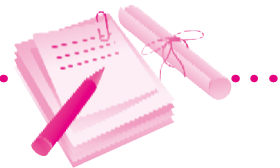


Unit 1

Business (I)

美国主要报纸简介



美国是世界上新闻事业最发达的国家之一，报纸种类齐全、数量繁多。现有各类报纸 11,000 种，其中日报 1,600 多家，包括晨报、下午报、晚报等，总发行量为 6,200 万份。此外，还有 8,000 多家周报 (weekly) 和半周报 (semi-weekly)，发行量都超出 5,000 万份。其他形形色色的街头小报更是无法计数。下面简要介绍美国一些主要的报纸。



1

The New York Times 《纽约时报》 <http://www.nytimes.com>



1851 年创刊。《纽约时报》在美国很有影响力，有“档案记录报”的美称。它能较充分和详尽地报道国内国际大事，内容丰富，栏目全面。网站上设有美联社和英国路透社的新闻专栏。

2

The Washington Post 《华盛顿邮报》 <http://www.washingtonpost.com>

1877年创刊。在美国首都出版的《华盛顿邮报》，是美国的一家很有影响的对开日报，分平日版和星期日版，其声望仅次于《纽约时报》，被称为美国第二大报。由于地处首都，报社的一些记者、编辑与政界要人关系密切，因此对联邦政府和国会活动的报道、评论、分析较多，号称是美国政界人士必读的报纸，也是了解和研究美国内政外交的重要报刊之一。

3

Los Angeles Times 《洛杉矶时报》 <http://www.latimes.com>

1881年创刊。《洛杉矶时报》是美国西部最大的对开日报，其影响与地位仅次于《纽约时报》和《华盛顿邮报》，被称为美国第三大报。该报主要刊发新闻时事报道，网站配合报刊，提供各类丰富的全球资讯。

4

The Wall Street Journal 《华尔街时报》 <http://www.wsj.com>

1889年7月8日由美国主要财政金融新闻出版企业集团道·琼斯公司在纽约市华尔街附近的科兰特街创办，是美国金融界最具权威的专业报纸。

5

The Christian Science Monitor 《基督教科学箴言报》 <http://www.csmonitor.com>

1908年创刊。《基督教科学箴言报》是面向全国颇有影响的日报，周一至周五发行。该报并不是纯宗教性的报纸，而是一份面向大众的一般性报纸。它善于深度报道国内国际重大事件，以见解独到的述评和分析而著称于报界，受到知识界的推崇。

Text



Passage 1

PRICES JUMP MORE THAN EXPECTED

From: money.cnn.com

Higher gasoline prices bring big jump in overall prices, larger rise in core prices than forecast.

- 1 Prices paid by consumers rose faster in November, lifted by a spike in the price of gasoline, as the government's key inflation measure came in higher than Wall Street¹ forecasts.
- 2 The Consumer Price Index², the key measure of inflation on the retail level, rose 0.8 percent in the month, up from the 0.3 percent rise in October. Economists surveyed by briefing.com had forecast a 0.6 percent rise in overall prices.
- 3 It was the biggest jump in prices since September 2005, when gasoline prices surged higher in the wake of Hurricane Katrina³. There was a similar impact of higher gasoline prices this time.
- 4 The report showed overall energy prices up 5.7 percent, with gasoline up 9.3 percent. In addition, food prices, another recent driver of inflation, were up 0.3 percent.
- 5 The so-called core CPI was up 0.3 percent, even though that more closely watched measure strips out the volatile food and energy prices. Economists had forecast a 0.2 percent rise, which was the same increase posted in October. Among the core items seeing prices jump was clothing, where prices jumped 0.8 percent, and medical care, which rose 0.4 percent. It was the largest one-month jump in apparel prices in more than nine years.
- 6 Housing also posted a 0.4 percent increase despite widespread reports on home value declines because the report does not measure owner-occupied home prices to estimate this cost. Instead it uses a formula based upon rents.



