

<<当代研究生英语阅读教程2>>

图书基本信息

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## <<当代研究生英语阅读教程2>>

### 前言

《当代研究生英语阅读教程》(Active English Reading floor Postgrmjuates)是根据《非英语专业研究生英语教学大纲》和当代研究生英语发展及时代要求的原则,本着有效地提高学生的英语阅读能力、全面提升研究生英语语言素养的目的而编写的。

语言文化知识的获取离不开真实的语言学习环境。

中国学生在本土学习英语,要想创建真实的语言环境并非易事,而阅读是语言和文化学习的重要手段和途径。

通过阅读,学生可以身临其境,获取大量语言知识,从而发展和提升英语综合应用能力。

与此同时,通过广泛接触内容丰富、文体不同的文章,学生会进一步扩大和掌握英语词汇,熟悉各种语言现象和写作技巧,全面提升整体英语水平。

为此,我们特地编写了《当代研究生英语阅读教程》。

该教程内容经过严格的筛选和科学的设计,在选材、内容编排、练习设计等方面体现以下特点。

既注重时代性,又突出经典性 注重时代性。

本教程很多文章选自近年国外权威的报刊、杂志,具有鲜明的时代感,主要体现在选择当今社会的热门话题,例如:能源危机、环境保护、国际经济、金融海啸、器官再造等,主题丰富,语言地道,既体现时代特色,又注重文化内涵及思想深意,反映时代发展,展现语言魅力。

突出经典性。

在注重时代性的同时,本教程也注重从经典的英文原版著作中选材,内容涉及哲学、经济学、文学、历史、文化、心理学等方面,充分体现其经典性。

通过阅读这些文章,学生可充分体验经典的魅力。

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### 内容概要

本教程分为两册，本书为第2册。

本教材内容新颖、材料真实、题材广泛，涉及工业、农业、文学、医学、艺术、历史、科学、教育、能源、环境、社会等36个主题。

选文兼顾不同学科，融知识性、趣味性和可读性于一体。

为更好地体现可读性和趣味性，编者特地安排了4个“轻松阅读”单元，相信将会极大地激发学生的兴趣，让学生在感知英语语言魅力的同时，其科学素养和人文精神在潜移默化中得到培养。

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Keys

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## 章节摘录

Ominous as they sound, these are all precancerous changes, and the body is well equipped to handle them. To qualify as cancer, a lesion must undergo a second stage of development, known as promotion. If the right fuels are on hand, the transformed cells may replicate aggressively, creating a visible mass within months. Without a network of blood vessels to deliver nutrients and oxygen, it won't grow much larger than a pea. But sometimes a small tumor will spit out growth factors that prompt nearby arteries to send out new branches, or capillaries. And once the tumor has its own blood supply, the odds of a reversal are slim. "Potential cancers are regressing all the time," says epidemiologist Linda Koo of the American Health Foundation. Not so vascularized tumors. They tend to invade neighboring tissues and, worse yet, seed the bloodstream with malignant cells that lodge and flourish in other parts of the body. What does food have to do with all this?

Quite a bit, by most estimates. "Humans put two to three pounds of food into their bodies every day," says Koo. "It's our greatest contact with the environment." Population studies have consistently linked a high intake of plant foods to a low risk of cancer. And as molecular biologists have discovered during the past decade, the compounds contained in those foods can work in very specific ways to block the development of tumors. No one is holding up green tea and garlic as adequate treatments for advanced disease. The goal of the new prevention diets is to reduce the need for such treatments. As Gaynor puts it, eating the right foods is "as specific to stopping cancer before it starts as wearing a seat belt is to lowering your risk of a fatal automobile accident." Fruits and vegetables are loaded with antioxidants. Vitamins C, E and beta carotene can all help neutralize the free radicals that degrade cellular DNA. They even help protect each other, Vitamin C preventing oxidative damage to Vitamin E, and Vitamin E blocking the oxidation of beta carotene. But vitamins are just the beginning of the antioxidant story; researchers have recently identified several plant chemicals that may have far stronger effects. Grapes and red wine are rich in an antioxidant called resveratrol, which reduced the incidence of skin tumors in mice by 88 percent in one recent study. Green tea contains several potent antioxidant chemicals known as polyphenols. Researchers estimate that one of them, a compound called EGCG, has 20 times the radical-quenching effect of vitamin E, and 500 times the effect of vitamin C.



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