

目标英语阅读阶梯系列

英语扩充词汇阅读欣赏(3)

王朝霖 刘丹翎 贺广贤

西安交通大学出版社

内 容 提 要

本书为“英语扩充词汇阅读欣赏”系列书的第3册。全书收集文章41篇,题材广泛,涵盖政治、经济、最新科技文化、社会轶闻、体育娱乐以及许多热门话题;体裁多样,有议论文、说明文和记叙文。本书内容新颖,融知识性和可读性于一体,注重读者阅读能力,特别是获取信息能力的培养和扩大词汇量。每篇文章后均有难句、难点分析和注释以及为测试和帮助提高阅读理解能力的阅读理解练习题和为复习、扩大词汇量为目的词汇、词组练习题。

本书既可作为中高级英语水平读者的阅读辅助教材,也可作为其他各类读者的英语课外读物。

图书在版编目(CIP)数据

英语扩充词汇阅读欣赏.3/王朝霖等编著.
—西安:西安交通大学出版社,2000.4
(目标英语阅读阶梯系列)
ISBN 7-5605-1254-2

3.英... 4.王... 1.英语-语言读物
. .H319.4

中国版本图书馆 CIP 数据核字(2000)第
22775 号

*

西安交通大学出版社出版发行

(西安市咸宁西路28号 邮政编码:710049 电话:(029)2668316)

西安德力彩印厂印装

各地新华书店经销

*

开本:787 mm×1 092 mm 1/16 印张:14.5 字数:348千字

2000年6月第1版 2000年6月第1次印刷

印数:0 001 2 5 000 定价:0.00元

若发现本社图书有倒页、白页、少页及影响阅读的质量问题,请去当地销售部门调换或与我社发行科联系调换。发行科电话:(029)2668357 2667874

编者的话

英语扩充词汇阅读欣赏系列(Ⅲ23册)现已面世,这是为配合“英语扩充词汇阶梯阅读系列”(《英语扩充词汇阶梯阅读——精通1000-210000词汇》)而编写的。“英语扩充词汇阶梯阅读系列”1998年获得全国高校出版社优秀畅销书奖和陕西省优秀双效书奖,深受读者的喜爱,产生了较好的社会效应。这两个系列相辅相成,相得益彰。我们尤其希望该阅读欣赏系列能为进一步巩固扩大读者的英语词汇和加强提高读者的英语水平起到较好的作用。

英语扩充词汇阅读欣赏系列内容充实,选材多样,其中不乏名人巨擘们的美文宏论。这些盖世之作溢泛的那黄钟大吕之响与惊涛裂岸之势定会产生振聋发聩、刻骨铭心之效,使您终身受益无穷。其中的多数篇章则是报章文摘和散文随笔。朴实无华的语言述说着他们的爱情、婚姻、家庭和工作,酣畅淋漓的文思闪耀着他们智慧的火花和丰富的感情世界,从中读者可以领略到大洋彼岸营营众生们真实的生活情趣,他们对人生的感悟、对世界的认知,他们的理念、他们的智慧、他们的不幸遭际及对幸福和未来的渴求。不同的国度、不同的文化传统,使东西文化异彩纷呈,生活在此岸的我们,阅读该书会感受到异域文化的魅力。正是从这些差异中可以扩大升华我们的知识,开阔丰富我们的视野和胸怀,从而达到东西文化的

交流和贯通。一种语言是一个民族人民历史、文化、生活的反映和载体,没有对该民族人民历史、文化、生活的了解,学习语言就成了无源之水、无本之木,想学好它只能是缘木求鱼而已。因此,本阅读欣赏系列给您提供了丰富广博的人文知识,是可供您选择的最佳英语阅读教材。

参加本系列书籍编纂的编者大多都参加了“英语扩充词汇阶梯阅读系列”的编写工作,从而保证了两套系列书在选材风格上的一致性。为了便于读者更准确地理解原文,本系列书在练习设置上除词汇练习外,又增加了阅读理解练习,因而使练习形式更加丰富和充实。

需要指出的是:“英语扩充词汇阅读欣赏系列”(Ⅲ23册)重在扩展学生的知识面,扩大英语词汇量及掌握地道的英语,从整体上讲文章的难度逐渐增加。具有中级以上英语水平(相当于大学英语四级以上)的读者可随意选读。

