

研究生英语教程

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内 容 简 介

本书由教学范文、练习和补充读物三部分组成,在注重实用性的同时,兼顾了知识性、科学性和趣味性。通过学习本书可提高研究生阅读理解能力及其他综合应试能力。

本书主要读者对象为医药卫生专业及其他综合院校的在校硕士、博士研究生。

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LESSON ONE

TEXT

HOW TO READ BODY LANGUAGE

- 1 . All of us communicate with one another nonverbally, as well as with words . Most of the time we're doing it . We gesture with eyebrows or a hand, meet someone else's eyes and look away, shift positions in a chair . These actions we assume are random and incidental . But researchers have discovered in recent years that there is a system to them almost as consistent and comprehensible as language .
- 2 . Every culture has its own body language, and children absorb its nuances along with spoken language . A Frenchman talks and moves in French . The way an Englishman crosses his legs is nothing like the way a male American does it . In talking, Americans are apt to end a statement with a droop of the head or hand, a lowering of the eyelids . They wind up a question with a lift of the hand, a tilt of the chin or a widening of the eyes . With a future-tense verb they often gesture with a forward movement .
- 3 . There are regional idioms too: an expert can sometimes pick out a native of Wisconsin just by the way he uses his eyebrows during conversation . Your sex, ethnic background, social class and personal style all influence your body language . Nevertheless, you move and gesture within the American idiom .
- 4 . The person who is truly bilingual is also bilingual in body language . New York's famous mayor, Fiorello La Guardia, politicked in English, Italian and Yiddish . When films of his speeches are run without sound, it's not too difficult to identify from his gestures the language he was speaking . One of the reasons English-dubbed foreign films often seem flat is that the gestures don't match the language .
- 5 . Usually, the wordless communication acts to qualify the words . What the nonverbal elements express very often, and very efficiently, is the emotional side of the message . When a person feels liked or disliked, often it's a case of " not what he said but the way he said it ." Psychologist Albert Mehrabian has devised this formula: total

impact of a message = 7 percent verbal + 38 percent vocal + 55 percent facial . The importance of the voice can be seen when you consider that even the words " hate you " can be made to sound sexy .

- 6 . Experts in kinesics - the study of communication through body movement - are not prepared to spell out a precise vocabulary of gestures . When an American rubs his nose, it may mean he is disagreeing with someone or rejecting something . But there are other possible interpretations, too . Another example: when a student in conversation with a professor holds the older man's eyes a little longer than is usual, it can be a sign of respect and affection; it can be a subtle challenge to the professor's authority; or it can be something else entirely . The expert looks for patterns in the context, not for an isolated meaningful gesture .
- 7 . Kinesics is a young science - about 17 years old - and very much the brainchild of one man, anthropologist Dr . Ray . L . Birdwhistell . But it already offers a wide variety of small observations . (For example: eyebrows have a repertoire of about 23 possible positions; men use their eyebrows more than women do .) Most people find they can shut out conversation and concentrate on watching body language for only about 30 seconds at a time . Anyone can experiment with it, however, simply by turning on the television picture without the sound .
- 8 . One of the most potent elements in body language is eye behavior . Americans are careful about how and when they meet one another's eyes . In our normal conversation, each eye contact lasts only about a second before one or both individuals look away . When two Americans look searchingly into each other's eyes, emotions are heightened and the relationship becomes more intimate . Therefore, we carefully avoid this, except in appropriate circumstances .
- 9 . Americans abroad sometimes find local eye behavior hard to interpret . " Tel Aviv was disturbing ", one man recalled . " People stared right at me on the street; they looked me up and down . I kept wondering if I was uncombed or unzipped . Finally, a friend explained that Israelis think nothing of staring at others on the street . "
- 10 . Proper street behavior in the United States requires a nice balance of attention and inattention . You are supposed to look at a passerby just enough to show that you're aware of his presence . If you look too little, you appear haughty or secretive; too much, and you're inquisitive . Usually what happens is that people eye each other until they are about eight feet apart, at which point both cast down their eyes . Sociolo-

gist Dr . Erving Goffman describes this as “ a kind of dimming of lights ” . In parts of the Far East it is impolite to look at the other person at all during conversation . In England the polite listener stares at the speaker attentively and blinks his eyes occasionally as a sign of interest . That eye-blink says nothing to Americans, who expect the listener to nod or to murmur something - such as “ mm-hmm . ”

