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UNIT 1

Love

Passage 1 Best Way to Keep Love Is to Give It Wings

Passage 2 Beautiful Love

Passage 3 Love Is Real Medicine

Passage 4 Why Children Need Father-Love and Mother-Love?



Best Way to Keep Love Is to Give It Wings



- [A] Men and women are always searching for true love. However, most of them become disappointed. From time to time they tend to complain to each other and ask “Where is my love?” The following story may give you some helpful suggestions.
- [B] There was once a lonely girl who longed so much for love. One day while she was walking in the woods, she found two starving songbirds. She took them home and put them in a small cage. She cared for them with love and the birds grew stronger and stronger. Every morning they greeted her with a wonderful song. The girl felt great love for the birds.
- [C] One day the girl left the cage door open. The larger and stronger of the two birds flew from the cage. The girl feared that he would fly away and no longer come back. So as he flew close, she grasped him wildly. Her heart felt glad at her success in catching hold of him. Suddenly she felt the bird go limp. She opened her hands and stared in horror at the dead bird. Her strong love had killed him.
- [D] She noticed the other bird moving back and forth on the edge of the cage. She could feel his great need for freedom. He needed to soar into the clear, blue sky. She lifted him from the cage and tossed him softly into the air. The bird circled once, twice, three times.
- [E] The girl watched delightedly at the bird’s enjoyment. Her heart was no longer concerned with her loss. She wanted the bird to be happy. Suddenly the bird flew closer and landed softly on her shoulder. It sang the sweetest melody that she had ever heard.
- [F] The fastest way to lose love is to hold on to it too tight, and the best way to keep love is to give it WINGS!

(311 words)

	1	2
Target reading time	3'7"	2'36"
Actual reading time		
Your reading rate	_____ wpm	

Comprehension Exercises



Complete the following exercises without referring back to the passage you have read.

I. Decide whether the following statements are true (T) or false (F).

1. The girl in this story killed the larger and stronger of the two birds. ()
2. According to this story, if you want to keep love, just hold on to it tight. ()

II. 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.

3. Loss was no longer what she cared when the girl saw the bird's enjoyment of freedom. ()
4. The girl caught hold of the larger and stronger bird firmly for fear that it would fly away and never come back. ()
5. Most people become disappointed in their search for true love. ()
6. Giving freedom is the best way to keep love. ()
7. The larger and stronger bird lost its life due to the girl's strong love. ()
8. The other bird walked anxiously on the edge of the cage after the first bird died. ()
9. Every morning, the birds sang a beautiful song for the girl. ()

Your comprehension rate: _____ %

Notes:

1. **long for** 渴望得到

e.g. Lucy had always longed for a brother. 露西一直渴望有个弟弟。

2. **songbird** *n.* 鸣禽

3. **go limp** 变软

e.g. My legs went limp after a day's walk. 我走了一天,腿都软了。

4. **horror** *n.* 恐惧

e.g. To his horror, he could feel himself starting to cry. 他很恐惧,觉得自己都快哭了。

5. **soar** *v.* 高飞,翱翔

e.g. an eagle soaring high above the cliffs 在山崖上空高高翱翔的鹰

6. **toss** *v.* (轻轻或漫不经心地) 扔, 抛, 掷

e.g. I tossed the book aside and got up. 我把书丢在一边, 站了起来。

7. **melody** *n.* 旋律

e.g. The melody is then taken up by the flutes. 接着由长笛奏旋律。

Beautiful Love

I believe that we are not real social workers. We may be doing social work in the eyes of the people, but we are really contemplatives in the heart of the world. For we are touching the body of Christ twenty-four hours. And I think that in our family we don't need bombs and guns to destroy. Instead bring peace, just get together, love one another, and bring that peace, that joy, that strength of presence of each other in the home. And, thus, we will be able to overcome all the evil that is in the world.

And with this Prize of Peace that I have received, I am going to try to make a home for many people who have no home. Because I believe that love begins at home and if we can create a home for the poor, I think that more and more love will spread. And we will be able through this understanding love to bring peace and good news to the poor. The poor we must focus on first is in our own family, in our country and then all over the world. To be able to do this, sisters, our lives have to be woven with prayer. They have to be woven with Christ to be able to understand, to be able to share. To be woven with Christ is to be able to understand, to be able to share. Because today there is so much suffering. . . . When I pick up a person from the street, hungry, I give him a plate of rice, a piece of bread, I have satisfied him. I have removed that hunger. But a person who is shut out, who feels unwanted, unloved, terrified, the person who has been thrown out from society — that kind of poverty is full of hurt and so unbearable. Let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something for others.

(339 words)

	1	2
Target reading time	3'23"	2'50"
Actual reading time		
Your reading rate	_____ wpm	

Comprehension Exercises



Complete the following exercises without referring back to the passage you have read.