最后,我们真诚地希望我们的努力能得到广大新老读者的厚爱,使之也和“英语扩充词汇阶梯阅读系列”一样成为您英语学习方面的进身之阶。

书籍编纂不仅需要扎实的外语功力,而且需要深厚的文化底蕴,由于无奈编者水平有限,难免有疏漏与错误之处,敬请读者涵谅。

编者

2000.4

目 录

v	Give Yourself a Break 放松自我	1
Y	How to Talk to Anyone , Anytime , Anywhere 训练口才	5
G	What is Freedom ? 何谓自由 ?	11
i	The Real True Purpose 真正的目标	14
B	Darkness at Noon 阳光里的黑暗	19
k	Exercise : How much Do You Need ? 如何锻炼为适度	24
a	The Truth about Lying(1) 说谎的真谛(一)	31
A	The Truth about Lying(2) 说谎的真谛(二)	36
w	My Friend , Albert Einstein(1) 我的朋友爱因斯坦(一)	41
10	My Friend , Albert Einstein(2) 我的朋友爱因斯坦(二)	46
11	How to Take a Job Interview 如何参加求职面试	51
12	Tune up Your Senses 耳聪目明有妙方	58
13	My Forever Valentine 永恒的情人	63

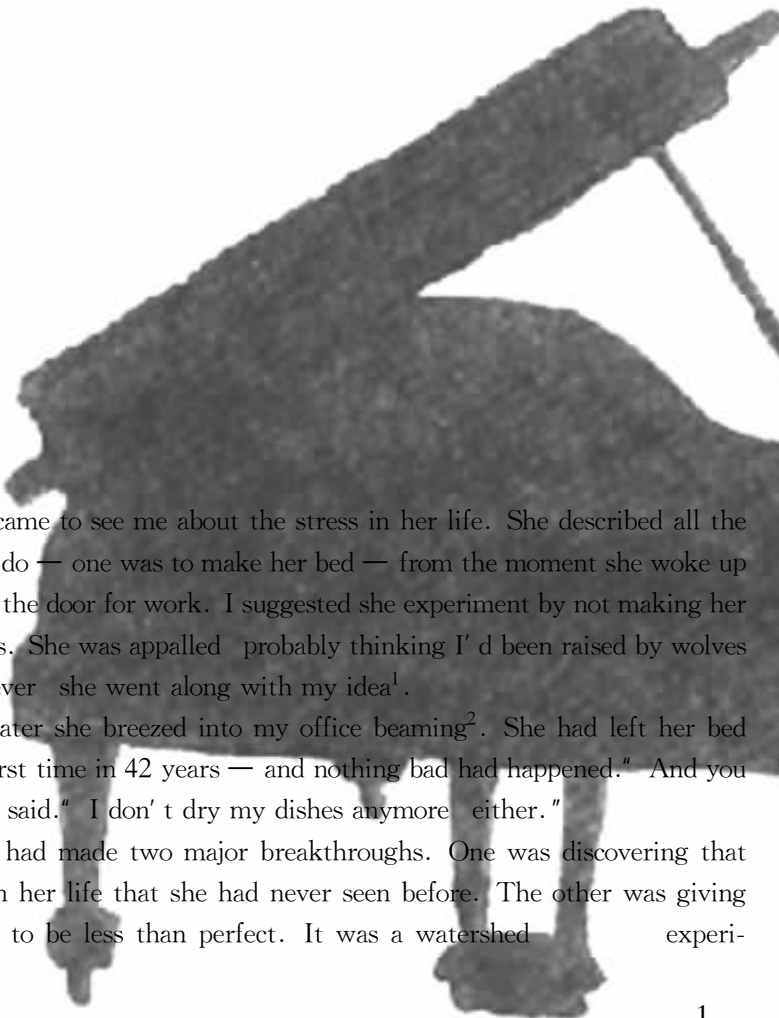
14	I 'd Rather be Black Than Female 宁为黑人 ,不做女人	68
15	Tea , It 's Just the Cure 茶便是良药	73
16	Love 's Hidden Clauses 爱情的隐藏条款	79
17	Managing Your Time 有效利用时间	85
18	What Makes a Leader ? 为领袖人物试画像	92
19	Why I Want to Have a Family 我为何想要个家	97
20	Don 't Let Stereotypes Warp Your Judgments 成见扭曲判断	102
21	Cinematypes 趣谈看电影	109
22	How the Body Responds to Stress 人体对压力的反应	115
23	Lotteries Cheat , Corrupt the People 万恶的彩票	120
24	The Effects of Beauty Found to Run Surprisingly Deep 漂亮的外表与人生	124
25	The Needs of Human Beings (1) 人类的需求(一)	130
26	The Needs of Human Beings (2) 人类的需求(二)	134
27	I Am I , a Worker 我就是我 ,一个工人	139
28	Learning from Foreign Management 学习外国的企业管理	144
29	The Trouble with Television 电视之弊	150
30	What Does a Woman Want ? 女人所喜所爱	155

