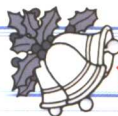


世纪风铃
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美好生活启示



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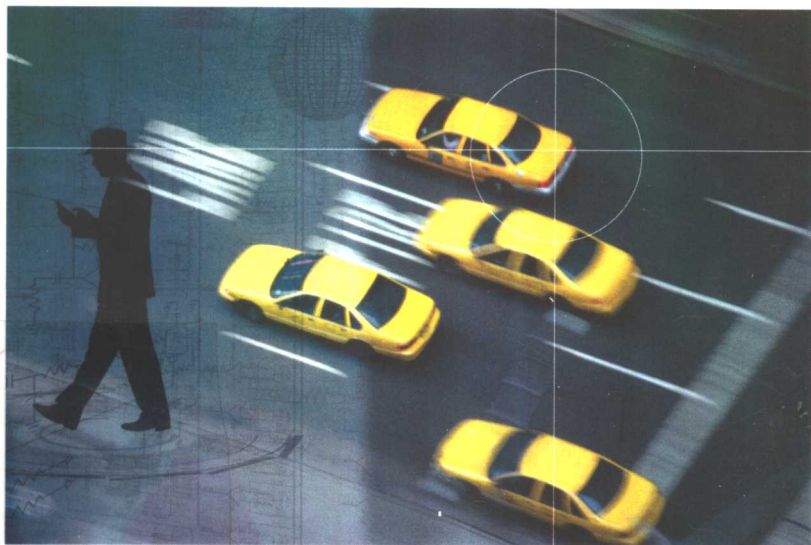
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范红 主编

美好生活启示

How To Live Beautifully



常青 编译 许建平 审校



清华大学出版社

<http://www.tup.tsinghua.edu.cn>

HOW TO LIVE BEAUTIFULLY

红 主编



美好生活 启示

How To Live Beautifully

■ 常 青 编译 许建平 审校 ■



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(京)新登字 158 号

书 名: 美好生活启示

作 者: 常 青 编译

出版者: 清华大学出版社 (北京清华大学学研大厦, 邮编 100084)

<http://www.tup.tsinghua.edu.cn>

印刷者: 北京市清华园胶刷厂

发行者: 新华书店总店北京发行所

开 本: 850 × 1168 1/32 印张: 7.5 插页: 1 字数: 176 千字

版 次: 2001 年 9 月第 1 版 2001 年 9 月第 1 次印刷

书 号: ISBN 7-302-04502-X/H · 364

印 数: 0001~5000

定 价: 14.80 元

内 容 提 要

人生短暂，怎样活得有意义、有价值是每个积极进取的人常思考的问题；生活犹如五味瓶，甜酸苦辣咸各种滋味尽有，怎样做才能在人生的道路上少走弯路呢？把握今天，打开《美好生活启示》之门。

本书是一本生活启示录，其突出的特点是：1）选材广泛。所选文章涉及日常生活的方方面面；如：你想知道自己大脑的性别吗？哪些食物可以使你更聪明？怎样才能不轻信他人？你的睡眠时间够吗？怎样成为一名出色的演讲者？如何保证面试成功？母爱的伟大，等等；2）体裁多样。所选文章覆盖常见的四类文体：叙述文，描写文，说明文和议论文。

本书的每篇文章都配有注释、译文和理解练习。读者通过阅读本书，可在细细品味多彩生活、得到生活启迪的同时，英语水平也在不知不觉中得以提高。

《美好生活启示》让你轻轻松松阅读，快快乐乐生活！

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Due to the inconvenience of communication, we are unable to get in touch with the authors of the articles selected in this book. Please contact the publisher who has reserved the remuneration for them.

编者的话

阅读是一种语言领受能力,也是一种语言学习的方法。它是学生掌握语言知识、打好语言基础、获取信息的重要途径。阅读技能是大部分学生今后工作中最需要的语言技能,注重阅读能力的培养与提高是语言学习者必不可少的任务。从语言学习的规律来看,语言应用能力的提高是建立在大量的语言输入,尤其是大量阅读基础之上的。阅读能力的培养仅靠少量的精读材料是不够的,更重要的是要靠大量的泛读材料。学习者通过大量阅读趣味性强的读物,培养自己的阅读兴趣与自学能力,既可更有效地获取书面信息,扩大词汇量,丰富语言知识,也可更深刻地了解英语国家的社会文化背景,开阔视野,扩大知识面,提高自身文化素养。

《世纪风铃阅读文库》就是一套专门为大学英语四级水平以上学生编写的高级趣味阅读丛书。此套丛书的编者均是清华大学长期从事一线教学、经验丰富的英语教师。在教学过程中,他们发现许多学生虽然能够通过全国大学英语四级考试,但其英语语言基础知识仍然不够扎实,主要表现在词汇量少、阅读速度慢、阅读理解不够准确、翻译能力较差等方面,其阅读与翻译能力迫切需要进一步提高。据了解,目前很难从市面上找到适合此类学生自学提高阅读能力的英语读物。为了满足此类学习者的实际需要,本套丛书的编者确定了培养学生阅读

