

省级规划教材
21世纪研究生公共英语系列教程

Extensive Reading for Graduates

研究生 英语泛读

张同乐 主编

安徽大学出版社



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前 言

随着教学改革的进一步深化,我国的研究生教育在近几年内已有了长足的发展。为适应时代的需求,我们参考了国内外优秀教材的编写特点并在丰厚的课堂教学经验之基础上,根据继承、创新的原则,为读者奉献出此本《研究生英语泛读》教程。

本《教程》文章多选自近几年来国外权威刊物,其中不乏经典之作,具有鲜明的时代性、较强的学术性、浓厚的趣味性和一定的实用性。选材重视语言的规范,同时又兼顾到热门话题。其宗旨是通过提供涉猎广泛、文体不一的阅读材料,拓宽学习者的阅读视野,启迪新思维。

为方便读者学习,课文中的生词均以英汉对照标出,相关文章也提供了一定的背景知识材料或难句解释。为帮助学生进一步加深理解课文、掌握词汇的用法及提高翻译水平,编者设计了阅读理解题、词汇题以及英、汉互译题。为使《教程》更具特色,我们在每单元A篇后增设了与该篇文章相关的谚语、名言和名句,以提高学习者的文化底蕴。

由于编写人员教学任务繁重、经验不足,加之水平有限,错误和不妥之处在所难免,恳请读者不吝指正。

编者

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Unit One

Text A

Pursuing Happiness

By David G. Meyers

During its first century, psychology focused far more on negative emotions such as depression, anger, and anxiety than on positive emotions such as happiness and satisfaction. Even today, our texts say more about suffering than about joy.

That is now changing. A new cadre of researchers is offering a fresh perspective on an old puzzle: Who are the happy people? Does happiness favor those of a particular age, sex, or race? Does wealth enhance well-being? Does happiness come with having certain traits? A particular job? Close friends? An active faith?

In 1993, I reported on what I found to be the four important traits of happy people: self-esteem, optimism, extroversion, and personal control. As an update, I offer the following material—gleaned from studies of several hundred thousand people in 16 countries—which hopefully offer further insight into happiness and what you can do to achieve it. Although there is no surefire “How to Be Happy” formula, here are a few suggestions:

REALIZE THAT ENDURING HAPPINESS DOESN'T COME FROM “MAKING IT.” What do you long for? Fame? Fortune? Unlimited leisure? Imagine that I could snap my fingers and give it to you. Would you now be happy? Indeed, you'd be euphoric, in the short run. But gradually you would adapt to your new circumstance and life would return to its normal mix of emotions. To recover the joy, you would now need an even higher high.

The consistent finding from dozens of studies is that objective life circumstances, once we've adapted to them, bear little relation to people's happiness. At one extreme, people with disabilities—even those paralyzed after car accidents—typically recover normal levels of day-to-day happiness. At the other extreme, people who've won a state lottery also settle back to their characteristic level of happiness.

Consider, too, how we have “made it.” In 1957, our per-person income, expressed in today's dollars, was less than \$8,000. Today it is \$16,000. With doubled incomes, we (at least those not left behind by the growing gap between rich and poor) now have double the material goods that money can buy—including twice as many cars per person. We also have microwave ovens, color TVs, VCRs, answering machines, and \$12 billion a year worth of brand-name athletic shoes.

So are we indeed happier? We are not. In 1957, 35 percent of Americans told the National Opinion Research Center they were “very happy.” In 1991, only 31 percent said the same. Meanwhile, depression rates have soared.

Ergo, wealth is like health: Although its utter absence breeds misery, having it is no guarantee of happiness. There is no need to envy the rich. Happiness is less a matter of getting what we want than wanting what we have.

SAVOR THE MOMENT. Happiness, said Benjamin Franklin, “is produced not so much by great pieces of good fortune that seldom happen as by the little advantages that occur every day.”

As a future-oriented person, I periodically remind myself of Pascal's remark that we too often live as if the present were merely our means to the future. “So we never live, but we hope to live—and as we are always preparing to be happy, it is inevitable we should never be so.”

To live in the present means, for me, taking delight in the day's magic moments, from morning tea and cereal, hunched over a manuscript, to the day's last moments, snuggling and talking with my wife. Happiness isn't somewhere off in the future, but in this morning's phone conversation with someone seeking advice, in this noon's meal with a friend, in this evening's bedtime story with a child, in tonight's curling up with a good book.

