

研究生英语系列教材

研究生英语 阅读

郑征 主编

NGTISH

收集60篇内容新颖的阅读文章

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研究生英语系列教材

研究生英语——阅读

主 编 郑 征

副主编 詹爱莲

编 者 刘 智 李新华 杨国华 张 萍

郑 征 姚 芳 詹爱莲

主 审 熊敦礼

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主编 郑征

责任编辑:梅欣君

封面设计:周 俐

责任校对:郭有林

监 印:张正林

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内 容 提 要

本书为湖北省教委组织编写的研究生英语系列教材之一。本书所选用的文章均来自最新英美报刊杂志,其用语之新,词汇量之大为同类研究生阅读教材所鲜见。本书共 20 单元,供各专业研究生一学年使用。每单元由三篇文章组成,每篇均设有讨论题及判断题以检查学生对该文章的理解程度。教师可根据本专业的特点,对每单元的三篇文章进行合理取舍。本书所选文章具有一定的难度,对研究生扩大词汇量,了解最新的英语表达方式,提高阅读水平,扩大知识面是大有裨益的。

前 言

作为高等教育中一个重要层次的研究生教育,是我国培养高级专门人才的重要途径。自教育部(原国家教委)于1992年颁布《非英语专业研究生英语教学大纲(试行稿)》以来,我国的研究生英语教学有了可喜的进步,研究生的英语水平逐年提高。但是,我们也应清醒地看到,由于研究生招生渠道不一,生源背景复杂,从整体上看,研究生的实际英语水平尚不能满足他们毕业后工作的需要,还有待于进一步提高。为此,湖北省教委组织武汉地区部分高校长期从事研究生教学的专家、教授编写了符合目前研究生教学实际的一套系列教材。

继《研究生英语——读写》和《研究生英语——听说》出版后,我们又编写了这本《研究生英语——阅读》教材,旨在配合《研究生英语——读写》的教学,增大阅读量,以期进一步提高研究生的阅读能力。因为在实际工作中,阅读仍然是获取信息的最常用、最重要的手段。

为了适应跨世纪研究生英语教学的需要,本教材所选用的文章均来自最新英美报刊杂志。其用语之新,词汇量之大是同类研究生阅读教材所鲜见的。本教材内容涵盖不同专业,有助于开扩学习者的专业视野。本教材共二十单元,供一学年使用。每单元由三篇阅读文章组成,每篇文章后附有 Discussion Questions 及 True or False Choices,用以检查学生对该文的理解程度。

本教材由湖北省高校大学外语教学研究会组织中南财经大学、武汉大学、武汉水利电力大学和华中农业大学部分教师编写。

由于时间紧,加之编写水平有限,缺点和不当之处在所难免,恳请专家、同行及广大读者不吝指正。

编者

1999年7月

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Unit One

1. Help Your Child Overcome Shyness

Ellen Steiner still recalls with a shudder her childhood shyness. As a teen-ager, she was tongue-tied with boys. She married her first and only boyfriend soon after high school because "then I wouldn't have to go out and face the world." They were divorced. Years later, Steiner married again, and gradually she was coaxed out of her cocoon. With her new husband's support, she started a career as a therapist. But she still feels the mark shyness left on her.

According to Philip G. Zimbardo, professor of psychology at Stanford University, author of *Shyness: What It is, What to Do About It*, and a pioneer researcher into the condition, many adults who describe themselves as shy can trace their shyness to childhood. If parents don't help children, the legacy of shyness can be lifelong.

Zimbardo's research shows shy children often receive lower grades and miss out on extracurricular activities and the normal give-and-take of growing up. Their teen years can become a period of social isolation. Many shy people do not marry, or they marry late; others, like Ellen Steiner, wed too quickly.

Shy people frequently earn less and hold less responsible jobs. Even those with skills can hit a career snag; because of difficulties in dealing with people. And some shy people may develop drinking and drug dependencies as a defense, says Jonathan Cheek, professor of psychology at Wellesley College and author of *Conquering Shyness*.

Some "shys" are so withdrawn that professional counseling may be needed. But for most, help from concerned parents can get them through troubled times. Here's what experts recommend:

Look and listen. Visiting an elementary-school classroom, Zimbardo was told there were "probably only one or two" shy children. But the psychologist could identify far more.

Studies suggest that two out of five children are shy. The degree varies by age. Zimbardo's research indicates that in junior high school, fully half of the boys and 60 percent of the girls are shy.

Often their parents or teachers are unaware of it. These kids mask their shyness by staying out of class discussions, remaining on the fringes of playground games, and never laughing until everyone else does. "Shy people want to blend into the wallpaper," Zimbardo says.

