



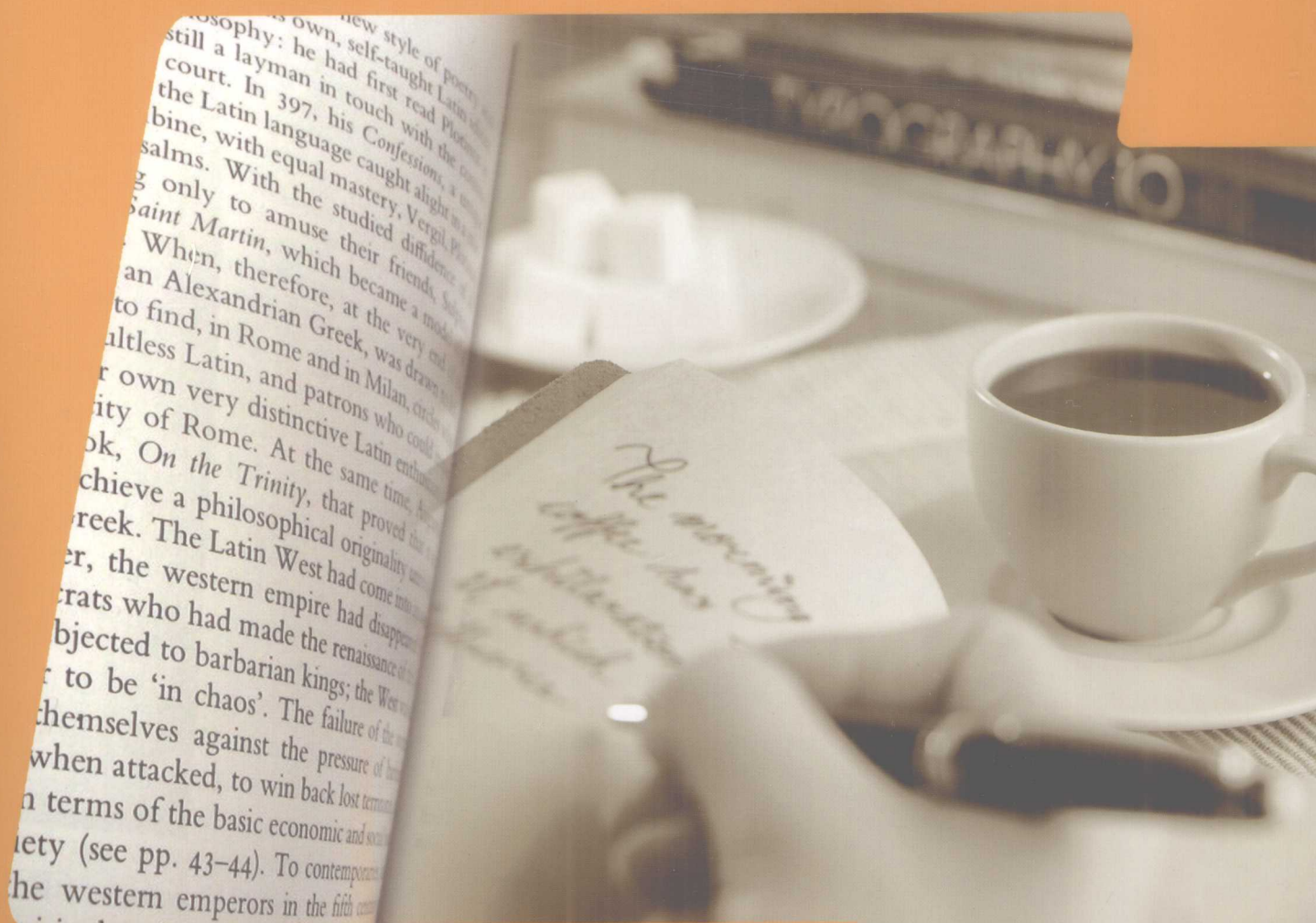
普通高等教育“十一五”国家级规划教材
大学英语自主系列教材

Learner Autonomy Series

大学英语自主阅读

3

总主编 覃朝宪 张家政 本册主编 覃朝宪 张家政



高等教育出版社
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P 前言 Preface

随着我国现代化建设和改革开放的纵深发展,对既懂专业又熟练掌握外语的优秀人才的需求日益迫切,这无疑给大学英语教学提出了更新、更高的要求。因此,转变和更新大学英语学习者的学习理念、提高其综合素质、满足社会对人才的需求,成为本教材的探索目标。

