

THEME-BASED ENGLISH READING COURSE

主题英语 阅读教程

3

主 编 赵 昉
张苏燕

副主编 李芳芳
陈 茜
王 静



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文学



报刊

科技

文化篇

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前言

Preface

处在建设世界一流大学和一流学科、实现高等教育内涵式发展的新时代，教育部最近出台《普通高等学校本科专业类教学质量国家标准》《中国英语能力等级量表》等国家专业质量标准，标志着培养大批符合专业标准、具有国际视野、通晓国际规则的创新人才成为时代所需。作为英语专业学生和非英语专业学生英语学习的主要技能之一，阅读不仅是语言输入的主要来源，也是听、说、译、写等语言素养整体发展的基础，在学生英语能力培养中长期占重要地位。基于此，本阅读教程按照国家级规划教材标准打磨，博采众长，推陈出新，以学生为中心，坚持英语语言的人文性特征，着力提升学生英语阅读水平。

《主题英语阅读教程3 文化篇》在选材上注重趣味性、信息性、思辨性和前瞻性，内容丰富，主要涉及家庭、婚姻、风俗、传统、休闲、娱乐、历史、地理、价值观等。本册共有8单元，每个单元侧重于一个话题，包括快速阅读、完形填空、精细阅读和阅读中国四部分。阅读材料大部分选自最新的英美报刊书籍，使学生读到原汁原味、生动鲜活的语言，激发学生阅读英语的兴趣。

本册主编为赵昉、张苏燕，副主编为李芳芳、陈茜、王静。各单元编写分工如下：1、2单元由王静编写，3、4单元由陈茜编写，5、8单元由张苏燕编写，6、7单元由李芳芳编写。

本教材为河南省高等教育教学改革基金重点项目（2017SJGLX038）及河南省高等学校优秀基层教学组织建设项目成果。在教材编写过程中，得到了河南理工大学领导、教务处的的大力支持，同时，得到了英语教育界同仁和外籍专家的倾力相助，在此表示深深的感谢。

由于编者水平有限，书中如有不足之处，恳请各位专家、读者批评指正。

编者

2018年5月

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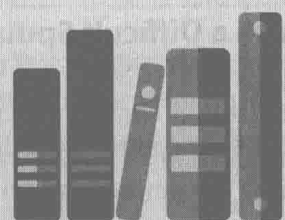
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UNIT

1

Part I Fast Reading

Passage 1 Ways to Deal with a Difficult Spouse*

(A) Relationships are works-in-progress and require a few course-corrections to reach their full potential. If you and your spouse are feeling the impact of anger issues, poor communication or an inability to compromise, you can improve your situation. Developing the tools of open and honest communication, learning to negotiate a compromise, and committing to change will get you back on the road to happiness.

(B) Prepare what you want to say. Write down your concerns so you can communicate them to your spouse. This will help identify specific behaviors, feelings and solutions. If you believe there is a problem, include a possible solution.

(C) Pick a good time to talk. Avoid early morning conversations when you or your spouse might be grumpy; and try not to talk immediately when you get home from work. Relax and settle down before you approach. If you've been feeling the brunt of his negativity, you probably know what time will hold the most promise for a positive outcome.

(D) Figure out what is really going on. If you know that you haven't been doing anything that would constitute your spouse's negative responses, then it's time to roll up your sleeves and get to work. This is the perfect opportunity to practice your problem solving skills.

(E) Lead by example by speaking your truth. This does not mean you have to be brutally honest and hurt the person's feelings. Use your words carefully and keep in mind that you are trying to solve problem that will improve your communication. Opening your heart to the possibility of improvement is essential. You may have a fear of getting hurt, but that is a risk worth taking. Once you experience the reward of being open, it will become easier.

(F) Respect is earned. If you act in a respectful manner it will set the stage for being respected in return. If you feel you are not being respected, tell the person, "I want us to be respectful to each other. I'm willing to do that, are you?" Don't criticize your spouse or yourself for making mistakes. Instead, focus on the efforts you both are making to be better people. A tiny step is still a step in the right direction.

(G) Set the stage for a resolution. Lead by example and serve as your own mediator. You want to appear optimistic about the situation. Be attentive and focused so she

* From <https://www.wikihow.com/Deal-With-a-Difficult-Spouse>.

knows that you are serious and believe that you can solve the problem at hand.

