

新英语  
教程

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ENGLISH  
COURSE

GUIDED READING

英语阅读

编 李相崇  
主编 杨庆午

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清华大学出版社

新 英 语 教 程

# 英 语 阅 读

第 六 册

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清 华 大 学 出 版 社

(京)新登字 158 号

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清华大学出版社出版

北京 清华园

人民文学印刷厂印刷

新华书店总店科技发行所发行

☆

开本: 787×1092 1/32 印张: 12.25 字数: 276 千字

1991 年 7 月第 1 版 1997 年 9 月第 7 次印刷

印数: 47001~52000

ISBN 7-302-00815-9/H·54

定价: 11.00 元

## 前 言

本书是清华大学外语系根据国家教育委员会颁布的《大学英语教学大纲(高等学校理工科本科用)》编写的《新英语教程》(New English Course) 的《英语阅读》(Guided Reading) 第六册。

《英语阅读》第六册供理工科大学英语六级教学使用。大学英语五、六级仍属于基础教学阶段,它的主要任务是为学生打下较扎实的语言基础。本册选材仍注意题材和体裁的多样性,包括人文科学,生活科技、科普、序言等为各科学生所能理解的一般常识,语言接近科技文体。教学要求侧重在对语言的准确理解。文章有一定的语言难度,并配备相应的练习。练习形式有阅读理解选择题、是非分析题、课文内容填空、课文翻译等。每个单元除了句子水平的词汇和结构练习外,都编有相当量的完形填空和改错练习,以进一步发展语篇水平上的交际能力。

全书共有9个单元。每单元约需5—6个学时,共计50学时左右。每个单元分成三个部分。Part A 为精读部分,侧重训练对文章的准确理解。Part B 为泛读部分,侧重训练阅读的流利度。Part C 为写作部分,着重训练对图表的描述能力以及简介和摘要的写作能力。

本书经国家教育委员会大学外语教材编审委员会审定。参加审阅的有大学英语教材编审组工科编委吴银庚(上海交

通大学)、郭杰克(华南理工大学)、耿宪章(哈尔滨工业大学)、潘能(西安交通大学)、孔庆炎(大连理工大学)、王学铭(昆明工学院)等六位同志。谨向他们表示衷心感谢。

热忱欢迎广大教师和同学对本书提出批评建议,以便改进和完善。

编 者  
1990年7月

(注:课文中生词部分\*代表大纲规定的1—4级应掌握的词汇;△代表5—6级应掌握的词汇)

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# UNIT 1

## PART A

### DAYDREAMING

1 Daydreaming once was considered a waste of time. Psychologists regarded it as evidence of maladjustment, an attempt to escape from reality. They warned that habitual daydreaming could reduce a person's effectiveness in real life and hamper his ability to cope with problems. Even the more tolerant psychologists considered daydreaming a childish habit which caused students to get bad grades and adults to fail at their jobs.

2 As with anything carried to excess, daydreaming can be harmful. Some substitute a fantasy life for the rewards of activity in the real world. And when a person can no longer cope with reality, his mental health is weakened. But these situations are rare. Most people suffer from a lack of daydreaming.

3 Our attitudes toward daydreaming have been much like our attitudes toward dreaming in our sleep. Night dreaming was once thought to interfere with normal sleep, to rob us of necessary rest.



But experiments have indicated that dreams are a normal part of sleep, and that dreaming each night is necessary for mental health.

4 Dr. William Dement, who is experimenting on the significance of dreaming at Mt. Sinai Hospital in New York, reports that those subjects whose dreams are interrupted regularly exhibit emotional disturbances; high blood pressure, anxiety, irritability, and difficulty in concentrating. "One of the subjects," Dr. Dement reported, "left the study in apparent alarm, and two insisted on stopping, presumably because the stress was too great." As soon as the subjects were allowed to dream again, all psychological disturbances vanished.

5 Prolonged daydream deprivation also results in mounting anxiety and tension. And many daydream-deprived people find that eventually the need can no longer be suppressed; daydreaming erupts spontaneously.

6 During times of stress, daydreaming erects a temporary shield against reality, in much the same way that building a house protects our bodies from the elements. Both may be seen as forms of escapism, but no one wants to spend life in an unrelieved battle for survival. We are entitled to occasional strategic withdrawals to regroup our forces.

7 Recent research on daydreaming indicates that it is an essential part of daily life. Daydreaming, it has been discovered, is an effective means of relaxation. But the beneficial effects of daydreaming go beyond that. Experiments conducted by Dr. Joan T.

Freyberg, a New York City psychotherapist, showed that day-dreaming significantly helps intellectual growth, powers of concentration, attention span, and the ability to communicate with others. Dr. Freyberg also discovered that her patients who easily engaged in fantasy-making usually responded more quickly to treatment.

8 An electronics executive makes it a habit to daydream a few minutes every day. He says that it has added considerably to his mental energy. He reports that after a short while of daydreaming he feels more vigorous and zestful, and that he is better able to handle sudden pressures and crises.

9 Others who daydream regularly have reported that they emerge from the "vacation" of daydreaming not only relaxed, but more optimistic, enthusiastic, and purposeful. Some even claim a feeling of "lightness" in their bodies. Senses, too, are heightened; colors seem brighter, and objects seem to take on greater depth.

