

# 高职高专英语泛读教程

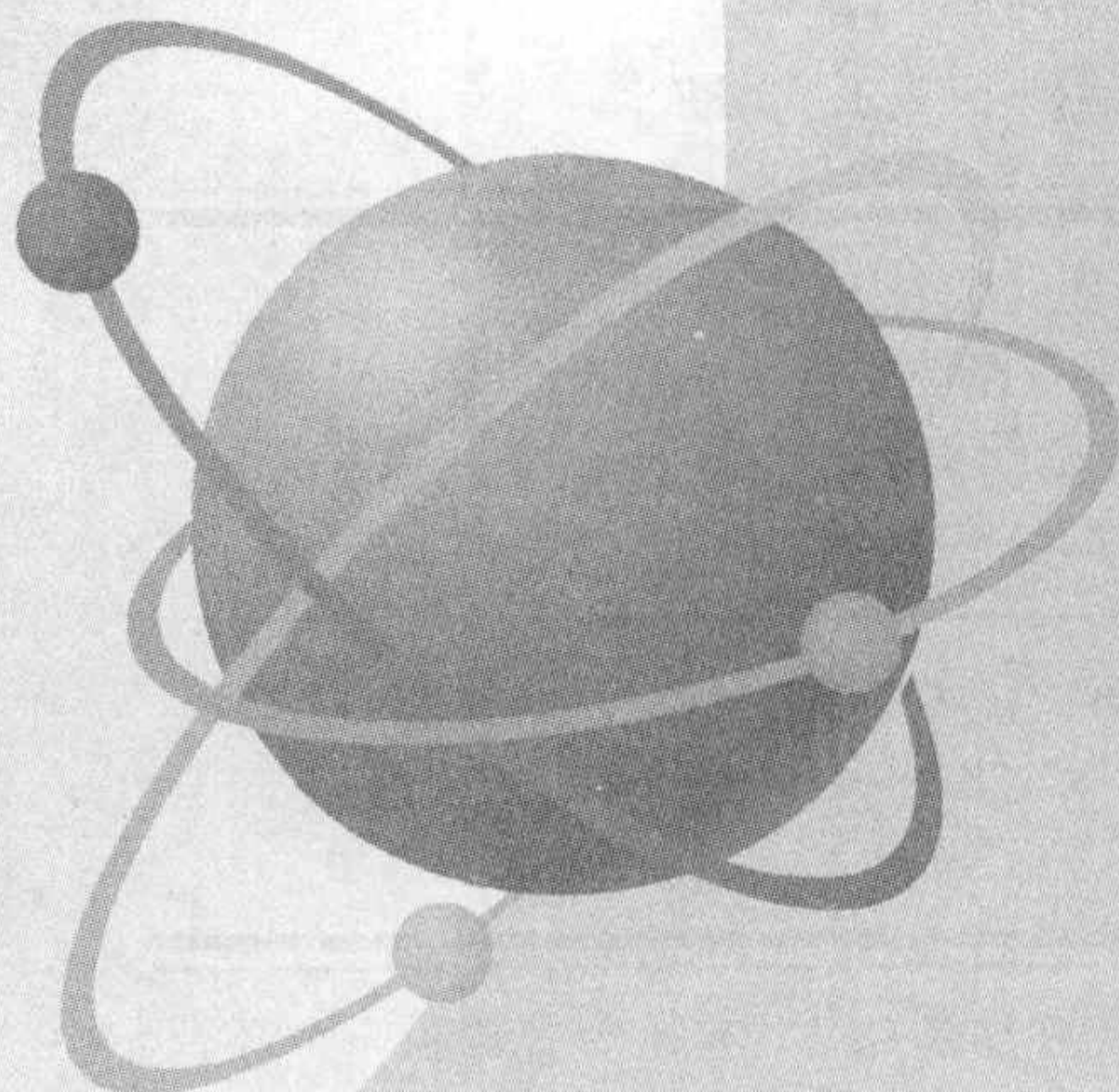
## 第一册

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## \* 编写说明 \*

《高职高专英语泛读教程》的编写以“高职高专英语课程教学基本要求”为依据,旨在使学生通过阅读巩固已学的基本词汇和语法知识,同时扩大词汇量,加强语感,提高英语阅读能力,同时拓宽学生的视野,提高他们的科学文化素养。

