



“十二五”普通高等教育本科国家级规划教材

New 21st Century College English

全新版 21世纪 大学英语

2

主编 毛立群 黎 凡

阅读
教程

 复旦大学出版社



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前 言

2004年教育部制定的《大学英语课程教学要求》明确提出：“大学英语的教学目标是培养学生的英语综合应用能力，特别是听说能力，使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流。”这一要求无疑是为当今的大学英语教学树立了方向标：着力改变以语法、阅读为核心的英语教学传统，而朝着语言技能全面并举的方向倾斜。新大纲推动了英语教学的变革，而教学的实际需求更催唤着新一代教材的诞生。《全新版21世纪大学英语》正是在这一形势下审慎推出的一套力求体现大学英语编写新理念的系列教材。

上世纪90年代后期我们在编写《21世纪大学英语》时，除了强调选材的内容清新、语言生动外，在练习编写和教学过程中更突出听、说、读、写、译诸方面语言技能的培养。与此同时，也开始利用现代化教育技术手段，如课件光盘及学习软件系统等，积极展开以学生为中心的课堂教学活动。现今推出的《全新版21世纪大学英语》系列教材，以功能意念贯穿始终，充分利用现代计算机技术、网络技术和多媒体教学手段，全面提高学生的英语视、听、说、读、写、译的实用技能，以“立体化”的方式体现教学活动的实用性以及语言的交际功能。

《全新版21世纪大学英语》是根据国家教育部颁发的《大学英语课程教学要求》精神编写的系列教材，包括《读写教程》、《练习册》、《教师参考书》、《视听说教程》、《快速阅读》、《阅读教程》、《语法教程》等系列教材及相关配套网络平台。原《21世纪大学英语》教材，是采用主题

教学法则 (theme-based) 加以编写的, 即: 单元内 A/B 课文中形成同一主题, 另外再在《练习册》内也配以一定数量的同类题材练习材料。《全新版 21 世纪大学英语》虽仍沿用这一教学法则, 但是进一步把视、听、说、读、写、译各项能力互相交织且有机结合起来, 这种针对性强、符合外语教学规律的综合反复训练, 既利于提高学生的综合应用能力, 又完整实现了真正意义上的主题教学法。

《全新版 21 世纪大学英语读写教程》第一册的起点词汇为 1800 词, 可供各类高校新生使用。起点较高的学生可从第二册起步。《读写教程》每册 8 个单元, 每单元包括四大板块, 即: 视频导入 (Video Starter)、精读课文 (Text A)、辅助阅读 (Text B) 和与主题相关的补充学习活动 (Additional Theme-Related Activities)。视频导入板块, 由编者精心设计一段或一组围绕单元主题展开的热身练习, 教师即藉此以“拉家常”的方式跟学生交流互动, 引出学习主题并启发学生的思路, 激发学生的学习热情。课文由同一题材的两篇文章及相关练习组成, 其中 A 课文为精读材料, 配有大声朗读 (Reading Aloud)、课文理解 (Understanding the Text)、语言学习 (Learning the Language) 三大项; B 课文为泛读材料, 配有阅读理解检测 (Comprehension Check) 和深度讨论 (In-depth Discussion) 等练习。与主题相关的补充学习活动, 旨在进一步拓宽学生视野, 如引入与主题相关的名人名言 (Famous quotes to appreciate)、补充视听和口语练习 (Viewing comprehension and oral practice) 等内容。纵观整个单元的练习编写, 《读写教程》在练习形式和设计上既继承了《21 世纪大学英语读写教程》中的词汇、结构练习等准则精华, 又有所创新与突破, 如新增“补充视听和口语练习” (Viewing comprehension and oral practice) 和“译写练习” (Translational writing) 等强调语言学习的输出训练, 进一步深化了学生的实际运用能力。

《练习册》的设计在内容与主题上均与《读写教程》相关联, 起到补充和增强的作用, 同时, 也为学生今后参加全国大学英语四、六级考试奠定坚实基础。《练习册》每册共 8 个单元。每单元均由五部分组成: 第一部分为听力, 第二