31	Stress and Other Scapegoats 现代人的替罪羊	160
32	The World is Mixed Up 融合的世界	165
33	Nobel Prize Acceptance Speech — William Faulkner 获诺贝尔奖演说辞——威廉·福克纳	172
34	The Number One Problem 人类头号公敌	176
35	Genetic Engineering(1) 基因工程(一)	181
36	Genetic Engineering(2) 基因工程(二)	188
37	The Fear of Losing a Culture 担心一种文化的丧失	193
38	The American Way of Death(1) 美国式死亡(一)	199
39	The American Way of Death(2) 美国式死亡(二)	205
40	A Child is Born(1) 同是母亲(一)	211
41	A Child is Born(2) 同是母亲(二)	217

1 Give Yourself a Break

放松自我

现代生活节奏快,压力大,如何避免步伐紊乱,心理失衡?这里是一位心理专家的建议。



A patient came to see me about the stress in her life. She described all the things she had to do — one was to make her bed — from the moment she woke up until she flew out the door for work. I suggested she experiment by not making her bed for two weeks. She was appalled, probably thinking I'd been raised by wolves in a forest. However, she went along with my idea¹.

Two weeks later she breezed into my office beaming². She had left her bed unmade for the first time in 42 years — and nothing bad had happened. “And you know what?” she said. “I don't dry my dishes anymore, either.”

This woman had made two major breakthroughs. One was discovering that she had choices in her life that she had never seen before. The other was giving herself permission to be less than perfect. It was a watershed (分水岭) experience³.

This story illustrates an important principle about managing time : No one can do it all. Each of us has to make choices and accept trade-offs⁴. The problem is , many people choose in ways that put themselves and their health last. They take better care of their houses and cars than they do of themselves. They put everyone else 's needs ahead of their own. That 's fine if it 's occasional. It would even be okay if there was a balance. But most people living that way are wearing themselves out , feeling out of control. Fortunately , life doesn 't have to be like that.

One phrase can be very helpful : It 's the name of a book by Sol Gordon and Harold Brochure , *Life Is Uncertain — Eat Dessert⁵ First !* If the good stuff always gets left until last , it usually doesn 't happen⁶. Work before health and pleasure soon becomes work instead of health and pleasure.

Notice how it happens : Folks⁷ get busy and run short of time ; they stop exercising or start skipping meals ; next they steal time from their sleep. Soon they get too busy to see friends ; they stop reading or playing ball , and six months go by without a long walk. That 's not a great way to live.

And don 't kid (欺骗 , 嘲弄) yourself : Fax machines and cellular phones⁸ don 't save time but merely speed up the already hectic pace of life. Trying to be more efficient isn 't the key , either. That 's just a way of cramming more into less time — when we really should be aiming to do less and enjoy it more.

So what is the solution ? In a word , prioritize. Decide what you want in your life , and put that first. On a daily basis , that should include regular meals , adequate sleep and time with your family. Exercise , leisure , friendships and hobbies should also be regular aspects of life. The point is to do something for yours : whatever makes you feel good about yourself and your life. Take a nap. Take a walk. Take time to play the piano. Of course , you 'll have to trade off some of the things that are currently clogging (阻塞) your schedule to make room for your new priorities. Stop bringing your briefcase home from the office. Stop keeping your house as clean as your mother kept hers. Fill more of your time with want-to-dos instead of have-to-dos⁹.

