

泛 读 EXTENSIVE READING



College English

全国高等学校第二届优秀教材特等奖
国家教委高等学校第二届优秀教材一等奖

高等学校教材

上海外语教育出版社



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大学英语

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Shanghai Foreign Language Education Press

总主编 董亚芬

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College English (修订本)

(Revised Edition)

泛 读

Extensive Reading

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修 订 本 前 言

《大学英语》是根据国家教育委员会审定批准的《大学英语教学大纲(文理科本科用)》编写的一套系列教材,分精读、泛读、听力、快速阅读、语法与练习五种教程,于1986年出版试用本,1992年出版正式本。

本教材的精读、泛读、快速阅读和听力教程各按分级教学的要求编写六册,每级一册,供1—6级使用;语法与练习编写四册,供1—4级使用。精读与听力教程均配有教师用书和录音磁带;泛读教程配有教师用书。对低于大纲规定入学要求的学生,另编预备级精读、泛读教程各两册。全套教材由复旦大学、北京大学、华东师范大学、中国人民大学、武汉大学和南京大学分工编写,复旦大学董亚芬担任总主编。前大学外语教材编审委员会综合大学英语编审组的全体成员对这套教材的设计与编写自始至终给予关注。

这次修订是在广泛听取全国各地使用本系列教材的教师们的意见并通过问卷形式向数以万计的师生征求意见的基础上进行的。第一届大学外语教学指导委员会综合大学英语组对本教材的修订提供了多方面的指导与帮助。修订的宗旨是“面向21世纪,将大学英语教学推上一个新台阶”。修订时根据各教程的具体情况,对课文作适当调整,提高大纲词汇的覆盖率和常用词汇的重现率,进一步完善练习,突出重点词语的操练;同时加强各教程间的横向联系,做到既自成体系又相互补充,形成整体。修订本更加注意文、理、工、农、医等各科的通用性,力求给学生打好“宽、厚、牢”的语言基础。

《大学英语》泛读教程由北京大学英语系大学英语教研室负责编写。张砚秋担任主编,王岷源担任主审。第五册由朱荔、麻乔志、解又明、胡之珽、沈贤志等同志参加编写。本教程承美国专家 John Alton、Allan Brown 教授、Sara Kenney 以及英国专家 Anthony Ward 协助审阅。1996年修订时,澳大利亚专家 Tony Gallagher 也协助审阅。

由于时间仓促,编者水平与经验有限,教材中难免还有不尽如人意之处,希望广大读者批评指正。

编 者
1997年7月

使用说明

本书为《大学英语》泛读教程第五册,供大学英语五级学生使用。本册共三十课,可分做十个单元使用,每个单元备有三篇课文。

课文全部选自英美原著,略有删改。泛读课文的选材原则为力求新颖、题材广泛、体裁多样、知识性与趣味性并重,适当控制难度,以便同学顺利阅读。

本次修订中考虑到读者的方便,编者采取了以下措施:

1. 每课课文前增加了 Words to Know, 列出较常用的词汇,为阅读扫清障碍。部分课文前还有 Words to Look Up in the Dictionary, 列出两三个词,锻炼学生正确选择词义的能力。

2. 每课课文前加了“引子”,用斜体字与正文相区别。“引子”的目的是提高阅读兴趣,让学生带着问题去阅读。

3. 注释改为脚注,以节省时间,便于查找。注释中除少量背景知识外,主要针对语言难点或难句给予浅近的英文释义,以帮助学生顺利阅读。少量注释条目用英文不易解释清楚,则用汉语释义。

4. 课文后增加了 USEFUL PHRASES AND EXPRESSIONS, 帮助学生掌握和记忆。

5. 课文后的练习形式和内容都做了适当改进。练习形式包括正误判断、多项选择、短语或单句翻译、供思考的问题等。练习的目的是配合精读,逐步培养学生在阅读过程中的分析、归纳、综合和推断的能力。

6. 每册书最后仍附有总词汇表,主要供学生查找和记忆。在各册的总词汇表中使用 * 和 △ 符号分别标出 1—4 级大纲词汇和 5—6 级大纲词汇。凡未标出的词不要求学生记忆,以减轻负担。