部分为词汇和结构,第三部分为翻译,第四部分为阅读,第五部分为写作。《练习册》的练习设计本着主题教学与实用的原则,可由学生自主学习,也可由教师在课堂上择用讲解。

《教师参考书》供使用《读写教程》教材的教师作教学参考。每册8个单元,每个单元都提出明确的教学目标,并根据《读写教程》的相关内容,分别采用对应的方式配以详细的问题与答案、中文译文、疑难注解。《教师参考书》还提供了大量例句、练习答案和视频材料的文字稿。值得一提的是,教参还配置了课堂讨论题的参考对答材料,供教师掌控使用。

总之,《全新版21世纪大学英语》系列教材博采众长,尽可能地吸纳了现行国内外多种同类教材的优点。同时,还以21世纪我国人才培养的特点和教学改革现有成果为依据,力图在有限的教学时间里,让使用本教材的学习者在英语能力方面得到最大程度的提高。具体说来,本套教材具有以下几个特点:

1. 高标准选材,注重“跨文化”背景介绍。本教材对课文的选择力求实用、有趣、有品位;在练习例句和其他材料的选择上,则力求简洁、生动、有效。除了选材内容的趣味性、信息性和实用性,语言的规范性和文体的多样性,本教材在重视英语语言基础知识和基本技能训练的同时,还注意将文化内容与语言材料相融合,介绍西方文化背景。

2. 编排合理,循序渐进。本教材各单元的顺序参考弗莱什-金卡伊德分级法(Flesch-Kincaid Grade Level)并根据编者反复讨论的结果而排定。因此,各单元的文字基本上由浅入深,同时也根据教学需要略有调整,例如第一册第一单元的主题安排,便是契合学生们入学之初状况的需求。

3. 注重培养听说能力。本教材根据《大学英语课程教学要求》中有关教学内容和课程体系改革的精神,与时俱进,加大了“听、说”训练的力度,将视听说题材与课文主题保持一致,把听、说、读、写的技能训练有机地结合起来,使学生的听、说训练贯穿于整个课程教学的始终。

4. 强调主题教学的整体性。本教材将听、说、读、写内容相结合,把听、

说、读、写、译五种技能的训练和培养围绕着同一主题展开,形成一个有机的整体。

5. 拓展教学时空,实现教材的立体化。除上述教学用书外,本教材还包括配套的光盘、多媒体课件和网络课程等,以期充分利用多媒体和网络化现代教学手段,立体、互动地引导学生开发各种学习潜能。

《全新版21世纪大学英语》系列教材由复旦大学翟象俊、张增健、余建中三位教授总主编,并由众多资深专家和常年在教学第一线的优秀教师共同参加编写而成。希望使用本书的教师在使用过程中不断给我们提出宝贵意见和建议,以便我们在日后的修订中把工作做得更好。

编者

2013年5月

使用说明

本书为《全新版21世纪大学英语》系列教材相配套的《阅读教程》第二册,结构与第三册基本相同,但篇幅和难度均有所提高,可供高等院校各专业本科生第四学期作为拓展阅读教材使用。

本阅读教程按主题编排,共有8个单元。每个单元包括四大部分:一、阅读导入(Pre-reading Activities);二、A课文(Text A);三、B课文(Text B);四、补充阅读(Additional Theme-related Activities)。

阅读导入部分由4个表格组成。表格一收集了课文中的主要词汇,要求学生通过词典来了解词义,当然也可以根据情况采用其他方法讲解。表格二收集的是课文中出现的重要词组,并给出相应的中文翻译,要求学生进行配对练习。表格三列出10个课文单词,要求学生做派生练习。表格四列举了一组英语中主要的词缀和词根,要求学生给出相应的派生词。词汇是阅读的基础,在阅读之前先进行相关词汇的导入练习,无疑可以帮助学生了解和把握阅读文章的主旨,为有效理解做好铺垫,从而达到扩大词汇、提高阅读能力的目的。

