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# 英语 时文精选

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四、六级应试阅读范文

◆总主编/贺广贤◆

第 一 辑

第 5 册

世界图书出版公司

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# 英语时文精选

(第5册)

总主编 贺广贤

本册主编 靳蓉

编者 靳蓉  
王英

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# 序 言

有人预言,二十一世纪是中国人的世纪。虽然验证这一预言尚须时日,但该世纪的第一年——2001年发生的两件大事对中国人来说无疑是吉祥之兆。首先,中国赢得了2008年奥运会的举办权;其次,中国取得了加入WTO的决定性胜利。这两件事极大地激发了中国人民的爱国热情,加强了民族团结,为进一步促进我国的社会主义建设和改革开放增添了新的动力。

中国是东方文明的发祥地,她和西方文明有着天渊之别。几千年来,东西方文明沿着各自的历史道路前进。现在人们普遍认识到应让世界了解中国,让中国走向世界,这反映了亿万中国人的愿望。要两个文明互相融合,首先要解决的就是语言文字障碍。中华要腾飞,中国要发展,学外语的潮流席卷神州。英语的广泛学习虽然在一定程度上满足了改革开放的需要,但目前形势发展的总需求以及突飞猛进发展的信息时代的迫切需要还相差甚远。若要将外语水平作为评判一个国家综合实力的一项标准,那么我们仍需要做出很大的努力。

“莱登英语书屋”正是在这种形势下应运而生的。“莱登”是英文ladder的谐音。读者一望便知,这套书是要为国家腾飞搭桥铺路,尽一点儿绵薄之力。也

是要为有志之士事业上的成功架设一座云梯。俗话说：“手攀云梯折桂花。”如果您要摘取事业上的桂冠，“莱登”就是您得心应手的工具。

《英语时文精选》辑录了英语国家各种报刊杂志的最新文章，经作者注释、翻译而成。她是大学生或英语爱好者观察世界最新变化的窗口。透过她，读者可以看到光怪陆离的人生百态，寻常百姓的感情纠葛；可以体验迥然不同的处世之道，可以领悟异域文化的他乡韵味。透过她，您还可以了解天下的风云聚散，社会变迁，也可以了解日新月异的科技发展。她可以扩大您的视野，壮阔您的胸怀，丰富您的情感，升华您的志趣。在某种意义上，她也可以说是一叶扁舟，乘上她您就可以和全人类风雨与共、同甘共苦。当然，通过她，您可以学到最新最地道的词汇，丰富您脑海里的语库。这就是我们最真挚的愿望。

《英语时文精选》的作者都是西安交通大学外语部的老师。他们以自己丰富的教学经验和深厚的学术造诣为读者释疑解惑，并从实际出发为读者提高英语水平编写了实用多样的练习，并附有参考译文、练习答案。读者只要循此“莱登”拾级而上，英语水平一定会有长足的进步。在书成之际，我们衷心地预祝各位读者事业有成。

贺广贤

于西安交通大学

2001年8月13日

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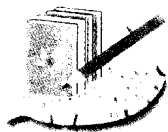
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# UNIT 1

## 10 Ways to Let the Sun Shine In

### 让生活充满阳光

工作的压力及生活的琐碎常让人们觉得生活一片黑暗。我们是否应该松弛一下神经,你看外面天那么蓝,草那么绿,小鸟在鸣唱,这一切是不是已经久违了?来吧,朋友,加入我们的行列,让我们去拥抱大自然,让生活充满阳光。

#### Words to Watch

startle *v.* 使……大吃一惊

addiction *n.* 沉溺,醉心

exact *v.* 索取,要求,强求

lousy *adj.* 讨厌的

toll *n.* 损失,(事故等的)  
伤亡人数

seduction *n.* 诱惑

expedition *n.* (为特定目的而  
组织的)旅行,远足

haul *v.* (用力)拖,拉

fragrance *n.* 芳香,香味

paralyze *v.* 无能为力,







compile *v.* 汇编, 编制

使瘫痪, 使麻痹

radically *adv.* 根本地,  
基本地

texture *n.* 质地,  
(材料等的)结构

Not long ago I told my father that I'm a workaholic(沉迷工作者, 工作狂). He startled me by saying, "Yes, dear, you are."

