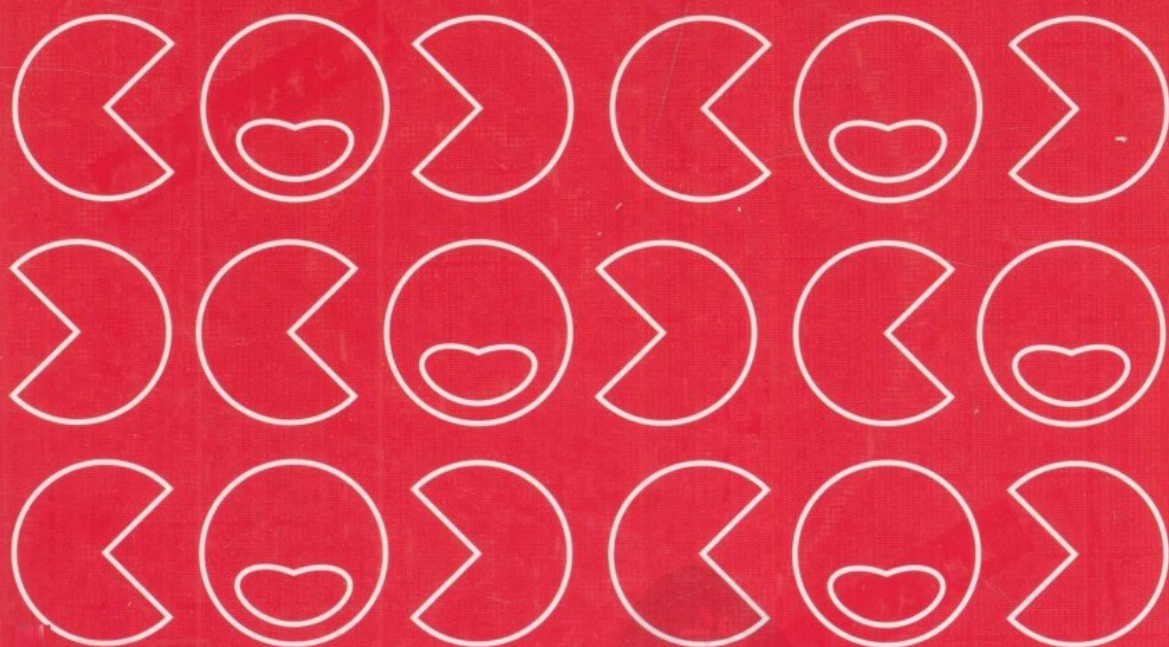


# 大学英语

总主编 傅勇林  
主编 易红 宋冰

## 自主阅读教程 4

COLLEGE ENGLISH AUTONOMOUS READING



### 第四册



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责任编辑 祁素玲

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# 大学英语自主阅读教程

COLLEGE ENGLISH AUTONOMOUS READING ④

第四册



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College English Autonomous Reading 4

# 大学英语自主阅读教程

第四册

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# 前言

《大学英语自主阅读教程》是根据《大学英语课程教学要求》以及当前我国普通高等院校大学英语教学实际编写的一套理念创新、内容实用、体系科学并具时代特色的全新系列公共英语泛读教材。它是一套由纸质教材、配套光盘和网络教学系统组成的立体化教材，旨在通过地道生动的语言、实用丰富的知识、立体互动的技能训练，并充分利用现代多媒体技术，为学生打造完善的自主式学习环境，为教师提供现代化的教学监控手段，从而实现过程性评估与终结性评估相结合的综合教学评估体系。

## 一、编写原则

### 1. 注重学生自主学习能力的培养

《大学英语自主阅读教程》的编写注重课堂教学与课外自主学习有机结合，学生通过学习和使用本教材有望获得自主学习能力的提高，从而为终身学习创造条件。

### 2. 强化学生实际应用能力的培养

《大学英语自主阅读教程》不仅重视语言技能的训练，更注重这些技能的实际运用。无论是阅读训练还是美文欣赏，内容上都选择具有时代气息的最新语料，体裁上适当加大应用文所占比重，努力使英语学习寓于趣味性、实用性之中。