Sometimes the shy child may appear just the opposite. A surprising number of classroom bullies—and many loudmouthed, pushy adults—are actually shy, according

to Zimbardo. One boy in a nursery school ~~prattled~~ nonstop. When he wasn't talking, he kicked and punched his schoolmates. Not until he was in his teens did his parents realize that he was shy and his aggressiveness was just a cover-up.

Don't label. Saying "My son is shy" or "He's the shy one in the family" can backfire. Acquaintances may then treat the child differently and reinforce his fear that something is wrong with him.

One of Cheek's students remembers her mother telling her, at the age of seven, that she was too chubby to wear certain styles of clothes. Although the woman has long since slimmed down, she is still shy about her appearance.

All-pro tackle and broadcaster Merlin Olsen almost passed up high-school football because grade-school classmates had labeled him "clumsy". Olsen fell so shy that he hung back from grade-school games. Even smaller boys taunted the big kid in bib overalls.

Olsen's parents urged him to reject the labels and stand up for himself. In junior high school, pushed to the limit. Olsen finally chased one of his tormentors and—to the surprise of both—caught up with him. "Then I didn't know what to do," Olsen admits. "So I sat on him." Schoolmates didn't tease Olsen so much after that. And the incident did wonders to alleviate his shyness.

Be sympathetic, not critical. The shy child constantly hears criticism—from inside his head if from nowhere else. "Shy people are their own worst critics," says Cheek. When social encounters fail, they're convinced it's because they didn't measure up, says psychologist Lynne Henderson of the Palo Alto Shyness Clinic in Menlo Park, Calif.

Above all, offer encouragement. One mother asked her nine-year-old daughter how it felt to be shy. "It's like you've been put under a spell," the girl said. "You are sort of frozen." How could her parents help? "Tell me you know I can do it, whatever it is." When she hears encouragement from a grownup, she said, "it's like the Prince coming along and breaking the spell."

Play fair. Sometimes one child in a family is outgoing, dominating conversations and family activities, while another is shy and withdrawn. To correct this imbalance, one California family of five plays a dinner-table game called "Good News." Everyone, regardless of age, is asked to describe something good that happened that day. No complaints about others are allowed. Each child gets an opportunity to speak, while others listen and comment. The originally shy child is now a full participant.

Boost the child's ego. Shy children may have a poor self-image and need special help dealing with rejection. Talk up your son's or daughter's strengths.

One woman was worried about her pretty 12-year-old daughter. The girl hung back from her peers and had few close friends. Yet she was warm and motherly with younger children and was an excellent student.

The woman capitalized on her daughter's strengths by arranging for her to tutor a neighbor's child. Before long, the girl was helping other youngsters with their studies as well. Her success and their respect boosted her pride and self-confidence.

Ask for help. School is often where shyness first shows itself, and this is an important place for correcting it. Teachers may be too busy with kids who misbehave to seek out the child who stays in the shadows, however. Enlist the teacher's aid in drawing your child out of his or her shell.

You don't want to spotlight the child's shyness in class. Instead, ask the teacher to ease him or her into discussions. Tell the teacher of special interests about which your child may be questioned. Ask that particular attention be paid to written work, where shyness is no handicap.

Tom Quinn, a psychologist in Brookline, Mass., remembers a teacher who recognized his shyness—but also recognized his strengths. At first, she called on him only when she was sure he knew the answer and would be comfortable speaking before the class. Gradually, she encouraged him to take risks and answer more spontaneously. "Thank God for Mrs. Brockman," he says now.

Use the home-field advantage. Bring playmates into your home, rather than suggesting your son "go play at Johnny's house." Have your child answer the telephone and take messages, which gives practice in dealing with people without having to look them in the eye.

Choose younger playmates for your child. The shy older child becomes the looked-up-to leader. Or, suggests Lynne Henderson, "Find a 'mother hen,'" a child who is warm and not too aggressive and will take the shy child under his or her wing.

Play-act and rehearse. The shy teen-ager's lament is, "I never know what to say!" Help your child "break the ice" by rehearsing what to say in different social situations. Write down suggested "opening lines", even compose a "script" to follow. Urge him or her to rehearse before a mirror and to practice looking "the other person" in the eye.

Zimbardo coaxed some students out of their shyness by assigning them to call people at random and to conduct a telephone survey. "When given a role to play, they weren't shy at all," the psychology professor says.

Enroll them in activities. Clubs and organizations suited to their interests can bring kids out of shyness, forging a bond in which all become part of the group. Consider nonathletic activities, such as arts and crafts, and athletic programs, such as gymnastics. Soccer has special appeal because size and athletic skill are less important than in many other team sports. In choosing a sport or other activity, make sure that everyone participates and the shy child is not left out.

