


College English



 Fast
Reading
Coursebook



大学英语 快速阅读教程



总主编：秦 旭 总主审：俞洪亮

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外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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Reading Coursebook



大学英语 快速阅读教程

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藏书章



总主编：秦旭 总主审：俞洪亮

主 编：王维倩

副主编：杨东杰

编写人员：王毅 黄仕会 唐玲

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责任编辑: 施文磊

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有效地提高学生的阅读速度以及培养学生的阅读能力一直是大学英语教学中的一个非常重要的环节。2004年,教育部启动了全国大学英语教学改革工作,明确提出了培养学生英语综合应用能力的教学目标。《大学英语快速阅读教程》即是根据大学英语教学改革的精神并依照教育部2007年9月颁布的《大学英语课程教学要求》中关于阅读能力培养的“一般要求”和“较高要求”的目标而编写的一套快速阅读教材。

英语综合应用能力是一个整体概念,是听、说、读、写等几种能力的有机结合。大学英语在教学定位时强调突出听说能力的训练,但绝不是要忽视或者削弱读写能力的培养。英语阅读能力是在大量阅读实践中培养的,对阅读的要求,首先是理解,其次是速度。培养英语阅读能力三个至关重要的因素包括阅读材料的选取、阅读策略的培养以及阅读速度的提高。在扩大阅读范围、提高阅读技能的同时,要充分挖掘快速阅读的潜力,这样的阅读活动,不但可以激发阅读的兴趣和动机,满足英语学习的成就感,而且还可以培养发现问题、解决问题的能力,也可以提高英语交际能力和自主学习的能力。

《大学英语快速阅读教程》充分研究了国内外英语快速阅读教材的编写原则和特点,吸纳了同类教材的长处和优点。教材在选材理念、内容体系、练习设计等方面主要体现如下几个特点:

一是在材料的选择上,既注意题材的人文性和科学性,又考虑选材的趣味性和实用性;既重视语言的可读性,又强调选材对学生跨文化交际意识的积累和培养。阅读材料的体裁主要是议论文、记叙文、说明文、科普作品等。每个单元涉及同一个话题,包括外语学习、校园生活、社会生活、娱乐时尚、文化、历史、教育、经济、传媒、计算机网络、外国地理、西方风情、体育、自然、灾害、环保、科技、旅游、艺术、留学、名人等内容,体现了“语言是文化的载体”这一重要理念。

二是在内容体系的安排上,与新的《大学英语课程教学要求》中关于阅读能力的“一般要求”和“较高要求”的目标全面接轨,满足分层次教学的需要。全套教材共128篇文章,其中每册8单元,每单元4篇;每单元含Section A和Section B两部分,每部分含Passage 1和Passage 2。全部文章均采用以词频为基础设计的词汇统计软件程序——RANGE进行了自动评估,分析比较了不同文本的词汇量大小、措辞的异同和词汇的复现率等,然后按照语篇的长度和难度进行了分类和分级。1至4册语言难度逐步提高,其中每册各单元Section B中的两篇文章的长度和难度均大于Section A中的两篇文章。各册每单元1至4篇文章的长度分别控制在350—450词、450—550词、550—650词和650—800词左右。对部分词汇作了简化处理,即用更常见的单词替换了原来难度较大的单词;对影响阅读理解的超出课程要求的词汇或短语在首次出现时在文中进行了汉语注释;对不影响阅读

理解的超出课程要求的词汇不作注释,鼓励学生根据上下文对词义进行猜测。对文章中出现的个别专有名词、词组或者缩略语在文后进行了注释。每个单元有一段英文导读,阐释本单元的主题,引导学生对阅读材料进行整体思考和把握。

三是在练习的设计上,既注重打好语言基础,又强化阅读理解能力的综合训练,特别是多样化的题型充分体现了快速阅读的策略和特点。练习的设计围绕略读(skimming)、寻读(scanning)和判断等策略,训练学生进行猜词悟义、文章主旨判断、特定信息寻找、行文顺序安排、文章大意概括、小标题或者主题句与内容对应、事实或者观点辨析等快速阅读能力的培养。