第二和第三部分是两篇精选的课文。A课文的字数控制在1 000~1 800之间,难度适中,并配有详细的注释。注释主要用来解释语言难点、人名、地名以及其他文化知识。A课文的练习分课文理解(Understanding the Text)和语言学习(Learning the Language)两种类型。前者包括课文理解题、讨论题和课文句子解释题。后者有课文单词题、课文词组题和容易混淆词比较题。练习是课文

的必要延伸,具有很强的针对性,用来检查课文的理解情况。

B课文与A课文主题基本相同,主要差别是:篇幅较长,难度较大,字数一般在1 200~2 000之内,体裁和题材也呈多样化。配制的练习有阅读理解题、课文讨论题和课文词汇题三种形式。和A课文一样,练习题紧扣课文,同时具有一定的难度,学生要充分理解课文才能熟练掌握。

每个单元的最后部分是与主题相关的补充阅读活动。这些活动包括:

1. 组句成篇 (Making a Paragraph);
 2. 完形填空 (Cloze);
 3. 破解词义 (Decoding the Meaning of Words);
 4. 深度阅读 (In-depth Reading);
 5. 快速阅读 (Fast Reading);
 6. 语篇分析 (Discourse Analysis)。
- 这一部分选了多篇相对完整的文章,思想健康,语言活泼,具有很强的可读性。课堂使用时可在这一部分多介绍英语阅读的技巧和方法,特别是如何学习词汇的方法,从而增加学生对语言的敏锐性,以提高阅读欣赏能力。

《阅读教程》第一册至第四册书中练习的答案将另附光盘于第四册书后。

阅读课一般每学期为36学时,因此课堂上每周可用4课时来完成本书的一个单元,当然具体的做法可根据情况而定。

编者

2013年5月

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Unit 1

Bond of Friendship

Part I Pre-reading Activities

1. The following box contains words selected from Text A and Text B. Do you know these words? If not, check them out in a dictionary.

T E X T A	1. exponentially <i>adv.</i>	9. diagnose <i>v.</i>	17. equivalent <i>adj.</i>
	2. marathon <i>n.</i>	10. unlock <i>v.</i>	18. oxytocin <i>n.</i>
	3. buddy <i>n.</i>	11. biological <i>adj.</i>	19. monogamous <i>adj.</i>
	4. appendicidal <i>adj.</i>	12. consolidate <i>v.</i>	20. rodent <i>n.</i>
	5. incredible <i>adj.</i>	13. collaborative <i>adj.</i>	21. waning <i>n.</i>
	6. underline <i>v.</i>	14. longevity <i>n.</i>	22. sociologist <i>n.</i>
	7. scary <i>adj.</i>	15. prioritize <i>v.</i>	23. hurricane <i>n.</i>
	8. captivating <i>adj.</i>	16. anecdotal <i>adj.</i>	24. empathize <i>v.</i>
T E X T B	1. poster <i>n.</i>	14. stiletto <i>n.</i>	27. pee <i>v.</i>
	2. apt <i>adj.</i>	15. skint <i>adj.</i>	28. clamp <i>v.</i>
	3. cussedly <i>adv.</i>	16. advance <i>v.</i>	29. smirk <i>n.</i>
	4. moan <i>v.</i>	17. compromise <i>n.</i>	30. counsel <i>v.</i>
	5. whine <i>v.</i>	18. kidney <i>n.</i>	31. dreary <i>adj.</i>
	6. social <i>adj.</i>	19. generosity <i>n.</i>	32. smack <i>v.</i>
	7. gravitate <i>v.</i>	20. popcorn <i>n.</i>	33. cappuccino <i>n.</i>
	8. mug <i>n.</i>	21. accidentally <i>adv.</i>	34. disrespectful <i>adj.</i>
	9. bug <i>v.</i>	22. goosestep <i>v.</i>	35. swipe <i>v.</i>
	10. bad-mouth <i>v.</i>	23. legless <i>adj.</i>	36. trustworthy <i>adj.</i>
	11. suck <i>v.</i>	24. cross-eyed <i>adj.</i>	37. dimple <i>v.</i>
	12. jugular <i>adj.</i>	25. lesbian <i>n.</i>	38. jitter <i>n.</i>
	13. bandwagon <i>n.</i>	26. dissect <i>v.</i>	39. gnash <i>v.</i>

2. The following box contains two columns of phrasal expressions, one in English and one in Chinese. You are required to match the English phrase with its Chinese equivalent.

