

Fresh Start English

新发展英语

综合教程

3

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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册起点为2,200个单词左右，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4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。

主教材的每个读写单元设一个主题，由4个部分组成：第1部分是精读课文；第

2 部分是阅读理解练习；第 3 部分是综合技能训练；第 4 部分是快速阅读。具体设计如下：

1. 精读 (Intensive Reading) 部分是由预读准备、课文以及文化背景、相关资料构成。这样，学生可以根据预读活动对将要学的内容做一些预测和思考，在学习课文后能更准确地掌握重要词汇，更形象、生动、深刻地理解阅读内容。

2. 阅读理解练习 (Text Comprehension) 是针对课文设计的。由 Reading Analysis, Information Organization, 以及 Team Work 等一系列从细节到整体，从笔头到口头的练习组成，试图从各个方面对课文进行梳理和总结，努力改变“只见树木，不见森林”的学习方法，引导学生“见树见林”，提高学生的细节观察能力和宏观把握能力。

3. 综合技能训练 (Skill Building) 是针对精读课文里的重点词汇和句法结构而设计的。词汇方面有构词练习、同义词和反义词连线练习、词汇选择、替换练习；句法结构方面有常用句型造句、填充、句型套写；翻译方面有英汉短语互译和句子翻译；写作方面分两个系列展开：基础写作（含初级写作、段落写作和各类文体写作，列于各册的第 1、4、7、10 单元）和应用文写作（从简易的便条和电话记录等到求职求学申请表和各类信函等的实用写作，分在各册的第 2、5、8、11 单元里）。写作部分这样安排一方面可以满足学生对大学英语（4、6 级）基础写作和应试写作的学习需求，另一方面又可以兼顾成人学生在现实工作中对应用文写作的实际需要，同时可融会贯通各种技能，以达到学用结合的理想效果。

4. 快速阅读 (Fast Reading) 编排在各读写单元的最后。为学生提供的是一篇 500 - 600 词左右、与主题相符但难度较低的文章，并配有相关的阅读理解练习，为的是更好地培养和提升学生快速阅读和理解的能力。该部分可随堂使用，也可作为家庭作业或自学内容。

各册书的第 3、6、9、12 单元为独立的听说单元。每单元设一个功能性主题，由语音训练、单词短语填空、单句、对话和短文听力训练、语言应用训练、功能性语言归纳以及情景交际（含角色表演和语言游戏等）几个部分组成。单元中所有有关语言知识的任务型及使用型练习均围绕着单元主题自然而流畅地展开：从听到说、从独自默读到相互交流，循序渐进，有利于激发学生的学习兴趣和提高学生的学习自信心。

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,由南京大学大学外语部、成人英语教学负责人晨梅梅教授任总主编。第3册由徐思雄任主编,编者为:吕珊青、张燕军、胡永辉、毛彩凤、王捷、王悦。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。英籍在华高校英语教师 Yancono Roberts 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11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

Intensive Reading

“How to Be True to Yourself” by Denis Waitley from *The World of English*, Issue No. 10, 2000.

Fast Reading

“A Secret in the Cookie Bag”, Author unknown, from *Crazy English Reader*, Issue No. 6, 2006.

Unit 2

Intensive Reading

“The Virtue of Aging” by Jimmy Carter from *The Virtues of Aging*, Reissue edition 1998. Ballantine Books.

Fast Reading

“How to Live to 100”, Author unknown, from <http://ww.en8848.com.cn/EnglishSquare/200703/2007-03-11/36388.html>

Unit 4

Intensive Reading

“To Be a Better Friend” from <http://sl.iciba.com/viewthread,23,70410,1.shtml>

Fast Reading

“It Was a Good Barn” by Edward Ziegler from *The World of English*, Issue No. 3, 1998.

Unit 5

Intensive Reading

“Mobile Phones”, Author unknown, from <http://onestopenglish.com/section.asp?docid=147285>

Fast Reading

“On Mobile Office”, Author unknown, from <http://english.ccut.edu.cn/article.php?/87>

Unit 7

Intensive Reading

“Etiquette” by Elizabeth Lindley Post from *Popular Writing in America*, second printing 1980. Copyright © 1980 Oxford University Press, Inc.

Fast Reading

“The Importance of Being Kind and Polite”, Author unknown, from <http://mbacihui.wuhanmba.cn/doc.php?action=view&docid=73>

Unit 8

Intensive Reading

“The Personal Qualities of a Teacher” by H. C. Dent from *Education in England and Wales*.
Copyright © 1982 Hedder and Stoughton, London.

Fast Reading

“My Teacher” by Helen Keller from *The Story of My Life*, Copyright © 2005 Pocket.