### 3. 重视学生人文素质的培养

《大学英语自主阅读教程》在不忽视培养学生科学素质的前提下，重视文化教育，重视教材的前瞻性、思想性和文化内涵。选材上，涉及不同国家的经济、政治、科技、文化、生活等方方面面，注意语言材料与文化内容的融合、经典性与时尚性的融合，所选篇章都富含文采，含义隽永，引人入胜。学生在了解相关文化背景的前提下，能够更好地掌握语言；在切实掌握语言的同时，可以充分接触异域风情和外来文化。这样，在语言能力形成的过程中，也就能潜移默化地达成文化认知和建构，培养跨文化交际意识。

### 4. 帮助学生顺利通过英语四、六级考试

《大学英语自主阅读教程》的编写在总体目标、语言项目、词汇范围和练习方式上，都体现了新大纲的要求，符合国家标准。本教材选择真实、地道和典型的语言素材，注意纵向连贯和横向配合，循序渐进，保证大纲词汇和重要语言现象有足够的再现率，力求在知识和技能上为学生打下宽厚的基础。在教学原则上，强调发挥学生的主动性与积极性，培养其良好的学习习惯和自主学习能力，在大量语言输入的基础上，打下扎实的基本功，从而帮助学生顺利通过英语四、六级考试。

## 二、编写特色

### 1. 选材科学，注重难度控制，实现真正意义上的循序渐进

《大学英语自主阅读教程》在选材上除了使用人工难度估测的方法外，还使用先进的语料库软件对每份入选语料进行详细的难度分析，从统计数据上对语料进行精确描述，以确保入选语料在难度上适中，并实现一至四册难度渐进的选材效果。

### 2. 注重课程监控和阶段检测

《大学英语自主阅读教程》是由纸质教材、配套光盘和网络教学系统组成的立体化教材，可实现形成性考核模式，改变了传统大学英语教学仅采用单一的终结性考核的做法，既能帮助教师监控学生的日常学习过程，及时获取学生学习效果的准确反馈信息，以进一步改进教学，又可对整个学习过程中多层面的学习状况做出客观评价，有效降低学生在期末考核中出现的紧张情绪，有利于学生发挥出真实水平。

### 3. 注重自主学习设计，适用开放式学习

《大学英语自主阅读教程》注重学生自主学习的设计安排，以纸质教材和配套学习软件为依托，以网络学习和管理平台为工具，提供个性化的教学环境和可扩展的教学内容，建立开放式的自主学习框架。学生可根据自己的学习习惯和实际需求进行广泛的语言拓展体验，教师可示范指导，合理有效地引导学生逐步提高英语语言综合能力，以实现传统课堂教学和网络自主学习的优势互补。

### 4. 题材广泛，体裁多样，与专业学科紧密契合

《大学英语自主阅读教程》编写严谨，坚持大学教育文理渗透、重视素质培养的方向，体现高度的科学性、合理性和实用性。文章短小精悍，易于学习。题材广泛生动，注意文、理、工、农、医等各学科的通用性，涉及英语国家的社会、政治、经济、文化、历史、新闻、宗教、体育、医药、文学、风土人情、科普知识等各个领域。体裁多样，语料内容与各专业学科知识自然衔接，旨在让不同专业有着不同学习需求及志趣爱好的学生对各自学科领域的语言知识有所了解。

### 5. 具有相当的灵活性和可操作性

《大学英语自主阅读教程》是包括纸质教材、配套光盘和网络教学系统三种不同载体的立体互动式系列教材，通过英语教学的网络化，提供多层次、多渠道的英语教学环境和监控手段，充分保证学生的个性化自主学习效果。

## 三、教材使用对象、出版形式和学时安排

### 1. 教材使用对象

本教材可供大学非英语专业学生基础阶段使用，也适合具有一定英语基础的其他英语学习者自学。该教材为广大英语爱好者、自学者提供了一条快速提高英语阅读能力、丰富语言文化知识的捷径。

### 2. 册数及学时安排

全套教材共分四级（一至四级），每册 15 个单元。每单元由一篇快速阅读、三篇深度阅读和



一篇美文赏析组成，配有包括判断、选择、简短问答、翻译、15 选 10 等题型在内的多种练习，兼顾英语四、六级考试阅读题型，形式灵活。

### 3. 出版形式

本系列教材同时提供纸质教材、配套光盘和网络教学系统，充分利用现代多媒体及网络教育技术，通过生动的形式、实用的练习和有效的监控来提高学生的英语阅读能力，从而全面培养和提高学生英语语言综合应用能力。

