

<<阅读套餐.大学卷>>

图书基本信息

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内容概要

本书精选适合大学生学习的短文100篇，分为历史频道、哲理小品、社会与文明、生活向导等，每篇文章后配有中文译文、注释和练习。

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书籍目录

一、历史频道 “JAPAN HAS BOMBED PEARL HARBOR” “日本轰炸珍珠港” Involved in the World 融入世界 Hundred Days' Reform 百日维新 The Holy Roman Empire 神圣罗马帝国 The Vietnam War 越南战争 The Bastille Is Besieged 围攻巴士底狱 David : the Ideal King 大卫：理想的君王 American Myth of the West 美国西部的神话 二、哲理小品 On Life 论生命 Seeking Love 寻求爱 Two Types of Laws 两种法律 Friendship 友谊.....

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章节摘录

书摘 Vitamins Vitamins are vital. Your health will suffer if you do not take in your Recommended Daily Amount of every single vitamin. Most of these vitamins must be obtained from your diet. A balanced, mixed diet will naturally contain all the vitamins needed by the body and therefore supplements are needed only by those people who are in poor health, suffer from a chronic illness, or do not eat well. In general, vitamins ensure that the body's cells work properly by controlling the growth and repair of tissues and by stimulating energy production.

1. Which of the following is NOT true according to the passage?
 A. we should take medicines for vitamins B. vitamins are very important to our health C. we need different kinds of vitamins D. We get vitamins mostly from the food

2. Which of the following is NOT true according to the passage?
 A. People in poor health should take supplements for vitamins. B. Vitamins ensure the body's cells work properly.
 C. People who have a small diet should take some supplements for vitamins. D. Vitamins control the growth of tissues.

维生素 维生素是极其重要的。

如果你不按医生建议的日常摄入量摄取每种维生素，你的健康就会出现健康问题。

大部分这些维生素都是从你的日常饮食中获得的。

多样而协调的日常饮食，自然包含了身体所缺的所有维生素，因此，只有那些身体虚弱、患慢性疾病或食欲不振的人，才需要营养补给。

一般来说，维生素是通过调控组织的生长和修复，及促进能量的生产，来保证身体细胞的正常运转的。

Cosmetics Cosmetics are substances that men and women use to make their faces and bodies more attractive. Eyes are thought by many to be prettier with eye make-up. Skin is softer when creams and lotions are used. Hair looks shiny and stays in place because of cosmetics. Men put lotion on their faces after they have shaved to make the skin feel fresh. Most cosmetic products are made from a base of fats and oils. These are mixed with water or alcohol and held together by vegetable gums. Colors and perfumes are added. So are other materials that keep the mixture from spoiling. Lipstick is made of castor oil and melted wax with color and scent added. The heated mixture is stirred, then poured into metal holder's tin.

Comprehension: 1. From the passage we know that _____.
 A. cosmetics can make us more beautiful B. cosmetics can make us refreshed C.

cosmetics can make us manly D. cosmetics are vitally important to us 2. Cosmetics are made by the following except _____.
 A. water B. alcohol C. vegetable gums D.

rubber 化妆品 化妆品是男男女女用来使他们的脸孔和躯体变得更加迷人的东西。

许多人认为眼部化妆可以使眼睛更加漂亮。

抹上乳霜或涂剂，皮肤会更柔和。

通过化妆，头发会更光洁，并定型。

刮过脸的男士在脸上施以涂剂，可使皮肤看起来更清新。

大多数化妆品都以脂肪和油为基本原料。

这些原料掺上水或酒精，然后用植物液凝结在一起，加上颜料和香水，再添加其他能防止混合物滚沸的原料。

搅拌加热的混合物，然后倒入容器予以冷却。

Imitation Human From the time of the first machines, people have dreamed about inventing imitation human.

