

# 英语

## 无障碍阅读文选

Selected Collection of Nihil Obstat Reading in English

英语无障碍学习法课题组 编



文心出版社

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**拿破仑说：**

打胜仗要靠三个法宝

***Money, money, money***

**专家们说：**

学英语也靠三个法宝

***Reading, reading, reading***

# 编 者 的 话

英语老师告诉学生：“要多读英语读物，读多了，才能掌握单词的用法，才能产生语感，提高英语成绩。”新课标要求初、高中生除课本外，都要读 20 万以上单词的读物。阅读在英语学习中的作用，怎么强调都不过分。

但是，学生有自己的苦衷：英语读物要么内容太浅，像个识字课本或儿童读物，一点意思也没有；要么老是碰见生词，不停地查词典，在书上做标记，实在影响情绪，读不了几页就烦了。

家长也有体会：英语读物倒是成摞地给孩子买了，就是没有一本看完的。

要是有一种这样的英语读物就好了：

不管学生学到第几册第几课，阅读这种读物时，文章都是由学过的单词组成的，一个生词也没有。再学一课，单词随着课本增加，读起来还没有生词，语法难点有注释——始终读得懂。

是英语原著，就是以英语为母语的人写的。如果为了处理生词编写成类似识字课本的读物，一定不是地道的英语。

内容要考虑中学生的年龄、知识水平和兴奋点。最好像一份晚报，有新闻，有故事，有笑话，有名人的逸闻趣事，最好还有小说连载，内容一定还有侦破或爱情。

不难设想，这种任何学生都可以做到读起来没有一个生词的读物，会将枯燥的英语学习活动，变成沉浸在小说的故事情节、感受英语笑话的幽默、了解名人趣事、汲取科学知识的一种类似读晚报的轻松阅读活动。只是这份“晚报”是用英语写的，恰好容易读得懂。真有这种读物吗？

确实，要保证学生每学一课，读物内容完全跟着课文走，一个生词也不出现就很困难，何况还要保证这种读物是由英语原著组成。

但信息时代没有什么是不可以实现的。如果通过互联网，将全世界适合中学生阅读的英语材料尽量下载，建立一个庞大的语料库，然后做一个编辑软件，让计算机算出来哪些文章对一个初中二年级学到第三周的学生“恰好没有生词”，并不是一件困难的事。这样，编辑人员就可以将适合中学生阅读的、不同体裁的文章，挑选出一定数量的精品，组成一个阅读单元，供这个初二第三周的学生阅读。

这就是《无障碍英语阅读文选》(以下简称《文选》)编写的初衷、思路和方法。

这套《文选》共 5 册。单词进度对照人教版从高一到高三的英语课本，按每单元 25 个生词进度编写。每单元内容包括 3000 个左右单词，总计约 48 万个单词。

《文选》紧扣教材，难度循序渐进，是学生最合适的一种阅读材料。生词率低于 1% 的读物，熟练后每分钟可泛读 120 个以上的单词。只有这样的读物，才能在不挤占其他学科时间的情况下，完成新课标要求的阅读任务。

《文选》的编辑思路和方法是前所未有的。也许以前有人这样考虑过，但是，当时没有计算机，没有互联网，这种考虑难以变成现实。可以说，本套《文选》是目前国内第一部真正实现了英语无障碍阅读的助学读物。