教材特色: 根据《大学英语课程教学要求》的精神和要求,结合当前大学英语教学改革的发展趋势,编者力图以建构主义为理论基石、以动机为先导、以兴趣为动力、以学生为中心、以任务为基础、以自学为途径,编写了本套自主阅读教材。本套教材为普通高等教育“十一五”国家级规划教材。

针对学习者的特点和大学英语教学现状,根据编写原则,我们组织富有经验的专家和一线骨干教师设计全书框架,编写样课单元在学生中广泛试用,并以问卷调查及座谈会形式就教材体例、板块结构、文章题材等方面广泛收集意见和建议,然后以此为依据对教材进行反复修改,力求达到材料的最优组合和体系的最佳平衡,以保持教材的科学性、趣味性和可操作性。

本教材注重学习者的学习兴趣、生活经历和认知水平,倡导自主、体验和实践的学习方式;强调“在读中练,在练中学,在学中用,在用中学”的学习理念;突出 C—R—E—A—T—I—O—N 的八大特色:

综合性(Comprehensive)。 本教材内容涵盖人文、地理、文学、语言、文化、法律、经贸、名人演讲、高科技、社会焦点等领域。充分体现了现代教育理论中的“多元知识观”,有利于学习者知识、能力、科学与人文素养的整体提高。

可读性(Readable)。 本教材利用 Range 软件,对词汇出现的频率(tokens)、文本的类符(types)以及词簇(families)三个纬度进行了测量,其指标均呈正态上升趋势,且梯度分明,适合学习者的认知规律。

体验性(Experiencing)。 本教材所选素材大多是学习者日常生活中熟悉并感兴趣的话题,学习者能在学习的过程中感觉亲切、自然;有助于激活学习者相关图式(schemata),增加学习过程中的体验性,通过学习,其实际运用语言的能力会得到很大提高。

自主性(Autonomous)。根据各册特点设计了相应的《自主阅读能力自评表》。该表旨在帮助学习者科学合理地评估其自主阅读活动,引导学习者养成良好的自主学习习惯,并对不足之处进行自我修正。从而使学习者在掌握各项阅读技巧的同时,逐步提高自主学习能力。

时代性(Timely)。很多文章取材于当代多媒体和网络学习资源中的时文佳作,选材内容能满足不同层次、不同个性的学习者的需求,提高学生语言应用能力。

趣味性(Interesting)。本教材设计了趣味阅读(Reading for Pleasure)辅助板块,精选幽默故事、名人名言,采撷美文编汇诵读菁华,旨在让学习者既能领会到英语学习的愉悦,又能感受英语语言的魅力,以缓解学习压力,提高学习热情,强化学习动机。

开放性(Open)。本教材设计了没有统一固定答案的具有开放性和延展性的思考题和讨论题型,给学习者提供广阔的思维空间,在阅读过程中开动脑筋,发散思维。

真实性(Native)。本教材题材选自英美作家,语言纯正、自然、地道,材料真实,使学习者既能接触到地道而又真实的语言环境,又能加强文化因素的积累,培养学习者的跨文化交际意识。

本套教材是“大学英语自主阅读系列”教材的全新版本,从内容到形式都有不少新的尝试。当然,不足之处在所难免,我们会虚心听取各位同行和学习者的宝贵意见,不断加以完善。

编者 葛伏在

2009年5月

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使用说明

Explain

本教材共4册。每册分12个单元,每个单元紧扣一个主题(theme),融知识性与趣味性于一体。每册配有“自主阅读自评表”,建议学习者学完每册后认真填写,同时注意调整学习方法与习惯;每册主课文附有阅读建议时间:第一册 70 words/min;第二册 80 words/min;第三册 90 words/min;第四册 90 words/min。每一练习题首和主体板块末尾有 Your Score(每题得分情况)和 Your Total Score(总体得分情况),建议学习者按要求做完习题后,按评分标准记下各题得分和每单元累计得分。准确率应达到70%以上。

