

倪大德 任 端 主编

# 大学英语泛读

第 1 册



◆ 苏州大学出版社

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倪大德 任 瑞 主编

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(第 1 册)

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# 前 言

《大学英语教学大纲》(修订本)指出:“阅读是掌握语言知识,打好语言基础,获取信息的重要渠道。阅读能力是大部分大学生今后工作所需的重要技能。”在我国已经加入世界贸易组织的今天,全面提高大学生的英语应用能力,特别是阅读能力,已成为大学英语教学的重点。我院的大学英语教师长期以来一直孜孜追求,在努力教学的同时,投入了大量时间和精力,多方收集和精心选编了许多适合当代大学生阅读的文章,以满足大学英语教学的需求。

经过长期酝酿和精心的准备,并在我院外语系领导的大力支持和与苏州大学出版社联手合作下,《大学英语泛读》第1-4册终于与广大教师和学生见面了。我们精选了许多当代大学生普遍感兴趣而且难易适中的文章。还由教学经验丰富的大学英语教学骨干负责撰写了相关的配套练习,以供学生读后检测之用,并附有部分答案,以供读者参考。

本教程所含文章大多选自国内外最新出版的书刊和杂志。教程分四册,每册一学期,可供大学英语教学四学期使用。为便于学生阅读,我们对文章中部分语言点作了注释。

我们相信我们所做的各项工作将有助于学生提高自己的阅读能力。对相关部门和个人对我们出版、发行和使用该教程提供的许多便利和支持,我们表示由衷的感谢,并希望在使用过程中提出宝贵意见,以便在再版时修正。

编 者  
2002年9月

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## Reading Passage One

Drinking a cup of tea makes blood vessels work better within 2 hours, dilating the arteries and improving blood flow, according to Massachusetts researchers.

This may ultimately have a beneficial effect on the heart, according to Dr. Joseph A. Vita of Boston University. Tea's beneficial effects on the heart have been known for years, but how it accomplishes this has been a mystery, Vita said at the annual meeting of the American Heart Association here.

In the study, Vita and colleagues had 50 men and women with known heart disease drink four cups of black tea a day for 4 weeks. They used a commercial brand, so that the amount of caffeine and other active ingredients was the same across the group. The participants also drank four glasses of water each day, and avoided other kinds of tea and red wine. The study participants were then monitored for another 4 weeks in which they drank water instead of tea.

Using ultrasound to measure blood flow in the forearm, the investigators found that the tea helped blood vessel function. While blood vessels normally dilate 11%, those with heart disease only dilated 6%. Tea drinking—but not water—restored blood vessel response to near-normal levels.

"The effects were visible as soon as (within) 2 hours of drinking the first cup, and the effects persisted after the 4 weeks," Vita announced.

He said the effects were not due to the caffeine in the tea. The researchers had some of the participants swallow a caffeine tablet equivalent to 2 cups of tea and then repeated the artery response test. Caffeine had no response on the blood vessel function.

Antioxidants are known to improve blood vessel function, and black tea contains significant amounts of flavonoids, which are antioxidants, Vita noted. The researchers did find that flavonoid levels in the study participants' blood increased with tea drinking.

"Thus, this study demonstrates that drinking tea reverses an important abnormality of blood vessel function in patients with coronary artery disease," Vita reported. "However,



further studies will be required before tea drinking can be recommended to patients as a way to protect against coronary artery disease and stroke.”

### Words and Expressions

dilate 扩张

artery 动脉

ultimately 最终

beneficial 有益的

accomplish 完成

annual 年度的

colleague 同事

commercial 商业的

brand 品牌

caffeine 咖啡因

ingredient 组成,成分

participant 参加

monitor 监测

ultrasound 超声波的

investigator 研究者;调查者

restore 恢复

persist 持续

tablet 药片

antioxidant 抗氧化剂

flavonoid 类黄酮

reverse 逆转

abnormality 畸形;异常性

coronary 冠状

stroke 中风

### Notes

1. have an effect on: 对……产生作用
2. black tea: 红茶
3. (be) equivalent to: 等量于, 等同于
4. (be) due to...: 由于

### Reading Comprehension

1. The best title for this passage could be \_\_\_\_\_.
  - A. Tea May Benefit Blood Vessels
  - B. Caffeine Dilates the Arteries
  - C. Antioxidants Improve Blood Vessel Function
  - D. Tea Drinking Helps Raise Flavonoid Levels
2. According to the passage, what is NOT certain about tea?
  - A. Whether tea has beneficial effects on heart.
  - B. Whether tea contains some amount of caffeine or other active ingredients.
  - C. How tea benefits heart.

