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词汇: *books and reading* 书籍与阅读

Do you like to **bury your head in** a good book? Getting absorbed in a good story is a great way to relax. It improves your **literacy**, and, according to some experts, it's good for your health as well. Studies show that it can increase our **emotional intelligence** as we understand a range of perspectives and **motivations**. But despite these benefits, does the way we consume a story make any difference?

For the **purist**, the only way to **digest** a good story is with a **paperback** or **hardback** book. Being **in print**, it's possible to feel and even smell the book. And of course it's very portable. But the traditional book has had a rival in recent years from **e-books**, which are read on **e-readers** or tablets. An 'electronic' book enables you to store hundreds of virtual books in one place and allows you to download books directly.

The e-book has become popular in schools, too, and according to one school in London, it's encouraged more children to read. 11-year-old Summit told the BBC: "If you really want a book, you can just get it online. It's so easy, and it's made me read more. I probably read every day now." For adults, e-books are certainly a lightweight way of accessing our favourite **literature** on the move.

The recent lockdowns due to the coronavirus pandemic have certainly given us all time to read more, and in the UK at least, sales of physical books have risen strongly. Last year, some 202 million paperbacks and hardbacks were sold, and the **publishing** industry hopes this trend will continue now that people have got into the habit of reading more.

But for those who can't or don't want to look at the **text** in a book, there are **audiobooks** to listen to. According to Clare Thorpe, writing for the BBC Culture website: "There are hugely ambitious productions using ensemble casts, specially created **soundscapes** and technological advances... some authors are even skipping print and writing exclusive audio content." No matter what your reading preference, there's no doubt we are **spoilt for choice** in how we access a good story.

## 词汇表

<b>bury one's head in</b>	埋头于
<b>literacy</b>	读写能力
<b>emotional intelligence</b>	情商
<b>motivation</b>	动机
<b>purist</b>	讲究规范的人，主张正统的人
<b>digest</b>	吸收，理解
<b>paperback</b>	平装书
<b>hardback</b>	精装书
<b>in print</b>	印刷的
<b>e-book</b>	电子书
<b>e-reader</b>	电子书阅读器
<b>literature</b>	文学作品
<b>publishing</b>	出版
<b>text</b>	文字
<b>audiobook</b>	有声书
<b>soundscape</b>	声景
<b>spoilt for choice</b>	因选择太多而无从下手

## 测验与练习

### 1. 阅读课文并回答问题。

1. According to some studies, what can reading a book help to improve?
2. What device do you need to read an e-book?
3. Why has the sale of physical books increased in recent times?
4. Who hopes people will get more into the habit of reading a book?
5. True or false? *Listening to an audiobook does not require reading a book.*

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I like to read crime stories and work out the \_\_\_\_\_ of the characters.

digest	literacy	motivations	soundscapes
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2. I've got a lot to do so I've got to \_\_\_\_\_ in work today.

bury my head	buried my head	bury the head	bury my heads
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3. The \_\_\_\_\_ among us will only play football on grass and not artificial turf.

purer	purests	purists	pure
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4. I picked up a cheap \_\_\_\_\_ at the station and am now reading it on the train.

soundscape	literature	paperback	e-reader
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5. We were \_\_\_\_\_ when it came to choosing which film we wanted to watch at the cinema.

spoils for choice	spoiling for choice	spoils for choice	spoilt for choice
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## 答案

### 1. 阅读课文并回答问题。

1. According to some studies, what can reading a book help to improve?

**Studies show that it can increase our emotional intelligence.**

2. What device do you need to read an ebook?

**You need an e-reader or a tablet to read an ebook on.**

3. Why has the sale of physical books increased in recent times?

**The recent lockdowns due to the coronavirus pandemic have given us more time to read books.**

4. Who hopes people will get more into the habit of reading a book?

**The publishing industry hopes this trend will continue, now that people have got into the habit of reading more.**

5. True or false? *Listening to an audiobook does not require reading a book.*

**True. Listening to an audiobook is good for those who can't or don't want to look at the text in a book.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I like to read crime stories and work out the **motivations** of the characters.

2. I've got a lot to do so I've got to **bury my head** in work today.

3. The **purists** among us will only play football on grass and not artificial turf.

4. I picked up a cheap **paperback** at the station and am now reading it on the train.

5. We were **spoilt for choice** when it came to choosing which film we wanted to watch at the cinema.