

创新大学英语 拓展阅读教程

第二册

主 编：邓联健

华东师范大学出版社

图书在版编目(CIP)数据

创新大学英语拓展阅读教程. 第2册/ 邓联健主编.
—上海: 华东师范大学出版社, 2015.7
ISBN 978-7-5675-3852-8

I. ①创… II. ①邓… III. ①英语—阅读教学—高等学校—教材 IV. ① H319.4

中国版本图书馆CIP数据核字(2015)第161168号

创新大学英语 拓展阅读教程 2

主 编 邓联健
责任编辑 姚 望
装帧设计 创图文化

出版发行 华东师范大学出版社
社 址 上海市中山北路3663号 邮编 200062
网 址 www.ecnupress.com.cn
电 话 021-60821616 行政传真 021-62572105
客服电话 021-62865537 门市(邮购)电话 021-62869887
地 址 上海市中山北路3663号华东师范大学校内先锋路口
网 店 <http://hdsdcbs.tmall.com>

印 刷 者 成都市海翔印务有限公司
开 本 787×1092 16开
印 张 6
字 数 96千字
版 次 2015年7月第1版
印 次 2015年7月第1次
书 号 ISBN 978-7-5675-3852-8/H·792
定 价 22.00元

出 版 人 王 焰

(如发现本版图书有印订质量问题,请寄回本社客服中心调换或电话021-62865537联系)

Contents

Unit One	1
Text A Getting a Shot of Youth	1
Text B You're Doing It Wrong	4
Text C The Medication Most Men Don't Need	7
 Unit Two	 11
Text A Nuns on the Net	11
Text B Our Pursuit of Happiness	14
Text C Rent Sweet Rent	17
 Unit Three	 21
Text A A Scholarly Response to "Tiger Mom": Happiness Matters, too	21
Text B Sophia Loren on Her Life in Hotels	24
Text C Americans Think We Have the World's Best Colleges. We Don't.	27
 Unit Four	 31
Text A The Amazing Brain	31
Text B The Crisis in Energy Education	35
Text C Reading to Children of All Ages Grooms Them to Read More on Their Own	38
 Unit Five	 43
Text A Deaf Waiters Bring Mime and Smiles to Paris Cafe	43

Text B Tell Tales in the African Way	46
Text C James Bond’s Body Language	49
Unit Six	53
Text A Depressing New Research Links TV Binging to Depression	53
Text B Lessons on Happiness from the Philosopher-King	56
Text C Can Hugs Make You Healthier?	59
Unit Seven	63
Text A The Importance of Being Earnest	63
Text B Roman Holiday	68
Text C Forrest Gump	72
Unit Eight	75
Text A Pacific Marine Life Is Literally in Hot Water.....	75
Text B Eight Ways You’re Killing the Environment	78
Text C How Blizzards Shaped the Modern American City	82
Keys to Exercises	86



Unit One

Text A

Getting a Shot¹ of Youth

By Andrea Dorfman

From the fruitless quest for the legendary Fountain of Youth to the current popularity of plastic surgery² and Retin-A face cream, the search for ways to erase the signs of aging has never stopped. Now it appears that a partial antidote³ to the ravages of time⁴ may already lie within the human body. Last week, researchers at the Medical College of Wisconsin and the Veterans Affairs Medical Center in Milwaukee reported in the *New England Journal of Medicine* that injections of a naturally occurring substance called human growth hormone (HGH) can firm up skin, build muscles and reduce fat in elderly men, making their bodies look up to 20 years younger. While there is no evidence that the treatment can enable people to live longer, it may one day help many of the aged appear and feel more robust⁵.

HGH apparently reverses some signs of aging by changing the body's composition. Some 80% of a young adult's body consists of so-called lean body mass — muscles, organs and bone — and the remaining 20% is made up of fatty tissue. But after age 30 the muscles begin to atrophy⁶, the skin thins out and lean body mass is replaced by adipose tissue at an average rate of 5% a decade. By age 70 the balance between fat and lean may be fifty-fifty.

For years it was thought that these changes were irresistible and irreversible, but it is now clear that they are influenced by changing levels of HGH. Produced by the pituitary gland⁷ at the base of the brain, the hormone stimulates the growth

¹ **shot** *n.* 注射

² **plastic surgery**
整形术, 整容术

³ **antidote** *n.*
解毒剂; (喻) 防止法

⁴ **ravages of time** 年老衰颓

⁵ **robust** *adj.* 强壮的

⁶ **atrophy** *n.* 萎缩, 衰退

⁷ **pituitary gland**
脑下垂体

⁸ **cadaver** *n.*
(解剖用)尸体

⁹ **dwarfism** *n.*
侏儒症

¹⁰ **rejuvenate** *v.*
使恢复青春,
使年轻化

¹¹ **vertebra** *n.*
(复数
vertebrae)椎
骨,脊椎

¹² **physique** *n.*
体格

¹³ **diabetes** *n.*
糖尿病

¹⁴ **arthritis** *n.*
关节炎

¹⁵ **optimal** *adj.*
最适宜的,最
理想的

of bones and organs in children and helps maintain healthy tissues in older people.

