

# 大学英语

College English Reading  
for Understanding

## 阅读理解

第三册

李桂山 主编

 机械工业出版社  
China Machine Press

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本书是为高等院校学生编写的英语阅读书籍。难度适中,英语专业与非英语专业的学生均可使用。本书取材新颖,内容丰富,收入了反映欧美国家的科技发展、文化习俗、社会问题、环保意识、自然景观、校园生活等方面的文章。这些文章均选自近几年国外现行的书刊,语言与内容富有现代气息,可以帮助大学生提高阅读能力。

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# 《大学英语阅读理解》第三册

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## 前 言

《大学英语阅读理解》是根据国家教育部对高等院校英语专业教学基础阶段阅读课程的要求而编写的。全套共四册，第一、二册可供大学英语专业一年级学生使用，第三、四册可供英语专业二年级学生使用。这套书可供理工科院校学习公共英语课程的学生以及英语四、六级考生使用，亦可作为继续教育学院英语专业学生的阅读教材。

阅读理解在英语学习中占有举足轻重的地位。只有通过大量阅读，才能扩大词汇量，拓展语法知识，掌握现代英语中的习语与成语。阅读能力的提高不是一蹴而就的，学习者应当广泛阅读用现代英语写成的各种题材的文章，并反复进行阅读理解训练。没有大量的阅读理解训练，就不可能迅速提高阅读理解能力，也就难以显著提高英语学习效果。

本书是《大学英语阅读理解》第三册，供高等学校英语专业学生二年级第一学期使用。书中共收入 30 课，每课包括课文、注释、练习和课外阅读四部分。课文与课外阅读材料均选自近年来英、美、加等国出版的书刊原文，内容主要包括科技时文、社会透视、焦点分析、历史回顾等方面。内容新颖，题材多样，信息量大，富有时代气息。本书编写由浅入深，循序渐进，难度适中。练习配套严谨，紧扣课文。本书体现了科学性、知识性、可读性与趣味性。

由于编者水平所限，书中可能存在不尽人意之处，欢迎大家提出意见。

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# Lesson One

## TEXT

### Finding My Way Back

I can see my new life beginning. I glimpsed it for the first time when I was in Moscow two weeks after my husband Sergei's funeral. He had died suddenly of a heart attack during a routine practice in Lake Placid, N.Y. He was only 28.

In my grief I had lost myself. To find myself again, I did the only thing I knew, the thing I'd been trained to do since I was four. I skated. I went onto the ice and there, in the faces of young skaters training with their coaches, I recognized bright dreams and hopes for the future.

I especially feel the stirrings of new life whenever my four-year-old daughter, Daria, is near. No matter how I am feeling, no matter where my mind is wandering, I have to smile back at her because she is always smiling for me. Like her father, she brings the sun into my life.

**A Dozen Roses.** The spring I turned 11, my coach told me to come early to practice. He had chosen a skating partner for me.

My new partner, Sergei Mikhailovich Grinkov, was tall and handsome and had already caught my eye. But he was four years older and basically ignored me.

For three years we worked together constantly. As pairs skaters, we had to learn everything over again. It is so different from singles skating. Even a simple crossover was different because I now had to do it with someone else and align my body

with his.

One day in 1987, when I was 16, Sergei and I were practicing when he caught his blade in a rut in the ice and dropped me. I ended up in the hospital for six days with a concussion.

Sitting in the hospital bed, I was worrying about missing practice when there was a knock on the door. It was Sergei. He was carrying a dozen roses and looked very upset. Sergei visited me several more times before I left the hospital.

When at last I could skate again, I noticed a change in Sergei. He was holding me tighter, as if he didn't want to let me go. Something had happened, and even I — so focused on skating — realized that his feelings for me had changed. Before, we were just two skaters. Now we were really a pair. We went to win the gold medal at the 1988 Olympics in Calgary, Canada. The following year Sergei and I were married.

Our lives were caught up in competitive skating and then, in 1992, the birth of Daria. In 1994 we won our second Olympic gold medal in Lillehammer, Norway. Soon after, Bob Young, the U.S. Olympic skating coach, approached us about training in the new facility he was managing in Simsbury, Conn. We took him up on his offer and settled in Connecticut.