- 纸质教材：共四册，提供教师授课及学生学习所需语言材料。
- 配套光盘：提供与教材完全配套的英语交互学习软件，具有操作性强、内容直观丰富、重点难点突出、讲解清晰等特点，供学生自主学习参考。
- 网络教学系统：根据学生网上自主学习和教师教学监控需求开发，帮助实现在教学计划指导下的非实时自学，为教师和学生提供一个开放的学习、查询、指导和交流平台。通过该系统，学生可进行在线自主学习和测试，即时获取学习效果的相关反馈信息；教师可实时了解学生的学习时间、学习进度与测试成绩。

本教材的编写从内容到形式都有不少新的尝试，加之编者水平有限，不妥之处，敬请读者批评指正。对于本教材所选用的阅读篇章的作者及出版社，编者在此致以深切的谢意。本教材由外籍专家 David John Clarke 审阅，在此一并致谢。

**编 者**

2009 年 7 月

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## Unit One

### Part I Skimming and Scanning

#### Unique Traditions from UK

Ever wonder about those classically British customs such as “high tea” or “changing of the guard”? Here are the origins of these traditions—most of which predate the birth of the English nation by hundreds of years!

##### Boxing Day

This holiday, which is observed on December 26, is a unique part of the Christmas season in Great Britain, as well as other Commonwealth nations. Boxing Day stems from a tradition that began in the Middle Ages more than 800 years ago. On this day, English churches would open their alms (施舍物) box and distribute its contents to needy members of the community. It was also a day for servants to celebrate the holidays with their families, having usually worked the day before. Today, Boxing Day is one of the twenty-two paid holidays received by most working Brits (英国人). Most people now spend Christmas Day with their family and reserve Boxing Day for exchanging gifts with friends. Although the government shuts down for the day, cinemas and theatres are open.

##### Changing of the Guard

One of Britain's most well-known traditions occurs every morning at 11:30 outside Buckingham Palace, one of the Queen's three official residences, from April to October (and every other day in the winter). This stately ritual (仪式) is, in essence, a shift change between groups of soldiers assigned to guarding the palace and is a military custom practiced by most palace guards in Europe. Famed for their stoicism (坚韧), the guard typically draws huge crowds of tourists. The yellow flag that is exchanged between the two guards is called “The Royal Standard”, and historically were used to identify the king's position as he marched into battle with his army.

##### The Queen's Card

In the United States, if you make it to the ripe old age of 101 or 102, Willard Scott will wish you happy birthday on national television. In England, the Queen herself will send her congratulations. This fairly new custom is known as “the Queen's card” and assures centenarians

that they will receive a birthday card from the Queen on their one hundredth birthday (and subsequent birthdays). The card is so coveted (觊觎) by some Brits that one 98-year-old woman was recently proven to have faked her age by two years just to receive the card.

### High Tea

Although this British tradition always has more upscale (上流阶层) connotations, high tea was first enjoyed by the English working class during the 1700s. This ritual began as a practical attempt to keep off hunger pangs (胃疼) between breakfast and supper, as eating just two daily meals was common at the time. It was called “high” tea because it was usually taken sitting atop stools in a tea shop or standing at a counter or buffet table. The fare was substantial and included the newly-invented “sandwich”, as well as Cornish pasties (馅饼), Welsh rabbit, Scotch woodcock, and a variety of bread, rolls, and other meat and fish dishes. Today, high tea has become a more elegant and popular ritual that is practiced in fine hotels and restaurants around the world.

### Midsummer

Although not an official holiday, Midsummer has been celebrated in Britain since the ancient days of the Druids (德鲁伊时期). This holiday, which takes place on the longest day of the year, usually the 21<sup>st</sup> of June, is a time for Brits to relax and appreciate the joys of the summer season. Due to the country’s northern location, the sun rises around 4:30 a.m. and doesn’t set until 9:30 p.m. on that day. For most, Midsummer is a time to take advantage of the increased daylight by staying out late at one of Britain’s many pubs. However, some still celebrate the holiday in a traditional Druidic fashion. On Midsummer’s Eve, bonfires (篝火) are lit to show respect for the Sun God, whose power is greatest at the Summer Solstice (夏至). The fire also represents an attempt to ward off the coming winter.