本教材编写的主要特点是:

1. 内容新颖,时代感强。选材上注重信息性、可思性和前瞻性,题材广泛,内容丰富,主要涉及语言、文化、习俗、伦理、信息、经济、文化、体育、社会焦点等方面。
2. 知识性与趣味性并重。结合高职高专学生特点,从学生的实际兴趣和关注的焦点出发,做到语言活泼、生动,让学生在学习英语的过程中获得乐趣。
3. 考虑 PET 考试的要求。本套教材的练习形式兼顾高职应用英语能力考试的题型,如正误判断、多项选择、简短回答、翻译等。

《高职高专英语泛读教程》全套共三册,每册由八个单元组成。每个单元包含四篇泛读文章、一篇考试阅读文章和一篇幽默短文。每篇文章前有一段“引言”,通过对背景知识的引入,提高学生阅读兴趣,加深学生对文章的理解。每单元的“轻松一刻”让学生在幽默、笑话、漫画等故事阅读中汲取语言和东西方文化方面的知识。书后附有练习答案供教师和学生参考。本套教材分三个学期使用,第一、二册侧重东西方文化的知识性及趣味性,第三册侧重内容的实用性,贴近学生未来工作的实际需要。各册平均的阅读量约 24,000 字,教师可结合英语精读课程的课时和学生的实际水平,课堂穿插讲解或让学生课外独立阅读。

由于时间仓促,编者的水平和经验有限,错误和缺点在所难免,欢迎读者批评指正。

\* 注:每单元课文后单词表中标“△”的单词不属于全国高等学校英语应用能力考试 B 级要求范围。

编者  
2009 年 4 月





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# Unit 1 Is Genius Born?



## Topic-based reading

### 1. Michael Phelps'<sup>1</sup> Blog(1)



#### Lead in

A blog is a contraction of the term “Web log” in a Web site, usually maintained by an individual with regular entries of commentary, descriptions of events, or other material such as graphics or videos. Many blogs provide commentary or news on a particular subject; others function as more personal online diaries. A typical blog combines texts, images, and links to other blogs, Web pages, and other media related to its topic. The ability for readers to leave comments in an interactive format is an important part of many blogs. Here are texts posted by Michael Phelps. Don't you want to write your own blogs?

#### Hey Everyone!

By: Michael Phelps Date: May 1, 2007, 11:10 AM

Hi! Things on my end are pretty good. Since the end of Worlds and Duel in the Pool, I've been really busy. The first stop was China for some promotional stuff for VISA, Speedo, and the Special Olympics<sup>2</sup>. I got to spend some time





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looking at the site of the 2008 Beijing games which was really good to see. From China, I flew home to Baltimore<sup>3</sup> for a couple of days taking it easy before heading down to South Carolina<sup>4</sup> to visit some old friends and make a couple of new ones.

Then I received a bit of sad news as I learned that a young friend of mine named Stevie, who has been struggling with brain cancer, took a turn for the worse<sup>5</sup>. Stevie is a really cool, funny kid and he has brought a smile to my face a number of times. Luckily, I was able to get back to Baltimore to visit with him and I hope to go back again. News like this, in the middle of an otherwise crazy and busy schedule really puts things in perspective and definitely brought me back to reality a bit.

From Baltimore, I flew out to LA<sup>6</sup> for the Lenos show (with Kevin Bacon and actress Hayden Panettiere). It was my third time on the show and it was definitely fun. From LA, I met up with the rest of the Club Wolverine crew at the Olympic Training Center in Colorado Springs for the start of a three week training camp. Then there was another day trip to NYC<sup>7</sup> for a meeting with NBC before finally getting settled in and back to work. All the traveling was pretty exhausting but I was able to get away from the pool for a bit and meet a lot of new people.

During these few weeks, I also managed to get a little out of shape and overweight and it's been good to start getting my focus back to the pool (today's schedule included 3 swim practices, 15 miles on the stationary bike<sup>8</sup>, and abs<sup>9</sup>). Talk to you later.