虽然读物尽量考虑了中学生的特点，但编辑毕竟不是中学生，因此，如果学生在阅读中发现有什么不合适的地方，有什么建议，恳请及时函告我们，以便修订。

——编者

# 序

很多教育领域里的问题,如果从心理学角度研究,会有一些新的认识,比如英语学习中的一些问题。

我们经常听到有人这样说:“学英语要有语言环境。”意思是说周围用英语交流的人多,英语就容易学。

但是,在美国旧金山,很多老华人在美国待了大半辈子,还有一句英语听不懂。为什么呢?从心理学角度看,应该是学习难度超出了他们的“心理承受阈限”。人在克服困难时都存在着一个心理承受能力的问题。难度达到一定程度,就产生一个所谓“难度承受阈限”。意思是难到这个程度,学习者由于不断产生挫折感,磨损意志,最终灰心,并放弃解决问题。这些华人一般都是十几岁到美国打工,主要靠在与美国人交往中学习英语,但是,美国成人间交流涉及的词汇、知识不是初学者一下就容易懂的。这一点我们可以对比一下华人儿童初到美国的情况:与美国儿童交往,涉及的词汇、知识难度很小,即使上街向成人问路,成人也会用儿童听得懂的语言回答,因此,华人儿童几乎没有不是很快就学会英语的。但是同样是华人成人去向美国人问路,回答的语言一定很复杂。由于难度大,一些华人就畏惧交流,并最终放弃使用英语,就是说难度已经到了他们的“承受阈限”。虽然每个人的承受阈限不一样,但是这个问题不能不考虑。

说到学英语的英语环境,最好是一个英语学习环境。就是说这个环境一定是循序渐进的,由浅入深的,学习过程的难度水平始终处于学生“心理承受阈限”以下,我们可以从学生阅读英语读物的情况来认识这一点。

大家都认为大量阅读英语读物是学习英语的重要手段,但是,很少有学生能够阅读下去,多数情况是读不了几页就放弃了。为什么呢?因为很少有阅读难度始终处在学生心理承受阈限以下的读物。英语读物的难度对学生来讲有两种:一是内容难度,即学生现有的知识不足以理解其内容;二是词汇难度,即生词问题。前一个问题比较容易在编写中解决,因此不突出,问题主要出在生词率上。

根据研究,英语读物生词率低于1%~1.5%,不查词典也可以理解内容。超过了这个比例,一般要查词典。到查词典时就开始有了难度。根据试验,生词率造成的阅读难度是以几何基数增加的。即使可以查词典,读懂生词率达到3%的读物,是读懂生词率低于1%的读物花时间的1.8倍;读懂生词率5%的读物则为4.9倍;生词率达到7%,要花8.9倍时间,阅读难度增长幅度要大于生词率增加幅度。

生词率达到3%以上,阅读难度就很明显。达到5%,学生已经很难自觉阅读了。目前多数英语读物很难做到与学生的英语学习进度同步,生词率还低于3%。生词率一高,实际是在考验学生心理承受阈限有多高,但要求学生阅读,目的显然不是这个。

教育一是要传道授业解惑,二是要给学生创造一个低难度、低障碍的学习环境。我们不能假定学生都是非常有力,百折不挠的,而是要始终考虑到他们确实存在着难度承受阈限。因此,编写一种与学生的学习进度同步的、生词率始终很低的读物,对于学生通过阅读提高英语水平和应试能力,是十分必要的。

读不同生词率的读物,就像中国儿童和成人在美国学英语的情况。中国儿童是在读生词率低于1%的读物,而到旧金山打工的成年华人要读生词率5%甚至7%的读物,当然是前者容易学好英语。

《英语无障碍阅读文选》是向这个方向迈出的重要一步。

孙时进

于复旦大学

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## UNIT 1

末位单词: confused

### 1 - A Sigmund Freud's Humour

Sigmund Freud was a world famous doctor of Vienna. He was also a humourous man. Once, at his 70th birthday party, a friend asked Freud if he could put his work into several words. "Well," said Freud, "we take the sick out of their trouble and return them to the suffering of life."

As a good son, Freud often visited his old mother. His mother usually spent her summers in a small mountain town in Austria. The King Josef usually spent his summers there, too. One day in the summer, a band was playing a happy song when Freud's mother was sitting at the window. She watched the people singing and dancing on the street. The old woman had a poor memory (记忆力). She heard the band playing, but forgot it was the King's birthday. Freud was visiting his mother that day. He told his mother, "Mama, the band is playing for you." She believed him and had a wonderful day.

