

Human Nature

Reader for
Human Nature

大学英语
人文阅读

□ 主编 赵春霞



高等教育出版社
HIGHER EDUCATION PRESS

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大学英语 人文阅读

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序言

2008年的这个时候，西安培华学院校园里春意盎然，我们站在学院“以人为本，德育为先”办学理念的巨幅标语下，望着身边来来往往的学子，编者和我谈起她想以此为指导思想编写一本引导学生学做人、学做事、学与人相处的课外读物。她认为这样做一方面可以补充学生英语阅读量的不足，另一方面也可以使学生在读的过程中学会思考，提高他们的解码能力，再要求他们写出读书报告，提高他们的编码能力，逐步培养学生的语法能力、社会语言能力、语篇能力和策略能力。我即刻表示支持，因为学习语言没有大量的输入和输出是学不好的，而且在语言教学过程中注重育人也正是我们所追求的。

一年过去了，当她将这本书呈现给我时，我的确顿感眼前一亮。

第一，它对中国学子有普遍的教育意义。这本书的独特之处在于它所选取的文章可以说是从不同角度对人生意义的分析和总结。马斯洛是一位人本主义的实践者，其理论是对人本主义的升华。在今天，重温马斯洛，从某种意义上讲，就是学习以人为本。特别是在我国转型时期，马斯洛的以人为本的思想具有现实意义。

第二，它为我们趟出了一条新路。教学重在改革。什么叫改革？创新就是改革。多数英语教学对学生人文素质的培养重视得不够，而这本书打破传统，自成为一种风格。作者集数十年英语教学的心得，以马斯洛的需求层次理论为主线，用平实的语言材料折射出了人的生理需求、安全需求、爱与归属需求、尊重需求和自我实现需求，读后会使人受益匪浅；后又引导学生学习如何发掘自己的潜力和培养兴趣，生活中怎样充满爱心和体验生活，困难时怎样正视现实和排除焦虑，工作时怎样培养创造力和自主性，对社会应负有怎样的责任感和使命感。这种独辟蹊径的英语读本编写方式值得提倡。

第三，它是与时俱进的典范。英语教学也要和时代同步，掌握了这个脉搏，就掌握了英语教学的方向。和谐社会是时代的要求；尊重是和谐的基因；“以人为本”是尊重的前提。作者不拘泥于英语，而是先对人生的重大课题有所思考，有所领悟，这也充分说明了她对英语教学的负责态度，对学生的关爱程度。有了这本书，英语教学必能再进一步，再深一层。

第四，它开辟了英语教学的新天地。英语是可以用来思考的。英语的教和学，过去是讲得多，记得多，但这远远不够。作者认为英语还必须多思，并且用英语思维，这就给英语教学提出了更高的要求。思考，是衡量一个民族、一个国家、一个社会、一个时代的标尺。我们学英语，不仅仅是要多一种语言，添一种工具，更是要用语言来充实头脑，这才是学习英语的意义。孔子所谓“学而不思则罔矣”就是这个意思。

第五，它体现了新的教学思想。它强调用真实的、活生生的素材来代替非真实材料，把语言教学建立在如何育人的前提下。它注重知识和情感的关

系，人与社会的关系，希望能在提高学生英语综合能力的同时促进他们的人格发展，最后达到自我实现的目的。

基于以上几点，我乐意为这本书作序，因为它确实是难得的英语读本；我也希望广大学子在阅读它的过程中积极反思、顿悟和自醒，这也许正是编者的初衷。

西安培华学院院长 姜波

2009年5月

前言

作为人本主义运动最杰出的代表，美国社会心理学家亚伯拉罕·马斯洛深刻分析了人从动物性到社会性的递进发展历程，提出了需求层次理论：生理需求、安全需求、爱与归属需求、尊重需求和自我实现需求。马斯洛认为，一个国家和地区的经济水平、科技发展水平、文化发展水平，决定了大多数人的需求层次。该理论一经传播，便在心理学界乃至其他相关学科产生了巨大的影响。

五个层次，两个性质。前两个需求，我们认为与人的动物性有关；后三个需求，是人的社会性的提炼。人类的进化证明，脱胎于动物、优于动物的“动物人”，质变到能够运用大脑进行思维之后，具有了群体生活的高级存在方式，成为复杂的“社会人”，这就完全脱离了动物的低级需求，具备了社会属性。马斯洛关于人类的爱与归属需求、尊重需求和自我实现需求是对人的社会属性的细分化、类别化、具体化与个性化。后三个层次的需求，实际上是对人类精神世界的探索，也是马斯洛需求层次理论的精华。

