

英语阅读菁华

——风土人情篇

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总 序

经过一段时间的充分酝酿和准备,《英语阅读菁华》丛书终于和大家见面了。这套丛书共有五册——幽默篇、童话篇、风土人情篇、人文历史篇和科普篇。该丛书的目的在于帮助读者通过大量的阅读提高其英语综合运用能力,特别是阅读和翻译能力。该丛书具有以下几个特点:

一、给读者提供一个较理想的、真实的语言环境。该丛书选文题材广泛、内容丰富,既反映了英语国家的历史传统和文化背景,又包括了当代科学技术的最新发展和应用前景。这样就给读者提供了一个和自己的生活、学习、工作和科学研究有密切关系的、比较真实的语言环境,使读者能够比较轻松自然地进行阅读,在吸收语言的同时也学习进行中外双向交流所必需的文化背景知识,从而增加读者的阅读兴趣,在不知不觉中提高自己应用语言的能力。

二、给读者提供既地道规范又生动活泼的当代英语。丛书取材于英语国家(特别是美国)当代有影响的报刊杂志、文学读物、科技报道及各种优秀教材。不仅有较正式的书面语体,还有非正式的口语语体。这样,读者接触到的是富有时代气息的、比较实用的语言形式,从而学到地道规范、恰当得体的当代英语,进而提高对英语的感悟能力、理解能力和表达能力。同时也可以了解英语的最新发展趋势。

三、注释翔实、明晰,译文通顺达意。丛书对原文中的难点均做了翔实明确的注释。每篇文章都配有参考译文,译文力求忠实原文,朴实无华,以利于读者自学参考。这样不仅有助于提高阅读理解能力,而且通过对照译文,促进翻译能力的提高。

四、既具有针对性,又符合科学性和系统性原则。该丛书大致适合于大学和研究生阶段的学生以及具有同等水平的英语学习者的阅读需要。愿该丛书带您走进一个较理想的英语语言学习环境,为您开辟一个新的英语世界,帮助您成为既有科学知识,又有较强的英语交际能力的 21 世纪的新型人才。

总而言之,我们是要为英语学习者设计一个多彩多姿的英语

天地,通过大量的阅读和实践,帮助您发展兴趣、开拓视野、改进方法、提高信心。我们相信,这套丛书是您感受英语、学习英语、提高英语、实践英语的新世界。

本丛书在编写过程中,参阅了大量的书刊并选编了其中的一些文章。在此我们向这些文章的作者表示最衷心的感谢。李娜、李明、孙金友、夏青、王保江等同志在文章的录入和统计、资料的收集等方面做了大量繁琐、细致的工作,并为本书提出了许多宝贵的建议和设想。

由于水平有限,书中肯定会有不少难尽人意之处,我们恳请广大读者不吝赐教,以便我们再版时作进一步的修订,使其更加完美,走进更多读者的心田。

前言

您有志于出国留学吗？您梦想遨游世界吗？那么，请您走进《英语阅读菁华——风土人情篇》。如果您有志于此，那么了解英美等西方国家的风土人情尤为重要。这些材料和知识是您用英语进行有效交际的必备。

本书是《英语阅读菁华》的第三册，精选文章 40 篇。着重描述英美国家的风土人情、礼仪习俗以及西方的节假日等。本书主要对象为学习英语的学生，从事英语教学的教师，赴英美留学者以及涉外工作人员等。为了便于读者自学，每篇文章都对一些重点和难点部分增加注释，并附有参考译文。本书既适合初中级英语阶段的学习者，特别是在校的大学生，也可作为英语教师的教学参考用书。

本书旨在让您通过轻松愉快的阅读，了解英美国家的风土人情，掌握一定的英语背景知识，同时又较迅速地提高英语的阅读能力。

本书从收集整理的一百篇文章中精选而来。主要参考资料是近几年来国内外出版的英文报刊、杂志及书籍等。

本书的编者衷心地希望读者从这本书里得到乐趣、智慧和知识！



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原文

1. Dating Americans

1 Interested in Dating Americans? You may not be able to answer that question yet, but you are probably at least interested in the subject. Dating can be a problem for foreign students because of the difference in culture and customs. This article may help you decide whether you are interested in dating Americans, and if you decide that you are, it may help you feel more confident when it comes time for your first date with an American.

2 First, do not be deceived by what you see in the movies. It may be both partly true and partly false. If American movies tend to make you feel prejudiced against the Americans, you have to remember that those movies are often products of Hollywood. If true at all, they often show only what is superficial^① and most apparent^②. From experience, we know that we cannot always judge people by their appearances.

3 As a new arrival here in the United States, it will take a while for you to learn how people act socially, and how they date. With determination, it will not take long for you to know some Americans well enough to be dating one of them soon, if that's what you'd like to do.

4 The majority of American college and university students who are in their late teens and early twenties date. If you do find an American who does not date, he probably is engaged or already married.