- D. Whether flavonoid levels of a person's blood vary with tea drinking.
3. Which is NOT true according to the passage?
- A. The researchers had the participants take a tablet that contains the same amount of caffeine as two cups of tea do.
  - B. The researchers found tea-drinking makes the blood vessels of those with heart trouble dilate more.
  - C. The researchers are in no hurry in recommending people to drink more tea as a means of protecting themselves of coronary disease and stroke.
  - D. The researcher had the participants drink different kinds of tea so that they can get various findings.
4. Tea drinking begins to work in dilating blood vessels \_\_\_\_\_.  
A. four weeks after drinking  
B. two weeks after drinking  
C. after the participants drink two cups  
D. within two hours after the participants have drunk the first cup
5. The findings are based on an experiment of about \_\_\_\_\_.  
A. four weeks  
B. two weeks  
C. two hours  
D. two months

### Translation

1. The researchers had some of the participants swallow a caffeine tablet equivalent to 2 cups of tea and then repeated the artery response test.
2. However, further studies will be required before tea drinking can be recommended to patients as a way to protect against coronary artery disease and stroke.

### Short Answer Questions

1. According to Massachusetts researchers, what functions does tea drinking have?

2. Why did the researcher use a commercial brand of tea in the experiment?
3. To what extent does tea drinking help dilate blood vessels?
4. Does caffeine have any function in improving blood flow? Support your answer with evidence.
5. What do you think the researchers will do after the announcement of the findings?

## Reading Passage Two

There are two kinds of memory: short-term and long-term. Information in long-term memory can be recalled at a later time when it is needed. The information may be kept for days or weeks. In contrast, information in short-term memory is kept for only a few seconds, usually by repeating the information over and over. The following experiment shows how short-term memory has been studied.

Henning studied how students who are learning English as a second language remember vocabulary. The subjects in his experiment were 75 college students. They represented all levels of ability in English: beginning, intermediate, advanced and native-speaking students.

To begin with, the subjects listen to a recording of a native speaker reading a paragraph in English. Following the recording, the subjects took a 15-question test to see which words they remembered. Each question had four choices. The subjects had to circle the word they had heard in the recording. Some of the questions had four choices that sounded alike. For example, weather, whether, wither and wetter are four words that sound alike. Some of the questions had four choices that have the same meaning. Method, way, manner and system would be four words with the same meaning. Finally, the subjects took a language proficiency test.

Henning found that students with a lower proficiency in English made more of their mistakes on words that sound alike; students with a higher proficiency made more of their mistakes on words that have the same meaning. Henning's results suggest that beginning students hold the sound of words in their short-term memory, and advanced students hold the meaning of words in their short-term memory.

### Words and Expressions

recall 回忆;回想

represent 代表

vocabulary 词汇(总量)

intermediate 中级的

## Notes

1. short-term memory: 短时记忆  
long-term memory: 长时记忆
2. in contrast: 相反
3. to begin with: 首先
4. language proficiency test: 语言水平测试

## Reading Comprehension

1. The information may be kept for days in \_\_\_\_\_.  
A. long-term memory                      B. short-term memory  
C. both kinds of memory                D. neither of the two kinds of memory
2. Henning made the experiment in order to study \_\_\_\_\_.  
A. how students learn English vocabulary  
B. how students remember English vocabulary in short-term memory  
C. the length of time information is kept in short-term memory  
D. how to develop students' ability in English
3. The word "subjects" (Paragraph 2) means \_\_\_\_\_.  
A. the courses the college students take  
B. the themes of the listening material  
C. the students experimented on  
D. the branches of knowledge studied
4. From Henning's results we can see that \_\_\_\_\_.  
A. it is difficult to remember words that sound alike  
B. advanced students remember words by their meaning  
C. beginners have difficulty distinguishing the pronunciation of words  
D. it is difficult to remember words that have the same meaning
5. Which of the following statements is true according to the passage?  
A. The information changes when it is in different kinds of memory.  
B. Long-term memory can be acquired only by means of regular training.  
C. It is easier to test short-term memory than long-term memory.  
D. Henning gave a test on vocabulary to his subjects.

### **Translation**

1. In contrast, information in short-term memory is kept for only a few seconds, usually by repeating the information over and over.
2. Henning's results suggest that beginning students hold the sound of words in their short-term memory, and advanced students hold the meaning of words in their short-term memory.