兴趣、提供当代最新信息的选材定位原则,在满足学习者对文章题材及内容的取向要求的同时,努力为他们营造一个寓阅读于乐的课外自学环境,为保证大学英语学习四年不断线创造有利条件。因此,从某种程度上来说,该套丛书填补了此类图书市场的空白。

全套丛书共分为五册,分别是《科学的奥秘》、《电脑大观园》、《当代名人趣闻》、《新闻聚焦》和《美好生活启示》。全部文章内容选自 20 世纪 90 年代末的国外权威性报刊与因特网,涉及社会、人文、科技等诸方面内容。所选文章内容新颖、题材广泛、有强烈的时代气息,是一套融知识性、科学性、实用性、趣味性为一体的优秀阅读丛书。

全套丛书各册编写体例一致,语言规范。每册书均由 20 个单元组成,每个单元包括正文、难词脚注、阅读理解检测题及正文译文。书后附有阅读理解检测题参考答案。选文中出现的文化背景及语言难点均有脚注,目的在于节约读者查词典的时间,帮助读者理解此类难点在文章中的准确含义。阅读理解检测题紧扣语言素材主题,意在帮助读者归纳文章中心思想及把握关键细节。书后所提供的译文文体优美、文字准确,是读者阅读遇到问题时的可靠参考。此外,在每课正文之前,编者还提供了阅读文章的长度,并根据 1999 年新修订的《大学英语教学大纲》对大学英语应用提高阶段阅读速度每分钟 100 字的规定,计算出每课所需阅读时间,作为读者衡量自己阅读速度的参考标准。

本套丛书适合大学英语基础阶段结束后的英语提高阶段使

用,也可以作为本科生及研究生阅读提高课使用的教材。本丛书适合具有相当水平的英语爱好者课外阅读使用,衷心希望本套丛书的读者能从中有所收益。

编者

2001年4月于清华园

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What Sex Is Your Brain?

Anne Moir and David Jessel

“Why can’t a woman be more like a man?” goes the exasperated¹ lament². Science is searching for an answer and researchers have presented some intriguing³ possibilities. Men and women are different, they theorize, because the slight differences in the way their brains are constructed lead the sexes to process information in subtly different ways.

That might be why men generally do better than women in tests of spatial ability—being able to picture objects’ shapes, positions and proportions accurately in the mind’s eye. Similarly, boys tend to outperform girls in mathematics involving abstract concepts of space, relationships and theory.

On the other hand, girls usually say their first words and learn to speak in sentences earlier than boys. Some studies have found that women speak in longer, more complex sentences than men. Also, boys outnumber girls in remedial reading classes. Stuttering and other speech defects occur more frequently among males.

What are the anatomical⁴ differences in the brains of men and

1. 恼怒的 2. 叹息 3. 引起好奇心(或兴趣)的 4. 构造上的

women that might cause these variations? In tests on brains obtained after autopsy⁵, some researchers have found that in women part of the corpus callosum⁶, the bundle of fibers linking the left and right hemispheres, is bigger in relation to overall brain weight than in men. This might allow more information to be exchanged between the two sides.

If so, perhaps it accords with the theory that in men the left hemisphere of the brain is more specialized for verbal abilities than it is in women. And men seem to use the right side of their brain when working on an abstract problem, while women use both sides.

How this might influence masculine and feminine modes of thinking science doesn't yet know. We do know, though, that brain development in the fetus⁷ is affected by hormones as well as genetics. And most of us grow up to think at least a little like the opposite sex.

The following quiz, based on surveys of some 2000 people, could help you find out how male or female your brain is:

1. You hear an indistinct meow⁸. Without looking around, how well can you place the cat?

- (a) If you think about it, you can point to it.
- (b) You can point straight to it.
- (c) You don't know if you can point to it.

2. How good are you at remembering a song you've just heard?

- (a) You find it easy, and you can sing part of it in tune.
- (b) You can do it only if it's simple and rhythmical.

5. 尸体解剖 6. 胼胝体 7. 胎, 胎儿 8. 猫叫声

(c) You find it difficult.

3. A person you've met a few times telephones you. How easy is it for you to recognize that voice in the few seconds before the person identifies himself?

(a) You find it quite easy.

(b) You recognize the voice at least half the time.

(c) You recognize the voice less than half the time.

4. You're with a group of married friends. Two of them are having an affair. Would you detect this?

(a) Nearly always.

(b) Half the time.

(c) Seldom.

5. You're introduced to five strangers at a large social gathering. If their names are mentioned the following day, how easy is it for you to picture their faces?

