



普通高等教育“十二五”规划教材

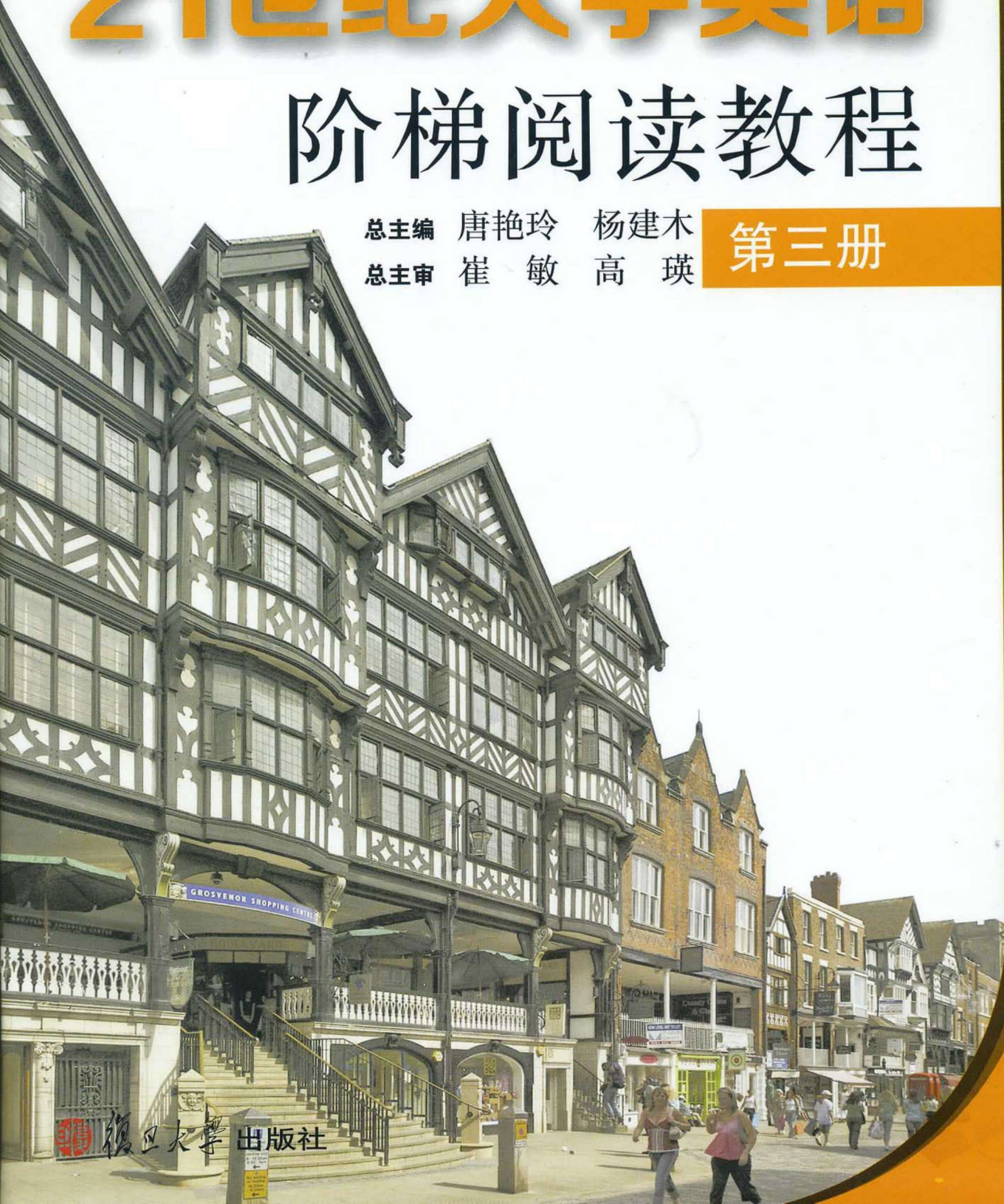
21st Century College English

# 21世纪大学英语

## 阶梯阅读教程

总主编 唐艳玲 杨建木  
总主审 崔敏 高瑛

第三册



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# 前 言

《21 世纪大学英语阶梯阅读教程》共四册,每学期一册,每册由十个单元组成,每个单元包含四篇文章。

《21 世纪大学英语阶梯阅读教程》选文短小精悍,内容生动有趣,语言流畅。每次使用前,先将材料准备好,可放在上课前,作为课程的“开篇”;也可放在课程中间,作为活跃课堂气氛的一种教学手段;更可于某课堂结束前使用,作为这堂课结束时的一个“小高潮”。