从低级到高级的这五个层次的需求转变，实质上是人性的飞跃过程。这五个层次，不可分割，不可逾越，是人类从自然王国走向自由王国的必由之路。当人的价值得以自我实现的时候，也正是人的社会属性得以升华的最高境界。

马斯洛需求层次理论，是“以人为本”精神的集中体现，其中所蕴含的以追求真、善、美为终极目标的世界观、价值观和人生观，不但对心理学的贡献不可磨灭，也将推动人类通过改造主观世界达到自我完善的理想状态，其重要的现实意义和深远的历史意义不言而喻。

“文如其人”，是中国的一句古语。这句话用在马斯洛教授身上，恰如其分。马斯洛一生追求人格的完美。他不仅在自己的研究领域，也通过自己的言谈举止证明了做人的希望所在。他与弗洛伊德侧重心理学病态研究所不同的是将心理学健康向上的一面阐述得淋漓尽致，无怪乎会有人这样评价他：“正是由于马斯洛的存在，做人才被看成是一件有希望的好事。在这个纷乱动荡的世界里，他看到了光明与前途，他把这一切与我们一起分享。”

基于以上认识，也出于编者对马斯洛教授的崇敬，我们产生了这样的想法：围绕马斯洛的需求层次理论编写一册具有实践意义的阐释性读本，于是，就有了《大学英语人文阅读》。在编写过程中，我们充分考虑到学生的需求，努力为他们提供生动的素材，努力激发和调动学生的情感，鼓励他们为生存也为将来的工作而阅读，并使他们在真实的语言环境中通过反思、顿悟、自醒等心理活动，获取知识、发现不足、产生更大的动力和树立更高的目标。我们期盼着，学生在阅读的过程中能不断输入语言信息，而大脑固有的对客观现实强烈的反射机能会刺激他们的参与意识，促使他们更加深入地思考人类的精神世界与国民幸福总值和国内生产总值的关系，有所感、有所思、有所悟；思考应该如何做人、如何做事、如何做学问、如何与人相处，真正在思想上产生飞跃。

本书分为上、下两篇。上篇主要根据需求层次理论的五個层次分为五个部分，各有10篇文章；下篇同样是五个部分，结合一些成功人生的案例，同样各以10篇文章为限，主要与发掘潜力和培养兴趣、充满爱心和体验生活、正视现实和排除焦虑、培养创造力和自主性、具有责任感和使命感相关。

承蒙高等教育出版社的鼎力相助，此书才得以顺利出版。在本书的编写过程中，也得到了不少同事的关心和朋友的支持；特别是我们荣幸请到“2008中国西安最具经济影响力人物”——西安培华学院院长姜波博士为本书作序。从方方面面的热情支持和鼓励中，我们深切感受到社会对外语教学和外语工作者所寄予的厚望。心存感激，谨向大家表示最诚挚的谢意。当然我们也希望广大读者能对此书提出宝贵的批评意见。

编 者

2009年4月2日

目录

上篇

PART ONE PHYSIOLOGICAL NEEDS 生理需求

- 1 The Seven Gifts 七件礼物 3
- 2 The Nutrients in Food 饮食营养 5
- 3 The Little Scribe 少年抄写员 7
- 4 Why I Came to College 上大学的目的 10
- 5 Which Career Is the Right One for You?
选择适合自己的职业 11
- 6 Finding a Partner 寻找伴侣 14
- 7 Liking, Loving and Lust 喜欢、爱和欲望 16
- 8 I Met a Bushman 面对土著人 18
- 9 Preserving Our Planet 保护我们的地球 21
- 10 The New Caves 未来新世界 23

PART TWO SAFETY NEEDS 安全需求

- 11 How to Prepare for Earthquakes 如何预防地震 25
- 12 Workplace Safety Article: Avoiding Corporate Complacency
公司里安全问题不能掉以轻心 27
- 13 Protection of Person and Property
旅行中的人身与财产安全 29
- 14 Natural Disasters: Protect Your Identity
灾难中保全身份 32
- 15 Warning Signs 疾病的先兆 34
- 16 Various Influence on Health 影响身体健康的各种因素 36
- 17 Spring: The Season of the Body 春天: 身体篇 39
- 18 Summer: The Season of the Emotions 夏天: 情感篇 41