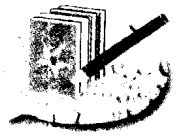
Hearing this outside my own head was a wake-up call. It was a shock to think that getting hooked on<sup>1</sup> work—especially work I love—could be a problem. But my addiction was exacting a toll on my marriage and pushing me towards burnout. It was hard to admit this, but once I did, I realized what I needed to do: less.

That's true for all of us, because we're all engaged in the work of the world, giving in countless ways—as partners, parents, children, friends, colleagues, gardeners, teachers, artists and listeners. This work is endless. But we all need to recharge and renew our own reserves, and there's no better time than on long, warm days when nature beckons(示意, 召唤) us outside. Finally, I'm surrendering. I'm taking nature's cues to get out of my brain and into my body.

To keep it real, I've compiled a to-do list to post on the fridge. It's radically different from last year's, and it goes like this:

1. *Get up an hour earlier.* I've already started doing this. I step outside, smell the air, listen to the birds, meditate(默想, 沉思), fix myself some pancakes.<sup>2</sup> I try to remember to give thanks for what's going right in my life.





2. *Stay out of the supermarket.* When the growing season is under way, I try to shop at local farmers' markets. I love the colours, textures and smells, the taste of food harvested just hours before. I also like to thank the farmers for growing beautiful food, although they're sometimes taken aback<sup>1</sup> by my enthusiasm.

3. *Pick berries.* Nothing tastes like a ripe strawberry just picked from the plant. To me, it is the flavor of seduction. My husband, Tom, and I started courting on a strawberry - picking expedition.

4. *Make a pie.* Real pie, homemade pie, is a work of art<sup>1</sup> and an act of love. I recite my mother's mantra<sup>5</sup> for tender pie crust: use ice water, go easy on the flour and handle the dough(生面团) as little as possible.

5. *Eat outside.* Yes, more picnics. To bring: a big blanket, a straw hat, a basket of fresh bread, cheese, fruit, wine, a few friends.

6. *Say no.* I'm lousy at this. In fact, when Tom read this, he said, "Honey, you really need to work on No. 6." I don't want to miss a single event, turn down one invitation, or tell anyone they can't come to visit. But I'm trying to stay firm to save some time for myself: to loll(懒洋洋地倚靠), nap, daydream.

7. Get on — or in — the water more. "In time, everything changes," Leonardo da Vinci<sup>6</sup> wrote in an observation on water. I am taking these words to heart: hauling our old canoe(独木舟) into the cove(小海湾, 小溪谷) when the tide is high at sunset, and slipping into our neighbour's pool to let the water wash away the stress of the day.

8. *Find a hayfield.* After the hay has been cut,





drive by at dusk with the windows rolled down.

I like to stop the car and just sit there, breathing in the sweet, green fragrance, watching the swallows swooping( 飞扑)in circles over the darkening fields.

9. *Go outside at night.* Tom and I have been doing this more: walking around after dark, admiring the Milky Way<sup>7</sup>, the stars, how the clouds look in the moonlight. Walking outdoors at night heightens the senses, and moonlight is a powerful aphrodisiac.

10. *Let go.* At least a little. Sometimes I feel paralyzed by all the suffering in the world, the pain of family and friends, and our own struggles at home. But if I give myself some sanctuary( 庇护所), some breathing room every day, I find I can better face these things. When we make the time to replenish( 补充) our reserves, we find new energy to reach out in ways large and small, to change the world, to change ourselves.

### Notes

1. get/be hooked on: 迷上(某事物)完全陷于(某事物)之中。

2. fix myself some pancakes: 给自己做几个薄煎饼。fix: 烧(饭),煮(食)。

3. be taken aback [亦作 be taken back]: 吓了一跳,大吃一惊,惊得目瞪口呆。

4. work of art: 艺术品。

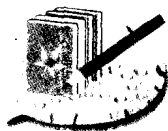
5. mantra: [印度教]颂歌;圣歌;咒语。

6. Leonardo da Vinci: 莱昂那多·达·芬奇(1452-1519;意大利文艺复兴时期艺术家、雕塑家、建筑师、工程



师和自然科学家)。

7. the Milky Way: [天]银河。



## Exercises

### 1. Reading comprehension

1) In the second paragraph, by saying "But my addiction was a toll on my marriage and pushing me towards burnout", the author means \_\_\_\_\_.

