

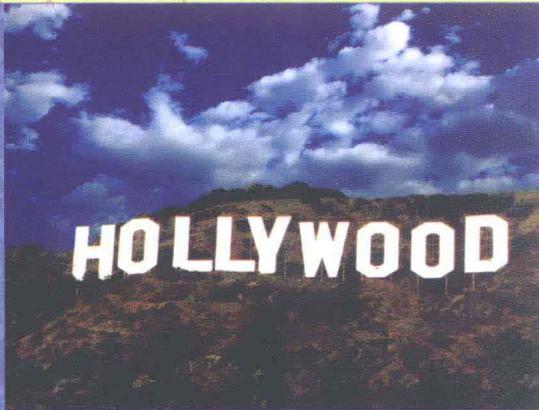
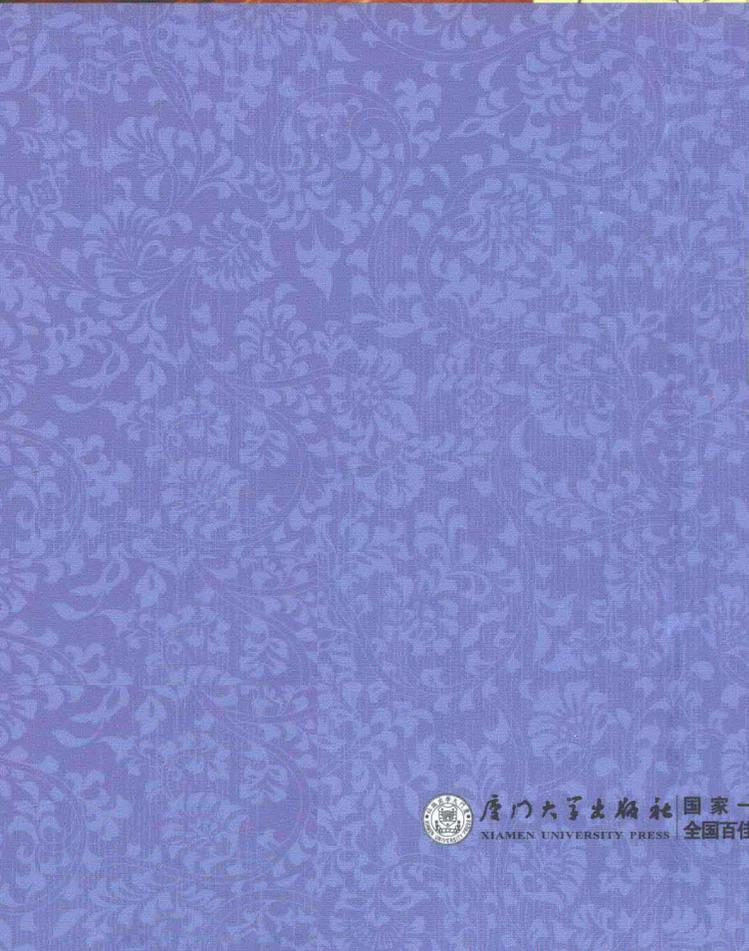
Strategic College English(1)

(第二版)

# 新策略大学英语读写教程(1)



◎ 黄宁夏 / 主编



厦门大学出版社 国家一级出版社  
XIAMEN UNIVERSITY PRESS 全国百佳图书出版单位

# 新策略大学英语 读写教程 (1)

Strategic College English I

(第二版)

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厦门大学出版社  
XIAMEN UNIVERSITY PRESS

## 图书在版编目(CIP)数据

新策略大学英语读写教程. 1/黄宁夏主编. —2版. —厦门:厦门大学出版社, 2012. 8  
ISBN 978-7-5615-3033-7

I. ①新… II. ①黄… III. ①英语-阅读教学-高等学校-教材②英语-写作-高等学校-教材  
IV. ①H31

中国版本图书馆 CIP 数据核字(2012)第 169929 号

厦门大学出版社出版发行

(地址:厦门市软件园二期望海路 39 号 邮编:361008)

<http://www.xmupress.com>

[xmup@xmupress.com](mailto:xmup@xmupress.com)

