



21世纪英语专业系列教材

普通高等教育“十一五”国家级规划教材
普通高等教育“十二五”规划教材



English

Extensive Reading

第3册

英语泛读教程

(第二版)

● 李正栓 宋德文 姜亚军 主编



北京大学出版社
PEKING UNIVERSITY PRESS

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北京大学出版社
PEKING UNIVERSITY PRESS

图书在版编目(CIP)数据

英语泛读教程.第3册/李正栓,宋德文,姜亚军主编.—2版.—北京:北京大学出版社, 2014.7

(21世纪英语专业系列教材)

ISBN 978-7-301-22700-8

I. ①英… II. ①李… ②宋… ③姜… III. 英语—阅读教学—高等学校—教材
IV. ①H319.4

中国版本图书馆CIP数据核字(2013)第139498号

书 名: 英语泛读教程(第二版)第3册

著作责任者: 李正栓 宋德文 姜亚军 主编

责任编辑: 郝妮娜

标准书号: ISBN 978-7-301-22700-8/H·3329

出版发行: 北京大学出版社

地 址: 北京市海淀区成府路205号 100871

网 址: <http://www.pup.cn> 新浪官方微博: @北京大学出版社

电子信箱: bdhnn2011@126.com

电 话: 邮购部 62752015 发行部 62750672 编辑部 62759634 出版部 62754962

印 刷 者: 北京大学印刷厂

经 销 者: 新华书店

787毫米×1092毫米 16开本 15.5印张 490千字

2008年11月第1版

2014年7月第2版 2014年7月第1次印刷

定 价: 39.00元

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总序

北京大学出版社自2005年以来已出版《语言与应用语言学知识系列读本》多种,为了配合第十一个五年计划,现又策划陆续出版《21世纪英语专业系列教材》。这个重大举措势必受到英语专业广大教师和学生的欢迎。

作为英语教师,最让人揪心的莫过于听人说英语不是一个专业,只是一个工具。说这些话的领导和教师的用心是好的,为英语专业的毕业生将来找工作着想,因此要为英语专业的学生多多开设诸如新闻、法律、国际商务、经济、旅游等其他专业的课程。但事与愿违,英语专业的教师们很快发现,学生投入英语学习的时间少了,掌握英语专业课程知识甚微,即使对四个技能的掌握也并不比大学英语学生高明多少,而那个所谓的第二专业在有关专家的眼中只是学到些皮毛而已。

英语专业的路在何方?有没有其他路可走?这是需要我们英语专业教师思索的问题。中央领导关于创新是一个民族的灵魂和要培养创新人才等的指示精神,让我们在层层迷雾中找到了航向。显然,培养学生具有自主学习能力和能进行创造性思维是我们更为重要的战略目标,使英语专业的人才更能适应21世纪的需要,迎接21世纪的挑战。

如今,北京大学出版社外语部的领导和编辑同志们也从教材出版的视角探索英语专业的教材问题,从而为贯彻英语专业教学大纲做些有益的工作,为教师们开设大纲中所规定的必修、选修课程提供各种教材。《21世纪英语专业系列教材》是普通高等教育“十一五”国家级规划教材和国家“十一五”重点出版规划项目《面向新世纪的立体化网络化英语学科建设丛书》的重要组成部分。这套系列教材要体现新世纪英语教学的自主化、协作化、模块化和超文本化,结合外语教材的具体情况,既要解决教学内容、教学方法和教育技术的时代化,也要坚持弘扬以爱国主义为核心的民族精神。因此,今天北京大学出版社在大力提倡专业英语教学改革的基础上,编辑出版各种英语专业技能、英语专业知识和相关专业课程知识的教材,以培养具有创新性思维和具有实际工作能力学生,充分体现了时代精神。