10 Daydreaming improves a person's ability to solve everyday problems. Contrary to popular belief, conscious effort at solving a problem can be an inefficient approach. Initial effort is necessary when we face a problem, but it has been discovered that an effective solution frequently occurs when conscious efforts have been suspended. Inability to "let go" and daydream often prevents a solution.

11 Many famous scientists and inventors have performed best in relaxed moments of daydreaming. Sir Isaac Newton solved many of his toughest problems when his attention was diverted by private

reflections and fantasies. Thomas Edison also knew the value of "half-waking" states and whenever confronted with a seemingly insurmountable obstacle that frustrated all his efforts, he would stretch out on the couch in his workshop (brought there for just this reason) and let fantasies flood his mind.

12 Many artists, writers, and composers have indulged in daydreaming. Debussy used to gaze at reflections of the setting sun on the river Seine. Schiller kept rotten apples in his desk drawer. Their aroma helped him to call forth a mood of daydreaming. Dostoevsky found that he could dream up his plots and characters best while drawing and writing aimlessly. Brahms found that ideas came to him effortlessly only when he approached a state of deep daydreaming. Cesar Franck is said to have walked around with a dream-like gaze in his eyes while he was composing, seemingly unaware of his surroundings.

13 Daydreaming need not be the pursuit of the impossible. For many people it is a way of making reality more meaningful. Daydreaming helps them to find out who they are, why they are doing what they are doing, and what they really want to do. They use daydreaming for considering alternatives and discovering fresh directions.

14 To get the best results, you should picture yourself as you want to be. The important thing is that you picture your desired objectives as if you had already attained them. Go over several times the details of these pleasant fantasy pictures. This will impress them upon your memory. And these memory traces will soon

start influencing your everyday behavior.

15 While exercising your imagination this way, you should be alone and undisturbed. It is also a good idea to close your eyes in order to help your imagination soar. Many people find they obtain better results if they imagine themselves sitting before a large, blank screen, and project onto it the desired image of themselves.

16 Everyone should put aside a few minutes each day for daydreams. Who knows? Today's fantasy may become tomorrow's reality.

### NEW WORDS

1. **daydream** /'deɪdri:m/ vi. to think about pleasant things in a dreamy way
2. \* **psychologist** /saɪ'kɒlədʒɪst/ n. an expert in psychology
3. \* **maladjustment** /ˌmælə'dʒʌstmənt/ n. poor or unsatisfactory adjustment
4. \* **habitual** /hə'bitʃuəl/ adj. performed as the result of a habit
5. \* **effectiveness** /ɪ'fektɪvnɪs/ n. ability to cause a desired or decisive result
6. △ **hamper** /'hæmpə/ vt. hold back 妨碍
7. △ **cope** /kəʊp/ vi. (with) get on successfully
8. \* **tolerant** /'tɒlərənt/ adj. willing to let other people do as they think best
9. \* **excess** /ɪk'ses/ n. more than enough
10. △ **fantasy** /'fæntəsi/ n. any strange mental image or illusion
11. △ **disturbance** /dɪs'tɜ:bəns/ n. the fact of being disturbed
12. △ **irritability** /ɪrɪtə'bɪləti/ n. being apt to become impatient or exasperated; an unnatural sensitiveness of an organ or part of the body
13. △ **presumably** /prɪ'zjuməbli/ adv. as may be reasonably supposed; probably

14. △ **psychological** /saikə'lɒdʒikəl/ adj. of the mind; of psychology
15. △ **prolong** /prə'lɒŋ/ vt. to make longer; extend
16. △ **deprive** /di'praiv/ vt. to take something away from ...forcibly  
     △ **deprivation** /depri'veɪʃən/ n. a depriving or being deprived
17. △ **suppress** /sə'pres/ vt. to put down by force, hold back
18. **erupt** /i'rʌpt/ vi. to break out violently
19. △ **spontaneous** /spɒn'teɪniəs/ adj. caused entirely by inner forces  
     △ **spontaneously** adv.
20. \* **shield** /ʃi:ld/ n. someone or something serving to defend
21. **escapism** /i'skeɪpɪzəm/ n. the habit of avoiding unpleasant things by daydreaming or by entertainment
22. △ **unrelieved** /ʌnrɪ'li:vɪd/ adj. not relieved, not varied in any way
23. \* **survival** /sə'vaɪvəl/ n. continuance of life
24. △ **entitle** /en'taɪtl/ vt. to give a claim or right (to)
25. △ **strategic** /strə'tɪdʒɪk/ adj. based on strategy
26. \* **withdrawal** /wɪð'drɔ:əl/ n. drawing back; taking back
27. \* **regroup** /ri'gru:p/ vt. to group anew
28. \* **relaxation** /rɪlək'seɪʃən/ n. relief from work or effort
29. **psychotherapist** /saɪkəu'θerəpɪst/ n. 精神疗法医师
30. **zestful** /'zestfəl/ adj. full of hearty enjoyment
31. △ **optimistic** /ɒptɪ'mɪstɪk/ adj. hoping for the best
32. \* **purposeful** /'pə:pəsəl/ adj. having a purpose
33. \* **lightness** /'laɪtnɪs/ n. the quality of being by no means heavy
34. △ **heighten** /'haɪtən/ vt. to make stronger or greater
35. \* **suspend** /səs'pend/ vt. to stop for a time
36. \* **inability** /ɪnə'bɪlɪti/ n. the state or quality of being unable
37. △ **divert** /daɪ'vɛ:t/ vt. to draw away
38. △ **confront** /kən'frʌnt/ vt. to bring face to face
39. **insurmountable** /ɪnsə'maʊntəbəl/ adj. not capable of being overcome