Add your name to the list of people you 're trying to make happy. Not “ me first ” or “ me only ” but “ me , too. ” Balance is the goal. Permission is the key. And the time to start is now.

Notes

1. However , she went along with my idea : 不过她还是照我的话做了 go along with : 赞同 ; 行动与……一致
2. Two weeks later she breezed into my office beaming : 两周后她面带微笑脚步轻盈地走进我的办公室 breeze : 轻快地前行 beam : 微笑
3. A watershed experience : 这个经验极大地改变了她的生活 watershed : 分水岭 ; 转折点

4. trade-off : (为获得最佳组合对各种因素的) 权衡 ; 协调
5. dessert : 甜点 (水果、布丁、冰淇淋等作为西餐的最后一道菜)
6. If the good stuff always gets left until last , it usually doesn 't happen : 如果总是把好东西留到最后我们往往会失去它
7. folk : (美语 , 常用复数) 人们
8. fax machines and cellular phones : 传真机和手机 cellular phone : (= cell phone/mobile phone) 移动电话 ; 手机
9. fill more of your time with want-to-dos instead of have-to-dos : 将你的时间更多地用于你想要做的事情上 , 而不是用于不得不做的事情上

Exercises

Improving Comprehension

Decide if each statement is true or false based on what is stated or implied in , or what can be inferred from this article :

1. _____ When the writer suggested that she stop making her beds , the woman was astonished and might have thought of him as a savage.
2. _____ Two weeks later , the woman felt happy when she went to the doctor 's office again.
3. _____ According to the writer , people who have stress and tension take too much care of themselves and pay little attention to anyone else 's needs.
4. _____ The title of a book *Life is uncertain — Eat Dessert First*—suggests that since one is not sure of one 's fate , the first thing one should do is to eat as much dessert as possible.
5. _____ The writer suggests that one use Fax machines and cell phones to be more efficient.
6. _____ The writer suggests that one should give priority to what-to-dos instead of have-to-dos.
7. _____ “ Add your name to the list of people you 're trying to make happy ” indicates that one should try to make himself happy first.

Building up Vocabulary

The words/phrases in the box are extracted from this article and are related to STRESS & MANAGING TIME. Supply the word missing in each question by choosing from the list. Then write it out in such a way so that the sentence makes sense. Refer back to the article or to a reference book for its meaning or usages if necessary.

trade-off wear out skip cram into hectic prioritize run short (of) clog

1. I 've seen plenty of girls _____ themselves _____ trying to run a home and a job.
2. The area has become a haven for people tired of the _____ pace of the city life , searching for quiet and inner peace.
3. It 's dangerous for too many people to be _____ a bus.
4. Time is _____ , ladies and gentlemen , and we won 't be able to allow encores for the remaining items on the program.
5. I 'm trying to lose weight , so I 'm _____ lunch today.

6. If you eat too much fat , your arteries will _____ (up).
7. There is a _____ between doing the job accurately and doing it quickly.
8. When you have twenty tasks for the day , all of them urgent , it 's not easy to _____ them.