- 7 The core CPI is now up 2.3 percent in the last 12 months, up from a 2.2 percent 12-month gain in the previous report. The Federal Reserve is generally believed to want to see core prices rise 1 to 2 percent a year, so an increase outside of its so-called comfort zone would seem to reduce the chance that the Fed will make further rate cuts soon.
- 8 The Fed has cut rates at its last three meetings, citing the risk of an economic slowdown created by problems in the housing and credit markets. But the last cut on Tuesday was a quarter percentage point, when many investors were expecting a half-point cut, and stocks went into a sharp decline after that announcement. US stocks opened sharply lower Friday on the latest inflation reading.
- 9 The chance of another quarter-percentage point interest rate cut in January, as predicted by the Fed Funds⁴ futures⁵, fell to 84 percent after the CPI report, from 100 percent before the report.
- 10 “No wonder Feddies cite inflation risks,” said economist Robert Brusca, citing the statement the central bank released when it trimmed interest rates Tuesday. “Still the economy is weak so we’ll see what they do.”
- 11 Gus Faucher, director of macroeconomics for Moody’s *economy.com*, said he believes the price jump in Friday’s report is not something the Fed needs to worry about, given the impact volatile oil prices had.
- 12 “I don’t expect to see much pass through to core CPI,” he said. “With economy remaining soft, I don’t think we have to worry about businesses raising prices much.”
- 13 But Rich Yamarone, director of economic research at Argus Research, said there is much more growth and underlying core inflation than has been assumed by many economists. He said many companies in consumer products, food and air travel have been announcing price increases due to a combination of higher costs and continuing high demand for their products.
- 14 “All those price hike announcements we saw in the last three, six or nine months are now coming home to roost,” he said. “These reports are not coming in on softer side, they’re all coming out much stronger than expectations. Consumers are continuing to spend money. It should diminish the chance of a recession, not increase it.”




Words & Expressions

inflation	<i>n.</i>	通货膨胀
retail	<i>n.</i>	零售
volatile	<i>adj.</i>	不稳定的, 波动的
apparel	<i>n.</i>	服装
trim	<i>v.</i>	降低, 减少
soft	<i>adj.</i>	(经济) 疲软的
hike	<i>n.</i>	增加, 上涨
recession	<i>n.</i>	(经济) 衰退
in the wake of...		随着……而来
strip out		除去, 剔除


Notes

1. Wall Street: 华尔街。美国曼哈顿南部的一条街道, 是美国股票交易和金融机构的集中地, 现常作美国金融市场或金融界的代名词。
2. Consumer Price Index: 居民消费价格指数。这一指数是反映一定时期内城乡居民所购买的生活消费品价格和服务项目价格变动趋势和程度的相对数, 是对城市居民消费价格指数和农村居民消费价格指数进行综合汇总计算的结果。利用居民消费价格指数, 可以观察和分析消费品的零售价格和服务价格变动对城乡居民实际生活费支出的影响程度。
3. Hurricane Katrina: 热带风暴卡特里娜。2005 年袭击美国南部, 造成多人死亡, 财产损失严重。
4. Fed Funds: 联邦基金。指美国的商业银行存放在联邦储备银行 (即中央银行体系) 的准备金, 包括法定准备金及超过准备金要求的资金。这些资金可以借给其他成员银行, 以满足他们对短期准备金的需求, 拆借的利率称为联邦基金利率 (Federal Funds Rate)。该利率是美国两大基准利率之一, 另一基准利率是贴现率 (Discount Rate)。联邦基金也可指联邦储备委员会用以支付其购买美国政府证券的资金。
5. futures: 期货。



Tasks

1. Fill in the blanks with proper words or expressions according to Passage I.

- 1) The Consumer Price Index rose faster in November because _____.
- 2) _____ reported that overall energy prices were up 5.7 percent.
- 3) The economic slowdown was caused by _____.
- 4) Many companies in consumer products, food and air travel raised their prices because _____.

2. Judge whether the following statements are T (true) or F (false).

- 1) The core CPI was up 0.3 percent, including food and energy prices.
- 2) Prices of clothing jumped highest among the core items.
- 3) The Federal Reserve's forecast of the core prices rise is 2.3 percent a year.
- 4) The Fed will further cut rates according to the report made by *Briefing.com*.

3. Work in groups and discuss the following question.

What is the relationship between CPI and inflation?

Passage II

CHINA, NZ TO STEP UP PACE OF FTA TALKS

From: *China Daily*

- 1 China and New Zealand yesterday agreed to step up progress on free trade negotiations during Premier Wen Jiabao's visit to the island nation.
- 2 The two countries also signed a series of pacts to increase cooperation in such areas as legal assistance and cultural exchanges as well as education and training.
- 3 During their talks in Wellington, Wen and his New Zealand counterpart Helen Clark¹ agreed to raise the negotiations on a free trade agreement (FTA)² to the vice-minister level.
- 4 There have been six rounds of talks on the FTA since November 2004 and the next round is set for next month.