修订后本册阅读量为 49,000 余字,较大纲所规定的指标高出 3,000 余字,教师可视学生的具体情况,有选择地使用。

泛读教程的目的是为学生提供内容丰富的课外学习材料,使他们有机会通过较大量的阅读实践逐步掌握所学的阅读技能,全面地提高阅读能力。泛读顾名思义应是学生独立的广泛阅读,但在目前情况下应由教师给予指导,由学生在课前预习,然后在课堂内进行必要的讲解和检查。对泛读的要求不宜过高,要注意一个“泛”字,防止对语言现象讲得过多过细,以免影响阅读量的完成。

编 者

1997 年 7 月

突破传统教学模式,提高大英教学质量

《大学英语》(修订本)多媒体系列教学光盘正式出版

为了繁荣我国的大学外语教育事业,支持我国的大学外语教学改革,上海外语教育出版社开发了《大学英语》(修订本)多媒体系列教学光盘。该系列教学光盘与《大学英语》(修订本)系列教材同步。精读和听力的每册教材各配 2 张光盘。

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听力光盘:听力素材增加一倍,英美外籍教师朗读

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UNIT 1

1. How to Be a Patient Person

Jo Coudert

Words to Know

exasperation	/ig,zæspə'reiʃən /	<i>n.</i> 愤怒
humiliation	/hju:,mili'eɪʃən /	<i>n.</i> 屈辱,丢脸
fray	/frei /	<i>vt.</i> 磨损(织物的边缘)
counterproductive	/,kauntəprə'daktiv /	<i>a.</i> 适得其反
tunnel	/'tʌnl /	<i>n.</i> 隧道,地道
trailer	/'treɪlə /	<i>n.</i> 拖车,挂车
allot	/ə'lɒt /	<i>vt.</i> 分配给
calamitous	/kə'læmitəs /	<i>a.</i> 不幸的,造成灾难的
predicament	/pri'dikəmənt /	<i>n.</i> 尴尬的处境
mayonnaise	/,meɪə'neɪz /	<i>n.</i> 蛋黄酱
grease	/gri:s /	<i>vt.</i> 用油脂弄脏
frazzle	/'fræzl /	<i>vt.</i> (使)疲惫
torrential	/tɔ'renjəl /	<i>a.</i> 急流的
prowl	/praʊl /	<i>vt.</i> 徘徊(某地)
agitated	/'ædʒɪteɪtɪd /	<i>a.</i> 激动的,狂躁不安的
serene	/si'reɪn /	<i>a.</i> 宁静,安详的,晴朗
dessert	/di'zɜ:t /	<i>n.</i> (饭后的)甜食
abrupt	/əb'rʌpt /	<i>a.</i> 无礼的,粗鲁的;突然的
equably	/'ekwəbli /	<i>ad.</i> 平和地,宁静地
vicissitudes	/vi'sɪsɪtju:dz /	<i>n.</i> 变化,盛衰

Words to Look Up in the Dictionary

inroads (L. 61) frame (L. 89)

TEXT

Have you ever wondered why a few people are models of patience whereas most of us are not? What causes our impatience anyway and are there simple ways of overcoming it? The author of this selection suggests an interesting reason underlying impatience and gives us some useful ideas to gain more patience.

I watched the old man's fumbling fingers as he slowly counted out the coins, one by one. I was all but dancing with impatience in the checkout line^① and sighed with exasperation.

Hearing me, he smiled apologetically — a tiny smile of humiliation at being feeble and holding up the world's business.^②

Then I became contrite. Putting myself in his shoes, I realized that someday they might pinch my feet.^③ I, too, could become dependent on the kindness of strangers. I patted his frayed sleeve. "Take your time," I said. "There's no hurry."

It occurred to me how often I have acted impatiently — honking my horn the instant the light changed, speaking sharply to someone slow to understand. Did it matter? It did. When you're impatient, you're apt to be rude. And such behavior is counterproductive, making people angry or stubborn or uncooperative.