### Public Houses

Visiting a pub is one of Britain’s oldest forms of entertainment. The idea for the first public houses was brought to Britain thousands of years ago by the conquering Roman army. The first pubs served only wine, but after the discovery of hops (啤酒花) in the fourteenth century, pubs began to serve mainly beer and ale (麦芽酒), as they do today.

Today, there are 61,000 pubs in the United Kingdom. One of the oldest, Fighting Cocks in St. Albans, Herts, is located in a building that dates back to the 11<sup>th</sup> century. Modern pubs are often owned by British breweries (酿酒厂) and serve only their owner’s products. British pubs are required to have a license, which is difficult to obtain, and operated between 11 a.m. and 11 p.m. every day except Sunday, when they must close at 10:30 p.m.

The drinking age in Britain is eighteen, but fourteen-year-olds may enter a pub with their parents until 9 p.m., which lets families enjoy reasonably priced pub meals together, and allows

pubs to continue in their traditional roles as community centers.

Customs in British pubs differ from those in American bars. In Britain, you must go to the bar to order drinks and food and pay for your purchase immediately, and there is no table service. Bartenders (酒吧侍者) are called “barmen” and “barmaids” and they do not expect frequent tipping. To tip a barman or barmaid, it is customary to tell him to “buy himself one”. He or she may or may not take you up on your offer. At the end of a visit, a polite customer will return his glass to the bar.

(943 words)

**Directions:** *Do the following statements agree with the information given in the passage?*

For questions 1 ~ 7, mark

Y for YES, if the statement agrees with the information;

N for NO, if the statement contradicts the information;

NG for NOT GIVEN, if there is no information on this in the text.

- 1) \_\_\_\_\_ According to the passage, the history of some British traditions is longer than that of the English nation.
- 2) \_\_\_\_\_ In the middle ages, people usually exchanged gifts with their friends on Boxing Day.
- 3) \_\_\_\_\_ The Changing of the Guard takes place at a time of 11:30 a.m. outside of Buckingham Palace, whether it is spring, summer, autumn, or winter.
- 4) \_\_\_\_\_ In England, if you are 101 or 102 years old, you will receive congratulations from the Queen's on national television.
- 5) \_\_\_\_\_ It was called “high” tea because the fare was substantial and included a variety of food.
- 6) \_\_\_\_\_ In American bars, there is table service, and you don't have to go to the bar to order drinks.
- 7) \_\_\_\_\_ Because Midsummer takes place on the longest day of the year, people usually get up very early to celebrate it.

**Directions:** *For questions 8 ~ 10, complete the sentences with the information given in the passage.*

- 8) In Europe, the changing of the guard is not only a stately ritual but also \_\_\_\_\_.
- 9) It is reported that one 98-year-old woman wanted to receive the card from the Queen so much that \_\_\_\_\_.
- 10) In Britain, one of the traditional roles of pubs is \_\_\_\_\_.

## Part II Reading in Depth

### Section A: Multiple Choice

**Directions:** *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice.*

#### Passage One

A particular area in which assumptions and values differ between cultures is that of friendship. Friendships among Americans tend to be shorter and less intense than those among people from many other cultures. At least many observers from abroad have this impression. Because Americans are taught to be self-reliant, because they live in a very mobile society, and for many other reasons as well, they tend to avoid deep involvement with other people. Furthermore, Americans tend to “compartmentalize” their friendships, having their “friends at work”, “friends at school”, a “tennis friend”, and so on. Americans often seem very friendly even when you first meet them. This friendliness does not usually mean that the American is looking for a deeper relationship.

The result of these attitudes and behavior is sometimes viewed by foreigner as an “inability to be friends”. Other times it is seen as a normal way to retain personal happiness in a mobile, ever-changing society.

People normally have in their minds stereotypes about people who are different from themselves. Stereotypes are based on limited and incomplete experience and information, but they shape people’s thoughts and expectations. Americans have many stereotypes about foreign students in general (for example, that they are very hard working, intelligent, and rich; that they do not speak English well) and about particular categories of foreign students (Chinese are polite and good at mathematics, for example, or Italians are emotional). And foreign students have their own stereotypes of Americans, for example, that they are arrogant, rude, and generous.

