



普通高中课程标准实验教科书

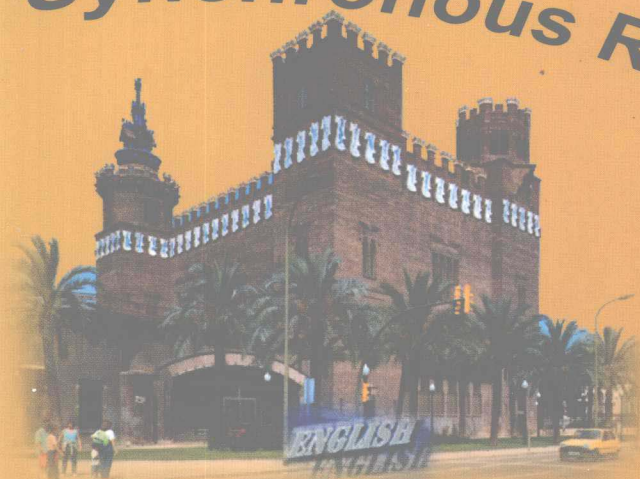
英语

同步阅读训练

选修 10

English

Synchronous Reading Training



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中国对外翻译出版公司

普通高中课程标准实验教科书

英语

同步阅读训练

选修 10
(配人教版)

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前 言

阅读是理解和吸收语言文化信息的重要手段。对学生来讲,阅读又是语言文化信息最便捷的输入源,没有足够的语言理解能力,就不可能有高质量的语言表达能力。

学生要达到课程标准的要求,获得良好的学习成绩,单靠教科书是远远不够的,必须开展大量的阅读和训练。为此我们根据国家英语课程标准对阅读技能的要求,组织编写了本套读物,可供选择与各版本教材配套使用。

本套教材紧扣新课标学习原理和要求,具有针对性强、实用性强、趣味性强、自主性强的特点。每章节紧扣教材配有阅读。阅读习题形式多样,让学生课后即练,学以致用。本套读物将成为学习英语的一个宝典,让你从中受益匪浅。我们以后也会不断增加新的内容以飨读者,祝愿广大读者能在使用过程中提高对英语阅读的兴趣和能力,以达到课程标准的要求。

《阅读训练》编写组

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Unit 1 Nothing ventured, nothing gained

Passage A

One would have to be a fool to overlook the importance of using positive (积极) thinking for you rather than allowing negative thinking to work against you. In recent years, research in psychopharmacology (精神药理学) has proved what many people have known over the centuries: a positive attitude is good for you, good for your health, good for your wealth, good for everything. Researchers found that a positive attitude produces a specific chemical reaction which makes people feel better, while negative thinking results in a decline of hormone (荷尔蒙) and shuts down the immune system (免疫系统). This leads to illness and depression. Positive thoughts will make you feel better. Even if you must begin by literally forcing yourself to be positive, it will become contagious (会传播的) and the positive thoughts will generate (产生) nice little chemicals and good feelings which will reinforce (加强) the positive thoughts.

For example, if you force yourself to smile or laugh, even when you don't feel like smiling or laughing, if you keep at it for a few minutes, you will soon feel like it. Feelings can generate thoughts, but thoughts can also generate feelings. Control your thoughts and you can control your feelings. Positive thinking is important in all aspects of our lives. There is probably no single factor more important in determining your success in achieving your career objectives than your own attitude.

It's often been said that in the land of the blind, the one-eyed man is king. And in the office of militant (好战) negativism, the positive workers shine like gold. You cannot control external events, but you can learn to control your



reaction to those events and thereby have a positive attitude and be happy. This vital key to success is totally within your control. Use it.