- 5 The talks have entered a crucial stage and have encountered some difficulties, for instance, in agriculture and services, Wen said at a joint media conference with Clark.
- 6 “These are not insurmountable difficulties. They might be a blessing in disguise³.”
- 7 Wen hoped the talks could be completed within one or two years.
- 8 “The agreement will be comprehensive, of high quality, balanced, and serving the interests of both sides and acceptable to both sides.”
- 9 The planned FTA would be China’s first with a developed economy, Wen noted.
- 10 He arrived in Wellington late on Wednesday for an official visit to New Zealand, the first trip to the country by a Chinese premier in nearly 18 years.
- 11 It is the third leg of his four-nation Asia-Pacific tour, which earlier took him to Australia and Fiji. He is due to arrive in Cambodia late today.
- 12 China is New Zealand’s fourth-largest trading partner with bilateral trade reaching US\$2.68 billion last year, almost 2.5 times that in 2000.
- 13 Educational exchanges are frequent and New Zealand is host to nearly 30,000 Chinese students. Besides, 85,000 Chinese tourists visited New Zealand last year.
- 14 Speaking at a luncheon in honour of her Chinese guest, Clark said: “We are engaged in free trade negotiations which offer opportunities for the development of both our economies.”
- 15 Both sides also agreed to strengthen cooperation in fighting organized cross-border crime.
- 16 Clark announced that New Zealand would participate in the 2010 World Expo in Shanghai.
- 17 One of the agreements yesterday was for Air New Zealand to operate a direct flight between Auckland and Shanghai.
- 18 “We also look forward to closer collaboration in Asia Pacific Economic Cooperation⁴ and at the East Asian Summit, as well as in the many other international organizations of which we are both members,” Clark said. “New Zealand can be both a contributor to, and a beneficiary of, China’s growth and development.”



Words & Expressions

pact	<i>n.</i>	公约, 协定
counterpart	<i>n.</i>	地位、职务相当的人
crucial	<i>adj.</i>	至关重要的
encounter	<i>v.</i>	遭遇, 遇到
insurmountable	<i>adj.</i>	不能克服的, 不能超越的
luncheon	<i>n.</i>	午宴, 正式的午餐
collaboration	<i>n.</i>	协作, 合作
beneficiary	<i>n.</i>	受益人
legal assistance		法律援助
bilateral trade		双边贸易



Notes

1. Helen Clark: 新西兰现任总理海伦·克拉克。她是新西兰历史上继珍妮·希普莉后的第二位女总理。
2. free trade agreement (FTA): 《自由贸易协定》。它是独立关税主体之间以自愿结合方式, 就贸易自由化及其相关问题达成的协定。
3. a blessing in disguise: 因祸得福。指表面上令人不快而实际上使人得福的事。
4. Asia Pacific Economic Cooperation: 亚太经济合作组织。简称“亚太经合组织”或 APEC, 是亚太地区重要的经济合作论坛, 也是亚太地区最高级别的政府间经济合作机制。



Tasks

1. Answer the following questions according to Passage II.

- 1) Did the talks go smoothly all the time?
- 2) Why would New Zealand like to cooperate with China?
- 3) Besides economic development, what else did both sides agree to work on together?

2. Discussion.

- 1) Do you agree that the cooperation between China and NZ will be win-win?
- 2) Read the passage again, and comment on the sentence: "New Zealand can be both a contributor to, and a beneficiary of, China's growth and development."

Newspaper Reading Skills

如何阅读英语报刊



1. 养成良好的阅读习惯

报刊是人们了解国内外大事的窗口，尤其是在社会经济文化迅速发展、国际交流日益频繁的今天，报刊的作用更为突出。对于英语学习者来说，阅读英语报刊可以了解国内外时事，开拓视野，增长知识。为了能够快速而准确地获得英语报刊中的信息，在阅读时应注意以下几个方面：

- 1) 掌握英语报刊标题的语言特点。标题是新闻报道的点睛之笔，紧扣全文要点，通常以鲜明的黑体大字在文章的抢眼处标出。
- 2) 注意新闻报道首段的阅读。英语报刊中的新闻报道往往开门见山，将主要内容浓缩在第一段里，读者一看就能略知此新闻记载了何人、何事、何时、何处、何因以及如何发生这几大要素，从而可以对整个事件有一个初步的了解。
- 3) 扫除影响阅读速度的障碍。比如应采用默读而不是有声或无声朗读；不要过分重视细节而忽略对文章整体的理解；不要一遇到生词就停下来查词典。

2. 选择合理的阅读方法

读者要根据自己的阅读的目的选择不同的阅读方法。

一般来说，阅读方法可以分为快速泛读（fast extensive reading）、略读（skimming）、查读（scanning）和研读（study reading）。在阅读过程中，这四种方法可以交替使用。