A Colorado Little League coach remembers one shy eight-year-old who was chosen for his team. He was awkward, but each time he played a few innings in right field. In one close game, his team was nursing a narrow lead. The opposing batter hit a fly ball that could have won the game. "Rolf staggered under it," the coach recalls, "and miraculously caught it. The others jumped on him as if they'd won the World Series. From then on, he was one of the gang."

Be patient. Overcoming a child's shyness requires patience to understand, patience to

support and patience not to demand spectacular results. But millions of adults have succeeded in shedding their shyness. With the help of loving parents, children who now feel trapped in their shyness can be freed to enjoy more of life's fullness and promise.

New Words

shudder <i>n.</i>	震颤;发抖
coax <i>vt.</i>	耐心地处理,慢慢把……弄好
cocoon <i>n.</i>	茧
therapist <i>n.</i>	治疗学家
extracurricular <i>a.</i>	课程之外的
give-and-take <i>n.</i>	平等交换,互让,交换意见
snag <i>n.</i>	暗礁;意外困难
fringe <i>n.</i>	边缘
bully <i>n.</i>	欺凌弱小者
pushy <i>a.</i>	有冲劲的;爱干涉的
prattle <i>vi.</i>	空谈,唠叨
backfire <i>vi.</i>	回火;(喻)发生意外,产生事与愿违的恶果
chubby <i>a.</i>	丰满的
tackle <i>n.</i>	(橄榄球)阻截队员
taunt <i>vt.</i>	嘲笑,奚落
bib <i>n.</i>	小孩的围涎
tormentor <i>n.</i>	折磨者
alleviate <i>vt.</i>	减轻(痛苦等);缓和
outgoing <i>a.</i>	爽直的
boost <i>vt.</i>	增强;提高
ego <i>n.</i>	自我
peer <i>n.</i>	同等的人
enlist <i>vt.</i>	谋取(支持,赞助等)
spotlight <i>vt.</i>	聚光照明;使突出醒目
inning <i>n.</i>	(用单或复)轮到显身手的机会
batter <i>n.</i>	(棒球等的)击球手

Phrases & Expressions

blend into	融合;与……融成一体
bib overalls	带胸围的工装裤
measure up	合格;够格
put sb. under a spell	使某人中妖术
sort of	有几分;近似

Notes

1. she was tongue-tied with boys ; she was too shy to speak to boys.
2. she was coaxed out of her cocoon ; she managed to bring herself out of shyness.
3. the legacy of shyness can be lifelong ; you shall carry shyness about you throughout your life.
4. miss out on extracurricular activities ; do not participate in those activities beyond curriculum
5. hit a career snag ; encounter difficulties in career
6. Shy people want to blend into the wallpaper ; Shy people want to isolate themselves from group activities and stay in the shadows.
7. ... can backfire ; ... can have an unexpected effect rather than the expected . In the text it just means that it does great harm for parents to identify their children as shy.
8. passed up high-school football ; missed/did not take part in football matches when he was in high school
9. stand up for himself ; be confident and have a positive view about himself
10. talk up your son's or daughter's strengths ; encourage your child to give the reins to his or her strong points
11. You don't want to spotlight the child's shyness in class ; You don't want to direct others' attention to the child's shyness in class.
12. his team was nursing a narrow lead ; his team had very faint hope of winning the match.

Exercises

Discussion Questions :

1. What characteristics do shy people usually possess? How can they affect a person's career and life?
2. Jonathan Cheek, professor of psychology at Wellesley College says, " Shy people are their own worst critics". Do you believe this to be a true statement? Why or why not?
3. In this essay, the author recommends us several ways of coping with shyness. Are all his suggestions constructive? Give your reasons. Can you think of some better ways of overcoming shyness?
4. What is your chief defect? How can you handle them?

True or False Choices :

1. With assistance of her new husband and friends, Ellen Steiner completely eliminated shyness and started a new career. (F)

2. Zimbarbo's research indicates all shy people are not good at dealing human relations and wed very late. (F)
3. Shy people are likely to encounter more difficulties and setbacks in their life and usually can't locate important position. (F)
4. Shy children often receive lower grades, stay out of group activities and are never aggressive. (F)
5. In order to alleviate shyness, shy people should abandon their negative self-image and regain self-confidence. (T)
6. The game " Good News" provides opportunities for all the children in the family, and shy children in particular, to participate in family activities. (F)
7. Tom Quinn was grateful for his teacher because she had chose many warm and less aggressive companions for him. (F)
8. The story of Rolf bears out enrolling children in activities can help them to shed shyness and become outstanding. (F)

2. Pet Heaven

We buried Hampy the other day. We can't remember exactly which Hampy he is—the third, fourth or fifth. He died naturally, in his sleep, as we like to say in our house, in which the death of hamsters is a fairly common occurrence. But who really knows?