(H) People who have a problem with chronic negativity add a negative twist to every situation. Do not allow yourself to be influenced by your partner's negative and critical thinking.

(I) Solicit a commitment for change. You both need to fully embrace the idea of reconciliation. It is crucial that at minimum you agree to try to make a change. That may be your starting point, and then you can build from there. The goal is to commit to the process fully, but you may need to start with small steps.

(J) Change does not come easy for some people. Your spouse has a difficult challenge ahead, especially if he hasn't been aware of his behaviors or what triggers them. Patience is the key to a successful relationship. Convince yourself that although this is an extremely challenging time, it is temporary.

(K) Compliment each other. When you are pleased with how things are going, tell your spouse. If you see him catch himself being negative and then he corrects himself, acknowledge this as an accomplishment. Everyone needs to know they are doing a good job. It will help both of you stay motivated.

(L) If you can both find some way to laugh about the situation, it can be healing for both of you. A laugh is the shortest distance between two people. It is almost impossible to stay upset when you are laughing. Try it. Happiness is an inside job and you are responsible to create it. You know what makes you happy, so participate in activities outside your relationship that will build a reservoir of positive feelings. It is easier to face negative and difficult people if you are filled with good vibes.

(M) Whether your situation is more serious or you are dealing with a spouse who ignores your requests to take out the trash, it's important to keep things in perspective. No one likes to feel small or diminished or ignored by a spouse or by anyone for that matter. You will find that once you feel heard and respected you will be able to release your feelings of upset and shepherd in feelings of relief. You can let it go.

(N) Renew your commitment to the relationship. Plenty of people decide to renew their wedding or commitment vows for various reasons. This may be a wonderful opportunity to ceremonially show each other that you have not lost interest in your relationship and you are still in love.

(O) Find a positive source of energy. Dealing with people who are always negative can be very tiring and stressful. Making a change takes time so you will need support and encouragement to face the struggles. Find a friend or person you trust and who can be a source of encouragement.

(P) Avoid people with negative qualities. Stay away from friends and other family members who are negative and non-supportive. These people are best left to themselves. Do not allow them to influence your relationship with your spouse. If you feel you cannot manage the situation, there are professional counselors, therapists, and mediators who can help. You are human and there are times when you reach the end of your rope and need help. Although it will be difficult, a separation or divorce may be the only answer to your problem.

(Word count: 977)

Exercises

Directions: Each statement below contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. Each paragraph is marked with a letter. Answer the questions by filling the corresponding letter in the blank before each statement.

- _____ 1. Express yourself with your real feelings by proper words; do not be afraid of being hurt.
- _____ 2. Once you have no idea about the bad mood from your spouse, you could try to start working instead of communicating.
- _____ 3. If you are pleased with what your spouse has done, try to praise him verbally.
- _____ 4. Effective communication could be used to release the negative circumstance between you and your spouse. Likewise writing is a good way to express.
- _____ 5. Pay more attention to your partner's effort rather than blaming always.
- _____ 6. If your spouse is in bad temper, you'd better not to approach to him both in the morning and after work.
- _____ 7. Once you feel upset with someone, ask for support from your intimate friends.
- _____ 8. Keep a far distance from someone full of negative energy.
- _____ 9. Always try laughing now and again and be a happy man, which will help you a lot to solve some hard relationships.
- _____ 10. Every time your spouse is in trouble, you should be patient first and then encourage him.

Passage 2 Mixed Marriages in China: A Labour of Love*

(A) “From the first time I started to love a Chinese man, hiding became part of my life,” says American Jocelyn Eikenburg. She had moved to Shanghai in 2003 to be with her now-husband Jun Yu. “In the past, students had been expelled for dating or marrying foreigners. We didn’t know what would happen if the university administration found out, so we told no one he was living off-campus with me,” she says.

(B) A foreign woman with a Chinese man is a rare pairing. Within her small expat community, the social isolation was almost immediate. She felt alienated by her girlfriends, who would openly express their distaste for Chinese men. “I felt alone in being married to a Chinese man and I wanted to find other people to connect with,” says Ms. Eikenburg about her decision in 2009 to share her experiences on her blog. She says she now receives scores of emails a month from Chinese people curious about meeting and dating foreigners, or partners new to, or experiencing difficulties, in cross-cultural relationships.