- 1) 快速泛读指快速阅读大量不同领域的文章，只了解文章的主要内容。通过这种方式，读者能够扩大知识面。
- 2) 略读指以很快的速度阅读，迅速获取文章大意或主题。也就是要求读者跳过某些细节，选择阅读文章的标题、导语，然后阅读段落的主题句和结尾句，以求抓住文章的梗概。
- 3) 查读是快速扫视所读材料，在找到所需信息时才仔细阅读该部分内容，了解重要信息，比如某个人名、地名、时间、地点等。在查找特定信息时可以使用这种方法。
- 4) 研读就是仔细阅读。运用上下文、逻辑关系、背景知识对整篇文章进行分析和推论，领悟作者的弦外之音，包括态度、观点、目的等，从而透彻深刻地理解文章。

以 Passage II 为例。通过阅读标题 “China, NZ to Step Up Pace of FTA Talks”，可以了解文章的主要内容是围绕中国和新西兰进行经贸谈判展开的，前三段是概括的介绍，读者可以略读，获取大意就可以了。第六段中 “These are not insurmountable difficulties. They might be a blessing in disguise.” 一句表明了温总理的态度，需要读者使用研读的方法，这样才能从字里行间揣摩出隐含的意义。

可见，采用正确的阅读方法可以帮助读者提高阅读效率，有的放矢地进行阅读，达到事半功倍的效果。

(接上表)

东部球队		西部球队	
Toronto Raptors	多伦多猛龙	L. A. Lakers	洛杉矶湖人
Washington Wizards	华盛顿奇才	San Antonio Spurs	圣安东尼奥马刺
New Jersey Nets	新泽西网	Golden State Warriors	金州勇士
Philadelphia 76ers	费城76人	Denver Nuggets	丹佛掘金
Atlanta Hawks	亚历山大老鹰	Huston Rockets	休斯敦火箭
Indiana Pacers	印第安那步行者	Portland Trail Blazers	波特兰开拓者
Chicago Bulls	芝加哥公牛	Sacramento Kings	萨克拉门托国王
Milwaukee Bucks	密尔沃基雄鹿	L. A. Clippers	洛杉矶快船
Charlotte Bobcats	夏洛特山猫	Memphis Grizzlies	孟菲斯灰熊
New York Knicks	纽约尼克斯	Seattle Supersonics	西雅图超音速
Miami Heat	迈阿密热火队	Minnesota Timberwolves	明尼苏达森林狼



Tasks

1. Answer the following questions according to Passage II.

- 1) What are the meanings of the words “smoothness” and “fire” in the sentence “His agility for a guy of his size is impressive, as is his ‘smoothness’ as an athlete, but he also has a fire around the rim” (Para.6)?
- 2) Why does the writer think Yi Jianlian has been the best rookie to date by his standards?
- 3) What are impressive, in the writer’s eyes, in Yi’s offensive game?

2. Work in groups and discuss the following questions.

- 1) Do you believe that Yi Jianlian will become an excellent NBA player in the near future? Why?
- 2) If you were one member of the insiders, what advice would you give to the NBA rookies?

Newspaper Reading Skills

英语报刊常用套语



1. 套语在英语报刊消息报道中的使用

英语报刊记者在报道某人某事时，为了表明“客观和公正”，常以不确指的第三者的口气论述，例如使用“有人”、“人们”等，或用“据称”、“据闻”、“据估计”等不确定的字眼加以推测，还有使用“不可否认”等较强烈的语气加以辩驳。常用的套语包括：

It is assumed that... 据假设……

It is believed that... 人们相信……

It is declared that... 据宣称……

It is estimated that... 据估计……

It is expected/hoped that... (人们) 希望…… (人们) 期待……

It is generally recognized that... 普遍认为……

It is pointed out that... 有人指出……

It is recommended that... 有人建议……

It is supposed that... 人们猜测……

It is undeniable that... 不可否认的是……

It is universally accepted that... 人们普遍认为……

It must be admitted that... 必须承认……

It can be safely said that... 可以有把握地说……

It cannot be denied that... 无可否认……

It has been calculated that... 据统计……

It has been found that... 业已发现……

2. 套语在报道消息来源时的使用

英语新闻报道除写明是何报刊或新闻社外，为表明客观、公正，通常要说明消息的出处或来源，从而使读者信服。例如：

The government said... 政府所言……

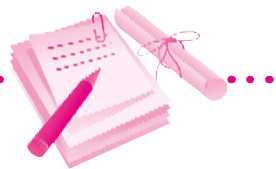
According to US officials and experts... 据美国官员和专家的看法……