### **Short Answer Questions**

1. What do you know about long-term memory?
2. What did Henning study?
3. What is the procedure (程序) of Henning's experiment?
4. What mistakes did the lower-proficiency students make?
5. What mistakes did subjects with higher language proficiency level make?

## Reading Passage Three

The dreams we have at night are in many ways like the daydreams we have while we are awake. They may or may not be influenced by something in everyday waking life, but they reshape and recreate that material into new and “illogical” forms. A dream may reflect the unconscious wishes, needs, and conflicts of the individual. It may draw on any part of the individual’s history from earliest childhood to the events of the previous day...

Today, investigators of dreams rely on what dreamers remember about their dreams just after waking. Such dream recall shows that individual differences and daytime experiences help to form the content of dreams, along with things that happen during sleep itself.

When you are closest to waking, your dreams are likely to be about recent events. In the middle of the night, when body temperature is lowest, more dreams involve childhood or long-ago events. The last dream before waking is the most likely to be remembered.

Dreams vary according to age and sex. Children usually dream about their waking life, and the majority of children dream about scary animals. Except in primitive cultures, few adults dream about animals. Men dream more about men than about women; women dream equally about both. Men’s dreams are more adventurous and aggressive and less emotional than women’s. Both sexes dream equally about being pursued or victimized.

Events near bedtime also affect a given night’s dreams. We may have dreams about snow when we are cold or about deserts when we are hot. Eating salty food before bedtime made Freud dream of cold water—and thirsty people who dream about drinking water drink less upon waking up than do people who have not dreamed about drinking. Even films shown just before bed can influence dreams, especially their emotional tone.

Most dreams last about as long as the events would in real life; they do not flash on your mental screen immediately before waking, as was previously believed. Generally, they consist of a sequential story or a series of stories. Stimuli, both external and internal,

may modify an ongoing dream, but they do not initiate dreams. One interesting experiment used three different external stimuli on subjects who were dreaming—a 5-second tone just below waking threshold, a flashing lamp, and a light spray of cold water. The water was incorporated into 68 percent of the dreams, the light into 23 percent, and the tone into 9 percent. Another experiment showed that when a tape recording of the subject's voice was played back to the subject while dreaming, the principal actor in the dream became more active and self-assertive. Thus, while these external stimuli are perceived during dreaming, their origin is often not perceived as being external. They are interpreted as being part of the dream.

### Words and Expressions

recreate 再创造	internal 内部的
reflect 反映;表现	modify 改变
unconscious 无意识的	initiate 启动
vary 改变;变更	stimuli 刺激(stimulus的复数形式)
majority 大多数	threshold 门槛;开端
scary 可怕的;吓人的	incorporate 结合;合并
adventurous 冒险的	principal 主要的
aggressive 进攻性的;进取性的	self-assertive 自信的;有把握的
victimize 使……受害	perceive 领悟;觉察
sequential 有顺序的	interpret 解释,认为是……的意思
external 外部的,客观的	

### Notes

1. draw on: 吸收;利用
2. rely on: 依赖
3. be likely to (do something): 有可能(做某事)
4. Freud: 弗洛伊德(Sigmund Freud 1856—1939, 奥地利心理学家和精神病医生,以其精神分析学说著名。代表作有《精神分析引论》和《梦的解析》。)
5. emotional tone: 情感状态
6. consist of: 由……组成
7. a series of: 一系列
8. subject: (心理学)被试(即被试验者)



## Reading Comprehension

- According to the passage, which of the following helps in forming the content of dreams?
  - Personal differences.
  - Daytime experiences.
  - Things that happen during sleep itself.
  - All of the above.
- Who is most likely to dream about animals?
  - Women.
  - Men.
  - Freud.
  - People in primitive cultures.
- If a student was reviewing for a quiz just before bedtime for the next day, he is likely to dream about \_\_\_\_\_ in the night.
  - women
  - water
  - having a test
  - animals
- Which of the following is NOT true?
  - External stimuli can be incorporated into a dream.
  - External stimuli may slightly change an ongoing dream.
  - External stimuli can be felt during the dream.
  - External stimuli start dreams.
- This passage mainly tells us \_\_\_\_\_.
  - people of different sexes and ages may have different dreams
  - bedtime happenings influence a given night's dream
  - dreams are exact reflections of daytime occurrences
  - how dreaming works

## Translation

1. Such dream recall shows that individual differences and daytime experiences help to form the content of dreams, along with things that happen during sleep itself.
2. In the middle of the night, when body temperature is lowest, more dreams involve childhood or long-ago events.