

美国高校入学考试指导丛书

SAT 教父全新力作

改革版

AMERICAN HISTORY

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阅读背景  
美国的  
历史

张一冰 著



上海译文出版社

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**SAT 阅读背景: 美国的历史**

(美国高校入学考试指导丛书)

张一冰 著

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# 作者序

呈现在读者面前的这套新 SAT 系列丛书，针对的是 2016 年 3 月开始的新版 SAT 考试，共有 8 个分册，囊括新版 SAT 考试的方方面面。

这套丛书延续了笔者旧版 SAT 考试丛书，即市面上通称的 SAT 白皮书的写作特点，以试题分析为主，力求用简单直接的语言去解释 SAT 考试的各个环节，以期实实在在帮助广大考生提高实力，充满信心地迎接新版 SAT 考试。

任何考试，都是技巧和实力的结合，新版 SAT 考试也不例外，只是其中技巧性的因素大大下降，考查实力的因素大幅提升。有鉴于此，希望广大考生要更早地准备，多下功夫夯实自己的英文阅读基础及表达能力，不要有临时抱佛脚的幻想。很多时候，通向成功的唯一捷径，就是脚踏实地地艰辛付出。

从 2001 年到 2016 年，笔者从事 SAT 教学及美国大学申请策划工作已经整整 15 个年头。15 年来，笔者的教学热情和写作热情丝毫未减。而且我相信，我会一直教下去，以期帮助更多的学生实现美国名校梦。我也会一直写下去，用更多更好的作品回馈给读者。

衷心感谢上海译文出版社的各位英文编辑以及笔者的各位朋友为本书所做的巨大贡献，也衷心感谢各位同学对笔者丛书的认可。

值此新书付梓之际，笔者在此祝福各位：愿你们的人生，风调雨顺。

张一冰

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## 关于本书

作为 SAT 考试阅读部分的重点内容之一，美国历史已经成为考生必须面对的课题。中国背景的学生对美国历史的认识主要来自中学所学世界历史中有关美国的内容，但是这些内容一来量不够，二来主要是历史事件的综合，很少提到人性的一面。所以，我们这本书可作为一种有趣而重要的补充，让读者对美国历史有一个更加深刻的了解。

我们从一些美国历史教材中提取素材，在挑选素材时，注重内容的新鲜有趣。在确保所述历史完整性的同时，尽力保证内容有所侧重。我们在设定编写的详略标准时，认为美国历史应该是以美国为主的历史。例如，美国内战就是重点内容，但两次世界大战就未必了，我们只选择有浓厚美国特色的点来编写。同时，我们也尽量保留了美国和亚洲关系的部分。例如，美国的中国移民问题、二战中美国对亚洲战场的影响等，我们都将详细说明。

笔者在考虑本书的结构时，秉持时间脉络一定要清晰的原则。其次，每个章节都以一个主要事件加上若干细节构成。因此，全书脉络清晰、简洁而不失分量。

对于每个历史点，我们尽量使用简洁明了的语言进行评述。同时，对每一段英文的重要单词及句式结构，都进行了注释和分析。另外，对于一些核心背景名词，力求用简明的中文进行背景知识普及。

我们希望读者可以通过阅读本书，用美国的思维方式来理解美国历史。整个阅读历程就是一次有趣的旅途，笔者只是向导，更多有趣的内容需要读者进一步去了解。希望大家在看完本书后，英文的阅读理解能力和对美国历史的掌握都有深层次的提升。

历史，向来是人的历史。因此，我们从一系列人物中，挑选出值得关注的伟大人物，其中有我们耳熟能详的名人，也有小部分普通人，他们在美国历史发展中都起到了巨大的作用。记住他们的故事，不仅可以从侧面了解美国的历史，也可以给我们的 SAT 写作提供丰富的材料与思路。

本书更像是一本故事书，短小精悍的篇幅引出不同的历史人物，历史事件在这里也只是为人物提供舞台。在书中经常出现的“个人声音”部分，更是从普通人的角度，提供了看历史的小视角。这种双视角的方式，为读者勾勒出更立体的历史画面。

