

# 大学英语主题阅读

## ——时文篇 1

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## 内 容 简 介

“大学英语主题阅读”是一套为大学英语学习者打造的系列教材,包括文化篇1、文化篇2、时文篇1、时文篇2四册,旨在为学生提供全面且深入的阅读体验。

时文篇聚焦于精神文化和时代风貌,以国家发展和个人发展为主题。国家发展主题涵盖时事政治、社会主义先进文化(如文化自信、跨文化交际、人类命运共同体等)、国计民生(如教育、就业、经济、科技创新、医药、食品安全)、时代精神(如中国梦、英雄精神、大爱等);个人发展主题涵盖成长、独立、合作等。本书旨在通过阅读多样化的材料,引导学生深刻思考如何在当代社会实现个人发展、践行社会责任。

本系列教材融入了超语实践的教学理念,通过整合和调动学习者已有的语言资源,适当运用超语实践策略可帮助学习者提高在中英双语环境下的理解、学习和交流能力。本系列教材以丰富的内容为学习材料,巧妙设计习题,从而提高学生的阅读能力和语言表达水平。本系列教材不仅是一套英语学习教材,更是一次文化之旅和时代之瞭望。

“大学英语主题阅读”系列教材适用于英语专业学生和对英语文化、时事感兴趣的英语学习者。

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# 前言

## P r e f a c e

“大学英语主题阅读”系列丛书的编写旨在为学生提供有效的学习资源，帮助学生在大学英语学习过程中培养阅读兴趣，提升思辨能力，促进人文素养的全面发展。通过系统的阅读训练，引导学生深入理解阅读英语文章的方法，培养他们对中国文化的兴趣，以及对跨文化交流的敏感性。

本书编写经历了精心策划、悉心筹备、潜心编写和认真校对的过程。本书从《中国日报》、人民网、四六级真题等权威来源中收集了丰富的阅读材料，以确保学生所学知识的实用性和获取信息的可信度。在编写过程中，编者全方位、多角度围绕不同的阅读主题和知识要点设计了有趣又实用的习题，以帮助学生深入理解文章。

本套丛书的主要特点在于编者引入了超语实践的教学理念，通过整合和调动学习者已有的语言资源，适当运用超语实践策略可帮助学习者提高在中英双语环境下的理解、学习和交流的能力。书中帮助学生合理地使用超语实践策略，引导学生在适当的时机进行语言的转换和对比，创建对语言交流者，尤其是语言基础不佳的交流者更友好的学习和参与氛围；拓展学习者思维的深度和广度，从而达到提升语言表达自信、形成整体语言能力的教学目标。

汪新颖担任“大学英语主题阅读”系列教材总主编，负责总体方案策划并组织实施编写；肖巍担任本书主编并负责统稿；王晓鹏和韩玫为本书副主编；林瑞森参与了本书编写；陈信茹负责本书的校对及音频制作工作。

本套丛书的读者对象主要是大学英语学习者，本套丛书同样适用于对英语阅读、中国文化和时事政治感兴趣的广泛人群。希望读者选用本套丛书

不只是以考试过级为目的,而是更加注重培养独立思考的能力,深刻感悟文章背后的文化内涵,感受语言文字和中国文化的独特魅力。

感谢所有为本书的编写和完成做出贡献的人,正是你们的辛勤努力为本书的完成提供了坚实的支持。由于编者水平所限,书中难免存在不足和疏漏之处,敬请使用者批评、指正。愿本书能助力英语学习者的语言学习,并为英语学习者开启了解中国文化和弘扬时代精神的新征程。