新颁布的修订版《大学英语课程教学基本要求》、《英语四、六级考试大纲》及近两年的大学英语四、六级考试,都对大学生的英语快速阅读能力提出了进一步的明确要求。所以,根据形势有必要编写一套着眼于强化快速阅读的教材,努力提高学生阅读速度及切实增强学生快速获取信息的能力。

本教程每篇选文均配有多项选择题和填词题,测试学生对课文的理解能力。快速阅读主要着眼于培养学生的阅读速度,强调在单位时间内快速获取所需信息的能力,因此,每篇材料均略浅于相应的综合英语教程的课文。建议每次使用两篇文章,在规定时间内阅读完毕,否则视为不合格。

本教程旨在培养学生正确的阅读习惯,提高学生的阅读能力和速度。为保证语言文字的规范化,课文全部选自英美原著,但有少量删改。选材力求多样性、知识性和趣味性。

《21 世纪大学英语阶梯阅读教程》第三册由长春理工大学光电信息学院孙晓黎任第一主编,编写第一到第二单元、前言和目录部分,杨振编写第三到第四单元,孙卓编写第五到第六单元,张璐编写第七到第八单元,长春信息技术职业学院,刘津智任第二主编,编写第九到第十单元和答案部分,本册主编各编写 5 万字,副主编各编写 3 万字。

在本书的编写过程中,我们参考了有关书籍,得到多方支持,在此一并表示感谢。由于时间有限,在编写过程中难免有疏漏之处,恳请读者批评指教。

编 者

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## Passage 1

## Collections of Footwear

词数: 241

难度系数: 0.7

阅读和练习建议时间: 8 分钟

实际用时:

正确答题数记录:

Welcome to one of the largest collections of footwear (鞋类) in the world that will make you green with envy. Here at the Footwear Museum you can see exhibits (展品) from all over the world. You can find out about shoes worn by everyone from the ancient Egyptians to pop stars.

## Room 1

The celebrity (名人) footwear section is probably the most popular in the entire museum. Started in the 1950s there is a wide variety of shoes and boots belonging to everyone from queens and presidents to pop stars and actors! Most visitors find the celebrities' choice of footwear extremely interesting.

## Room 2

Most of our visitors are amazed and shocked by the collection of "special purpose" shoes on exhibition here at the Museum of Footwear. For example, there are Chinese shoes made of silk that were worn by women to tie their feet firmly to prevent them from growing too much!

## Room 3

As well as shoes and boots the museum also exhibits shoe-shaped objects. The variety is unbelievable. For example, there is a metal lamp that resembles a pair of shoes, and Greek wine bottles that like legs!

## The Footwear Library

People come from all over the world to study in our excellent footwear library. Designers and researchers come here to look up information on anything and everything related to the subject of footwear.



## Directions:

Choose the most appropriate answer for each of the following questions.

1. Where would you find a famous singer's shoes?
  - A. Room 1.
  - B. Room 2.
  - C. Room 3.
  - D. The Footwear Library.
  
2. All exhibits in each room \_\_\_\_\_.
  - A. share the same theme
  - B. have the same shape
  - C. are made of the same material
  - D. belong to the same social class
  
3. Which of the following is true according to the text?
  - A. The oldest exhibits in Room 1 were made in the 1950s.
  - B. Room 2 is the most visited place in the museum.
  - C. Room 3 has a richer variety of exhibits than the other two.
  - D. Researchers come to the Footwear Library for data.
  
4. The purpose of the text is to get more people to \_\_\_\_\_.
  - A. do research
  - B. design shoes
  - C. visit the museum
  - D. follow celebrities



## Passage 2

## Why Is Pink or Purple a Color for Girls and Blue or Brown for Boys?

词数: 250

难度系数: 0.7

阅读和练习建议时间: 8 分钟

实际用时:

正确答题数记录:

Why is pink or purple a color for girls and blue or brown for boys?

The answer depends largely on cultural values as well as personal experiences. To the Egyptians, green was a color that represented the hope and joy of spring, while for Muslims, it means heaven. Red is a symbol of good luck in many cultures. In China, children are given money in a red envelope to bring good fortune in the New Year. For many nations, blue is a symbol of protection and religious beliefs. Greek people often wear a blue necklace hoping to protect themselves against evils (灾祸).