HGH levels naturally drop over time: by age 60 about 30% of men produce little or none of the substance. Although researchers had long suspected that lower levels of growth hormone might play a role in the aging process, it was not until the late 1980⁷, when an artificial form of HGH began to be mass-produced in the laboratory, that enough was available to test the hypotheses. Until then, nearly the entire supply of HGH, which was extracted in tiny amounts from cadavers⁸, was used to treat children suffering from dwarfism⁹.

The Wisconsin study, led by Dr. Daniel Rudman, was the first to test the effects of HGH in healthy elderly patients. The experiment involved 21 men between the ages of 61 and 81 who had negligible levels of HGH. Twelve of the men gave themselves injections of synthetic hormone three times a week for six months; the others received no treatment. All the subjects followed a diet of about 15% protein, 50% carbohydrates and 35% fat but were told not to alter their life-styles, including the amount they smoked and drank.

After six months, the men taking HGH felt healthier and more energetic, almost like the old characters who were rejuvenated¹⁰ in the movie *Cocoon*. The group's growth hormone levels rose to those of men under 40. Fatty tissue decreased nearly 15%, lean body mass increased 9%, skin grew 7% thicker and some vertebrae¹¹ became slightly denser. In several respects, the researchers say, HGH therapy reversed the consequences of a decade or two of aging. Men in the control group showed no significant changes in their physiques¹².

The researchers emphasize that their findings are preliminary and that it is far too early to consider HGH-replacement therapy for all senior citizens. One reason to be cautious is that overdoses of growth hormone can cause diabetes¹³, arthritis¹⁴, high blood pressure, heart failure and other side effects. Although none of the men in the Wisconsin study had these problems, long-term use of HGH might increase the risk. Other questions that remain to be answered include the age at which treatment should begin, what the optimal¹⁵ dose is, whether the changes will disappear if the therapy is discontinued and whether it is effective in older women. The high cost of HGH—about \$14,000 for a year's supply — is a severe drawback.

Whatever its potential, HGH-replacement therapy is not a cure-all for aging. For one thing, cells of the brain, eyes, ears and elastic tissues are not responsive to HGH. "The (Wisconsin) study does demonstrate clear-cut effects of growth hormone," says Dr. Mary Lee Vance, a University of Virginia endocrinologist who wrote an editorial accompanying the report, "but to say it reverses the effects of

aging is an overstatement. It's just one part of the equation." Other processes that may influence aging include cumulative tissue damage caused by destructive particles called free radicals that form within the body, and the inability of genetic material to repair itself completely after being harmed by everything from pollutant to cosmic rays.

While HGH cannot make time stand still, it may help stave off¹⁶ some of the worst effects of aging, including the muscle degradation that leaves many older people unable to climb stairs or carry groceries. No one yet knows if the larger muscles that HGH stimulates in the elderly will function as younger muscles do. But if that turns out to be the case, at least some of the elderly could get a chance to be more active and productive in their final years.

¹⁶ stave off 挡开, 避开, 延缓



Exercises

Directions: Choose the best answer to each of the following questions based on the information given in the text.

- According to this passage, which of the following statements is NOT true?
 - Injection of HGH can enable people to live longer.
 - Injection of HGH can firm up skin.
 - Injection of HGH can build muscles.
 - Injection of HGH can make elderly men's bodies look younger.
- After 30, the body mass is replaced by adipose tissue at an average rate of 5% _____.
 - every 10 years
 - every 20 years
 - every 50 years
 - every 12 years
- The test of the effects of HGH in the Wisconsin study showed that _____.
 - there appeared little significant changes for the men taking HGH
 - the growth hormone levels of the men taking HGH rose to those of men under 30
 - the men taking HGH felt healthier and more energetic
 - the fatty tissue of the men taking HGH increased nearly 15%
- Which is NOT true about the HGH-replacement therapy?
 - It is too early to consider HGH-replacement therapy for all senior citizens.
 - Overdoes of growth hormone can cause diabetes.
 - The HGH-replacement therapy is effective in older women.
 - The high cost of HGH is a severe drawback.

5. What does the author intend to convey in this article?

- A. Human growth hormone may reverse some signs of aging.
- B. HGH-replacement therapy is a cure-all for aging.
- C. HGH levels naturally drop over time.
- D. HGH may help the aged appear and feel more robust.

Text B

You're Doing It Wrong

By Sunny Sea Gold

Making Direct Eye Contact

We've been told that looking someone in the eye conveys honesty, but if you're trying to persuade a friend to try, say, skydiving¹, avert your gaze. In a recent study, researchers used eye-tracking technology to discover that subjects were less influenced by speakers who maintained the most eye contact, which seemed to work only when the audience already agreed with the speaker. "Eye contact can signal very different kinds of messages, ranging from attraction and interest to aggression and a desire to intimidate someone," says lead study author Frances Chen, assistant professor of psychology at the University of British Columbia. To predict the reaction, consider your audience and the tenor² of the conversation: In friendly situations, eye contact can connect people. In adversarial³ moments, it could be associated with dominance⁴.