编者  
2025年1月

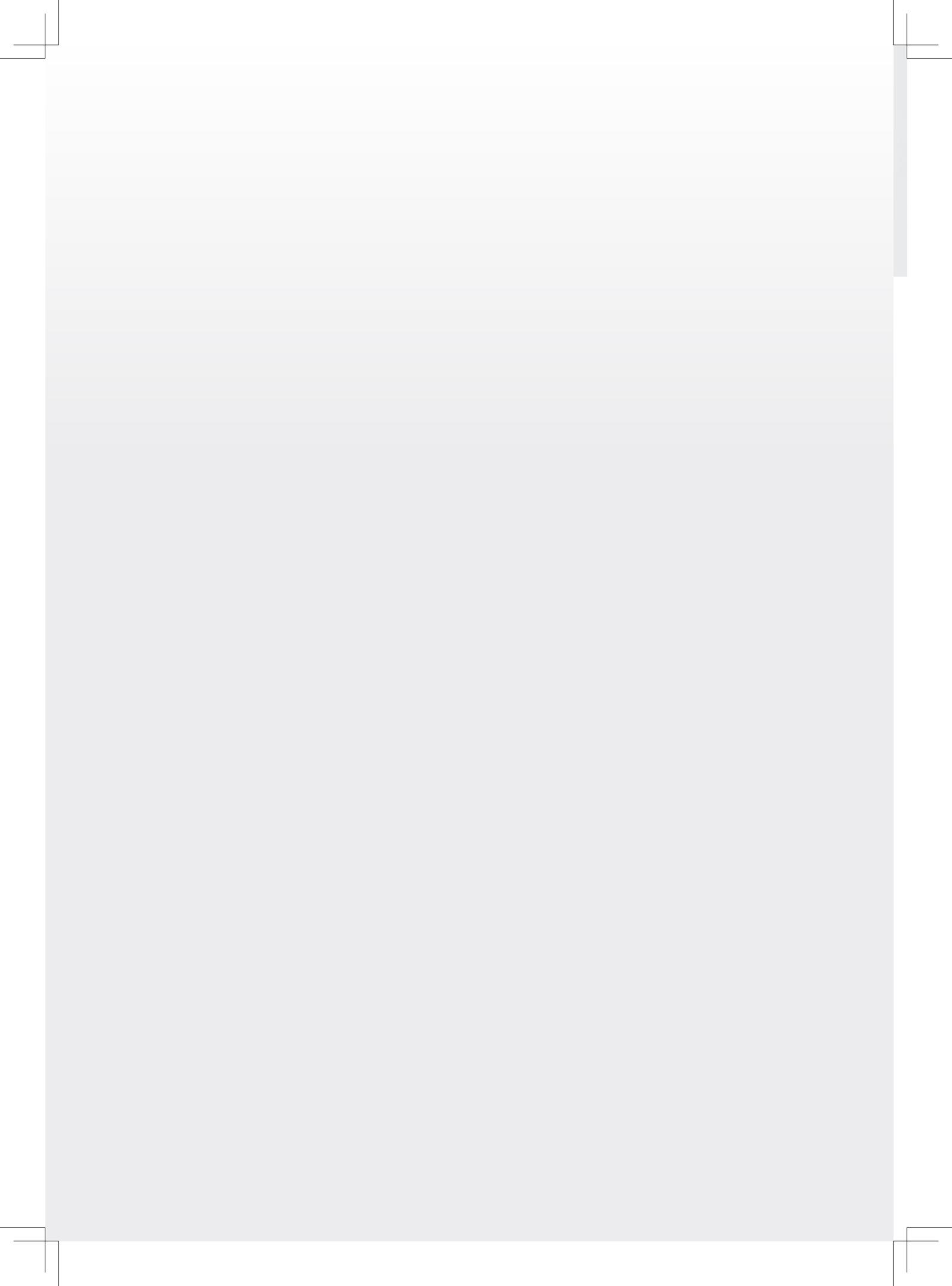


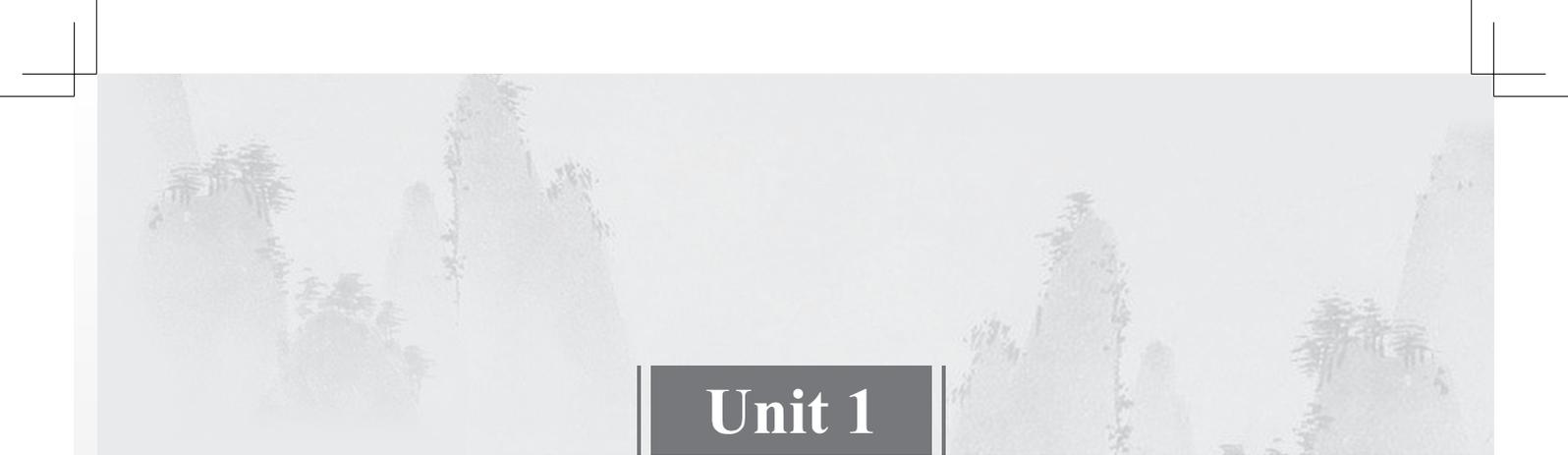
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## Unit 1