美国历史体现出了共同信念的力量与伟大，她是地球上唯一一个建立在抽象概念之上的国家：法律、民主、平等。因此这个国家的历史充满了为达到这些理念的锐意进取，美国历史上的许多人物也闪耀着这样的宝贵品质。当然，作为一个国家，美国有她的私利，有时为了私利也凌驾于他国之上。这两种特质如同绳子的两股，缠绕在一起，让美国的行为有时是悲天悯人的理想主义，有时又是自私自利的现实主义。这样的矛盾，特别体现在过去的二十世纪，美国逐步参与世界上各国事务，充当世界宪兵的角色。但无论如何，作为头号资本主义国家，美国 200 多年的历史，更值得我们去深入探讨。

## Unit 1 Beginnings to 1763 (从开始到殖民地时代)

### 1. Puritans Create a “New England” (清教徒来到新大陆)

#### From Reformation to Pilgrims

King Henry VIII (1491–1547) had brought the **Reformation**<sup>1</sup> to England in the 1530s when he broke with **Roman Catholicism**<sup>2</sup> to form the **Church of England**<sup>3</sup>. Although the new church was free of Catholic control, one religious group, **the Puritans**<sup>4</sup>, felt that the church had kept too much of the Catholic ritual and tradition. They wanted to purify the church by eliminating all traces of Catholicism. Some Puritans felt they should remain in the Church of England and reform it from within. Others, called Separatists, did not think that was possible. The Separatists met in secret because James I was determined to punish those who did not follow the **Anglican**<sup>5</sup> form of worship.

One **congregation**<sup>6</sup> of Separatists, known today as the **Pilgrims**<sup>7</sup>, fled from England to Holland and eventually migrated to America. There, in 1620, this small group of families founded the Plymouth Plantation, the second permanent English colony in North America. Their **May Flower Compact**<sup>8</sup>, named for the ship on which they sailed to North America, became an important landmark in the development of American democracy.

#### 词句分析

1. Reformation: 英国宗教改革，由国王亨利八世开启。
2. Roman Catholicism: 罗马天主教
3. Church of England: 英国国教
4. the Puritans: 清教徒
5. Anglican: 英国国教的；英国的
6. congregation: 聚集
7. Pilgrims: 朝圣者；(美)最初的移民
8. May Flower Compact: 《五月花号公约》。1620年11月11日，经过在海上66天的漂泊，

一艘来自英国的名为“五月花”的大帆船向美洲陆地靠近。船上有102名乘客，他们的目的地本是哈德逊河口地区，但由于海上风浪险恶，他们错过了目标，于是就在现在的科德角外普罗温斯顿港抛锚。为了建立一个大家都能受到约束的自治基础，他们在上岸之前签订了一份公约，这份公约被称为《五月花号公约》，签署人立誓创立一个自治团体，这个团体是基于被管理者的同意而成立的，而且将依法而治。这是美国历史上第一份重要的政治文献。

### 内容评述

16世纪30年代，英格兰国王亨利八世与天主教分裂，成立英国国教，但其中的清教徒(Puritans)认为新的国教(Protestant)还是有太多罗马天主教的痕迹。所以这些教徒企图进行更多的新教改革，让教会更加“清洁”(purify)。但是后来，国王詹姆斯一世决定惩罚那些不服国教的人，一群叫Separatists的教徒决定成立自己的清教派，并为了逃离宗教迫害，最终坐“五月花”号来到美国，签订《五月花号公约》。现在，我们称这批清教徒为Pilgrims(朝圣者)。

### The Massachusetts Bay Colony

Other Puritans who were not Separatists turned their thoughts toward New England in the 1620s. They felt the burden of increasing religious persecution, political repression, and dismal economic conditions. John Winthrop, a lawyer who **would be**<sup>1</sup> the first governor of the Massachusetts Bay Colony, and some of his well-connected friends obtained a **royal charter**<sup>2</sup> for a **joint-stock enterprise**<sup>3</sup>, the Massachusetts Bay Company. The migration that this company began in 1630 was greater in size and more thorough in planning than any previous expedition to North America. During that year, 17 ships carried about 1,000 English men, women, and children — Puritans and non-Puritans — to the Massachusetts Bay Colony. Aboard these vessels were **ample provisions**<sup>4</sup> and the many skilled artisans needed to establish good English farms and villages.

The planning paid off. The colony's success quickly encouraged a steady flow of colonists from across the Atlantic — about 20,000 people between 1630 and 1640 — in a movement called **the Great Migration**<sup>5</sup>. The port town of Boston soon became the colony's thriving capital. Settlers established other towns nearby and eventually

incorporated the Plymouth Colony into the Massachusetts Bay Colony.