北京大学出版社的远见卓识,也反映了英语专业广大师生盼望已久的心愿。由北京大学等全国几十所院校具体组织力量,积极编写相关教材。这就

领导、各位编辑和工作人员为本套教材的成长所提供的关爱与支持。

英语专业教学任重道远,教材建设永无止境。本套教材旨在适应新形势下的英语专业教学,探索教学新路,缺点与不足之处在所难免,衷心希望得到专家学者的批评指正,听到广大师生的改进意见。

编 者

2014年5月

第二版前言

国家级规划教材《英语泛读教程》自2008年问世以来,受到了全国英语专业老师和学生的一致好评。过去六年的教材使用与教学实践证明,本教材选材方向正确,既兼顾语言表达与人文知识的相得益彰,又注重西方文化传统与现代文化的融会贯通,既注重经典传承,也关注时代变迁。

《英语泛读教程》第二版基本保持了第一版的编写思想。修订内容之一是更换了部分课文,以求选材的时代性、内容的丰富性、文本的趣味性和文体的多样性。在筛选文章的过程中,我们既考虑提升学生的英语水平与人文知识基础,也注重整套教材内容的前后衔接。

第二版对课文后面的练习也做了调整。具体的考量有三:第一,注重从具体课文到所涉及领域之间的递进关系,通过具体的课文使学生对相关领域的知识有所了解。第二,注重学生对篇章结构的理解。第三,注重课内阅读与课外阅读之间的配合。具体修订内容如下:

一、为了提高学生的学习兴趣,本次修订替换了约30%的课文,新的课文内容多启发人文思考,更能体现通过文化思考来带动语言习得,同时注重学生思辨能力的提升。

二、移除各单元练习中的翻译部分,加入了词汇题,有助于学生进一步掌握和复习课文中的重点词汇。

三、新增命题拓展。通过此题的延伸,可以引导学生有意识地进行批评性阅读,从而使其更深刻地领会和理解西方文化的内涵与实质。

四、新设一个引导性的课外拓展题,让学生自己学会如何围绕课本提供的主题进行拓展学习,从大学基础学习阶段就培养良好的自主深入学习的习惯,更有利于学生知识面的扩展。

五、每个单元后面新增二十分钟的阅读材料,材料选自历年英语专业四级阅读真题,以提高学生的限时阅读水平,提升学生阅读的有效性。

我们相信,通过此次修订,这套泛读教材将更好地服务于英语人才的培养。借此机会,感谢为本套教材改版而默默奉献的老师们,也感谢北京大学出版社的

是说,这套教材是由一些高等院校有水平有经验的第一线教师们制定编写大纲,反复讨论,特别是考虑到在不同层次、不同背景学校之间取得平衡,避免了先前的教材或偏难或偏易的弊病。与此同时,一批知名专家教授参与策划和教材审定工作,保证了教材质量。

当然,这套系列教材出版只是初步实现了出版社和编者们的预期目标。为了获得更大效果,希望使用本系列教材的教师和同学不吝指教,及时将意见反馈给我们,使教材更加完善。

航道已经开通,我们有决心乘风破浪,奋勇前进!

胡壮麟

北京大学蓝旗营

第一版前言

本教材是为了适应新时期高等学校英语专业教学的需要,根据《高等学校英语专业英语教学大纲》的要求而编写的英语专业阅读教材,可供高校英语专业阅读教学使用,也可作为中高级英语学习者的自学书籍。

在前两册的基础上,本册进一步突出英语专业阅读教材的特点,广泛收录英美名家在各个时期的作品,旨在扩大学生词汇量,培养英语语感,拓宽学生视野,增强人文素养,提高学生的鉴赏能力和思辨能力。在选择文章时,编者兼顾典藏性和时代性,既有文学巨擘的传世佳作,又不乏颇具前瞻性的商界杂谈;在题材上,力求涵盖社会生活的方方面面,有对生命的考问,有对艺术的追寻,有对爱情的缅怀,也有闪耀智慧光芒的机巧思辨;在体裁上,时评时叙,亦庄亦谐,有的古雅隽永,有的灵异怪诞,有的铺排绚丽,有的朴实无华,于犀利中见幽默,在淡定中显温情,充分体现了本书在选材上时代跨度大,题材范围广,文体多样化的宗旨,从而使学生在徜徉英语语言殿堂的同时,体验中西文化的碰撞,品味跌宕起伏的哲理人生。

