

*词汇: reading 阅读*

For many of us, there's nothing better than burying our head in a good book. Whether it's a **gripping crime story** or a **biography** of someone's amazing life, it's good to read a book to switch off from the distractions of everyday life and help us relax. Maybe that's why some of them are actually being prescribed as a remedy to sickness.

It may seem obvious that reading is good for us. It can be **educational**, and, as some say, it can '**broaden the mind**'. A good **novel** can make us happy or sad, or make us cry as we empathise with **characters**. The power of books was recognised a few years ago by the British charity Reading Agency, who published a list of books that doctors could offer to patients, tackling topics from depression to dementia to chronic pain. It called this '**bibliotherapy**' and it's become so successful that it's about to be extended to children as well.

Professor Philip Davis studies the effects of **literature** at Liverpool University and is author of a book called Reading for Life. He studies people in reading groups and found that it's reading literature – written work thought to have **artistic merit**, that has the best effect. He told the BBC that when reading something for pleasure, "...the brain begins to work from different parts, from a different hemisphere and it gets excited, it gets pre-emotional – and you can see the brain coming to life."

Of course, it's easy in our smartphone generation to **ditch** a good book and fiddle with our phones instead. But opening up a **paperback** could be a simple way to help boost or maintain our **mental health**. It's thought they can help you set targets and find focus. And they may allow you see that awkward situation you've been anxious about for weeks from someone else's **perspective**.

If you're not an **avid reader** it can be hard to know where to begin. If the Reading Agency book list doesn't appeal, you could to read **book reviews**, visit a **library** or bookshop or ask a friend. Once you've found the right **text**, you'll be **hooked!** And if you still love your technology, you could always use an **e-reader**.

## 词汇表

<b>gripping</b>	扣人心弦的，引人入胜的
<b>crime story</b>	犯罪故事
<b>biography</b>	传记
<b>educational</b>	有教育意义的
<b>broaden the mind</b>	拓宽思路
<b>novel</b>	小说
<b>characters</b>	人物，角色
<b>bibliotherapy</b>	阅读疗法
<b>literature</b>	文学，文学作品
<b>artistic merit</b>	艺术价值
<b>ditch</b>	丢弃
<b>paperbook</b>	平装书
<b>mental health</b>	心理健康
<b>perspective</b>	（思考问题的）角度，观点
<b>avid reader</b>	书迷
<b>book reviews</b>	书评
<b>library</b>	图书馆
<b>text</b>	文字
<b>hooked</b>	入迷的，上瘾的
<b>e-reader</b>	电子阅读器

## 测验与练习

### 1. 阅读课文并回答问题。

1. How might being prescribed a book to read help someone?
2. True or false? *Bibliotherapy is only available for children.*
3. According to Professor Philip Davis, reading what type of material is best for improving mental health?
4. Name one place where you could get advice on what book to read.
5. According to the article, how can reading a book help with anxiety?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. The latest action movie is really \_\_\_\_\_, I'm going to see it again!

gripped	gripping	gripped	griping
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2. I like reading anything but especially \_\_\_\_\_ because I like to learn about other people's lives.

paperbacks	biographies	literature	novels
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3. According to the \_\_\_\_\_, the new series of Doctor Who is going to be the best ever!

perspective	text	artistic merit	reviews
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4. I am an \_\_\_\_\_ sports fan so I'll watch anything that gets shown on TV!

avid	distracted	novel	focussed
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5. My dad said that going to university would help me \_\_\_\_\_, but I'm not so sure!

broaden the mind	broad the mind	broad mind	mind broaden
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答案

1. 阅读课文并回答问题。

1. How might being prescribed a book to read help someone?

**It helps remedy sickness and can improve your mental health.**

2. True or false? *Bibliotherapy is only available for children.*

**False. Bibliotherapy has become so successful that it's about to be extended to children as well.**

3. According to Professor Philip Davis, reading what type of material is best for improving mental health?

**Professor Philip Davis's research found that it's reading *literature* that has the best effect.**

4. Name one place where you could get advice on what book to read.

**You could read book reviews, visit a library or bookshop, or ask a friend.**

5. According to the article, how can reading a book help with anxiety?

**They may allow you to see the awkward situation you've been anxious about for weeks from someone else's perspective.**

2. 选择意思恰当的单词或词组来完成下列句子。

1. The latest action movie is really **gripping**, I'm going to see it again!

2. I like reading anything but especially **biographies** because I like to learn about other people's lives.

3. According to the **reviews**, the new series of Doctor Who is going to be the best ever!

4. I am an **avid** sports fan so I'll watch anything that gets shown on TV!

5. My dad said that going to university would help me **broaden the mind**, but I'm not so sure!