1. ① superficial *a.* 表面的,肤浅的

② apparent *a.* 外观上的,显然的



译文

1. 与美国人约会

1 你对与美国人约会感兴趣吗？也许你还不能回答这个问题，但是，你至少可能对这个话题感兴趣。由于文化和习俗的不同，约会对外国学生来说可能是个难事。本文可以帮助你确定是否对与美国人约会感兴趣。如果你确实有兴趣，它会帮助你在第一次约会中更加自信。

2 首先，不要被电影中看到的東西所迷惑。它可能一半是真的，一半是假的。如果美国电影往往使你感到对美国人有偏见，就得记住这些电影通常是好莱坞的产品。如果是真的，它所展现出的内容也经常是肤浅的、表面的。经验告诉我们不能仅靠外表来判断人。

3 刚到美国，你需要一段时间来了解人们如何社交，如何约会。如果你愿意并有决心，那要不了多长时间，你就会对一些美国人非常了解，以致很快就会和其中一位约会了。

4 大多数 20 岁左右的美国大学生都会有约会。如果你发现哪位美国人没有约会，那么他很可能订婚或者已经结婚了。

**原文**

5 What is the significance of American dating? Often dating means no more than getting to know one another and having some fun. It is often the beginning of a friendship with someone whom you may like but not necessarily marry. Dating is not as serious in America as it is in some countries, but it is important because every person has the freedom to choose his own marriage partner, one with whom he hopes to spend the rest of his life. Dating is one way to accomplish that goal.

6 Where do most Americans go on a typical date? A frequent place to go is the movies. After the movie, going out for bite to eat is usually in order. Finally, the boy takes the girl back home and says good night. That is usually the end of it, at least the first time out with someone.

7 On a first date, some American women prefer to go “Dutch treat”. This means that the girl pays for herself. Because Americans are informal in their dating patterns, there is no rule that says the boy always has to pay. Maybe some of you do not agree with this, but some Americans prefer it. In most foreign countries, the boy usually pays all expenses when he takes a girl out, even on the first date. The girl never pays unless it is a special occasion. Then the girl may insist on paying, but only if they have gone out together for quite a while. This is not necessarily so here.



译文

5 美国人约会意味着什么呢？通常情况下，约会只不过意味着彼此之间逐渐了解，在一起开心一些。这经常是你和自己所喜欢的人的友谊的开端，但你并不一定要跟他（她）结婚。在美国，约会不像在有些国家那么认真，但是很重要，因为每个人都有自由选择自己的婚姻对象，希望与他共度余生。约会是达到这一目标的一种方式。

6 多数美国人去什么地方约会呢？那就是电影院。看完电影后，再出去吃点东西。然后由男孩子把女孩子送回家并道晚安。约会到此通常就结束了，至少第一次与人出去是这样。

7 第一次约会时，一些美国女性比较喜欢“AA制”。这表示这位女性自己付款。因为美国人在约会方式上比较随便，没有谁规定非得男士买单不可。也许有些人对这一点有不同看法，但有些美国人喜欢这样做。在大多数其它国家，当男士带女士外出时，即使是首次约会，他通常也要支付所有花费。女士是从来不付款的，除非是在特殊场合。如果双方经常一起出去，那么女孩子有可能坚持付款。但在美国却不一定非要这样。

**原文**

8 As a relationship becomes warmer and more intimate, you can guess what subject is likely to come up. If you were thinking about sex, you are correct ! There are many different attitudes about how to handle this question, even among Americans. In this area, it is unpredictable how Americans approach^③ the question. Some are liberal, some conservative^④. Some even say one thing and do another ! This is a difficult area even for Americans, because even they cannot always predict how their dates will react to the question of “how far to go” sexually. The best solution is to be honest about what you believe is the limit, and stick to it.

9 Now, where can you meet people to date ? They are almost everywhere: at school, at work, at a club activity, or even at the supermarket. You can be sure you will find someone, unless of course, someone finds you first.

10 Some Americans have an interest in people from foreign cultures, but many of them don't. Since it's extremely difficult to deal with those who don't, try to focus on the ones who are more inclined to have an interest in you.

11 I came to the States three years ago from a Middle Eastern country. During my stay, I have had a number of American friends and girl friends. Much of my success came as a result of the extra time and energy I devoted to understanding their culture and social behavior, and overcoming the differences that created obstacles for a relationship. Here are some observations that helped me and may help you.