- 11 . There are times when what a person says with his body gives the lie to what he is saying with his tongue . Sigmund Freud once wrote: “ No mortal can keep a secret . If his lips are silent, he chatters with his fingertips; betrayal oozes out of him at every pore . ”
- 12 . Thus, a man may successfully control his face, and appear calm, self-controlled - unaware that signs of tension and anxiety are leaking out, that his foot is beating the floor constantly, restlessly, as if it had a life of its own . Rage is another emotion feet and legs may reveal . During arguments the feet often become tense . Fear sometimes produces barely perceptible running motions, a kind of nervous leg jiggle . Then there are the subtle, provocative leg gestures that women use, consciously and unconsciously .
- 13 . Recent studies by psychologists suggest that posture often reflects a person's attitude toward people he is with . One experiment indicates that when men are with other men they dislike, they relax either very little or very much - depending on whether they see the other man as threatening . Women in this experiment always signaled dislike with very relaxed posture . and men, paired with women they disliked, were never tense enough about it to sit rigidly .
- 14 . Postures sometimes offer a guide to broad relationships within a group . Imagine that at a party, guests have been fired up by an argument over student radicalism . You may be able to spot at a glance the two sides of the argument by postures adopted . Most of the pros, for example, may sit with crossed knees, the cons with legs stretched out and arms folded . A few middle-of-the-roads may try a little of each crossing their knees and folding their arms . If an individual abruptly shifts his body around in his chair it may mean that he disagrees with the speaker or even that he is changing sides . None of this , of course, represents an infallible guide, but it is apparently significant enough to be worth watching for .
- 15 . While children learn spoken and body language - proper postures, eye behaviors, *etc.* they also learn a subtler thing: how to react to space around them . Man walks

around inside a kind of private hubble, which represents the amount of air space he feels he must have between himself and other people . Anthropologists, working with cameras, have recorded the tremors and minute eye movements that betray the moment the individual's hubble is breached . As adults, however, we hide our feelings behind a screen of polite words .

- 16 . Anthropologist Dr . Edward T . Hall points out that, for two unacquainted adult male North Americans, the comfortable distance to stand for private conversation is from arm's length to about four feet apart . The South American likes to stand much closer, which creates problems when the two meet face to face . For, as the South American moves in, the North American feels he's being pushy; and as the North American backs off, the South American thinks he's being standoffish .
- 17 . The American and the Arab are even less compatible in their space habits . Arabs like close contact . In some instances, they stand very close together to talk, staring intently into each other's eyes and breathing into each other's face . These are actions the American may associate with sexual intimacy and he may find it disturbing to be subjected to them in a nonsexual context .
- 18 . The amount of space a man needs is also influenced by his personality-introverts, for example, seem to need more elbow room than extroverts . Situation and mood also affect distance . Moviegoers waiting in line to see a sexy film will line up much more densely than those waiting to see a family-entertainment movie .
- 19 . George Du Maurier once wrote:“ Language is a poor thing . You fill your lungs with wind and shake a little slit in your throat and make mouths, and that shakes the air: and the air shakes a pair of little drums in my head ... and my brain seizes your meaning in the rough . What a roundabout way and what a waste of time !”
- 20 . Communication between human beings would be just that dull if it were all done with words . But actually, words are often the smallest part of it .

Exercises

. *True or false:*

- 1 . According to this article, facial expression and body movements are as important as words in communication .
- 2 . The person most responsible for kinesics - the study of communication through body

movement - was Sigmund Freud .

- 3 . Men use their eyebrows more than women do .
- 4 . In a normal conversation between Americans, eye contact lasts about 4 seconds before one or both individuals look away .
- 5 . According to this article, in certain parts of the Far East, people watch each other attentively during a polite conversation .
- 6 . Americans and Englishmen act differently when they are listening attentively to another person .
- 7 . When a woman is with someone she does not like, she always assumes a very relaxed posture .
- 8 . When a man is with a man he does not like, he sometimes assumes a very relaxed posture .
- 9 . South Americans and Arabs are more similar in their space requirements than North Americans and Arabs are .
- 10 . A very aggressive, outgoing person needs less space than a passive, introverted person .

