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(第 5 册)

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UNIT 1

10 Ways to Let the Sun Shine In 让生活充满阳光

工作的压力及生活的琐碎常让人们觉得生活一片黑暗。我们是否应该松弛一下神经,你看外面天那么蓝,草那么绿,小鸟在鸣唱,这一切是不是已经久违了? 来吧,朋友,加入我们的行列,让我们去拥抱大自然,让生活充满阳光。

Words to Watch

startle v. 使……大吃一惊

addiction n. 沉溺,醉心

exact v. 索取,要求,强求

lousy adj. 讨厌的

toll n. 损失,(事故等的)
伤亡人数

seduction n. 诱惑

expedition n. (为特定目的而
组织的)旅行,远足

haul v. (用力)拖,拉

fragrance n. 芳香,香味

paralyze v. 无能为力,





compile v. 汇编, 编制

使瘫痪, 使麻痹

radically adv. 根本地,
基本地

texture n. 质地,
(材料等的) 结构

Not long ago I told my father that I'm a workaholic (沉迷工作者, 工作狂). He startled me by saying, "Yes, dear, you are."

Hearing this outside my own head was a wake-up call. It was a shock to think that getting hooked on¹ work—especially work I love—could be a problem. But my addiction was exacting a toll on my marriage and pushing me towards burnout. It was hard to admit this, but once I did, I realized what I needed to do: less.

That's true for all of us, because we're all engaged in the work of the world, giving in countless ways—as partners, parents, children, friends, colleagues, gardeners, teachers, artists and listeners. This work is endless. But we all need to recharge and renew our own reserves, and there's no better time than on long, warm days when nature beckons (示意, 召唤) us outside. Finally, I'm surrendering. I'm taking nature's cues to get out of my brain and into my body.

To keep it real, I've compiled a to-do list to post on the fridge. It's radically different from last year's, and it goes like this:

1. Get up an hour earlier. I've already started doing this. I step outside, smell the air, listen to the birds, meditate (默想, 沉思), fix myself some pancakes.² I try to remember to give thanks for what's going right in my life.





2. Stay out of the supermarket. When the growing season is under way, I try to shop at local farmers'markets. I love the colours, textures and smells, the taste of food harvested just hours before. I also like to thank the farmers for growing beautiful food, although they're sometimes taken aback³ by my enthusiasm.

3. Pick berries. Nothing tastes like a ripe strawberry just picked from the plant. To me, it is the flavor of seduction. My husband, Tom, and I started courting on a strawberry - picking expedition.

4. Make a pie. Real pie, homemade pie, is a work of art⁴ and an act of love. I recite my mother's mantra⁵ for tender pie crust: use ice water, go easy on the flour and handle the dough(生面团) as little as possible.

5. Eat outside. Yes, more picnics. To bring: a big blanket, a straw hat, a basket of fresh bread, cheese, fruit, wine, a few friends.

6. Say no. I'm lousy at this. In fact, when Tom read this, he said, "Honey, you really need to work on No. 6." I don't want to miss a single event, turn down one invitation, or tell anyone they can't come to visit. But I'm trying to stay firm to save some time for myself: to loll(懒洋洋地倚靠), nap, daydream.

7. Get on — or in — the water more. "In time, everything changes," Leonardo da Vinci⁶ wrote in an observation on water. I am taking these words to heart: hauling our old canoe(独木舟) into the cove(小海湾, 小溪谷) when the tide is high at sunset, and slipping into our neighbour's pool to let the water wash away the stress of the day.

8. Find a hayfield. After the hay has been cut,





drive by at dusk with the windows rolled down.

I like to stop the car and just sit there, breathing in the sweet, green fragrance, watching the swallows swooping(飞扑)in circles over the darkening fields.

9. Go outside at night. Tom and I have been doing this more: walking around after dark, admiring the Milky Way⁷, the stars, how the clouds look in the moonlight. Walking outdoors at night heightens the senses, and moonlight is a powerful aphrodisiac.

10. Let go. At least a little. Sometimes I feel paralyzed by all the suffering in the world, the pain of family and friends, and our own struggles at home. But if I give myself some sanctuary(庇护所), some breathing room every day, I find I can better face these things. When we make the time to replenish(补充) our reserves, we find new energy to reach out in ways large and small, to change the world, to change ourselves.

Notes

1. get /be hooked on: 迷上(某事物) 完全陷于(某事物) 之中。

2. fix myself some pancakes: 给自己做几个薄煎饼。fix: 烧(饭), 煮(食)。

3. be taken aback [亦作 be taken back]: 吓了一跳, 大吃一惊, 惊得目瞪口呆。

4. work of art: 艺术品。

5. mantra: [印度教] 颂歌; 圣歌; 咒语。

6. Leonardo da Vinci: 莱昂那多·达·芬奇 (1452 - 1519; 意大利文艺复兴时期美术家、雕塑家、建筑师、工程





师和自然科学家)。

7. the Milky Way: [天]银河。

Exercises

1. Reading comprehension

1) In the second paragraph, by saying “But my addiction was a toll on my marriage and pushing me towards burnout”, the author means _____.