I decided to try becoming more patient and to develop various approaches for calming myself in stressful situations. I can't claim that these techniques transformed me into a model of patience, but they have helped me eliminate some impatience from my life and control most of it.^④

Allow for a margin of error. A friend had passed the interviews for an important new job; all that remained was for the president of the company to meet his wife.

At six, my friend and his wife were in a tunnel on their way into the city for a seven o'clock appointment. At seven, they were still in the tunnel,

① I was all but dancing with impatience at the checkout line; I had almost lost my patience and was becoming restless in the queue at the pay desk in the supermarket

② a tiny smile of humiliation at being feeble and holding up the world's business; a faint smile of embarrassment because his slow and clumsy motion might delay some busy people

③ they might pinch my feet: they (the shoes) might be too tight and hurt my feet. Figuratively used to imagine the situation the narrator might meet when he becomes old

④ control most of it; keep most of my impatience under control

stuck behind an overturned tractor-trailer. When they finally reached the president's hotel, he had gone, leaving no message. He would not accept an explanation the next day. "You should have planned for delays," he said. 25

Impatient people don't like to waste time, so they cut things too close. They budget the exact number of minutes that a journey or task should take, not allowing for the possibility of delay or the unexpected. It is better to provide a margin for error. The more important your appointment, the more time should be allotted. When an appointment absolutely can't be missed, it pays to allow ridiculous amounts of time. 30

Put things in perspective. Not getting a coveted job is calamitous, but the consequences of being held up are seldom that serious. They are not worth getting impatient. 35

I've learned to ask myself, "What's the worst that can happen?" If the answer is that I'll miss the opening credits of a movie or the start of a sports event, I calm down. Will I even remember next week that I was ten minutes late today? Putting matters in perspective should ease your impatience.

Humor helps. Think of ways to turn a trying situation into a funny story that will amuse your family and friends. Try to make yourself into an observer, which may provide just the distance you need to keep your impatience at bay until the delay is over. 40

Think ahead. One evening as an acquaintance was leaving for a weekend trip, her car wouldn't start — and three friends were waiting to be picked up on a street corner. She had no way of getting word to them; they were cold and miserable and worried when she arrived an hour late. Since hearing of her predicament, I've always arranged to meet people where they or I can be reached in case of delay. It enables me to be far more patient when things go wrong. 45

Traffic tie-ups are less likely to irritate if you're not hungry, thirsty, hot, cold or in desperate need of a bathroom. I used to be amused by an aunt who never drove anywhere without a box of graham crackers.^① I learned to appreciate her wisdom last summer when a friend and I went for an overnight visit with other friends at their beach house. 50

We started off at 11 in the morning. The drive should have taken two hours, but we didn't reach our destination until seven that night. A truck loaded with mayonnaise had crashed, greasing the highway and making it impassable. If ever patience was needed, that was the day. Fortunately, we had brought along a loaf of banana bread and a carrot cake^② as hostess gifts. 55 60

① graham crackers: 用粗面粉做的略带甜味的咸饼干

② banana bread: a sweet bread which has mashed bananas as a major ingredient
carrot cake: a sweet cake which has shredded carrots as a major ingredient

By the time we arrived, we'd made sizable inroads on both^①— but we were far less frazzled than if we'd been hungry too.

Be prepared. Waiting in airports is one of the most trying features of modern life. I was watching torrential rains streak the windows at an airport one morning when a man came up, took a word game from his pocket and asked me if I wanted to play. We played with pleasure for the four hours our plane was delayed. Near us, a man worked on his lap-top computer. One woman went through a stack of catalogues methodically, turning down the corners of the pages, filling out order blanks. The most impatient people — the ones who prowled the waiting area and complained loudly — were those who had nothing to do but put coins in the vending machines.

I now assume I'll encounter a delay, so I always carry a paperback. A friend works crossword puzzles. For traffic tie-ups try keeping a supply of books-on-tape in your car.

Use your imagination. Recently, while waiting in a restaurant, I felt the tension rising. "Possess your soul in patience," I reminded myself.