. *Analysis of Ideas and Relationships: Circle the letter next to the best answer .*

- 1 . The main idea of this article is that:
 - a . kinesics is a new science .
 - b . body movements are as important as words in communication .
 - c . people from different cultures have different space requirements .
- 2 . Put the following statements into logical order . Then refer to paragraph 1 to check your work .
 - a . “ We gesture with eyebrows or a hand, meet someone else’s eyes and look away , shift position, in a chair . ”
 - b . “ These actions we assume are random and incidental . ”
 - c . “ All of us communicate with one another nonverbally, as well as with words . ”
 - d . “ But researchers have discovered in recent years that there is a system to them almost as consistent and comprehensible as language . ”
- 3 . The main idea of paragraphs 2,3, and 4 is that:
 - a . body language differs in each culture .
 - b . Americans communicate differently from Frenchmen .

- c . it is difficult to dub a foreign film into English .
- 4 . The main idea of paragraphs 5 and 6 is that the nonverbal communication :
 - a . always expresses the message efficiently .
 - b . shows the speaker's true emotions .
 - c . isolates a meaning .
- 5 . In paragraph 6, sentence 2 is :
 - a . the main idea of the paragraph .
 - b . an example supporting the main idea .
 - c . the conclusion of the paragraph .
- 6 . The subject of paragraphs 8,9, and 10 is :
 - a . eye behavior
 - b . American eye behavior .
 - c . Israeli eye behavior .
- 7 . According to paragraph 8, if you wanted to make an American person feel uncomfortable, you could :
 - a . interpret his eye behavior .
 - b . stare into his eyes for one second .
 - c . stare into his eyes for a long time .
- 8 . In paragraphs 11 and 12, it appears that :
 - a . it is difficult for a person to completely hide his emotions .
 - b . if a person is tense, his foot will be at the floor restlessly .
 - c . a person can manage completely to hide his emotions if he tries hard enough .
- 9 . The best classification of the information in paragraph 13 is :
 - a . posture; recent psychological studies .
 - b . posture; reflection of attitudes toward others .
 - c . posture; reflection of tension .
- 10 . The subject of paragraphs 15,16,17, and 18 is :
 - a . space requirements .
 - b . cultural differences .
 - c . personality differences .
- 11 . The main idea of paragraph 17 is that :
 - a . Americans and Arabs have different space requirements .
 - b . Arabs like close contact .

c . Americans are disturbed by close contact .

12 . The author's attitude toward George Du Maurier's description of language in paragraph 19:

a . is not evident .

b . one of agreement (see Paragraph 20) .

c . is one of disagreement (see Paragraph 20)

13 . The conclusion of this article is that:

a . communication between human beings is usually dull .

b . the smallest words are best in effective communication .

c . communication without body language would be dull .

14 . You would be most likely to find the subject of body language discussed in:

a . a history book .

b . a sociology textbook .

c . an English literature textbook .

. Rewrite each sentence, choosing an appropriate synonym from the list below for the underlined words . Be sure to use correct verb tenses and singular or plural forms for nouns .

powerful

very tense

moderate

space around (a person)

to agree with

using no definite plan

very small

very delicate shades of meaning

arrogant

to suppose

anger

curious

to indicate

to select

to avoid

to end

to be excited

to describe exactly

to retreat

1 . Children are usually inquisitive about things around them .

2 . Do not take too much of this medicine because it's very potent .

3 . The calculus professor assumed that we had already mastered basic geometry and algebra .

4 . Your report of the incident is consistent with his report .

5 . Unfortunately, he became rather haughty after he won the election .