A. Her entire devotion to her work will only bring her marriage to an end and damage her health.

B. It's no good working hard because it will destroy both her health and marriage.

C. Her achievement in work was made at the cost of both her marriage and health.

D. She realized the importance of her family and health.

2) According to the passage, all of the following are true except _____.

A. It greatly surprised the author when her father agreed that she was a workaholic.

B. The author decided to take an immediate action once she realized the side - effect of being a workaholic.

C. The author has realized the danger of being completely committed to her work.

D. The author was absorbed in her job although she may suffer some adverse effects.

3) What can we infer from this passage ?

A. The author has a family of three, her husband, her son - Tom and herself.

B. The author is ambitious, energetic and good -





natured.

C. The author prefers sunny days to rainy days.

D. The author's last year's to - do list was about how to grasp every second to work hard.

4) In the to - do list compiled by the author, which is the most difficult thing for her?

A. To get up an hour earlier.

B. To say no.

C. To find a hayfield.

D. To make a pie.

5) Which of the following would be the main topic of the passage?

A. We are advised not to work too hard since there are so many interesting things to do in our lives.

B. We are informed of the old saying - all work and no play makes Jack a dull boy.

C. We will lose more than we gain if we become completely committed to our work, so the best way is to make a to - do list and relax in good time.

D. We are suggested to seek ease and comfort since we work to live not live to work.

2. Find a word in the reading which has a meaning similar to the following.

1) great eagerness _____

2) thing said or done to signal sb's turn to say or do sth

3) basically _____

4) give a sudden shock or surprise to (a person or an animal) _____

5) (of fruit, grain, etc) ready to be gathered and used, esp. for eating _____





6) (of work, circumstances, etc) make (sth) necessary; require _____

7) collect (information) and arrange it in a book, list, report, etc _____

8) occupy or attract (sb's thoughts, time, etc) _____

3. Choose the best answers to complete the following sentences.

1) During dinner I found myself _____ a long and complicated conversation with the doctor's wife.

A. engaged in

B. indulged in

C. interfered in

D. insisted on

2) We automatically _____ any candidate who makes a spelling mistake in their job application.

A. turn up

B. turn to

C. turn down

D. turn round

3) It is wise to _____ your water filter every month, even though it may seem to be working satisfactorily.

A. recharge

B. renew

C. resort

D. resign

4) When the growing season is _____, I try to shop at local farmer's markets.

A. under way

B. in the way

C. by the way

D. in one way

5) I felt the _____ as the aircraft hit the ground.

A. tension

B. cue

C. anxiety

D. shock

6) Do you like a walk _____ the moonlight?

A. at

B. under

C. in

D. below





7) The daisy opens _____ and closes _____.

A. at midday, at night

C. at noon, at dusk

B. at sunrise, at sunset

D. at dawn, at midnight



Reading for Fun

While attending a convention, three psychiatrists take a walk. “People are always coming to us with their guilt and fears,” one says, “but we have no one to go to with our own problems.”

“Since we’re all professionals,” another suggests, “why don’t we hear each other out right now?” They agree this is a good idea. The first psychiatrist confesses, “I’m a compulsive shopper and deeply in debt, so I over-bill patients as often as I can.” The second admits, “I have a drug problem and I pressure my patients into buying illegal drugs for me.”

The third psychiatrist says, “I know it’s wrong, but no matter how hard I try, I just can’t keep a secret.”

Keys

1. 1)A 2)D 3)D 4)B 5)C

2. 1)enthusiasm 2)cue 3)radically

4)startle 5)ripe 6)exact

7)compile 8)engage

3. 1)A 2)C 3)B 4)A 5)D 6)D 7)B

参考译文

不久前,我跟父亲说我是个工作狂。他对我说:“是的,亲爱的,你





确实是”，这着实吓了我一跳。

听到别人说我是个工作狂确实给我敲响了警钟。一想到沉迷于工作——尤其是自己喜欢的工作——会带来问题就令我感到震惊。但是，我对工作的沉迷令我的婚姻付出了代价并且使我的身体慢慢垮掉。承认这一点是很难的，但是一旦认识到，我所需要做的就是：少做工作。

这适用于我们所有人，因为我们都忙于这世上的工作，都在以各种各样的方式付出——充当合伙人、父母亲、孩子、朋友、同事、园丁、老师、艺术家和听众。这种工作不计其数。但是，我们都需要再充电，需要恢复自己的体力。在温暖的日子来到户外投身于大自然之中，没有什么比这更惬意的了。终于，我妥协了。我不但要在头脑中想象大自然的妙处，还要亲身去体验。