沙县方圆印刷有限公司印刷

2012 年 8 月第 2 版 2012 年 8 月第 1 次印刷

开本:787×1092 1/16 印张:10.75

字数:273 千字 印数:1~10 000 册

定价:19.50 元

本书如有印装质量问题请直接寄承印厂调换



## 前 言

历经全国高校三年的试行,2007年7月,教育部印发了新的《大学英语课程教学要求》(以下简称为《教学要求》),作为我国高校组织大学英语课程教学的主要依据。《教学要求》是对我国近20年来大学英语教学改革的总结,也是有关未来我国高校大学英语教学改革方向的指导性权威文件。《教学要求》明确了大学英语教学的性质和目标,指出:“大学英语是以外语教学理论为指导,以英语语言知识与应用技能、跨文化交际和学习策略为主要内容,并集多种教学模式和教学手段为一体的教学体系。”《教学要求》还明确了大学英语教学目标是“培养学生的英语综合应用能力,特别是听说能力,使他们在今后学习、工作和社会交往中能用英语有效地进行交际,同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。”

针对我国幅员辽阔,各地区、各高校之间情况差异较大,《教学要求》提出了“大学英语教学应贯彻分类指导、因材施教的原则,以适应个性化的实际要求”。这说明高校大学英语教学工作既要服从我国大学英语教学改革的主流方向,同时也应根据不同地区的实际情况摸索出一条有地方特色的创新道路。

基于《教学要求》对于大学英语课程的性质和目标的规定,以及对各高校大学英语教学的要求,漳州师范学院、厦门理工学院和厦门大学出版社三方共同策划,联合编写了这套服务于我国东南沿海地区高校的大学英语教材。

### 编写原则:

《新策略大学英语读写教程》根据教育部新颁发的《教学要求》、全国大学英语四六级考试委员会编印的新版《大学英语四级考试大纲》(2006年)、《大学英语六级考试大纲》(2006年)及教育部颁发的其他有关大学英语教学改革的重要文件为主要依据,并根据我国东南沿海高校的特点进行编写,供大学英语课程的一般要求和较高要求层次的教学使用。

《新策略大学英语读写教程》的编写方针是:(1)保持语言知识的输入和语言输出能力培养的平衡。重视将学生的语言知识的输入与输出相结合,一方面通过阅读训练,让学生吸收英语语言知识,另一方面又通过写作训练,提高学生的英语语言表达水平。(2)充分考虑文化的多元性,保持各种文化间的平衡。在选择的教学材料中,既有外国文化的介绍,也有中国文化,特别是本土文化的阐释;既有对现代社会的展示,也有对古老文明的追寻。其目的一方面是促进中国学生吸取其他民族特有的优秀品质,使他们的知识结构、思维模式和人格修养在语言和文化的熏陶中得到调整和完善;另一方面则是为了传播优秀中国文化,改善中国学生在介绍中国五千年文明时,对于许多传统文化价值概念和具有典型中国特色的事物无法“脱口而出”的“失语”现象。(3)“教”与“学”的平衡。本套教材吸收了近几年来国内外英语教学科研成果,设计时突出以学生为中心,不仅考虑教师如何“教”,而且重视学生如何“学”,突出学生的学习策略的培养和语言应用技能的提高,鼓励学生主动地创造性地学习。希望通过“教”与“学”的结合,使学生的综合英语水平得到迅速的提高。



## 文本选择:

《新策略大学英语读写教程》所选的材料来自名家著作、期刊选文和正规网络材料。第一、二册侧重中国学生比较感兴趣的话题“文化”、“旅游”等;第三、四册则侧重科技、经济、未来和人生,旨在通过外语教育把文、理、工等学科知识进行整合。

## 框架结构:

《新策略大学英语读写教程》由四个分册组成。每册教材包含十个单元,每个单元由阅读和写作两大板块构成:阅读板块围绕一个主题,分为“重点阅读”(Main Reading)、“相关阅读”(Related Reading)和“阅读技能解说”(Reading Skills)及相关配套练习。写作板块由“写作技能解说”(Writing Skills)和相关配套练习组成。