T E X T A	1. breast cancer	a) 生命力
	2. life-force	b) 照顾并善待
	3. female community	c) 战斗或逃跑
	4. a captivating book	d) 女性群体
	5. tending instinct	e) 热情拥抱
	6. anecdotal reference	f) 一本引人入胜的书
	7. life expectancy	g) 乳腺癌
	8. fight or flight	h) 轶事
	9. tend and befriend	i) 艰难的境地
	10. hormone oxytocin	j) 生命期望值
	11. monogamous rodent	k) 催产素
	12. tough situation	l) 单配制啮齿动物
	13. financial struggle	m) 经济拮据
	14. heart-felt hug	n) 温柔的天性
T E X T B	1. a mean cussedly bitch	a) 铁制煎锅
	2. a moaning whinebag	b) 出类拔萃的人
	3. mumbo jumbo stuff	c) 刻薄的恶嘴婆
	4. cast iron frying pan	d) 小麻烦
	5. times of stress and strife	e) 表面微凹的球（高尔夫球）
	6. spot of bother	f) 喋喋不休的抱怨者
	7. sprint off	g) 艰难困苦的年代
	8. super duper	h) 同甘共苦
	9. a box of Maltesers	i) 逃之夭夭
	10. slave over	j) 咬牙切齿
	11. smug expression	k) 一盒麦提莎牌牛奶巧克力
	12. through thick and thin	l) 卖命地干活
	13. a dimpled ball	m) 乱七八糟的东西
	14. get the jitters	n) 得意洋洋的表情
	15. gnash one's teeth	o) 感到局促不安

3. Fill in the following table with words related to or derived from the word given. Think as many derivatives as you can, paying special attention to their meanings and usage.

verb	noun	adjective	others
diagnose			
consolidate			
prioritize			
empathize			
collaborate			
moan			
compromise			
counsel			
dissect			
gravitate			

4. Complete the following table by listing as many examples as you can, paying attention to their spelling and meaning.

root or prefix	meaning	examples
a an	not, without	
ab	away, down, off, from	
acro	high, tip, top	
act	do, move	
ad	to, toward	
alt	high	
ambul	walk	
anima	life, soul	
ante	before	

Part II Text A

The Girlfriend Instinct: The Value of Female Friendships

Debba Hauptert¹

I met my girlfriend Dana in college, and in the years since then our friendship has grown exponentially². Nine years ago, Dana told me that she had breast cancer. She's a survivor. In that timeframe, my marathon walking buddy Allison found out she had appendicidal cancer. She too is a survivor.

With two very close girlfriends in the same situation—one that was certainly new to all of us — I found myself asking: How as a girlfriend do I handle this? What do I do to support them? Where do I look for answers?

This is not an article about cancer. It is an article about the incredible life-force underlining the word “girlfriend.”

Girlfriend Support

I remember the moment I heard about Allison's cancer. I didn't want to talk with my husband, even though he is a great man and a caring friend of Allison's as well. I wanted to talk with my female friends. I wanted their advice, their hugs, their sincere listening while I asked “why?” Seeking advice, sharing concern, providing support and love, I wanted to be around the women who understood how I felt and who, I hoped, would help me be a better friend to my friends going through one of life's scariest situations.

So, why are girlfriends so important? I dug in and studied my own need for female community and what pulled me toward my friendships as a primary support system in a time of a great stress. I was especially curious to find out why I couldn't fill this need with my husband or through the wisdom of books, advisors or other communities. Was it just me?

Turns out it wasn't³.

Relationship Research

A little research led me to a captivating book that spelled out the answers to me. *The Tending Instinct*, by Shelley E. Taylor⁴, unlocks some of the mysteries of “women, men, and the biology of our relationships.” The big “ah-ha!” I discovered in its pages⁵ is that this need for community with other women is biological; it is part of our DNA⁶. Taylor's book consolidated a variety of studies covering cultural factors, decades of research, anecdotal references⁷ — even the biological ties to the girlfriend concept in the animal kingdom. An unending stream of fascinating facts helped define why we as women are more social, more community focused, collaborative, less competitive and, above all, why we need our girlfriends.