# Dream

*The future belongs to those who believe in the beauty of their dreams.*  
—Eleanor Roosevelt

### Section One Focus-based Reading

#### **The Chinese Dream will benefit not only the people of China, but also of other countries**

The Chinese nation has emerged resilient (强韧的) from trials and tribulations, and it never gave up the pursuit of its beautiful dreams. Realizing the Chinese Dream of the rejuvenation of the Chinese nation has been a long-cherished wish of the Chinese people since the advent of modern times.

In this new historical period, the essence of the Chinese Dream is to make our country prosperous and strong, revitalize (复兴) the nation and make the people live better lives. Our objectives are to double the 2010 GDP and per capita income of urban and rural residents, and complete the building of a moderately prosperous society in all respects by 2020. By mid-century, we aim to build China into a modern socialist country that is prosperous, strong, democratic, culturally advanced and harmonious, and realize the Chinese Dream of the great renewal of the Chinese nation.

To realize the Chinese Dream, we must adhere to the path of socialism with Chinese characteristics. We have followed this path for over 30 years, and history has shown us that this is the correct path that suits China's national conditions, a path that makes the people wealthy and the country strong. We will firmly continue along this path.

To realize the Chinese Dream, we must carry forward the Chinese spirit. We need to use the national spirit of patriotism and spirit of the times centered on reform and innovation to bring

forth the vigor and vitality of the whole nation.

To realize the Chinese Dream, we must build up cohesive strength. Empty talk harms the country, while hard work makes it flourish. We need to use the wisdom and strength of our country's 1.3 billion people to build a strong China and a prosperous nation with the constant efforts of the Chinese people for generations to come.

To realize the Chinese Dream, we must pursue peaceful development. We will always follow the path of peaceful development and pursue an opening-up strategy that brings mutual benefits. We will concentrate both on China's development and on our responsibilities and contributions to the world as a whole. We will bring benefits to both the Chinese people and the people of the rest of the world. The realization of the Chinese Dream will bring the world peace, not turmoil (混乱), opportunities, not threats.

Although there is a vast ocean between China and Latin America, we are connected heart and soul. We are bound together not only by profound traditional friendship and close interests, but also by our common pursuit of beautiful dreams.

In recent years, Latin American and Caribbean countries have made steady progress in achieving common development through joint efforts. The establishment of the Community of Latin American and Caribbean States fully testifies to the vigorous efforts made by Latin America and the countries of the Caribbean to realize the dream of unity, coordination and common development championed by the pioneers of the Latin American and Caribbean independence movements.

China is ready to work with Latin American and Caribbean countries hand in hand, supporting one another and cooperating sincerely on the path to realizing the great dream of development and prosperity.

来源: Xi Jinping: The Governance of China I [M]. Beijing: Foreign Languages Press, 2018: 61-62.

## I. Vocabulary

**Directions:** Deepen your understanding of vocabulary below by taking notes on the lines in the box using familiar languages or symbols.

pursuit	prosperous	urban	rural	resident
_____	_____	_____	_____	_____
advance	characteristic	innovation	flourish	billion
_____	_____	_____	_____	_____
mutual	achieve	joint	coordination	pioneer
_____	_____	_____	_____	_____

**Directions:** Fill in the blanks with the words from the box above. Change the form where necessary. There are five extra choices you do not need to use.

1. The \_\_\_\_\_ of his neighborhood let off (引爆) fireworks to celebrate the revolution.
2. After he became a celebrity, the \_\_\_\_\_ of money ruled his life.
3. We provide a happy environment in which children can grow and \_\_\_\_\_.
4. The need to communicate is a key \_\_\_\_\_ of human society.
5. Confucius was a(n) \_\_\_\_\_ in the field of education.
6. The insurance industry will pay out \_\_\_\_\_ of dollars for damage caused by Hurricane Katrina.
7. It is a tremendous \_\_\_\_\_ effort to protect the range of marine habitat.
8. Teamwork is required in order to \_\_\_\_\_ their goals.
9. The ski school coaches beginners, intermediates, and \_\_\_\_\_ skiers.
10. \_\_\_\_\_ understanding is the key to bridging the generation gap.

## II. Translation

**Directions:** Translate the following sentences into Chinese.

1. Realizing the Chinese Dream of the rejuvenation of the Chinese nation has been a long-cherished wish of the Chinese people since the advent of modern times.

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2. In this new historical period, the essence of the Chinese Dream is to make our country prosperous and strong, revitalize the nation and make the people live better lives.