(C) In 1978, there was not a single inter-racial marriage registered in mainland China, according to government figures. But the number of Chinese marrying foreigners has gradually risen, with 53,000 such couples tying the knot in 2012. Jun’s parents married in 1971, when China was closed to the world. It was a time when public displays of affection were punished and any discussion of sex was considered Western spiritual pollution. To his parents’ generation it was inconceivable to marry a foreigner. But that all changed with China’s reform and “opening up”, says Richard Burger, former editor of a state-run newspaper in Beijing and author of *Behind the Red Door: Sex in China*.

(D) A sexual revolution has taken place in China; from the way people are dressing, couples holding hands in the streets in main cities, and young people becoming less inhibited about sex.

(E) A factor in this revolution is that young Chinese people increasingly have greater autonomy from their parents in choosing a partner, Mr. Burger says. “For me to date and marry a Western woman was rebellious in a sense,” says Jun, recalling that his father had cautioned him that foreigners could be friends but never lovers or wives.

(F) More often than not Chinese families are wary or disappointed by such unions, but Jun says he was fortunate that as the youngest of three brothers his parents were more permissive. By contrast, Jun is known as “the legend” amongst his peers as they generally regard having a Western wife as a “status symbol”, he says.

* From <http://www.bbc.com/news/world-asia-24371673>.

(G) But when it comes to cross-cultural marriage, far more Chinese women date or marry Western men than the other way around. One of China's most famous scholars of sex, Li Yinhe, says one possibility is that Chinese men lack confidence. Mr Burger agrees saying: "Men are engrained with a cultural imprint and are brought up to believe that they are the head of the household, they have the power."

(H) "Leftover women" (sheng nv) is used widely in China to refer to unmarried women over 27. It has been used in state-run media and by some state bodies since 2007. The website of the state's supposedly feminist All-China Women's Federation featured articles about "leftover women" —until enough women complained.

(I) It is in China's big cities that the surge in inter-racial relationships is the most apparent. When Yue Xu, an actress and self-styled dating guru, returned to her native Beijing in 2012 after years of living in the US, she was struck by the increase in expats in the capital, and the number of Western men dating Chinese women.

(J) "In the West, Asian women are portrayed as exotic beauties; a librarian in public but kinky in the bedroom. In China, the Western fantasy meets reality," she says. "Chinese women are brought up to be the care takers—they know how to look after their men. But in most households it's the woman who makes all the major financial decisions."

(K) Yue says that in general Chinese women have become far more aggressive when it comes to dating, something she attributes to social pressure and the fear of being labelled a "left-over woman" at 27. But she says the media—movies, television shows, online dating sites—also play a role. "There is a mindset 'If I'm going to find love, I need to find it myself. No one else can do it for me,'" she says.

(L) A number of high-profile mixed couples have captured headlines in China and the West, perhaps driving the trend. The West captured the imagination of Yong Zhi as a young girl growing up in Beijing. She "dreamed of travelling abroad". An "addiction" to Western novels inspired her to study English Literature at the prestigious Jilin University in north-east China. "I was dating but half-heartedly. I'd made it clear to my Chinese boyfriend that I wanted to go abroad so there was a limit as to where our relationship could go." Yong met her husband David within two months of arriving in the UK to study at the University of Liverpool. She is celebrating 16 years of marriage.

(M) She says she knows of educated, good-looking women who go to certain bars in the hope of meeting a Western man to marry. "They have an image in their head and want to live 'the dream.'" Life plans, communication, emotional management and acceptance of cultural differences are common issues.

(N) "The couples I have counselled married or dated because they fell in love. But they still have to face the challenges and struggles of daily life. "I do not focus too much

on that they are from different races. People tend to use it as the easiest excuse to give up on trying to help their marriages,” she says. “When you’re in love with someone from another culture, when you treat them as your equal, it’s easy to forget that you learned different ways to respond to problems, and different ways to communicate.” “What I’ve learned is that I can lose my temper if Jun doesn’t understand what I’m trying to say—and Jun, on the other hand, can stonewall me at a time when I most need him to talk.”

(O) The couple, however, weathered that storm. They plan to live in China permanently and hope to give Jun’s parents a longed-for grandchild.