另外，revealed, announced, quoted 等词在报道中也经常使用。

Unit 9

Food and Health

消息



1

消息的分类

一般来说，消息报道可以分为两类：一类是通讯社的电讯或报道，短小精悍，内容真实，被称为“纯硬性新闻 (pure hard news)”，有的报纸将之单独辟为“Brief(ly)”栏。第二类报刊的报道比前者要详细得多，但有些由于夹杂记者的推测和描绘，往往不如前者真实和经得起推敲。

2

消息的基本结构

在英语新闻报道中，最常见的结构主要有两种：倒金字塔结构 (inverted pyramid form) 和时间顺序结构 (chronological form)。

1) 倒金字塔结构

所谓倒金字塔结构，就是将最重要的、最吸引人的新闻内容放在第一段或导语中，然后按照内容重要性递减的顺序来安排全文各段落。整篇新闻报道形成头重脚轻的“倒金字塔结构”，可用“∇”这个图形来表示。

2) 时间顺序结构

这种结构是按照新闻事实发生的时间先后顺序来报道。这种类型的消息一般由开头 (beginning)、按时间顺序叙述的一系列新闻事实 (events in sequence) 和结尾 (ending) 几部分组成。这种写法增加了读者阅读时的悬念感，令人不得不一口气读到全文结尾，给读者一种身临其境的感觉。

3 消息的特点

1) 真实性

消息讲述的事实本身要真实准确，引用的材料要真实可靠。

2) 时效性

消息报道讲究时效。对于新动向、新问题、新人、新事等，必须敏锐发现，尽快把握，迅速反应。

3) 新鲜性

消息的新鲜性，主要是指其报道事实的新意。新鲜性与时效性是密不可分的。消息的新鲜性有赖于对事实的迅速报道。消息的价值就是要及时报道不断变化的、发展的新情况。

4) 公开性

消息是新闻中重要的文体之一，而新闻本身是为社会大众所共同分享的。因此，消息的本质就是最大限度的公开，越是公开就越增值。

5) 叙述性

消息表达的方式主要是叙述。因为消息是用事实说话，用事实去反映时代、社会，去表明观点的。简洁的叙述是消息最具有特征的表达手段。

Text



Passage 1

EVEN WITH EMPLOYER'S COVERAGE, A FAMILY WORRIES

From: *Los Angeles Times*

- 1 When it's annual health insurance enrollment time, Mark and Christine Leon of Pasadena pull out fat Manila folders holding last year's medical records and health expenses. They sit at their plastic tablecloth-covered dining room table with a calculator, pencils and pads of paper, making their best guesses at what next year's medical needs will be.
- 2 They are among the 158 million Americans who get health insurance coverage through their employers. Mark, 47, is a mechanical design engineer at Northrop Grumman. Christine, 49, is a stay-at-home mother, and they and their three children, ages 17, 13 and 10, are all insured through Mark's company.

3 First and foremost, Christine says, “We are so thankful to have this. It means so much.” And Mark echoes, “I can’t imagine how difficult it would be to live without it.”

4 But even for families who have good health insurance, the rules and the costs are so different across companies and states that it’s almost as though each of those 158 million people has a unique buying decision to make.

5 Most Americans are aware that they could be just a pink slip¹ or a divorce away from losing their insurance. In a 2007 survey by the Harvard School of Public Health and the Kaiser Family Foundation², Robert Blendon, professor of health policy at Harvard, found that 26% of people say they are worried about losing their health insurance.

6 The worry is not unfounded. The number of uninsured Americans increased by 8.6 million between 2000 and 2006, according to the US Census Bureau³. During that same time, the percentage of employers who offered health insurance to their employees dropped from 69% to 61%, according to surveys by the Kaiser Family Foundation.

7 But those with employer-sponsored coverage have a lot of decisions to make, and some guesses to hazard. How healthy are family members? Does anyone anticipate needing special care for which they’ll want flexibility? How much are they willing to pay for increased choices?

8 One way to begin looking at the cost of health insurance to families is through averages. The average annual premium in 2007 for employer-sponsored health insurance was \$4,479 for single coverage and \$12,106 for family coverage, according to an annual survey by the Kaiser Family Foundation. The survey also found that a minority of companies pay the whole thing, but 80% of workers with single coverage and 94% of workers with family coverage contribute to the total premium. And the average annual contribution for single workers is \$694, while those with family coverage contribute \$3,281.

9 Dazed yet? There’s more. Workers with family coverage in large companies (200 or more workers) contribute less, an average of \$2,831, than workers with family coverage in small firms (fewer than 199 employees), who average \$4,236.