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3. To realize the Chinese Dream, we must adhere to the path of socialism with Chinese characteristics.

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4. We need to use the national spirit of patriotism and spirit of the times centered on reform and innovation to bring forth the vigor and vitality of the whole nation.

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5. We are bound together not only by profound traditional friendship and close interests, but also by our common pursuit of beautiful dreams.

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### III. Critical Thinking

**Directions:** *Think and discuss the following questions with your partner. If necessary, other languages or nonverbal codes such as body language can be used to complement your expression.*

1. What is the Chinese Dream? What should we do to realize the Chinese Dream?
2. What's your dream?

#### Relevant Words & Expressions

trials and tribulations 磨难

the Chinese Dream 中国梦

rejuvenation 复兴

GDP 国内生产总值

per capita income 人均收入

patriotism 爱国主义

vitality 活力

the path of socialism with Chinese characteristics 中国特色社会主义道路

## Section Two Practice-based Reading

### Passage A

#### The story behind the Brooklyn bridge

In 1869, a creative engineer named John Roebling was inspired by an idea to build a spectacular bridge connecting New York with the Long Island. However, bridge-building experts throughout the world thought that this was an impossible feat and told Roebling to forget the idea. It was not practical. It had never been done before.

Roebling could not ignore the vision he had in his mind of his bridge. He thought about it all the time and he knew deep in his heart that it could be done. He just had to share the dream with someone else. After much discussion and persuasion, he managed to convince his son, Washington, an up-and-coming engineer, that the bridge, in fact, could be built.

Working together for the first time, the father and the son developed concepts of how it could be accomplished and how the obstacles could be overcome. With great excitement and inspiration, and the headiness of a wild challenge before them, they hired their crew and began to build their dream bridge. The project started well, but when it was only a few months underway, a tragic accident on the site took the life of John Roebling. Washington was injured and left with

a certain amount of brain damage, which resulted in him not being able to walk, talk, or even move.

“We told them so.”

“Crazy men and their crazy dreams.”

“It’s foolish to chase wild visions.”

Everyone had a negative comment to make and felt that the project should be scrapped since Roebling was the only one who knew how the bridge could be built. In spite of his handicap, Washington was never discouraged and still had a burning desire to complete the bridge, his mind as sharp as ever.

He tried to inspire and pass on his enthusiasm to some of his friends, but they were too daunted by the task. As he lay on his bed in hospital, with the sunlight streaming through the windows, a gentle breeze blew the white curtains apart and he was able to see the sky and the tops of the trees outside for just a moment.

It seemed that there was a message for him not to give up. Suddenly an idea hit him. All he could do was to move one finger and he decided to make the best use of it. By moving this finger, he slowly developed a code of communication with his wife.

He touched his wife’s arm with that finger, indicating to her that he wanted her to call the engineers again. Then he used the same method of tapping her arm to tell the engineers what to do. It seemed foolish but the project was underway again.

For 13 years, Washington tapped out his instructions with his finger on his wife’s arm, until the bridge was finally completed. Today the spectacular Brooklyn Bridge stands in all its glory as a tribute to the triumph of one man’s indomitable spirit and his determination not to be defeated by circumstances. It is also a tribute to the engineers and their team work, and to their faith in a man who was considered mad by half the world. It stands too as a tangible monument to the love and devotion of his wife who for 13 long years patiently decoded the messages of her husband and told the engineers what to do.

Perhaps this is one of the best examples of a never-say-die attitude that overcomes a terrible physical handicap and achieves an impossible goal.

Often when we face obstacles in our day-to-day life, our hurdles seem very small in comparison to what many others have to face. The Brooklyn Bridge shows us that dreams that seem impossible can be realized with determination and persistence, no matter what the odds are.

来源: 5分钟英文领读——小故事大道理精选(英汉对照)[M]. 宋颖, 译. 北京: 中国宇航出版社, 2022: 83-85.

## I. Vocabulary

**Directions:** *Deepen your understanding of vocabulary by taking notes on the lines in the box using familiar languages or symbols.*

creative	inspire	obstacle	chase	handicap
_____	_____	_____	_____	_____
indicate	triumph	circumstance	devotion	persistence
_____	_____	_____	_____	_____

**Directions:** Fill in the blanks with the words from the box above. Change the form where necessary.

- We must promote originality, \_\_\_\_\_ creativity and encourage innovation.
- These road markings \_\_\_\_\_ where you can stop.
- In every moment and every \_\_\_\_\_, you can choose to have fuller, richer life by setting a clear intention.
- The teacher's selfless \_\_\_\_\_ to the cause of education is well-known, and all her students respect and love her.
- His \_\_\_\_\_ was finally rewarded when the insurance company agreed to pay for the damage.
- As a writer, he seemed to lack \_\_\_\_\_ spark.
- Most competition cars will only roll over if they hit \_\_\_\_\_.
- Many young people, most of whom were well-educated, headed for remote regions to \_\_\_\_\_ their dreams.
- The winning team returned home in \_\_\_\_\_.
- He lost his leg when he was ten, but learned to overcome his \_\_\_\_\_.