### 词句分析

1. would be: 后来的马萨诸塞州殖民地
2. royal charter: (英国) 皇家特许状
3. joint-stock enterprise: 股份公司
4. ample provisions: 丰富的供给
5. the Great Migration: 大迁移

### 内容评述

为了吸引更多的人，先到的这批殖民者在现在美国东部右上角小小的马萨诸塞州成立了一个股份公司，并获得英国皇家许可。从1630年开始，大量的英国人迁移到了麻省殖民地。

## The Puritans

The Puritans believed they had a special covenant, or agreement, with God. To fulfill their part, they were to create a moral society that would serve as a **beacon**<sup>1</sup> for others to follow. Winthrop expressed the sense of mission that bound the Puritans together, in a sermon delivered aboard the flagship Arbella: “We [in New England] shall be as a City upon a Hill; the eyes of all people are on us.”

Although Puritans made no effort to create a democracy, the Massachusetts Bay Company extended the right to vote not only to stock-holders but to all adult male members of the Puritan church — 40 percent of the colony’s men. As their system of self-government evolved, so did the close relationship between the government and the Puritan church. The Puritan view dominated Massachusetts society: taxes supported the Puritan church, and **laws required church attendance**<sup>2</sup>.

Unlike settlers in Virginia, Puritans generally crossed the Atlantic as families rather than as single men or women. Within the family, authority **rested with**<sup>3</sup> the father. Husbands and wives shared **child-rearing**<sup>4</sup> responsibilities, but wives were expected to **defer to**<sup>5</sup> their husbands in all other matters of importance. Puritan laws criminalized such sins as drunkenness, swearing, theft, and idleness.

### 词句分析

1. beacon: 明灯
2. laws required church attendance: 法律规定大家必须去教堂
3. rest with: 取决于; 在……手中
4. child-rearing: 抚养孩子
5. defer to: 顺从

### 内容评述

清教徒认定自己有职责, 在这个殖民地建设中要体现出他们与上帝的约定是多么的神圣。并且, 民主的萌芽显现, 男性成年人自动获得投票权利(不需要是股份公司的股东)。在意识形态上, 重视家庭(稍微贬低了一下南方弗吉尼亚州的单身汉们), 女性比较有地位。清教徒法律将醉酒、咒骂、盗窃及懒惰都当做罪恶(sin)来惩罚。

### Dissenters in the Puritan Community

The Puritans came to America to follow their own form of worship, and they were intolerant of people who had other religious beliefs. Puritan leaders felt particularly threatened by two **dissenters**<sup>1</sup>, Roger Williams and Anne Hutchinson, whose beliefs challenged the social order upon which Roger Williams, an extreme Separatist, expressed two controversial views. First, he declared that the English settlers had no rightful claim to the land unless they purchased it from Native Americans. Second, he declared that government officials had no business punishing settlers for their religious beliefs. He felt every person should be free to worship according to his or her conscience.

To the Puritan leaders of Massachusetts, the first idea was absurd, and the second was **heresy**<sup>2</sup> — it violated the religious beliefs of the Puritans. The **outraged**<sup>3</sup> General Court ordered Williams to be arrested and returned to England. Before this order was **carried out**<sup>4</sup>, Williams fled Massachusetts. In January 1636, he headed south to Narragansett Bay. There he negotiated with the local Narragansett tribe for land to set up a new colony, which he called **Providence**<sup>5</sup>. In Providence, later the capital of **Rhode Island**<sup>6</sup>, Williams guaranteed **separation of church and state**<sup>7</sup> and religious freedom.

Another dissenter, Anne Hutchinson, posed an even greater threat to strict Puritans in part because, as a woman, she was expected to defer to authority. In Bible readings at her home, Hutchinson taught that “the Holy Spirit enlightens the heart of every true believer.” In other words, worshipers did not need the church or its ministers to interpret the Bible for them. Although she had many supporters, Hutchinson was put on trial for violating the laws of the family, church, and state. Punished with **banishment**<sup>8</sup>, Hutchinson, with her family and a band of followers, moved to Rhode Island in 1638. After her trial, the Massachusetts colony increased restrictions on women’s activities.

