

新编大学英语

NEW COLLEGE ENGLISH

活页

浙江大学 编著

RECORDING HUMAN CIVILIZATION AND BRIDGING DIFFERENT CULTURES

4



1. Word List

Directions:

Memorize the words and phrases before class. You will benefit from your effort when you get the passage from your teacher and read it in class.

New Words

abrupt *adj.* seeming rude and unfriendly 唐突的, 莽撞的

e.g. He was abrupt to the point of being rude.

accomplish *v.* to do something successfully 完成

e.g. If we'd all work together, I think we could accomplish something.

complement *v.* to praise or praise someone 称赞

e.g. Bob complimented me on my new hat.

confusion *n.* a state of being confused 混乱

e.g. There has been some confusion of names.

constantly *adv.* continuously; without stopping 总是, 经常

e.g. She worries constantly.

corporation *n.* a company 公司

culture *n.* the ideas, beliefs, and customs that are shared and accepted by people in a society

e.g. Chinese culture, British culture, Western culture

definitely *adv.* with no chance of doubt 肯定地, 确实地

e.g. He is definitely a doctor.



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Unit 1 Happiness

Finding Happiness

1 Does happiness favor those of a particular age, sex, or income level? Does happiness come with satisfying close relationships? What attitudes, activities, and priorities engender a sense of well-being?

2 Although the scientific pursuit of happiness has recently mushroomed, speculations about happiness are age-old. Ancient philosophers believed that happiness accompanied a life of intelligent reflection. “There is no fool who is happy, and no wise man who is not,” said the Roman philosopher Cicero. In later centuries, some sages have suggested that happiness comes from living a virtuous life, and others, from indulging pleasures; some that it comes from knowing the truth, and others, from preserving illusions; some that it comes from restraint, and others, from getting rid of rage and misery.¹ The list goes on, but the implication is clear: To discover the truth about happiness, we must ask how these competing ideas relate to reality. In short, we must study happiness scientifically.

3 Social scientists have exploded some myths about who’s happy and who’s not by identifying predictors of happiness and life satisfaction.²

4 Many people believe there are unhappy times of life—typically the stress—filled teen years, the “mid-life crisis” years³, or the declining years⁴ of old age. But interviews with people of all ages reveal that no time of life is notably happier or unhappier. Emotions do change with age: Satisfaction with social relations and health becomes more important in later life. And teens, unlike adults, typically rebound from either gloom or joy within an hour’s time.⁵ Yet knowing someone’s age gives no clue to the person’s lasting sense of well-being. Moreover, rates of depression⁶, suicide, and divorce show no increase during the mythical “mid-life crisis” years.

5 Does happiness have a favorite sex? Are men happier because of their greater incomes and social power? Are women happier because of their supposedly greater capacity for intimacy and social connection? Like age, gender gives no clue to subjective well-being. There are gender gaps in misery: When troubled, men more often become alcoholic, while women more often think deeply and get depressed or anxious. Yet men and women are equally likely to declare themselves “very happy” and “satisfied” with life. This conclusion is grounded in scores of studies around the world.

6 Living standards have soared during the twentieth century and are expected to contin-

ue rising in the decades ahead. Does that mean that we humans can look forward to increasing happiness? Not necessarily. Steady improvements in the economy are not accompanied by a steady increase in people's assessments of their own happiness. It seems that people become less satisfied over time with a given level of income.

7 In study after study, four traits are typical of happy people. First, happy people, especially in individualistic Western cultures, like themselves. On self-esteem tests, they agree with statements such as "I'm a lot of fun to be with" and "I have good ideas". As we might expect of people who are usually happy, they report that they have positive self-esteem. Indeed, they usually have good opinions of themselves: They believe themselves to be more ethical, more intelligent, less prejudiced, better able to get along with others, and healthier than the average person.

8 Second, happy people typically feel personal control. Feeling empowered rather than helpless, they also do better in school, achieve more at work, and cope better with stress. Deprived of control over one's life—a phenomenon studied in prisoners, nursing-home patients, etc.—people suffer lower morale and worse health.⁷ Severe poverty is depressing if it destroys people's sense of control over their life.