Keys

Improving Comprehension

1 T 2 T 3 F 4 F 5 F 6 T 7 F

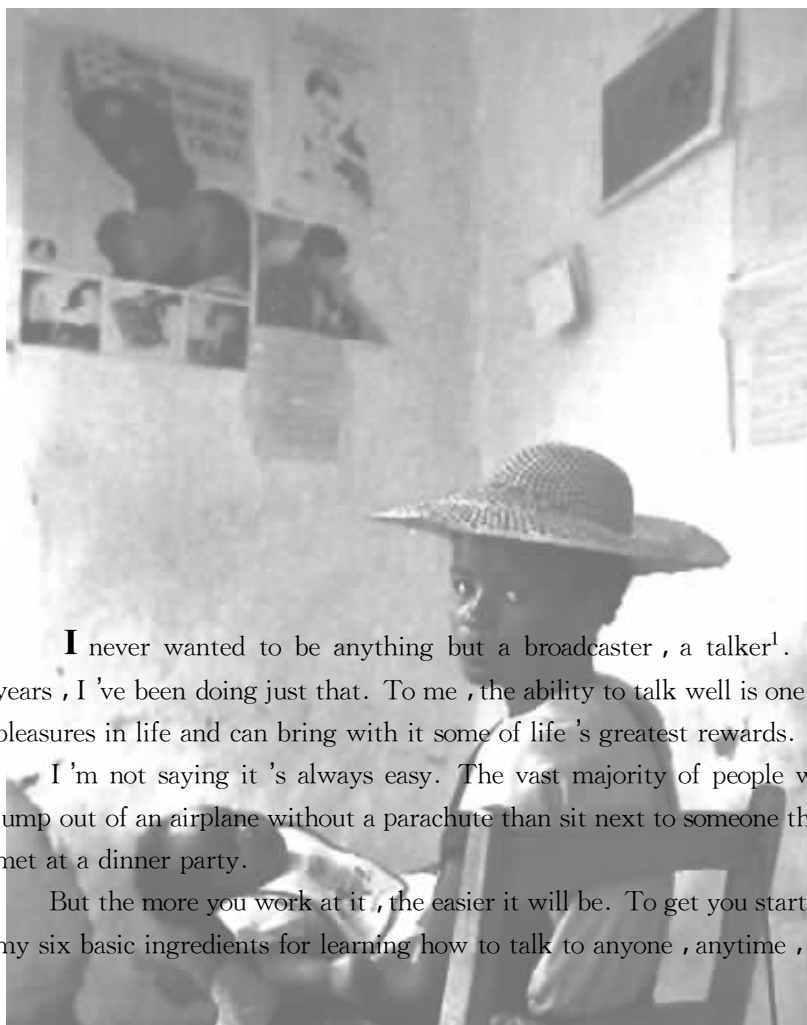
Building up Vocabulary

1 wear . . . out 2 hectic 3 crammed into 4 running short 5 skipping 6 clog 7 trade-off 8 prioritize

2 How to Talk to Anyone , Anytime , Anywhere

训练口才

交流与表达似乎已成为现代社会不可逆转的趋势。据说善于交谈的人比沉默寡言者和肚有蝴蝶飞不出的人成功的几率大得多。如果遗传科学也不能否认后天的努力可培养我们的潜质,可使我们充分发挥自己的潜质,我们就有可能超越自我、展示最佳自我。不要忘记前提是肯下功夫。



I never wanted to be anything but a broadcaster , a talker¹. And for 40 years , I 've been doing just that. To me , the ability to talk well is one of the great pleasures in life and can bring with it some of life 's greatest rewards.

I 'm not saying it 's always easy. The vast majority of people would rather jump out of an airplane without a parachute than sit next to someone they 've never met at a dinner party.

But the more you work at it , the easier it will be. To get you started , here are my six basic ingredients for learning how to talk to anyone , anytime , anywhere.

1. You Don 't Have to Be quotable

If you could have witnessed my first morning in broadcasting , you would have bet the ranch that I was the last guy who 'd survive , much less succeed² , as a professional talker.

It happened at WAHR , a small radio station in Miami Beach , on the morning of May 1 , 1957. I had been hanging around there hoping to crash into my dream world of radio. The station 's general manager liked my voice but didn 't have any openings(空缺).

I lived near the station and went by every day , watching the disc jockeys , the newscasters , the sports announcers³. After three weeks the morning deejeey quit⁴. The manager told me I had the job starting Monday morning.

I didn 't sleep that whole weekend. I kept rehearsing things to say. By Monday I was a basket case⁵.

The manager called me into his office to wish me luck. And then I was on the air⁶.

Picture me at 9 a.m. sitting in the studio with my new theme song , Les Elgart 's "Swinging Down the Lane ,"cued in⁷. I start the song. Then I fade the music down so I can talk. Only nothing comes out. My mouth feels like cotton.

So I bring the music up and fade it again. Still no words coming out of my mouth. It happens a third time. The only thing my listeners are hearing is a record going up and down in volume.

Finally , the exasperated manager kicks open the door to the control room and shouts. " This is a *communications* business⁸ !" Then he turns and leaves , slamming the door behind him.

In that instant , I leaned toward the microphone and said : " Good morning. This is my first day on the radio. I 've been practicing all weekend. But my mouth is dry. I 'm nervous. The general manager just kicked open the door and said. ' This is a communications business. ' "

I wasn 't exactly quotable that morning , but I was able to get something out⁹ by telling my listeners about the predicament I was in , and that gave me the confidence to continue. The rest of the show — as well as my career — went fine.