I. Choose the best answer.

1. What does the first sentence of the first paragraph mean?
 - A. You would be a fool if you notice the importance of using positive thinking.
 - B. You would be a fool if you allow negative thinking to work.
 - C. You wouldn't be a fool if you take the positive thinking into consideration.
 - D. You wouldn't be a fool if you allow negative thinking to work.
2. In recent years, research in psychopharmacology has proved that _____.
 - A. a positive attitude is good for people
 - B. a negative attitude could produce a specific chemical reaction
 - C. negative thoughts will make you feel better
 - D. negative thoughts will generate nice little chemicals and good feelings
3. Even if you must begin by literally forcing yourself to be positive, _____.
 - A. it will not work since it's against your will
 - B. the positive thoughts will generate good feelings
 - C. you'll soon find yourself in a depression
 - D. it will become contagious, and reinforce the positive thought
4. Which of the following is not true?
 - A. Feelings can generate thoughts.
 - B. Positive thoughts will generate good feelings.
 - C. Your attitude is very important in determining your success.
 - D. You can wholly control yourself easily.
5. What can you infer from the sentence "one-eyed man is king"?
 - A. To be a king, you should have one eye.
 - B. To control everything at your will.
 - C. To take the positive attitude.
 - D. To accept the disabled state.

II. Find words in the passage which mean the same as the following.

1. response to a situation _____
2. not harmed by something _____
3. aim or goal _____
4. necessary or important _____
5. to strengthen something _____

III. Complete these sentences with the answers in exercise II.

1. I made myself stand there, though my instinctive _____ was to turn and run.
2. The knees on Tim's trousers need _____ before he rubs a hole in them.
3. We've already achieved our _____ to produce a first class engine.
4. Most of them are _____ to hepatitis(肝炎).
5. The _____ key to success is hard-working.

Passage B

Youth Challenge International is a not-for-profit, non-religious charitable organisation. It sends small teams of 18-30-year-old volunteers into remote communities where they work and live alongside the local people and help to complete projects that benefit the community.

Youth Challenge International is involved in health work, infrastructure building and environmental research. For example, volunteers have built health centres, organised health education workshops and helped to identify and care for patients needing eye surgery. They have been involved in digging wells and building bridges, aqueducts and community centres



that will improve the life of people in the area. They have also helped local park rangers to preserve and reclaim rainforest areas and improve nature trails and park facilities. They have helped local archaeologists and biologist collect information about the local area. Volunteers have also taken part in youth festivals, which bring young people from remote areas together for discussions, cultural exchange and personal goal setting. Youth Challenge International has worked on projects in Costa Rica, Vanuatu, the Solomon Islands, Guyana, Siberia and Australia.

Team members from all over the world work on projects for periods from 5 weeks to 3 months. Living conditions are usually primitive and volunteers work extremely hard at their assignments. They are not paid for their hard work; in fact, they have to contribute to the cost of the project. (Money for the project is also donated by businesses and individuals). Many volunteers work and save for a long



time in their home country to earn the money. Others spend time raising fund to get the money they need.

Given the conditions and the cost, why do young people want to become Youth Challenge International volunteers? Quite simple – for the challenge. Volunteers work with 10 to 15 other young people from all over the world in situations that test their abilities to the limit. They learn a great deal about themselves as well as the communities they work in, and they have the satisfaction of knowing they have helped other people.

I . Choose the best answer.

1. This passage is mainly about _____.
 - A. an organisation
 - B. volunteers
 - C. how to help others
 - D. environmental research
2. According to the passage, which one is not true?
 - A. Youth Challenge International is a not-for-profit, religious organisation.
 - B. This organisation sends volunteers into remote communities.
 - C. The volunteers in it are between 18 and 30.
 - D. Team members are from all over the world.
3. Youth Challenge International is not involved in _____.
 - A. health work
 - B. infrastructure building
 - C. cultural difference
 - D. environmental research
4. How long do the team members work on projects?
 - A. About 6 days
 - B. About 45 days
 - C. About 6 months
 - D. About one year
5. The main reason for taking part in this organisation is _____.
 - A. for the challenge
 - B. for raising money
 - C. for fun
 - D. for protecting the environment

II. Write “T” or “F” in the brackets.

- () 1. Youth Challenge International is a non-religious charitable organisation.
- () 2. Volunteers in it have been involved in digging wells.
- () 3. Youth Challenge International works in Costa Rica, Vanuatu, America, and so on.
- () 4. Volunteers can earn a little for their hard work.
- () 5. Volunteers learn a great deal about themselves and get satisfaction in helping other people.