- 6 . That story is not easy to comprehend because it is full of nuance .
- 7 . You should try to keep your rage under control .
- 8 . At random, I selected 10 names from the 200 names on the page .
- 9 . Many students feel nervous before examinations .
- 10 . Some people require more elbow room than others do .
- 11 . Most Americans are middle-of-the-roaders, according to that survey .
- 12 . A perfectionist is often concerned with minute details .
- 13 . I left in the middle of the movie . How did it wind up ?
- 14 . The lawyer pointed out the contradictions between the two statements .
- 15 . Could you spell out the difficulties that we might encounter if we accept the proposal ?
- 16 . The crowd was very fired up by the politician’s speech .
- 17 . You can’t get around the fact that gestures carry different meanings in different cultures .
- 18 . When I went shopping, I picked out a new suit and a pair of shoes .
- 19 . As the angry dog moved closer to me, I backed off .

. *Topics for Discussion:*

- 1 . What kind of body language is used in your country or area of the country ? Give examples .
- 2 . This article states that body language varies from country to country and even from region to region within a single country . What differences have you noticed, for example, in gestures, facial expressions, keeping distance, embracing, shaking hands, or eye behavior ?

. *Writing:*

CAUTION	NO OVERTAKING
KEEP DRY	GLASS (WITH CARE)
GUARD AGAINST DAMP	EXPLOSIVES
KEEP IN DRY PLACE	POISON
ONE WAY TRAFFIC	HAZARDOUS GOODS; DANGEROUS
NO PARKING HERE	CARGO

HANDLE WITH CARE
NO ROUGH HANDLING
NO THROUGH ROAD
PLEASE DO NOT TOUCH

BUSINESS HOURS
REPAIR WHILE YOU WAIT
NO ADMITTANCE
STAFF ONLY

药物治疗:对危险区的人,今天的标准药物治疗是相当有效的。因为医生是从最温和的药物,最小的剂量开始一步一步升级的,这叫分级疗法。第一步可能是利尿剂。这种药能通过排出体内多余的水分和钠盐的办法来降低血压。对许多人来说,这就是所需要的全部治疗。

如果第一步未能把血压降到安全水平,医生便采取第二步。传统上,这是一种 β -阻滞剂,它可阻断或抑制交感神经系统的刺激作用,这种作用能加强心脏工作。对于那些血压仍然太高的少数病人,第三步通常是使用血管扩张剂,这种药能扩大狭窄的血管。倘若血压仍然不能控制,还有效力更强的药物可用。

但是每一种药都可能有副作用,某些利尿剂能引起疲倦,肌肉乏力,腿部痉挛,低钾或者尿酸增高。 β -阻滞剂能减缓心跳和脉搏速度,加剧气喘或导致疲倦和精神抑郁。血管扩张会加速心跳并引起头痛,鼻堵塞和液体潴留,但是对有副作用的患者,医生常可调整用药来缓解。

LESSON TWO

TEXT

AN ANIMAL SURVIVAL LESSON FOR MANKIND

- 1 . When I first saw Pippa the cheetah , she was sitting pertly on a chair in the tearoom of the New Stanley Hotel in Nairobi, I had gone to meet her owners, an English couple who were leaving Kenya and wanted to ensure that their pet would find a good home . Pippa was wearing a harness and was able to sit at a table, looking as if she might have a soft drink through a straw . She was a thoroughly spoiled cub .
- 2 . Eighteen months later she had returned to the wild . She was living in the Northern Frontier District where she had been born . She had learned to hunt for herself had mated with a wild cheetah , and was raising a litter of cubs .
- 3 . Pippa's rehabilitation to the wild required patience, perseverance, love, and the same kind of respect for her as a being that I would have offered a fellow human . I had previously shared this love and respect with Elsa the lioness, whom my husband George and I had raised as a cub . But it was not simply a matter of affection although there was plenty of that . The rehabilitation process was important as an experiment in developing a means of trying to guarantee the survival of endangered species . The cheetah is one of these; the lion may become one soon .
- 4 . I learned many things from Elsa and Pippa . They proved always to be interesting and affectionate companions .and I enjoyed the closeness to nature that the rehabilitation process required .But there were many times when I was working with Elsa and Pippa, and there have been many times since, when I have wondered about another endangered species ,a species generally as ignorant of the threat to its survival as these two cats had been . That species is man .
- 5 . Some recent scientific, economic, and political research suggests that the curves for food demand and food supply will cross in a maximum of 60 years . by then, man's overpopulation, inreasing pollution, and the diminishing food supply could threaten to end human life on our planet . Being a ware of this research, I could not help

wondering what steps man could take to ensure his survival . Could he , for instance, learn from animals something about birth control, intercreature relationships, or thought communication that would help him avoid extinction ?