19	Autumn: The Season of the Mind	秋天: 思维篇	43
20	Winter: The Season of the Soul	冬天: 灵魂篇	45

PART THREE LOVE AND BELONGING NEEDS

爱与归属需求

21	The Two Sides of Love	父爱的两面性	47
22	My Most Unforgettable Character	最难忘的人	50
23	Spring of 1959	1959年的春天	54
24	A Doll for Great-Grandmother	老祖母的玩偶	56
25	The Blanket	一条毛毯	58
26	Angels on the Internet	网上天使	60
27	The Silver Elephant	银象胸针	63
28	The Letter	一封信	66
29	The Last Chapter: Their Marriage Was No Fairy Tale	最后的章节: 并非童话的婚姻	69
30	How To Make Love Grow	让爱天长地久	71

PART FOUR ESTEEM NEEDS 尊重需求

31	Thank You, M'am	谢谢您, 夫人	75
32	On the Right Path	正确的抉择	78
33	We're Raising Children, Not Flowers!	我们是在养孩子, 不是在养花!	80
34	More than One Way to the Square	殊途同归	82
35	A Moment of Joy	片刻的快乐	84
36	The Real Test	真正的检验	86
37	All Good Things	美好的回忆	88
38	The First Lady Next Door	邻家第一夫人	90
39	He Led a Useful Life	有意义的一生	92
40	Too Much Talk, Not Enough Action	语言的巨人, 行动的矮子	94

PART FIVE SELF-ACTULIZATION NEEDS 自我实现需求

41	Ten Effective Study Tips for Oral English Students 英语口语学习的十个有效方法	97
42	How to Write a Book Report 如何写读书报告	98
43	How to Prepare and Deliver a Speech 如何准备和发表演讲	101
44	How to Build Better Friendships 如何建立友谊	104
45	Secrets of the Truly Popular 好人缘秘诀	107
46	The Seven Principles of Timing in Your Life 生活中的七条时间法则	109
47	Secrets Every Achiever Knows 成功人士悉知的秘密	112
48	Four Minutes that Get You Hired 应聘时关键的四分钟	115
49	The Secret to Successful Studying 学习的秘诀	118
50	What Successful People Have in Common 成功人士的共性	120

下 篇

PART ONE REALIZING POTENTIALS AND FOSTERING INTERESTS 发掘潜力和培养兴趣

1	True Height 跨越真正的高度	125
2	Hard Work Pays Off 天道酬勤	127
3	Three Days to See 假如给我三天光明	129
4	Life Without Fear 无畏的生活态度	132
5	A Special Sort of Stubbornness 别样的固执	135
6	Got a Dream? 你有梦想吗?	138
7	Keeping the Brain Sharp as We Age 让你的大脑永葆青春	141
8	Five Rules for Waking Up Alert 起床时大脑清醒的五条法则	144
9	Getting the Best Value for Time 善于利用时间	146
10	The Importance of Resilience 精神恢复的重要性	148

PART TWO SHOWING COMPASSION AND EXPERIENCING LIFE 充满爱心和体验生活

11	Brotherly Love 手足之爱	153
12	Forgiveness 宽恕	157
13	Don't Let It End This Way 不要就这样离开	159
14	There Are No Coincidences 世上没有巧合	162
15	The Gratitude We Need 要有一颗感恩的心	164
16	A Parable for Thanksgiving 学会感恩	166
17	An Exchange of Gifts 善有善报	168
18	A Trucker's Last Letter 卡车司机的最后一封信	171
19	Life Is Short 短暂的生命	174
20	Humor and Mental Health 幽默与心理健康	176

PART THREE FACING REALITY AND REDUCING ANXIETY 正视现实和排除焦虑

21	The Day Mother Cried 那天妈妈哭了	179
22	Dealing with Nervousness 如何应对紧张情绪	181
23	Speaking of the Devil 就怕公开演讲	183
24	Ways to Relieve Stress 如何减少压力	185
25	A Lesson in Patience from a Puppy 做事要有耐心	187
26	A Bad Principal Taught Me a Good Lesson 人生一课	189
27	The Truth About Lying 我们为何撒谎	191
28	Measuring the Costs of Our Decisions 计算选择的机会成本	194
29	A Successful Failure 成功的失败	197
30	The Terribly, Tragically Sad Man 最伤心的人	200