2. Attitude Counts

After that fiasco(惨败) in Miami , I made a commitment to keep talking¹⁰ even when it might not be comfortable — in other words , to work at it. The right attitude — the will to talk — is crucial to becoming a better talker.

I think one reason I 've had a certain amount of success in broadcasting is that the audience can see I love what I 'm doing. You can 't fake that. And if you try ,

you will fail.

Tommy Lasorda , the former manager of the Los Angeles Dodgers , once came on my radio show the night after his team suffered a crushing loss in the National League playoffs(锦标赛). From his enthusiasm you never would have guessed he was the losing manager.

When I asked him how he could be so exuberant , he said , “ The best day of my life is when I manage a winning game. The second-best day of my life is when I manage a losing game. ” That enthusiasm and his willingness to share it have made him a successful manager — and a very successful talker too.

3. Remember to Take Turns

Careful listening makes you a better talker. Good follow-up questions are the mark of a good conversationalist.

In fact , I have an important rule that I remind myself of every morning : nothing I say this day will teach me anything. So if I 'm going to learn , I have to do it by listening.

4. Broaden Your Horizons

The best conversationalists are able to talk about issues and experiences beyond their own daily lives. You can expand your world through travel , but you can also do it without leaving your own back yard.

When I was a boy , my widowed mother got an elderly woman to care for us while Mom tried to scrape up money¹¹ for food , clothing and to keep our little apartment. The helper 's father had fought in the Civil War , and as a child she had actually seen Abraham Lincoln. I was able to talk to her , so in a way my childhood was a window on another era in history¹².

The point is this : people with backgrounds different from your own can help broaden your conversational repertoire and your thinking v

5. KeeT it LiAht

One of my cardinal rules of conversation is never stay too serious too long. Similarly , a key quality I look for in a potential guest is a sense of humor , preferably self-deprecating¹³(自我贬低). Frank Sinatra is one guest who 's never been afraid to make fun of himself.

During an interview with me , Sinatra recalled comedian Don Rickles coming over to his table at a Las Vegas restaurant to ask a favor. Rickles was dining with a friend.

“ Would you mind saying hi to her , Frank ? ”

“ Of course not. ” the singer replied. “ Bring her over. ”

Then Rickles said that his friend would be even more impressed if Sinatra could come over to their table. So a short time later, Sinatra good-naturedly walked across the restaurant, slapped Rickles on the back and said how delighted he was to see him.

Whereupon Rickles said, “Beat it¹⁴, Frank. This is personal.”

What’s key to the story — and most appealing to the audience is that Sinatra so obviously enjoys retelling this joke at his own expense.

6. Be the Genuine You

Anybody I’ve ever talked to for more than a few minutes knows at least two things about me: I’m from Brooklyn, New York, and I’m Jewish. That’s because I’m deeply proud of both.

You should be as open and honest with your conversational partners as you’d want them to be with you, willing to reveal what your background is and what your likes and dislikes are. That’s part of the give-and-take of conversation, part of getting to know people.

Talk-show¹⁵ hosts Regis Philbin and Kathie Lee Gifford come into our homes easily and naturally, and they’re not afraid to reveal their tastes or tell stories on themselves. Without making themselves the focus of their talk, they *are* themselves. If they — or a guest — tell a sad or joyful story, they are not afraid to show their feelings.

Mel Tillis, the successful country-and-western singer, is absolutely charming as an interview guest, even though he stutters. It doesn’t show up when he’s singing, but it does when he’s talking. Instead of letting it bother him, Mel is upfront(直率的) about the problem, jokes about it, and is so completely at ease with himself that he puts you at ease too.

As for myself, I learned something critical after surviving that case of “mike fright”¹⁶ on my first day of broadcasting: be honest, and you won’t go wrong.

Whether you are talking to one person or a million, the rules are the same. It’s all about making a connection. Show empathy, enthusiasm and a willingness to listen, and you can’t help becoming a master of talk.