I. Decide whether the following statements are true (T) or false (F).

1. We are not real social workers in the eyes of many people. ()
2. In the author's opinion, when we pick up a person from the street, hungry, we should give him a piece of bread, and this is just a kind of beautiful love. ()

II. Choose the one that you think is the best answer.

3. The author has received a Prize of Peace because _____.
 - A. he is always peaceful to others
 - B. he never quarrels with other people
 - C. he loves peaceful life and he likes helping those who are in trouble
 - D. he does his best to make a home for the homeless
4. Why does the author say that we are not real social workers?
 - A. We don't work for public welfare.
 - B. We are just doing our own jobs, but not helping others who need help in society.
 - C. We are not peaceful enough to other people.
 - D. We don't do well in our own jobs.
5. Which of the following statements is NOT true?
 - A. We should make a home for the poor.
 - B. We should give food to the people who are hungry.
 - C. We should meet each other with a smile.
 - D. We should pray for the poor every day.

III. Fill in the blanks with the information you obtained from the passage.

6. The author believes that love begins _____ and he is going to try to make a home for many homeless people.
7. More and more love will _____ by creating a home for the poor.

Your comprehension rate: _____ %

Notes:

1. **contemplative n.** 沉思者, 敛心默祷者
2. **Christ** (also Jesus, Jesus Christ) the man that Christians believe is the Son of God and on

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whose teachings the Christian religion is based

3. **They have to be woven with Christ to be able to understand, to be able to share.**

They have to stand together with Christ, and then they can make a better understanding of others and they will be willing to share something with others.

4. **poverty n.** 贫穷, 贫困

e.g. She has lived in poverty all her life. 她一生都过着贫困的生活。

Love Is Real Medicine

Medicine today focuses primarily on drugs and surgery, genes and germs. Yet love and intimacy are at the root of what makes us sick and what makes us well.

If a new medication had the same impact, failure to prescribe it would be malpractice. Connections with other people affect not only the quality of our lives but also our survival. Study after study finds that people who feel lonely are many times more likely to get cardiovascular disease than those who have a strong sense of connection and community. I'm not aware of any other factor in medicine — not diet, not smoking, not exercise, not genetics, not drugs, not surgery — that has a greater impact on our quality of life, incidence of illness and premature death.

Fortunately, love protects your heart in ways that we don't completely understand. In one study at Yale, men and women who felt the most loved and supported had substantially less blockage in their coronary arteries. Similarly, researchers from Case Western Reserve University studied almost 10,000 married men and found that those who answered “yes” to this simple question — “Does your wife show you her love?” — had significantly less angina (chest pain). And when researchers at Duke surveyed men and women with heart disease, those who were single and lacked confidants were three times as likely to have died after five years. In all three studies, the protective effects of love were independent of other risk factors.

Awareness is the first step in healing. When we understand the connection between how we live and how long we live, it's easier to make different choices. Instead of viewing the time we spend with friends and family as luxuries, we can see that these relationships are among the most powerful determinants of our well-being and survival. We are hard-wired to help each other. Science is documenting the healing values of love, intimacy, community, compassion, forgiveness and service — values that are part of almost all spiritual traditions as well as many secular ones. Seen in this context, being unselfish may be the most self-

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serving approach to life, for it helps free both the giver and recipient from suffering, disease and premature death. Rediscovering the wisdom of love and compassion may help us survive at a time when an increasingly Balkanized world so badly needs it.

(387 words)

	1	2
Target reading time	3'52"	3'9"
Actual reading time		
Your reading rate	_____ wpm	

Comprehension Exercises



Complete the following exercises without referring back to the passage you have read.

I. Decide whether the following statements are true (T) or false (F).

1. Love and hate are at the root of what makes us sick and what makes us well. ()
2. Studies find that men and women who feel the most loved and supported are not likely to have heart diseases. ()

II. Choose the one that you think is the best answer.

3. According to the passage, which of the following statements is NOT true?
 - A. People who feel lonely are less likely to get heart diseases than those who have a strong sense of connection and community.
 - B. If a new medication had the same impact as love and intimacy, failure to prescribe it would be a mistake.
 - C. Love has a greater impact on our quality of life, incidence of illness and premature death than any other factors in medicine.
 - D. When we understand the connection between how we live and how long we live, it is easier to make right choices.
4. How did they draw the conclusion that “the protective effects of love were independent of other risk factors”?
 - A. By studying some men and women.
 - B. By studying some married men.
 - C. By studying those who were single and lacked confidants.
 - D. All of the above.
5. Why does the author say “being unselfish may be the most self-serving approach to life”?
 - A. Because those who are selfish may refuse to give love.
 - B. Because it helps free both the giver and recipient from suffering, disease and premature death.
 - C. Because being unselfish is a kind of good quality that human society encourages.
 - D. Because unselfish people help others whereas selfish people don't.

III. Fill in the blanks with the information you obtained from the passage.

6. Science is documenting the healing values of _____, intimacy, community, compassion, forgiveness and service — values that are part of almost all spiritual

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traditions as well as many secular ones.