9 Third, happy people are usually optimistic. One could reason that pessimists, whose low expectations are so often exceeded, would constantly be surprised by joy. "Blessed is he who expects nothing, for he shall never be disappointed," wrote poet Alexander Pope in a 1727 letter. Nevertheless, positive-thinking optimists—those who agree, for example, that "when I undertake something new, I expect to succeed"—tend to be more successful, healthier, and happier.

10 Fourth, happy people tend to be extroverted. Although we might have expected that introverts might live more happily in the serenity of their less-stressed contemplative lives, extroverts are happier—whether living and working alone or with others and whether living in rural or metropolitan areas.

11 With each of these trait-happiness correlations, the causal arrows are uncertain.⁸ For example, does happiness make people more outgoing? Or are outgoing people more enthusiastic and less anxious about reaching out to⁹ others? Such tendencies may explain their marrying sooner, getting better jobs, and making more friends. If these traits indeed produce happiness, people might become happier by acting as if they had the desired traits. In experiments, people who act as if they had high self-esteem begin feeling better about themselves, and people who are urged to smile feel happier.

12 Yet happiness seems changeable only within limits imposed by our genetic makeup.¹⁰ From their study of 254 identical and fraternal twins, psychologists David Lykken and Auke Tellegen estimate that 50% of the difference among people's happiness ratings is inherited. Even identical twins raised apart often are similarly happy. Depending on our outlooks and

recent experiences, our happiness fluctuates around our happiness set point, which disposes some people to be ever cheerful and others gloomy.¹¹

13 Close relationships also mark happy lives. One could easily imagine why the stress of close relationships might further increase illness and misery. “Hell is other people,” stated Jean-Paul Sartre.¹² Thankfully, however, the benefits of close relationships with friends and family usually outweigh the strains. Compared with people lacking such relationships, those who can name several intimate friends are healthier, less likely to die prematurely, and happier. Psychologist William Pavot has found that people report happier feelings when with others.

14 For more than nine in ten people, the most significant alternative to aloneness is marriage. Although broken marital relationships are a source of much misery, a supportive, intimate, committed relationship is among life’s greatest satisfactions. To quote Henry Ward Beecher, “Well-married a person is winged; ill-matched, shackled.”¹³ Fortunately, national surveys reveal that three in four married Americans say their spouse is their best friend, and four out of five say they would marry the same person again. Such feelings help explain why, during the 1970s and 1980s, more married adults said they were “very happy” than did those who never married (39% versus 24%).

15 Is marriage, as is so often supposed, more strongly associated with men’s happiness than women’s? In both European and North American national surveys, the happiness gap between the married and never-married is similar for women and men. The results of nearly a hundred such studies confirm this: Although a bad marriage may be more depressing to a woman than to a man, the myth that single women report greater happiness than married women can be ignored.¹⁴

16 So, knowing people’s age, sex, and income (assuming they have enough to afford life’s necessities) hardly tells us if they are happy. William Cowper’s 1782 hunch has proven right: “Happiness depends, as Nature shows, less on exterior things than most suppose.” Better clues come from knowing what traits a person has and whether the person enjoys a supportive network of close relationships. (1198 words)

Time taken: _____ minutes

Proper Names

Alexander Pope /æliɡə'zændə 'pəʊp/ (男子名) 亚历山大·蒲柏 (1688 – 1744, 英国诗人, 著有长篇讽刺诗《夺发记》、《群愚史诗》等, 并翻译荷马史诗《伊利亚特》和《奥德赛》)

Auke Tellegen /ɔ:k 'tæliɡən/ (男子名) 奥克·泰利根

Cicero /'sɪsə,rəʊ/ (Marcus Tullius Cicero) (男子名) 西塞罗 (106 – 43 BC, 古罗马政治家、律师、哲学家、作

家。他徒劳地维护共和政体,却以罗马最大的演说家而名垂史册,著有《论演说术》、《论共和国》、《论法律》等)