TAKE CONTROL OF YOUR TIME. There is nevertheless a place for setting

goals and managing time. Compared to those who've learned a sense of helplessness, those with an "internal locus of control" do better in school, cope better with stress, and live with greater well-being. Deprived of control over one's life—an experience studied in prisoners, nursing home patients, and people living under totalitarian regimes—people suffer lower morale and poorer health.

One way to feel more empowered is to master our use of time. For happy people, time is "filled and planned," says Oxford University psychologist Michael Argyle. "For unhappy people time is unfilled, open and uncommitted; they postpone things and are inefficient."

To manage time effectively, set big goals, then break them down into daily aims. Writing a book is, for me, too formidable and remote a goal. But writing two manuscript pages a day is easy enough. Repeat this little process 300 times over and, presto! You have a book. Although we often overestimate how much we will accomplish in any given day (leaving us frustrated), we generally underestimate how much we can accomplish in a year, given just a little progress every day. Moreover, as each mini-deadline is met we get the delicious, confident feeling of being in control.

ACT HAPPY. As I stated in my previous article, study after study reveals three traits (in addition to the above-mentioned personal control) that mark happy people's lives. First, they like themselves. They exhibit self-esteem by agreeing with such statements as "I'm a lot of fun to be with" and "I have good ideas." Second, they are positive thinkers. Writing from a place called Hope[College], it is fitting that I concede the power of hope-filled optimism. Third, they are outgoing. We could imagine opposite findings—that introverts would be happiest, living in peaceful solitude, or that pessimists would live with greater gladness as things keep turning out better than expected. But it's the sociable extroverts and the venturesome optimists who report more happiness.

Although self-esteem, optimism, and extroversion tend to be enduring traits, those who seek greater happiness can exploit one of social psychology's arch principles: We are as likely to act ourselves into a way of thinking as to think ourselves into action. In experiments, people who feign high self-esteem begin feeling better about themselves. Even when manipulated into a smiling

expression, people feel better; when they scowl, the whole world seems to scowl lack. So put on a happy face. Pretend optimism. Simulate outgoingness. Going through the motions can trigger the emotions.

SEEK WORK AND LEISURE THAT ENGAGE YOUR SKILLS. Sometimes the challenges of work or home are too great, and we feel stressed. At other times, we're underchallenged and bored. In between these two states is a zone where we feel challenged, but not overmatched. We get absorbed. We lose consciousness of time. We are in a state that University of Chicago psychologist Mihaly Csikszentmihalyi calls "flow."

In his studies of writers, dancers, surgeons, chess players, mountain climbers, and the like, Csikszentmihalyi discovered that people find the flow experience satisfying. Even if we make a lower but livable wage, it pays to seek work that we find interesting and challenging.

The well-being that accompanies flow extends to leisure. Ironically, some of the most expensive forms of leisure are least likely to provide flow. Catch people sitting on a yacht or watching their big screen TV, and they typically don't feel all that great, for their skills aren't engaged. Catch them gardening, socializing, or writing a letter and you will likely find them feeling less apathetic and happier.

So off your duffs, couch potatoes. Pick up your camera. Tune that instrument. Sharpen those woodworking tools. Get out those quilting needles. Inflate the family basketball. Pull down a stimulating book. Oil the fishing reel. It's time to head out to the garden store. To invite friends over for tea. To pull down the Scrabble game. To go for a drive. Rather than vegetating in self-focused idleness, lose yourself in the flow of active work and play. "In every part and corner of our life, to lose oneself is to be a gainer," noted Robert Louis Stevenson. "To forget oneself is to be happy."

JOIN THE MOVEMENT. A slew of recent studies reveal that aerobic exercise is an antidote for mild depression and anxiety. Repeated surveys show that people are more self-confident, unstressed, and in better spirits, if physically fit.

The new exercise research is producing such consistent and encouraging results and with such minimal cost and desirable side effects that most people

seeking to boost their energy and well-being can benefit from at least a moderate regimen. Chuck, my 76-year-old friend, plays basketball daily with people half his age and younger. "If I don't exercise five times a week," he explains, "I begin to get the blahs. The stamina I get from exercising helps keep me optimistic about living." *Mens sana in corpore sano*. Sound mind in a sound body.