160 words \_\_\_\_ minutes \_\_\_\_ seconds

1. Freud told his mother a lie \_\_\_\_\_.
  - A. to amuse her
  - B. to fool her
  - C. to cheat her
  - D. to confuse her
2. Which of the following is WRONG?
  - A. Freud was a famous and humorous doctor in Austria.
  - B. Freud's mother and the King Josef were born in the same day.
  - C. The band was playing on the street to celebrate the King's birthday.
  - D. Freud's mother and the King usually spent their summers in the same small mountain town.



## 1 - B A Story about a Monkey

This is a story about a monkey. An old man had a monkey. The old man liked the monkey very much. The monkey was very clever. When birds came to the garden, he drove them away. He also helped the old man in many other ways. One hot afternoon in summer, the old man was asleep in his chair in the garden. A fly came and sat on the end of the old man's nose. The monkey drove it away. Soon the fly came back again and sat on the old man's nose again. Again the monkey drove it away. Again and again, the monkey became very angry. He jumped up, ran to pick a large stone. When the fly was on the old man's nose again, the monkey hit it hard with that stone. The fly fell off, but the old man's nose was broken. Well, many people, even our friends, sometimes do things just like the monkey. They do things too quickly but they don't think much before they do. Maybe they sometimes bring us trouble, though they mean to do something good.

185 words \_\_\_\_ minutes \_\_\_\_ seconds

1. The story tells us that \_\_\_\_\_.
  - A. as you brew, so must you drink
  - B. better safe than sorry
  - C. look before you leap
  - D. the spirit is willing, but the flesh is weak
2. The clever monkey helped the old man in many ways except helping him \_\_\_\_\_.
  - A. by driving the birds away from the garden
  - B. by taking care of the garden for the old man
  - C. by driving flies for the old man
  - D. by teaching the old man's grandson how to read and write

## 1 - C A Magic Skipping-Rope (跳绳)

There was once a little girl as a cyclist working in a circus. She had a magic skipping-rope.

It was a wonderful rope. You took hold of the handles, which were bright red and green with little bells on them, and you said,



"Standing's dull and walking's slow,  
Skipping's best and off we go!"

And then you did go off.

You just kept on skipping and skipping. The rope turned by itself; you only had to hold the handles, and it never caught in your feet or in your clothes. It always went on, and you went on too. This amused a lot of people who watched it and brought her a lot of applause.

When you'd had enough you said,

"Stop, stop skipping-rope, do,

That's enough for me and you."

And then it stopped.

One day the little girl forgot the rhyme that made it stop. I think the skipping-rope must have become annoyed about something. It was like a car running without braking. I'm sure it could have stopped if it had tried.

The little girl's father came and tried to take the rope away when he saw what had happened. Strange to say, as soon as he touched his little girl, he began skipping too, jumping up and down, though he had no rope. His wife came and took hold of him, and at once she started to skip also; so did the servant(佣人), who tried to stop her; so did their little dog, which jumped up at them. There they all were, bobbing up and down and looking very foolish(愚蠢的).

264 words \_\_\_\_ minutes \_\_\_\_ seconds

1. Why couldn't the magic rope stop?

- A. Because the rope was angry that day.
- B. Because the girl forgot the rhyme that made the rope stop.
- C. Because the girl skipped too fast.
- D. Because there was something wrong with the rope's brake.

2. Which of the following statements is WRONG?

- A. The girl worked in a circus as a cyclist.
- B. If you say the rhyme that made the rope begin skipping correctly, it itself can began skipping.
- C. The dog also joined them in skipping.
- D. The girl said the rhyme that made the rope stop wrongly.

## 1 - D Poisonous Plan

In a land, if you drank poison, the only way to save yourself was to drink a stronger poison. The king wanted to own the strongest poison that existed in the world, so he called his doctor and his minister. Each had to make the strongest poison he could. Then, each would drink the other's poison, followed by his own. The one that lived through would have made the stronger poison.