作为本教材的配套,我们同时提供服务于课程教学的教学网站,同学们通过访问网络资源(如补充阅读材料)进行自主学习,使所学知识得到巩固和拓展。另外,我们还为任课教师设计了一套助教课件,任课教师能方便地在此基础上二次开发适合自己教学需要的多媒体课件。

为了便于教学,本套教材不附练习答案,所有答案只提供给任课教师用于教学参考。

## 编写人员:

《新策略大学英语读写教程》由厦门大学出版社宋文艳副总编、王扬帆编辑,漳州师范学院和厦门理工学院共同策划。本册教材由漳州师范学院负责编写,黄宁夏担任主编,杨萍、徐立红担任副主编,参编教师有苏秀玲、郑家芳、林慧英和郑燕春。美籍外教迈克(Michael Vickerf)校阅了全书。

编写具有地方特色的大学英语教材是一种创新的尝试,也是一种挑战。我们欢迎使用本教材的老师和同学对本套教材提出宝贵意见和建议,以便我们在今后的修订中进一步完善,更好地服务于大学英语教学的改革与创新。





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# 1

## Tea Drinking — An Art of Living

### Prepare to Read

1. How much do you know about drinks in different countries?
2. Which kind of drink is the most popular in China?
3. What kind of drink do you like best? Why?

### Main Reading



#### Tea Drinking—An Art of Living<sup>1</sup>

—Lin Yutang<sup>2</sup>



### Vocabulary in Context

The following sentences contain some words in Main Reading. Pay special attention to the words or phrases in bold. Then fill in the blanks with suitable words or phrases to complete the last sentence.

1. If you **prolong** something, you make it longer.

The delegation decided to **prolong** their visit by one week.

The delegation decided to \_\_\_\_\_ their visit one week \_\_\_\_\_.

2. If you are **enthusiastic** about something, you have strong interests in it.

David is very **enthusiastic** about the plan.

David has \_\_\_\_\_ the plan.



3. If something is **precious**, it is of great value.  
Don't idle away your **precious** time.  
Don't waste time because it is \_\_\_\_\_.
4. If you are **assailed** by something, you are attacked.  
They **assailed** the enemy's positions.  
They \_\_\_\_\_ the enemy's positions.
5. If you **retain** something, you keep it in a place or position.  
This dyke was built to **retain** the flood water.  
This dyke was built to \_\_\_\_\_ the flood water.
6. If something **amounts** to something else, it adds up to it or is equal to it.  
The total cost of repair **amounts** to US \$ 100.  
The total cost of repair \_\_\_\_\_ US \$ 100.
7. If something is **deleterious**, it is harmful to mind or body.  
Some drugs have **deleterious** effect on the body.  
Some drugs \_\_\_\_\_ the body.
8. When you **doubt** something, you question the truth of something or you don't believe it.  
I **doubt** the accuracy of your statement.  
I \_\_\_\_\_ the accuracy of your statement.
9. If you **determine** to do something, you make up your mind to do it.  
He has **determined** that nothing will prevent him.  
He has \_\_\_\_\_ that nothing will prevent him.
10. If someone is your **rival**, he is the person who competes with you.  
The stores **rival** each other in beautiful window displays.  
The stores \_\_\_\_\_ each other in beautiful window displays.

## Text

- 1** As to drinks, we are naturally **moderate** except **as regarding** tea. Owing to the **comparative** absence of distilled liquor, one very seldom sees drunkards in the streets. But tea-drinking is an art in itself. It amounts with some persons almost to a **cult**. There are special books about tea-drinking as there are special books about incense and wine and rocks for house decoration. More than any other human invention of this nature, the drinking of tea has colored our daily life as a nation, and gives rise to the institution of tea-houses which are **approximate equivalents** of Western cafés for the common people. People drink tea in their homes and in the tea-houses, alone and in company, at committee meetings and at the settling of disputes. They drink tea before breakfast and at midnight. With a