David Lykken /'deɪvɪd 'li:kən/ (男子名) 戴维·利肯

Henry Ward Beecher /'henrɪ wɔ:d 'bi:tʃə/ (男子名) 亨利·沃德·比彻 (1813 - 1887, 美国基督教公理会自由派牧师、废奴运动领袖, 主张妇女参政, 赞成进化论)

Jean-Paul Sartre /'ʒɑ:n pɔ:l 'sɑ:trə/ (男子名) 让-保尔·萨特 (1905 - 1980, 法国哲学家、剧作家、小说家。法国存在主义的首倡者。他的《话语》获 1964 年诺贝尔文学奖, 但他未接受。他的著作颇丰, 如哲学著作《存在与虚无》、小说《自由之路》、剧作《魔鬼与上帝》等)

Roman /'rəʊmən/ *adj.* 罗马的

William Cowper /'wɪljəm 'ku:pə/ (男子名) 威廉·柯珀 (1731 - 1800, 英国诗人, 赞美乡村生活和自然风光, 代表作为长诗《任务》和抒情短诗《白杨树》)

William Pavot /'pævət/ (男子名) 威廉·派弗特

Quiz 1

1. Directions: *Write down in the space provided the antonym of each of the following words.*

extrovert _____

lighten _____

prejudiced _____

exterior _____

subjective _____

optimistic _____

positive _____

avoidable _____

2. Directions: *Choose the most appropriate word or phrase to complete each of the following sentences.*

- 1) What he suggested in his lecture _____ the existing ideas about the causes of heart disease.
A. exploited B. exploded C. overcame D. pursued
- 2) He would live in their _____ for the next twenty-three years.
A. shame B. shade C. shadow D. shield
- 3) Economists believe that the jobless total will _____ to 3.5 million by the spring.
A. soar B. sore C. sum D. stretch
- 4) I don't know if Chris is right for the job—he doesn't really possess the skills that _____ a good manager.
A. signal B. represent C. strike D. mark
- 5) I can't go. I _____ it to him to stay.
A. owe B. credit C. attribute D. contribute
- 6) Britain's mineral _____ include oil, coal and gas deposits.
A. origins B. sources C. resources D. assets
- 7) There is a marked _____ between the standard of living in the north of the country and the south.
A. contact B. contract C. contrast D. contest
- 8) New ways to treat arthritis (关节炎) may provide a(n) _____ to painkillers.
A. choice B. option C. alternative D. defect
- 9) _____ continued protection and conservation, the country-side will be used and enjoyed by our children and grandchildren.

A. Given B. Granted C. Provided D. Allowed

10) The government has fallen _____ on the subject of tax cuts after all its promises at the last election.

A. silent B. silently C. to be silent D. to being silent

3. Directions: Complete each of the following sentences with an appropriate word from the box. Change the form if necessary.

illusion gloom impose undertake pursuit
restraint transcend defect fluently virtually

- 1) They are determined to succeed, whatever job they _____.
- 2) In practice the king suffered few _____ on his freedom of action.
- 3) The boss is under the _____ that the project will be completed on time.
- 4) The best films are those which _____ national and cultural barriers.
- 5) She was a harsh mother and _____ severe discipline on her children.
- 6) All R45 aircraft have been grounded (停飞), after a(n) _____ in the engine cooling system was discovered.
- 7) How far should any of us go in _____ of what we want?
- 8) She spoke _____ and with great passion about the need to look after the homeless.
- 9) The workforce is managing to remain cheerful in spite of all the doom and _____ about the company's future.
- 10) It used to be _____ impossible to find vegetarian restaurants outside the major cities, but it's much easier now.

4. Directions: Complete each of the following sentences with an appropriate preposition.

- 1) She succeeded, to my mind, in living up _____ her extraordinary reputation.
- 2) The elderly live in fear _____ assault (袭击) and murder.
- 3) The assumption is well grounded _____ box-office (票房) receipts.
- 4) I was to be deprived temporarily _____ my friend's company.
- 5) She had no money, aside _____ the five dollars that Christopher had given her.
- 6) She confided _____ me that the subject did not interest her much.
- 7) She realizes now she expected too much _____ Helen.