The minister knew he had no chance of surviving against the doctor. So he made a plan. The doctor soon realized that the minister would think up a plan. And after a little thought, he worked out the minister's plan and made up a better one to make sure he survived. A couple of days later when the time came, the king called both of them to him. They drank the poisons and the minister died. The doctor survived, and the king still didn't get what he wanted.

What happened?

Key: The minister's plan was to drink a weak poison before meeting the king. Then he would drink the doctor's strong poison. As his own poison he would bring water, which would have no effect on him. The doctor who would drink the minister's water, and then his own poison, was supposed to die.

But when the doctor worked out this plan, he brought water as well. So the minister who drank poison earlier, drank the doctor's water, then his own water, and died from the poison. The doctor drank only water, so nothing happened to him.

And because both of them brought water, the king didn't get his strong poison. Only a bitter smile is left on his face.

281 words \_\_\_\_ minutes \_\_\_\_ seconds

1. Why did the king want the strongest poison?

- A. Because the king wanted to kill the ministers that wouldn't obey him with the poison.
- B. Because the king wanted to punish the prisoners with the poison.
- C. Because if he got the strongest poison he would survive after taking poison by accident.
- D. Because the strongest poison was valuable.

2. What did the minister bring to meet the king?

A. A kind of weak poison.

B. A kind of strong poison.

C. A bottle of water.

D. Nothing.

### 1 - E How Long do You Intend to Stay?

**A:** How long do you intend to stay, Mr. Thomson?

**B:** About a week. I'll be flying to Beijing next week.

**A:** Good. We'll have enough time for our business talks. Anything else can I do for you?

**B:** No, thank you, not for the moment.

**A:** Then I'd better take my leave now so that you may have a good rest. I'll be back here tomorrow morning at nine.

**B:** Thank you. I'll be expecting you then. Good night.

**A:** Good night.

83 words \_\_\_\_ minutes \_\_\_\_ seconds

1. From the passage we can see the conversation took place \_\_\_\_.

A. at the airport

B. in a restaurant

C. in a room of a hotel

D. in a restroom of a hotel

2. From the passage we know \_\_\_\_.

A. Mr. Thomson got here for a business talk

B. A and B will meet again tomorrow

C. Mr. Thomson is a businessman

D. A, B and C

### 1 - F Do You Know Where We Can Get Some Sichuan Food?

**A:** We've heard a lot about Sichuan food. We'd like to try some today. Do you know where we can get some Sichuan food?

**B:** Yes. You can find some typical Sichuan food in Huiquyuan. Huiquyuan is on the third floor.

**A:** It's really hard for us to decide what to try. And we can't make sense of the menu. Do

you have some suggestions?

**B:** Maybe you would like to try Mapotofu?

**A:** What's that?

**B:** Hot, spicy bean curd.

**A:** Oh, I love bean curd. Anything else?

**B:** Fried eel(鳗鱼). It's hot, sweet and sour. It's quite famous too.

101 words \_\_\_\_ minutes \_\_\_\_ seconds

1. The underlined phrase "make sense of" means \_\_\_\_.

A. understand something

B. have no feeling of

C. find

D. look for

2. If Mapotofu and Fried eel are typical Sichuan food, we can conclude \_\_\_\_.

A. that bean curd and eel are the main ingredients(原料) for Sichuan food

B. that Sichuan food is very hot

C. Sichuan food tastes spicy, sweet and sour

D. Sichuan food is difficult to cook

## 1 - G Healthy Food

Western food is popular in the big cities in China now. Many people like to eat it. Western food like hamburgers, hot dogs, coke and others are very popular with people. These foods have become children's favorite foods. But they are not healthy food. Western food is rich in salt and fat. It is not very helpful to our health.

Chinese food is healthy because we eat more vegetables than western people. It is a tradition that there is less meat in Chinese food than in western food. Too little meat is not helpful to our health, either. So, we have to eat more meat—pork, mutton, beef, fish and others.