1. moderate [ 'mɒdərɪt ]: *a.* 温和的
2. as regarding [ ri'gɑ:diŋ ]: *prep.* 关于
3. comparative [ kəm'pærətɪv ]: *a.* 相当的
4. cult [ kʌlt ]: *n.* 崇尚; 时尚
5. approximate [ ə'prɒksɪmeɪt ]: *a.* 接近的
6. equivalent [ i'kwɪvələnt ]: *n.* 等价物, 相等物





teapot, a Chinese is happy wherever he is. It is a **universal** habit, and it has no **deleterious** effect whatsoever, except in very rare cases, as in my native district where according to tradition some people have drunk themselves bankrupt. This is only possible with extremely costly tea, but the average tea is cheap, and the average tea in China is good enough for a prince. The best tea is mild and gives a “black-flavor” which comes after a minute or two, when its chemical action has set in on the **salivary gland**. Such good tea puts everybody in good humor. I have no doubt that it **prolongs** Chinese lives by aiding their digestion and maintaining their **equanimity** of temper.

2 The selection of tea and spring water is an art in itself. I give here an example of a scholar in the beginning of the seventeenth century, Chang Tai<sup>3</sup>, who wrote thus about his art of tasting tea and spring water, in which he was a great **connoisseur** with very few **rivals** in his time<sup>4</sup>:

3 Chou Molung often spoke to me in **enthusiastic** terms about the tea of Min Wenshui. In September of a certain year, I came to his town, and when I arrived, I called on him at Peach Leaves Ferry. It was already afternoon, and Wenshui was not at home. He came back late and I found him to be an old man. We had just opened our conversation when he rose suddenly and said that he had left his stick somewhere and went out again. I was determined not to miss this chance of having a talk with him, so I waited.

4 After a long while, Wenshui came back, when it was already night, he stared at me, saying, “Are you still here? What do you want to see me for?”

5 I said, “I have heard about your name so long, and am determined to have a drink with you today before I go!”

6 Wenshui was pleased, and then he rose to prepare the tea himself. In a wonderfully short time, it was ready. Then he led me into a room, where everything was neat and tidy, and I saw over ten kinds of Chingch’i pots (荆溪壶) and Hsüanyao and Ch’engyao teacups (成宜窑瓷瓿), which were all very rare and **precious**. Under the lamp-light, I saw that the color of the tea was not **distinguishable** from that of the cups, but a wonderful fragrance **assailed** my nostrils, and I felt so happy.

7 “What is this tea?” I asked.

8 “Langwan (阆苑茶),” Wenshui replied.

9 I tasted it again and said, “Now don’t deceive me. The method

7. universal [ju: ni'və: səl]:

a. 普遍的

8. deleterious [deli'tiəriəs]:

a. 有害(与身心)的

9. salivary gland [səli'vəri'glænd]:

n. 唾液腺

10. prolong [prə'lɔŋ]: v. 延

长

11. equanimity [i: kwə'nimiti]

n. calmness of mind or

temper 平静, 镇定

12. connoisseur [kɔni'sə]: n.

鉴赏家; 内行

13. rival ['raivəl]: n. 对手

14. enthusiastic

[in θju: zi'æstik]: a. 热情

的, 热爱的

15. precious ['preʃəs]: a.

宝贵的

16. distinguishable

[dis'tiŋgwɪʃəbl]: a. 可区别

(辨别)的

17. assail [ə'seɪl]: v. 扑鼻

而来



of preparation is Langwan, but the tea leaves are not Langwan.”

10 “What is it then?” asked Wenshui smilingly.

11 I tasted it again and said, “Why is it so much like Lochieh tea?”

12 Wenshui was quite struck by my answer and said, “Marvelous! Marvelous!”

13 “What water is it?” I asked.

14 “Huich’ üan,” he said.

15 “Don’t try to make fun of me,” I said again. “How can Huich’ an water(惠泉) be carried here over a long distance, and after the shaking on the way, still **retain** its keenness?”

16 So Wenshui said, “I shan’t try to deceive you any longer. When I take Huich’ an water, I dig a well, and wait at night until the new current comes, and then take it up. I put a lot of mountain rocks at the bottom of the jar, and during the voyage I permit only sailing with the wind, but no rowing. Hence the water still keeps its edge. This water is therefore better even than ordinary Huich’ an water, not to speak of water from other springs.”

17 Again he said, “Marvelous! Marvelous!” and before he had finished his sentence, he went out again. Soon he came back with another pot, and asked me to taste it.