Instagramming⁵ Your Life

Snapping⁶ photos to preserve memories can actually get in the way of experiencing those moments fully and reduce your recall, new research from Fairfield University in Connecticut found. In the study, people in a museum were asked to take note of certain objects, either by photographing them or just observing. The next day, the photo takers were less able to recognize the art pieces they'd been assigned and had less detailed memories of the works. "It's as if when we click the button to take the photo, we think, Done, next thing..., and don't engage in the kind of processing that would enhance memory," says lead author Linda Henkel, Fairfield University professor of psychology.

Saying "I" a Lot

You might assume that people who say "I" have healthy self-esteem⁷. But

¹ skydiving *n.*
跳伞运动

² tenor *n.* 要
旨,大意

³ adversarial
adj. 对抗的,
对手的

⁴ dominance
n. 优势,支配

⁵ instagram *v.*
照片分享(一
款从iPhone上
移植过来的图
片分享软件,
此处名词用作
动词)

⁶ snap *v.* 突然
折断,拉断(此
处译为按下快
门)

⁷ self-esteem *n.*
自尊

researchers at the University of Texas at Austin recently did five separate conversation and e-mail studies and found that frequent “I” users are less sure of themselves than those who use the word infrequently. The explanation: “Pronouns [I, you, we...] reflect where we are really paying attention,” says study author and University of Texas professor of psychology James Pennebaker. “I” users may be looking inward because they are self-conscious⁸, insecure, or worried about pleasing people. Instead, more secure folks, who say “you” more often, direct most of their attention to the outside world and look for positive feedback.

Planning a Healthy Diet

A recent analysis of 50 studies found that thinking too hard about what to eat can undermine⁹ your goals. The more we consider our choices, the easier it gets to come up with reasons why we “deserve” to stray¹⁰ from our plan, says study author Jessiede Witt Huberts, a doctoral student and psychology researcher at Utrecht University in the Netherlands. “Regarding food and fitness, people’s good intentions for the future seem to have a harmful (detrimental) effect on their eating behavior in the present,” she says. “People are more likely to eat unhealthy snacks now if they intend to go to the gym later that day.” What works best? Commit to a routine that easily suits your life, like eating the same healthy breakfast every day or walking home from work, and stick to it with as little thought or variation as possible.

Living in the Present

Conventional wisdom says that you shouldn’t dwell¹¹ in the past. But a study from the University of Southampton in the United Kingdom recently found that feeling nostalgic¹² and reminiscing¹³ about long-ago events can increase optimism about the future. How are the past and future related in our minds? Nostalgic memories make us feel more connected to other people, explains lead study author Wing-Yee Cheung: “In our studies, we found that nostalgia first fostered social connectedness, which subsequently lifted self-esteem, which then heightened optimism.” In other words, when you remember holding hands with the cool kid at that middle school roller rink party, you feel good about the past, better about yourself in the present, and then hopeful about the future.

Creating Mood Lighting

If you dim the lights to heighten romance, you could be in for a dull evening. Turning on the lights increases the intensity of any situation and all kinds of emotions — both positive and negative — scientists at the University of Toronto

⁸ **self-conscious**
adj. 敏感的

⁹ **undermine** *v.*
破坏

¹⁰ **stray** *vi.* 偏离

¹¹ **dwell** *v.* 居住, 存在于

¹² **nostalgic**
adj. 怀旧的, 乡愁的

¹³ **reminiscing**
adj. 追忆的, 思旧的

Scarborough and Northwestern University recently found. People participated in a series of different experiments, which included tasting chicken-wing sauces ranked from mild to hot, reacting to negative and positive words, and judging women's attractiveness, while in either a brightly or a dimly lit room. Subjects in the brighter room chose spicier sauce, reacted more negatively or positively to the loaded words, and found the women considerably more attractive than did those in the dimmer rooms. Although the precise mechanism isn't known, Alison Jing Xu, assistant professor of management at the University of Toronto Scarborough, says bright light may affect our emotional system because we naturally perceive it as heat, which is known to heighten our motions.

Making Lemonade out of Lemons

One skill that many happy people have honed is “cognitive reappraisal” — the ability to reframe¹⁴ our thoughts about a situation to help ourselves feel better. This tends to work great in certain scenarios where you have little control over the outcome of the events at hand. However, a recent study found that when it's applied to situations that can be changed, you can end up feeling more stress and depression. Why? Because it could prevent people from taking action to fix a problem, says Allison Troy, assistant professor of psychology at Franklin & Marshall College in Lancaster, Pennsylvania. Imagine your relationship is on the rocks in part because of your irresponsible spending. If using cognitive reappraisal makes you feel like what you're doing isn't wrong, you may be less likely to learn to live within your budget. Take self soothing¹⁵ too far and it could become destructive.