From: <http://swimroom.com/?pageid=3&catid=4&posttype=2>

### Words and expressions

△blog	n.	博客
△pool	n.	水池
promotional	adj.	广告宣传的, 推销的
struggle	v.	斗争, 抗争
otherwise	adv.	否则, 不然



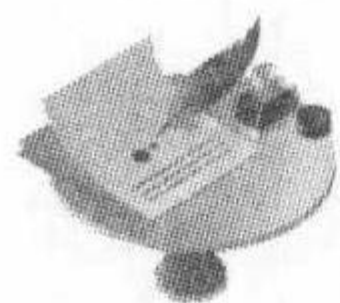
## Unit 1 Is Genius Born?



definitely	adv.	明确地, 肯定地
crew	n.	工作人员
exhausting	adj.	令人疲倦的
manage	v.	办理设法对付
overweight	adj.	超重的

\* \* \* \* \*

head down to	朝……方向
struggle with	斗争, 抗争
back to reality	回到现实
get away from	离开, 摆脱
out of shape	变形, 走样



### Notes

1. Michael Phelps 迈克尔·菲尔普斯
2. the Special Olympics 本文中指 2008 年北京奥运会
3. Baltimore 巴尔的摩(美国马里兰州的一个城市)
4. South Carolina 南卡罗来纳州(美国州名)
5. take a turn for the worse 恶化
6. LA(Los Angeles) 洛杉矶(美国城市名)
7. NYC(New York City) 纽约(美国城市名)
8. the stationary bike 健身房内静止的健身自行车
9. abs(abdominal muscles) 腹肌, 本文指锻炼腹肌的健身器材

## Exercises

### I. Decide whether the following statements are true(T) or false(F).

1. A pool in this passage means a swimming pool.
2. Michael Phelps usually has a busy schedule but only in swim practices.





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3. Phelps' friend, Stevie will visit Phelps after his recovery from brain cancer.
4. NBC stands for National Broadcasting Company. It is one of the top five broadcasting companies in the U. S.
5. Phelps felt he was too heavy to go back to the pool so he is on a diet.

### II. Complete the following sentences with words or phrases from the passage. Change the form where necessary.

1. \_\_\_\_\_ when you are on the stage.
2. After \_\_\_\_\_ myself for some days, I decided to accept his proposal.
3. Her illness \_\_\_\_\_.
4. She looks as if she got \_\_\_\_\_ her childhood again.
5. The proportion of adults in England who are an unhealthy size has soared over the past 15 years with one in four now seriously \_\_\_\_\_.

## 2. Michael Phelps' Blog(2)



### Lead in

*It has been two years since Michael phelps started his first blog on www.swimroom.com dated Feb. 17, 2007. However, he does not always have time for blog postings. Following is the last text posted before his 2008 Beijing Olympics. Afterwards he focused on practice.*

### ESPY's and Nationals

By: Michael Phelps Date: July 28, 2007, 03:16 PM

Hey guys. Sorry it's been a while since I've updated my blog. The month of July was pretty busy starting with a meet in Santa Clara<sup>1</sup>. I had a pretty good meet, breaking some meet records and getting some in-season best times. My mom also came out to the meet because I had a birthday on that Saturday (she gave me an iPhone which is awesome).







From there I went to the ESPY's. Filming for the show was on Wednesday so I left Tuesday morning to get there in time for the pre-party. The pre-party was great! I got to meet a bunch of the best athletes in the world and talked to Peyton Manning for a long time. He's probably one of the most real and down to earth guys that I've ever met. I was hanging out with a few former Michigan<sup>2</sup> athletes, Braylon Edwards and Cato June afterwards and things got a little heated between us and the Ohio State guys. For those of you not familiar, Michigan and Ohio<sup>3</sup> State are *huge* rivals and athletes from both schools were showing their school pride that night.

The award show was on Wednesday. I had great seats in the second row and the show was great—Jimmy Kimmel and Lebron were hilarious. I also got to present an award with Danica Patrick which was pretty cool. I got beat out by LaDarian Tomlinson for the two awards that I was nominated for, which isn't too surprising. He's a great athlete ... but all in all, I had a great time in L. A.

We are now in the middle of taper and getting ready for Nationals in Indianapolis. I will be swimming a few "off" events which I really am excited about. After Nationals, it will be time to really get focused for Beijing.

From: <http://swimroom.com/?pageid=3&catid=4&posttype=2>

## Words and expressions

update	v.	更新
break	v.	打破(记录)
awesome	adj.	棒极了
athlete	n.	运动员
afterwards	adv.	然后,后来
rival	n.	竞争对手
△ hilarious	adj.	极其滑稽的
△ present	v.	出席
focus	v.	(使)集中, (使)聚集





## 高职高专英语泛读教程(1)

△ inspiration

n.