Passage C

In one way of thinking, failure is part of life. In another way, failure may be a way towards success. As to this point, the “spider-story” is often told. Robert Bruce, leader of the Scots in the 13th century, was hiding in a cave from the English, distressed. However, it was in the cave where he watched a spider making a web. The spider tried to reach across a rough place in the rock. He tried six times and failed. However, on the seventh time he made it and went on to make his web. Bruce is said to have been encouraged by this courageous spider, and to have gone on to defeat the English. Edison, the inventor of the light bulb, made hundreds of models that failed before he found the right way to make one. Once he was asked why he kept on trying to make a new type of battery when he had failed so often, he replied, “Failure? I have no failure. Now I know 50,000 ways it won’t work.”

So what? What should we do when faced with failure? First, always think about your failure. What caused it? Were conditions right? Were you in top form yourself? What can you change so things will go right next time?

Second, ask yourself whether the goal you’re trying to reach is the right one. Try to do some thinking about what your real goals may be. Think about this question, “If I do succeed in this, where will it get me?” This may help you prevent failure in things you shouldn’t be doing anyway.

The third thing to keep in mind about failure is that it’s a part of life. Learn to “live with yourself” even though you may have failed many times.

I. Choose the best answer.

1. The first paragraph of this passage indicates that _____.
 A. there's a close relationship between failure and success
 B. Robert Burce was a failure
 C. Edison achieved great success without failure
 D. Edison was very confident
2. This passage is mainly about _____.
 A. how to deal with failure
 B. the spider story
 C. the story of Edison
 D. thinking pattern
3. The first thing we should do when faced with failure is _____.
 A. to be afraid of it
 B. to avoid it
 C. to think about it carefully
 D. to accept it, and do nothing
4. According to the author, what will prevent failure in things you shouldn't be doing anyway?
 A. To think about your failure carefully.
 B. To ask yourself whether the goal you're trying to reach is the right one.
 C. To ignore the result and lay great emphasis on the process.
 D. To accept it and go on with it.
5. Which of the following is not true?
 A. Failure plays an important part in the way to success.
 B. You shouldn't give up until you reach the goal.
 C. Your success depends on your attitude.
 D. You should give up when you fail.

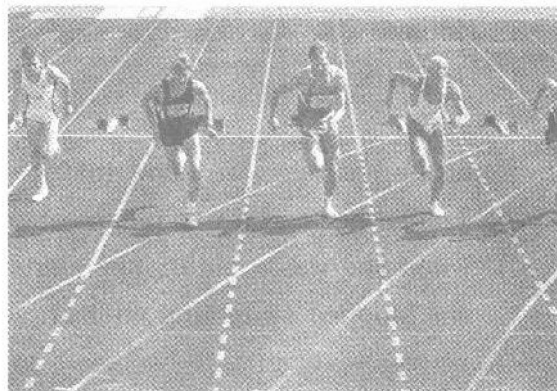
II. Find words in the passage which mean the same as the following.

1. a large natural hole below ground _____
2. to cause someone great pain, unhappiness or anxiety _____
3. brave _____
4. to win a victory _____
5. a small object which provides electrical power _____

Passage D

Louise Sauvage's success as a professional athlete is an inspiration to athletes and non-athletes alike. Her achievement proves that with determination, hard work and sacrifice, goals can be reached however difficult the journey may seem.

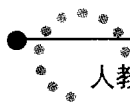
Lousie was born in 1973 with a form of paraplegia that prevented her from walking. From the age of three, her parents encouraged her to swim to develop the upper body strength she would need to push a wheelchair. From the start, she showed great ability and an affinity for sport. At age eight, Louise began competing in both wheelchair and swimming competitions.