All families have their traditions. Some are devoted to fly fishing. Others specialize in Christmas rituals or camping trips. Our specialty is pet funerals. To the best of my recollection we have had funerals for several hamsters, two guinea pigs, one cairn terrier, a hummingbird (not a pet, but we found it dead and thought it was so beautiful it deserved a proper burial) and fish too numerous to count. Once, city friends saved a dead hamster in a shoebox in their freezer until they could bring it out to us for interment. I'm not entirely sure whether it was our yard or our way with death that they were interested in.

The development of memorial services for small animals was not something we planned. It's not as if we had a family meeting and said: Well, what can the Gormans do to distinguish themselves among families? Pet funerals? Great idea." It's just that we have had a lot of pets, and pets, particularly the small ones that come from pet stores, have short life spans.

Why have we had so many pets? Because of the children, of course. At least that's what I would like to say. And it is true that without three children it would have been much harder to indulge my weakness for animals. But I am the real reason we have had so many other species in our house. As a child I kept snakes, frogs, turtles, mice, rats, hamsters and, of course, my dog, Lucky, who seemed to me more sibling than pet. And somehow, I never lost the conviction that nothing is quite as much fun as walking around the neighborhood with a mouse in your pocket.

Our children never had to ask for pets. I brought home a succession of fish, hamsters, guinea pigs and parakeets. My pet acquisitions finally became completely detached from common sense when I decided that a baby parrot, which needed to be hand-raised by feeding it with a syringe, would make a nice pet for an 8-year-old girl. The parrot, Sunny, lives and is well, but not in our houses. She was taken in by a relative with a fondness for horses and birds. When Sunny dies, we may have to drive to Delaware for the funeral.

Usually, all we have to do is walk out into the yard. We have a pet graveyard there, and each time we bury a pet we mark the grave with a plain stone chosen by the pet's owner. First we dig the hole. Sometimes a grown-up does this, sometimes a child.

Next, the owner places the body of the pet, or its ashes (in the case of our first family

dog, Darwin) in the hole, without coffin or urn. (I still regret cremating Darwin. There's something elemental about laying a body in the earth.) Then the people at the ceremony say something they remember about the pet. Sometimes there is crying, and not just from the children. At Darwin's funeral I was the one with tears in my eyes.

Not all funerals are sad; I don't want to give the idea that we have some kind of dead-rodent cult. Sometimes, for instance, when a fish lives long past the time when anybody even thinks to clean the aquarium, there is simply relief. The mourners say things like, "He was a fish, all right."

Sometimes the prevailing emotion is curiosity. In the recent burial of Hampy, my son, 6, was very interested in how we knew Hampy was dead. Confirmation that Hampy had shed his earthly container required a certain amount of poking. This, of course, never happens at the funerals of people, but I'm sure there are plenty of 6-year-olds who would like to poke the deceased, not to be gruesome, and not from any lack of love——just to make sure.

There were only three of us at Hampy's funeral; after so many pets dead and gone, our funerals tend to be simpler than they used to be. I presided, my older daughter, Madeleine, 14, assisted and Daniel, whose hamster it was, delivered the eulogy, which was something like: "Bye, Hampy. You were a good pet." (He had already written a letter to his cousin, the previous owner of Hampy. It was the first letter he wrote in his own hand, and it required quite an effort. It said, "Hampy died.")

The funeral went well enough, I thought, but there was an air of unfinished business. When Celia, our 13-year-old, found out that we had conducted a funeral without her, she was very disappointed. And later that day, Daniel felt obliged to bring my wife down to the grave so she could "say some word." I should have known better. When you establish a tradition, you stick to it. When the next hamster gets buried, I'm making sure the whole family is in attendance.

New Words

hamster <i>n.</i>	苍鼠
ritual <i>n.</i>	(宗教)仪式;礼节;典礼
hummingbird <i>n.</i>	蜂鸟
interment <i>n.</i>	葬礼
indulge <i>vt.</i>	迁就;纵容
sibling <i>n.</i>	兄弟姐妹,同胞
parakeet <i>n.</i>	长尾小鹦鹉
syringe <i>n.</i>	注射器
urn <i>n.</i>	缸,骨灰盒
cremate <i>vt.</i>	焚毁,把(尸体等)烧成灰
rodent <i>n.</i>	啮齿动物(如兔,鼠等)
cult <i>n.</i>	(宗)礼拜,祭礼