18 I said, “Its fragrance is strong, and its flavor is very mild. This must be spring tea, while the one we just had must be autumn tea.”

19 Then Wenshui burst into laughter and said, “I am a man of seventy, and yet have never met a tea connoisseur like you.” After that, we remained **fast** friends. (Words:829)

18. retain[ri'tein]: v. 保持

19. fast[fɑ:st]: a. 可靠的, 忠诚的

## Cultural Notes

1. 本文选自林语堂所著的《吾国与吾民》(*My Country and My People*), 又名《中国人》, 著于1934年春夏秋三季, 是林语堂在西方文坛的成名作与代表作。由于该书将中国人的性格、心灵、理想、生活、政治、社会、艺术剖析得非常美妙, 并与西方人的性格、理想、生活等作了相应的广泛深入的比较, 在海内外引起轰动, 为美国许多知名人士推崇备至, 被译成多种文字, 在西方广泛流传。

该书论述了中国文化的方方面面, 诸如中国人的性格、思维方式、人生追求、妇女问题、政治社会问题、文学艺术, 乃至中国人的最佳生活模式。作者语言质朴流畅, 娓娓道来, 具有较强的可读性。

“这本书问世了, 正如所有伟大的书籍终会问世一样。它满足了我们一切热望的要求。它实事求是, 不为真实而羞愧。它写得美妙, 既严肃又欢快, 对古今中国都能给予正确的理解和评价。我认为这是迄今为止最真实、最深刻、最完备、最重要的一部关于中国





的著作。更值得称道的是,它是由一位现代的中国人写的。他的根基深深地扎在过去,他丰硕的果实却结在今天。”——诺贝尔文学奖获得者赛珍珠曾这样评价该书。

2. **Lin Yutang:** 林语堂(1895—1976),福建省龙溪(漳州)县(现为漳州市平和坂仔村)人,原名“和乐”。是一位集语言学家、哲学家、文学家、旅游家、发明家于一身的全球知名学者。

林语堂17岁改名“玉堂”,1912年入上海圣约翰大学,毕业后在清华大学任教。1919年秋赴美就读哈佛大学文学系。1922年获文学硕士学位。同年转赴德国入莱比锡大学,专攻语言学。1923年获博士学位后回国,任北京大学教授、北京女子师范大学教务长和英文系主任,开始署名“语堂”发表文章。1924年后为《语丝》主要撰稿人之一。1926年到厦门大学任文学院院长。1927年任外交部秘书。

1924年5月林语堂将英文 humor 译为“幽默”,为“幽默”一词出现之始。1932年,他先后创办《论语》、《人间》、《宇宙风》三本杂志,以“两脚踏东西文化,一心评宇宙文章”为编写范围与态度,提倡幽默文章。有“幽默大师”之称。

1947年林语堂发明“明快中文打字机”。它是世界上第一部中文打字机,1952年获美国专利。为了生产中文打字机,林语堂在上世纪40年代投入所有积蓄,可是因为战乱,未能生产,这使他散尽家财,濒临破产。

1972年《林语堂当代汉英辞典》出版。小说《京华烟云》于1939年11月出版,是林语堂的首部小说,用英文写成,并于1975年被提名为诺贝尔文学奖候选作品。

林语堂一生著有《吾国与吾民》(又名《中国人》)、《生活的艺术》、《京华烟云》、《风声鹤唳》、《朱门》、《老子的智慧》、《苏东坡传》等多部经典名著。

1976年3月26日林语堂病逝于香港,享年82岁。

3. **Chang Tai:** 张岱(1597—1679),字宗子、石公,号陶庵,山阴(今浙江绍兴)人,侨寓杭州。张岱是明末清初的一位散文家、史学家,还是一位精于茶艺鉴赏的行家。
4. 本故事译自张岱《陶庵梦忆》。原文如下:周墨农向余道闵汶水茶不置口。戊寅九月至留都,抵岸,即访闵汶水于桃叶渡。日晡,汶水他出,迟其归,乃婆婆一老。方叙语,遽起曰:“杖忘某所。”又去。余曰:“今日岂可空去?”迟之又久,汶水返,更定矣,睨余曰:“客尚在耶,客在奚为者?”余曰:“慕汶老久。今日不畅饮汶老茶,决不去!”汶水喜,自起当炉。茶旋煮,速如风雨。导至一室,明窗净几,荆溪壶,成宜窑瓷瓿十多种皆精绝。灯下视茶色,与瓦瓿无别而香气逼人。余叫绝。问汶水曰:“此茶何产?”汶水曰:“阊苑茶也”。余再啜之,曰:“莫给我,是阊苑制法而味不似。”汶水匿笑曰:“客知是何产?”余再啜之,曰:“何其