10 Then there’s the alphabet soup of coverage choices: HMO⁴, PPO⁵, POS⁶ or conventional fee-for-service plans—all different deals. Some plans have fewer choices



of physicians and hospitals, but no deductibles. Others have a wide choice of doctors and institutions, but patients might have to pay more, up to a limit that is different with each plan.

11 Finally, some companies have flexible spending accounts into which employees can contribute, in pretax dollars, what they think they'll need for out-of-pocket health costs during the following year, regardless of which type of insurance plan they choose. People can pay their co-payments and deductibles out of those pretax dollars. These are not to be confused with high-deductible health plans, with a savings option, which provide catastrophic coverage and a deductible of at least \$2,000 annually, for a family, before coverage kicks in. The savings option is where people, or sometimes the employer, can put money to cover the care they need that the plan doesn't cover.

12 Despite its complexity, employer-sponsored insurance has one huge benefit beyond the comfort of providing access to health services. People don't need to pass a health exam before qualifying, and employees are not eliminated from coverage if they have preexisting conditions. For children covered in their parents' plans, it means no one asks whether they have asthma, scoliosis or any other condition before providing coverage.

13 Two of the Leons' children were diagnosed with asthma when they were younger. Their trips to the emergency room, hospitalizations and treatment with medications, nebulizers and inhalers were all covered. Both children have done well for years, without asthma episodes.

14 Armed with information about this year's company-sponsored choices, the Leons looked over information from his employer and again chose the Blue Cross/Blue Shield⁷ plan they've had for many years. The trick, for them, is to anticipate how much they should put aside in pretax dollars in a company-sponsored account to cover deductibles and co-payments. The guess has to be accurate, because at the end of the enrollment year, they could lose unspent money. They've guessed next year will be about the same as last year. "We pay out of our own pocket about \$5,000 a year," Mark says.

15 Money well spent for the peace of mind, they say. "The kids have always had their own pediatrician, their own dentist. They get vision care," Christine says. "They have checkups once a year.



- 16 “We never hesitated in calling the doctor. There was always help there. If they said to take them to the hospital, we were off,” she says, snapping her fingers. “It’s enough to deal with emotionally when the kids are sick without worrying about how you’re going to pay for it. We never had that worry.” Mark adds, “We never had to say, ‘Let’s wait to see if it gets really serious.’”
- 17 They’ve had a frightening glimpse of how bad, and costly, medical problems can be for their children. When Daniel, the oldest, was born, he suffered meconium aspiration, a condition in which the newborn inhales a mixture of meconium and amniotic fluid. He spent time in the neonatal ICU, and after his lung collapsed, he had surgery. “The bill was somewhere between \$100,000 and \$200,000,” Mark says. “All covered by insurance.”
- 18 The worry remains.
- 19 Their biggest fear for the whole family is that Mark had a liver transplant in 1998. The anti-rejection medications and lifelong treatment he needs run about \$2,000 a month, almost all of it covered by their insurance.
- 20 They worry that if he ever lost his job or couldn’t work, they could be up a creek and uninsurable. “As you get older, you think not just about earning an adequate amount of money,” Mark says. “You think more and more about the insurance coverage you get in a job.”
- 21 The china cabinet in the dining room is crammed with sports trophies, and the bulletin board on the wall is covered with meeting notices and everyone’s daily schedule: Pasadena community meetings, church choir practice, soccer, baseball, ballet lessons, Girl Scouts. Christine shuttles her kids around town, and she is a volunteer photographer for her church and fills her day taking care of the family. “But sometimes I feel guilty,” she says. “Maybe I should get a job with insurance. Even now I fear that if he were ever unable to work or lose his job, where would we be? We’d be ruined.”

Words & Expressions



stay-at-home	adj.	呆在家里不上班的
unfounded	adj.	没有理由的
dazed	adj.	头昏眼花的
physician	n.	医生；内科医师
pretax	adj.	税前的

out-of-pocket	adj.	现款支付的, 不列入预算的
catastrophic	adj.	悲惨的
complexity	n.	复杂, 复杂性
asthma	n.	哮喘
diagnose	v.	诊断
checkup	n.	体检
transplant	n.	(器官) 移植
medical record		病历
annual premium		年度保险额
be crammed with		塞满, 填满