By the time she was fourteen, Louise was on the way to becoming a great paralympic swimmer. Unfortunately, at that time, she needed an operation to correct a curvature of her spine. Two steel rods were placed in her back and she was not allowed to play any sport for two years. When she returned to the pool, she found the rods prevented her from swimming as well as she used to. However, this setback did not stop Louise. She changed to wheelchair racing and was soon shining in that sport too. At the age of sixteen, she was chosen to represent Australia at the 1990 IPC World Championships in Holland.

It was at the World Championships that Louise first saw the then World Number 1 track racer, Connie Hansen of Denmark. As soon as she saw her race, Louise wanted to be as fast as Connie and to gain the same respect for her sporting achievements as Connie had. Louise decided to become a professional athlete. Many people tried to discourage her. They thought she had no chance of earning her living from a minor sport. They told her that while famous athletes and swimmers, especially males, were sponsored, no one would support a young female wheelchair racer.

Louise proved her critics wrong. She trained constantly and gave up a normal teenage life to travel all over the world to compete. At first, her family funded her activities, but when she began winning major world competitions, she was awarded



a scholarship from the Australian Institute of Sport (AIS). In 1997, Louise's achievements were officially recognized when she became AIS Athlete of the Year, ahead of all other able-bodied and disabled athletes at the Institute.

I. Choose the best answer.

1. As a famous athlete, Louise Sauvage was born in _____.
 - A. Australia
 - B. Holland
 - C. Denmark
 - D. America
2. From the passage, we know that _____.
 - A. Louise became a paraplegia when she was three years old
 - B. when she was a child, she started to show great ability for sport
 - C. she stopped swimming after an accident when she was 13
 - D. when she decided to become a professional athlete, everyone encouraged her
3. Which of the following is not true?
 - A. Connie Hansen of Denmark, was World Number 1 track racer when Louise first met her.
 - B. Louise could run as fast as Hansen at that time.
 - C. Most people didn't agree with Louise when she decided to become a professional athlete.
 - D. Louise didn't give up to become a professional athlete.
4. The underlined word "sacrifice" in paragraph one means _____.
 - A. the act of offering something to a god in a ceremony
 - B. the act of giving up something important for a particular purpose
 - C. treatment of a holy thing
 - D. a heavy military sword
5. What can we learn from Louise?
 - A. With determination, hard work and sacrifice, we can reach our goal.
 - B. If you envy someone, you should surpass him or her.
 - C. You should pay much attention to other's opinion when you make a decision.
 - D. She gave up her athlete career after an accident.

II. Write "T" or "F" in the brackets.

- () 1. Louise was not good at swimming.
- () 2. She was born with paraplegia.

- () 3. She was only 14 when she represented her country in an international sporting event.
- () 4. Her activities was funded by her family at first.
- () 5. Louise trained constantly, and didn't give up a normal teenage life.

Passage E

Mihaly Csikszentmihalyi, a professor of psychology and education at the University of Chicago in the USA, has spent his life studying what makes people feel truly satisfied and fulfilled. He believes he now knows the secret of living well. Put very simply, Professor Csikszentmihalyi's theory is that a good life comes from being challenged at work and in our leisure activities – but not so challenged that we become frustrated.

When an activity is challenging, it fully absorbs us. Our whole being is involved, and we use our skills to the utmost. Time flies. We lose our ego. The professor calls this “being in a state of flow”. He says that flow activities give the greatest satisfaction and develop a healthy self-esteem.



“What we do is not nearly as important as how we do it,” says the professor. To prove his point he tells the story of Rico who worked on an assembly line in a factory that made video cameras. Every 43 seconds a camera would pass in front of Rico and he would check it to make sure the sound system worked. Other people on the assembly line hated the work because it was boring and repetitive, but Rico loved his job. Every day he experimented to find quicker ways to check the equipment. He became completely absorbed and eventually reduced the checking time to 28 seconds. This gave him great satisfaction, even though the cameras still passed in front of him every 43 seconds. Rico had turned a boring job into a flow activity.