I remembered a swimming pool from my teen years that was often crowded and noisy and agitated on the surface. Sometimes I'd fill my lungs, drop down at the deep end and sit underwater, where it was still and green and silent. So that day in the restaurant I dropped down to a place inside myself where it was serene and still.

If you're too irritated to think clearly, use your imagination to transport you to a favorite place. "When I feel myself getting tied in knots,"^② a friend says, "I imagine myself in a peaceful spot on the bank of a river. It always helps the tension drain away."

Live for the moment. A man I knew was always racing impatiently into the future. If we met for a drink after work, the first thing he talked about was where we'd go for dinner; at dinner, he rushed through dessert to get to a movie; at the movie, he was on his feet before the last frame faded. And in the car on the way home, he was making plans for the next day, next week, next year.

Never did he live in the here and now.^③ Consequently, he couldn't enjoy life.

I've come to appreciate that life has its own timetable. It takes nine months to make a baby, 21 years to make an adult. It takes a long time to become a good violinist or downhill skier. It also takes time to become a suc-

① we'd made sizable inroads on both: we had eaten a large part of both the bread and the cake

② getting tied in knots: getting confused and anxious

③ the here and now: the present

cess — and even more time to become a success as a person.

Perhaps the last thing for controlling impatience is to examine your own contribution to it.^① Are you unwilling to grant children time to learn, or slow people time to accomplish a task? If impatience is only occasional, your annoyance will pass. But if you're almost always irritable and abrupt, you may well feel that you're just too important to ever be kept waiting for anyone or anything.

You're not, of course; none of us is. If we can accept that the world is ours to enjoy but not made for our convenience, we'll be better able to move through it equably, more patient with the ordinary vicissitudes of life and a good companion to our fellow human beings — and to ourselves.

From *Reader's Digest*,
June, 1990.

approximately 1,270 words

USEFUL PHRASES AND EXPRESSIONS

- | | | |
|------------------------------------|--------|-----------|
| 1. all but | (L.2) | 几乎,差不多 |
| 2. hold up | (L.5) | 阻碍,延迟 |
| 3. put oneself in...shoes | (L.6) | 设身处地 |
| 4. take one's time | (L.8) | 不着急 |
| 5. be apt to (do) | (L.12) | (习性)易于…的 |
| 6. put things in perspective | (L.33) | 摆正事物的位置 |
| 7. the opening credits of a movie | (L.37) | 电影片头 |
| 8. keep...at bay | (L.42) | 控制住 |
| 9. get word to | (L.46) | 传话给 |
| 10. traffic tie-ups | (L.51) | (口语)交通阻塞 |
| 11. in desperate need of | (L.52) | 十分需要 |
| 12. make inroads on | (L.61) | 消耗,侵袭 |
| 13. possess one's soul in patience | (L.76) | 耐住性子,保持平静 |
| or possess oneself in patience | | |
| 14. get tied in knots | (L.83) | 变得紧张(要发火) |
| 15. drain away | (L.85) | 逐渐消失,减弱 |

① to examine your own contribution to it; to examine whether your own misplaced sense of self-importance causes your own impatience

- | | | |
|-------------------------|----------|------------|
| 16. live for the moment | (L. 86) | 潇洒人生, 过得潇洒 |
| 17. may well | (L. 102) | 完全可能 |

Decide whether each of the following statements is true or false .

1. When you act impatiently people usually react by becoming angry or un-cooperative.
2. To ensure you keep an important appointment just calculate the exact number of minutes needed for the journey so as to get there on time.
3. There is no point in getting impatient if you are a few minutes late for a film.
4. One way to keep patient when you are delayed for an appointment is to ensure you can contact the one who is waiting for you.
5. The author suggests that carrying an interesting paperback is the best way to be prepared for delays when taking a journey.
6. If your meal is temporarily delayed in a restaurant it is possible to remain patient by imagining you are in a peaceful spot elsewhere.
7. One good way to relieve impatience is to always think about what you are going to do next.
8. Although it is possible to accept that the world is ours to enjoy it is not true that the world is made for our convenience.

Do the following multiple-choice questions .