## II. Reading Comprehension

**Directions:** Read the following statements and then decide whether each of them is true (T) or false (F) based on the information in the text.

- Bridge-building experts around the world supported Roebling in his idea to build a spectacular bridge connecting New York with the Long Island. ( )
- Roebling shared his dream of building the Bridge with his son, Washington, also an engineer, and they came up with ideas on how to realize the dream and how to overcome the obstacles. ( )
- After a tragic accident, Washington became disheartened and lost his strong desire to complete the bridge. ( )
- For 13 years, Washington wrote his instructions with his hand on his wife's arm, until the bridge was finally completed. ( )
- The story is one of the best examples of overcoming a terrible physical handicap with a never-say-die attitude to achieve what seems impossible. ( )

**III. Translation**

**Directions:** Study the vocabulary and expressions in bold, and try to translate the following sentences into English with the words and phrases in the brackets.

1. After much discussion and persuasion, he managed to **convince** his son, Washington, an up-and-coming engineer, that the bridge, in fact, could be built.

*convince: to persuade sb. to do sth.*

我一直劝他去看病。(convince)

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2. **In spite of** his handicap, Washington was never discouraged and still had a burning desire to complete the bridge, his mind as sharp as ever.

*in spite of: despite*

尽管事情发生了,他从未丧失活下去的意志。(in spite of)

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3. Often when we face obstacles in our day-to-day life, our hurdles seem very small **in comparison to** what many others have to face.

*in comparison (to sb./sth.): when compared with sb./sth.*

和他的绘画相比,他的文章更容易被接受。(in comparison to)

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4. All he could do was to move one finger and he decided to **make** the best **use of** it.

*make use of: to use sth./sb., especially in order to get an advantage*

我们可以更好地利用我们的资源。(make use of, resource)

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5. For 13 years, Washington tapped out his instructions with his finger on his wife's arm, **until** the bridge was finally completed.

*until: up to the point in time or the event mentioned*

让我们等他直到雨停下来。(until)

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Passage B

### Five reasons why dreamers can be leaders

- A) Shockingly, the dreamer is the least known and understood personality of an entrepreneur or a leader. The world perhaps would not have witnessed the birth of the personal computer if it wasn't for Bill Gate's dreams. We would not see spectacular songs like "Imagine" and "Yes! I'm your angel" if John Lennon didn't dream of becoming a musician. These men dreamed and they dreamed BIG! It's for the whole world to see.
- B) You can have dreams but then what good are they if they can't be turned into reality? Surely, dreams must have more significance than just a part of your subconscious mind. Right? There is no denying that motivation is an inevitable part of leadership. Motivation can stem only if you have a goal and a goal exists when you want something, dream of something. So what is it that separates leaders from dreamers? The following should answer the question.

» **Clarity of vision**

- C) A man who tries to ride 2 horses always falls. It will be clearer if you learn the next reality: 10% of the success of a business depends on its products. 90% of it depends on the strategy which you apply for getting it to the market. This can sustain only if there is a dream. The only way one can realize his or her dream is that there is a complete clarity of what is desired. If your vision of what you wish to achieve is blurred, you might never be able to realize your dream. A leader has to visualize a dream for touching the pinnacle (高峰) of success. Let's take the example of Steve Jobs. Steve took years to achieve what he wanted just because he had a clear vision of where he wanted to get. Apple Inc. would have never seen the light of the day if it wasn't for his vision.

» **Radical thinking**

- D) One with dreams is the closest to himself or herself. His approach is very radical, pertaining to the roots. Since he understands his dream closely, he can connect with the majority. He can show the world a different way of thinking altogether by bringing new perspectives to life. Once he gets through to the people, he automatically becomes a leader. A man by the name of Mahatma Gandhi, who wore a single piece of cloth, sets an example for leaders all over the world just by his words and non-violent practices. Who could have thought that this man would free a nation just by bringing people together to fight without the use of violence or weapons? For that matter, even Hitler wouldn't have succeeded to become one of the most notorious dictators in the world if it wasn't for his radical thinking.

» **Burning desire**

- E) "Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating (脉动的) desire which transcends everything."

—Napoleon Hill

F) There is a fine line between dreamers and achievers: Desire. A dreamer has the advantage of an intense passion which can only grow for fulfilling what he wants. That desire itself makes him successful and keeps him alive as far as achieving his goals is concerned. It has the ability to motivate and inspire people as the burning passion can be seen in one's eyes, leave alone work. Chris Gardner, the self-made millionaire and entrepreneur, fits perfectly as an example. The owner of Gardner Rich & Co. made it from the streets just because he had a passion for learning and the dream of living it big.