¹⁴ **reframe** v.
再构造

¹⁵ **soothing**
adj. 抚慰的;
使人宽心的



Exercises

I . Directions: For questions 1—7, decide whether the statement is true (T) or false (F).

1. A recent study showed that subjects could be influenced by speakers who maintained the most eye contact unless the audience already agreed with the speaker. ()
2. Snapping photos can help get more detailed memories than observing. ()
3. Frequent “I” users may be looking inward because they have healthy self-esteem. ()
4. It is easier for people to accept the unhealthy food when they decide to go to the gym. ()

5. Nostalgia can help us to be hopeful about our future. ()
6. People in the brighter room act more positively or negatively than those in the dimmer rooms did. ()
7. Cognitive reappraisal is helpless or worse when it's applied to situations that can be changed. ()

II. Directions: For questions 8—10, complete the statement with the information given in the text.

8. In friendly situations, eye contact can connect people. In _____ moments, it could be associated with dominance.
9. Regarding food and fitness, people's good intentions for the future seem to have a (an) _____ effect on their eating behavior in the present.
10. Nostalgia first _____ social connectedness, which subsequently lifted self-esteem, which then heightened optimism.

Text C

The Medication Most Men Don't Need

By John La Puma

A)

A funny thing has happened in the United States over the past few decades. Men's average testosterone¹ levels have been dropping by at least 1 percent a year, according to a 2006 study in the *Journal of Clinical Endocrinology and Metabolism*². Testosterone appears to decline naturally with aging, but internal belly fat depresses the hormone further. Drugs like cortisone³ and opiates⁴ also lower it, and chemicals like bisphenol⁵ A (BPA, found in plastic containers) and diseases like type 2 diabetes⁶ may play a role too.

B)

Many men feel the loss. Clinical testosterone deficiency, which is variously defined as lower than 220 to 300 nanograms⁷ of testosterone per deciliter of blood serum⁸, can cause men to lose sex drive and fertility⁹. Their bone density often declines, and they may feel tired and have difficulty concentrating.

C)

But "low T", as the condition has been labeled, is not nearly as accepted an illness as ads for prescription testosterone would have you believe. "Low T" is

¹ **testosterone** *n.* [生化]睾酮, 睾丸素

² **Journal of Clinical Endocrinology and Metabolism** 美国《临床内分泌学和代谢》杂志

³ **cortisone** 可的松(肾上腺皮质激素)

⁴ **opiate** *n.* [毒物] [药]鸦片剂; 麻醉剂

⁵ **bisphenol** *n.* [有化]双酚; 丙二酚

⁶ **diabetes** *n.* 糖尿病; 多尿症

⁷ **nanogram** *n.* [化]纳克; 毫微克

⁸ **serum** *n.* 血清; 浆液

⁹ **fertility** *n.* 多产; 肥沃

¹⁰ **obesity** *n.* 肥大, 肥胖

¹¹ **pharmaceutical** *adj.* 制药(学)的

¹² **estrogen** *n.* 雌性激素

¹³ **progesterone** *n.* [生化] 黄体酮

¹⁴ **menopause** *n.* 更年期

most often a symptom of another condition — be it aging, obesity¹⁰, or drug interactions, for example — not the problem itself. Pharmaceutical¹¹ companies, however, have seized on the decline in testosterone levels as an illness, convincing men that common effects of aging, like slowing down a bit and feeling less sexual, actually constitute a new disease — and that they need a prescription to cure it. This is a seductive message to men who just want to feel better than they do and want to give it a shot, literally.

D)

Prescription for Concern

Prescription testosterone doesn't merely give your T level a boost: It may also increase your risk of heart attack, add too many red blood cells to your bloodstream, and shrink your testes. A recent large study published in the journal PLoS ONE found that within three months, taking the hormone doubled rates of heart attacks in men 65 and older, as well as in younger men who had heart disease. The Food and Drug Administration (FDA) has begun an investigation. The issue bears an obvious likeness to the hormone trial in the 1990s and early 2000s in which middle-age women took man-made prescription estrogen¹² and progesterone¹³ to treat menopause¹⁴, among other reasons. But by 2002, we knew that those hormones raised the risk of heart disease and invasive breast cancer in healthy women.

E)

The number of testosterone prescriptions given to American men has tripled since 2001. Used clinically since 1937 and approved by the FDA since 1953, testosterone is now administered in at least five forms, including patches and injections. Three million prescriptions were written in 2012 for market leader AndroGel alone. Sales of all testosterone-boosting drugs are estimated to have been \$2 billion in 2012.

F)

Too many doctors are writing prescriptions without even measuring patients' hormone levels, much less retesting and adjusting the measured portion after prescription. Up to a quarter of these prescriptions are distributed without a blood test. From a psychological perspective, this isn't helping men. From a medical perspective, it must be addressed. In addition to heart disease risks, prescription T can shut off men's own natural, though decreased, testosterone production.