1. The author changed her attitude towards the old man at the checkout counter because _____.
A) he heard her sigh and so he smiled apologetically
B) she realized she was being impatient
C) he was doing his best in difficult circumstances
D) she realized that someday she too would be old
2. How does the author give her advice to the readers?
A) She describes various ways which calm people in stressful situations.
B) She suggests that some techniques, which helped her be more patient, might help others.
C) Jo Coudert guarantees her techniques will work for most people.
D) She predicts everyone will become more patient if we apply her techniques.
3. What does the writer mean by "allowing for a margin of error"?
A) Everyone makes mistakes so we should all be more patient.
B) There is a limit to the number of mistakes we should be expected to put up with.
C) Accidental occurrences need to be taken into account when making plans or schedules.
D) One can never imagine what the future may hold.

4. "Put things in perspective" can be paraphrased as "_____".
- A) be prepared for the worst development of things
 - B) take everything seriously in daily life
 - C) look into the details of whatever you do
 - D) judge the importance of one thing in relation to other things
5. According to the third suggestion, you should _____.
- A) never arrange a weekend trip with friends unless the car is in running order
 - B) always take some food on journeys
 - C) make sure you are never hungry or thirsty before a long car journey
 - D) always make allowances and have alternative plans before going on journeys
6. What can we learn about patience from the writer's sixth suggestion?
- A) Focus on what you are doing now and you will enjoy life better.
 - B) One can enjoy life only when one has a busy schedule.
 - C) A person who has more patience never makes quick decisions.
 - D) To be more patient one always needs to pay less attention to time.
7. In her conclusion the writer suggests that _____.
- A) you need to be patient if you want to be accepted by others
 - B) the key to patience is to understand that you are not the world's most important person
 - C) to live happily you need to get along well with the people around you
 - D) to be patient you need to accept the world as it is

Questions for consideration .

1. Why does the author believe in the importance of more patience in everyday life? In what ways might the quality of your life as a student improve if you are more patient?
2. Which of Jo Coudert's suggestions for gaining more patience do you find most useful? Do you have any other suggestions which work well for you or your friends?
3. Do you agree with the author's view of what lies behind impatience? How do you deal with your own impatience?

2. Snapshot of a Dog

James Thurber^①

Words to Know

muscular	/ˈmʌskjʊlə /	a. 肌肉发达的, 强壮的
extravagant	/ik'strævəgənt /	a. 过分的, 过高的
wrestler	/ˈreslə /	n. 摔跤运动员
snarly	/ˈsnɑːli /	a. 易怒的, 脾气坏的
nondescript	/ˈnɒndɪsˌkript /	n. (因无特征而) 四不像的东西
snarl	/snaːl /	vi. (狗等) 狂吠, 嗥叫
rod	/rɒd /	n. 杆, 棒
torch	/tɔːtʃ /	n. 火把, 火炬
vicious	/ˈviʃəs /	a. 凶残的, 恶毒的
turmoil	/ˈtɜːmɔɪl /	n. 骚动, 混乱
hose	/həʊz /	n. (救火, 浇水等的) 软管
torrent	/ˈtɒrənt /	n. (水的) 急流, 洪流
buffet	/ˈbʌfɪt /	vt. 连续猛击, 打击
freshet	/ˈfrefɪt /	n. 山洪, 洪水
disposition	/ˌdɪspəˈzɪʃən /	n. 性情, 性格
malice	/ˈmælis /	n. 恶意
squirrel	/ˈskwɪrəl /	n. 松鼠
recreation	/ˌrekriˈeɪʃən /	n. 娱乐活动
dive	/daɪv /	n. 跳水, 潜水
mettle	/ˈmetl /	n. 精神, 勇气; 内在的气质
tenacious	/tiˈneɪʃəs /	a. 顽强的, 坚韧的

Words to Look Up in the Dictionary

hammer	(L. 33)	tranquil	(L. 41)
blot	(L. 51)		

① James Thurber (1894 - 1961): One of America's best-known humorists and essayists, he grew up in Columbus, Ohio. In 1926, he joined the staff of *The New Yorker*, a magazine he was associated with for most of his professional life.