

English Chinese mutual connection reading

英汉联通

双语阅读

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高三·说明文

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吉林教育出版社



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时代的要求 未来的需要

——写在《英汉联通双语阅读》出版之际

近年来，随着我国对外交流的进一步深入，尤其是我国在加入 WTO 以后，英语作交际工具越来越受到普遍的重视。同时，也应该认识到，拥有一个过硬的使用汉语的能力，也显得越来越重要。如何提高英语阅读能力和汉语阅读能力是中学英语教学和语文教学的一个重要环节。

广大的中学教师在如何促进英语教学方面，采取了很多行之有效的办法。据统计，在中学英语课堂教学中，教师“一半汉语一半英语”、“英语多于汉语”和“几乎全部英语”的比例已达 95% 以上。这同十年前的英语课堂教学所采用的“语法翻译法”的局面相比，已有了明显进步。而近两年来，在很多城市的一些重点中学，都在积极尝试在其他学科中采用双语教学，效果十分明显。一般说来，在英语课堂教学中，学生一般只关心“教师是怎么说的”及如何进行模仿，这只是语言学习的初级阶段。而在其他学科采用双语教学，学生在听课时，不仅能学到教师如何说，更重要的是，他们接受到“老师在说什么？”和“老师向我们传达了什么信息”，也就是说，学生不但关心了老师的语言的形式，而且还关心了老师的语言所传递的信息。这种双语的方式，不仅获取了某一学科的知识，同时也感受了英语语言方面的氛围。这无疑是语言学习的一个更大的进步。

本套书——《英汉联通双语阅读》，正是从这一需求出发而设计的。全书共分四大板块：

□精彩原文 确实体现了地道、精彩的选文原则，原汁原味。其中所涉猎的题材不仅包括了现代生活、现代科技、现代文明的方方面面，同时还关注了与学生密切相关的学习方法、理想信念、感受生命、关爱人类等诸多富有时代气息的短文，它不仅能够帮助学生提高阅读水平，同时，也能扩展知识视野。

□训练平台 使学生读有所得，训练到实处。题目设置灵活多样，不仅对应中、高考的命题原则，而且也考查了学生对原文的整体理解。

□译文速递 翻译精巧流畅，与原文相互对照，相互联通，增加了对英语原文的理解。同时，在对照中阅读，不仅使学生能读懂，还能学到一些翻译技巧。

□理解感悟 多为思考性题型，主要考察对译文内容的整体感悟，使学生在自由阅读中拓展思维空间。

我们希望通过阅读这套书，为学生提供一个独特的学习语言，运用语言的特殊环境，使学生能积累一些词汇，积累一些语感，积累一些知识，为双语学习打下一定的基础。其实，这也是时代的要求，未来的需要。

综合策划部

2002年5月

1. *The Origin of Refrigerators*

➡精彩原文

By the mid-nineteenth century, the term “icebox” had entered the American language, but ice was still only beginning to affect the diet of ordinary citizens in the United States. The ice trade grew with the growth of cities. Ice was used in hotels, taverns, and hospitals, and by some forward-looking city dealers in fresh meat, fresh fish, and butter. After the Civil War (1861—1865), as ice was used to refrigerate freight cars, it also came into household use. Even before 1880, half of the ice sold in New York, Philadelphia, and Baltimore, and one-third of that sold in Boston and Chicago, went to families for their own use. This had become possible because a new household convenience, the icebox, a precursor of the modern refrigerator, had been invented.

Making an efficient icebox was not as easy as we might now suppose. In the early nineteenth century, the knowledge of the physics of heat, which was essential to a science of refrigeration, was rudimentary. The commonsense notion that the best icebox was one that prevented the ice from melting was of course mistaken, for it was the melting of the ice that performed the cooling. Nevertheless, early efforts to economize ice included wrapping up the ice in blankets, which kept the ice from doing its job. Not until near the end of the nineteenth century did inventors achieve the delicate balance of insulation and circulation needed for an efficient icebox.

But as early as 1803, an ingenious Maryland farmer, Thomas Moore, had been on the right track. He owned a farm about twenty miles outside the city of

Washington, for which the village of Georgetown was the market center. When he used an icebox of his own design to transport his butter to market, he found that customers would pass up the rapidly melting stuff in the tubs of his competitors to pay a premium price for his butter, still fresh and hard in neat, one-pound bricks. One advantage of his icebox, Moore explained, was that farmers would no longer have to travel to market at night in order to keep their produce cool.

→训练平台

根据短文，选择最佳选项：

- () 1. When did ice go to families?
- A. in the mid-nineteenth century.
☒ B. after the Civil War.
 C. before 1865.
 D. before 1880.
- () 2. The word "rudimentary" in the second paragraph means _____.
☒ A. perfect
☒ B. imperfect
 C. right
 D. wrong
- () 3. The notion that the best icebox should prevent the ice from melting is popular in the early nineteenth century, isn't it?
- ☒ A. Yes, it is.
☒ B. No, it isn't.
 C. Maybe.
 D. We don't know.
- () 4. According to the passage, which one is right?
- A. It was not until the mid-nineteenth that the icebox entered Ameri-

can.