似罗甚也!”汶水吐舌曰：“奇！奇！”余问：“水何水？”曰：“惠泉。”余又曰：“莫给我，惠泉走千里，水劳而圭角不动何也？”汶水曰：“不复敢隐。其取惠水，必淘井，静夜候新泉至，旋汲之，山石磊磊藉瓮底，舟非风则勿行，故水不生磊，即寻常惠水犹逊一头也，况他水耶！”又吐舌曰：“奇！奇！”言未毕，汶水去。少顷持一壶满斟余曰：“客啜此！”余曰：“香扑烈，味甚浑厚，此春茶耶？向淪者，是秋采。”汶水大笑曰：“余年七十，精赏鉴者无客比。”遂定交。

## Exercises

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### I . Reading Comprehension

A. Read the text and choose the best answer to the following questions.

1. On what occasions WON'T Chinese people drink tea?
  - A. Meet friends at home.
  - B. Chat in café.
  - C. Be alone in the tea house.
  - D. Hold a committee meeting.
2. Which of the following is NOT the reason why Chinese people enjoy tea drinking so much?
  - A. The low-quality tea is very cheap and everyone can afford it.
  - B. It has a very special flavor.
  - C. It can help digestion.
  - D. People feel delighted when drinking tea.
3. Why does the author tell the story about tea drinking?
  - A. He wants to show how joyful people will be when drinking tea.
  - B. He wants to persuade the readers to drink tea.
  - C. He wants to tell the readers how to make tea for the guests.
  - D. He wants to show that the selection of tea is an art itself.
4. How did Wenshui in the story retain the keenness of the spring water?
  - A. He dug a well and took the spring water during the midnight.
  - B. He put rocks at the bottom of the jar and went back by boating.
  - C. After he took the water from the well, he put rocks at the bottom of the jar and went back without any shaking.
  - D. After he dug a well and took the water up, he sailed with the wind instead of boating.

B. Read the text and retell the story by Chou Molong.

C. Discuss the following questions with your partners.

1. How does the author think of tea drinking?
2. Do you think tea drinking is an art itself? Why or why not?





## II. Vocabulary

A. Complete the following words with the aid of its English definition.

- |                             |   |
|-----------------------------|---|
| 1. m _ _ d _ _ ate          | not extreme, having reasonable limits             |
| 2. c _ _ _ parat _ _ _ _    | measured or judged by comparing                   |
| 3. _ _ _ _ ro _ _ _ mate    | very near to; come near to                        |
| 4. u _ _ _ v _ _ _ sal      | belonging to, done by all                         |
| 5. p _ _ _ long             | make longer                                       |
| 6. en _ _ _ _ siastic       | having a strong feeling of admiration or interest |
| 7. _ _ _ _ cious            | of great value and beauty                         |
| 8. a _ _ _ ail              | attack violently                                  |
| 9. r _ _ t _ _ _ n          | keep, continue to have or hold                    |
| 10. d _ _ l _ _ t _ _ rious | (fml) harmful to mind or body                     |

B. Fill in the blanks in the following sentences with the words and phrases listed in the box in their proper forms.

moderate	comparative	color	doubt	prolong
rival	deceive	strike	owing to	amount to
make fun of	burst into	according to	give rise to	be determined to

- Cricket can not \_\_\_\_\_ football in excitement.
- The books are placed on the shelves \_\_\_\_\_ authors.
- The girl is so shy that she \_\_\_\_\_ whenever a man speaks to her.
- \_\_\_\_\_ the heavy rain, the football match was cancelled.
- When she heard the news from the hospital that her father had died, she \_\_\_\_\_ tears.
- Mary has been told by her boss to finish two reports within 24 hours. I \_\_\_\_\_ if she can finish the work in time.
- Her experiences have \_\_\_\_\_ the passion she expresses in her poetry.
- She \_\_\_\_\_ make her career in medical research.
- The plan \_\_\_\_\_ me as ridiculous.
- Riding on a bus without paying the fare \_\_\_\_\_ cheating the bus company.