People's choice of colors is also influenced by their bodies' reactions (反应) toward them. Green is said to be the most restful color. It has the ability to reduce pain and relax people both mentally and physically. People who work in green environment have been found to have fewer stomach aches.

Red can cause a person's blood pressure to rise and increase people's appetites (食欲). Many decorators will include different shades of red in the restaurant. Similarly, many commercial websites will have a red "Buy Now" button because red is a color that easily catches a person's eye.

Blue is another calming color. Unlike red, blue can cause people to lose appetite. So if you want to eat less, some suggest that eating from blue plates can help.

The next time you are deciding on what to wear or what color to decorate your room, think about the



color carefully.



### Directions:

Choose the most appropriate answer for each of the following questions.

1. Muslims regard green as a symbol of heaven mainly because of their \_\_\_\_\_.  
 A. cultural values  
 B. commercial purposes  
 C. personal experiences  
 D. physical reactions to the color
  
2. Why will many commercial websites have a red “Buy Now” button?  
 A. To relax people physically.  
 B. To increase people’s appetites.  
 C. To encourage people to make a purchase.  
 D. To cause a person’s blood pressure to rise.
  
3. What color might help lose weight according to the text?  
 A. Red.  
 B. Green.  
 C. Blue.  
 D. Purple.
  
4. Which of the following would be the most proper title for the text?  
 A. Colors and Human Beings.  
 B. The Cultural Meaning of Color.  
 C. Colors and Personal Experiences.  
 D. The Meaning and Function of Color.



## Passage 3

## Professional Education in America

词数: 215

难度系数: 0.8

阅读和练习建议时间: 10 分钟

实际用时:

正确答题数记录:

## Directions:



Complete the following passage by choosing the proper words in the box.

## Word Bank

A. transmission	B. consecutive	C. enjoyable	D. series	E. perspective
F. varies	G. schedule	H. different	I. superficial	J. effort
K. prospects	L. influence	M. cultivate	N. pursue	O. transition

Many American students \_\_\_\_ 1 \_\_\_\_ higher education to prepare for professional employment. In your academic training you will need to begin planning for the \_\_\_\_ 2 \_\_\_\_ from college to career. A career is really a process — it is how you progress through a \_\_\_\_ 3 \_\_\_\_ of jobs and occupations during your working years. A college education can help you get started on your career journey.

In American society, the type of occupational fields you choose and jobs you hold \_\_\_\_ 4 \_\_\_\_ your entire

lifestyle: yourself concept, income, prestige, choice of friends, and where you will live. This freedom to choose from thousands of employment choices can be \_\_\_\_ 5 \_\_\_\_ or troubling — if you don't know where and how to begin.

Career planning is a comprehensive process that takes much time and \_\_\_\_ 6 \_\_\_\_\_. Career planning can greatly increase your \_\_\_\_ 7 \_\_\_\_ of obtaining employment in the occupation you choose. However, career planning includes much more than a job search. It begins with carefully considering what you want and need in life.

Career planning can be divided into four \_\_\_\_ 8 \_\_\_\_ steps that include self-assessment, occupational exploration and selection, career preparation, and job seeking. Although each student's goal will be \_\_\_\_ 9 \_\_\_\_\_, one suggested timetable to help you keep on course is to complete one step in each university year. Your \_\_\_\_ 10 \_\_\_\_\_ may be longer or shorter depending on your career goal.



## Passage 4

## Can You Eat Yourself to Death?

词数: 1215	难度系数: 0.9	阅读和练习建议时间: 15 分钟
实际用时:		
正确答题数记录:		

On 22 April 1891, a 52-year-old carriage driver in the city of Stockholm swallowed the contents of a bottle of prescription opium (鸦片) pills. Mr. L, as he became known, was found by his landlord and taken to a hospital, where the staff got busy with the tools of overdose (服药过多): a funnel, a length of tubing, and lukewarm water (温水) to flush out and dilute (稀释) the drug. Today we might call it stomach pumping, but in the case report it was referred to as gastric rinsing (洗胃). The term gives a deceptive air of daintiness to the proceedings, as though Mr. L's stomach were a camisole (女式背心) in need of a little freshening. Hardly. Mr. L was slumped in a chair, thinly attached to his wits, while the medics loaded his stomach, many times in fast succession. With each filling, the organ appeared to hold more, which should have been a clue: Mr. L had sprung a leak.