(Word count: 1081)

Exercises

Directions: Each statement below contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. Each paragraph is marked with a letter. Answer the questions by filling the corresponding letter in the blank before each statement.

- _____ 1. Most young Chinese hold the opposite ideas, contrast with their parents, when choosing their spouses.
- _____ 2. The number of mixed marriage couples increased a lot with China’s reform and open-up policy.
- _____ 3. In the past, women are taught to take care of their husbands when they are very young.
- _____ 4. Less Chinese men choose to marry a Western wife because of traditional concept compared with the reality that more women choose to date with foreigners.
- _____ 5. Nowadays, Chinese young girls prefer to find love by themselves and when they are dating, they choose to perform actively.
- _____ 6. Ms. Eikenburg felt lonely because no friends in America understand her. But finally, she got concerned from net citizens who may have similar situation.
- _____ 7. Some pretty women who received higher education would like to go to certain places to meet some foreign guys deliberately.
- _____ 8. Decades ago, students were not allowed to fall in love with foreigners, otherwise, they would be forced to drop out of the university.
- _____ 9. Most Chinese parents disagree with their children’s cross-cultural marriage.
- _____ 10. In cross-cultural marriage, sometimes, communication is really hard due to the cultural variation.

Part II Banked Cloze

Passage 1 China Ends One-child Policy*

Directions: Read the passage through carefully and select one word for each blank from a list of choices given in the following word bank.

A) proposal	B) traditional	C) permitted	D) approval	E) means
F) rural	G) political	H) launched	I) probably	J) likewise
K) chance	L) attempts	M) acceptable	N) forced	O) shortage

China announced Thursday it was ending its long-standing one-child policy and will now allow all couples to have two children.

The government in China plans to end its one-child per family policy and instead let families have two children. The plan was announced Thursday after high-level 1. _____ meetings in Beijing. The official Xinhua News Agency says the country's top legislature must approve the 2. _____ before it becomes law.

A Chinese Communist Party statement gave a number of reasons for the change in policy. The statement said the change is meant to balance population development. It said the move also 3. _____ to stop a declining birth rate and strengthen the country's workforce.

China—the world's most populous country— 4. _____ the one-child policy in 1980. But the government permitted only a small number of couples to have two children. For example, some rural families were given 5. _____ to have two children.

A total of 19 rural provinces have a partial two-child policy. That policy states if the first-born is a girl, a second child is 6. _____.

In 2013, the Chinese government gave other couples a 7. _____ to have two children. Families could have two if one parent was an only child.

A teacher and population expert, Jiang Quanbao, explained how Chinese families will react to the policy. "Too many young people in the cities are 8. _____ no longer interested in having a second child," he said. "People in 9. _____ farming villages may be more interested. But again, some of them are already allowed to have two children."

At the end of 2014, China had a population of 1.37 billion people. A total of 800 million of them are employed. But that job market population is expected to drop by 2050. With the two-child policy, an increase in births will ease the labor 10. _____, starting in 20 years.

(Word count: 317)

* From <http://www.24en.com/voa/129524.html>.

Passage 2 About Family Violence*

Directions: Read the passage through carefully and select one word for each blank from a list of choices given in the following word bank.

A) households	B) commonly	C) relationships	D) elements	E) method
F) deliberately	G) dominates	H) damage	I) domestic	J) intimate
K) evidence	L) abuse	M) physical	N) cause	O) conflict

Family violence is when someone behaves abusively towards a family member. It is part of a pattern of behaviour that controls or 1. _____ a person and causes them to fear for their own or others' safety and wellbeing.

Violent and abusive behaviour includes 2. _____ and sexual violence, and financial, emotional and psychological abuse. Slapping, hitting, rape, verbal threats, harassment, stalking, withholding money, and 3. _____ isolating someone from their friends and family are some examples of the types of behaviour that occur in family violence.

Family violence is most 4. _____ carried out by men against women who are their current or former partners. This is also known as 5. _____ partner violence. Children living in homes where family violence occurs are affected through witnessing the behaviour or themselves being subject to 6. _____.

What causes family violence? Family violence is complex. We know from international evidence that the major 7. _____ is inequality (不平等) between women and men. Or that could be explained as the unequal distribution of power, resources and opportunities.