为了把这一切变为事实，我把需要做的事情列了一个单子贴在冰箱上。这与去年的大相径庭，具体内容如下：

1. **早起一个小时。**我已经开始这么做了。到户外去、呼吸空气、倾听鸟儿的歌唱、沉思默想、给自己做几个薄煎饼。尝试着感谢生活中的一切事物。

2. **远离超市。**当生长季节来临的时候，我试着到当地的农贸市场去买东西。我喜欢新鲜食物的色泽、手感和气味。我还喜欢感谢农夫，感谢他们种植出这么好的食物，尽管他们有时候对我的感谢会吓一跳。

3. **摘浆果。**最为味美的要算刚刚摘下的熟草莓了。对我来说，它太具诱惑。我和我丈夫——汤姆开始热衷于摘草莓。

4. **制作馅饼。**自制的、真正的馅饼是一种艺术品，也是爱的行动。我背熟了母亲制作酥脆馅饼皮的诀窍：用冰水一点点地倒入面中，面团揉得越小越好。

5. **户外用餐。**是的，多进行几次野餐。要带上：一个大毯子，一顶草帽，一个装满新鲜面包、黄油、水果和葡萄酒的篮子，还有几个朋友。

6. **说“不”。**我讨厌说“不”。事实上，当汤姆读到这一条时，他说：“亲爱的，这第6条确实需要你好好操练。”我真的不想错过任何一件事情，不想拒绝任何一个邀请，也不想谢绝任何人的造访。但是为了给自己省出时间来小憩、打盹、幻想，我就要尝试坚持说“不”。

7. **多接触水。**莱昂那多·达·芬奇在他对水的观察中写道：“一切都在变化之中”。我牢记这句话：夕阳西下，潮水上涨时，我将





小木舟推入溪谷中，划到邻家的水塘，将一天的压力冲刷得干干净净。

8. **寻找一片干草地。**草割了之后，黄昏时分，驱车沿着干草地行驶，同时把车窗摇下来。我喜欢停车坐在那儿，呼吸甜美、新鲜的芬芳空气，看着燕子在昏暗的草地上空盘旋。

9. **晚上到外面走一走。**我和汤姆一直这样做：天黑之后四处走一走，赞美银河、星星，欣赏月光下云彩的各式形状。夜晚户外散步更富灵感，而月光又使人情意绵绵。

10. **随它去吧！**至少不要太放在心上。对世界上所有的苦难，家人和朋友的痛苦以及在家中我们自己的挣扎，有时我会感到无能为力。但是，如果每天给自己一个庇护所，一个呼吸的空间，我发现我能更好地对付这些事。当我们腾出时间补充体力时，我们发现我们在各个方面或多或少恢复了精力，并借此改变世界、改变我们自己。



UNIT 2



Which Vitamins Do You Really Need? 你究竟需要哪种维生素?

维生素在人体内对生命代谢起着调节作用。它好比机器中的润滑油，虽然数量很少，但对健康的影响却非常大。本文将详尽地告诉你人体合理的维生素摄入量及如何补充它。

Words to Watch

pharmacy n. 药房
dietary n. 规定食物
intake n. 吸入量
serving n. (饭菜等的)一份，一客
immune adj. 免疫的
cholesterol n. 胆固醇
nutrition n. 营养物，营养学
nutrient n. 营养品，营养物

chronic adj. (疾病)慢性的
incidence n. 发生
cereal n. 谷类食品
numbness n. 麻木，麻痹
calcium n. 钙
kidney n. 肾
magnesium n. 镁
yolk n. 蛋黄

Have you shopped for vitamins lately? It wasn't long ago that only a few brands of multivitamins were available. Today, thousands of different vitamin and





mineral supplement products are on the market, and the number is rising steadily each year. Most of us end up staring helplessly at pharmacy shelves, wondering which supplements we should be taking.

Health officials set recommended dietary intakes (RDIs) for vitamins and minerals¹ that men and women of various ages require to maintain good health. If you're eating the recommended number of servings from each of the five food groups, you should be getting all the vitamins and minerals you need. But surveys show that only one person in ten regularly consumes enough fruit and vegetables, and that most adults fail to meet the RDIs for several important nutrients. That's why many doctors recommend a daily multivitamin/mineral supplement to help make up for nutrients you may be missing.

Here's a look at some of the most important vitamins and minerals — and how to use them effectively. (If you take medications, talk to your doctor before using supplements.)

