

Fresh Start English

新发展英语

学习指南 2

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前 言

《新发展英语》是一套专门为成人高等教育英语教学编写的教材，适用于各类高校的继续教育学院和成人高校中非英语专业的专升本、专转本、专接本、高升本学生，各类高校网络学院中远程教育非英语专业的本科学生，以及具有中级英语基础的人群。本教材在充分调研的基础上，遵循了高等学校中应用型人才的培养目标和高等继续教育的特点，重在巩固学生已经掌握的基础知识，并力图提高和拓展学生的英语实际应用能力。本着以应用为目的，以就业为导向，与社会需求、工作实际以及个人发展紧密联系的宗旨，本教材力求成为一套集可读性、趣味性、多元性、时代性和应用性为一体的新型成人本科综合实用英语教程。

本套教材共4级，供4个学期使用。每一级由主教材《新发展英语 综合教程》和配套辅助教材《新发展英语 学习指南》组成：

《新发展英语 综合教程》第1册起点约为2,200个单词，另学习新词汇约500个，着重巩固学生在本科阶段之前所学的英语基础知识。

《新发展英语 综合教程》第2册要求在巩固第1册的基础上再学习新词汇500个左右，并着重于进一步培养和提高学生的英语听、说、读、写、译五项基本技能。

《新发展英语 综合教程》第3册则要求在第2册基础上学习新词汇500个左右，并着重于进一步提高和发展学生的英语五项基本技能。

《新发展英语 综合教程》第4册的所有读写单元均以类型各异、题材丰富的应用文体为主（含读书报告、毕业论文、工作报告等）。除要求在第3册的基础上学习新词汇500个左右以外，第四册主要着眼于实用技能的拓展和应用，从而更好地与社会实践相结合。

为了更好地适应各类高校成人英语教学的实际需要，本套教材在编写框架上一改普通教材的传统结构，将主教材每册的12个单元分成8个读写单元和4个独立的听说单元，既可综合学习，全面展开，又可因时因地分开使用或选择学习，便于教学双方根据学习条件和课时量的多少各取所需，灵活使用。

与主教材配套的辅助教材《新发展英语 学习指南》与主教材各单元相呼应，读写

单元配有课文翻译、语言点注释和所有练习的答案，并为学有余力的学生提供了泛读课文、相关背景资料和语言句法的讲解和配套练习。此外，听说单元还另配有文化背景资料和听说材料原文及参考情景交际对话，从而为教学双方提供最为方便和全面的学习参考。

由于全国各类高校的成人本科英语教学课时数相差很大，教学要求也相距甚远，教学条件和教学环境也各不相同，因此，编者建议，在使用本教材的时候，各校可根据本校教学单位的具体情况灵活掌握，可充分利用和发挥，也可压缩或选择使用。此外，由于本教材提供了较为详细的教学参考，因此在课堂教学时，建议教师可将一部分精力和时间放在组织小组讨论、角色表演等一些动脑、动手、动口等有利于语言表达和思维拓展的活动上。

本套教材由教育部高等学校大学外语教学指导委员会主任、南京大学外国语学院院长王守仁教授任顾问，由南京大学晨梅梅教授设计并任总主编。《学习指南》第2册由饶辉任主编，编者为（以姓氏笔画为序）：丁海燕、王原晴、文昀、顾萍、李晓梅、张瑾、施荣根、秦志红、徐楠。本教材在编写过程中得到了全国十多所高校的外语学院、外语系、大学外语部以及继续教育学院或成人教育学院的大力支持。数十位高校一线的英语教师参与了编写工作。加拿大籍在华高校英语教师 Brent Smith 审阅了全书，出版社的编辑们为此倾注了许多心血，在此一并表示诚挚的谢意！

编者

2007年4月

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We are deeply grateful to the authors and publishers of all the articles we use as the texts for this textbook. We apologize for the insufficient information in some cases due to our lack of resources. We intend to show every respect for intellectual property rights, and hope our pleading for the permission to use the related materials for teaching purposes will receive kind and generous consideration.

Unit 1

Extensive Reading

“Happiness Is...” by Susan Cheever from www.child.com/child/story.jhtml?storyid=/templatedata/child/story/data/happiness.xml.