### 词句分析

1. dissenter: 持不同意见者
2. heresy: 异端邪说
3. outraged: 愤怒的
4. carry out: 实施
5. Providence: 普罗维登斯（美国罗得岛州州府）
6. Rhode Island: 罗得岛（美国最小的州）
7. separation of church and state: 政教分离
8. banishment: 流放

### 内容评述

在政教合一的马萨诸塞州，来了两个“造反分子”。一个是 Roger Williams，认为信仰自由。一个是 Anne Hutchinson，认为人人内心有神，又何须去教堂。两人下场一致，都被迫离开。

## Native American Resist Colonial Expansion

While Williams and his followers were settling Rhode Island, thousands of other white settlers **fanned out**<sup>1</sup> to western Massachusetts and to new colonies in New Hampshire and **Connecticut**<sup>2</sup>. From the beginning, Native Americans had helped the colonists, providing them with land, giving them agricultural advice, and engaging them in trade that helped many Puritan merchants prosper.

However, as Native Americans saw their own people killed by European diseases and their lands taken over by settlers, they feared an end to their way of life. Disputes between the Puritans and Native Americans arose over land and religion. For every acre a colonial farmer needed to support life, a Native American needed 20 acres for hunting, fishing, and agriculture. To Native Americans, no one owned the land — it was there for everyone to use. Europeans, however, viewed the natives' agreement to share the land with them as **an outright sale**<sup>3</sup>. Similar misunderstandings existed over religion. At first, Puritans tried to **convert**<sup>4</sup> Native Americans. Over time, as hostility between the two groups increased, the New England colonists set out to remove or destroy native societies. For their part, Native Americans **developed a similarly hard view toward**<sup>5</sup> the white invaders.

The first major conflict arose in Connecticut in 1637, when the Pequot nation decided to **take a stand against**<sup>6</sup> the colonists. The colonists formed an alliance with the Narragansett, old enemies of the Pequot. The end came in May 1637, when about 90 English colonists and hundreds of their Native American allies surrounded a Pequot fort on the Mystic River. After setting the fort on fire, the colonists shot Pequot men, women, and children as they tried to escape or surrender.

That day, both the Pequot and the Narragansett witnessed warfare more brutal than any they had ever known. The **massacre**<sup>7</sup> led a Narragansett leader named Miantonomo to warn other tribes, including the Montauk of Long Island, about the English.

### A PERSONAL VOICE

You know our fathers had plenty of deer and skins, our plains were full of deer, as also our woods, and of turkeys, and our coves full of fish and fowl. But these English have gotten our land, they with scythes cut down the grass, and with axes fell the trees; their cows and horses eat the grass, and their hogs spoil our clam banks, and we shall all be starved. For so are we all Indians as the English are, and say brother one to another, so must we be one as they are, otherwise we shall be all gone shortly.

— MIANTONOMO, quoted in *Changes in the Land*



### 词句分析

1. fan out: 扇形（扩大）
2. Connecticut: 康涅狄格州（美国东北部州，首府哈特福特 Hartford），是美国最富有的州之一，耶鲁大学所在地。
3. an outright sale: 直截了当的买卖
4. convert: （此处）改变宗教信仰
5. developed a similarly hard view toward: 对人心生不满
6. take a stand against: 与某人为敌；反对
7. massacre: 屠杀

### 内容评述

印第安人和殖民者开始是友好互助的，但是后来因为宗教观念、土地观念等不一致，导致矛盾越来越突出。印第安部落 Pequot 与殖民者唱反调，并联合其宿敌 Narragansett 部落一起抵抗殖民者，局部冲突形成，导致殖民者大开杀戒。这次屠杀让 Narragansett 和 Pequot 目睹了殖民者的残暴，印第安人开始团结起来，对抗殖民者。

### King Philip's War

Great tension continued for nearly 40 years. The colonial population had **swelled**<sup>1</sup> to more than 50,000. **Deprived of their land and livelihood**<sup>2</sup>, many Native Americans had to work for the English to earn a living. They also had to obey Puritan laws, such as the prohibition of hunting or fishing on Sunday, **the Sabbath day**<sup>3</sup>. The Wampanoag chief Metacom, whom the English called King Philip, organized his tribe and several others into an alliance to wipe out the invaders.

The eruption of King Philip's War in the spring of 1675 startled the Puritans with its intensity. Native Americans attacked and burned **nudging**<sup>4</sup> settlements throughout New England. Within months they were striking the outskirts of Boston. The alarmed and angered colonists responded by killing as many Native Americans as they could, even some from friendly tribes. For over a year, the two sides **waged a war**<sup>5</sup> of mutual brutality and destruction. Finally, food shortages, disease, and heavy **casualties**<sup>6</sup> **wore down**<sup>7</sup> the Native Americans resistance and they gradually surrendered or fled.