

根据教育部

《大学英语课程教学要求》编写

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普通高等院校大学英语“十一五”重点规划教材

College English Reading Course

Student's Book

大学英语阅读教程 III

西北工业大学出版社

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【内容简介】《大学英语阅读教程(I~IV)》是高等学校非英语专业的阅读教材,旨在帮助大学生尽快适应大学英语阅读的模式及难度,为最终突破大学英语四、六级阅读难关打下坚实的基础。各分册均有12个单元,每单元均包含4篇文章:1篇快速阅读、1篇选词填空仔细阅读、2篇多项选择仔细阅读,并配有词汇、注释及其练习。

本教程可作为高等学校英语阅读教材,尤其适合在校大学生备考大学英语四、六级使用,同时对自学者提高英语阅读能力也大有裨益。

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前言

为了适应我国高等教育新的发展形势,深化教学改革,提高教学质量,满足新时期国家对人才培养的需求,教育部2005年9月公布了大学英语四、六级考试题型改革的新题型,同时,改革分数的报告形式,由原来的100分制改为710分制。其主要目的是使得该项考试更能准确地考查我国在校大学生的英语综合应用能力。

这次大学英语四、六级考试题型改革无论是从深度还是广度上都是史无前例的。然而,比较新旧题型中阅读理解所占的比重,我们不难发现其变化甚微,只是在考查方式上变得多样化了。从单纯的考查仔细阅读能力变为现在综合考查阅读能力,既考查仔细阅读能力,也考查快速阅读能力,同时还考查大学生通过上下文推测词义和内容的能力。现代外语教育理论认为,阅读能力是增强英语综合应用能力的基础,是提高学生外语文化素质的桥梁。阅读能力的提高,必定会深层次地提高学习者的跨文化交际能力和文化素质。

基于此,为了便于大学生尽快适应大学英语四、六级考试新题型,充分提高他们的阅读理解能力和综合应用能力,我们悉心研究了《大学英语课程教学要求(试行)》和《全国大学英语四、六级考试改革方案(试行)》,组织西安理工大学的资深教师根据其精神和要求精心编写了本系列大学英语阅读教程。本系列教程的大部分内容经过几年的使用,证明了对提高学习者的阅读应试能力、综合应用能力有很大作用。全套书共四册,各册严格按照大学英语难度分级标准设计,每册都包含快速阅读和仔细阅读所涉及的三类题型的练习,是检验学习者阅读能力梯级提高的良师益友。整套系列教材的设计符合外语学习循序渐进的学习原则。

全套书的每册均分为12个单元,每单元均包括4篇阅读文章。第一篇为快速阅读,后附练习题,Words & Expressions, Notes 以及 Key to the Exercises。第二篇为选词填空,后附练习题,Words & Expressions, Notes 以及 Key to the Exercises。第三、四篇为仔细阅读,后附练习题,Words & Expressions, Notes 以及 Key to the Exercises。

本册为第一册,依照大学英语四级阅读的难度、长度、题材、体裁等要求编写。内容均选自地道的英美报刊文摘,题材涉及面广,内容丰富多彩,题目设计合理规范,是广大大学生提高阅读能力,攻破四级考试大关的得力助手,也是一般英语爱好者扩大知识面,了解英美文化的一个桥梁。

本系列教程在编写过程中得到了西北工业大学出版社的大力支持,在此对出版社领导和编辑表示衷心的感谢!

由于作者水平等原因,本系列教程中仍可能存在不妥之处,真诚欢迎各位专家和读者提出建议,批评指正,我们将在重印和改版时加以改进。

编者

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Passage 1*Directions*

In this part, you will have 15 minutes to go over the passage quickly and answer the questions. For questions 1 – 7, choose the best answer from the four choices marked A, B, C and D. For questions 8 – 10, complete the sentences with the information given in the passage.

How to Talk to Your Kids

Every family is different, with different personalities, customs, and ways of thinking, talking, and connecting to one another. There is no one “right” kind of family. But whether parents are strict or lenient, boisterous or calm, home has to be a place of love, encouragement, and acceptance of their feelings and individuality for kids to feel emotionally safe and secure. It also has to be a source of don’ts and limits.

Most of us want such an atmosphere to prevail in our homes, but with today’s stress this often seems harder and harder to achieve. From time to time it helps to take stock and think about the changes we could make to improve our home’s emotional climate. Here are a few that will.

Watch what you say

How we talk to our children every day is part of the emotional atmosphere we weave. Besides giving them opportunities to be open about how they feel, we have to watch what we say and how we say it.