Notes

1. talker: 说话者, 尤指爱唠叨的人
2. you would have bet the ranch that I was the last guy who’d survive, much less succeed: 您一定会打赌说我是最不可能被聘用的, 更不用说会成功了 last: 最不合适的; 最不可能的
3. the disc jockeys, newscasters, sports announcers: 流行音乐音乐节目主持人、新闻播音员和体育节目主持人 disc jockey: (缩写 DJ) 流行音乐节目主持(尤指在广播或电视上), 与后面的 deejey 同义
4. the morning deejey quit: 早间唱片音乐节目播音员辞职了

5. a basket case : 无救或完全失去作用的人
6. and then I was on the air : 然后我开始播音 on the air (正在) 广播
7. Picture me at 9 a. m. sitting in the studio with my new theme song , Les Elgart 's " Swinging Down the Lane , " cued in : 想象一下早上九点钟的时候 我坐在播音室将一首新的主题曲 , 雷斯·爱尔格兰特的 " 摇进深巷 " 插入播放的情景 cue in : 在演出中插入话或音乐
8. communications business : 传播业 ; 通讯业
9. get out : 说出
10. made a commitment to keep talking : 发誓要不停地讲话 make a commitment to do sth : 承诺或保证做某事
11. scrape up money : 艰难地挣钱
12. in a way my childhood was a window on another era in history : 在某种程度上 童年给我开启了历史上另一个时代的窗口
13. a key quality I look for in a potential guest is a sense of humor , preferably self-deprecating : 我在可能成为节目嘉宾的人身上寻找的最重要的一个品质就是幽默感 如果能自嘲最好
14. beat it : (美俚) 去你的 ; 滚开
15. talk-show : (广播、电视的) 访谈或讨论节目 (通常邀请著名人物讨论或回答问题) ; 脱口秀
16. mike fright : 广播时在话筒前的紧张或胆怯 mike : 即 microphone

Exercises

Improving Comprehension

Decide if each statement is true or false based on what is stated or implied in , or what can be inferred from this article :

1. _____ Most people find it difficult to start a conversation with people they don 't know.
2. _____ On the morning of May 1 , 1957 , the author took over the work of a morning DJ and started his career as a broadcaster.
3. _____ The manager got angry because the author forgot that it was a communication business.
4. _____ From what happened to the author on May 1 , 1957 , we can decide that his first day of broadcasting was a complete failure.
5. _____ The key to the author 's success as a broadcaster is that he is enthusiastic about his work and willing to do the job.
6. _____ The author invited the former manager of the Los Angeles Dodgers to a radio show and the latter proved a good talker , too.
7. _____ When still a child , the author used to stay with his mother and listened to the stories about Abraham Lincoln.
8. _____ One of the guests to the talk show , who liked to make fun of himself , was a singer.
9. _____ A good talker must be open and honest and not afraid of making fun of himself. What 's more , he must also be a good listener.

Building up Vocabulary

- A. The words in column L are quoted from the text you have just read. Pair them with the words/phrases in column R so that each pair are sometimes more or less interchangeable.

L	R
ingredient	complete failure
predicament	principal
fiasco	high-spirited
commitment	component
fake	irritate
exasperate	promise
cardinal	pretend
exuberant	dilemma

B. The words/phrases in the box are extracted from this article and are related to CONVERSATIONAL SKILLS. Supply the word missing in each question by choosing from the list. Then write it out in such a way so that the sentence makes sense. Refer back to the article or to a reference book for its meaning or usages if necessary.

get out appealing give-and-take self-deprecating(ly) stutter empathy

- The candidates entered into a lively _____ of ideas.
- She _____ a bit , so let her finish what she 's saying.
- “ It 's just a modest little daub ,” he said _____. “ It only took an afternoon to paint. ”
- The idea of not having to get up early every morning is rather _____ to me.
- You 've lived in other countries so I 'd expect you to have some sort of _____ with people who 've just arrived here.
- When John finally plucked up enough courage to ask for an increase in wages , he had quite a job to _____ the words _____ .

Keys

Improving Comprehension

1 T 2 T 3 F 4 F 5 T 6 T 7 F 8 T 9 T

Building up Vocabulary

8	L	R
	ingredient	component
	predicament	dilemma
	fiasco	complete failure
	commitment	promise
	fake	pretend
	exasperate	irritate
	cardinal	principal
	exuberant	high-spirited

C 1 give-and-take 2 stutters 3 self-deprecatingly 4 appealing 5 empathy 6 get . . . out