- 8) People who have the capacity _____ hard work normally succeed.
- 9) Working with the police has turned me _____ the use of violent films as entertainment.
- 10) Staff will be able to trace calls _____ the touch of a button.
- 11) He just drops his dirty clothes on the floor, much _____ my annoyance.
- 12) He is better known _____ his film and TV work.
- 13) It's quite common for little boys to take pleasure _____ observing insects and small animals.
- 14) I'm always wary of (提防) men wearing suits, as I equate this _____ power and authority.
- 15) In recent years, she has been subject _____ attacks of depression.
- 16) He had arranged _____ the boxes to be stored until they could be collected.



Unit 2 Human Behavior

What, Me? Showing Off?

1 We're at the Wilson's annual party, and over at the far end of the living room an intense young woman with blazing eyes and a throbbing voice is criticizing poverty, war, injustice and human suffering. Indeed, she expresses such anguish at the anguish of mankind that attention quickly shifts from the moral issues she is expounding to how very, very, very deeply she cares about them.¹ 5

2 She's showing off.

3 Down at the other end of the room a scholarly fellow has just used "angst", "Kierkegaard" and "epistemology"² in the same sentence. Meanwhile our resident expert in wine meditatively sips, then pushes away, a glass of perfectly good French wine.

4 They're showing off. 10

5 And then there's us,³ complaining about how tired we are today because we went to work, rushed back to see our son's school play, shopped at the market and hurried home in order to cook gourmet food, and then repaired another dining-room chair.

6 And what we also are doing is showing off.

7 Indeed everyone, I would like to propose, has some sort of need to show off. No one's completely immune. Not you. And not I. And although we've been taught that it's bad to boast, that it's trashy to toot our own horn, that nice people don't strut their stuff, seek attention or name-drop, there are times when showing off may be forgivable and maybe even acceptable. 15

8 But first let's take a look at showing off that is offensive, that's not acceptable, that's never nice. Like showoffs motivated by a fierce competitiveness. And like narcissistic showoffs who are willing to do anything to be and to stay the center of attention⁴. 20

9 Competitive showoffs want to be the best of every bunch. Competitive showoffs must outshine all others. Whatever is being discussed, they have more—expertise or money or even aggravation—and better—dentists or children or marriages or recipes—and deeper—love of animals or concern for human suffering. Competitive showoffs are people who reside in a permanent state of rivalry. For example, you're finishing a story about the sweet little card that your five-year-old recently made for your birthday when the competitive showoff interrupts to relate how her daughter not only made her a sweet little card, but also brought her breakfast in bed and saved her allowance for months and months in order to buy her—obviously much more beloved—mother a beautiful scarf for her birthday. 25 30

10 Narcissistic showoffs, however, don't bother to compete because they don't even notice there's anyone there to compete with. They talk nonstop, they brag, they dance, they sometimes quote Homer in Greek, and they'll even go stand on their head if attention should flag⁵. Narcissistic showoffs want to be the star while everyone else is the audience. And yes, they are often adorable and charming and amusing—but only until around the age of six.⁶ 35

11 I've actually seen a narcissistic showoff get up and leave the room when the conversation shifted from his accomplishments. "What's the matter?" I asked when I found him standing on the terrace, brooding darkly. "Oh, I don't know," he replied, "but all of a sudden the talk started getting so superficial." 40

12 Another group of showoffs—much more sympathetic types⁷—are showoffs who are basically insecure. Insecure showoffs show off because, as one close friend explained, "How will they know that I'm good unless I tell them about it?" And whatever the message—I'm smart, I'm a fine human being—showoffs have many different techniques for talking about it. 45

13 Sometimes showoffs ask for cheers to which they're not entitled. Sometimes showoffs earn the praise they seek. And sometimes folks achieve great things and nonetheless do not show off about it.

14 Now *that's*⁸ impressive. 50

15 Indeed, when we discover that the quiet mother of four with whom we've been talking intimately all evening has recently been elected to the state senate—and *she never even mentioned it!*—we are filled with admiration, with astonishment, with awe.