G)

Natural Ways to Boost T

Instead of heading to the pharmacy to get their fix, men should address the leading cause of the problem. Losing weight is a tried-and-true way to naturally boost testosterone levels. According to findings presented at the annual meeting of the Endocrine Society in 2012, obese men who lost an average of 17 pounds saw their testosterone levels increase by 15 percent. In general, a man's waist should be half his height.

H)

Some diet changes may be useful for reasons other than just weight loss. Cut back on drink — alcohol lowers testosterone levels. Eating more whole foods and fewer junk foods improves mood and energy, which may be the only fix many men need. What they don't need: a prescription for a risky drug to treat a questionable disease.

**Exercises**

Directions: For statements 1—7, each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter at the end of each statement.

1. Taking prescription testosterone may increase the risk of heart attack and do other harms to us. ()
2. American men have been offered three times of the number of testosterone prescriptions since the beginning of 21 century. ()
3. A healthy food menu is much better than a risky prescription. ()
4. Aging, internal belly fat, some drugs, chemicals and diseases probably drop men's average testosterone levels. ()
5. Low T is not the problem itself, most often a symptom of another condition. ()
6. Dieting is a reliable way to naturally increase testosterone levels. ()
7. Hormones increased the risk of diseases in healthy women. ()



Unit Two

Text A

Nuns¹ on the Net

By Julia Liebich

For decades, Mother Mary Francis, abbess² of the Poor Clare community in Roswell, New Mexico, has urged contemplative³ nuns to remain enclosed in their cloisters⁴, sleep on straw mats and rise at midnight to facilitate a life of prayer and penance⁵.

Now the abbess is making her case for a religious life removed from worldly distractions — on the Internet's World Wide Web.

The “intense interior activity of contemplation...calls us not out of our enclosure but deeply into it,” Mother Francis wrote in a letter to the Pope which featured on her community's home page.

The abbess is not alone. Nuns and monks from New Mexico to New Zealand see nothing uncoordinated about contemplation and computing. From the confines of cloisters, they are offering spiritual insight, religious history and vocational guidance on home pages featuring “illuminating⁶ graphics” and inspirational music. And they're selling products and services from Trappist⁷ caramels⁸ to web site design.

“I'm glad the church is showing something positive and valuable in the midst of all the garbage on the Internet,” says Father Andrew of the Holy Cross Abbey, a

¹ **nun** *n.* 修女, 尼姑

² **abbess** *n.* 女修道院院长

³ **contemplative** *adj.* 沉思的, 冥想的

⁴ **cloister** *n.* 修道院

⁵ **penance** *n.* 自我惩罚, 苦行

⁶ **illuminating** *adj.* 鲜艳的, 明亮的

⁷ **Trappist** 特拉普派(天主教, 强调缄口苦修)

⁸ **caramel** *n.* 小块坚硬糖果

⁹ **contemplative**

n. 冥思默想的男女修士们

¹⁰ **spartan** *adj./*

n. 简短的, 精炼/勇士

¹¹ **priory** *n.*

小修道院

¹² **monasticism**

n. 修道院生活

¹³ **embroidery**

n. 刺绣

¹⁴ **monastery** *n.*

修道院

¹⁵ **parchment** *n.*

羊皮纸

¹⁶ **cyberbook**

电脑图书

¹⁷ **layman** *n.*

俗人

Trappist monastery in Virginia's Shenandoah Valley in the United States. "People are looking for something valuable in their lives."

Contemplatives⁹ web sites range from the spartan¹⁰ — a few sentences and an e-mail address — to the home page of the Cistercian Sisters' Heart of Mary Priory in Denmark, which features scenes of community life, a history of the order in three languages and samples of music from the priory¹¹.

Some communities use a low key approach: "You'll find no sales here," promises Brother Charlie, though he does provide a link to a vocation office. The Roswell Poor Clares offer screens of descriptive material aimed at dispelling myths about monasticism¹².

"If you have ever secretly supposed the contemplative life to be a leisurely round of devotional exercises, punctuated by strolls in the garden and a spot of embroidery¹³ now and then, dear no more!" The sisters tell browsers. Theirs is a life of hard labour and long hours. "And if that weren't incentive enough, this life also features no pay!"

Even a brief invitation to visit can prove surprisingly effective.

"Four days after we went online there was someone ringing at the doorbell," says Brother Andrew. "I went outside and found a fellow at the door who wanted to find out about the life. 'I saw you on the Internet,' he said."

Nevertheless, it is the services and products made in the monastery¹⁴ that dominate many home pages, such as "the scriptorium Christdesert" produced by the Monastery of Christ in the Desert near Abiquiu, New Mexico. If for 1,500 years monks were famous for copying manuscripts on parchment¹⁵, these monks, according to their own page, "write on electrons, creating cyberbooks¹⁶: pages for the World Wide Web."