- 6 . Generally, the first reaction to such musings is one of astonishment . The question phrases itself . What can man, the most highly evolved species of animal life, learn from less developed creatures ? Astonishment at this question itself suggests a starting place . Perhaps man needs to regain his humility and his sense of perspective . Perhaps he should look at himself as just another experiment of nature, no more important intrinsically than the thousands of other species evolved on our planet . Man is, after all, a fairly recent development . He has lived on earth only 1.7 million years not a very long time compared with the 400 million years of some creatures .
- 7 . Man's achievements during this stay are astounding . Yet they endanger his own survival . As a result, he may disappear as have other species who became too overspecialized , or outlived their environment . Perhaps more than any other creature man is not able for his constant violations of the eternal law of living in harmony with nature . Man kills every thing that competes with him for living space or food . He has irreparably damaged his environment . He has forsaken nature's basic laws, substituting for them his own man-made laws and values . He has, for example, invented money-and now he gauges success, power, and achievement almost exclusively in terms of it .He overestimates his ego and his capacities .He worships status and sacrifices fantastically for it .
- 8 . A more rational perspective would see that all organic life is of equal importance . That every species has its role to play . That nothing survives unless it fits into the balance of nature and lives within its environment .That all life must work together to preserve life and maintain ecology .
- 9 . But man can also learn more specifically from animals . With his research capacity he can ask himself . How were animals able to maintain the balance of nature for more than 400 million years ? Once he has unlocked these secrets, he can try to apply them to his own situation .
- 10 . What are some of these secrets ? Birth control is one .Animals have very efficient means of controlling their reproduction . We who study animals have learned about it only in the last few years . We don't yet know how it works, but we do know some facts . Most antelopes, for example, can withhold their young for weeks, e-

- ven months . They do this in order that births occur with the arrival of the rains, the availability of grazing, and the mothers' adequate supply of milk for the young .
- 11 . Elephants seem able to adjust their reproduction in somewhat the same way . On the Victoria Nile, for instance, one bank is extremely eroded; it provides barely enough food for the elephants living there . The opposite bank, on the other hand, is quite well covered with vegetation . Observations indicate that elephants on the grassy bank calve every four years, while those on the eroded bank do so only every nine .
- 12 . My own observations of Elsa and Pippa have revealed some most interesting facts . These cats come into season every five to seven weeks . Once the first litter has been born, they have the capacity to produce a new litter every three and a half months, and some zoo-confined lionesses actually do produce litters this often . But in their natural state, females of these species will not let a male near them - let alone mate with him - while they are engaged in rearing their young to complete independence . Among lions this period lasts two years: among cheetahs it is about seventeen and a half months .
- 13 . When Pippa lost two litters to predators a few days after their birth, she instantly looked for a mate and conceived, despite the fact she had hardly recovered from giving birth . knowing that her unfortunate cubs did not need her any more, she lost no time in starting a new litter . This also happened with a lioness I knew .
- 14 . Judging from this behavior, I can only assume that some kind of psychological block stops mother lions and cheetahs from wanting to mate while they are preoccupied with training their young .
- 15 . Another secret of animals' survival is telepathy . This sense has become atrophied in man, but a definite thought -communication functions in animals . Elsa the lioness frequently sensed when George and I intended to visit her camp, even though it lay 180 miles from our home in Isiolo . On most occasions when we made our irregular visits she was waiting for us . By following her spoor we discovered that she had sometimes walked 50 or 60 miles to meet us .
- 16 . The same thing happened when I took Elsa's two sisters to Nairobi to be flown to the Rotterdam zoo . Elsa stayed behind with George in Isiolo 180 miles away . He did not know when I was coming back; no person knew . But Elsa knew . On the morning of my return she sat down in the entrance drive and would not budge until I arrived in the evening .