每篇文章后标出了具体的单词数,目的是让学生按照《大学英语课程教学要求》中关于阅读能力培养的“一般要求”和“较高要求”的目标进行训练。阅读理解能力的“一般要求”是:“能基本读懂一般性题材的英文文章,阅读速度达到每分钟70词。在快速阅读篇幅较长、难度略低的材料时,阅读速度达到每分钟100词。能就阅读材料进行略读和寻读。能借助词典阅读本专业的英语教材和题材熟悉的英文报刊文章,掌握中心大意,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”阅读理解能力的“较高要求”是:“能基本读懂英语国家大众性报刊杂志上一般性题材的文章,阅读速度为每分钟70—90词。在快速阅读篇幅较长、难度适中的材料时,阅读速度达到每分钟120词。能阅读所学专业的综述性文献,并能正确理解中心大意,抓住主要事实和有关细节。”因此,在使用本教材时,可以将100词/分钟设定为“一般要求”的目标阅读时间,将120词/分钟设定为“较高要求”的目标阅读时间。按照每篇的单词数和自己的实际阅读时间计算出自己的阅读速度,并且将自己的实际阅读时间和目标阅读时间进行对照,寻找差距,循序渐进,逐步提高阅读速度。

本套教材是集体智慧的结晶。全套教材的文章选题、内容安排以及练习题型设计由秦旭总策划并担任总主编,秦旭、王骏编写了各个单元的英文导读,王毅负责文本词汇的评估和分级。全套教材由秦旭、王骏负责初审,俞洪亮担任总审。秦旭、王维倩、邓笛、朱建新分别担任第一、二、三、四册主编。

本套教材是江苏省高等教育教改立项研究重点课题“地方综合性高校学生英语综合应用能力培养模式与途径”(苏教高[2007] 18号)的成果之一。外语教学与研究出版社的编辑们在整套教材的编写、策划、版式设计等方面做了大量工作,在此,编者表示感谢。

本套教材是我们在大学英语教学内容和课程体系改革方面所作的一次努力,其中定会有存在不当和疏漏之处,敬请使用者批评指正。

编者

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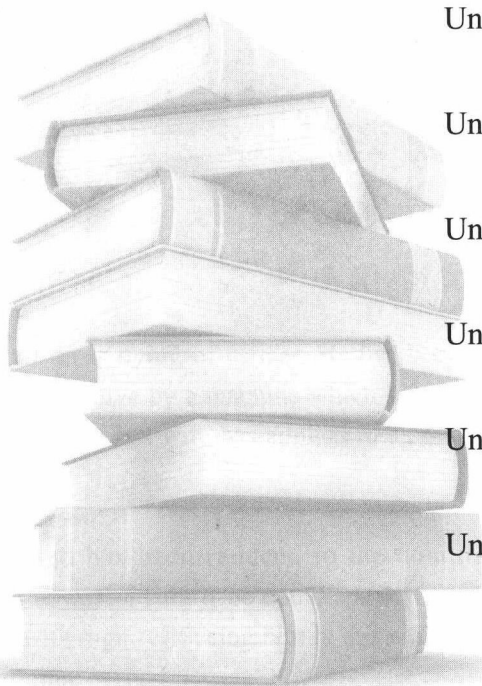
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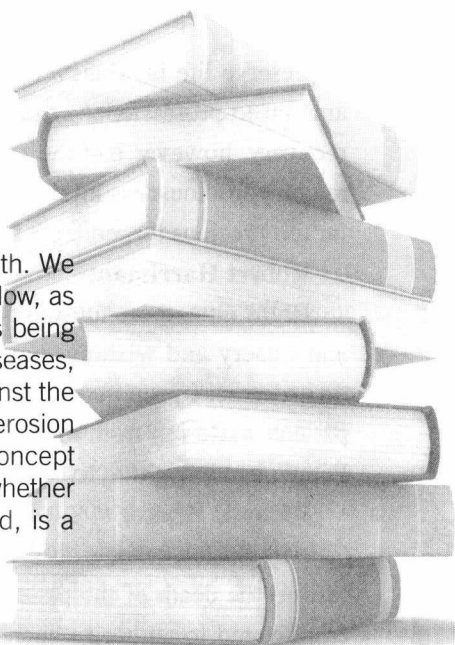
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Unit One