The Holy Cross Abbey launched its "monastery fruitcake" on the World Wide Web in time for the 1995 Christmas rush and received 300 orders. But mixing with the masses proved risky. The abbey was featured on the "The Monk's Home page," administered by a layman¹⁷ with selectional tastes, until a brother discovered the page contained comedy sketches, by the British Comedy group Monty Python, which were poking fun at monastic life.

"Brother Barnabas's hair stood up when he found out they were on the same server," says Father Andrew.

Maintaining an inner balance between work and prayer can be challenging for communities that administer their own home pages.

“There is a tension if a person spends a lot of time on the computer and neglects the elements in the life that are essential,” says Father Andrew. “I do know one person who did that and lost his vocation. He got so interested in the computer he finally asked for a dispensation¹⁸.” He is now looking for work as a computer programmer.

Generating income via the Internet is a benefit to the community, Brother Andrew believes. “But surfing (the net)” he says, can “detract from a contemplative calling.”

Still, he believes that it is possible for nuns and monks to reach out to the larger community without compromising their prayer lives. This sentiment has been shared by Pope John Paul II who said, in a 1989 statement, “With the advent of computer telecommunications and what are known as computer participation systems, the Church is offered further means for fulfilling her mission.”

The Vatican¹⁹ inaugurated²⁰ the Holy See Vatican Web Site at Christmas, 1995.



Exercises

Directions: Choose the best answer to each of the following questions based on the information given in the text.

1. Nuns and monks from New Mexico to New Zealand see nothing _____ about contemplation and computing.
 - A. unharmonious
 - B. uncooperative
 - C. disoperative
 - D. inconvenient
2. Through the internet, nuns and monks _____.
 - A. are offering spiritual insight, religious history and vocational guidance on home pages
 - B. tell the browsers that contemplative life is a leisurely round of devotional exercise
 - C. are selling commodities
 - D. get their salaries by making advertisements
3. Which of the following statements is NOT true?
 - A. The nuns and monks sell products and services from Trappist caramels to web site design.
 - B. Monks are copying manuscripts by writing on electrons, creating cyberbooks.
 - C. The Holy Cross Abbey launched its “monastery fruitcake” on the WWW in time for the 1995 Christmas rush.

¹⁸ **dispensation**
n. 免除

¹⁹ **Vatican** 梵蒂冈

²⁰ **inaugurate** v.
开辟, 开创

- D. The Vatican inaugurated the Holy See Vatican Web Site at Easter, 1995.
4. Father Andrew thinks that _____.
 A. generating income via the internet is adventurous to the community
 B. it is risky for the nuns and monks to surf the internet
 C. spending too much time on the internet may lead people to neglect the essential elements in life
 D. it is dangerous to reach out to the larger community and will compromise their prayer lives
5. Which of the following statements can summarize the passage?
 A. The church has embraced the information age by encouraging nuns and monks to join the internet.
 B. Internet helps the nuns and monks to devise their home page to pitch products and service.
 C. Through internet, nuns and monks is leading a leisurely contemplative life.
 D. The church is offered further means for fulfilling her mission with the advent of computer.

Text B

Our Pursuit of Happiness

Author unknown

“Are you happy?” I asked my brother, Ian, one day, “Yes. No. It depends on what you mean,” he said.

“Then tell me,” I said, “when was the last time you think you were happy?”

“April 1967,” he said.

It served me right for putting a serious question to someone who has joked his way through life¹. But Ian’s answer reminded me that when we think about happiness, we usually think of something extraordinary, a pinnacle² of sheer delight — and those pinnacles seem to get rarer the older we get.

For a child, happiness has a magical quality. I remember making hide-outs in newly cut hay, playing cops and robbers in the woods, getting a speaking part in the school play. Of course, kids also experience lows, but their delight at such peaks of pleasure as winning a race or getting a new bike is unreserved.

¹joke one’s way through life 不认真对待生活

²pinnacle *n.* 顶点, 顶峰

In the teen-age years the concept of happiness changes. Suddenly it's conditional on such things as excitement, love, popularity and whether that zit will clear up³ before prom⁴ night. I can still feel the agony of not being invited to a party that almost everyone else was going to. But I also recall the ecstasy⁵ of being plucked from obscurity⁶ at another event to dance with a John Travolta look-alike.

In adulthood the things that bring profound joy — birth, love, marriage — also bring responsibility and the risk of loss. Love may not last, sex isn't always good, loved ones die. For adults, happiness is complicated.

My dictionary defines happy as “lucky” or “fortunate,” but I think a better definition of happiness is “the capacity for enjoyment.” The more we can enjoy what we have, the happier we are. It's easy to overlook the pleasure we get from loving and being loved, the company of friends, the freedom to live where we please, even good health.

I added up my little moments of pleasure yesterday. First there was sheer bliss⁷ when I shut the last lunchbox and had the house to myself. Then I spent an uninterrupted morning writing, which I love. When the kids came home, I enjoyed their noise after the quiet of the day.