We often forget how much kids take parental criticisms to heart and how much these affect their feelings about themselves. Psychologist Martin Seligman found that when

parents consistently blame kids in exaggerated ways, children feel overly guilty and ashamed and withdraw emotionally. Look at the difference between “Roger, this room is always a pigsty! You are such a slob (懒汉)!” and “Roger, your room is a mess today! Before you go out to play, it has to be picked up.”

One way tells Roger he can never do anything right. The other tells him exactly what to do to fix things so he can be back in his mom’s good graces and doesn’t suggest he has a permanent character flaw. For criticism to be constructive for children, we have to cite causes that are specific and temporary.

Another constructive way to criticize children is to remind them of the impact their actions have on us. This promotes empathy rather than resentment.

Provide order and stability

A predictable daily framework, clear and consistent rules, and an organized house make kids and parents more relaxed and comfortable, and that means everyone has emotional equilibrium. When conflicts, tensions, or crises occur, the routine is a reassuring and familiar support, a reliable strand of our lives that won’t change.

Think about your mornings. Do your kids go off to school feeling calm and confident? Or are they upset and grumpy (脾气坏的)?

What about evenings and bedtime? Do you have angry fights over homework or how much TV children can watch? A calm bedtime routine is one good antidote for the dark fears that surface when kids are alone in bed with the lights turned off.

Yet a routine that’s too inflexible doesn’t make room for kids’ individual temperaments, preferences, and quirks (怪癖).

Hold family meetings

Time together is at such a premium in most households that many families, like the Martins, hold regular family meetings so everyone can air and resolve the week’s grievances as well as share the good things that happened.

When the Martins gather on Friday night, they also take the opportunity to anticipate what’s scheduled for the week ahead. That way they eliminate those last-minute anxieties over whether someone has soccer shoes for the first practice, the books for a report, or a ride to a music lesson.

Encourage loving feelings

Everyday life is full of opportunities to establish loving connections with our kids. Researchers have found that parents who spend time playing, joking with, and sharing their own thoughts and feelings with their kids have children who are more friendly, generous, and loving.

After all, giving love fosters love, and what convinces our kids that we love them more

than our willingness to spend time with them? Many parents say that often they feel most in tune emotionally with their kids when they just hang out together—sprawling on the bed to watch TV, walking down the block together to mail a letter, talking on long car rides when kids know they have a parent's complete attention. At these times the hurt feelings and the secret fears are finally mentioned.

Part of encouraging loving feelings is insisting that kids treat others, including siblings, with kindness, respect, and fairness—at least some of the time. In one family, kids write on a chart in the kitchen at the end of each day the name of someone who did something nice for them.

Create rituals

Setting aside special time of the day or week to come together as a family gives children a sense of continuity—that certain feelings stay the same even as the kids change and grow. For many families, like my friend Frances', that means regularly observing religious rituals. To her family, Sunday morning means going to Mass and having hot chocolate afterwards at the town café. Others create their own rituals to anchor the week. Michael's family celebrates with a regular scrabble (一种拼字游戏) and pizza party every Friday night; Dawn's goes to the movies. Holiday rituals give children points in the year to look forward to.

Handle challenges with compassion

Home life today is not always stable and secure. Even the best marriages have fights, economic woes, emotional ups-and-downs. Parents divorce, stepfamilies form, and these changes challenge the most compassionate parents. But troubles are part of the human condition. Loving families don't ignore them—they try to create a strong emotional climate despite them.

In handling parental conflicts, for example, we can let kids know when everything has been resolved, as Denise and Peter did after a loud dispute in the kitchen during which voices were raised and tears flowed. After making up, they explained to their kids, "Sometimes we disagree and lose our tempers, too. But now we've worked it out. We're sorry that you overheard our fight."

Schedule parent-only time

Parents are the ones who create a home's atmosphere. When we're upset about how much money we owe, worried about downsizing at the company where we work, or angry at a spouse, that changes the emotional atmosphere in ways kids find threatening. As one friend said plaintively, "Parents need special time, too." Taking a long walk together to talk without our kids may go a long way to soothe worries and regular "parent-only" dates help us re-experience the love that brought us together in the first place.

