

大学英语 阅读与文化翻译

4



College English:
Reading and
Cultural Translation 4

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副总主编 杨 颖
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前言

在英语诸多技能的实践中,阅读实践无疑是非常重要的,因为无论是从丰富词汇量还是扩展文化知识的角度来说,阅读都是重要而又方便的信息来源。根据外语学习理论,外语学习者使用外语的水平取决于他所接受的外语信息输入的数量与质量,学习大量的、可理解的、真实而又实用的英语阅读材料是英语学习进步的基本保证。此外,随着中国国力的增强,中华文化走出去战略的重要性日益彰显,因此介绍中华文明和文化已经日益成为英语学习的重要目的之一。但长期以来,国内的英语教学重点主要放在如何解读国外的各种科学技术和文化信息上,对于如何教会学生用规范的英语介绍中国的现代文明和传统文化方面做得还不够,甚至许多英语专业的毕业生都无法较为自如地用英语表达中国的文化精粹。因此,本套教材的编写紧密围绕英语阅读技能训练和中华文化相关话题的汉译英技能训练这两个当今英语教学的核心问题,充分注意了阅读材料的题材和体裁多样化、真实性和实用性,尽量广泛地涉及日常英语使用中的各种话题。对于汉译英的训练,编者采用了展示中华文明与体现天津特色相结合的方法,每册将汉译英的训练分为两个部分:第一部分精心选取了中国历史文化中最有代表性的 20 个话题和参考译文供学生学习领会文化翻译的特点,第二部分则选取了天津区域文化的 10 个话题,要求学生模仿第一部分中的参考译文对这 10 个话题的内容进行翻译。

本套教材的另一个特点就是在训练材料的内容和难度编排上都贴近大学英语四六级考试的基本要求,使教材更好地服务于大学英语教学。本套教材的全体编写人员都具有丰富的英语教学经验,感谢他们在繁忙的教学工作之余牺牲自己的休息时间,多次开会探讨编写方案,反复修改初稿,最终编写出了这套特色鲜明而又实用的教材。两位总主编负责审定全部稿件,杨颖重点审定英语阅读部分,顾钢重点审定汉译英部分。我们尤其要感谢美国专家 Harris Ives 教授对于天津区域文化部分的参考译文所给予的修改建议。高等教育出版社相关工作人员孙宁、曹臻珍责任编辑的认真工作也为本教材增色不少,在此一并感谢。

总主编 顾钢

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郑重声明

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Unit 1

Looking Good



Part One

Reading Comprehension

Section A

Matching

Match the words in the left column as used in the passage with their appropriate explanations in the right column.

1. jeopardize

2. article

3. pass

4. embrace

5. consume

a. to find out

b. tobacco

c. to have been offered something and say yes to it

d. to do an action, even though it might have unpleasant consequences

e. to introduce and emphasize a fact or comment which makes another part of the sentence rather

6. risk

7. accept

8. waste

9. discover

10. design

11. though

12. essay

13. invent

14. smell

15. cigarette

surprising

f. to plan and create a picture of something in your mind, and then make a detailed drawing of it

g. to start believing wholeheartedly in something

h. to use too much of something on something else that is not important or valuable

i. a short piece of writing on one particular subject

j. to do something that may destroy it, damage it, or cause it to be lost

k. to use up

l. to create

m. a piece of writing on a particular subject that has been written for publication in a newspaper or magazine

n. to put your nose near something and breathe in

o. to take something in your hand and give it to others

Passage A

Read the passage and do the exercise.

Clothes Make the Man

Our bodies may pass away, but our clothes can be 1 on to those who truly need them.

After all these years working as an editor, I have 2 a hidden benefit in doing the job. It came in a letter from a nice lady in Arizona¹.

She happened to read an 3 written by me about my wife's disgust with my lily winter overcoat, which is 17 years old and has threads hanging from the sleeves and collar, mud and soot stains, missing buttons, and holes from 4 burns.

Other than that, 5, the coat is structurally sound and fends off the wind as well as it did the day I bought it. It does not even 6 bad, except in the summer, when I do

not wear it anyway.

Like most of my clothes, the overcoat is old and raggedy because I like old, raggedy clothes. Also, I do not believe in 7 money on something new when something old does the job just as well.

In the case of clothing, the purpose is to prevent me from walking around naked. Old clothes do that just as well as something 8 by a famous Italian designer.

In addition, when I wear my old overcoat, panhandlers never approach me. If anything, they say, "Hey, I got here first. Go hustle the next street."

When she read about my overcoat, the nice lady in Arizona sent me this letter.

"I have been a widow since 1990. All this time I have been trying to find a good home for my husband's beautiful and seldom-worn overcoat. Would you please 9 it in memory of my husband, who was a very kind, gentle, and peaceful human being? Please do not divulge my name, as I live alone and it could 10 my safety."