GET REST. Happy people live active, vigorous lives, yet they reserve time for renewing sleep and solitude. Today, however, many people suffer from shortened sleep, leaving them groggy and unable to get into flow. William Dement, director of Stanford University's Sleep Disorders Center, laments the "national sleep debt." Among the college students I have spent my adult life with, few behaviors strike me as more self-destructive than the typical late nights, with resulting fatigue, diminished alertness, and, not infrequently, failure and depression.

Poor time-management is part of the problem. Each diversion—a video game here, a bull session there, seems harmless enough. Yet, gradually, without intending sleeplessness, fatigue, and failure, the student veers toward falling behind and suffering the inevitable results.

A basic ingredient of energized, cheerful living is, therefore, to make time for enough sleep to awaken refreshed. Research has even shown that a literal day of "REST"—that is, Restricted Environmental Stimulation Therapy—can work wonders. After a day of quiet on a comfortable bed in a dark, soundproofed room, people often emerge refreshed and with new self-control—an improved ability to stop smoking, to reduce drinking, to lose weight. Smaller doses of solitude, even a daily few minutes of meditation or prayer, can provide spiritual recharging for active living,

GIVE PRIORITY TO CLOSE RELATIONSHIPS. There are few better antidotes for unhappiness than an intimate friendship with someone who cares deeply about you. People who can name several close, supportive friends—friends with whom they freely share their ups and downs—live with greater health and happiness in experiments, people relax as they confide painful experiences. Like confession, confiding is good for the soul.

For more than nine in 10 people, a significant close relationship is

marriage. With other social bonds, broken marital relationships are a source of much unhappiness, while a supportive, committed companion is among life's greatest joys. To paraphrase Henry Ward Beecher, "a well-married person is winged; ill-matched, shackled." Three of four married people say their spouse is their best friend.

That helps explain why, during the 1970s and '80s, 39 percent of married adults (compared to only 24 percent of never-married adults) told the National Opinion Research Center they were "very happy." Without denying that divorce is sometimes a first step toward healing for those trapped in miserable relationships, a mountain of accumulating data reveal the benefits of an enduring, equitable, affectionate marriage.

So, don't forever shy away from commitment. If you're already married, resolve to nurture your relationship, to not take your partner for granted, to display to your spouse the sort of kindness that you display to others, to affirm your partner, to play together and share together. Resolve in such ways to act lovingly, and you both may find your affections rejuvenated.

TAKE CARE OF THE SOUL. "Joy is the serious business of heaven," said C. S. Lewis. One surmises as much from reading the new research on faith and well-being. Actively religious people are much less likely to become delinquent, to abuse drugs and alcohol, to divorce, or to commit suicide. They're even physically healthier, due perhaps to less smoking and drinking.

In Europe and North America, religiously active people are also happier. In one Gallup survey, highly spiritual people (who, for example, agree that "My religious faith is the most important influence in my life") were twice as likely as those lowest in spiritual commitment to declare themselves "very happy." in study after study, elderly people as well express more satisfaction with their lives if religiously active.

Other studies suggest that faith "buffers" a crisis. Those who've recently suffered divorce, unemployment, bereavement, or disability report greater well-being if they have a strong religious faith. Compared to religiously inactive widows, widows who worship regularly report more joy in their lives. Mothers of children with disabilities are less vulnerable to depression if sustained by a religious faith.

Faith doesn't promise immunity from suffering. But it does enable a strengthened walk through valleys of darkness. For many people, a religious faith places them within a network of social support—one of America's 294,000 local churches and synagogues. Their faith helps them define life's meaning and purpose. It enables feelings of ultimate acceptance. It motivates a focus beyond self (reflected in Gallup's report of doubled rates of charitable giving and volunteerism among weekly church attendees compared to non-attendees). And it offers a timeless spiritual perspective on the great enemy, death, and all of life's other woes.

Such psychological factors don't bear on the truth of any religious claim. But they have nudged more than a few people to take the leap of faith.

New Words

glean / gli: n / *vt.*

to gather (facts and information) in small amount and often with difficulty 收集

euphoric / ju: 'fɔ:rik / *adj.*

happy, cheerful 欣快的, 欣快症的

ergo / 'ə: gəu / *adv.*

therefore 因此

snuggle / 'snʌgl / *v.*

to move or lie close for warmth and comfort 偎依; 舒适地蜷伏

presto / 'prestəu / *adv.*

very quickly 立刻, 转眼间

arch / ɑ: tʃ / *adj.*

chief 主要的, 首要的

scowl / skaul / *v.*

frown 皱眉头

vegetate / 'vedʒiteit / *v.*

to live in the manner of a plant, without activity of mind or body 植物似地生长, 过着呆板单调的生活