Approximate Length: 1,068 words

1. By saying there is no one “right” kind of family, the author means _____.
 - A. home is no longer a place of love
 - B. families have different patterns
 - C. today’s stress is so great
 - D. home’s emotional climate is wrong
2. Psychologist Martin Seligman found that _____.
 - A. different ways of criticism have different effects on kids
 - B. Roger has a permanent character flaw
 - C. criticism is constructive for children
 - D. criticism promotes empathy and resentment
3. According to the author, providing order and stability can _____.
 - A. make kids and parents uncomfortable
 - B. be a unreliable strand of our lives
 - C. make a too inflexible routine
 - D. be a reassuring and familiar support
4. Holding regular family meetings can’t _____.
 - A. air and resolve the week’s grievances
 - B. avoid unexpected troubles
 - C. anticipate what’s scheduled for the week ahead
 - D. share the good things that happened
5. We can establish loving connections with our kids except that _____.
 - A. spend time playing with them
 - B. spend time joking with them
 - C. share secret fears with them
 - D. sharing thoughts and feelings with them
6. What changes challenge the most compassionate parents?
 - A. economic woes
 - B. emotional ups-and-downs
 - C. parents divorce
 - D. parental conflicts
7. Parent-only time can help parents _____.
 - A. create a home’s atmosphere
 - B. soothe worries
 - C. change the emotional atmosphere
 - D. solve troubles they meet
8. Home is a place where children can feel emotionally _____.
9. Setting aside special times of the day or week to come together as a family gives children _____.
10. In handling parental conflicts, parents had better tell their children that _____.

Words & Expressions

1. **lenient** *adj.* 宽大的;仁慈的;慈悲为怀的
2. **prevail** *vi.* 流行,盛行
e. g. This custom still prevails in some parts of the country. 这一风俗仍在该国的某些地区盛行。
3. **equilibrium** *n.* 平衡,平静,均衡,保持平衡的能力;沉着,安静
4. **consistently** *adv.* 一贯地;始终如一地
5. **temperament** *adj.* 气质;性情;秉性
e. g. a sunny temperament 开朗的性格
6. **grievance** *n.* 不平;委屈;不满
7. **anticipate** *vt.* 预期;预料
e. g. It is anticipated that next year interest rates will fall. 人们预计明年的利率会下调。
8. **premium** *n.* 额外费用,奖金,奖赏;保险费
at a premium 奇缺
e. g. premium payment for weekend work 周末工作津贴
Insurance premiums are set to rise again. 保险费很有可能再次上涨。
9. **compassion** *n.* 怜悯;同情
e. g. compassion for the poor and the sick 对穷人和病人的同情
10. **sprawl** *vi.* (懒洋洋地)伸开手脚坐/躺着
11. **soothe** *vi.* 抚慰,安慰;使平息
e. g. Rocking often soothes a crying baby. 轻摇常常可以让一个哭泣的婴儿安静下来。

Notes

1. It also has to be a source of don'ts and limits. 家庭也必须是约束和限制孩子的地方。
2. Psychologist Martin Seligman found that when parents consistently blame kids in exaggerated ways, children feel overly guilty and ashamed and withdraw emotionally. 心理学家 Martin Seligman 发现,当父母总是言过其实地责备孩子时,孩子就会感到过度内疚和羞愧,从而在情感上与父母不合。
3. For criticism to be constructive for children, we have to cite causes that are specific and temporary. 要使批评对孩子有帮助,我们必须给孩子说出当时挨批的具体理由。
4. Even the best marriages have fights, economic woes, emotional ups-and-downs. 再美满的婚姻也免不了有争吵、经济压力及情感上的波动。
5. When we're upset about how much money we owe, worried about downsizing at the company where we work, or angry at a spouse, that changes the emotional atmosphere in ways kids find threatening. 我们会为家底而心烦,担心所在公司裁员,或者对配偶不满,孩子对这样的家庭气氛会感到害怕。

Key to the Exercises

1. B 2. A 3. D 4. B 5. C 6. C 7. B
 8. safe and secure 9. a sense of continuity
 10. everything has been solved

Passage 2

Directions

In this section, there is a passage with 10 blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please choose the corresponding letter for each item. You may not use any of the words in the bank more than once.

Tips on Safe Driving

The number one passenger safety precaution is to make sure everyone is 1 buckled up. Before leaving on vacation, have your vehicle checked to make sure it's safe. Repair or replace worn parts to avoid the worry and time-consuming costly repairs that could 2 your trip. Check all tires, for condition and tire pressure including the 3 tire. Replace your windshield wiper blades if they are worn or 4. Make sure all lights work, including signal lights. Carry a flashlight, flares and first-aid 5, where they can be reached easily in case of an 6. Sunglasses, road maps, a notebook, and a pencil or pen will all come in handy.

When you buy gas, always spend a few minutes on simple 7. Check oil and other fluids. Clean the windshield and other glass 8 including headlights and taillights. This will help increase your mileage and reduce your service costs.