The letter arrived in a box. With it, neatly packed in a plastic garment bag, was a splendid, blue-black overcoat that appeared to be made of the finest soft cashmere.

As the lady said, it had been seldom worn and looked new. It was finer than any coat I have ever owned.

(355 words)

Your Time: _____

Notes

1. **Arizona:** 亚利桑那州，位于美国西南部，与墨西哥接壤。

Filling the Blanks

Select one word for each blank from the word bank given below. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

- | | | | |
|---------------|-------------|--------------|------------|
| A) jeopardize | B) article | C) passed | D) embrace |
| E) consume | F) risk | G) accept | H) wasting |
| I) discovered | J) designed | K) though | L) essay |
| M) invent | N) smell | O) cigarette | |

Section B

Finding Indexes

For each sentence, try to decide some words and phrases as indexes to help you locate the sentence in Passage B.

1. A diet containing a large amount of fat is actually more fattening.
2. A small serving of fatty food can contain even more calories than a large serving of a low-fat food.
3. Diversified carbohydrate foods are your best choices.
4. Very low-calorie diets actually make it harder to lose weight.
5. Do keep three meals regularly.
6. Metabolism determines the rate at which you burn calories.
7. A diet rich in proteins and carbohydrates will cause your metabolism to move faster than one rich in fat.
8. Candy and cookies can be diet destroyers because of their high calorie count.
9. Skipping one meal and overeating at the next could encourage your body to put on weight.
10. Fat slows your metabolism more than these other food groups.

Passage B

Read the passage and do the exercise.

Lose Weight, Look Good, Feel Great!

- A** You have gone on diet after diet, yet you still have not shed those unwanted pounds, or worse, your weight is actually going up! The problem could be your metabolism – your body's operating speed, which determines the rate at which you burn calories. If you have a fast metabolism, you will burn calories quickly and easily. If your metabolism is slow, a greater portion of the calories you consume will be stored in your body as frustrating fat. As a result, you are troubled being overweight and you hate to see your corpulent image in the mirror.
- B** But do not give up. Research shows it is possible to rev up a sluggish metabolism so you can burn calories and lose weight faster. Here is how:

- C** Reduce the fat in your diet. It is not just the number of calories you eat that counts, but their source. A diet containing a large amount of fat is actually more fattening than a diet of identical calorie count composed of proteins and carbohydrates.
- D** Why? Fat slows your metabolism more than these other food groups. Researchers have estimated that your body will burn about 23 calories to convert 100 calories of carbohydrates into fat. But to turn 100 calories of dietary fat into body fat, you burn only about three calories. That means you will store more calories as fat. So a diet rich in proteins and carbohydrates will cause your metabolism to move faster than one rich in fats.
- E** Fats are also more calorically dense than other foods: one gram of fat contains nine calories while one gram of protein or carbohydrate contains only four. Thus, a small serving of fatty food, such as cheese or nuts, can contain even more calories than a large serving of a low-fat food, such as cantaloupe.
- F** Choose the right carbohydrate foods. Because carbohydrates cost more fat for your body to store, they are important to your diet. But all carbohydrates are not alike. Some simple carbohydrates, such as table sugar and honey, and foods that contain them, such as candy and cookies, can be diet destroyers because of their high calorie count. What is more, they are nutrient poor.
- G** Simple carbohydrates also stimulate the production of insulin¹, the hormone responsible for moving sugar out of the blood stream and into cells. When you eat sugar and sugar-rich foods by themselves or in large quantities, insulin levels can rise sharply, forcing blood sugar to drop afterward. The result, for some people, is hunger and fatigue.
- H** Complex-carbohydrate foods are your best choices. These include vegetables, fruits and whole-grain breads and cereals – all high in vitamins, minerals and fiber.
- I** Stick with regular scheduled meals. Have you ever tried to diet by skipping breakfast and having a tiny lunch, only to blow your “diet” at dinner? If so, you recognize that meal skipping sets you up for a wild eating party when your natural hunger asserts itself.
- J** Skipping one meal and overeating at the next could encourage your body to put on weight. Researchers have demonstrated that laboratory animals that consumed their whole day’s rations at one time became fatter than animals that eat several smaller meals, even though total daily calorie consumption was equal

for both groups. This pattern may hold true for people as well. So stay with three diet-size meals per day to keep your metabolism running steadily.