The professor believes it is also important to take part in challenging leisure activities. In some of the units in this book, you will read about people who have

taken on extreme challenges. However, you don't need to sail alone around the world, become a famous ballet dancer or ride a bicycle across the Gobi Desert to experience flow. You can be just as challenged while perfecting Taiji movements or taking part in a ping-pong game. Some people become completely absorbed in painting a picture, others in creating a beautiful garden. As Mihaly Csikszentmihalyi says, the key to a good life is to involve yourself in activities that test your abilities and help you to grow and learn about yourself.

I. Choose the best answer.

- This passage is mainly about _____.
A. a professor of psychology and education
B. a story of a worker in a factory
C. the challenge of being happy
D. how to deal with the challenge
- Mihaly Csikszentmihalyi _____.
A. has spent his whole life studying why we become frustrated
B. works at the University of New York
C. believes he now knows the secret of living well
D. thinks highly of the challenge
- What does the underlined word “flow” in paragraph two mean?
A. a smooth steady movement
B. depression
C. an anxious state
D. a happy and successful state
- Which of the following is not true?
A. Rico could check the cameras every 28 seconds.
B. Rico hated the work because it was boring.
C. Rico loved his job and tried to find the quicker ways.
D. Rico had turned a boring job into a flow activity.

II. Here are some words from the passage. Match the words in column A with their meanings in column B.

- | A | B |
|--------------|-------------------------------------|
| 1. satisfied | A. free time |
| 2. camera | B. an object for taking photographs |
| 3. leisure | C. dissatisfied |

4. frustrated

D. giving all your attention to something

5. absorbed

E. pleased or contented

III. Complete these sentences with the words in exercise II, column A.

1. He was soon _____ in his book.

2. She is _____ with his behaviour.

3. We often play tennis in our _____ time.

4. A(n) _____ is very useful for taking photos.

5. We became _____ when we heard the bad news.

Passage F

Bill Gates, the head of the world's biggest computer software company, the Microsoft Corporation, has a mission(任务): put computers on every office desk and in every home. Bill Gates had had this mission since he was a university student nineteen years ago. This devotion, together with his gifted technical skills and his business marketing skills, helped him to create a giant computer company.

Although he is so wealthy, Bill Gates does not want to give up his mission. He is still very interested in his vision and he travels the globe, making quick stops in cities with the desire to sell the new software products of his company.



The central vision of Bill Gates is the "information highway". This is a network of computers that will link every home, office and shop in future. This computer network system will have an effect on business, shopping and education. Bill Gates says that the main use of this new technology will be in communication. It will be a way to find people with common interests and to share opinions with them.

But is this communication by computer along the "information highway" a good thing? Won't we be sitting at home, only "socializing" with our computer, paying big companies money so that we can receive information that some large communication corporation somewhere has decided what is "acceptable" for us to read? No, says Bill Gates to those who think that the phrase "information

highway” is a terrible phrase. In fact, the computer network will let us choose our own intellectual direction. It will give us freedom. It will also bring good to our society, because it will allow for the spread of education. When more and more people receive education, the gap between the rich and the poor will be narrowed.

I. Choose the best answer.

1. According to the passage, which one is not true?
 - A. Bill Gates is the poorest person in the world.
 - B. The world's biggest computer software company is the Microsoft Corporation.
 - C. Bill Gates has a mission to put computers on every office desk and in every home.
 - D. Bill Gates had had this mission since he was a university student nineteen years ago.
2. What do you think helped Bill Gates to create a giant computer company?
 - A. his gifted technical skills
 - B. his business marketing skills
 - C. his devotion
 - D. all of the above
3. The underlined word “devotion” in paragraph one may mean _____.
 - A. sacrifice
 - B. hard work
 - C. attention to something
 - D. strong feeling
4. About “information highway”, which one is not true?
 - A. It's a network of computers that links every home, office and shop in future.
 - B. It will have an effect on business, shopping and education.
 - C. The main use of this new technology will be in entertainment.
 - D. It's a way to find people with common interests and to share opinions with them.
5. What can you get from the last paragraph?
 - A. The phrase “information highway” is a terrible phrase.
 - B. It's a bad thing to communicate by computer.
 - C. We can only receive information that some large communication corporations somewhere have decided what is “acceptable” for us to read.
 - D. The computer network will free us.