## Reading Skills

### Skimming 略读

大学英语考试中的阅读理解部分主要测试下述能力:

- 掌握所读材料的主旨和大意;
- 了解说明主旨和大意的事实和细节;
- 既能理解字面意思,又能根据所读材料进行一定的判断和推论;



4. 既能理解个别句子的意义,又能理解上下文的逻辑关系。

不同的阅读目的可以采取不同的阅读方法。一般来说阅读方法有三种: skimming, scanning, reading for full understanding。

本单元介绍 skimming。

Skimming 的目的是了解文章的大意 (general idea)。阅读速度要快。阅读时精神必须十分集中,不必记忆细节,忽略个别生词及难懂的词句,留心反复出现的单词。阅读的重点是把握全文总体大意。

为了了解一篇文章的大意,在进行略读的时候要特别注意文章的第一段(通常是介绍一篇文章主题的段落),每一段的第一句、第二句和最后一句话(各段的主题句),文章的最后一段(总结全文的段落)。因为它们往往是对文章内容的最好概括。这样我们就能了解全文的主旨大意。

在阅读的过程当中使用这种方法来找寻文章的主旨大意。说得具体点,也就是通过抓住每一自然段的中心论点或中心句来判断一篇文章的大意。当然不同体裁的文章要选用不同的阅读方法,如记叙文,其中心句是比较不好找的,在阅读时应该抓住故事发展的线索以及故事的起因、经过和结果来了解文章的大意。

在略读过程中,还可以运用文章提供的一些线索来提高阅读速度。例如:文章的标题、小标题及文中出现的列举关键词 first, second, third... 这些关键词有助于我们了解作者的写作思路,把握文章中心思想。



## Related Reading

### Gongfu Tea Ceremony

1 The Gongfu or Kungfu Tea (功夫茶) Ceremony is a Chinese Chaozhou and Minnan way of preparing tea with great skills.

#### Origin

2 The first known treatise on the subject of Gongfu Cha was first mentioned in Lu Yu's<sup>1</sup> *The Classic of Tea*<sup>2</sup> and has been popular since the Qing Dynasty. In Gongfu Tea (literally meaning "tea brewed with great skill" rather than focusing on **symbolic** hand gestures such as that of the Japanese tea ceremony), the taste of the tea is **paramount**. Although Gongfu Cha brewing method does have **uncompromising** steps, it is important to note that the various Asian tea consuming cultures have added local styles and equipment, adding to the richness of the Asian tea culture.

#### Tools/Equipment/Utensils

3 1. A small Yixing clay teapot<sup>3</sup>, around 150 ml in volume (maximum)

1. symbolic [sim'bɒlik]: a. 象征的
2. paramount ['pærəmaunt]: a. 最高的,至上的
3. uncompromising [ʌn'kɒmprəmaɪzɪŋ]: a. 不妥协的,不让步的



2. Three cups, each 30 ml
3. Fresh water. Tap water should be filtered; hard water<sup>4</sup> should be avoided.
4. A kettle (preferably made of clay or glass, in order to determine the temperature of the boiling water)
5. A stove or a **hob**, to boil water
6. A **pail** or **container** to **dispense** water
7. A water dispensing tray or a bowl for teapot during water pouring
8. A table
9. Seats for guests
10. A clean cotton cloth to wipe off any excess water on the table

## Chemistry and Physics Behind Gongfu Cha

**4** In essence, what is desired in Gongfu Cha is a brew that tastes great and is satisfying to the soul. Tea Masters in China and other Asian tea cultures will study for years perfecting this method in order to do so. However, method alone will not determine whether a great cup of tea will be produced. It has been suggested that the chemistry and physics behind Gongfu Cha is what makes this method far superior to any other when brewing Chinese tea. **Essentially**, two things have to be taken into consideration: Chemistry and Temperature.