Unit 2

Extensive Reading

“It Is Time to Let Go” by May Paron from *English Language Learning*, Issue No. 8, 2003. Foreign Language Teaching and Research Press.

Unit 4

Extensive Reading

“Give and Receive Highly-valued Compliments” by Steve Nakamoto from www.amazon.com/gp/richpub/syltguides/fullview/R1BTNRVCCDNNY4.

Unit 5

Extensive Reading

“Have You Hugged a Foreigner Today?” by Linell Davis from *Doing Culture: Cross-cultural Communication in Action*. Copyright © 1999 Foreign Language Teaching and Research Press.

Unit 7

Extensive Reading

“Say No to Western Fast Food” by U. J. Underwood from *An Integrated English Course 3* by Shi Zhikang. Copyright © 2005 Shanghai Foreign Language Education Press.

Unit 8

Extensive Reading

“Communications: Easier or More Difficult” by Michael Alvear from *College English*. Issue No. 2, 2002.

Unit 10

Extensive Reading

“Plagiarism for Dummies: Why Cheating Students Are Missing the Point of Education” by Paula Stiles from www2.associatedcontent.com/article/43206/plagiarism_for_dummies_why_cheating.html.

Unit 11

Extensive Reading


“The Last Letter” from *Read and Think 3* by Ken Beatty. Copyright © 2005 Pearson Education Asia Limited and World Publishing Corporation.

Contents

Unit 1	Happiness	1
Unit 2	Attitude	21
Unit 3	Making Complaints and Expressing Dissatisfaction	47
Unit 4	Encouragement	53
Unit 5	Cultural Difference	77
Unit 6	Making Offers and Giving Responses	103
Unit 7	Food	109
Unit 8	Remembrances	133
Unit 9	Expressing Disappointment or Regret	161
Unit 10	Campus Cheats	167
Unit 11	The Future	191
Unit 12	Giving Praise and Expressing Admiration	217

Study Focus:

1. Understand this paradox (似非而是的论点): Fun does not bring happiness.
2. Learn to use the "more...than" structure.
3. Explain what happiness is.
4. Study the structure and features of paragraph writing.
5. Make some suggestions for living a happy life.

Part I
Intensive Reading 课文译文**真正幸福的秘密**

丹尼斯·普拉格

我住的地方有迪斯尼乐园、好莱坞和终年灿烂的阳光。你也许认为在这样一个迷人和充满乐趣的地方生活的人们会比别人更加幸福。如果这样的话，你就多多少少误解了幸福的本质。

很多聪明人把幸福等同于享乐。其实，享乐和幸福几乎或根本没有共同之处。享乐是我们在行为过程中的感受，幸福则是我们在行为结束后的感受。与享乐相比，它是一种更深刻、更持久的感受。

逛游乐场或看球赛，看电影或看电视，这些都是一些享乐性的活动，能帮助我们放松、暂时忘却烦恼，甚至还能让我们开怀大笑。但它们并不能带来幸福，因为活动结束后，它们的积极效果也会随之消失。

人们坚持认为充满乐趣、毫无痛苦的生活就等于幸福，这实际上却剥夺了他们获得真正幸福的机会。如果享乐和愉快等同于幸福，那么，痛苦必定等同于不幸福。但是事实恰恰相反：很多时候，能够带来幸福的事情往往都伴随着一定的痛苦。

结果，很多人都躲避那些实际上正是幸福之源的、需要付出艰苦努力的事情。他们害

怕诸如结婚、抚养子女、成就事业、从事公益或慈善活动以及自我发展等不可避免会带来的痛苦。

问一个单身汉，为什么即使他觉得越来越不满足于约会却还是拒绝结婚。如果他是个诚实的人，他就会告诉你他害怕承诺。因为承诺实际上是相当痛苦的。单身生活充满了乐趣、冒险和兴奋。虽然婚姻生活也有这样的体验，但这些不是它最显著的特征。