本册教程各单元由以下4个部分构成:

Part I Comprehensive Reading (综合阅读)

1. Pre-reading Activities——主体课文热身活动,由 Lead-in Questions 和 Word Warming-up 两部分组成,藉此扫清阅读中的部分生词障碍,增强学习者的阅读信心,同时训练其根据语境猜词的能力,提升阅读前的预测能力。

2. Text——单元主体课文,由精选时文及美文佳作组成。文中生词均附在当页下方,以便学习者查阅;对重要词组和难句难点均进行归纳和详注,有助于学习者明确语言要点、释疑解惑。

3. Post-reading Exercises——本部分旨在让学习者全方位掌握文章主旨并通过不同类型的练习内化语言知识。参考译文附在每单元后,练习答案附于每册书后,便于学习者自测自评。

Part II Fast Reading (快速阅读)

此部分提供了与大学英语四级考试中快速阅读相近难度和长度的阅读材料,以提高学生的阅读速度和快速获取所需信息的能力。

Part III Reading for Test (阅读测试)

此部分提供了与大学英语四级考试内容相近的阅读材料,供学习者仔细阅读,理解文章,旨在培养学习者的阅读理解能力和应试技能。

Part IV Reading for Pleasure (趣味阅读)

秉持“外语学习是一种愉快的体验”的理念,我们设计了 Reading for Pleasure 辅助板块,精选幽默故事、名人名言,希望学习者既能领会到英语学习的愉悦,又能感受英语语言的魅力。

本套教材拟定两个学年完成,建议一学期完成一册的学习任务。本册每个单元的学习时间以一周半,共3学时为宜,学习者也可根据个人情况参照我们的建议妥善调整。

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Unit One

Mutual Trust and Help

Clouds inevitably go with sunshine and downs for sure go with ups in our lives. Therefore, we should not only share with others happiness, but also distress. The coming text will inform us how to help others in trouble, relieving their distress, which is of great use in shaping us to be humanistic.

Besides, you will

- practise fast reading;
- practise reading comprehension targeted for test;
- enjoy yourself through leisure reading.

PART I

Comprehensive Reading



Pre-reading Activities



I Lead-in Questions

1. When you meet with personal troubles such as disappointment in love affairs, failure in an important test, pressure from studies, clash with your classmates or roommates, etc., how do you usually deal with them?
2. When you sense or notice someone you know is being troubled with misfortune, what is your

usual reaction?

3. Which of the following do you think the phrase “keep the heart’s door open” most probably means?
 - A. Listening to someone talking his or her heart out.
 - B. Talking your heart out to someone else.
 - C. Talking to a psychologist for advice.
 - D. Phoning a radio or TV program column for help.
 - E. Complaining to a store manager about the poor quality of what you have bought in that store.



Word Warming-up

Directions: All the italicized words in the sentences below are taken from the following text. Use the context provided to determine their meanings. Write a definition, synonym, or description for each of them.

1. Behind his *facade* of honesty and politeness hide dishonesty and impoliteness.
2. There are times when we need the courage to knock at the locked door and demand *admittance* even at the risk of being treated coldly.
3. The smiling *countenance* on her face mirrored her happiness.
4. We should keep the heart’s door open and make effort to help those who are in desperate *straits* or conditions.
5. Some people are not confident enough during interviews. Such *diffidence* surely will weaken their possibilities of getting desired jobs.



Text

Keep the Heart’s Door Open

I. A. R. Wylie

- 1 Many years ago a friend whom I knew fairly well but not **intimately**^[1] came unexpectedly to see me. I sensed at once that she was in serious trouble, but being young, shy and afraid of seeming **intrusive**^[2], I made no effort to help her unburden herself. I held her at arm’s length. We talked of weather, mutual friends, news, etc. We drifted further and further away from what was so vitally concerning her. That night she tried — fortunately unsuccessfully — to commit suicide. I realized then that at a critical moment I had shut the door in the face of a desperate need for sympathy and help.