40. \* **couch** /kaʊtʃ/ n. a long piece of furniture, usu. with a back and arms
41.  $\triangle$  **composer** /kəm'pouzə/ n. a person who writes music
42. **indulge** /in'dʌldʒ/ vi. to give way to one's pleasure (in)
43.  $\triangle$  **rotten** /rɒtn/ adj. decayed; having a bad smell because of decay
44. **aroma** /ə'roumə/ n. a strong usu. pleasant smell
45. **soar** /sɔ:/ vi. to fly

## NOTES

1. **Thomas Edison** (1847—1931): American inventor. He held hundreds of patents, most for electrical devices and electric light and power. His greatest invention was organized research.
2. **Debussy**: Achille Claude Debussy (1862—1918)—French composer. He developed a strongly individual style and also created a language that broke definitely with the procedures of classical tonality.
3. **Schiller**: Johann Christoph Friedrich von Schiller (1759—1805)—German dramatist, poet and historian, one of the greatest German literary figures, a founder of modern German literature.
4. **Dostoevsky**: Fyodor Dostoevsky (1821—1881)—Russian writer, one of the world's great novelists. The most fruitful period of Dostoevsky's work opened in 1866 with the publication of *Crime and Punishment*, a masterpiece of psychological penetration and dramatic tension.
5. **Brahms**: Johannes Brahms (1833—1897)—German composer, pianist, and conductor, one of the most significant composers of the 19th century. Brahms cultivated all forms of music except opera.
6. **Cesar Franck** (1822—1890): French composer.

## EXERCISES

- A. Comprehension Questions on the text.

1. In paragraph 2. the author believes that \_\_\_\_\_.
  - a. few people have realized that daydreaming can be harmful
  - b. most people suffer from daydreaming
  - c. most people may actually benefit from daydreaming
  - d. the cases are rare in which people suffer from a lack of daydreaming
2. The result of Dr. William Dement's experiment \_\_\_\_\_.
  - a. supports our attitude toward daydreaming
  - b. supports our attitude toward dreaming in sleep
  - c. contradicts our attitude toward daydreaming
  - d. proves the traditional view that dreaming interferes with normal sleep
3. "Both may be seen as forms of escapism..." (par. 6)  
"both" refers to \_\_\_\_\_.
  - a. daydreaming and dreaming in sleep
  - b. daydreaming and building a house
  - c. dreaming and unrelieved battle
  - d. strategic withdrawals and daydreaming
4. Recent research on daydreaming discovers that there are at least \_\_\_\_\_ beneficial effects. (par. 7)
  - a. four
  - b. five
  - c. six
  - d. more than six
5. "Inability to 'let go' and daydream often prevents a solution." (par. 10) This statement means \_\_\_\_\_.
  - a. In order to solve problems successfully one should

- cultivate a habit of daydreaming
- b. Daydreaming, it should be admitted, often prevents the solution of a problem
  - c. Daydreaming may improve a person's ability to solve a problem
  - d. The best way to solve a problem is to "let go" and not to daydream.
6. All of the following have very much the same meaning as daydreaming but one. That is \_\_\_\_\_.
- a. half-waking states
  - b. private reflections and fantasies
  - c. a mood of reverie
  - d. unawareness of the surroundings
7. "Daydreaming need not be the pursuit of the impossible." (par. 13) This means that \_\_\_\_\_.
- a. Daydreaming is not necessarily imagining something that is impossible
  - b. After all one need not daydream in order to solve a problem because it is impossible
  - c. It is impossible to solve a problem by daydreaming because it is unnecessary
  - d. In tackling the impossible one needs to make use of not only daydreaming but also other means
8. Paragraphs 14 and 15 tell us \_\_\_\_\_.
- a. what daydreaming exactly is
  - b. the correct way to daydream



- c. the process of daydreaming
  - d. tips for daydreaming
9. Why does closing eyes “help your imagination soar”?
- a. You might start to daydream.
  - b. No one will disturb you if your eyes are closed.
  - c. You can imagine yourself sitting before a large, blank screen.
  - d. You won't be distracted.
10. Another probable title of the article would be \_\_\_\_\_.
- a. Daydreaming Reconsidered
  - b. Daydream—the Pursuit of the Impossible
  - c. The Good and Bad Aspects of Daydreaming
  - d. How to Daydream
- B. Read paragraphs 7 through 10 again. List at least 10 benefits of daydreaming.
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.
- C. Translate the following sentences into Chinese.
- 10 •