激励, 鼓励

\*\*\*\*\*

start with

以……开始

△ in season

当令的, 应时的

a bunch of

大量, 大批

for a long time

很久

down to earth

务实地, 现实地

beat out

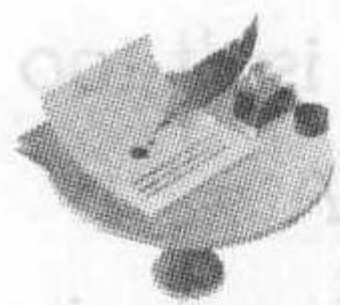
敲击出(节奏等)

all in all

总的来说, 大体而言

as always

和往常一样



### Notes

1. Santa Clara 圣克拉拉(位于美国加利福尼亚州圣克拉拉县一座城市)
2. Michigan 密歇根州(美国州名)
3. Ohio 俄亥俄州(美国州名)

## Exercises

**I. Complete the following sentences with words or phrases from the passage. Change the form where necessary.**

1. He is the very \_\_\_\_\_ person, I like to cooperate with him.
2. A(n) \_\_\_\_\_ is a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.
3. They decided to \_\_\_\_\_ the computer systems.
4. The boy \_\_\_\_\_ a tune on a tin can.
5. Brooks came to Jim's office accompanied \_\_\_\_\_ by his two bodyguards.





**II. Answer the following questions.**

1. What do you think a blog is?

2. Who is Michael Phelps? What is he doing usually?

3. How do you think of Michael's life? Interesting? Boring? Or successful? Why?

4. If you are allowed to ask Michael three questions? What would you like to ask? Why?

5. Please list your favorite sport and athlete and illustrate them.

### 3. 3 Questions in 8-Why Him?



#### Lead in

Sports fans and average humans were left dumbfounded last week as Michael Phelps and his US Swimming teammates shattered records on a daily basis. With 20 world-best marks falling in Beijing—as many as in the last two Olympics combined—what's the scientific secret weapon? And while Olympians crushed 28 records in 1972—the year Mark Spitz won his now-surpassed seven gold medals—what makes Phelps and Co. so much better than swimmers of yesteryear? Michael Phelps crunches the numbers with the experts to answer these and other high-tech Questions, and debunk some of the myths that have cropped up around them. This is an excerpt from 8 Big Questions on Beijing's Super Pool after Golds for Phelps.

Michael Phelps competes in the Men's 4 × 100 Medley Relay held at the National Aquatics Centre during Day 9 of the 2008 Olympic Games in Beijing,





China.

**Is this world-record binge unprecedented?**

No. In the 1976 games, 24 world marks were set, and in 1972, the year that Spitz won his seven golds, 28 world records were shattered.

**Is it the super pool?**

The pool in Beijing's Water Cube is one of the world's fastest. Its 3-meter depth is the deepest allowable, and it is 10 lanes wide (even though Olympic events are run with eight swimmers to a heat). These features reduce speed-robbing turbulence. But how much of a difference did those tweaks actually make this year? At last month's Olympic trials in a more conventional, 2.5-meter-deep pool in Omaha, Neb., Phelps posted a time of 1:44:10 in the 200 meters. His Olympic world-record time was 1:42:96—about a second faster.

**What is Phelps' secret weapon?**

The dolphin kick. This underwater kick, first used in the butterfly<sup>1</sup>, is much more efficient than the conventional flutter kick. "Swimming underwater is always better than swimming on the surface because it eliminates wave drag," Mittal explains. The first inkling of the dolphin kick's remarkable efficiency came in the 1980s, when backstroker David Berkoff broke world records by swimming as much as half a lap underwater. Swimming officials had to limit its use to the first 15 meters of the lap lest swimmers try to contest the whole race underwater.

In the 1996 Olympic Games, Russian butterfly swimmer Denis Pankratov won two gold medals by resurrecting the dolphin kick, swimming 25 meters off the start and more than 15 meters off the turn underwater. The sport's governing body soon closed the loophole in this event as well. The fact that it took almost 20 years for Phelps to fully exploit the kick in freestyle events proves Mittal's point: Our understanding of human performance in this complex medium is still very much incomplete. "There's a big disconnect between cause and effect," he says, "Even when coaches have figured out things that work well, they don't know why they work well."