[1] intimately /'ɪntɪmətli/ *adv.* closely 密切地

[2] intrusive /ɪn'trusɪv/ *adj.* becoming involved in sth. in a way that is not invited or welcome 擅自闯入的



- 2 This near tragedy brought me up sharp against a problem that confronts us all: we often realize that behind the calm facade of a friend's life are grieves and anxieties we shrink from touching, which are only revealed to us by chance flashes of self-**betrayal**^[3]. This knowledge creates in us a sense of helplessness and insufficiency. And it compels us, in our turn, to keep our own silence, to make ourselves little islands of loneliness surrounded by seas of **reserve**^[4] and so-called pride.
- 3 I think we have made too much of this tight-lipped endurance. I am not **decrying**^[5] silent courage, but I think that the silence has been overvalued. It may be, to some extent, the cause for the alarming increase in mental breakdowns. Our burdens, unshared, become too heavy to be borne.
- 4 True, we must be neither self-pitiers nor wailing walls for the self-pitiers to weep against. But the people who lock their doors most securely against us are often the most in need of being reached. There are times when we need the courage to batter at the locked door and demand admittance even at the risk of being treated coldly.
- 5 I had a friend once who was truly **afflicted**^[6] with misfortune. She had a sick husband; she herself was ill. There was no money. But she wore a bright and smiling **countenance**^[7] that became in time almost a **distorted**^[8] mask. Her friends fell back from her **inaccessibility**^[9] as from a high stone wall. I cared deeply for her and one day I took my courage in both hands and told her, "I know you are in desperate straits. If you want to talk about them, please prove that we are friends and talk. If I can, I shall be proud to help. I shall be prouder if you trust me."
- 6 She was silent for a moment, fighting herself. Then she began, for the first time in years, I suspect, to cry her heart out. It was like the bursting of a **pent-up**^[10] river. All the concealed fears, **perplexities**^[11] and grieves poured over its banks. And when the flood tide had passed, her strained, **make-believe**^[12] cheerfulness had given place to an openhearted **serenity**^[13]. We talked for hours. Her story is not mine to tell. I can only say that just by talking freely she was able to work out the worst of her difficulties. Long afterward she confided that she had felt herself to be on the verge of a mental breakdown.

[3] betrayal /bɪ'treɪəl/ *n.* disclosure, letting out something 泄露

[4] reserve /rɪ'zɜ:v/ *n.* the attitude or behavior of someone who tends not to talk about or show his feelings 谨慎

[5] decry /dɪ'krai/ *vt.* speak ill of, say bad things about 谴责

[6] afflict /ə'flɪkt/ *vt.* trouble 使痛苦; 折磨

[7] countenance /'kauntənəns/ *n.* facial expression 表情

[8] distort /dɪ'stɔ:t/ *vt.* twist, make ... out of shape 扭曲, 歪曲

[9] inaccessibility /ɪnæksə'sə'bɪlɪti/ *n.* being unable to approach 不易接近; 难达到

[10] pent-up *adj.* shut up with narrow limits 被抑制的; 被关住的

[11] perplexity /pə'pleksəti/ *n.* puzzle 困惑; 混乱

[12] make-believe *adj.* pretended or not real 伪装的; 不真实的

[13] serenity /sə'renɪti/ *n.* calmness or peace 平静

My seemingly **brash**^[14] **disregard**^[15] for what she had considered her pride, her obligation to live out her tragedy in silence, had pulled her back from the **abyss**^[16].

7 There is another approach which, though indirect, sometimes leads to the heart of the matter. When I feel in my bones that someone I know is very unhappy but doesn't know how to unburden herself or thinks that to do so would impose upon her friends, I go to her for help and advice. I confide my troubles to her. She recognizes that I have trusted her and returns the confidence.

8 The highest walls that people build around their troubles seem to be those constructed around financial misfortune. Money can be wonderful to have. It is cruel hard to be without it. But it is silly that men should be proud of having it or ashamed of not having it. I brush aside the defenses of friends who believe that though they can accept my time and strength — so much more valuable — they would be forever **humiliated**^[17] if they confided their financial troubles to me or accepted financial help from me. To one protesting friend I **retorted**^[18], “You mean that if I accepted help from you, I ought to feel humiliated?”

9 After a moment's thought, she laughed. And the false pride which she had built around herself melted like a mist in sunshine.