PART FOUR CULTIVATING ORIGINALITY AND AUTONOMY 培养创造力和自主性

31	Universities and Their Function 大学的功能	203
32	Angels on a Pin 大头针头上能容多少天使跳舞	205
33	Jeremy's Egg 杰里米的复活节彩蛋	207

34	How to Become Gifted 如何成就天才	209
35	How to Get a Great Idea 怎样才会有个好主意	211
36	Lessons from Jefferson 杰斐逊的教诲	213
37	Albert Einstein and the Yo-Yo 爱因斯坦玩玩具	214
38	A Story of Young Hillary Rodham's Family Education 希拉里年幼时的家庭教育	216
39	Why People Work 人们为何工作	219
40	A Long March to Creativity 努力培养创造力	221

PART FIVE TAKING RESPONSIBILITIES AND SHOULDERING MISSIONS 具有责任感和使命感

41	After Twenty Years 二十年后	225
42	ABC Interviews with Bill Gates 美国广播公司专访比尔·盖茨	227
43	To the Class of 2007 致语2007届毕业生	229
44	The Strength to Love 爱的力量	231
45	Who Is Great? 谁是伟人?	233
46	The Louisiana Purchase 路易斯安那购买案	236
47	Bush's Farewell Speech 布什的告别演说	238
48	Life Isn't a Competition 生命不是一场竞赛	242
49	What I Want for You 奥巴马给女儿的一封信	244
50	President Barack Obama's Inaugural Address 奥巴马总统的就职演说	246

上篇

PART ONE BY ONE

PHYSIOLOGICAL NEEDS

生理需求

人的第一个需求层次也是最原始的生理需求，这是对动物的属性属性的承认。这是人本主义理论的基本出发点，符合科学唯物主义发展观。在生理需求方面，人和动物并没有本质的区别，比如进食以维持生命，运动以强身健体，竞争以优胜劣汰、性交以延续种族等。只有满足了这些最基本的需求，人类才得以存活以至发展下去。

1

The Seven Gifts 七件礼物

冰河世纪距离现在已经很遥远了，远古的贫瘠与艰难也许我们现在已难以想象；幸运的是上天赐予了我们的祖先七件珍贵的礼物，才使得人类得以生机勃勃地繁衍下来。想知道是哪七件礼物吗？来看看吧。

The story of the beginning of mankind takes us far, far back through time to a world entirely different from the world we know today. Looking back across hundreds of centuries we come to a time known as the Ice Age, a time when nearly half the world was locked in ice.

The caps of ice that cover the North and South Poles today spread right down over the *Temperate Zone* (温带) then, nearly half-way to the equator. In places the ice was a mile thick, and these regions could support no life. In Europe the only land where life was possible lay mainly to the south, around the Atlantic and Mediterranean shores, and even this land was cold, and barren. There were hardly any woodlands, forests, except some small trees that were *checked* (抑制) from full growth.

Some of the first people like ourselves in this world lived side by side with some of the largest, fiercest animals in the earth's history. What's more, there were other dangerous animals such as cave bears and lions, and tigers and wolf packs that often attacked people.

In such a world, how could people survive? Nature gave them no warm *fur pelts* (皮毛) against the cold, no swiftness to escape any enemy, no weapons for fighting. If they crept into a cave for shelter, the lion or bear that made its *lair* (巢穴) there would tear them to pieces. Compared with the animals around them, men and women were poor, *feeble* (脆弱的) creatures. They were thin-skinned, two-legged, unprotected against a bitter climate and a large number of natural enemies. They had no books to tell them what to do, no histories of earlier people to learn from. They had no warm houses, no cows for milk, no iron for instruments and weapons. Such things lay thousands of years away in the future, and these people could not even imagine them.

Yet these distant ancestors of ours made a life for themselves in this rough, barren land

and survived its dangers, for like fairy-tale heroes they had certain remarkable gifts — seven in number.

Their first gift was that they stood erect, with head held high. They could see over tall grasses and rough, rocky ground. They could turn head and body and, with one swift glance, look in any direction to track the animals they hunted or to escape the animals that hunted them.

Their second gift was linked to their first, and that was their two legs. They might not outrun any animals, but they could outwalk them all. They could track the game steadily and patiently for great distances, keeping the beasts moving, keeping them from *grazing* (吃草), until the animals were exhausted.

From their upright posture also came their third gift, their arms. The beasts had only forelegs, useful for running. But human beings had arms that could bend to many tasks. When they walked, their arms were free to carry and use a weapon, to transport the kill back to camp instead of having to eat their fill on the spot and then go hungry until the next successful hunt (as the animals did).