Made of metal, wire, or wood, of springs, tubes, and cables, these mechanical creatures would be ours to command. They would work for us, protect us, and help us set ahead in the world. Mechanical creatures have existed for at least five hundred years, and some of them were made to look quite human. Yet they were not much more than toys. The cleverest ones could walk, talk, play musical instruments, or even write with a quill pen using real ink. They ran on springs, pegs, and cobs—like the inner workings of windup clocks or music boxes. Far too expensive for ordinary people to own, these artful toys amused only royalty. Comprehension: 1. In the passage, "yet

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they were not much more than toys" means_____ A. they were just toys B. they were a little better than toys
C. most of them were toys D. not all of them were toys 2. From the passage we can draw the conclusion
that imitation human can take the place of human beings in the future people do not produce more imitation
human beings only because they are too expensive no matter how clever they are, imitation humans are still
machines we have a lot to know about these imitation humans.....

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媒体关注与评论

前言如何使学习与快乐相伴，同时又获得显著的学习效果，是教育的永恒命题之一，也是教育无止境的追求。

当我们不再埋首于令人憋闷的习题集中，而是轻松漫步于学习演练中，向着目标持续行进之时，美好的变化就会常常不请自来：知识会在不知不觉中浸润你的脑海，能力会在潜移默化中获得提高——而这一切，都是在快乐的过程中，暗暗完成的。

“英语巧克力书系”，就是一套追求“快乐与效果”相结合的英语助学用书。

它丝毫没有替代一般辅导用书功用的妄想，而是试图以伶俐的姿态、宜人的笑靥，轻轻巧巧地出现在你的面前，相伴你的学习进程。

“精短、易学、耐读、好看”，是它追求的目标。

我们期望它像巧克力一样既食而有味，又能给人以营养；在我们的计划中，它是一份荟萃门语、阅读、写作等于一体的营养套餐，供你享用、回味。

本册《阅读套餐》(大学卷)，精选短文100篇：题材上，广泛涉及人文、科学、历史、地理、社会等，表达方式上，记述、说明、描写、议论、抒情等兼而有之；文体上，作为一般文体的记叙文、说明文、议论文，无所不备，同时兼及其他特殊文体，如书信、诗歌、小说、随笔、幽默小品、序言、导游词、科学小品等。

在貌似芜杂、包罗万象的背后，实际上暗含如下几条编撰思路：其一，强调阅读视野的开阔性。逼仄的阅读素材终究会导致偏食的恶果，而开放的阅读则有利于阅读兴味的滋养。

此外，基本词汇的构成也因此相应变得丰富，对阅读能力的发展大有裨益。

其二，强调文质兼美。

富有意义的思想内容和富有意味的表达形式的结合，应是所有“读本”类图书的一致追求，在此无需多言。

其三，强调文体、表达方式上的多元性。

这可以促使读者对文字获得较为丰富的形式感或语感，有利于后续阅读。

本书对选材作了大体的分类，分为9个大类——“历史频道”、“哲理小品”、“‘社会与文明’”、“自然纵横”、“短诗精粹”、“应用文”、“科学视野”、“名作管窥”和“生活向导”，而对于不宜以上述名目囊括的其他好材料，则以“阅读加油站”一言以蔽之——这可以算是一种偷懒的做法，但却能将事实上丰富生动的一些材料保留住，以利于读者阅读兴味的继续、提升。

其四，在词汇量的处理上，大体以“大纲为准适量超出”为原则。

这样的处理，保证了阅读难易上的适度。

其五，强调阅读的情趣效果。

如选文讲究一定的情趣戏理趣。

书的编排形式上追求图文并茂等。

此外。

选文后设计的自测题，以小题量来检测阅读效果，既轻松，又能产生一定的实效。

另外在选译过程中，个别译作参考了已有定译。

特此鸣谢。

东方粟2002年6月

编辑推荐

本书是一本追求“快乐与效果”相结合的英语助学用书。

它精短、易学、耐读、好看，使学习与快乐相伴，同时又获得显著的学习效果，它让你不再埋首于令人憋闷的习题集中，而是轻松漫步于学习演练中，向着目标持续行进之时，美好的变化就会常常不请自来。

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