10 Sometimes **delicacy**^[19] can be a form of crudity. To be “delicate” in your sympathy with someone in financial straits is, to my mind, to be clumsy and heavy-handed. It creates the impression that something as simple and natural as giving what you happen to have to someone who happens to be in need of it is in itself an indelicacy. Try forthrightness with a friend in need and you will find tight-lipped **reticence**^[20] breaking down before your matter-of-fact assumption that where money is concerned pride and reticence are out of place.

11 I suppose marital troubles are among the hardest to hear, certainly the most dangerous to the well-intentioned sympathizer. It is a case of intruding “where angels fear to tread.” And yet, referring back to the instance in my first paragraph, it was my failure to **intrude**^[21] that allowed my friend to drift to the brink of suicide. In that case, I was a friend of both the husband and wife; I sympathized with both. I realized they were the victims of an incurable circumstance rather than of wrongdoing. There seemed little I

[14] brash /bræʃ/ *adj.* rude; behaving and talking in a way that annoys others 无礼的;傲慢的

[15] disregard /disrɪ'gɑ:d/ *n.* ignorance; paying no attention to 漠视;忽视

[16] abyss /ə'bis/ *n.* a very frightening or dangerous situation; a situation in which there seems to be no hope 深渊

[17] humiliate /hju:'miliət/ *vt.* make someone feel very embarrassed and ashamed 羞辱;使丢脸/耻辱

[18] retort /rɪ'tɔ:t/ *vi.* reply in an angry or humorous way 反驳;反击

[19] delicacy /'delɪkəsi/ *n.* sensitive and careful dealing with a difficult situation 审慎

[20] reticence /'retɪsəns/ *n.* the state of remaining wordless although one could say a lot 沉默寡言

[21] intrude /m'tru:d/ *vi.* come in or enter unwanted 闯入,侵入

could do. But I could have given her time. She was crushed breathless under her unhappiness. I could have persuaded her to talk her heart out; perhaps then she might have faced her disaster with more calm and judgment.

12 I failed her, partly from youth and diffidence but also because of a subconscious reluctance to take my share of another's burden. For the moment we become aware of another's troubles we become automatically responsible. The friend's troubles are ours until we have done our best to relieve them. So it appears much easier not to see, not to intrude.

13 When we are perplexed as to what part we should play in our friends' troubles, it is our motive that should be our guide. And motives are **tricky**^[22] things. Are we seeking the satisfaction or mere curiosity? Do we want to make ourselves interesting by providing gossip, by passing on, under the guise of sympathy, what has been entrusted to us? When we are sure that we seek nothing but the relief of another's distress then I think we have the right and duty to risk the dangerous adventure of interference. We may fail. It may cost us dearly. But it is better to seem **tactless**^[23] than to be heartless, better to risk intrusion than to be indifferent. By intruding we may set someone who is on the verge of disaster back onto the road to **rehabilitation**^[24].

14 If we give freely we must also accept freely. If we lock our own doors against sympathy we cannot expect other doors to open to us. We should remember that there is nothing that makes our good friend happier than to be trusted with his friend's troubles. There is no burden that is not lightened by the sharing of it.

15 Above all, we must keep our own doors open so that grief can feel instinctively that with us it can find shelter and so that happiness can be sure of welcome.

Words	1,267	Suggested Time	12 min. 30 sec.	Your Time
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Phrases to Learn

- hold/keep someone at arm's length:** keep a safe distance away from someone 与某人保持一定距离
- drift from:** wander/move away from 偏离
- commit suicide:** kill oneself 自杀
- shrink from:** move back or withdraw from 躲避
- make much of:** value too highly, emphasize too much 过分看重
- batter at:** beat hard and repeatedly 用力敲击

[22] tricky /'trɪki/ *adj.* difficult to handle, delicate 不易处理的;微妙的

[23] tactless /'tæktlɪs/ *adj.* without skill 不老练的,不圆滑的

[24] rehabilitation /'rɪ:hə'bɪlɪ'teɪʃən/ *n.* making someone able to live an ordinary life again 恢复

