点的重现率,让学生能够温故知新,以简单、有趣和省力来激发学生学习英语的内生动力。

感谢本套教材的全体主创人员,正是得益于大家的共同努力,本套教材才能够按计划如期面世。上海交通大学出版社领导对这套大学英语系列教材的出版提供了可贵支持,我向他们致以最真挚的敬意!

向明友

2016年3月于北京

INTRODUCTION 编写说明

随着我国经济的快速发展和大学英语教学改革的不深入,大学英语教学水平及大学生的英语综合应用能力在不断提高。英语阅读既是我国大多数英语学习者的学习目的,又是其学习手段。可以说,英语阅读能力的培养是进一步提高听、说、写、译能力的基础,因此,培养英语学习者的阅读能力非常重要。

《新起航大学英语阅读》根据新的《大学英语教学指南》,在参考国内外多种英语阅读教材及阅读方法的基础上,由多年从事大学英语教学的教师,针对我国大学生目前的整体英语水平和实际英语能力编写而成。本教程共分4册,每册8个单元,每个单元由三部分构成。第一部分为长篇阅读(2篇),第二部分为短篇阅读(含完形填空1篇,深度阅读4篇),第三部分为“英语话中国”。本教程的主要特点是:①选材广泛:内容涉及社会、文化、科技、教育、人文、环境、生态等各个学科领域;②选材真实、地道,趣味性强:教程在选材上注重语言的真实性和规范性,题材以反映现实生活为主。大多数材料选自英美国家近期出版物,内容新颖,语言地道,趣味性强;③练习丰富,启发思维:练习的编写融快速阅读、深度阅读及词汇练习等多种有效阅读方法为一体,突出批判性思维能力的培养;④注重中华文化的传播:每个单元设有“英语话中国”栏目,旨在让学生用英语学习中华文化,了解中国的政策和建设成果,培养他们对外传播中华文化的能力。

本教程的编写既考虑到目前我国英语教学的实际情况,又适应大学英语教学改革的发展趋势,编写目的明确,内容丰富,练习得当,可以满足不同层次、不同模式的英语教学需要,尤其适合大学生参加四、六级英语考试训练阅读能力使用。

由于时间仓促及作者水平所限,不当之处在所难免,还望广大读者批评指正。

编者

2016年3月

CONTENTS

Unit 1	Want to Understand Your Mind?	1
	Part I Long Passages	2
	Part II Short Passages	9
	Part III Read China in English	16
Unit 2	Technology — a Blessing or a Curse?	19
	Part I Long Passages	20
	Part II Short Passages	27
	Part III Read China in English	35
Unit 3	Let Soul Go Travelling	38
	Part I Long Passages	39
	Part II Short Passages	46
	Part III Read China in English	54
Unit 4	Environmental Protection	56
	Part I Long Passages	57
	Part II Short Passages	64
	Part III Read China in English	72

CONTENTS

Unit 5 Professional Women vs. Stay-at-home Mother	76
Part I Long Passages	77
Part II Short Passages	83
Part III Read China in English	91
Unit 6 Have a Healthy Diet	94
Part I Long Passages	95
Part II Short Passages	102
Part III Read China in English	110
Unit 7 Life in Slow Lane	113
Part I Long Passages	114
Part II Short Passages	120
Part III Read China in English	128
Unit 8 How to Grow Old	130
Part I Long Passages	131
Part II Short Passages	138
Part III Read China in English	146
Keys	149

Unit 1

Want to Understand Your Mind?



Part I Long Passages

Passage One

Mind Games: Seven Ways to Make Your Brain Better, Faster, Smarter

William Speed Weed

- A** **1. Move It** Quick—what’s the No. 1 thing you can do for your brain’s health? The best brain sharpener may be sneakers (运动鞋). Once they’re on your feet, you can pump up your heart rate. “The best advice I can give to your brain healthy and young is aerobic exercise,” says Donald Stuss, PhD, a director of the Rotman Research Institute at Baycrest Centre for Geriatric Care in Toronto.
- B** Mark McDaniel, PhD, professor of psychology at Washington University in St. Louis, agrees, but adds, “I would suggest a combined program of aerobics and weight training. Studies show the best outcomes for those engaged in both types of exercise.”
- C** As we age, our brain cells, called neurons, lose the tree-branch-like connections between them. These connections are essential to thought. Quite literally, over time, our brains lose their weight. Perhaps the most striking brain research today is the strong evidence we now have that “exercise may forestall (预先阻止) some kinds of mental decline,” notes McDaniel. It may even restore memory. Myriad animal studies have shown that, among other brain benefits, aerobic exercise increases capillary (毛细血管的) development in the brain, meaning more blood supply, more nutrients and—a big requirement for brain health—more oxygen.
- D** **2. Feed It** Another path to a better brain is through your stomach. We’ve all heard about antioxidants (抗氧化剂) as cancer fighters. Eating foods that contain these molecules, which neutralize harmful free radicals, may be especially good for your brain, too. Free radicals have nothing to do with Berkeley politics and everything to do with breaking down the neurons in our brains. Many colorful fruits and vegetables are packed with antioxidants, as are some beans, whole grains, nuts and spices.