A. Her entire devotion to her work will only bring her marriage to an end and damage her health.

B. It's no good working hard because it will destroy both her health and marriage.

C. Her achievement in work was made at the cost of both her marriage and health.

D. She realized the importance of her family and health.

2) According to the passage, all of the following are true except \_\_\_\_\_.

A. It greatly surprised the author when her father agreed that she was a workaholic.

B. The author decided to take an immediate action once she realized the side-effect of being a workaholic.

C. The author has realized the danger of being completely committed to her work.

D. The author was absorbed in her job although she may suffer some adverse effects.

3) What can we infer from this passage ?

A. The author has a family of three, her husband, her son—Tom and herself.

B. The author is ambitious, energetic and good—





natured.

C. The author prefers sunny days to rainy days.

D. The author's last year's to-do list was about how to grasp every second to work hard.

4) In the to-do list compiled by the author, which is the most difficult thing for her?

A. To get up an hour earlier.

B. To say no.

C. To find a hayfield.

D. To make a pie.

5) Which of the following would be the main topic of the passage?

A. We are advised not to work too hard since there are so many interesting things to do in our lives.

B. We are informed of the old saying—all work and no play makes Jack a dull boy.

C. We will lose more than we gain if we become completely committed to our work, so the best way is to make a to-do list and relax in good time.

D. We are suggested to seek ease and comfort since we work to live not live to work.

**2. Find a word in the reading which has a meaning similar to the following.**

1) great eagerness \_\_\_\_\_

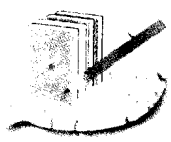
2) thing said or done to signal sb's turn to say or do sth \_\_\_\_\_

3) basically \_\_\_\_\_

4) give a sudden shock or surprise to (a person or an animal) \_\_\_\_\_

5) (of fruit, grain, etc) ready to be gathered and used, esp. for eating \_\_\_\_\_





6) (of work, circumstances, etc) make (sth) necessary; require \_\_\_\_\_

7) collect (information) and arrange it in a book, list, report, etc \_\_\_\_\_

8) occupy or attract (sb's thoughts, time, etc) \_\_\_\_\_

**3. Choose the best answers to complete the following sentences.**

1) During dinner I found myself \_\_\_\_\_ a long and complicated conversation with the doctor's wife.

- A. engaged in                      B. indulged in  
C. interfered in                  D. insisted on

2) We automatically \_\_\_\_\_ any candidate who makes a spelling mistake in their job application.

- A. turn up                          B. turn to  
C. turn down                      D. turn round

3) It is wise to \_\_\_\_\_ your water filter every month, even though it may seem to be working satisfactorily.

- A. recharge                        B. renew  
C. resort                          D. resign

4) When the growing season is \_\_\_\_\_, I try to shop at local farmer's markets.

- A. under way                      B. in the way  
C. by the way                    D. in one way

5) I felt the \_\_\_\_\_ as the aircraft hit the ground.

- A. tension                         B. cue  
C. anxiety                         D. shock

6) Do you like a walk \_\_\_\_\_ the moonlight?

- A. at                                 B. under  
C. in                                 D. below





7) The daisy opens \_\_\_\_\_ and closes \_\_\_\_\_ .

- A. at midday, at night
- B. at sunrise, at sunset
- C. at noon, at dusk
- D. at dawn, at midnight



### Reading for Fun

While attending a convention, three psychiatrists take a walk. "People are always coming to us with their guilt and fears," one says, "but we have no one to go to with our own problems."

"Since we're all professionals," another suggests, "why don't we hear each other out right now?" They agree this is a good idea. The first psychiatrist confesses, "I'm a compulsive shopper and deeply in debt, so I over-bill patients as often as I can." The second admits, "I have a drug problem and I pressure my patients into buying illegal drugs for me."