Vitamin E. Studies have suggested that vitamin E may boost the immune system, ward off² cataracts(白内障) and slow the progression of Alzheimer's disease³. There's also some evidence that vitamin E may promote heart health by reducing the oxidation(氧化)of LDL⁴ ("bad") cholesterol that can cause atherosclerosis(动脉硬化症), and also by acting as an anticoagulant(抗凝血剂). Several observational studies from Harvard University have found a roughly 40-percent reduction in heart-disease risk in those who took vitamin E supplements of at least 100 international units (IU) a day for two years or more. However, based on an extensive review of current data, the US National





Academy of Sciences' Food and Nutrition Board (FNB) ⁵ recently concluded there isn't enough evidence to prove that taking large doses of antioxidants(抗氧化剂), such as vitamin E or C, will prevent or reduce the risk of chronic diseases.

Most people get an adequate 15 milligrams (equalling 33 IU of synthetic vitamin E) a day through diet alone, because E is found in fatty foods like vegetable oils, wheat germ, nuts and seeds. Vitamin E researcher Jeffrey Blumberg, a professor of nutrition at Tufts University in Boston, says studies, including his own, have shown that 100 to 400 IU of vitamin E a day is beneficial for optimal(最理想的)health.

How much is too much? At supplemental doses above 1 000 IU per day, vitamin E may cause an increased tendency to haemorrhage(大出血). Because it acts as an anticoagulant, those who have bleeding or clotting(凝块, 凝结) disorders should talk to their doctors before taking vitamin E supplements.

Vitamin C. While there's little evidence that vitamin C can prevent colds, several studies indicate that taking large doses each day at the onset of a cold probably lessens the symptoms and shortens its duration. You can get your recommended daily intake in one 250 millilitre glass of orange juice. Doses over 200 milligrams a day result in limited intestinal(肠的)absorption.

How much is too much? Regularly taking more than 2 000 milligrams of vitamin C daily can cause abdominal cramps, nausea and diarrhea. ⁶

B Vitamins. Folic acid⁷ (the synthetic form of the B vitamin folate(叶酸盐)), B₁₂ and B₆ can protect our





hearts, prevent birth defects and keep us mentally sharp as we age. All three have been linked to a possible lower incidence of heart disease, possibly because they help return to normal the blood levels of a substance called homocysteine(高半胱氨酸). Elevated(提高的) homocysteine levels are linked to an increased risk of heart disease and other vascular disorders⁸.

Folic acid can also make the difference between delivering a healthy baby or one born with a birth defect. Extra folic acid can now be found in enriched bread, flour, rice, pasta⁹ and breakfast cereal.

People who aren't as mentally sharp as they once were may have a vitamin B₁₂ deficiency. Severe deficiencies cause fatigue, nerve damage and dementia(痴呆), but depression and confusion can appear with milder deficiencies. Older people are particularly at risk because many are unable to absorb B₁₂ from food (meat, fish and chicken are the main sources). So health officials advise those over 50 who can't absorb B₁₂ from food to get the vitamin either with a supplement or through foods fortified(强化,加强)with it.

How much is too much? Doses over 1 000 micrograms of folic acid might mask a B₁₂ deficiency, which could cause nerve damage. As for B₆, don't exceed 100 milligrams (the RDI for adults is 1.6 milligrams). Higher doses over time pose a risk of difficulties with balance, numbness, muscle weakness and nerve damage. Those over 50 who take folic acid should also take at least 100 micrograms of B₁₂ a day.

Calcium. We need plenty of this mineral to maintain strong teeth and bones and reduce our risk of





osteoporosis(骨质疏松症). To that end, the US FNB recently raised the RDI for calcium to 1 000 milligrams for adults up to the age of 50, and 1 200 milligrams for ages 51 and older — equivalent to three or four glasses of skim milk¹⁰ a day. Yet surveys show that the average woman gets only 600 milligrams of calcium per day.

How much is too much? More than 2 500 milligrams of supplemental calcium per day may cause constipation(便秘) and lead to kidney problems.

Vitamin D. Calcium won't do you much good unless you also get enough of this "sunshine vitamin," which enables the body to absorb calcium and phosphorus(磷). Vitamin D is available in only a few foods (mainly milk, butter, egg yolks and fortified breakfast cereal) and is otherwise produced under the skin upon exposure to the sun.

How much is too much? Daily doses of 1 000 to 2 000 IU over time may cause nausea, headache, fatigue, heart irregularities and elevated blood levels of calcium that can lead to severe kidney damage and other disorders.

Magnesium. This is another mineral vital for bone and dental health. The average multivitamin supplies 25 per cent of what you need, but it is also found in whole grains, nuts, legumes(豆类) and dark leafy greens.

How much is too much? In supplemental doses over 350 milligrams, it can cause diarrhea and nausea.

Iron. Though children, teenagers and women of child-bearing(分娩) age are at risk for low iron, healthy men of all ages and postmenopausal(绝经后的) women generally don't need to supplement this mineral. In fact, in these groups supplemental iron is likely to do