(a) You remember most of them.

(b) You remember a few of them.

(c) You seldom remember any of them.

6. In your early school days, how easy were spelling and the writing of essays?

(a) Both were quite easy.

(b) One was easy.

(c) Neither was easy.

7. You spot a parking place, but you must reverse into it—and it's going to be a fairly tight squeeze:

(a) You look for another space.

(b) You back into it—carefully.

(c) You reverse into it without much thought.

8. You've spent three days in an unfamiliar village and someone asks you which way is north:

(a) You're unlikely to know.

(b) You're not sure, but given a moment you can work it out.

(c) You point north.

9. You're in a dentist's waiting room. How close can you sit to people of the same sex as yourself without feeling uncomfortable?

(a) Less than six inches.

(b) Six inches to two feet.

(c) Over two feet.

10. You're visiting your new neighbor, and the two of you are talking. There's a tap dripping in the background. Otherwise the room is quiet:

(a) You notice the dripping sound immediately and try to ignore it.

(b) If you notice it, you probably mention it.

(c) It doesn't bother you at all.

Scoring the Test

Males:

For each (a) answer, give 10 points.

For each (b) answer, give 5 points.

For each (c) answer, give -5 points.

Females:

For each (a) answer, give 15 points.

For each (b) answer, give 5 points.

For each (c) answer, give -5 points.

Unanswered questions count 5 points.

Most males will score between zero and 60. Most females will score between 50 and 100. The overlap—score between 50 and 60—indicates a thought compatibility⁹ between the sexes.

Male scores below zero and female scores above 100 points to a brain very differently “wired” from that of the opposite sex. Male scores above 60 may show a bias to female mental attributes. Females who score below 50 may show a brain bias to the male thought processes.

Your Result Is: _____

Comprehension Check:

1. Why are men and women are different in theory?
2. What kind of tests might men do better than women in?
3. What kind of tests might women do better than men in?
4. Do men use the left or right hemisphere work on an abstract problem?
5. What sex is your brain? Test it by using the quiz stated in this article.

9. 相容性



你的大脑是什么性别？

有人恼怒地叹息道：“为什么女人不能更像男人呢？”科学研究正在找寻答案。研究人员已经提出几种令人好奇的可能性。他们从理论上推测，男人和女人的不同是因为他们大脑的构造稍有差别，这种差别导致他们以微妙的不同方式来处理信息。

这也许就是为什么男性通常能在精确地勾画出物体的形状、位置和大小等涉及空间的测试中比女性做得好。同样，男孩在数学包含空间、关系和理论等的抽象概念方面胜过女孩。

而在另一方面，女孩说话和学说句子通常要比男孩早。有些研究发现女性讲的句子要比男性讲得长、讲得复杂。同样，阅读补习班的男孩人数要比女孩多。口吃和其他的语言缺陷更常发生在男性身上。

造成上述差别的男女大脑的构造差异是什么呢？用尸体解剖获得的大脑进行实验，一些研究人员已经发现，就大脑的总重量而言，女人的胼胝体，即连接左右两侧大脑半球的纤维束要比男人的重。这也许可使更多的信息在左右两侧大脑进行交换。

如果真是这样，这也许与男人的左侧大脑半球比女人的更专门用于言语能力的理论相符。处理抽象问题时，男人似乎是

用右侧大脑而女人则是左右侧大脑并用。

科学研究对上述现象是怎样影响男女的思维方式仍不清楚。但是，我们知道胎儿的大脑发育除遗传外还受激素的影响。而且，我们大多数人在成长过程中都会认为自己跟异性多少有点相像。

下面这个小测验基于约 2000 人的情况调查，它可能帮助你判断你大脑的女性化或男性化的程度：

1. 你隐隐约约听到一声猫叫。不要环顾四周，你对猫所处方位的判断力如何？

- (a) 如果稍想一下，你能指出它的方位。
- (b) 你能立即指出它的方位。
- (c) 你不知道你是否能指出它的方位。

2. 你对刚刚听过的歌曲的记忆如何？

- (a) 你觉得记歌曲挺容易，并且还能哼上一两句。
- (b) 除非这是首既简单又有节奏的歌曲，否则记不住。
- (c) 你觉得挺难记。

3. 你曾见过几次面的人打电话给你。在此人告诉你他是谁之前，你在几秒钟之内能否辨出他的声音？

- (a) 你觉得相当容易。
- (b) 你多半能辨出他的声音。
- (c) 你多半不能辨出此人的声音。

4. 你和一群已婚的朋友们在一起。他们中有两人关系暧昧，你能觉察出来吗？

- (a) 几乎每次都能（察觉）。
- (b) 半数情况下能。
- (c) 很少能。

5. 在一次大型的社交聚会上，别人给你介绍了5位新朋友。