本书在编排上沿袭了前两册的体例,每个单元有 Text A 和 Text B 两篇阅读材料,对生词、难词加以注释,在注释中编者有意识地给读者提供一定的选择空间,要求学生作出正确的词义选择。为了帮助学生深入理解原文,编者对文中出现的文化现象单独加以注释。考虑到本书是英语专业的基础课教材,编者在每篇文章后都配以阅读练习题,针对性极强,训练学生的略读、寻读、细读、评读等阅读技巧,引导学生去解读、思考、分析和批评。所有练习都围绕阅读展开,回答问题和正误判断部分检测了学生对原文内容的理解程度,解释原文和英汉翻译是对学生的理解能力的更深层次的测试,阅读评述部分旨在训练学生口头和笔头的发挥能力及思维拓展能力,是对原文阅读的进一步延伸。

作为英语专业的阅读教材,本书与国内传统的泛读教材有所不同,是一次新的尝试。由于时间仓促以及编者水平有限,纰漏和不周之处在所难免,欢迎使用本书的社会各界人士加以批评指正。

编者

2008年5月

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Unit One

Text A

Successful New Year

Anonymous

《成功的新年》如何安排好生活？如何过好新的一年？本文将试图给您一个建议，希望对您或有裨益。

Now that the Christmas festivities are over, the next order of Business is the New Year. That means resolutions.



Frankly, I'm tired of New Year's resolutions. I make them every year. I break them every year, often forgetting the resolutions by Martin Luther King Day. On the other hand, there are plenty of bad habits I'd like to get rid of before my next birthday in September. So here I am, finalizing my New Year's resolutions

strategy. Let's see if we can break the losing streak in naught seven.

I have two lofty goals for 2007:

* Get some exercise

* Quit smoking

I agonized before typing those words. I'm an introvert, super lazy and smoke like a chimney. Trust me when I tell you I'm scared as hell sharing these resolutions. Given my track record of not finishing what I start, there's a good chance of failure.

But if I'm serious about growing as a person, not smelling like Uncle Joe's burnt ribs

streak /stri:k/ *n.* a. a long stripe or mark on a surface which contrasts with the surface; b. a particular type of behaviour of a person; c. a continuous series of successes or failures in gambling or sport

lofty /'lɒ(:)fti/ *adj.* a. (of thoughts, aims, etc.) noble; b. high; c. (derog.) seeming to be proud or superior

agonize /'æɡənaɪz/ *v.* to suffer great anxiety or worry intensely

introvert /,ɪntrə'vɜ:t/ *n.* person who is shy, quiet and unable to make friends easily cf. extrovert

as hell (*informal*) used after adjectives or some adverbs to emphasize the adjective or adverb

all the time, and not having to sit down every 10 feet, putting these resolutions out in public is the best thing I can do.

So here's the game plan.

sure-fire (*informal*) sure to succeed

factor in include a particular thing in the calculations about how long sth will take, how much it will cost, etc.

consecutive /kən'sekjʊtɪv/ *adj.* following in regular unbroken order

Smokey's 8 sure-fire tips for successful New Year's resolutions:

(If you have tips to make New Year's resolutions more sure-firely successful, please share in the comments!)

1. Aim for something you can track

"Lose weight" or "get more exercise" are nice resolutions and all, but without specifics to focus on, they're doomed from the get-go.

Can you aim for a number or other measurable goal? The more focused the resolution, the easier it is to succeed.

Instead of "be healthier", how about one of these more specific resolutions?

* Take a 20-minute walk everyday after lunch.

* Run a 7-minute mile.

* Finish the company 10k in an hour.

* Lose 20 pounds.