Lead-in

As time goes on, we must learn to keep pace in our view of health. We used to consider health a sheer issue of battling with diseases. Now, as our life turns increasingly competitive and complicated, health is being viewed in a broad sense. Beyond the traditional fight against diseases, it also involves such new concerns as protecting our hearing against the impact of iPod music, maintaining a younger face against the erosion of time or keeping illnesses at a distance. Not only that, the concept of health has also extended to some moral considerations like whether the fatally ill has a legal right to death. Health, as you will read, is a comprehensive issue.



Section A

Passage One

A Right to Die?

Mr. Thomson is dying of cancer. He has been in a coma (昏迷) for more than five months and is being kept alive by a machine which supplies him with oxygen. His doctor says he has no chance of recovery. His wife has applied to a court for permission to have the machine switched off.

Mrs. Thomson:

My husband has been reduced to the condition of a vegetable. Keeping him alive is meaningless now. I'm sure if he could speak, he would beg us to switch off that machine. Why can't he die with dignity? Seeing him in this condition is causing us all great suffering.

Dr. Williams:

Mr. Thomson is clinically alive, but he has absolutely no chance of recovery. His brain had been damaged. He could remain in this condition for years. Frankly speaking, that would benefit nobody. Hospital beds are scarce and medical staffs are very busy. Hundreds of patients are waiting to be treated. It would be wrong to keep Mr. Thomson here and refuse other patients who do have a chance of recovery. If his relatives request us to do so, and if the court gives us permission, we will terminate and allow him to die a natural death.

Dr. Nelson:

I'm surprised Dr. Williams approves of Mrs. Thomson's court application. A doctor's duty is

to preserve life in whatever way he can. Not to do so is a betrayal of his patients' trust and may amount to professional negligence (失职). A doctor can never state his patient has no chance of recovery, however bad the situation may seem. I've seen comatose (昏迷的) patients suddenly regain consciousness after several months and become relatively healthy again. Human life is so far too precious to terminate for the convenience of others.

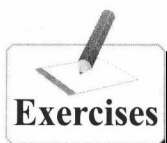
Robert Harriman:

Right now, there are thousands of incurable patients lying helplessly in bed, suffering pain and misery and wishing they could be allowed to die. But the doctors are afraid to facilitate their deaths. I propose that doctors be allowed to discontinue treatment if requested to do so by patients suffering from incurable diseases, or, in the case of comatose patients, by their relatives. People have a right to live or to die.

Richard Brake:

Any doctor, who, with the intention of terminating the life of a patient, performs acts which lead to the death of the patient, may be convinced of murder under the present law. No court is empowered to authorize such acts, and therefore Mrs. Thomson's application is to be rejected. But if Parliament passes Mr. Blanchard's bill, the situation will change greatly. Doctors will be authorized to kill patients on request, thus exposing helpless individuals to all kinds of dangers. The intentions of this bill may be good but the possibilities of abuse are too numerous for it to be passed.

(482 words)



Read the following statements, mark Y (for YES) if the statement agrees with the information given in the text; N (for NO) if the statement contradicts the information given in the text; NG (for NOT GIVEN) if the information is not given in the passage.

- _____ 1. According to Mrs. Thomson, keeping her husband alive is meaningful. Seeing her husband in this condition causes her and other relatives great suffering.
- _____ 2. Dr. Williams thinks that to continue treatment to patients who have no chance of recovery will benefit nobody and doctors can discontinue treatment to those patients suffering from incurable diseases and allow dying a natural death if permitted only by the patient's relatives.
- _____ 3. Dr. Nelson thinks that mercy killing (安乐死) is against doctor's moral principles and should not be made legal.
- _____ 4. Robert Harriman thinks mercy killing should be legalized because people have the right to live or die.
- _____ 5. Richard Brake holds the opinion that mercy killing is illegal under the present law and the possibilities of abuse are so numerous that mercy killing should not be legalized.
- _____ 6. Mr. Blanchard introduced a bill that mercy killing should be banned.
- _____ 7. Mrs. Thomson's court application was approved by a court.
- _____ 8. Mr. Thomson died with dignity.

iPod Safety: Preventing Hearing Loss in Teens

If you're one of the 173 million iPod users out there, you're probably reading this with your ear buds in.