Their fourth gift was their hands. The forelegs of animals ended in *hoofs* (蹄) or *claws* (爪), useful only for running and fighting. But the hands of men and women had four slender and flexible fingers and a short, strong thumb that moved opposite to the fingers. This meant that they could hold things. They could pick up a stone and use it as a hammer, a cutting tool, or a weapon.

Their fifth gift was their vision. Both eyes were set at the front of the head and looked in the same direction. Because of this they could see in depth. They could judge distances with great accuracy. They could also focus their eyes on an object held up close and could see it sharply and clearly in every detail.

The sixth and greatest gift was their human brain. The brain of these people was as large and as fully developed as our own. They could remember experiences from the past and learn from them for the future. They could plan, question, and reason. They could discover ways to do things and to make things that would help protect them from the dangers of their world.

Their seventh gift was a gift of that intelligent brain: it was the power of speech. Although the beasts could also communicate with each other by voice (using calls, signals, and warning cries), only people could communicate in words. Only men and women could call to their fellows to bring something, lift something, and cut something. Only they could express themselves well enough to accomplish difficult tasks together. Only they could say where they had been, what they had seen and done. Only they could instruct their children in the complicated skills they must master, could explain *beforehand* (事前) about dangers they must avoid. They alone could pass on to the young the wisdom and experience of the old.

Those seven gifts stood between the people of the Ice Age and the many dangers of their difficult world. There were other creatures that had one or several of these abilities, but no creatures on earth had them all, except humans.

And so humanity survived. Because of the seven gifts that permitted them to conquer a

hostile environment, the people of the Ice Age lived to produce children and to become the ancestors of today's men and women.

2 The Nutrients in Food 饮食营养

健康的身体是人类愉快生活的必要条件，是幸福生活的源泉。但只有均衡的饮食才能保证健康的体魄，从而为高效的工作打下基础。想开心地过好每一天吗？那就来看看食物里哪些营养是我们每天必须摄入的吧。

Nutrients are the parts of food that are important for life and health. Nutrients are important for three reasons. First, some nutrients provide fuel and energy. Second, some nutrients build and repair body tissues. Third, some nutrients help control different processes of the body like the absorption of minerals and the *clotting* (凝聚) of blood. Scientists think there are 40 to 50 nutrients. These nutrients are divided into five general groups: *carbohydrates* (碳水化合物), *fats*, *proteins* (蛋白质), *minerals*, and *vitamins*.

The first group of nutrients is carbohydrates. There are two kinds of carbohydrates: *starches* (淀粉) and *sugars*. Bread, potatoes, and rice are starches. They have many carbohydrates. Candy, soft drinks, jelly, and other foods with sugar also have carbohydrates. Carbohydrates are important because they provide the body with heat and energy. Sugar, for instance, is 100 percent energy. It has no other food value. Sugar does not build body tissues or control body processes. If there are too many carbohydrates in the body, they are stored as body fat. The body stores fuel as fat.

There are two types of fats: animal and vegetable. Butter, cream, and the fat in bacon are animal fats. Olive oil, corn oil, and peanut oil are vegetable fats. The body has fat under the skin and around some of the organs inside. The average adult has 10 to 11 kilograms of body fat. If adults eat too many carbohydrates and fats, they can add another 45 kilograms to their bodies. Fat is extra fuel. When the body needs energy, it changes the fat into carbohydrates. The carbohydrates are used for energy. Fat also keeps the body warm.

The third group of nutrients is proteins. The word "protein" comes from Greek word that means "of first importance." Proteins are made of *amino acids* (氨基酸), which build and repair body tissues. They are an important part of muscles, organs, skin, and hair. The body has 22 different amino acids. Nutritionists call eight of these amino acids essential because the body does not manufacture them.

There are two kinds of proteins: complete proteins and incomplete proteins. Complete proteins, which the body needs for growth, have all the essential amino acids. Meat, fish, poultry, eggs, milk, and cheese have complete proteins. The body needs complete proteins every day. Incomplete proteins do not have all the essential amino acids. The proteins in vegetables and grains, for instance, are incomplete proteins. Two ways to form complete proteins from incomplete proteins are: (1) to mix vegetables and grains correctly, or (2) to add a small amount of meat or milk to a large amount of grains. The body can then use the complete proteins which result from the mixtures.