B. Before 1880, ice went families for their own use because the modern refrigerator had been invented.

☒ C. In the past, people thought making an efficient icebox was easy.

☒ D. It's wrong that the icebox should prevent ice from melting.

() 5. The icebox used by Thomas Moore was _____.

A. a precursor of the modern refrigerator

☒ B. designed by himself

☒ C. made by a famous man

D. of no use

→ 译文速递

冰箱的由来

直到 19 世纪中期，“冰箱”这个名词才进入了美国语言，但冰仅仅是开始影响美国普通市民的饮食。冰的买卖随着城市的发展而发展。冰被用在旅馆、酒馆、医院以及被一些有眼光的城市商人用于肉、鱼和黄油的保鲜。内战（1861—1865）之后，冰被用于冷藏货车，同时也进入了民用。甚至在 1880 年前，半数在纽约、费城和巴尔的摩销售的冰，三分之一在波士顿和芝加哥销售的冰进入家庭使用，因为一种新的家庭设备，冰箱，即现代冰箱的前身，被发明了。

制造一台有效率的冰箱不像我们想象的那么简单。19 世纪早期，关于对冷藏科学至关重要的热物理知识是很浅陋的。认为最好的冰箱应该防止冰的融化这样一个普遍的观点显然是错误的，因为正是冰的融化起了制冷作用。早期为节省冰的努力，包括用毯子把冰包起来，使得冰不能发挥它的作用。直到近 19 世纪末，发明家们才成功地找到有效率的冰箱所需要的

精确的隔热和循环的精确平衡。

但早在 1803 年，一位有发明天才的马里兰农场主，托马斯·莫尔，找到了正确方法。他拥有一个农场，离华盛顿约 20 英里，那里的乔治镇村庄是集市中心。当他用自己设计的冰箱运送黄油去市场时，他发现顾客们会走过装在竞争者桶里那些迅速融化的黄油而给他比市价更高的价格买他仍然新鲜坚硬，整齐地切成一磅一块的黄油。莫尔说他的冰箱的一个好处是使得农民们不必在夜里上路去市场以保持他们产品的低温。

理解感悟

思考题：

1. 在发明冰箱之前，冰被用于什么方面？
2. 家庭用绿色冰箱和以前的家用冰箱有什么不同？

2. Sleep

►精彩原文

Sleep is part of a person's daily activity cycle. There are several different stages of sleep, and they too occur in cycles. If you are an average sleeper, your sleep cycle is as follows. When you first drift off into slumber, your eyes will roll about a bit, your temperature will drop slightly, your muscles will relax, and your breathing will slow and become quite regular. Your brain waves slow down a bit too, with the alpha rhythm of rather fast waves predominating for the first few minutes. This is called stage 1 sleep. For the next half hour or so, as you relax more and more, you will drift down through stage 2 and stage 3 sleep. The lower your stage of sleep, the slower your brain waves will be. Then about 40 to 60 minutes after you lose consciousness you will have reached the deepest sleep of all. Your brain waves will show the large slow waves that are known as the delta rhythm. This is stage 4 sleep.

You do not remain at this deep fourth stage all night long, but instead about 80 minutes after you fall into slumber, your brain activity level will increase again slightly. The delta rhythm will disappear, to be replaced by the activity pattern of brain waves. Your eyes will begin to dart around under your closed eyelids as if you were looking at something occurring in front of you. This period of rapid eye movement lasts for some 8 to 15 minutes and is called REM sleep. It is during REM sleep period, your body will soon relax again, your breathing will grow slow and regular once more, and you will slip gently back from stage 1 to stage 4 sleep—only to rise once again to the surface of near consciousness some 80 mi-

minutes later.

► 训练平台

阅读短文，补全下列句子，每空一词。

1. Sleep is part of a person's daily activity cycle, and it is a _____ process.
2. In the stage 1 sleep, _____ the first few minutes, your brain waves also slow down.
3. About half hour after you first fall _____, you will drift through stage 2 and stage 3 sleep.
4. In the stage 4 sleep, you will _____ the deepest sleep.
5. Rem sleep refers to the period about 80 minutes after you lose consciousness during which your eyes move _____.