However, some Chinese people eat too much meat and so they become very fat. Too much meat is not helpful to people's health, either. The children who are growing fast should have more vegetables, more fruits, some milk, some eggs, some fish, rice, steamed bread and more meat. These foods are helpful to their health.

167 words \_\_\_\_ minutes \_\_\_\_ seconds

1. The author writes this passage in order to tell us \_\_\_\_\_.

- A. why western food is popular in China
- B. western food is not helpful to our health
- C. what kind of food is healthy
- D. children should have all kinds of food

2. Which of the following is NOT true?

- A. Western food is rich in salt and fat.
- B. There is more meat in Chinese food than in western food.
- C. Too little meat is not helpful to our health.
- D. Eating too much meat can result in becoming fat.

## 1 - H Big Big World

I'm a big big girl in a big big world.

It's not a big big thing if you leave me.

But I do do feel that I too too will miss you much, miss you much.

I can see the first leaf falling; it's all yellow and nice.

It's so very cold outside, like the way I'm feeling inside.

I'm a big big girl in a big big world.

It's not a big big thing if you leave me.

But I do do feel that I too too will miss you much, miss you much.

Outside it's now raining and tears are falling from my eyes.

Why did it have to happen? Why did it all have to end?

I'm a big big girl in a big big world.

It's not a big big thing if you leave me.

But I do do feel that I too too will miss you much, miss you much.

I have your arms around me ooooh like fire.

but when I open my eyes, you're gone.

I'm a big big girl in a big big world.

It's not a big big thing if you leave me.

But I do do feel that I too too will miss you much, miss you much. (repeat)

209 words \_\_\_\_ minutes \_\_\_\_ seconds

1. From the song we know \_\_\_\_\_.
  - A. the girl was very sad when her boyfriend left her
  - B. the girl was very happy when she saw the first leaf falling
  - C. the girl felt very lonely when she was with the boy
  - D. the girl didn't miss the boy at all
2. What does the underlined sentence mean in the song?
  - A. When you give me a hug, I feel warm and happy in your arms.
  - B. When you give me a hug, I feel burnt in your arms.
  - C. When you give me a hug, I feel all this happens all of a sudden.
  - D. When you give me a hug, I feel bitter in your arms.

## 1 - I The Black Horse

There is a new bar in our town. Its name is "The White Horse", and it belongs to Mr. Webster. Very few people went to his bar last year, and Mr. Webster was not very happy, but now a lot of people drink there.

Last year there was a picture of a white horse on the door of the bar. Then a man from another town came into the bar. He drank something, and then he looked around and said to Mr. Webster, "There aren't many people here."

Mr. Webster said, "This is a new bar, and very few people come to it."

Then the man said, "There's a picture of a white horse on the door of your bar, take it down, and put a picture of a black horse there."

"But the name of the bar is 'The White Horse' not 'The Black Horse', " Mr. Webster said.

"Yes, but do it, "the man said. Then he went out of the bar.

Mr. Webster went to an artist (艺术家, 尤指画家) and said, "I want a picture of a black horse."

The artist drew a nice picture of a black horse, and Mr. Webster went back to his bar with it. He took the picture of the white horse down, and put the new picture of the black horse up.

Then a man came in and said, "There's a mistake on the door of your bar. The name of the bar is 'The White Horse', but there's a picture of a black horse on it." The man

looked around the bar, sat down and drank something.

Then another man came in and said the same, and then another and another. A lot of people came in and said, "The picture on your door is wrong." And they all stopped and drank in Mr. Webster's bar.

Now the bar is always full, and Mr. Webster has got three barmen. He is very happy.

320 words \_\_\_\_ minutes \_\_\_\_ seconds

1. From the story we can see \_\_\_\_.

- A. Mr. Webster followed the man's advice and his bar was more and more successful
- B. Mr. Webster paid the man for his advice
- C. Mr. Webster understood why the man asked him to use a picture of a black horse to replace the picture of a white horse
- D. Later the man often came to Mr. Webster's bar

2. Which of the following is true?

- A. The man who told Mr. Webster the advice was an artist.
- B. Last year there was a picture of a white horse on the door of the bar.
- C. Now Mr. Webster is very happy.
- D. Mr. Webster asked an artist to draw him a picture of a black horse.