Later, peace descended⁸ again, and my husband and I enjoyed another pleasure — intimacy⁹. Sometimes just the knowledge that he wants me can bring me joy.

You never know where happiness will turn up next. When I asked friends what makes them happy, some mentioned seemingly insignificant moments. “I hate shopping,” one friend said. “But there's this clerk who always chats and really cheers me up.”

Another friend loves the telephone. “Every time it rings, I know someone is thinking about me.”

I get a thrill¹⁰ from driving. One day I stopped to let a school bus turn onto a side road. The driver grinned and gave me a thumb-up¹¹ sign. We were two allies in a world of mad motorists. It made me smile.

We all experience moments like these. Too few of us register them as happiness.

Psychologists tell us that to be happy we need a blend of enjoyable leisure time and satisfying work. I doubt that my great-grandmother, who raised 14 children and took in washing, had much of either. She did have a network of close friends and family, and maybe this is what fulfilled her. If she was happy with

³ **clear up** 变好, 结束

⁴ **prom** *n.* (中学或大学)舞会

⁵ **ecstasy** *n.* 欣喜若狂

⁶ **obscurity** *n.* 朦胧, 阴暗

⁷ **sheer bliss** 无上幸福

⁸ **descend** *v.* 下降, 落下

⁹ **intimacy** *n.* 亲密, 密切

¹⁰ **thrill** *n.* 兴奋, 害怕

¹¹ **thumb-up** 翘起拇指(意指“满意, 胜利, 同意”)

¹² **self-conscious**
神经过敏的

¹³ **equate** *v.* 使
……平等, 相等

¹⁴ **perceive** *v.* 察
觉, 发觉

¹⁵ **knack** *n.* 技
巧, 诀窍, 窍门

what she had, perhaps it was because she didn't expect life to be every different.

We, on the other hand, with so many choices and such pressure to succeed in every area, have turned happiness into one more thing we “gotta have”. We're so self-conscious¹² about our “right” to it that it's making us miserable. So we chase it and equate¹³ it with wealth and success, without noticing that the people who have those things aren't necessarily happier.

While happiness may be more complex for us, the solution is the same as ever. Happiness isn't about what happens to us — it's about how we perceive¹⁴ what happens to us. It's the knack¹⁵ of finding a positive for every negative, and viewing a setback as a challenge. It's not wishing for what we don't have, but enjoying what we do possess.



Exercises

I. Directions: For questions 1—7, decide whether the statement is true (T) or false (F).

1. Happiness seems to get rarer with the increasing of our ages. ()
2. For a child, happiness is to feel free to be himself without any conditions. ()
3. Concept of happiness changes for teenagers and it is conditional on such things as wealth, love and popularity. ()
4. Happiness in adulthood means only responsibilities and duties. ()
5. It is easy to overlook the happiness we get from loving and being loved, the company of friends and good health. ()
6. My great-grandmother felt happy because she had a blend of enjoyable leisure time and satisfying work. ()
7. Happiness is not about what happens to us but how we perceive what happens to us, not wishing for what we don't have, but enjoying what we do possess. ()

II. Directions: For questions 8—10, complete the statement with the information given in the text.

8. When happiness comes to our mind, we usually think of something extraordinary, _____ — and those pinnacles look like getting rarer the older we get.
9. We equate happiness with _____, and ignore the people who have those things aren't necessarily happier.

10. Happiness is about _____ what happens to us, which is the technique of viewing a setback as a challenge.

Text C

Rent Sweet Rent

By Gordon M. Grant

A)

Technology is pushing us into an era in which most people will rent their homes, housing will be an asset that gets bought and sold by hedge fund computers executing high-speed trades, and looking for a place to live will be more like searching Airbnb¹ for a two-night stay in Borneo. Cloud computing, the Internet of Things², mobile technology, the sharing economy, micro-entrepreneurship — these trends add up to a giant shift in the way we think about “home.” Pile on economic effects like the student loan debt most young Americans will finish paying about the time they get their first colonoscopies³, and it seems as if fewer and fewer families will buy a home in the coming decades.

B)

The shift to renting is already under way. A new Harvard University study says the number of rental households grew by more than 1 million annually from 2005 to 2013, while U.S. home ownership rates dropped for the ninth continuous year in 2013. Analysts tend to blame that slide on a slow economy, but technology is permanently changing society in ways that will work against home ownership.

C)

Start with mobility, in every nuance⁴ of the word. A big reason to buy a home has always been to create a sense of permanence⁵: planting a flag in the ground that says, This is where I live and work and belong. But technology is gnawing⁶ away those connections. The whole idea of mobile technology is to untie us from places. Mobile gadgets⁷ and cloud computing are also killing the traditional office, making it less important to stay near your work.