The third psychiatrist says, "I know it's wrong, but no matter how hard I try, I just can't keep a secret."

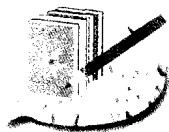
#### Keys

- 1. 1)A    2)D    3)D    4)B    5)C
- 2. 1)enthusiasm    2)cue    3)radically
- 4)startle    5)ripe    6)exact
- 7)compile    8)engage
- 3. 1)A    2)C    3)B    4)A    5)D    6)D    7)B



### 参考译文

不久前,我跟父亲说我是个工作狂。他对我说:“是的,亲爱的,你



确实是”，这着实吓了我一跳。

听到别人说我是个工作狂确实给我敲响了警钟。一想到沉迷于工作——尤其是自己喜欢的工作——会带来问题就令我感到震惊。但是，我对工作的沉迷令我的婚姻付出了代价并且使我的身体慢慢垮掉。承认这一点是很难的，但是一旦认识到，我所需要做的就是：少做工作。

这适用于我们所有人，因为我们都忙于这世上的工作，都在以各种各样的方式付出——充当合伙人、父母亲、孩子、朋友、同事、园丁、老师、艺术家和听众。这种工作不计其数。但是，我们都需要再充电，需要恢复自己的体力。在温暖的日子来到户外投身于大自然之中，没有什么比这更惬意的了。终于，我妥协了。我不但要在头脑中想象大自然的妙处，还要亲身去体验。

为了把这一切变为事实，我把需要做的事情列了一个单子贴在冰箱上。这与去年的大相径庭，具体内容如下：

1. **早起一个小时。**我已经开始这么做了。到户外去，呼吸空气，倾听鸟儿的歌唱、沉思默想，给自己做几个薄煎饼。尝试着感谢生活中的一切事物。

2. **远离超市。**当生长季节来临的时候，我试着到当地的农贸市场去买东西。我喜欢新鲜食物的色泽、手感和气味。我还喜欢感谢农夫，感谢他们种植出这么好的食物，尽管他们有时候对我的感谢会吓一跳。

3. **摘浆果。**最为味美的要算刚刚摘下的熟草莓了。对我来说，它太具诱惑。我和我丈夫——汤姆开始热衷于摘草莓。

4. **制作馅饼。**自制的、真正的馅饼是一种艺术品，也是爱的行动。我背熟了母亲制作酥脆馅饼皮的诀窍：用冰水一点点地倒入面中，面团揉得越小越好。

5. **户外用餐。**是的，多进行几次野餐。要带上：一个大毯子、一顶草帽、一个装满新鲜面包、黄油、水果和葡萄酒的篮子，还有几个朋友。

6. **说“不”。**我讨厌说“不”。事实上，当汤姆读到这一条时，他说：“亲爱的，这第6条确实需要你好好操练。”我真的不想错过任何一件事情，不想拒绝任何一个邀请，也不想谢绝任何人的造访。但是为了给自己省出时间来小憩、打盹、幻想，我就要尝试坚持说“不”。

7. **多接触水。**莱昂那多·达·芬奇在他对水的观察中写道：“一切都在变化之中”。我牢记这句话：夕阳西下，潮水上涨时，我将







小木舟推入溪谷中，划到邻家的水塘，将一天的压力冲刷得干干净净。

8. *寻找一片干草地。*草割了之后，黄昏时分，驱车沿着干草地行驶，同时把车窗摇下来。我喜欢停车坐在那儿，呼吸甜美、新鲜的芬芳空气，看着燕子在昏暗的草地上空盘旋。

9. *晚上到外面走一走。*我和汤姆一直这样做：天黑之后四处走一走，赞美银河、星星，欣赏月光下云彩的各式形状。夜晚户外散步更富灵感，而月光又使人情意绵绵。

10. *随它去吧！*至少不要太放在心上。对世界上所有的苦难，家人和朋友的痛苦以及在家中我们自己的挣扎，有时我会感到无能为力。但是，如果每天给自己一个庇护所，一个呼吸的空间，我发现我能更好地对付这些事。当我们腾出时间补充体力时，我们发现我们在各个方面或多或少恢复了精力，并借此改变世界、改变我们自己。