7. **be afflicted with:** be troubled with 受到……的困扰
8. **cry one's heart/eyes out:** cry very bitterly 痛哭
9. **on the verge/edge/brink of:** very near to 在……的边缘
10. **brush aside/away:** refuse to pay attention to 置……于不顾
11. **under/in the guise of:** pretending to be or have 以……为借口/幌子



Notes

1. **Keep the Heart's Door Open:** This passage is chosen from *Essays for Modern Youth*, edited by Jay E. Greene, New York. The author, I. A. R. Wylie, is an American Australian, who often writes essays for American magazines.
2. **...but being young, shy and afraid of seeming intrusive... (Para. 1):** ... but because I was young, shy and afraid of giving others the impression that I was a busybody — taking too much interest in others' affairs...
3. **This near tragedy... (Para. 2):** This event that almost became a tragedy ...
4. **... which are only revealed to us by chance flashes of self-betrayal (Para. 2):** ... which we can only learn from what they unconsciously disclose at times.
5. **...wailing walls (Para. 4):** places where people can relieve themselves by crying their hearts out to get comfort. The phrase "wailing walls" originally refers to a high stone wall at Jerusalem said to be the relic (遗址) of the Temple of Herod (希律王圣庙) which was destroyed in A.D. 70 by the Romans. After the Jews returned, there gradually came a tradition for the Jews to gather there every Friday for prayer and lamentations (悲悼) for the lost glories of Israel.
6. **She was silent for a moment, fighting herself (Para. 6):** She was silent for a while, fighting against her own pride, and struggling to decide whether to tell me about it or not.
7. **...when the flood tide had passed, her strained, make-believe cheerfulness had given place to an openhearted serenity (Para. 6):** ... after she cried her heart out, her pretended, false cheerfulness was gone. Then she became peaceful and quiet.
8. **Her story is not mine to tell (Para. 6):** It's inappropriate for me to tell her story here.
9. **It is cruel hard to be without it (Para. 8):** It's very hard to be without money. The word "cruel" is an adverb which means "very".
10. **... where angels fear to tread (Para. 11):** The original sentence is "For fools run in where angels fear to tread", which is taken from *An Essay on Criticism* by Alexander Pope, a British poet. By using this sentence, the author here refers to some topics that are not appropriate to talk about.



Post-reading Exercises



I Short-answer Questions

Your Score:

Directions: There are five questions or incomplete statements based on the passage you have just read. Answer the questions or complete the statements in the fewest possible words (not exceeding 10 words). (20%, 4 points each)

- Many people are unwilling to reveal their troubles to others because of different reasons, including their _____ and _____, the traditional overemphasis of _____ and _____ etc.
- According to the author, how should we help our close friends who are in trouble yet reluctant to talk them out?
- Why do some of the author's friends refuse to confide their financial problems to her or accept her financial help?
- To the author, when we help our friends in trouble, we should not seek _____ or _____ but help to _____.
- The author feels that if we keep our doors open, then our grieves would be _____ and we can live _____.



Banked Cloze

Your Score: _____

Directions: The following is a ten-blank summary of the text followed by a 15-word bank. You are required to select one proper word identified by a letter for each blank from the word bank. You may not use any of the words in the bank more than once. (20%, 2 points each)

The author introduces the topic of the passage — keeping the heart's door open — by 1 readers of her own experience, the one in which she shut her door in the face of a desperate 2 for sympathy and help because of being young, shy and afraid of seeming 3, and brought her sharp against the problem of so many people closing their hearts' doors to others. Then, she suggests that we should help people 4 them of their troubles: to our friends, we need the courage to batter at their locked door and demand admittance even at the risk of being treated coldly, or 5 our problems to them to win their trust so that they would confide their problems to us in turn; to those in financial traits, we should try forthrightness instead of being delicate, letting them know that they should not forever feel 6 to confide and that where money is concerned, pride and reticence are out of 7; to those in marital troubles, little though we can do, at least we can give them time and persuade them to talk their hearts out. In short, as long as we seek nothing but the relief of other's distress, it is better to seem 8 rather than to be 9, better to risk 10 than to be indifferent.

A) balance

B) tactless

C) reticence

D) need

E) relieve

F) confide

G) humiliated

H) place

I) intrusion

J) narrating

K) heartless

L) informing

M) intimate

N) intrusive

O) relief