Why it is hard for women to leave violent 8. _____? Leaving a violent relationship is difficult and many women will attempt to leave a number of times before finally separating. There are many reasons for this. One of the most important 9. _____ is increased risk of harm. And there are still some barriers to accessing the system. Meanwhile, financial pressure is another unavoidable factor to consider.

Interestingly, there is strong 10. _____ that men are overwhelmingly more likely than women to be perpetrators of family violence. But men also experience family violence.

(Word count: 272)

* From <http://www.24en.com/voa/129524.html>.

Part III Close Reading

Passage 1*

My husband is an engineer by profession. I love him for his steady nature, and I love the warm feeling when I lean against his broad shoulders.

Three years of courtship and now, two years into marriage, I would have to admit that I am getting tired of it. The reasons of my loving him before, has now transformed into the cause of all my restlessness.

I am a sentimental woman and extremely sensitive when it comes to a relationship and my feelings. I yearn for the romantic moments, like a little girl yearning for candy. My husband, is my complete opposite. His lack of sensitivity, and the inability of bringing romantic moments into our marriage have disheartened me about love.

One day, I finally decided to tell him my decision, that I wanted a divorce.

"Why?" he asked, shocked. "I am tired, there are no reasons for everything in the world!" I answered. He kept silent the whole night, seeming to be in deep thought with a lighted cigarette at all times. My feeling of disappointment only increased, here was a man who can't even express his predicament, what else can I hope from him? And finally he asked me: "What can I do to change your mind?"

Somebody said it right, it's hard to change a person's personality, and I guess, I have started losing faith in him. Looking deep into his eyes I slowly answered: "Here is the question, if you can answer and convince my heart, I will change my mind. Let's say, I want a flower located on the face of a mountain cliff, and we both are sure that picking the flower will cause your death, will you do it for me?" He said: "I will give you your answer tomorrow..." My hopes just sank by listening to his response.

I woke up the next morning to find him gone, and saw a piece of paper with his scratchy handwriting, underneath a milk glass, on the dining table near the front door, that goes... "My dear, I would not pick that flower for you, but please allow me to explain the reasons further." This first line was already breaking my heart. I continued reading.

"When you use the computer you always mess up the Software programs, and you cry in front of the screen, I have to save my fingers so that I can help to restore the programs. You always leave the house keys behind, thus I have to save my legs to rush home to open the door for you. You love traveling but always lose your way in a new city, I have to save my eyes to show you the way. You always have the cramps whenever

* From <https://academictips.org/blogs/great-marriage-story/>.

your 'good friend' approaches every month, I have to save my palms so that I can calm the cramps in your tummy.

You like to stay indoors, and I worry that you will be infected by infantile autism. I have to save my mouth to tell you jokes and stories to cure your boredom. You always stare at the computer, and that will do nothing good for your eyes, I have to save my eyes so that when we grow old, I can help to clip your nails, and help to remove those annoying white hairs. So I can also hold your hand while strolling down the beach, as you enjoy the sunshine and the beautiful sand... and tell you the color of flowers, just like the color of the glow on your young face... Thus, my dear, unless I am sure that there is someone who loves you more than I do... I could not pick that flower yet, and die."

My tears fell on the letter, and blurred the ink of his handwriting... and as I continue on reading... "Now, that you have finished reading my answer, if you are satisfied, please open the front door for I am standing outside bringing your favorite bread and fresh milk..." I rush to pull open the door, and saw his anxious face, clutching tightly with his hands, the milk bottle and loaf of bread...

Now I am very sure that no one will ever love me as much as he does, and I have decided to leave the flower alone...

That's life, and love. When one is surrounded by love, the feeling of excitement fades away, and one tends to ignore the true love that lies in between the peace and dullness.

Love shows up in all forms, even very small and cheeky forms. It has never been a model; it could be the most dull and boring form... flowers, and romantic moments are only used and appear on the surface of the relationship. Under all this, the pillar of true love stands... and that's our life... Love, not words, wins arguments.

(Word count: 809)

Exercises

Directions: Go over the passage and answer the questions. Choose the best answer from the four choices marked A), B), C) and D).

1. The passage is mainly about _____.
 - A) convincing the heart of wife to come back home
 - B) getting the flower from the face of mountain cliff
 - C) telling people what the real family is
 - D) that life is not romantic at all after getting married