**The Music Stopped.** On November 20, 1995, Sergei and I — along with Marina Zueva, our choreographer — went to a practice session in Lake Placid. We decided to skate our new number, a selection from Grieg's Concerto in A minor.

At the beginning Sergei and I were both on one knee, face to face. Then we started to skate. We did the early movements — a camel spin into a lift. The music softened, and I circled around him.

We did the big lift across the ice. He put me down, and we did

a side-by-side double flip. The full orchestra was just coming in, one of those high waves of music. Sergei was gliding on the ice next to me, but his hands didn't move around my waist for the next lift.

He bent over slightly. I thought he had hurt his back. He tried to stop, but I watched him gliding into the boards. Then he bent his knees and lay down on the ice. I kept asking him what was wrong, but there was no answer.

Marina stopped the music and told me to call 911. She started doing CPR. I was so scared I forgot my English. I couldn't remember the word for *help*. I ran to the other rink, crying, and got someone to call 911. By the time I got back, Sergei was turning blue. An ambulance arrived. When we got to the hospital, I saw on a monitor that Sergei's heart still seemed to be beating. I was worried but never thought he might die. He had never shown any signs of heart disease.

Marina and I walked around the hospital while we waited. Then a doctor came out and said they had given Sergei electric shocks and a shot of Adrenalin in the heart. But they had lost him. When I translated these words in my head, it was difficult to understand. I didn't want to understand.

I walked into the room where he was lying, still with his skates on. He looked like he was sleeping. His hands were cold, but when I felt his shoulders and chest, they were still warm. I took off his skates. His feet were very cold. I tried rubbing them, but I couldn't make them warm.

**"Trust Sergei."** I returned to Moscow, where for weeks after the funeral I felt I was slowly losing myself. There didn't seem to be any purpose in life. But my mother said Daria didn't need a sick mom. Whether you live in Moscow or go back to America, she

told me, try to be a healthy person again.

The skating community wanted to hold a tribute to Sergei at the Hartford, Conn., Civic Center in February 1996, and asked me to participate. It was inconceivable for me to skate with another partner — Sergei's was the only hand I had ever held on the ice. I would skate alone to Mahler's Symphony No.5, music he wrote as a love letter to his future wife.

As the time neared for my solo the day of the performance, I thought about how Sergei and I always kissed before we went out on the ice. It felt terrible to be standing there alone. But as the music started and I skated out into the darkened arena, I thought of what Marina had told me during my last practice: "Just trust Sergei. He will help you."

The lights rose, and I started to skate. The audience began to applaud. I wanted to stop and thank them for coming from all over the world to think of Sergei. But my legs kept moving. I thought, *I can't stop, or I'll lose all this magic and power.* I just listened to Sergei. I'd start a movement, and he seemed to finish it for me. I didn't have a thing in my head. It was all in my heart.

When I had finished, I saw the people standing and clapping. I was handed a microphone. Fighting back tears, I told the audience, "I'm so happy that this evening happened, and I'm sad it's over. But I want you to know that I skated today not alone. I skated with Sergei. It's why I was so good."

## NOTES

1. blade: 冰刀的刀刃边缘, 是花样滑冰中动作的基础。由于花样滑冰的冰刀是底部凹陷的, 因此每个冰刀有内缘和外缘

之分。每个跳跃、旋转动作均有这些边缘上的各个部分的作用。

2. Grieg: Grieg Edvard Hagerup (1843—1907), 十九世纪挪威作曲家。
3. CPR: respiratory first aid, artificial Respiration 人工呼吸
4. choreographer: 舞蹈动作设计师
5. catch my eye : draw my attention 引起我的注意。

## EXERCISES

### I. Multiple choice:

1. This article was written in \_\_\_\_\_.
  - a. 1996
  - b. 1997
  - c. 1998
  - d. 1995
2. \_\_\_\_\_, I met Sergei for the first time.
  - a. When I was 11 years old
  - b. In 1982
  - c. When I was practicing skating
  - d. Before I was 11 years old
3. When I was 16, my \_\_\_\_\_ was/were injured in practice.
  - a. legs
  - b. arms
  - c. ankles
  - d. brain
4. Our pairs skating has won \_\_\_\_\_ gold medal(s) at the Olympics for Russia, \_\_\_\_\_ for U.S.
  - a. 2;0
  - b. 1;1
  - c. 2;1
  - d. 0;2
5. Marina Zueva was our \_\_\_\_\_.
  - a. coach
  - b. designer of dance
  - c. nutritionist
  - d. skating partner
6. On Nov. 20, 1995, when we practiced skating, Sergei bent

over slightly, because \_\_\_\_\_ .