» **Reservoir of confidence and strength**

G) A man's dream is often so magical that it gives him immense confidence and strength which works not only for him but also for people around him. When you know where you want to get and what you want to get, you will make the finest of decisions and would be willing to take risks in situations. Where people would not even dare to think about, your attitude towards your dream would always be positive. Can you recall the "I have a dream" speech by Martin Luther King Jr. where he spoke of his desire to unite the blacks and whites? He had a dream and he lived it against all odds. Just one man stood against millions to show them a better and a peaceful world. He gained the confidence and strength to do so just because of that one dream.

» **Pouring the heart**

H) Last but not least, one of the most important reasons why dreamers can become leaders is to pour the heart into it. One's dream lies where his or her heart is. Dreams emerge not just in the brain but in the heart as well. The willingness to do a job is more when you do it from your heart. The dreams have the power to drive you to success because your heart would be with it. A dreamer learns from his or her mistakes and is persistent just because he or she wants to achieve that dream. The energy levels automatically shoot up. Ray Kroc, the owner of McDonald's was turned down eight times before he applied for a loan to start the chain.

I) The reasons stated above should be a good start for non-dreamers to start dreaming. By that I do not mean day-dreaming but something closer to your heart. It's amazing how one dream can change someone's life. A dreamer may not be a leader but a leader definitely is a dreamer. So, what are you waiting for? Start dreaming and make it happen. Please feel free to comment and suggest your ideas.

来源: <https://www.dumblittleman.com/5-reasons-why-dreamers-can-be-leaders/>.

## I. Reading Comprehension

**Directions:** Now you are going to read ten statements. Each statement contains information given in one of the paragraphs in Passage B above. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

1. Surprisingly, the dreamer is the most unknown and poorly understood personality among entrepreneurs or leaders. ( )
2. The unique way one can realize his or her dream is to be completely clear about what you want. ( )
3. Mahatma Gandhi sets an example for leaders all over the world just by his words and non-violent practices. ( )
4. Martin Luther King Jr. once made a speech entitled “I have a dream” in which he spoke of his desire to unite the blacks and whites. ( )
5. There is no denying that motivation is an essential part of leadership. ( )
6. A dreamer’s advantage is to have a strong passion that only grows as he or she realizes his or her dream. ( )
7. 90% of the success of a business depends on the strategy which you apply for getting it to the market, while only 10% of it depends on its products. ( )
8. McDonald’s owner Ray Kroc was rejected eight times before he applied for a loan to start the chain restaurants. ( )
9. The world has witnessed the birth of the personal computer because of Bill Gate’s dreams. ( )
10. A person’s dream is often so magical that it gives him or her infinite confidence and strength, which is useful not only for himself or herself, but also for those around him or her. ( )

## II. Vocabulary in Context

**Directions:** From the three choices marked A, B and C, choose the one that has the best meaning for each italicized word in the sentence.

1. Surely, dreams must have more *significance* than just a part of your subconscious mind. ( )  
A. importance                      B. satisfaction                      C. signal
2. So what is it that *separates* leaders from dreamers? ( )  
A. divides                              B. distinguishes                      C. stops
3. If your vision of what you wish to achieve is *blurred*, you might never be able to realize your dream. ( )  
A. clear                                B. unclear                              C. great
4. A dreamer learns from his or her mistakes and is persistent just because he or she wants to achieve that dream. The energy levels automatically *shoot up*. ( )  
A. rise up                              B. sets                                C. fires
5. Ray Kroc, the owner of McDonald’s, was *turned down* eight times before he applied for a loan to start the chain. ( )  
A. off                                    B. fallen                                C. refused

**III. Translation**

**Directions:** *Translate the following sentences into Chinese.*

1. The world perhaps would not have witnessed the birth of the personal computer if it wasn't for Bill Gate's dreams.

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2. There is no denying that motivation is an inevitable part of leadership.

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3. The only way one can realize his or her dream is that there is a complete clarity of what is desired.

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4. Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.

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5. A man's dream is often so magical that it gives him immense confidence and strength which works not only for him but also for people around him.

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**Passage C****Will-inspired life**

- A) Imagine being told as a child you may never be able to walk again and that you may have to spend the rest of your life as an amputee (被截肢者). Imagine going from there to winning a medal at the Olympic Games! Such is the true story about athlete Glenn Cunningham, who was horribly burned in a schoolhouse fire.
- B) The little country schoolhouse in Kansas where Glenn Cunningham and his brother attended school was heated by an old-fashioned, pot-bellied coal stove. As a young boy Cunningham and his younger brother, Floyd, had the job of coming to school early each day to start the fire and warm the room before his teacher and his classmates arrived.