### Chemistry

**5** Water should be given careful consideration when conducting Gongfu Cha. Water which tastes and/or smells bad will **adversely** affect the brew as tea is 99.99% water. However, distilled or extremely soft water should never be **utilized** as they are **deficient** in crucial minerals and so can result in “flat” tasting liquor. For these reasons, most tea masters will use a good clean local source of spring water. If this natural spring water is not **available**, bottled spring water will **suffice**. Hard water should be avoided at all cost, even after it has been filtered.

### Temperature

**6** During the process of brewing Gongfu Cha, the tea master will first determine what is the appropriate temperature for the tea being used in order to **extract** the essential oils of the tea. An **optimal** temperature must be reached and maintained.

### Boiling water

**7** The boiling water temperature depends on the type of tea used.

4. hob [hɒb]: *n.* (炉具上的)炉盘,搁架

5. pail [peil]: *n.* 桶

6. container [kən'teinə]: *n.* 容器

7. dispense [dis'pens]: *v.* 分配,分发

8. essentially [i'senʃəli]: *ad.* 基本上

9. adversely [ædvɜ:slɪ]: *ad.* 不利地;相反

10. utilize [ju:'tilaiz]: *v.* make use of 利用;使有用

11. deficient [di'fɪʃənt]: *a.* not having enough of 不足的,缺乏的

12. available [ə'veɪləbl]: *a.* able to be used 可用的;有效的

13. suffice [sə'faɪs]: *v.* be enough, meet the needs of 足够,使满足

14. extract [iks'trækt]: *v.* 拔取,榨出(汁)

15. optimal [ɒ'ptɪməl]: *a.* most favorable 最佳的,最理想的



- 95°C for Oolong tea<sup>5</sup>
- 100°C (boiling) for **compressed** teas, such as Pu - erh tea<sup>5</sup>

Note: Green tea is usually not used for a Gongfu tea ceremony.

## Ceremony Procedures

### Surroundings

- 8 A suitable space must be provided. A table large enough to hold the tea-making **utensils**, the drip tray, and the water is the minimum necessary. Ideally the surroundings should be peaceful and **conductive to** relaxation and socialization. **Incense**, flowers, and low, soft, traditional music will all add to the **ambience**.

### Preparation

- 9
1. Lay the serving cups on the table. Warm and **sterilize** the cups with hot water. Pour away excess water.
  2. Fill up the teapot with tea. For the 150 ml teapot, you will need at least 15 gm of tea leaves.
  3. Put the teapot into a water tray or a bowl.
  4. Boil the water to preferable temperature as described above in the Boiling water section.
  5. Fill up the teapot with water until it **overflows**.
  6. **Scoop** away any bubbles or **debris floating** on top of the teapot and close the lid.
  7. Pour and drain the water from the teapot as soon as possible into all the serving cups.
  8. Pour away the water from the cups.

### Brewing

- 10
1. Fill up the teapot again with boiling water until it covers the top. Replace the teapot lid.
  2. Pour hot water, or use the water from the serving cups from the preparation process, on the surface of the teapot.

### Serving

- 11
1. Wait for 20 to 50 seconds, depending on the type and quantity of the tea used.
  2. Boiling water should be poured into the teapot, until it is overflowing, and then the lid is used to remove the **froth**. Replace the lid on the pot and pour boiling water over the teapot.
  3. Pour the tea in the serving cups in a circulating form evenly.
  4. Serve the guests.

16. compress [kəm'pres]: v. 压缩

17. utensil [ju(:)'tensl]: n. 器皿,用具

18. conducive to: a. helping to produce 有助于……的

19. incense [in'sens]: n. 熏香

20. ambience [-'æmbiəns]: n. environment, atmosphere 环境;气氛

21. sterilize ['sterilaiz]: v. 消毒,杀菌

22. overflow ['əuvə'fləu]: v. 溢出,漫出

23. scoop [sku:p]: v. 舀出

24. debris ['debrɪ]: n. 碎片,残渣

25. float [fləʊt]: v. 漂浮

26. froth [frɒθ]: n. 泡沫

27. yield [ji:ld]: v. give a natural product 产生