D)

At the same time, global networks and platforms like Shapeways and Etsy are giving tiny companies ways to beat giant corporations — an unscaling movement

¹**Airbnb AirBed and Breakfas** 的缩写,中文名:空中食宿。空中食宿是一家联系旅游人士和家有空房出租的房主的服务型网站,它可以为用户提供各式各样的住宿信息。

²**The Internet of Things** 物联网

³**colonoscopy** *n.* 结肠镜检查

⁴**nuance** *n.* 细微差别

⁵**permanence** *n.* 持久;永久

⁶**gnaw** *vt.* 咬;折磨;侵蚀

⁷**gadget** *n.* 小玩意;小器具;小配件

that means more people will work for themselves in businesses based online. Those people can live anywhere and won't need or want to set down roots. Friends are on Facebook, colleagues are on LinkedIn, family members are on Whats App. Physical communities matter, but virtual communities keep us connected wherever we go. Leaving a place doesn't mean leaving all of your community behind. This makes permanence less vital.

E)

We used to buy homes as a lock-down-safe investment. The bursting housing bubble trashed that myth. Houses, it turns out, can be a ruinous investment for individuals. We buy homes for emotional reasons: to have a place of our own. Cue the American dream; home sweet home; our house is a very very very fine house... and all that. But now technology is creating this thing we're calling the sharing economy, which promises to short-circuit home ownership's emotional equation.

F)

In the sharing economy, individuals are discovering, for instance, that it can be cheaper and more flexible to rent other people's cars on RelayRides instead of buying a car. You can rent a prom dress from someone's closet across town, or rent a bike from a program like Citi Bike. Much the way corporations a couple of decades ago found it was often better to lease assets instead of owning them, a younger generation is exploring a new relationship with ownership.

G)

And that relationship will no doubt extend to homes. Airbnb is already nudging⁸ us in that direction. It's getting hundreds of thousands of people to think of their homes as a place to share, not as a private fortress. This detaches⁹ the emotional desire to own from the practical aspect of usage. Dr. Lizardo in the Buckaroo Bonzai movie was existentially¹⁰ right: "Home is where you wear your hat." And that's going to be about the extent of it.

H)

So if everybody is going to rent, who's going to own these places people rent? This is where data comes into play. Homes are becoming data. Internet real estate sites like Zillow, Trulia and Redfin already crunch mountains of data about home sales and appraisals and combine it with census information, maps, school data and anything else they can get their hands on. They write programs to come up with valuations of every single dwelling. Zillow has said it has a squad¹¹ of Ph.D.s tweaking valuation algorithms¹². "We are investing heavily in making it better," Zillow chief economist Stan Humphries told Mashable.

⁸ **nudge** *vt.* 推进;用肘轻推

⁹ **detach** *vt.* 分离;派遣

¹⁰ **existentially** *adv.* 存在主义地

¹¹ **squad** *n.* 小队,班,小组

¹² **algorithm** *n.* 算法

I)

But that's only the beginning. We're starting to put sensor-laden, data-generating connected devices into our homes. Gadgets like the Nest thermostat will be followed by connected vacuum robots that throw off data about floor plans and furniture arrangements. We'll install connected refrigerators and connected toilets. Your connected car will send back data about your commute times and traffic. In time, there will be so much data about every house, a high-speed computer trading system will be able to "know" a house in a split second, the way a real estate agent in the past could know a house only by visiting it. As housing becomes more intensely data-fied, buying and selling houses can become automated.

J)

In that scenario, "real estate turns into just another asset class," like stocks or commodities, Rich Marin, a veteran financier who also happens to be building a giant Ferris wheel on Staten Island in New York, told Newsweek. "You can get to high-volume buying." In that scenario, investors own homes where other people live, much as investors today own corporations where other people work. And those investors will undoubtedly take lessons from Airbnb, a platform that makes the process of finding a short term rental far superior to any way people today find rentals to live in. The future housing market should look a lot like Airbnb.

K)

As Marin points out, "Changes in real estate law will be needed" for these things to happen, and "there will be a lot of foot-dragging in real estate industries." But the trends toward mobility and data will only speed up. The future of humanity has to involve owning less and using assets more effectively — the credo¹³ of the sharing economy. Home will become less a physical place and more of a state of mind.

¹³ **credo** *n.* 信条, 教义



Exercises

Directions: For statements 1—10, each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter at the end of each statement.

1. Airbnb is getting people regard their home as a place to share, which detaches

- the emotional desire to own. ()
2. Sharing economy created by technology is to cut the home owner's traditional emotional equation. ()
3. Sharing economy believes that the future of our life has to involve owning less and using assets more effectively. ()
4. It can be cheaper and more flexible to rent instead of owning in the sharing economy. ()
5. Nowadays in U.S. buying home is not a safe investment for individuals. ()
6. In U.S., home ownership is getting down due to the development of technology. ()
7. Virtual communities free our working and living from the physical communities. ()
8. Modern technology has changed our concept of home nowadays. ()
9. In the past, the real estate agents had to visit a house if they wanted to know the information about it. ()
10. Mobile technology is reducing the reliance on the traditional office. ()