He is one of a few who have died this way. Overfilling a stomach to bursting point is a near-impossible feat, owing to a series of protective reflexes. When the stomach balloons past a certain point, whether to accommodate a holiday dinner or chugged beer or the efforts of Swedish medical personnel, stretch receptors in the stomach wall cue the brain. The brain, in turn, issues a statement that you are full and it is time to stop. It will also, around the same time, undertake transient lower esophageal sphincter relaxation, or burp. The sphincter at the top of the stomach briefly relaxes, venting gas and restoring a measure of safety and relief.

Sternier (更严格的) measures may be needed. "A lot of people, myself included from time to time, eat way the hell past that point," says Mike Jones, a gastroenterologist (胃肠病学家) at Virginia Commonwealth University in Richmond. "Maybe they're stress-eating. Or it's just: 'You know what, that's some damn fine key

lime pie’.” The warning signs grow ever more obvious: pain, nausea and the final I-warned-you-buster regurgitation (回流, 反刍). A healthy stomach will up and empty itself well before it reaches breaking point.

Mr. L’s was the first stomach in Key-Aberg’s experience that had ruptured when overfull. Medicine needed to know about this, so that future rinsers and pumpers would be alert to the danger. Was it the volume of water or the force of its flow that mattered more? “In order to gain more clarity,” Key-Aberg continued, “I needed to experiment with the stomach of a cadaver (尸体).” Ingeborg made a small noise. “These experiments I conducted in large numbers.” For much of the spring, unclaimed Stockholm corpses, 30 in all, were delivered to Key-Aberg’s lab and manoeuvred into chairs in a “half-seated position”.

More recently, a pair of Miami-Dade County medical examiners reported the case of a 31-year-old psychologist with bulimia (贪食症) found semi-nude and dead on her kitchen floor. Her abdomen was greatly distended by 9-plus litres of poorly chewed hot dogs, broccoli and breakfast cereal. The medical examiners found the body slumped against a cabinet, “surrounded by an abundance of various foodstuffs, broken soft drink bottles, a can opener and an empty grocery bag”. The “the coup de grace” (致命一击) was a partially empty box of baking soda. In this case, the greatly ballooned stomach had not burst; rather, it had shoved her diaphragm up into her lungs and asphyxiated her. The pair theorised that the gas could have forced one of the poorly chewed hotdogs up against the oesophageal sphincter at the top of the stomach and held it there, preventing the woman from burping or vomiting.

Should you doubt the impressive pressure produced by sodium bicarbonate reacting with acid, I direct you to any of the myriad websites devoted to Alka-Seltzer rockets. Or, less playfully, the works of P. Murdfield, who in 1926 ruptured the stomachs of fresh cadavers by filling them with a couple of litres of weak hydrochloric acid and dropping in some sodium bicarbonate.

### Fit to Burst

If a woman’s abdomen (腹部) is stretched so far that her belly button is inside out, it is usually safe to assume she is pregnant. The woman wheeled into the emergency room of the Royal Liverpool Hospital, UK, at 4 am on an unspecified date in 1984 was the exception. She turned out to be carrying a meal. As dinners go, this was triplets (三胞胎): a kilogram of kidneys, a kilo of liver and steak, two eggs, a half kilo of cheese, a quarter kilo of mushrooms, a kilo of carrots, a head of cauliflower, two large slices of bread, 10 peaches, four pears, two apples, four bananas, a kilo each of plums and grapes and two glasses of milk. Nearly 9 kilos of food. Although her stomach eventually ruptured and she died of sepsis (败血症), the organ held out heroically for several hours. Clearly some stomachs can hold more than 4 litres.

Models with bulimia (易饿病) and professional eaters are career bingers. They challenge their body’s limits on a regular basis. Here is my question: is the ability to eat to extremes a matter of practice, or are some stomachs just naturally more compliant?

In 2006, medical science took a look. Gastroenterologist David Metz at the University of Pennsylvania in Philadelphia studied the stomach of a competitive eater — Tim Janus, then ranked number 3 on the circuit,



under the name Eater X — and a normal eater, while the men spent 12 minutes eating as many hotdogs as they could manage. A side order of high-density barium (钡) enabled Metz to follow the wieners' progress via fluoroscope. Metz had a theory that prodigious eaters had faster-than-normal gastric emptying (胃排空) times. In other words, their stomachs might be making room for more by quickly dumping food out the back door into the small intestine. The opposite turned out to be true. After two hours, Eater X's stomach had emptied only a quarter of what he'd eaten, whereas the other eater's stomach, more in keeping with a typical stomach, had cleared out 75 per cent.