同样，一对夫妇选择不要孩子是因为相对于略有痛苦的幸福，他们更喜欢没有痛苦的享乐。他们可以随时外出吃饭，到任何想去的地方旅游，愿意睡多晚就睡多晚。有小孩的夫妇如能睡上一晚的安稳觉或者能够有一个三天的假期他们就会感到非常幸运。我还没有见过哪位父母用“享乐”这个词来形容抚养孩子。

但是决定不生孩子的夫妇永远不会体验到拥抱孩子或夜里给孩子掖好被子时的愉悦心情。他们也永远不会知道看着孩子长大或与孙儿玩耍时所感受的那种欢乐。

当然，我也喜欢做那些享乐性的事情。我喜欢打短网拍墙球，喜欢和孩子（以及其他任何人）开玩笑；我的爱好也许太多了。

但这些形式的享乐并没有在真正的意义上给我带来幸福。更为艰苦的事情——写作、抚养孩子、与妻子加深感情、在世上行善等——会给我带来比享乐这最不持久的感觉更多的幸福。

理解和承认真正的幸福与享乐毫不相干是我们所能达到的最具有解放意义的认识之一。它解放时间：现在我们可以把更多的时间花在能真正增进我们的幸福的活动上。它解放金钱：购买无助于我们幸福的新车或时髦服装现在似乎已没有意义。另外它还把我们嫉妒的心态中解放出来：我们现在明白，那些腰缠万贯、魅力十足的人，那些我们认定因为总是如此享乐所以肯定幸福的人，实际上也许一点都不幸福。

我们一旦懂得享乐并不带来幸福，我们就会开始一种截然不同的生活。其结果是真正地改变我们的生活。



Language Points of the Text

1. I live in the land of Disney, Hollywood and year-round sun. (Para. 1)

year-round: *adj.* existing, active, or continuous throughout the year “全年的；终年存在的，终年持续的”

Colorado is a year-round resort; there is fishing in the summer and skiing in the winter.

科罗拉多是个四季开放的胜地，那里夏天可以垂钓，冬天可以滑雪。

注意下列两词组的用法：

all-round (作定语) “全面的, 多面的; 全能的”

an all-round athlete 一名全能运动员

Measures should be taken to train the all-round ability of the college students.

应该采取措施对大学生进行全面能力的培养。

all the year round “整年”

John works all the year round, without a holiday.

约翰一年到头工作, 没有一天假日。

2. If so, you have some mistaken ideas about the nature of happiness. (Para. 1)

mistaken ideas: wrong ideas 错误的观点

mistaken 作为形容词除修饰 idea, belief, view 等词外一般不用于名词前, 但常和 be 动词连用做表语:

a. Many people have a mistaken belief that children should be asked to learn English as early as possible.

许多人误以为儿童应该尽可能早地学英语。

b. If I am not mistaken, you must be from the south.

如果我没弄错的话, 你肯定是南方人。

3. Many intelligent people equate happiness with fun. The truth is that fun and happiness have little or nothing in common. Fun is what we experience during the act. (Para. 2)

1) **equate...with...:** “将……等同于”

a. One should not equate passing examinations with being intelligent.

不能把通过考试与聪明等同起来。

b. Youth should not be equated with inexperience.

不应把年轻与没有经验等同起来。

2) **in common:** “共同”。在句中的结构为 have...in common (with somebody/something)

a. The newly married couples had very little in common.

这对新婚夫妇几乎没有共同之处。

b. I have a lot in common with my friend Andrew.

我与朋友安德鲁有很多共同点。

c. They have nothing in common in their teaching methods.

他们的教学方法毫无共同之处。

3) **act** 指具体的“举动、行为”, 是短暂、个别的, 强调动作结果。如:

He ran into the burning house and saved the child. That was really a brave act.

他冲进着火的房子救出小孩。那真是勇敢的行为。

4. **But, they do not bring happiness, because their positive effects end when the fun ends.**

(Para. 3)

positive: *adj.* good or useful “好的，有用的，积极的，建设性的”

a. Don't just make a negative criticism; give us some positive help.

别只是消极批评，给我们一些积极的帮助吧。

b. One secret of happiness is to hold a positive attitude towards life.