- a. he had a heart attack
  - b. he caught his blade in a rut
  - c. he had hurt his back
  - d. he was exhausted
7. After Sergei died, I realized \_\_\_\_\_ could help me to recover from the sorrow.
- a. memories of Sergei
  - b. support of my mother
  - c. our daughter, Daria
  - d. skating
8. In February 1996, I had my solo skating performance in \_\_\_\_\_ .
- a. U.S
  - b. Norway
  - c. Canada
  - d. Moscow

## II. True or false:

- 1. When Sergei and I met with each other, we began to be attracted by each other.
- 2. When I began to learn skating, I learned to skate as one of the pairs skaters.
- 3. Three years later after our wedding, we had our first child.
- 4. One day in 1987, when Sergei fell down, he knocked me down.
- 5. In 1994, we declined Bob Young's invitation and emigrated to America.
- 6. Sergei died of heart disease, which was his old illness.
- 7. Sergei's body was taken back to Russia.

8. Trusting Sergei is the only thing that could help me stand up again.

### III. Comprehension questions:

1. What's the turning point of the relationship between Sergei and me?
2. From where and for what purpose did Sergei and I move to U.S.?
3. When Sergei lay down on the ice, why should I call 911?
4. When I wanted to call 911, why was I so scared that I forgot my English?
5. After Sergei died, what is it that supports and encourages me to happily live on?

## HOMEREADING

### 15 Ways to Beat a Cold

The signs are unmistakable: scratchy throat, watery eyes, stuffed-up head. And you've got that vague out-of-sorts feeling that can mean only one thing: you're in for a week — maybe more — of misery from the common cold.

There's still no cure in sight because an effective drug or vaccine would have to work against all 200 or so cold viruses. But scientists have been able to zero in on effective ways to reduce the odds of catching a cold, as well as ways of soothing the discomfort. Here are some of the best:

**1. Keep at least three feet away from coughers and sneezers.** That's how far airborne droplets from a cough or sneeze can travel. "If one lands in your eyes or nose," explains Dr. Dennis Murray, Professor of pediatrics and human development at



Michigan State University College of Human Medicine, “you could wake up sick a few days later.” What if you have to take the elevator with an indiscriminate cougher? Turn your back toward him.

**2.Wash your hands often.** Most colds are transmitted through indirect physical contact. For instance, a sick person who transfers her cold germs from her nose to her hands contaminates any object she touches. (Cold germs can survive for up to three hours on inanimate objects.) Others who handle the object and then rub their own noses or eyes can get infected. This is why hand-washing is by far the most important thing you can do to avoid catching a cold, says Dr. Joseph F. Plouffe, professor of internal medicine at Ohio State University Medical Center. So wash at every opportunity.

**3.Beware of closed-in spaces.** Office buildings with poor air circulation are a high-risk environment because cold viruses can't escape. What's worse, low humidity dries the mucous membranes that normally trap and dispose of viral invaders. For the same reason, airplanes are another likely place to pick up cold germs.

The best antidote is to frequently mist your nostrils with an over-the-counter saltwater nasal spray, says Dr. Margaret Gradison of the Community and Family Medicine Department at Duke University Medical Center.

**4.Drink plenty of fluids.** They help flush germs from your body and ward off the dehydration that often accompanies colds. “Breathing through your mouth, blowing your nose and taking drying cold medications all promote fluid loss,” notes Dr. Gradison. To counteract this, drink at least eight glasses of water, fruit juice or other noncaffeinated fluids every day.

**5.Don't rub your nose and eyes so much.** One study showed