- C) He was just eight years old when Glenn Cunningham saw his world come crashing down. Disaster struck one day when someone accidentally poured gasoline in the kerosene container. When the two brothers went to heat the coal stove, an explosion took place. The boys tried unsuccessfully to stifle (扑灭) the flames.
- D) Cunningham later wrote, “Dimly I heard Floyd scream, ‘I am on fire’. (Glenn’s sibling Floyd died nine days later as a result of that horrible incident) I tried to open my eyes to see what was happening. I couldn’t. Nothing but black-red, stabbing pain raced down the throbbing (抽动) corridors of my mind. Suddenly I realized it. I’m burning too!”
- E) Rescuers dragged young Glenn from the flaming building more dead than alive. He had major burns over the lower half of his body. He was taken to a nearby county hospital. Doctors suggested amputation because the burns were severe and spread of infection was feared.
- F) From his bed, the dreadfully burned, semi-conscious little boy could faintly hear the doctor talking to his mother. The doctor told his mother that her son was not expected to live—which was probably for the best. The terrible fire and resulting burns had devastated the lower half of his body.
- G) This brave young boy didn’t want to die. He made up his mind that he would survive. Somehow, to the amazement of the physician, he did survive. When the mortal danger was past, the young boy again heard the doctor and his mother speaking quietly. The mother was told that since the fire had destroyed so much flesh in the lower part of his body, it would almost be better if he had died. The doctor felt the young boy was doomed to live as a cripple, with absolutely no use of his lower limbs.
- H) Once more the brave boy made up his mind...“He would not be a cripple! He would walk!” Yet, unfortunately from the waist down, he had no motor ability. His thin legs just dangled (悬挂) there, all but lifeless. Ultimately, he was released from the hospital. Each and every day his mother massaged his little legs; but there was no feeling. No control, nothing. Yet the boy’s determination that he would walk was as strong as ever.
- I) After his legs healed, Glenn started to work on walking. His first hurdle was standing, then moving. He would stand up holding onto a kitchen chair, pushing it slowly before him. He called that “walking” and practiced until he was too tired to continue. When he wasn’t in bed, he was in a wheelchair. One sunny day his mother wheeled him out into the yard to get some fresh air. This day, instead of sitting there, he threw himself from the chair. He pulled himself across the grass, dragging his legs behind him. His legs were twisted (扭曲的) and he seemed to walk “crooked (歪歪扭扭的)”. He dragged himself along the fence, and resolved that he would walk! He did this every day, until he finally wore a smooth path all around the yard beside the fence.
- J) Ultimately, through his daily massages, iron persistence and resolute determination, he developed the ability to stand up. He then learned to walk haltingly, and eventually then to walk by himself...and then...to run!
- K) Cunningham regained his strength by running. By the time he was twelve, he had beaten

all the local high school runners. His legs remained deeply scarred, however. Throughout his life, he would have to massage them and spend time doing long warm-up exercises in order to maintain circulation (循环). In addition, his injuries meant that he could never run smoothly or efficiently; he compensated with endurance and strength.

- L) Later still, this young man, who was not expected to survive, who would surely never walk again, and who could never hope to run...this determined young man, Dr. Glenn Cunningham...ran the world's fastest mile in Madison Square Garden! He was considered the greatest American miler of all time. He received the James E. Sullivan Award as the top amateur athlete in the United States in 1933.
- M) He became known as the Iron Man of Kansas. He represented the USA at two Olympics. Cunningham was at his peak by the time he made his second Olympic appearance at Berlin in 1936. He set a new USA record at the event by clocking 3:48.4 but fell short of New Zealand's Jack Lovelock, who stood at the top of the podium (领奖台). Nearly two weeks later, after his biggest performance on the world stage, the young man created an 800m world record of 1:49.7 that was untouched for three years! It is interesting to speculate (推测) on how great he might have been if he had never been injured! Another world record in indoor mile run was set by Cunningham in 1938 after he clocked 4:04.4. During that time, Cunningham earned twelve of the fastest thirty-one track records to his name. During this time he was completing his PhD degree in biology, health, and physical education. His love for the sport didn't waver even after he retired in 1940.
- N) Cunningham taught physical education at Cornell University before joining the US Navy in 1944. Eventually he became a doctor, married and raised a family of ten children. He and his wife created a home that helped thousands of boys with dashed dreams reach them. For years he was a motivational speaker.
- O) When people asked him about his burns, he said, "My mother and father had always brought us up to never complain. I was asked to do a lot of speeches through the years, and I often talked about overcoming challenges, but I just always figured that I needed to do my best and never quit. Complaining about something, I had no control over would have diminished what I was trying to do. I just wanted to let my running speak for itself." Cunningham died on March 10, 1988, at the age of 78.