幸福的一个秘诀就是对生活持积极的态度。

5. **The way people cling to the belief that a fun-filled, pain-free life equals happiness, actually diminishes their chances of ever attaining real happiness. (Para. 4)**

The way 后面省略了 in which。people cling to the belief that... 为定语从句。

1) **chance:** *n.* possibility “可能性”

a. What is her chance (are her chances) of survival?

她生还的可能性有多大？

b. She has no chance of winning the match.

她不可能赢得比赛。

c. There is little chance of rain tomorrow.

明天下雨的可能性几乎没有。

d. Chances are (that) they have already arrived.

他们很可能已经到了。

2) **attain:** *vt.* to succeed in reaching a particular level or in getting something after trying for a long time “经长期努力后实现，获得，赢得”。近义词：obtain, gain

a. The black people in America attained freedom at last.

美国黑人终于获得了自由。

b. After three interviews she attained the position of student-council president.

她经过三次面试，赢得了学生会主席的职位。

6. **But, in fact, the opposite is true: More times than not, things that lead to happiness involve some pain. (Para. 4)**

1) **the opposite is true:** the reverse is true “情况正相反”

2) **more times than not:** more often than not, in most cases “多半，多数情况下”

3) **involve:** *v.* “包含，包括，需要”

a. Winning the game involves both skill and fortune.

赢得这场比赛既要技巧也要运气。

b. Learning a foreign language involves constant practice.

学外语需要不断实践。

7. As a result, many people avoid the very endeavors that are the source of true happiness.

They fear the pain inevitably brought by such things as marriage, raising children, professional achievement, civil or charitable work, self-improvement. (Para. 5)

1) endeavor: *n.* effort “努力” (正式用语)

2) source: *n.* “来源”

For me, music is a great source of enjoyment.

对我而言，音乐是我快乐的一大源泉。

3) raise: *v.* to bring up “抚养”，多用于美国英语。

8. Ask a bachelor why he resists marriage even though he finds dating to be less and less satisfying. (Para. 6)

resist marriage: “拒绝结婚”

resist: *v.* “反对；抵抗，反抗；抵制，忍住”

a. I can never resist an ice-cream.

我一见冰淇淋就想吃。

b. When I heard the funny story, I could not resist laughing.

听见那个有趣的故事我不禁大笑起来。

c. the War of Resistance Against Japan 抗日战争

9. Marriage has such moments, but they are not its most distinguishing features. (Para. 6)

1) such moments 指代上文的 fun, adventure, excitement.

2) distinguishing: *adj.* “与众不同的，突出的” (在句中只作定语)。本词源于 distinguish “区别，区分，辨别”，另一形容词 distinguished 表示“杰出的、优秀的、受尊敬的”。

10. Similarly, couples who choose not to have children are deciding in favor of painless fun over painful happiness. (Para. 7)

...deciding in favor of painless fun over painful happiness: ...making a decision which prefers painless fun to painful happiness.

in favor of: “赞成，主张”

a. Most people are not in favor of students getting married while studying in college.

多数人不赞成大学生在读书期间结婚。(句中作表语)

b. He refused a job in government in favor of a university appointment.

他拒绝了政府部门的工作而选择了大学里的一个职位。(句中作状语)

11. But these forms of fun do not contribute in any real way to my happiness. More difficult endeavors—writing, raising children, creating a deep relationship with my wife, trying to do good in the world—will bring me more happiness than can ever be found in fun, that least permanent of things. (Para. 10)

1) **contribute to:** to help to make something happen “有助于, 促成, 导致”

a. Fresh air and exercise contribute to good health.

新鲜空气和锻炼有助于健康。

b. Many factors contribute to this phenomenon.

诸多因素引起这一现象。

c. Her singing contributed greatly to the success of the party.

她的演唱对晚会的成功起了很大的作用。

2) **permanent:** *adj.* lasting “持久的, 永久的”

比较 for ever, for good (副词短语)

3) ...will bring me more happiness than can ever be found in fun, that least permanent of things
中的 that least permanent of things 为 fun 的同位语。

...than can ever be found in fun 是一个省略结构, 完整形式为: ...than what can ever be found in fun.