### Extreme Eating

But the question remains: Is the lack of discomfort there from the start, or does it come from habitually overriding the brain's signals? The implication, for the rest of us, being that the more you overeat, the more you overeat.

By happenstance, a friend of mine is acquainted with competitive eater Erik Denmark — aka Erik the Red, ranked seventh in the U.S. — and offered to put us in touch. I asked Denmark: is the successful glutton born or made? Both, it seems. But Metz formed the impression, based on conversations with Eater X. "It's a structural thing," he told me. "At rest their stomachs are not much bigger, but their ability to receptively relax is unbelievable. The stomach just expands and expands and expands."



### Directions:

In this part, you will have 15 minutes to go over the passage quickly and answer the questions. For questions 1–7, choose the best answer from the four choices marked A, B, C and D. For questions 8–10, complete the sentences with the information given in the passage.

1. Mr. L's death is caused by \_\_\_\_\_.  
 A. overdose of opium pills  
 B. eating too much  
 C. being overfilled during the gastric rinsing  
 D. murdering
  
2. The stomach can protect itself by \_\_\_\_\_.  
 A. making you laugh and cry  
 B. making you sick and vomit  
 C. making you cold

- D. making you thirsty
3. Key-Aberg's experienments carried out on \_\_\_\_\_.  
 A. someone who is alive and healthy  
 B. someone who is seriously ill  
 C. volunteers  
 D. dead bodies
4. The reason the 31-year-old psychologist's death is because \_\_\_\_\_.  
 A. she ate too much and didn't exercise  
 B. she had hot dogs, broccoli and breakfast cereal  
 C. she ate at a cabinet  
 D. she had soft drinks and baking soda
5. How many food did the woman who was sent to into the emergency room of the Royal Liverpool Hospital, UK have?  
 A. 9 kilo.  
 B. 4 kilo.  
 C. A kilo.  
 D. 10 kilo.
6. From the woman's case in Para.7, we can get the conclusion that some stomachs can hold more than \_\_\_\_\_ litres.  
 A. 1  
 B. 2  
 C. 3  
 D. 4
7. David Metz's assumption was proved to be \_\_\_\_\_.  
 A. right, because Eater X's stomach did have shorter gastric emptying time  
 B. wrong, because the other eater's stomach had the higher gastric emptying rate  
 C. right, because the other eater's stomach had the higher gastric emptying rate

D. wrong, because Eater X's stomach did have shorter gastric emptying time

8. Erik Denmark — aka Erik the Red, ranked \_\_\_\_\_ in the U.S.

9. According to Erik Denmark, the successful glutton are both \_\_\_\_\_.

10. For the Eater Xes, their stomachs \_\_\_\_\_ as they eat.



## Passage 1

## Frida Kahlo

词数: 253	难度系数: 0.7	阅读和练习建议时间: 8 分钟
实际用时:		
正确答题数记录:		

When Frida Kahlo's paintings were on show in London, a poet described her paintings as “a ribbon (丝带) around a bomb”. Such comments seem to suggest Kahlo had a big influence on the art world of her time. Sadly, she is actually a much bigger name today than she was during her time.

Born in 1907 in a village near Mexico City, Kahlo suffered from polio (小儿麻痹症) at the age of seven. Her spine (脊柱) became bent as she grew older. Then, in 1925, her back was broken in several places in a school-bus accident. Throughout the rest of her life, the artist had many operations, but nothing was able to cure the terrible pain in her back. However, the accident had an unexpected side effect. While lying in her bed recovering, Kahlo taught herself to paint.

In 1929, she got married to Diego Rivera, another famous Mexican artist. Rivera's strong influences on Kahlo's style can be seen in her early works, but her later works from the 1940s, known today as her best works, show less influence from her husband.

Unfortunately, her works did not attract much attention in the 1930s and 1940s, even in her home country. Her first one-woman show in Mexico was not held until 1953. For more than a decade after her death in 1954, Kahlo's works remained largely unnoticed by the world, but in the 1970s her works began to gain international fame at last.