## 1 - J Rory

Hello, my name is Rory. I live in the small town of Church Hill. I would like you to meet my friend Mandy. Mandy and I would like to tell you about some of the fun things that we like to do.

When I wake up I take a bath and then I get dressed in the clothes my mommy has laid out for me. Then Mandy and I go downstairs to the kitchen and eat my breakfast that my mommy made.

We are done now so it is time to play. We go downstairs and get ready to play outside. I put on my favorite sandals(凉鞋) all by myself but Mandy needs a little help so I help her.

I am ready now, so Mandy what do you want to do? You want to play house? Okay,



that sounds fun. I sure love playing house with you.

Oh, Mandy did you hear that? We have been playing so long that it is time for lunch. Can't you hear mommy calling?

Mandy and I go to eat lunch, and both are that good.

I am ready to play again. What do you want to do now Mandy? Chalk on the sidewalk (人行道)? Okay. That sounds good. I love to chalk.

We are so busy chalking that I almost forget to meet daddy when he get home. On Fridays he always brings me candy. Do you want some Mandy? You do? Okay, let's go to get some.

This Friday daddy brought home lots of candy so I can share some with you. What kind do you like?

Come on! Mandy, lets go inside and wash up for dinner. When Daddy gets home we know it's time for supper. We all sit at the big table say our prayers(祈祷) and eat a big supper.

It is getting late now and I am getting ready for bed. Mandy has to go home now, but she promised me that she would be back in the morning to play with me.

Good night.

Oh, how I love having a make-believe friend.

345 words \_\_\_\_ minutes \_\_\_\_ seconds

1. Which of the following is NOT true?

- A. Rory and Mandy love to lay house.
- B. They both like chalking on the sidewalk.
- C. Rory has many playmates.
- D. Rory's daddy always brings Rory candy on Fridays.

2. What does the underlined word "make-believe" mean?

- A. Imaginary
- B. Real
- C. Warm-hearted
- D. loyal

## 1 - K Fire: Watch Out!

What a cold winter! How wonderful it would be if there was a fire! Fire keeps us warm. But fire is very dangerous, and can kill us.

November 9 was National Fire Safety Day. It's a time for us to learn a lot more about fire, especially what to do if we are caught in a fire:

**Shout out**

If you smell smoke or see fire, shout out "Fire"! Shout as loudly as you can, because people may be asleep.

**Call 119**

Never try to put out a fire yourself, even if it is a very small one! Get help from your parents or call 119. Tell 119 where you are and what is on fire. Listen to 119's instructions.

**Keep down close to the floor**

If there is a lot of smoke in your room, keep down close to the floor. There is less smoke down there, so it's easier to breathe(呼吸) and see where you are going. If you don't, the smoke may kill you before the fire does.

**Test the door**

Test the door before you open it. Touch it with the back of your hand near the top. If the door is cool, open it carefully. If the door is hot, do not open it! Try to find a different way out.

Most home fires start at night when people are asleep. So, always close your bedroom door before sleep. It can keep the fire out.

**Get out**

If you can, get out of your home as soon as you can. Do not stop to pick up anything. A fire can become very big in a few seconds!

**Don't use the lift**

Never use the lift during a fire. Always use the stairs. A lift may stop at a floor where the fire is burning. It may also go wrong and keep you inside.

**Don't go back**

Never go back into a burning building! Even if you have left your pet or favorite toy inside, do not go back for it. Don't worry about your pets. Animals have a very good sense of smell. They often get out of buildings before people!

354 words \_\_\_\_ minutes \_\_\_\_ seconds

1. The author writes the passage in order to \_\_\_\_.

A. tell us fire can keep us warm and can kill us