For the exercising resolution, my trackable goal is 120 days in the gym. I want to be generally healthier, get more exercise, and have more energy. Factoring in my schedule and overall laziness, an average of 3 times a week at the gym is a hard, but achievable goal.

For the quit-smoking resolution, my trackable goal is to have 30 consecutive smoke-free days within 3 months.

2. Set a deadline, the sooner the better

A deadline far off in the distance is quickly forgotten. Without a deadline, you may find yourself making the same resolutions year after year.

For my goal of exercising at least 3 days a week, I need to get 120 days in the gym in a whole year (365 days). Hmm, looking at that big 1-2-0 number is kinda scary and having a deadline so far away (Dec 31, 2007) makes it easy to ignore the resolution for just another day.

That really increases my chances of failure. I think I need to add a 3-month milestone of 30 days in the gym by April 1. Doesn't seem so hard now, and hopefully by April, getting some exercise has become an indispensable habit that I'll continue for the rest of the year and beyond.

3. Be accountable to someone you don't want to let down

Having to tell someone whose opinion you respect when you've succeeded (or failed) is a big incentive.

Remember that deadline. You can combine tips 2 and 3 into one "I finally accomplished a resolution!" party. Make that date at the beginning of the year!

For me, I'm being accountable to you, the Internet. I figure you, dear Internet, are the scariest person I can be accountable to. God help me.

Health Top Tips Nutrition Lifestyle

4. Use the buddy system

The buddy system works for keeping us safe. It also works for keeping us motivated.

Find a friend who wants what you want. Both of you now have a fighting chance of keeping this year's resolution.

I have a buddy for both resolutions. There're plenty of people looking to quit smoking and/or get more exercise.

5. Do a 30-day challenge

I learned about the 30-day challenge from Steve Pavlina. "It's a way to trick yourself into not being scared of the commitment," Steve says.

kinda /'kamdə/ kind of
accountable /ə'kauntəbəl/ *adj.* responsible; having to justify one's actions
buddy /'bʌdi/ *n.* companion, partner
commitment /kə'mitmənt/ *n.* a. an obligation, responsibility, or promise that restricts freedom of action; b. dedication to a cause or principle

It seems too overwhelming to think about making a big change and sticking with it every day for the rest of your life when you're still habituated to doing the opposite. The more you think about the change as something permanent, the more you stay put.

That summarizes how I feel about the quit-smoking challenge. I love smoking. It's great after a meal. Or in the mornings with a soy latte and the *New York Times*. Trade that in for mood swings and cravings so strong I want to claw my eyes out. That's crazy talk.

I'm using the 30-day challenge to track the nicotine intake. To break it down into a manageable chunk. I'm not going to be smoke-free every day, but 30 consecutive smoke-free days within the first 3 months is doable. 1 month, 4 weeks, 30 days. No biggie.

6. Visualize the result

Why are you making this resolution? It's not because you suddenly hate chocolate and all things sugary. It's because you want to fit into those jeans. More than that, it's because you want the sweet ego-boosting adulation from all those around. Think about the sweet adulation, not the velvety sweetness of cheesecake.

For me, the goal is to not be out of breath walking from my car up the stairs to my apartment. That's not a very sexy goal to visualize, so I imagine myself chasing down a purse snatcher and being everybody's hero. And not coughing up a lung every morning.

7. Reward yourself

Ruth's Chris Filet gives you something awesome to look forward to.

If you're quitting smoking, calculate how much money you saved and splurge on yourself.

I spent roughly \$700 on cigarettes a year. At the end of the year, I'm going to

soy latte latte is a strong coffee with frothy steamed milk.
soy latte is one type of coffee beverage which is combined with soy milk.

chunk /tʃʌŋk/ a. a roughly cut lump; b. (*informal*) a part, esp. a large part

No biggie. (*AmE*) not particularly important or serious
adulation /ˌædjʊˈleɪʃən/ n. praise and admiration for someone that is more than they really deserve

velvety /ˈvelvɪti/ *adj.* soft and smooth in a way that suggests the feel of velvet

filet /fiˈleɪ/ n. a piece of meat or fish without bones

splurge /splɜːdʒ/ v. to spend more money than one can usually afford

take that money and buy my friends a nice meal. (I seem to have Andrea's selfish need to be selfless.)