16 What self-restraint!

17 For we know very well—I certainly know—that if we'd been that lucky lady, we'd have worked our triumph into the conversation. As a matter of fact, I'll lay my cards right on the table and confess that the first time some poems of mine were published, I not only worked my triumph into every conversation for months and months, but I also called almost every human being I'd ever known to proclaim the glad tidings both local and long distance. Furthermore—let me really confess—if a stranger happened to stop me on the street and all he wanted to know was the time or directions, I tried to detain him long enough to enlighten him with the news that the person to whom he was speaking was a Real Live Published Poet⁹. 60

18 Fortunately for everyone, I eventually—it took me awhile—calmed down.¹⁰

19 Now, I don't intend to defend myself—I was showing off, I was bragging and I wasn't the slightest bit shy or self-restrained, but a golden, glowing, glorious thing had happened in my life and I had an overwhelming need to exult. Exulting, however, may be a permissible form of showing off. 65

20 Exulting is what my husband does when he fries me an egg and practically does a tap dance¹¹ as he carries it from the kitchen stove to the table, setting it before me with the purely objective assessment that this may be the greatest fried egg ever made. 70

21 Exulting is what my mother did when she took her first grandson to visit all her friends, and announced as she walked into the room, “Is he gorgeous? Is that a gorgeous baby? Is that the most gorgeous baby you ever saw?”

22 And exulting is what that mother of four would have done if she'd smiled and said, “Don't call me ‘Marge’ any more. Call me ‘Senator’”. 75

23 Exulting is shamelessly shouting our talents or triumphs to the world. It's saying: I'm taking a bow and I'd like to hear clapping¹². And I think if we don't overdo it (stopping strangers to say you've been published is overdoing it), and I think if we know when to quit (“Enough about me. Let's talk about you. So what do you think about me?” does not count as quitting), and I think if we don't get addicted (i. e., crave praise for every poem or fried egg), and I think if we're able to walk off the stage (and clap and cheer while others take their bows), then I think we're allowed, from time to time, to exult. 80

24 Though showing off can range from very gross to very subtle, and though the point of showing off is sometimes nasty, sometimes needy, sometimes nice,¹³ showoffs always run the risk of being thought immodest, of being harshly viewed as... well... showoffs. And perhaps we ought to consider the words Lord Chesterfield wrote to his sons: “Modesty is the only sure bait when you angle for praise.”¹⁴ 85

25 And yes, of course he's right, we know he's right, he must be right. But sometimes it's so hard to be restrained. For no matter what we do, we always have a lapse or two. So let's try to forgive each other for showing off. 90 (1224 words)

Time taken: _____ minutes

Proper Names

Lord Chesterfield /'lɔ:d 'tʃestəfi:ld/ 切斯特菲尔德伯爵(1694 - 1773),英国政治家,外交家,作家,以所著《致儿家书》和《给教子的信》而闻名,称号 The 4th Earl of Chesterfield.

Homer /'həʊmə(r)/ 荷马(约公元前9 - 公元前8世纪,古希腊吟游盲诗人,著有史诗《伊利亚特》和《奥德赛》,其著作和生平众说纷纭。

Judith Viorst /'dʒu:diθ/ (女子名)朱迪思·凡尔斯特

Kierkegaard /'ki:rkəgɔ:rd/ (男子名)克尔恺郭尔(1813 - 1855)丹麦出生的宗教哲学家。被认为是存在主义的创始人。因对成体系的理性哲学的批评,特别是对黑格尔主义的批评而著名。其论据是:真实的生活不能由抽象的概念体系所包含。