Notes

1. pink slip: 解雇通知书。源自解雇通知书通常用粉红色复写本。
2. Kaiser Family Foundation: 恺撒家庭基金会。
3. US Census Bureau: 美国人口普查局。
4. HMO: Health Maintenance Organization (美国) 健康维护组织。HMO 专为那些在特殊地区提供医疗服务的志愿人员提供经济风险和递送风险, 通常回报固定, 费用预付。
5. PPO: Preferred Provider Organization 优先医疗服务提供者组织。专为会员提供医疗费用优惠的医疗保险计划, 会员必须到指定的医疗机构就医, 而这些医疗机构可以是 PPO 的成员, 也可以是非成员。
6. POS: Point-of-service, 允许会员自由选择医疗机构就医, 即可以是组织网内外的所有医疗机构。
7. Blue Cross/Blue Shield: (美国) 蓝十字与蓝盾协会。Blue Cross 于 1929 年在达拉斯创办, Blue Shield 于 1939 年在加利福尼亚州创办, 两者于 1982 年合并。今天, 蓝十字与蓝盾协会是一个很多公司合在一起的非盈利健康医疗保险协会组织, 每个地区的 Blue Shield 或 Blue Cross 保险公司是独立的, 承保了全国约 6000 万人。



Tasks

1. Answer the following questions according to Passage I.

- 1) Do you think it is necessary to get a company-sponsored medicare in the US?
- 2) What will bring to the parents if their kids go to hospital?
- 3) What circumstance obsesses the American family most?

2. Work in groups and discuss the following questions.

- 1) Will you think about the insurance coverage you get in a job? Why?
- 2) How would you define an ideal health insurance system? Talk about your ideas.

Passage II**A HOLIDAY MEAL GOES THROUGH A LOT**

From: *Washington Post*

- 1 Food takes center stage at Thanksgiving like no other holiday—with a mighty appetite the sole ticket for admission. It matters little whether the main course is turkey or Tofurky¹. What counts is the presence of family, friends and neighbors at an event that dates back almost 400 years in this country and evokes baronial and even biblical festivities with its celebration of bounty—and even excess.
- 2 Read on for an understanding of how the traditions and myths that guide our annual eating extravaganza are passed from one generation to the next. And how—like the family silver and china—some are just a little tarnished and chipped.
- 3 It's not your imagination if it sometimes seems as if your stomach has a mind of its own. More than a century ago, British physiologists discovered the “second brain”—that is, a nervous system in the gut. In the last decade, research has shown that this enteric nervous system can—and does—operate independently of the brain, which helps to explain irritable bowel disease and other disorders of the gastrointestinal tract.
- 4 As for the stomach itself, think of it as a washing machine that can churn and stretch as needed to accommodate bigger loads—a fact that is both a blessing and a curse.
- 5 The empty adult stomach is wrapped in smooth muscle tissue and is roughly the size of a clenched fist. Expanding to about the size of a water balloon, it can hold about 33 ounces—about a liter—of food and drink. Keep eating beyond that, and many people will feel uncomfortably stuffed.
- 6 Dieting can cut stomach capacity by about 30% in a month, according to Allan Geliebter, senior research scientist at the New York Obesity Research Center² at St. Luke's Hospital, Columbia University. So when people say, “My stomach has shrunk, I can't eat as much,” there's some truth to that, although studies suggest the effect lasts only as long as calories are restricted.

- 7 Similarly, chronic overeating trains the stomach to distend. So, on average, obese people can accommodate slightly more than a liter before feeling full—a fact that helps them sustain their girth. The stomachs of obese binge eaters can comfortably hold even more, but the most expandable stomachs belong to an unlikely group: those at a healthy weight with bulimia nervosa³. This dangerous eating disorder of bingeing and purging enables the stomach to stretch to hold up to two liters—not a feat recommended for anyone.
- 8 Rest assured, however, the stomach-stretching that typically occurs with the Thanksgiving feast is “not permanent, it’s a temporary adjustment,” Geliebter says. Whether you will feel hungrier for a few days afterward—or want to skip eating for a while—varies from person to person.
- 9 On Thanksgiving, few people need to work up an appetite. So be wary of the cocktails before the meal. A 1999 Dutch study found that serving a few ounces of wine or beer before lunch increased the number of calories eaten compared with sipping the same amount of water, grape juice or fruit juice laced with either protein or a little fat. An aperitif also encouraged faster eating, increased meal time slightly and delayed feeling full.
- 10 In the stomach, food is bathed in hydrochloric acid and churned to break it into smaller particles for delivery into the small intestine, where it is further digested and absorbed. Eating causes levels of the appetite hormone ghrelin to fall, which sends satiety signals to the brain. As food moves into the small intestine, more hormones are produced to cut appetite, slow stomach-emptying and signal other organs, including the gallbladder, to release bile to emulsify fat.
- 11 As the food moves from the small to the large intestine, gas and bloating can be caused by the normal breakdown of undigested foods by bacteria, particularly in the colon. Average production of gas ranges from one to four pints per day, according to the National Digestive Diseases Information Clearinghouse⁴.
- 12 All told, digestion of the rich foods and wines of the Thanksgiving feast places a heavy load on the gastrointestinal tract. But resist the temptation to lie down or nap after eating. Tryptophan, an essential amino acid found in turkey, has been blamed for stimulating serotonin production in the brain and the tendency to snooze, but there’s little scientific evidence to back that up.
- 13 Besides, lying down after a meal can increase heartburn, indigestion and the symptoms of gastroesophageal reflux disease by placing added pressure on the junction between the stomach and the esophagus.