blah / bla: / *n.*

empty but often high-sounding talk or writing 浮夸的言语; 废话

groggy / 'grɒgi / *adj.*

weak because of illness, shock, etc. esp. when not able to walk steadily 软弱的, 体弱的

epitomize / i'pitəmaiz / *vt.*

sum up 概括, 总结

rejuvenate / ri'dʒu: vineit / *v.*

to make or become young again 使返老还童, 使恢复活力

bereavement / bi'ri: vmənt / *n.* the state of being left alone or desolate, esp.
by death 丧失, 居丧
synagogue / 'sinəgɔg / *n.* 犹太教堂

Phrases and Expressions

take delight in	to receive great pleasure from 乐于, 爱好
break...down into	to divide into 划分
shy away from	to avoid something unpleasant, as by moving aside 退避, 退缩
bear on	to show some connection with 与……有关联

Notes

1. **Gallup survey:** a special count of opinions in a country, done esp. in order to guess the result of a political election, by questioning a number of people chosen to represent the whole population (尤指推测大选结果的) 盖洛普民意调查
2. **the Scrabble game:** a board game in which players make points by forming words with separate letters obtained by chance (在有格子的盘子上玩的) 纵横拼字(游戏)

Exercises

Part I Understanding the text

1. Which of the following is NOT listed as one of the four important traits of happy people?
 - A. Optimism.
 - B. Self-esteem.
 - C. Extroversion.
 - D. Despondence.

2. What does the author mean by saying “realize that enduring happiness doesn’t come from ‘making it’ ”?
 - A. The objective life circumstances, once we have adapted to them, bear much relation to people’s happiness.
 - B. Happiness is less a matter of getting what we want than wanting what we have.
 - C. Happiness is less a matter of wanting what we have than getting what we want.
 - D. Wealth is guarantee of happiness.

3. Which of the following ways is less likely to provide people with “flow”?
 - A. Gardening.
 - B. Socializing.
 - C. Writing a letter.
 - D. Sitting on a yacht.

4. According to the text, to manage time effectively we should _____.
 - A. set big goals, then divide them into daily aims
 - B. overestimate how much we will accomplish in any given day
 - C. underestimate how much we will accomplish in a year
 - D. accomplish goals as soon as possible

5. The sentence “a well-married person is winged, ill-matched, shackled.” implies that _____.
 - A. for most of the people, a significant relationship is marriage
 - B. broken marital relationships are a source of much unhappiness
 - C. a supportive committed companion is among life’s greatest joys
 - D. all of the above

Part II Fill in the blanks with the given words, change the form when necessary

scowl regimen manipulate antidote sag boost solitude rejuvenate groggy snug
--

1. She _____ her cheek against his shoulder when she felt tired.

2. He _____ his displeasure because his students always made the same mistake.
3. After the patient was operated on, the doctor asked him to follow a strict _____.
4. When I left my bed after my long illness, I felt too _____ to stand.
5. The mountain air will _____ you if you climb up the mountain.
6. The branch _____ down under the weight of the apples.
7. She _____ the lights to get just the effect she wanted.
8. We make efforts to _____ participation in the program.
9. Jogging is an _____ to nervous tension.
10. The worst _____ is to be destitute of sincere friendship.

Part III Translation

Section A: Translate the following into Chinese

1. Ergo, wealth is like health: Although its utter absence breeds misery, having it is no guarantee of happiness. There is no need to envy the rich. Happiness is less a matter of getting what we want than wanting what we have.
2. Other studies suggest that faith “buffers” a crisis. Those who’ve recently suffered divorce, unemployment, bereavement, or disability report greater well-being if they have a strong religious faith.

Section B: Translate the following into English

1. 有些人从来不会领悟到我们的快乐就掌握在自己的手上,他们忙忙碌碌地去追求成功、权利和财富,他们误以为这些物质价值就是快乐。你有没有观看嬉耍的孩子,想想他们有多快乐?
2. 我站在一棵盛开的苹果树下,呼吸着空气。不仅是苹果树,还有周围的青草闪着水珠,言语无从描述那弥漫在空气中的甜蜜芳香。我尽情地畅吸着,这芳香浸润着我的全身。我张开双眼——我说不清楚怎样呼吸才带给我更大的愉悦。

Proverbs

1. Happy is the man that findeth wisdom, and the man that getteth
- 10 •