► 译文速递

睡 眠

睡眠是人每天日常活动循环的一部分。人的睡眠分几个阶段，而这些阶段也是循环发生的。如果你是一个正常的睡眠者，你的睡眠循环会这样进行。在你开始昏昏入睡时，你的眼睛会滚动几下，体温略有下降，肌肉放松，呼吸变得缓慢而有节奏。除了开始几分钟比较快的 α 节奏外，脑电波也稍有减缓。这被称为第一阶段睡眠。在随后约半小时内，你进一步放松，进入第二和第三阶段睡眠。睡眠越深入，脑电波就越缓慢。大约在开始睡眠后的 40 到 60 分钟，你将进入沉睡状态。这时的脑电波表现为巨大的缓波，被称为 δ 节奏。这就是第四阶段睡眠。

但你并不是整夜都保持这种沉睡状态。入睡后约 80 分钟左右，你的大

脑运动水平会再度略有提高。 δ 节奏消失，并被脑电波的运动图形取代。你的眼睛会在闭着的眼睑下迅速转动，就好像你在看着眼前发生的什么事情。这种迅速的眼球运动持续约 8 ~ 15 分钟，这一阶段睡眠被称之为快速眼动（REM）睡眠。在 REM 睡眠阶段，你的肢体会很快再度放松，呼吸也再次放慢并变得有节奏，你会轻松地第一阶段滑入第四阶段睡眠一直到大约 80 分钟后重新接近清醒状态。

→ 理解感悟

思考题：

1. 睡眠的四个阶段是哪些？
2. 简要叙述睡眠过程中的物理活动。

3. *American Black Bears*

→精彩原文

American black bears appear in a variety of colors despite their name. In the eastern part of their range, most of these bears have shiny black fur, but in the west they grow brown, red, or even yellow coats. To the north, the black bear is actually gray or white in color. Even in the same litter, both brown and black furred bears may be born.

Black bears are the smallest of all American bears, ranging in length from five to six feet, weighing from three hundred to five hundred pounds. Their eyes and ears are small and their eyesight and hearing are not as good as their sense of smell.

Like all bears, the black bear is timid, clumsy, and rarely dangerous, but if attacked, most can climb trees and cover ground at great speeds. When angry or frightened, it is a formidable enemy.

Black bears feed on leaves, herbs, roots, fruit, berries, insects, fish, and even larger animals. One of the most interesting characteristics of bears, including the black bear, is their winter sleep. Unlike squirrels, woodchucks, and many other woodland animals, bears do not actually hibernate. Although the bear does not eat during the winter months, sustaining itself from body fat, its temperature remains almost normal, and it breathes regularly four or five times per minute.

Most black bears live alone, except during mating season. They prefer to live in caves, hollow logs, or dense thickets. A litter of one to four cubs is born

in January or February after a gestation period of six to nine months, and they remain with their mother until they are fully grown or about one and a half years old. Black bears can live as long as thirty years in the wild, and even longer in game preserves set aside for them.

→训练平台

阅读短文，选出最佳选项。

- () 1. The first paragraph is mainly about _____.
A. the origin of the name of American bear
B. American bears have different colors
C. different bears live in different places
D. in the same litter, different colors bears were born
- () 2. According to the second paragraph, which one is right?
A. Black bears are the smallest of bears
B. Their weight ranges from three hundred to five hundred pounds
C. Neither their eyes nor their ears are large
D. Their sense of smell is better than hearing
- () 3. Like all bears, the black bear _____.
A. is timid, clumsy, dangerous
B. can climb trees at great speed
C. can't run rapidly
D. is a formidable enemy
- () 4. During the winter month, black bears _____.
A. as same as squirrels
B. does not eat
C. does not breathe regularly
D. sustain by meat

() 5. Most black bears _____.

- A. live alone all the year
- B. can live more than 30 years everywhere
- C. like living in caves, hollow logs
- D. live in preserves set aside for them

→ 译文速递

美国黑熊

美国黑熊虽然被叫做黑熊但却有各种各样的颜色。在它们生活区域的东部，大部分黑熊长着富有光泽的黑毛，但在西部，他们则长着棕色、红色甚至是黄色的毛。在北部，黑熊其实长着灰色或白色的毛。就是在一胎所生的小熊中，都可能混杂棕毛和黑毛。

黑熊是所有美洲熊中最小的，5~6英尺长，300~500磅重。它们的眼睛和耳朵都很小，他们的视力和听觉不如嗅觉那样好。

像所有的熊一样，黑熊胆小、笨拙，很少具有危险性。但如果受到攻击，大部分黑熊会以很快的速度爬上树和奔跑。当发怒或受惊吓时，黑熊会成为可怕的对手。

黑熊以树叶、草、树根、水果、浆果、昆虫、鱼，甚至更大的动物为食。熊类，包括黑熊的最有趣的一个特点是他们的冬眠。与松鼠、旱獭和其他别的林地动物不同，熊并不真正地冬眠。虽然熊在冬天的几个月中不吃东西，靠体内脂肪维持生命，但它们的体温保持正常，并有规律地一分钟呼吸4或5次。

除交配季节外，大多数黑熊独自生活。他们喜欢住在洞里、空心的大木头里或茂密的树丛里。经过6到9个月的怀孕期后一胎1~4个小熊在1月或2月出生。它们同母熊住在一起，直到它们完全长大，即1岁半左右。

黑熊在野外可以活到长达 30 年，在专门的保护区中甚至能活得更长。

→理解感悟

思考题：

1. 黑熊主要生活在什么地方？
2. 黑熊的生活习性和熊猫的生活习性相比有什么不同？