Consider these findings:

Longevity — Married men live longer than single men, yet women who marry have the same life expectancy as those who don't. However, women with strong female social ties (girlfriends) live longer than those without them.

Stress — For decades, stress tests focused solely on male participants, believing that all humans would respond in the same manner. When these same stress tests were finally conducted on females it was discovered that women don't have the same, classic "fight or flight" response to stress that men do. According to the research presented in *The Tending Instinct*, women under stress have the need to "tend and befriend." We want to tend to our young and be with our friends. Time with our friends actually reduces our stress levels.

More Stress — A study conducted by the UCLA⁸ School of Medicine found that when we're with our girlfriends, our bodies emit the "feel good" hormone oxytocin⁹, helping us reduce everyday stress. By prioritizing our female friendships and spending time with these friends, we take advantage of a very simple, natural way to reduce our stress.

Even more stress — Prairie voles¹⁰, a monogamous rodent, have a similar response to stress. When a male vole is put in a stressful situation, he runs to his female partner. Female voles, when stressed, immediately run to the females they were raised with.

Self-esteem — A recent study by Dove¹¹ indicated that 70% of women feel prettier because of their relationships with female friends. It's no surprise that our self-esteem is highly influenced by our girlfriends; this is important to understand for girls as well as women.

The Health Factor — Women without strong social ties risk health issues equivalent to being overweight or a smoker — it's that serious.

Friendships Waning

With all I've discovered that is good about female friendships, I was disappointed to come across a national survey from 2006 that found a sharp decline in friendships. Research co-author Lynn Smith-Lovin¹², a sociologist at Duke University said, "From a social point of view, it means you've got more people isolated." When we're isolated, we don't have each other to help us through tough situations like hurricanes or fires, financial struggles or relationship changes, sadness or cancer. Without communities of women, we often miss opportunities to be involved in our cities, to learn from each other, to empathize with other women and to share the benefits of laughter and a heart-felt hug.

As women, we sometimes need to be reminded what being a girlfriend

means. Too often it takes an illness or loss to hit us with reality, realization, and appreciation of friendship. That reminder can also be as simple as a caring card, a hug or an e-mailed photo. Once in a while we simply need to take the time to think about our friends, stop and live in the moment, and if at all possible, celebrate that moment. 75

Hear some bad news? Call a girlfriend. Have something great to celebrate? Share that celebration with a friend. Want to feel prettier, be less stressed, be healthier and happier? Spend some time with your BFFs¹³. Like the scary, life-changing diagnoses of my dear girlfriends, recognize your own need for friendships and fill that need with time and memories together. 80

Life is better together—with your girlfriends. (946 words) 85

Notes

1. About the author: Debba Haupt is a strong advocate of women's friendships and she sees power in female bonding. She is the originator of Girlfriendology — the online community for women based on female friendship offering newsletter articles, events, videos, links to other sites and more. Text A is adapted from her publication on About.com.
2. ...has grown exponentially: has developed in an exponential manner or at a very rapid rate, e.g. "Inflation is growing exponentially."
3. Turns out it wasn't: It turns out that it wasn't just me. "It" is omitted here, a frequent case in casual and colloquial English.
4. Shelley E. Taylor: a distinguished professor of psychology at the University of California, Los Angeles, USA. As a prolific author of books and scholarly journal articles, Taylor has long been a leading figure in the fields of social cognition and health psychology. *The Tending Instinct* is her best representative book.
5. The big "ah-ha!" I discovered in its pages: The big eye-opening surprise I find out in her book. "Ah-ha" or "aha" is an exclamation expressing triumph, surprise, etc., according to the intonation of the speaker.
6. DNA: short for deoxyribonucleic acid (脱氧核糖核酸). The nucleic acid is the genetic material determining the makeup of all living cells and many viruses.
7. ...anecdotal references: short accounts of interesting or humorous incidents (轶事趣闻)
8. UCLA: short for University of California at Los Angeles, an American public research university established in 1919.