I'm picturing a fat, juicy Filet, medium rare, and a side of sweet potato casserole (with pecan crust) at Ruth's Chris.

8. Start right away

If you don't start on January 1, your chance of success drops from 74% to 37%. (source: Bureau of Fake Statistics) So start immediately!

I think starting on the 2nd is okay. We'll need a day off to recover from the hangover. Don't put it off too long, or you'll be making the same resolution next year.

I have a sneaking suspicion I have some kind of attention deficit disorder, though never formally diagnosed. If I put something off for a couple of days, forget about it. Seriously, just forget about it. It's gone forever.

If you need some ideas, here are the Top 10 New Year's Resolutions, according to 10 Million Resolutions.

1. Lose Weight and Get in Better Physical Shape
2. Stick to a Budget
3. Debt Reduction
4. Enjoy More Quality Time with Family & Friends
5. Find My Soul Mate
6. Quit Smoking
7. Find a Better Job
8. Learn Something New

medium rare medium (of meat) partly cooked but still slightly pink inside, cf. rare, well-done

casserole /'kæsərəʊl/ *n.* a. a dish made by cooking meat, vegetables or other foods in liquid inside a heavy container at low heat; b. the heavy, deep container with a lid used in cooking such dishes

pecan /pi'kæn/ *n.* a long thin sweet nut with a dark red shell

crust /krʌst/ *n.* a hard outer covering of sth

sneaking /'sni:kɪŋ/ *adj.* a. secret, not openly expressed; b. (of a feeling or belief) not proved but probably right

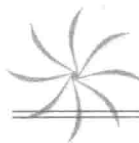
attention deficit disorder (*AmE*) attention deficit hyperactivity disorder (*BrE*) a condition in which someone, esp. a child, is often in a state of activity or excitement and unable to direct their attention towards what they are doing

quality time the time that one focuses on or dedicates oneself to a cherished person or activity

soul mate a person with whom one has a strong affinity

9. Volunteer and Help Others

10. Get Organized



Cultural Notes

1. **Martin Luther King Day**—Martin Luther King Day is a national holiday observed each year in the United States on the third Monday in January, commemorating the birthday (Jan.15) of Martin Luther King, Jr. Dr. King (1929—1968) was an African-American clergyman who shaped the American civil rights movement. His nonviolent demonstrations against racial inequality led to civil rights legislation. King was an eloquent speaker and delivered his famous speech “I Have a Dream” at 1963 march on Washington. He was awarded the Nobel Peace Prize in 1964 and became not only the symbolic leader of American blacks but also a world figure. On the evening of April 4, 1968, he was assassinated while leading a protest march in Memphis, Tennessee.
2. **Joe**—Some common names in English sometimes have special meanings. For example, “By George” means “Oh, dear”. The name “Joe” means an ordinary man or sometimes it refers to the typical person who can represent a group of people of the same kind. One of the other expressions concerning the name is “a Joe job”, which is a boring task.
3. **Smokey**—a. Smokey Bear, fictional character, whose mission is to raise public awareness to protect America’s forests. Smokey’s message now is “Only You Can Prevent Wildfires.” b. The word “Smokey” also refers to “the highway police (slang)”.
4. **God help me**—May God help me. It is used to give force to a statement of the danger or seriousness of a situation or action.
5. **The New York Times**—The flagship publication of the New York Times Company, *the New York Times* is one of the most influential newspapers in the world. The New York Times Company got its start in 1851 when Henry Jarvis Raymond and George Jones produced their first paper, *the New York Daily Times*, which quickly became a success. The word Daily was dropped in 1857. Now the company has become a major newspaper publisher and media company, which owns newspapers, television and radio stations, and electronic information services.