- 14 Intensive exercise isn't a good idea either. Blood flow is increased to the intestinal tract after eating. Vigorous physical activity shifts that blood to the muscles, which in turn slows transit time of food through the gastrointestinal tract.
- 15 The best bet, Geliebter says, is to take a leisurely walk. It keeps blood flowing without putting a lot of pressure on any bodily system. Plus, it may make room for you enjoy a slice of pumpkin pie.



Words & Expressions

festivity	<i>n.</i>	庆典, 庆祝活动
physiologist	<i>n.</i>	生理学家
churn	<i>v.</i>	搅动
clenched	<i>adj.</i>	紧握的
chronic	<i>adj.</i>	慢性的
distend	<i>v.</i>	膨胀, 扩张
obese	<i>adj.</i>	肥胖的
aperitif	<i>n.</i>	开胃酒
digest	<i>v.</i>	消化
hormone	<i>n.</i>	荷尔蒙
satiety	<i>n.</i>	饱足, 满足

bacteria	<i>n.</i>	细菌
temptation	<i>n.</i>	诱惑物
indigestion	<i>n.</i>	消化不良
a blessing and a curse		福与祸
muscle tissue		肌肉组织
work up an appetite		激发食欲



Notes

1. Tofurky: 由 Tofu 和 turkey 合成。顾名思义, Tofurky 是用豆腐做成的火鸡, 可满足素食者的需求。
2. New York Obesity Research Center: 纽约肥胖研究中心。
3. bulimia nervosa: 贪食—厌食症。一种食欲过盛与食欲不振交替发生的心理病症。
4. National Digestive Diseases Information Clearinghouse: 美国国立消化病信息交换中心。该中心成立于 1980 年, 为患者及其家属、医护人员和公众提供有关消化性疾病的信息。中心同专业人员和患者组织及政府机构密切合作来协调消化病资源。



Tasks

1. Answer the following questions according to Passage II.

- 1) What does the “second brain” (Para.3) refer to?
- 2) Is it a good idea to drink cocktails before dinner?
- 3) Is it good or bad to lie down after taking a meal? Why?

2. Work in groups and discuss the following questions.

- 1) What do you think is a good way to make a healthy holiday meal?
- 2) What suggestions will you give to those people who are suffering bulimia nervosa?

Newspaper Reading Skills

词语文化内涵



由于文化差异，英汉语言中不少词语虽然概念和意义相同，但却具有不同的隐含意义和感情色彩。英语报刊题材面广，内容丰富，涉及政治、经济、军事、宗教、社会风尚、价值观念、生活方式等各个方面，如果对报刊文章中涉及的词语的文化内涵不加以了解，往往会产生误解，不能很好地理解文章。

例如，*politician* 这个词在美国英语中具有强烈的贬义色彩，指“为谋取个人私利而搞政治耍手腕的人”，这个词还有“精明圆滑”之意。而在英汉词典的注释中，它所对应的“政治家”一词在汉语中却毫无贬义。

又如，汉语中“野心勃勃的”一词具有一定的贬义色彩，而它所对应的 *ambitious* 在美国英语中却是褒义词，指“有雄心的，有抱负的”。另外，很多人一看见 *do-gooder* 这个词，就理解为“做好事的人”，这在汉语中显然是褒义的，可是这个词的真实含义是“真心实意有志于为社会谋福利或进行改革，但通常是不现实的人道主义者，一般带有过于天真或浮躁鲁莽、徒劳无功等贬义”。（参见《韦氏国际大词典》（第三版））

又如：*senior citizen* 老年人（尤指退休的人）

non-person 没有社会地位的人

baby-kisser 为竞选而笼络人心的政客

press book 剪报册

easy meat 容易上当受骗的人

open housing 开放住房（指在售房或租房中取消种族歧视等）

black-hat 坏人

whistle-blower 告密者

busybody 爱管闲事的人

highbrow 自以为文化修养很高的人

英语报刊中类似的词语很多，只有真正了解这些词语的内涵，才不会根据结构望而生义，造成误解。