From: <http://www.popularmechanics.com/outdoors/sports/4278453.html>



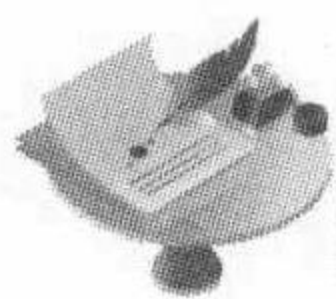


## Words and expressions

△dumbfounded	adj.	惊呆了的
shatter	v.	粉碎
allowable	adj.	可容许的, 可承认的
△debunk	v.	揭穿……的真相
△unprecedented	adj.	史无前例的
△turbulence	n.	气体或水的涡流
△tweak	n.	(对机器系统等)轻微调整
trial	n.	测试, 试验, 考验
conventional	adj.	依照传统的, 常规的
efficient	adj.	效率高的
△eliminate	v.	消除, 排除
△inkling	n.	(对正在或即将发生的事的)略知
remarkable	adj.	异常的, 引人注目的, 不寻常的
△resurrect	v.	重新应用, 恢复使用
△loophole	n.	漏洞
freestyle	n.	(游泳中的)自由式
disconnect	n.	拆开, 分离, 断开
coach	n.	教练

\*\*\*\*\*

△crop up	(尤指意外地)出现, 发生
figure out	弄明白



## Note

1. butterfly 文中指蝶泳





## Exercises

### I. Choose the best answer for each of the following questions according to the passage.

1. When mentioning Beijing in this passage, \_\_\_\_\_ is related to Michael Phelps and his US Swimming teammates.  
A. 2004 Summer Olympics                      B. the Pan Pacific Championships  
C. 2008 Summer Olympics                      D. the World Championships
2. Which of the following is not mentioned of making Phelps and Co. so much better than swimmers of yesteryear?  
A. Phelps and his US Swimming teammates are something more than average humans.  
B. Beijing's Water Cube is one of the world's fastest super pools.  
C. The dolphin kick is considered as Phelps' secret weapon.  
D. Phelps practices very hard every day and night.
3. Which of the following can best replace the word "yesteryear" in the first paragraph?  
A. yesterday.      B. last year.      C. next year.      D. tomorrow.
4. "The sport's governing body soon closed the loophole in this event as well" shows that swimming officials' attitude towards the dolphin kick appears to be \_\_\_\_\_.  
A. positive      B. negative      C. indifferent      D. objective

### II. Find an English equivalent for each of the following Chinese phrases in the passage.

1. 体育迷
2. 水立方
3. 秘密武器
4. 海豚式打腿
5. 因果





## 4. Parenting Lessons from Michael Phelps' Mother



### Lead in

*Deborah Phelps—mother of swimming stallion and Olympic gold-medalist Michael Phelps—could teach us all a few lessons about parenting. As we can see, she didn't have it easy as a mother. Following a divorce, she raised three kids, including Michael, as a single parent. And when the budding athlete was in fifth grade, she had to deal with the possibility that he might have —A. D. H. D.<sup>1</sup> But she did several things right, as the following list indicates.*

It's a reminder that we all have the ability to bring up children who can maximize their potential, no matter what anyone else says.

1. She Ignored Nay-Sayers. As a school teacher herself, Deborah Phelps listened and took it to heart when teachers told her that Michael was having problems in school. But she didn't accept one's assessment that: "Your son will never be able to focus on anything." She heard it, but she didn't accept it. Instead, she focused on how to help Michael.

2. She Took the Advice of Medical Professionals. When the family doctor said he thought Michael had A. D. H. D., she put the boy on Ritalin<sup>2</sup> to see if it made a difference. She says it did improve his ability to focus but not as significantly as she might have hoped. Still, she was willing to take a doctor's advice, then resort to Plan B. And that meant...

3. She Listened to Her Child. After two years on Ritalin, Michael said he didn't want to take it anymore because he always had to go to the nurse at lunch for his pill, and that made him uncomfortable. After considering that and again consulting with the doctor, she took him off the medicines. Obviously kids don't always know what's best for them, but allowing him to play a role in making decisions for himself surely created a level of trust between Michael and his

