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 to 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

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

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

paperbacks	biographies	literature	novels

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

perspective	text	artistic merit	reviews

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

avid	distracted	novel	focussed

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

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!