Marge /mɑ:dʒ/ (女子名)玛吉

Wilson /'wɪlsən/ (男子名)威尔逊



Quiz 2

1. Directions: *Complete the following sentences with appropriate prepositions or adverbs.*

- 1) When once you have had the disease, you are immune _____ it for the rest of your life.
- 2) Concern _____ the safety of the two missing teenagers is growing.
- 3) This would enable British shipbuilders to compete _____ equal terms _____ foreign shipyards.
- 4) I'm afraid something urgent has come _____; I won't be able to see you tonight.
- 5) Being unemployed entitles you _____ free medical treatment.
- 6) These benefits do not count _____ income for tax purposes.
- 7) She's been angling _____ an invitation for the last month.
- 8) I'm fed up hearing Jan boast _____ her new job.
- 9) Mary worked some blue _____ the rug she was weaving.
- 10) I'm appreciating it with the help of an expert _____ beautiful costumes.
- 11) He ran _____ Krettner in the corridor a few minutes later.
- 12) Don't take her cruel remarks _____ heart.
- 13) It's time someone spoke _____ for the less privileged in our society.
- 14) At Brussels airport he fell victim _____ pickpockets who pinched his wallet.

2. Directions: *Complete each of the following blanks with the noun form of an appropriate verb from the box.*

insulate	duplicate	dispose	represent	appraise
withdraw	tolerate	relieve	confess	restrain

- 1) If you don't make a total _____ of your guilt, you will be punished even more severely.
- 2) She arranged the _____ of their unwanted property by sale.
- 3) Asbestos (石棉) is often used as _____ against heat and fire.
- 4) _____ between the races of the world is a must.

- 5) Even several years after the car crash, she still suffered from disturbed sleep and _____.
- 6) _____ of effort is a waste of time too.
- 7) It may be a(n) _____ to know that the new design meets all these requirements.
- 8) The magazine is now soliciting critics' _____ of modern architecture.
- 9) We highly suggest that you put some sort of _____ on your criticism of other people's jobs.
- 10) He gave a talk on the _____ of women in the 19th-century art.

3. Directions: *Read the sentences carefully and choose the words which are closest in meaning to those underlined.*

- 1) The Labour Party proclaimed its support for the campaign for Nuclear disarmament.
A. exposed B. concealed C. declared D. repeated
- 2) The film's gross profit was over a million dollars last year.
A. estimated B. total C. original D. boasted
- 3) She devised a method for quicker communications between offices.
A. promoted B. conceived C. appreciated D. obtained
- 4) From the testimony, the jury inferred that the defendant was lying.
A. argued B. reasoned C. rejected D. denied
- 5) The doctor had great compassion for her patients.
A. responsibility B. sympathy C. capability D. tolerance
- 6) After the depression, there was a business boom.
A. crisis B. decrease C. deficit D. flourishing
- 7) The new auditorium was a welcome accessory to the school.
A. supplement B. heritage C. construction D. resource
- 8) Stunned scientists had found not one but at least three viruses.
A. advanced B. excited C. amazed D. repented
- 9) The tour of our country enlightened the foreign visitors on the workings of democracy.
A. confirmed B. focused C. instructed D. hampered
- 10) The Arab and Israeli leaders met to negotiate a settlement.
A. criticize B. undertake C. check D. discuss

4. Directions: *Rearrange the following sentences to form a coherent paragraph. (The first sentence and the last one have been given.)*

It has recently become apparent that children perform badly in school because that is what their teachers expect of them.

- A. Then the teachers were lied to again. The experimenters said that the tests singled out this 20 percent as the children who could be expected to make unusual intellectual gains in the coming year.
- B. Since the names of these children have been selected completely at random, any difference between them and the 80 percent not designated as “spurters (冲刺者)” was completely in the minds of the teachers.
- C. Evidence comes from a careful series of experiments by psychologist Robert Rosenthal and his co-workers at Harvard University. They received permission from a school south of San Francisco to give a series of tests to the children in the lower grades. The teachers were blatantly lied to. They were told that the test was a newly developed tool that could predict which children would be “spurters” and achieve high performance in the coming year.
- D. All the children were given IQ tests again during that school year and once more the following year. The 20 percent who had been called to the attention of their teachers did indeed turn in the high performances expected of them—in some cases dramatic increases of 25 points in IQ.
- E. After IQ scores were obtained, the experimenters selected the names of 20 percent of the children completely at random. Some of the selected children scored very high on the IQ test and others scored low, some were from middle-class families and others from lower-class.

The experiment plainly showed that children who are expected to gain intellectually do gain and that their behavior improves as well.

Answer: _____