③ approach *v.* 动手处理, 接近

④ conservative *a.* 保守的, 守旧的



译文

8 随着关系越来越亲密,你可以想想下一步该干什么。如果你在想有关性行为方面的事情,那你就对了。关于如何处理这个问题,即使在美国人中间,也有很多不同的态度。在这方面,你是无法猜测美国人是如何处理这个问题的。有些人开放,有些人保守。有些人甚至说的是一回事,干的却是另一回事!这个问题即使对于美国人来说,也是比较难办的,因为他们也不知道关于性这个问题会给自己的约会带来什么后果。最好的解决方法是认清界限,把握好尺度。

9 那么,在哪儿能碰见要与之约会的人呢?其实到处都是:学校,单位,俱乐部,甚至在超市,你肯定会找到人,当然,除非有人先找到你。

10 一些美国人对于来自不同文化背景的人感兴趣,但也有很多人并没有兴趣,既然很难应付那些没有兴趣的人,那么你就试着把重点放在那些对你感兴趣的人身上。

11 三年前,我从中东的一个国家来到美国。在美期间,我有许多美国朋友,男女都有。这要归功于我花了额外的时间和精力去了解他们的文化和社交行为,从而克服了与人交往的障碍。下面介绍几点曾经帮助过我,也可能对你的交往有用的信息。

**原文**

12 Observation 1: If you are going to speak, make sure it's English. Because effective communication is the most important aspect of a relationship, you need to learn some English to converse with your date because most Americans don't know any other languages. The better your English, the better you will communicate. The better you communicate, the more chances you have for dating successfully. It is very important to know idioms and some slang, too. They constitute^⑤ a considerable part of American everyday language.

13 Observation 2: If you are going to smell, make sure it's sweet! You've probably already discovered that people from different cultures don't always smell the same or appreciate the same smells. The media-conditioned^⑥ Americans prefer the scents of cosmetic products to the natural smells of the body. Yet it has been scientifically proven that the smell of sweat of a clean body can attract the opposite sex. Many Americans, however, feel the need to cover up natural smells created by the secretion^⑦ of glands^⑧ during physical activity with artificial perfumes or colognes^⑨. So in order to please most American dates, you have to wear deodorant^⑩ and an after-shave lotion^⑪ or perfume at all times! This can be an inconvenience if you are living in the midst of another ethnic^⑫ group.

⑤ constitute *v.* 组成

⑥ media-conditioned *a.* 有条件反射特点的

⑦ secretion *n.* 分泌, 分泌物(液)

⑧ gland *n.* [解剖]腺

⑨ cologne *n.* 科隆香水

⑩ deodorant *n.* 除臭剂

⑪ lotion *n.* 洗液, 洗剂

⑫ ethnic *a.* 人种的, 种族的



译文

12 1. 要讲就讲英语。因为有效的交流是人际关系最重要的方面,你要学会一些英语以便与约会对象进行交流,大多数美国人除了英语不懂其他语言。英语越好,交流得就越好。交流得越好,你约会成功的机会就越多。懂得一些惯用法和俚语也是很重要的,因为在美国日常用语中,它们占了相当大的比例。

13 2. 确保自己身上的气味好闻!你也许已经发现,不同文化背景的人对气味的感觉也不一样。具有条件反射特点的美国人更喜欢化妆品的香味,而不是人体本来的气味。可是,科学已经证明,洁净身体上的汗味可以吸引异性。然而,很多美国人认为,应该用香水盖住人由于活动所带来的汗味。因此,在美国要想使你的约会对象满意,就得擦除臭剂、剃须润肤膏或者香水!如果你生活在另一个民族中,这可能是很不方便的事情。

**原文**

14 Let me tell you of my own experience. When I got together with my family after being in the United States for two years, I was shocked to notice that my father smelled awful. He never had before. A few days later I realized that, like most males in the Middle Eastern countries, he wasn't using deodorant at all. In two years my attitudes toward smell had changed to such an extent that I was bothered by the smell of my own father! As a result, my father began to use deodorant at the age of 72.

15 Observation 3: If you are unhappy, make sure you have a smile on your face! When your American date asks you, "How are you?" some suggested answers you might give, depending on your mood, are as follows:

16 If you feel just great, say: "Excellent!"

17 If you feel good, say: "I'm fine."

18 If you feel merely okay, say: "I'm just fine."

19 If you feel awful, say: "I can't complain."

20 Screen® your negative feelings a little up until the time you become intimate friends. Americans have a strong protective shell®, but don't worry, they are usually valuable friends.

13 screen *v.* 掩蔽, 掩饰

14 shell *n.* 壳, 外形



译文

14 请你听听我自己的经历吧。当我在美国呆了两年后与家人团聚时,我很惊奇地发现我父亲身上的气味很难闻。以前他不是这样的。后来我意识到,与中东国家的大多数男子一样,他没有用除臭剂。两年中我对气味的态度改变如此之大以至于连自己父亲身上的气味都讨厌!结果,我的父亲在 72 岁时开始用起了除臭剂。

15 3. 即使不高兴也要面带微笑!在美国,当你的约会对象问你心情怎么样时,你可以根据自己的心情做出以下回答:

16 如果你感觉特别好,就回答说:“棒极了!”

17 如果感觉还不错,就说:“很好。”

18 如果你仅仅感到可以,就说:“还行。”

19 如果感到很糟糕,就说:“我不能抱怨什么。”

20 在你们成为亲密朋友之前,要稍微掩饰一些你的消极情绪。美国人有一副坚强的外表,但是不用担心,他们通常是可交的朋友。