Fatigue is a form of impairment, so don't give in to that temptation to push on. If you start early, stop early. If you feel 9, have a good sleep before you take the wheel. It might be better to delay your trip until the morning. Rest stops are important. A break keeps the driver 10 by promoting blood circulation, makes the trip more pleasant for

passengers and lets the vehicle cool down.

Approximate Length: 226 words

- | | | |
|---------------|----------------|----------------|
| A. spoil | B. survival | C. spare |
| D. cracked | E. persistence | F. kit |
| G. emergency | H. enraged | I. maintenance |
| J. engagement | K. surfaces | L. offended |
| M. fatigued | N. alert | O. properly |
1. _____ 2. _____ 3. _____ 4. _____ 5. _____
 6. _____ 7. _____ 8. _____ 9. _____ 10. _____

Words & Expressions

- precaution** *n.* 预防措施
e. g. Fire precautions were neglected. 防火措施被忽略了。
- windshield** *n.* 挡风玻璃
- wiper blades** 刮水片
- come in handy** 迟早会有用
e. g. Take the knife with you on your trip. It may come in handy. 上路时把这把小刀带在身边,说不定用得上。
- mileage** *n.* (一般用单数)车辆自出厂后的行驶里程
- impairment** *n.* 损害, 损伤
impair *vi* 损伤

Notes

Fatigue is a form of impairment, so don't give in to that temptation to push on. 疲劳对身体是种伤害,所以不能疲劳驾车。

Key to the Exercises

1. O 2. A 3. C 4. D 5. F
 6. G 7. I 8. K 9. M 10. N

Passage 3

Directions

The passage is followed by some questions or unfinished statement. For each of them there are four choices marked A, B, C and D. You should decide on the best choice after reading.

Mountain Climbing

Most young people enjoy some form of physical activity. It may be walking, cycling, swimming, in winter, skating or skiing. It may be game of some kind football, hockey (曲棍球), golf, or tennis. It may be mountaineering.

Those who have a passion for climbing high and difficult mountains are often looked upon with astonishment. Why are men and women willing to suffer cold and hardship, and to take risks on high mountains? This astonishment is caused probably by the difference between mountaineering and other forms of activity to which men give their leisure.

Mountaineering is a sport and not a game. There are no man-made rules, as there are for such games as golf and football. There are, of course, rules of a different kind which it would be dangerous to ignore, but it is this freedom from man-made rules that makes mountaineering attractive to many people. Those who climb mountains are free to use their own methods.

If we compare mountaineering and other more familiar sports, we might think that one big difference is that mountaineering is not a "team game". We should be mistaken in this. There are, it is true, no "matches" between "teams" of climbers, but when climbers are on a rock, face linked by a rope on which their lives may depend, there is obviously teamwork.

The mountain climber knows that he may have to fight forces that are stronger and more powerful than man. He has to fight the forces of nature. His sport requires high mental and physical qualities.

A mountain climber continues to improve in skill year after year. A skier is probably past his best by the age of thirty, and most international tennis champions are in their early twenties. But it is not unusual for man of fifty or sixty to climb the highest mountains in Alps. They may take more time than younger men, but they probably climb with more skill

and less waste of effort, and they certainly experience equal enjoyment.

Approximate Length: 336 words

1. Mountaineering is a sport which involves _____.
A. hardship B. cold C. physical risk D. all the above
2. The main difference between a sport and a game lies in the origin of the _____.
A. uniform B. activity C. rules D. skills
3. Mountaineering is also a team sport because _____.
A. it involves rules
B. it involves matches between teams
C. it requires mental and physical qualities
D. mountaineers depend on each other while climbing
4. Which of the following is TRUE?
A. Mountaineers compete against each other.
B. Mountaineers compete against teams.
C. Mountaineers compete against nature.
D. Mountaineers compete against international standard.
5. What is the best title for the text?
A. Mountaineering.
B. Mountain Climbers.
C. Mountaineering Is Different from Golf and Football.
D. Mountaineering Is More Dangerous than Other Sports.

Words & Expressions

1. **mountaineering** *n.* 登山
2. **passion** *n.* 强烈的情感, 激情 (尤指性爱、愤怒或对某种思想、原则信念)
3. **leisure** *n.* 空闲, 闲暇, 安逸
e. g. a leisure suit 便装
4. **look upon ... with** 用……看待
5. **take risk** 冒险
6. **freedom from** 摆脱约束, 不受限制
e. g. freedom from anxiety 无忧无虑

Notes

1. This astonishment is caused probably by the difference between mountaineering and other