7. Rediscovering the wisdom of love and compassion may help us _____ at a time when an increasingly Balkanized world so badly needs it.

Your comprehension rate: _____ %

Notes:

1. **malpractice** *n.* 玩忽职守
2. **cardiovascular** *adj.* 心脏血管的
e.g. cardiovascular system 循环系统
3. **genetics** *n.* 遗传学
4. **coronary artery** 冠状动脉
5. **angina** *n.* [医] 心绞痛, 绞痛
6. **confidant** *n.* 心腹朋友, 知己
7. **hard-wired** *adj.* 密切相关的
8. **secular** *adj.* 不受宗教约束的, 非宗教的, 世俗的
9. **recipient** *n.* 接受者
10. **Balkanized** *adj.* 派别主义的

Why Children Need Father-Love and Mother-Love?

If Heather is being raised by two mommies and Brandon is being raised by Daddy and his new husband-roommate, Heather and Brandon might have two adults in their lives, but they are being deprived of the benefits found in the unique influences found in a mother and father's differing parenting styles. Much of the value mothers and fathers bring to their children is due to the fact that mothers and fathers are different. And by cooperating together and complementing each other in their differences, they provide these good things that same-sex caregivers cannot. The important value of these gender-based differences in healthy child-development will be explored here.

The fathering difference is explained by fathering scholar Dr. Kyle Pruett of Yale Medical School in his book *Fatherhood: Why Father Care Is as Essential as Mother Care for Your Child*. Pruett says dads matter simply because "fathers do not mother". A father, as a male parent, brings unique contributions to the job of parenting that a mother cannot.

Likewise, a mother, as a female parent, uniquely impacts the life and development of her child, as Dr. Brenda Hunter explains in her book *The Power of Mother Love: Transforming Both Mother and Child*. Erik Erikson explained that father love and mother love are qualitatively different kinds of love. Fathers "love more dangerously" because their love is more "expectant, more instrumental" than a mother's love.

The following are some of the most compelling ways mother and father involvement make a positive difference in a child's life. The first benefit is the difference itself. "Children need mom's softness as well as dad's roughhousing."

- 1) Mothers and fathers parent differently.
- 2) Mothers and fathers play differently.
- 3) Fathers push limits; mothers encourage security.
- 4) Mothers and fathers communicate differently.

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5) Mothers and fathers discipline differently.

Educational psychologist Carol Gilligan tells us that fathers stress justice, fairness and duty (based on rules), while mothers stress sympathy, care and help (based on relationships). Fathers tend to observe and enforce rules systematically and sternly, which teach children the objectivity and consequences of right and wrong. Mothers tend toward grace and sympathy in the midst of disobedience, which provide a sense of hopefulness. Again, either of these by themselves is not good, but together, they create a healthy, proper balance.

(380 words)

	1	2
Target reading time	3'48"	3'10"
Actual reading time		
Your reading rate	_____ wpm	

Comprehension Exercises



Complete the following exercises without referring back to the passage you have read.

I. Decide whether the following statements are true (T) or false (F).

1. It can be inferred from the text that father care is as essential as mother care. ()
2. Children raised by same-sex caregivers are provided with the same good things as the children from common families. ()

II. Choose the one that you think is the best answer.

3. How do parents provide good things that same-sex caregivers cannot provide?
 - A. By cooperating together and complementing each other in their differences.
 - B. By giving their love.
 - C. By teaching their children living skills.
 - D. By giving their children special impacts.
4. What does the author mean by “fathers do not mother”?
 - A. A father’s character is different from a mother’s.
 - B. A father, as a male parent, brings unique contributions to the job of parenting that a mother cannot.
 - C. A father’s role is more important than a mother.
 - D. A father can bring children more positive impacts than a mother.
5. Why do fathers “love more dangerously”?
 - A. Because fathers are more adventurous than mothers.
 - B. Because fathers often encourage children to do something more dangerous.
 - C. Because fathers’ love is more “expectant, more instrumental” than a mother’s love.
 - D. Because fathers’ life is more dangerous than mothers’.

III. Fill in the blanks with the information you obtained from the passage.

6. Educational psychologist Carol Gilligan tells us that fathers stress justice, fairness and duty (based on _____), while mothers stress sympathy, care and help (based on relationships).
7. Mothers tend toward grace and sympathy in the midst of disobedience, which provide a sense of _____.

Your comprehension rate: _____%

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Notes:

1. **deprive** *v.* 剥夺

e.g. A lot of these children have been deprived of a normal home life. 这些孩子中有许多人被剥夺了正常的家庭生活。

2. **complement** *v.* 补足, 补充; 使完美

e.g. The white silk of her blouse complements her skin perfectly. 白色的绸衫完美地衬托出她的皮肤。

3. **qualitatively** *adv.* 性质上地, 质量上地

4. **roughhouse** *v.* 喧闹, 打斗

5. **sympathy** *n.* 同情(心), (感情上的)支持

6. **disobedience** *n.* 不服从, 不顺从, 违抗命令