Take them out, because your hearing will thank you for it. While many music lovers are aware that listening to iPods and other MP3 players at high volumes can lead to hearing loss, not many of them—especially not teens—do anything about it. In fact, when teens are pressured by friends or family to turn down the volume on their iPods, they do exactly what you'd expect them to do: they turn the volume up instead. Even teens who express concern about the risk of hearing loss listen to music at potentially dangerous levels—higher on average than kids who say they're not worried about deafness.

Go figure. But that's what researchers at Colorado University and Children's Hospital in Boston found in a small study of 30 young iPod users. Led by Cory Portnuff, an audiologist at Colorado who began studying iPod-related hearing loss in 2006, the study found that teens not only tend to play music louder than adults, but they are often unaware of how loud they're playing it. "I honestly don't believe that most people understand they are putting themselves at risk, or at what level of risk," says Portnuff.

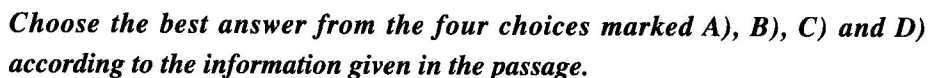
Portnuff has documented that listening to ear buds, or in-ear headphones, for 90 minutes a day at 80% volume is probably safe for long-term hearing—a useful cutoff point to keep in mind. (But softer is better: you can safely tune in at 70% volume for about four and a half hours a day.) The risk of permanent hearing loss, Portnuff says, can increase with just five minutes of exposure a day to music at full volume. Over time, the noise can damage the delicate hair cells in the inner ear that transform sound waves to the electrical signals that the brain understands as sound.

So why would anyone ever listen to an iPod at maximum volume? Again, it's a simple misunderstanding of risk. Portnuff speculates that teens who say they worry about hearing loss but still listen to their iPods at high volumes probably assume that the manufacturer's maximum default setting is safe, or that turning the volume down to anything but full-blast is harmless.

Add to these misconceptions the fact that people are listening to music for longer periods of time—today's long-lasting batteries can crank out music for 15 hours or more—and it's no wonder that the risk of hearing loss is increasing. But perhaps so is the concern. In 2006 a Louisiana man filed suit against Apple, claiming that iPods are "not sufficiently adorned with adequate warnings regarding the likelihood of hearing loss." Soon after, health authorities in France demanded increased safety measures. So the company, based in Cupertino, California, revised its software to set the maximum volume at 100 dB for devices sold in Europe. Portnuff says certain devices sold in the U.S. can reach beyond 100 dB, however; some have recorded levels as high as 115 dB, similar to a chainsaw or rock concert.

Therefore, even though not keeping their devices at maximum volume, listen for too high and too

(547 words)



Exercises

1. When teens are required to turn down the volume on their iPods, they will _____.
 - A) turn it down
 - B) pay no attention to it
 - C) turn it up instead
 - D) turn a deaf ear to it
2. Many teens tend to play music louder than adults because _____.
 - A) they think it is fashionable
 - B) they are unaware of it
 - C) their hearing is too poor
 - D) it is enjoyable
3. Long exposure to music at full volume will hurt one's hearing by _____.
 - A) damaging the delicate hair cells in the inner ear
 - B) making one feel dizzy
 - C) making one become irritable
 - D) making one vomit
4. Many teens listen to an iPod at maximum volume because _____.
 - A) their hearing is not so good
 - B) they believe that the manufacturer's maximum default setting is safe
 - C) they do not know the damage of big noise
 - D) they do not care about it
5. Besides exposure to music at full volume, another factor that contributes to people's hearing loss is _____.
 - A) the incorrect way of listening
 - B) the inferior quality of their earphones
 - C) the bad maximum default setting
 - D) the long-lasting batteries

► There are three definitions given for the underlined word in each of the following sentences. One definition is closest to its meaning. One definition has the opposite or nearly opposite meaning. The remaining definition has a completely different meaning. Label the definitions C for closest, O for opposite, and D for different.