E More important, though, is overall nutrition. In cooperation with a good workout routine, you should eat right. High blood pressure, obesity and high cholesterol all make life tough on your brain, says Carol Greenwood, PhD, a geriatric research scientist at the University of Toronto.

F If your diet is heavy, and then you're probably also heavy. The same weight that burdens your legs on the stairs also burdens your brain for the witty reply or quick problem solving. The best things you can eat for your body, Greenwood notes, are also the best things you can eat for your brain. Your brain is in your body, after all. Greenwood's recommendation is to follow the dietary guidelines from the American Diabetes Association.

G **3. Speed It Up** Sorry to say, our brains naturally start slowing down at the cruelly young age of 30. It used to be thought that this couldn't be helped, but a barrage of new studies show that people of any age can train their brains to be faster and, in effect, younger. "Your brain is a learning machine," says Michael Merzenich, PhD, a neuroscientist at the University of California, San Francisco. Given the right tools, we can train our brains to act like they did when we were younger. All that's required is dedicated practice: exercises for the mind. Merzenich has developed a computer-based training regimen to speed up how the brain processes information. Since much of the data we receive comes through speech, the Brain Fitness Program works with language and hearing to improve both speed and accuracy. Over the course of your training, the program starts asking you to distinguish sounds at an increasingly faster rate. It's a bit like a tennis instructor, says Merzenich, shooting balls at your faster and faster over the course of summer to keep you challenged.

H To keep your brain young and supple, you can purchase software like Merzenich's, or you can do one of a million new activities that challenge and excite you: playing Ping-pong or contract bridge, doing jigsaw puzzles, learning a new language, the tango and so on.

I **4. Stay Calm** So you may be saying to yourself, I have to sign up right now for Spanish and calculus (微积分学) lessons before my brain withers away! Stop! Breathe. Relax. Good.

J While challenging your brain is very important, remaining calm is equally so. In a paper on the brain and stress, Jeansok Kim of the University of Washington asserts, in no uncertain terms, that stress is bad for your brain cells. Stress can "disturb cognitive processes such as learning and memory, and consequently limit the quality of human life," writes Kim.

K **5. Give It a Rest** Perhaps the most extreme example of the mental power of staying calm is the creative benefit of sleep. Next time you're working on a complex problem, whether it be a calculus proof or choosing the right car for you family, it really pays to "sleep on it".

L Researchers at Harvard University Medical School have looked at the conditions under which people come up with creative solutions. In a study involving math problems, they found that a good night's rest doubled participants' chances of finding a creative solution to the problems the next day. The sleeping brain, they theorize, is vastly capable of synthesizing complex information.

M **6. Laugh a Little** Humor stimulates the parts of our brain that use the "feel good" chemical messenger dopamine. That puts laughter in the category of activities you want to do over and over again, such as eating chocolate or having sex. Laughter is pleasurable, perhaps even "addictive", to the brain.

N But can humor make us smarter? The jury is still out and more studies are needed, but the initial results are encouraging.

O **7. Get Better with Age** In our youth-obsessed culture, no one's suggesting a revision to the Constitution allowing 20-year-olds to run for President. The age requirement remains at 35. You've heard about the wisdom and judgment of older people? Scientists are starting to understand how wisdom works on a neurological level.

P When you are older, explains Merzenich, "you have recorded in your brain millions and millions of little social scenarios and facts" that you can call upon at any time. Furthermore, he notes, "you are a much better synthesizer and integrator of that information."

Q Older people are better at solving problems, because they have more mental information to draw upon than younger people do. That's why those in their 50s and 60s are sage. They are the ones we turn to for the best advice, the ones we want to run our companies and our country. (1105 words)



Directions: Each of the following statements contains information given in one of the paragraphs in the passage above. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

- _____ 1. Exercises can enhance our minds.
- _____ 2. When we meet difficulties, we often resort to older people.
- _____ 3. It is very beneficial to have a good rest for people to come up with a creative idea.
- _____ 4. The most beneficial thing for our brain is aerobic exercise.
- _____ 5. According to Jeansok Kim, stress can hurt our brain cells so that it can influence our life quality.
- _____ 6. Fruits, vegetables and some beans are beneficial for our brains.
- _____ 7. According to Mark McDaniel, aerobics and weight training are beneficial for our brains.
- _____ 8. According to the writer, elder people are better than young people in solving problems.
- _____ 9. Exercise can prevent our brain from mental decline.
- _____ 10. Laughing is good for the health of our minds.