- K** Consume adequate calories. When you severely limit your calories, dipping below the 900-per-day level, not only do you drastically shortchange yourself nutritionally, but your body perceives that food scarcity as a starvation threat. It reacts by slowing down your metabolism to store energy.
- L** The lower your calorie count falls, the more slowly your metabolism runs. So very low-calorie diets actually make it harder to lose weight since your body begins to burn fewer calories as you eat less. A sensible, low-fat diet of at least 1,200 calories a day is preferable.
- M** Remember that whenever you reduce your calorie intake, you may abandon vital nutrients. So when you diet, you may want to take a multi-vitamin/mineral supplement that supplies 100 percent of the U.S. RDA² of needed nutrients.
- N** Exercise regularly. If you exercise in addition to dieting, you will reach your goal more quickly and easily. Not only does exercise burn calories while you work out, but your metabolism remains high after you have finished your workout. So you continue to burn calories at a higher rate for a few hours.
- O** Exercise also makes it easier to maintain your weight because it increases muscle mass. Muscle uses more calories to maintain itself than body fat does. So the higher your muscle-to-fat ratio, the more calories you will burn – even when you are not moving a muscle.
- P** Follow these exercise tips: Choose aerobic exercise, for it gets your whole body in high gear, aerobic exercise gives your metabolism that needed push; Schedule your workouts. Make an appointment with yourself and keep it. If you decide you will exercise “when you have time”, you never will. Pick activities you enjoy: walking, pedaling a stationary bike, working out to an aerobic video. They are easier to stick with; Exercise at least 30 minutes every other day. Otherwise your body will not harvest the metabolism-improving benefits.
- Q** IF YOU STAY WITH THIS WAY OF DIETING, you will begin to lose weight, look good, and feel great. You will think like a different person and be more in control of your entire life.

(934 words)

Your Time: _____

Notes

1. **insulin**: 胰岛素, 由胰脏的胰岛细胞分泌的一种蛋白质激素。
2. **RDA**: Recommended Daily Allowances, 美国国家推荐的日摄入量。

Comprehension Checking

Read these ten statements again. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

1. A diet containing a large amount of fat is actually more fattening.
2. A small serving of fatty food can contain even more calories than a large serving of a low-fat food
3. Diversified carbohydrate foods are your best choices.
4. Very low-calorie diets actually make it harder to lose weight.
5. Do keep three meals regularly.
6. Metabolism determines the rate at which you burn calories.
7. A diet rich in proteins and carbohydrates will cause your metabolism to move faster than one rich in fat.
8. Candy and cookies can be diet destroyers because of their high calorie count.
9. Skipping one meal and overeating at the next could encourage your body to put on weight.
10. Fat slows your metabolism more than these other food groups.

Section C

Finding Alternatives

Choose the words or phrases with the same meaning for the italicized words and phrases in the following sentences.

1. On the positive side, clothes may be a good leveler, putting you on a *par* with other applicants and requiring the interviewer to consider more important qualities.
 A. the same level B. an equal position C. a similar situation
2. The *eagerness* with which you discuss the job rather than the salary may reveal your enthusiasm for work.
 A. keenness B. impatience C. rush

3. In order to give yourself an **edge** over other applicants, you should be prepared to talk knowledgeably about the requirements of the position.
- A. sharpness B. advantage C. the narrow side of a flat
4. Clothes that are too colorful, or too expensive, may suggest that you do not understand what behavior is appropriate for the job or that you are **snobbish** or frivolous.
- A. superior B. proud C. modest
5. Since speech is a reflection of personality, you should reflect confidence by speaking in a clear voice, loud enough to be heard without being **aggressive** or overpowering.
- A. hostile B. assertive C. offensive

Passage C

Read the passage and do the exercise.

How to Present Your Attractive Image in a Job Interview

It is well accepted that you should demonstrate certain personal and professional qualities in order to be successful in a job interview. But what is equally important, if not more, is that you need to create a good image in the limited time available, usually from 30 to 40 minutes. You must make a positive impression which the interviewers will remember while they interview other applicants. At all times, you should present your most attractive image in addition to your fine qualities, during the interview.

You should, for example, take care to appear well-groomed and modestly-dressed¹, avoiding the extremes of too elaborate or too casual attire. On the positive side, clothes may be a good leveler, putting you on a **par** with other applicants and requiring the interviewer to consider more important qualities. On the other hand, clothes that are too informal may convey the impression that you are not serious about the job or that you may be casual about your work as well as your dress. Clothes that are too colorful, or too expensive, may suggest that you do not understand what behavior is appropriate for the job or that you are **snobbish** or frivolous. The right clothes worn at the right time, however, gain the respect of the interviewer and their confidence in your judgment. It may not be true that “clothes make the man²”, but the first and often the lasting impression of you is determined by the clothes you wear.