6. In fact, when teens are pressured by friends or family to turn down the volume on their iPods, they do exactly what you'd expect them to do.
- _____ A) encouraged
- _____ B) forced
- _____ C) pleased

7. The study found that teens not only tend to play music louder than adults, but they are often unaware of how loud they're playing it.
_____ A) unconscious
_____ B) informed
_____ C) unrelated
8. The risk of permanent hearing loss can increase with just five minutes of exposure a day to music at full volume.
_____ A) temporary
_____ B) persuasive
_____ C) everlasting
9. In 2006 a Louisiana man filed suit against Apple, claiming that iPods are "not sufficiently adorned with adequate warnings regarding the likelihood of hearing loss."
_____ A) adequately
_____ B) deficiently
_____ C) moderately
10. Over time, the noise can damage the delicate hair cells in the inner ear...
_____ A) fragile
_____ B) devoted
_____ C) tough



Section B

Passage One

How to Keep Healthy

Does what I do really affect my health? Yes, of course. All of the major causes of death—cancer, heart disease, stroke, lung disease and injury can be prevented by things you do.

Smoking and Drinking Less

Using tobacco is one of the most dangerous things that you can do. One out of every six deaths in the United States can be blamed on smoking. More preventable illnesses are caused by tobacco than by anything else. Drinking less alcohol means no more than two drinks a day for men, and one drink a day for women. One drink is a can of beer (12 ounces), a four-ounce glass of wine or one ounce of liquor. Too much alcohol can damage the liver and contribute to some cancers, such as throat and liver cancer. Alcohol also contributes to deaths from car wrecks, murders and suicides.

Choosing Right Food and Doing Exercises

Heart disease, some cancers, stroke and damage to your arteries can be linked to what you

eat. Fiber, fruits and vegetables can help reduce your risk of some cancers. Calcium (钙) helps build strong bones. Exercise can help prevent heart disease, high blood pressure, depression and, possibly, colon (结肠) cancer, stroke and back injury. You'll also feel better and keep your weight under control if you exercise regularly. Try to exercise for 30 to 60 minutes, four to six times a week, but any amount is better than none.

Mindful of Your Weight and Blood Pressure

Many Americans are overweight. Carrying too much weight increases your risk for high blood pressure, diabetes, heart disease, stroke and some cancers. A high-fiber, low-fat diet and regular exercise can help you lose weight gradually and help you keep it off. High blood pressure increases your risk for heart disease, stroke and kidney disease. To control it, you should lose weight, exercise, drink less alcohol, don't smoke and take medicine if your doctor prescribes it.

Avoiding Sunbathe

Sun exposure is linked to skin cancer, which is the most common type of cancer. So it's best to stay out of the sun or to wear protective clothing and hats. Sunscreen may help protect your skin somewhat if you can't avoid being exposed to the sun's harmful rays.

Avoiding Dangerous Sex

The safest sex is between two people who are only having sex with each other and who don't have a sexually transmitted disease (STD) or share needles to inject drugs. If you are at all uncertain about your partner, use latex (乳胶) condoms and a spermicide (sperm-killer). If you're concerned you may be at risk of having an STD, see your doctor and make a check.

Getting Shots Timely and Taking Suitable Physical Examination

Adults need a tetanus-diphtheria booster (破伤风菌疫苗) every 10 years. People who are 50 or older and others at risk should get a flu shot. Ask your doctor if you need other shots. Breast cancer is the second most common cause of death for women. Health screenings (健康普查) are replacing the yearly physical exam. Instead of every person getting the same exams and tests, only the appropriate ones are given. Talk to your family doctor about your risk factors and what tests and exams are right for you.

(557 words)



There are seven paragraphs in the passage. Read paragraphs 2-7 and choose a suitable statement from the following statements marked A)-G) to match each of the paragraphs. Write your answers A)-G) in the spaces numbered 1-6. There are more statements than the paragraphs to be matched, so you will not use all the statements.