12. Understanding and accepting that true happiness has nothing to do with fun is one of the most liberating realizations we can ever come to. (Para. 11)

1) **have nothing to do with:** “与……毫无关系”。类似的句型: have something to do with 与……有关

2) **come to:** to reach, to arrive at “达成(协议等), 取得(结论等)”

come to a conclusion/an agreement/a decision

13. We now understand that all those rich and glamorous people who we were so sure are happy because they are always having so much fun actually may not be happy at all. (Para. 11)

注意本句的主要结构是 We now understand that all those rich and glamorous people... actually may not be happy at all. we were so sure...having so much fun 为定语从句。

14. The moment we understand that fun does not bring happiness, we begin to lead our lives differently. (Para. 12)

- 1) **the moment**: as soon as “一……就……”。类似的句型还有: The minute..., The instant... 等。
 2) **life-transforming**: *adj.* “改变生活的”

Part II

Text Comprehension (Key)

Reading Analysis

1. C 2. D 3. D 4. A 5. D

Information Recall and Summary

A.

1. He lives in the land of Disney and Hollywood where he can enjoy sunshine all the year round.
2. Happiness is equated with fun.
3. Fun is an emotion we experience during an act. Fun activities, such as going to an amusement park or a ballgame, watching a movie or television are the activities that help us relax, temporarily forget our problems, and even laugh.
4. He thinks that pain is not necessarily related to unhappiness and that in many cases things that lead to happiness involve some pain.
5. The difficult and painful endeavors such as marriage, raising children, professional achievement, religious commitment, civil or charitable work, and self-improvement are the source of true happiness.
6. Because they are afraid of making a commitment, which is very painful.
7. They will never experience the pleasure and joys in raising children.
8. Because it can save us time and money by freeing us from the activities which do not increase our happiness. We will realize wealth does not necessarily mean happiness and we will live a different, happy and new life.

B.

This passage is a discussion about the nature or real meaning of happiness. In view of some people's wrong ideas about happiness, the author maintains that fun and happiness are different and that fun activities cannot bring happiness. He illustrates with examples why many

people choose not to do something that will lead to real happiness. They are afraid of pain and therefore prefer painless fun to painful happiness. Then he takes himself for example and argues that difficult things, not fun things, will bring him happiness. Finally, the author stresses the importance of a correct understanding of happiness. (100 words)

Information Organization

Topics	Supporting Details
<p>Fun and happiness (Paras. 1-3)</p>	<p>You may think that <u>people living in fun-filled places are happier than others.</u></p> <p>Many intelligent people think that <u>fun equals happiness.</u></p> <p>The fact is that <u>fun and happiness are different and fun activities do not bring happiness.</u></p>
<p>Pain and happiness (Paras. 4-10)</p>	<p>People think that <u>fun and pleasure equal happiness and pain equals unhappiness.</u></p> <p>In fact, <u>things that lead to happiness involve some pain.</u></p> <p>What many people do: <u>avoid the painful and difficult endeavors.</u></p> <p>The reason: <u>they fear pain and are afraid of making a commitment.</u></p> <p>Examples: <u>a bachelor who resists marriage and couples who choose not to have children.</u></p> <p>The author's opinion: <u>more difficult endeavors will bring more happiness.</u></p>
<p>The significance of a correct understanding of happiness (Paras. 11-12)</p>	<p><u>Liberating time and money; changing our outlook on happiness as well as our way of life.</u></p>

Part III
Skill Building (Key)**Word Forms**

A.

1. care-free childhood
2. peace-loving people
3. time-consuming tasks
4. man-eating animals
5. a cotton-filled coat
6. a world-famous scientist
7. a state-owned company
8. home-made rice wine

B.

1. a. equals b. equality 2. a. liberty b. liberate
3. a. distinguish b. distinguished 4. a. contribution b. contributes

Vocabulary in Context

A.

1. d 2. e 3. g 4. h 5. c 6. a 7. b 8. f

B.

1. has nothing to do with what we are discussing
2. decided in favor of big companies over small ones
3. contributed to her failure in the exam

C.

1. A 2. D 3. C 4. D 5. A 6. B