Besides care for personal appearance, you should pay close attention to your manner of speaking. Since speech is a reflection of personality, you should reflect

confidence by speaking in a clear voice, loud enough to be heard without being **aggressive** or overpowering. Your speech should not call attention to itself, but it should reveal the individuality and the ability of the speaker. Obviously, you must speak without grammatical mistakes or dialect differences for which you might be criticized or which might cause embarrassment to the employer. Although there are culture differences with respect to the formality of the job interview, your speech must show you to be a friendly and pleasant person.

Speaking without a subject worth talking about will not impress anyone. In order to give yourself an **edge** over other applicants, you should be prepared to talk knowledgeably about the requirements of the position for which you are applying in relation to your own professional experience and interests. Knowing something about the position enables you to ask intelligent questions about the work and the requirements for the job. The interviewer can decide from the questions asked whether you are genuinely interested or knowledgeable. You can comment on your own training, experience, and other qualifications in relation to the specific tasks of the position. The interviewers can determine whether your background and potential seem to fit the position. The position for which you are applying is the safest topic for discussion, for it serves to demonstrate your understanding of the requirements and your abilities in meeting these requirements.

Finally, to be really impressive you must convey a sense of self-confidence and enthusiasm for work. As already indicated, you demonstrate confidence by your manner of speech and dress. You further show it by being prepared for the interview with information and questions about the position. In addition, the way you enter the room, sit, look at the interviewers and fill out application forms and other papers may express confidence. The **eagerness** with which you discuss the job rather than the salary may reveal your enthusiasm for work. You may express it also through your questions and comments about working conditions and facilities. And of course, your previous experience and success will tell the interviewers about your enthusiasm for work. Both of these qualities – self-confidence and enthusiasm for work – are valued highly by interviewers.

(639 words)

Your Time: _____

Notes

1. **well-groomed and modestly-dressed:** 着装整洁得体的。
2. **clothes make the man:** 人靠衣装马靠鞍。

Comprehension Checking

Choose the best answer from the four choices given below according to the passage.

1. Which of the following statements about clothes is true according to the passage?
 - A. Clothes may put you on an equal position with other applicants.
 - B. Inexpensive dress indicates the applicant's casual attitude to life.
 - C. "Clothes make the man" is a completely wrong saying.
 - D. Appropriate dress is the guarantee of a good job to the applicant.
2. In the author's opinion, _____.
 - A. snobbish persons always wear very colorful and expensive clothes
 - B. revealing one's special fine qualities is vital to an interviewee
 - C. a job interview never lasts more than 30 to 40 minutes
 - D. the first impression created in an interview will last forever
3. Which of the following does not explain the importance of speaking manner?
 - A. The speaker's personality is directly reflected in his speech.
 - B. Speech can show the individuality and ability of the speaker.
 - C. It is embarrassing to speak with a lot of grammatical mistakes.
 - D. Speech styles may differ greatly from one culture to another.
4. Being knowledgeable about the position applied for may contribute to all the following except _____.
 - A. demonstrating your abilities to meet the job requirements
 - B. showing off your good education and family background
 - C. providing you with the best talking topic in the interview
 - D. convincing interviewers of one's good potential for the job
5. It is suggested in the passage that _____.
 - A. you can hardly get a second chance to give others your first impression
 - B. your dress is a much more important factor than your manner of speaking
 - C. self-confidence and enthusiasm are the best-valued qualities
 - D. luck plays no part at all in any kinds of personnel interview



Part Two

Chinese-English Translation

Section A

Translation Study

Study the following passages of Chinese-English translation.

段落
翻译

中国经济

中国经济发展水平的地区差异较大，东部沿海地区比较发达，经济和科学技术发展水平较高，工业、农业、交通运输业和通讯业设施基础较好，西部地区相对落后。但是，从长远来看，西部地区资源丰富，有发展工农业的广阔空间。中国正在进行西部大开发（Western Region Development Strategy），以加快西部地区经济发展的步伐。

1

参考
译文

China's Economy

Regional differences in China's economic development are considerably large. The coastal areas in the east are more prosperous, having a higher level of economic and technological development, and a better foundation of industry, agriculture, transportation and communication facilities. However, the western areas lag behind. But in the long run, thanks to rich resources in the areas, they have a vast space to develop their industry and agriculture. Besides, China is implementing a Western Region Development Strategy to speed up the economic progress in the areas.

段落
翻译

洞庭湖

洞庭湖（Dongting Lake）位于湖南省北部、长江南岸。洞庭湖区山川秀美，人杰地灵，名胜古迹较多。著名的岳阳楼（Yueyang Tower）就坐落于此，素有“洞庭天下水，岳阳天下楼”的美誉。据唐、宋时期（the Tang and Song Dynasties）的文献记载，洞庭湖方圆七八百里。洞庭湖原是中国第一大淡水湖（freshwater lake），但由于泥沙长期淤积等原因，湖面日趋减小。

2