- A) Don't sunbathe.
- B) Don't smoke or drink too much alcohol.
- C) Control your weight and high blood pressure.
- D) Practice safer sex if you're having sex.
- E) Eat right food and do exercise.
- F) Get your shots timely and take appropriate health screenings.
- G) Get a tetanus-diphtheria booster annually.

1. Paragraph 2 _____

2. Paragraph 3 _____
3. Paragraph 4 _____
4. Paragraph 5 _____
5. Paragraph 6 _____
6. Paragraph 7 _____

► **Select one word from the listed words given below for each of the following sentences. Change the form of the word if necessary.**

affect, transmit, link, prevent

7. Parents can unwittingly _____ their own fears to their children.
8. He's _____ by law from holding a license.
9. Training activities must be _____ to business needs and not just to the latest and hottest seminar in town.
10. He was in no way _____ by their misery.

Passage Two

Twins and Aging: How Not to Look Old

How can you look young forever? A forthcoming study in the journal *Plastic (整形的) and Reconstructive (再造的) Surgery* offers one surprising idea: as you age, don't be afraid to put on a few pounds. Fat, it turns out, can significantly smooth out wrinkles and give you a younger-looking face.

The authors of the new study, a team led by Dr. Bahman Guyuron of Case Western Reserve University in Cleveland, are plastic surgeons who study faces for a living. They analyzed photographs of the faces of 186 pairs of identical twins taken at the Twins Days Festival, a sort of twin-pride event held every summer in Twinsburg, Ohio. Because the pairs had identical genetic material, differences in how old they looked could be attributed entirely to their behavioral choices and environment. Guyuron's team had the twins fill out extensive questionnaires about their lives—everything from how many times they had married to whether they regularly used sunscreen. Then a panel of four judges independently estimated the twins' ages by looking at photos taken in Twinsburg.

The Guyuron team's most interesting findings had to do with weight. Many of the twin pairs were of similar weight, but differences in how old they looked began to appear when one had a Body Mass Index (BMI)^① at least four points higher than the twin sibling (同胞). For twin pairs under 40, the heavier one looked significantly older. But surprisingly, after 40, that same four-point difference in BMI made the heavier twin look significantly younger.

The study's authors theorize that fat filling in wrinkles accounts for the rejuvenated (变得年轻)

的) appearance of the over-40 twins. This theory was supported even more dramatically among twins older than 55. For them, having as much as an eight-point higher BMI than their twin was associated with a younger appearance in the face.

Guyuron doesn't recommend that people gain weight just to look younger, and one limitation of his study is that the Twinsburg photos included only faces. If they had shown the whole body, the judges may have knocked a couple of years off the age estimates of those who had kept a youthful figure—and added a couple of years for those who were well fed in the middle.

The paper also makes clear that, weight aside, healthy living is crucial for keeping a youthful face. The siblings who smoked and didn't use sunscreen looked significantly older than those who avoided cigarettes and tanning. Those twins who had been divorced also looked older (by about 1.7 years) than the twins who had not. (They also looked older than those who had stayed single, which reinforces a point I made in this article: you are better off staying single than getting into a bad relationship.)

Finally—and this was the cruelest finding—those who had taken antidepressants (抗抑郁剂) also looked older than their twins who hadn't. In other words, if the misery of your divorce doesn't age you, your attempt to treat it with Prozac (抗抑郁药) might. Guyuron and his colleagues believe this unjust fact has something to do with the drooping (萎靡的) relaxation of facial muscles that antidepressants can cause.

The bottom line is that if you care mostly about a young-looking face, don't smoke, don't spend time in the sun without protection, and try not to get into a bad relationship that will make you depressed. Instead, this summer at the beach, stay inside and have an ice cream.

(603 words)

Note:

Body Mass Index: 英文缩写为BMI, 身体质量指数, 简称体质指数, 是用体重公斤数除以身高米数平方得出的数字。目前, 在国际上常用来衡量人体胖瘦程度, 是判断一个人是否健康的标准之一。



Decide whether the following statements are true (T) or false (F) according to the passage.