Why Smart Brains Take Humor Seriously

Danferber

- A** Humor is so clearly central to the human adventure that it is surprising how little attention science has paid to it until recently. “No one takes humor seriously,” jokes Ed Dunkelblau, PhD, a psychologist, humor consultant. Nonetheless, Allman and other scientists have proceeded, probing minds and brains to find our funny bones.
- B** Humor, it turns out, is a whole-brain experience, with networks of brain parts, which are called “humor muscles”, passing signals quickly and efficiently to help us get a joke. We need relatively few of those muscles to comprehend simple humor. But complex humor, such as the jokes and cartoons of funny stories, puts more of our brains to work.
- C** Today, using the tools of neuroscience and psychology, researchers are beginning to understand exactly how our brain’s humor muscles figure out what’s funny, and how exercising them may sharpen our minds. A growing body of research suggests that humor can tune our minds, help us learn, and keep us mentally relax, limber (柔软的, 敏捷的) and creative.
- D** Neuroscientists suspect that separate humor muscles are responsible for how humor works. By exercising them, we learn and develop. “Each humor event you experience makes you grow a little bit—as the brain has expanded and taken on new connections,” explains William Fry, MD.
- E** In studying patients with brain injuries, neurologists came to suspect that the right frontal lobe (右额叶) was critical for appreciating what’s comical. In 1999, Donald Stuss, PhD, and Prathiba Shammi, PhD tested that idea. They identified 21 patients with damage limited to either their right frontal lobes or another brain region; then they had the patients read humorous statements.
- F** To locate other humor muscles, neuroscientists have recently begun placing healthy people in functional MRI scanners, then showing them cartoons or television sitcoms. The scans reveal blood flow to several different brain regions, which shows how hard they’re working.
- G** Other brain-scan results are painting a new picture of the brain’s humor system. Here’s how scientists think it works: When you hear a joke, a language center on the left side of your brain makes

sense of the words, then sends the message across to the right side of the brain. There, the right frontal cortex (右侧额叶皮质) goes into regions including those that store emotions and social memories, then shuffles (打乱) the information until it clicks and you get the joke. Next, a structure deep in the brain pumps out dopamine (多巴胺), a “reward system” chemical that makes you feel good, and a primitive region near the base of your skull (头盖骨) makes you laugh.

H At Caltech, Allman and Watson discovered an important new humor muscle by scanning Allman’s brain, as well as those of 19 other people. Inside the scanner, each subject viewed 47 Far Side cartoons and 53 New Yorker cartoons, while pushing buttons on a handheld device to rate how funny each was. The results suggested for the first time how humor might change our brain to sharpen our intuition. Allman and Watson had already focused on two parts of the frontal lobe (额叶) that work when we react intuitively. The results of the experiment, which were published in March in the journal *Cerebral Cortex*, showed that the funnier the subjects rated the cartoon, the harder those two brain parts worked.

I But the same two regions also activate when we experience complex emotions, such as love and guilt. Since both intuition and emotions come into play when we make social decisions, Allman suspects that the two new humor muscles play a role in the fast, intuitive (and sometimes wrong) judgments we routinely make about others.

J Allman believes that complex humor may actually adjust our intuition, allowing us to make better social decisions. “I think we’ve hit upon the mechanism of that,” he says.

K Meanwhile, psychologists have come up with other reasons to look for the lighter side of life. For starters, humor can improve memory. Ron Berk, PhD, a psychologist who taught statistics at Johns Hopkins University, has put such knowledge to work in the classroom, using jokes and funny examples. Each semester he’d put a cigar in his mouth and a base ball cap on his head, and show up to his statistics class with a dressed, somewhat formal female colleague. “I’m Oscar and this is Felice, and we’re going to talk about relationships,” he said, as the theme from *The Odd Couple* played. The students laughed because their professors looked ridiculous. But as they listed the couple’s similarities and differences, the humor helped them learn an important statistical concept.

L Humor can also loosen up our minds, allowing us to play around with ideas and be more creative. That’s according to years of psychological studies, many of which got people to laugh, then asked them to come up with creative things to do with a brick. After years of brick studies, psychologists were still skeptical, so in 1987, Alice Isen, PhD, a professor of psychology and management at Cornell University, began using what she says is a better measure of creativity: She challenged undergraduates to nail a burning candle to a corkboard (软木板).