来源: 5分钟英文领读——小故事大道理精选[M]. 宋颖, 译. 北京: 中国宇航出版社, 2022: 170-172.

## I. Reading Comprehension

**Directions:** Now you are going to read ten statements. Each statement contains information given in one of the paragraphs in Passage C above. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

1. Young Glenn was dying when rescuers dragged him from the burning building. ( )
2. When the explosion occurred, the boys tried vainly to extinguish the flames. ( )
3. The doctor told Cunningham's mother that he was not expected to live. ( )
4. Cunningham heard the doctor told his mother quietly that he was destined to be a cripple. ( )
5. By massaging his injured legs and taking the time to do long warm-up exercises, he regained his ability to run with endurance and strength. ( )
6. Through daily massage, iron willpower and determination, he built up the power to get up on his feet. ( )
7. Cunningham once joined the US Navy in the mid-1940s. ( )
8. Cunningham made his second Olympic appearance at Berlin and created an 800m world record in 1936. ( )
9. Cunningham figured out that complaining would only drain his energy to accomplish important tasks. ( )
10. During his athletics career, Cunningham completed his PhD in biology, health and physical education. ( )

## II. Vocabulary in Context

**Directions:** From the three choices marked A, B and C, choose the one that has the best meaning for each italicized word in the sentence.

1. He was just eight years old when Glenn Cunningham saw his world come *crashing down*. ( )  
 A. collapsing                      B. turning down                      C. settling down
2. He made up his mind that he would survive. Somehow, to the amazement of the *physician*, he did survive. ( )  
 A. dentist                              B. physicist                              C. doctor
3. He received the James E. Sullivan Award as the top *amateur* athlete in the United States in 1933. ( )  
 A. professional                      B. non-professional                      C. track and field
4. His love for the sport didn't *waver* even after he retired in 1940. ( )  
 A. fulfill                              B. decide                              C. become unsteady
5. He and his wife create a home that helped thousands of boys with *dashed* dreams reach them. ( )  
 A. bright                              B. broken                              C. minor

## III. Translation

**Directions:** Translate the following paragraph into Chinese.

My mother and father had always brought us up to never complain. I was asked to do a lot of speeches through the years, and I often talked about overcoming challenges, but I just always figured that I needed to do my best and never quit. Complaining about something I had no control over would have diminished what I was trying to do. I just wanted to let my running speak for itself.

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### Key Words & Phrases

pursuit	<i>n.</i>	追求	convince	<i>v.</i>	说服, 劝服
prosperous	<i>adj.</i>	繁荣的	accomplish	<i>v.</i>	完成; 成就
urban	<i>adj.</i>	城市的	obstacle	<i>n.</i>	障碍物
rural	<i>adj.</i>	乡村的	chase	<i>v.</i>	追赶, 追逐
resident	<i>n.</i>	居民	handicap	<i>n.</i>	残疾; 障碍
advance	<i>n.</i>	进步		<i>v.</i>	妨碍
	<i>v.</i>	前进	indicate	<i>v.</i>	示意, 指示
characteristic	<i>n.</i>	特征, 特色	triumph	<i>n.</i>	巨大成功
	<i>adj.</i>	有特色的	determination	<i>n.</i>	决心
innovation	<i>n.</i>	创新	circumstance	<i>n.</i>	情况; 境况
flourish	<i>v.</i>	繁荣, 兴旺	tangible	<i>adj.</i>	真实的; 可触摸的
billion	<i>n.</i>	十亿	devotion	<i>n.</i>	奉献
mutual	<i>adj.</i>	双方的	hurdle	<i>n.</i>	障碍
achieve	<i>v.</i>	实现, 成就		<i>v.</i>	克服(障碍或困难)
joint	<i>adj.</i>	共同的	persistence	<i>n.</i>	坚持
coordination	<i>n.</i>	协调, 协作	entrepreneur	<i>n.</i>	企业家
pioneer	<i>n.</i>	先驱	significance	<i>n.</i>	重要性, 意义
	<i>v.</i>	开拓	motivation	<i>n.</i>	动机
creative	<i>adj.</i>	有创造力的	clarity	<i>n.</i>	清晰度
inspire	<i>v.</i>	激发(想法)	blurred	<i>adj.</i>	模糊的
spectacular	<i>adj.</i>	壮观的	transcend	<i>v.</i>	超越

immense	adj.	巨大的			
crash	n.	撞车事故	waver	v.	动摇
	v.	坠毁	dash	v.	冲刺
semi-conscious	adj.	半昏迷的	diminish	v.	减少
physician	n.	内科医生	bring forth		产生
resolute	adj.	果断的	in spite of		尽管
compensate	v.	补偿	in comparison to		与……相比
endurance	n.	耐力	make use of		利用
amateur	n.	业余爱好者	shoot up		猛增, 迅速上升



Unit 1 重点单词短语音频