T F

- ☐ ☐ 1. Dr. Bahman Guyuron's study indicates that if you are over 40 or older, don't be afraid to put on a few pounds because fat can make you look younger.
- ☐ ☐ 2. 186 pairs of identical twins were chosen as the subjects of Dr. Bahman Guyuron's study because the pairs had identical genetic material, and the causes of their differences in how old they looked could be found more scientifically.
- ☐ ☐ 3. For twin pairs under 40, one had a Body Mass Index at least four points higher than

the twin sibling, the heavier one looked much younger.

- ☐ ☐ 4. Besides weight, healthy living is crucial for keeping a younger face.
- ☐ ☐ 5. Those twins who had got into a bad relationship looked more youthful than those who had stayed single.

► *Facts are statements that tell what really happened or really is the case. A fact is based on direct evidence and can be proved. Opinions are statements of belief, judgment, or feeling. Opinions show what someone thinks about a subject. Label the following statements F for fact and O for opinion.*

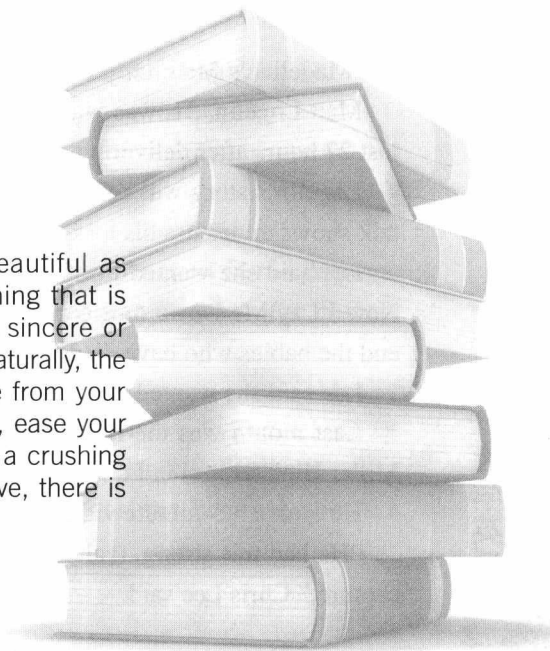
F O

- ☐ ☐ 6. Guyuron's team had the twins fill out extensive questionnaires about their lives—everything from how many times they had married to whether they regularly used sunscreen.
- ☐ ☐ 7. Surgery offers one surprising idea: as you age, don't be afraid to put on a few pounds.
- ☐ ☐ 8. Those twins who had been divorced also looked older (by about 1.7 years) than the twins who had not.
- ☐ ☐ 9. The bottom line is that if you care mostly about a young-looking face, don't smoke, don't spend time in the sun without protection, and try not to get into a bad relationship.

Unit Two

Lead-in

Nobody can do without love. A mother's voice is as beautiful as an angel. It is at our mother's knees that we get something that is the truest, noblest and highest. A father's love is no less sincere or encouraging than that of a mother. If parents' love comes naturally, the love extended to you by others is more touching. The love from your friend or a total stranger may bring you family-like warmth, ease your suffering or restore your belief in life when you experience a crushing setback. No wonder there is the saying "Where there is love, there is home."



Section A

Passage One

Sharing Dad's Love for Daughter

Gina Lee never met Liz Logelin, a 30-year-old woman who died a day after giving birth to her first child in March 2008.

But today, some of Lee's photos of that child and her father will be shown on "Oprah," when Matt Logelin is a guest on a show called "Unforgettable, Unconventional Dads."

"Oprah" airs at 3:00 pm on KABC-TV (Channel 7).

Lee, 36, a professional photographer in Redlands, heard of Liz Logelin's death through a client's sister who had attended school with her.

She learned more about the woman and her baby, Madeline, through a blog written by Matt Logelin.

A month after Liz's death, Lee posted a message to Matt, offering a free photo session of him and his four-week-old daughter.

Lee said he responded immediately and she went to Los Angeles to take pictures of the two at their home.

"I was really nervous," said Lee. "I didn't know what to say to a man who had just lost his wife. But I wanted to give him something."

Lee has captured moments of Matt and Madeline's life twice more since then, when Madeline was six months and last month, just before her first birthday.

The television show also will feature video taken by Gina Lee's husband, Chris Lee, of Matt