There are two stereotypes that often affect male-female relationships involving U.S. and foreign students. The first is the idea, held by some foreign males, that American females are invariably willing, if not anxious, to be deeply involved in a male-female relationship. The second common stereotype, held by some American females, is that male foreign students have not much interest in American females. The existence of these and other stereotypes can give rise to considerable misunderstanding and can block the development of a mutually satisfactory relationship between particular individuals. Stereotypes seem unavoidable, given the way the



human mind seeks to categorize and classify information, so it is not realistic to suppose people can “forget their stereotypes”. But they can be aware of their stereotypes, and be ready to find exceptions to them.

(383 words)

- 1) The word “compartmentalize” in the first paragraph means \_\_\_\_\_.
  - A) treating their friends differently
  - B) evaluating their friends accordingly
  - C) separating their friends into categories
  - D) judging their friends fairly
- 2) Which of the following is the reason that Americans tend to avoid deep involvement with other people?
  - A) Americans prefer a less intense relationship.
  - B) Americans are more likely to move house than many other people.
  - C) Americans tend to categorize their friends.
  - D) Americans are not willing to depend on themselves.
- 3) According to the author, stereotypes concerning male-female relationships involving U.S. and foreign students are \_\_\_\_\_.
  - A) helpful
  - B) harmful
  - C) meaningless
  - D) useless
- 4) According to the author, stereotypes seem unavoidable because \_\_\_\_\_.
  - A) people can never forget them
  - B) they provide better understanding of the male-female relationships
  - C) it is easy to find exceptions in the male-female relationships
  - D) human minds tend to classify information into different categories
- 5) The author’s attitude toward the American type of friendship seems to be \_\_\_\_\_.
  - A) objective
  - B) approving
  - C) skeptical
  - D) biased

## Words & Expressions

assumption	<i>n.</i>	sth. that is taken as a fact or believed to be true without proof 假定, 设想
stereotype	<i>n.</i>	a fixed set of ideas about what a particular type of person or thing is like 成见; 陈规
arrogant	<i>adj.</i>	unpleasantly proud, with an unreasonably strong belief in one’s own importance, and a lack of respect for other people 骄傲的, 傲慢的
invariably	<i>adv.</i>	always; in an unchanged way 总是; 不变地

## Passage Two

There must be few questions on which responsible opinion is so utterly divided as on that of how much sleep we ought to have. There are some who think we can leave the body to regulate these matters for itself. "The answer is easy," says Dr. A. Burton. "With the right amount of sleep you should wake up fresh and alert five minutes before the alarm rings." If he is right many people must be under-sleeping, including myself. But we must remember that some people have a greater inertia than others. This is not meant rudely. They switch on slowly, and they are reluctant to switch off. They are alert at bedtime and sleepy when it is time to get up, and this may have nothing to do with how fatigued their bodies are, or how much sleep they must take to lose their fatigue.

Other people feel sure that the present trend is towards too little sleep. To quote one medical opinion, thousands of people drift through life suffering from the effects of too little sleep; the reason is not that they can't sleep. Like the colonists, we do seem to be grasping ever more of the land of sleep for our waking needs, pushing the boundary back and reaching, apparently, for a point in our evolution where we will sleep no more. This in itself, of course, is not a bad thing. What could be disastrous, however, is that we should press too quickly towards this goal, sacrificing sleep only to gain more time in which to jeopardize our civilization by actions and decisions made weak by fatigue.

Then, to complete the picture, there are those who believe that most people are persuaded to sleep too much. Dr. H. Roberts, writing in *Every Man in Health*, asserts: "It may safely be stated that, just as the majority eat too much, so the majority sleep too much." One can also see the point of this. It would be a pity to retard our development by holding back those people who are gifted enough to work and play well with less than the average amount of sleep, if indeed it does them no harm. If one of the trends of evolution is that more of the life span is to be spent in gainful waking activity, then surely these people are in the van of this advance.

(378 words)

- 1) According to Dr. Burton, \_\_\_\_\_.
  - A) people with the right amount of sleep wake up early
  - B) people with the right amount of sleep wake up before the time they expected to
  - C) many people have sufficient sleep
  - D) some people sleep too much to lose their fatigue
- 2) The word "inertia" in Paragraph 1 probably means \_\_\_\_\_.
  - A) not wanting to do anything or change a situation
  - B) feeling very lazy and unwilling to move
  - C) moving slowly and reluctantly