Unit 10

Intensive Reading

“How to Study Read”, Author unknown, from *The World of English*, Issue No. 8, 2008.

Fast Reading

“The Pleasures of Reading” by Bennett Cerf from *The World of English*, Issue No. 5, 1999.

Unit 11

Intensive Reading

“The Pleasures of Eating”, author unknown, from *Advanced Reading Tutorial*. Copyright
2001 Shanghai Foreign Language Education Press.

Fast Reading

“Eating in the Cafeteria”, author unknown, from *Customs and Festivals*, Copyright 2006
Foreign Languages Press.

Contents

Plan of the Book.....	VIII
Unit 1 Ethics and Moral Concepts.....	1
Unit 2 How to Grow Old.....	23
Unit 3 Making Requests and Giving Responses.....	49
Unit 4 Friendship.....	63
Unit 5 Telecommunication.....	87
Unit 6 Expressing Compliments, Appreciation and Encouragement.....	113
Unit 7 Manners and Etiquette.....	125
Unit 8 Teacher.....	151
Unit 9 Expressing Hopes and Wishes.....	179
Unit 10 Reading.....	191
Unit 11 Eating.....	215
Unit 12 Making Guesses and Predictions.....	241

Part I Intensive Reading

Pre-reading Preparation:

A. Discuss the following questions with your partners.

1. What is your interpretation of integrity?
2. Is integrity in short supply in China today? If the answer is yes, then what causes the situation?
3. Do you agree that integrity is the basic feature of high morality? If you do, give examples to support your view.

B. Read the following sentences carefully and work out the meaning of the underlined words and expressions.

1. His answer only demonstrated a complete lack of understanding of the question.
2. I instinctively raised my arm to protect my head when I found a ball was flying to me.
3. She had a firm conviction that she was always right.
4. The decision that severe punishment should be cancelled will inevitably result in more crimes and more victims.
5. The officer, who impressed all the others with his loyalty, was charged with "selling out" to the enemy.
6. Peter must be crazy. This is the only thing that will account for his strange behavior.

Text

How to Be True to Yourself

By Denis Waitley

1. My grandparents believed you were either honest or you weren't. There was no in-between. They had a simple **motto** hanging on their living-room wall: "Life is like a field of newly fallen snow, where I choose to walk every step will show." They didn't have to talk about it—they **demonstrated** the motto by the

way they lived.

2 They understood **instinctively** that **integrity** means having a personal standard of **morality** and ethics that does not “sell out” to **expediency** and that is not relative to the situation at hand. Integrity is an inner standard for judging your behavior. Unfortunately, integrity is in short supply today and getting **scarcer**. But it is the real bottom line in every area of society. And it is something we must demand of ourselves.

3 A good test for this value is to look at what I call the Integrity **Triad**, which consists of three key principles:

4 *Stand firmly for your **convictions** in the face of personal pressure.* There’s a story about a **surgical** nurse’s first day on the medical team at a well-known hospital. She was responsible for ensuring that all instruments and materials were **accounted for** during an **abdominal** operation. The nurse said to the **surgeon**, “You’ve only removed 11 **sponges**, and we used 12. We need to find the last one.”

5 “I removed them all,” the doctor declared. “We’ll close now.”

6 “You can’t do that, sir,” objected the **rookie** nurse. “Think of the patient.”

7 Smiling, the surgeon lifted his foot and showed the nurse the 12th sponge. “You’ll do just fine in this or any other hospital,” he told her.

8 When you know you’re right, you can’t **back down**.

9 *Always give others credit that is rightfully theirs.* Don’t be afraid of those who might have a better idea or who might even be smarter than you are.

10 David Ogilvy, founder of Ogilvy & Mather, made this point clear to his newly appointed office heads by sending each a Russian nesting doll with five **progressively** smaller figures inside.

11 His message was contained in the smallest doll: “If each of us hires people who are smaller than we are, we shall become a company of dwarfs. But if each of us hires people who are bigger than we are, Ogilvy & Mather will become a company of giants.” And that is **precisely** what the company became—one of the largest and most respected advertising organizations in the world.

12 *Be honest and open about who you really are.* People who lack genuine

core values rely on external factors—focusing on their looks or status in order to feel good about themselves. Inevitably they will do everything they can to preserve this **façade**, but they will do very little to develop their inner value and personal strengths.

- 13 So be yourself. Don't engage in personal **cover-up** of areas that are unpleasant in your life. When it's tough, do it tough. In other words, respond to life's challenges realistically.
- 14 Self-respect and a clear conscience are powerful **components** of integrity and are the basis for enriching your relationships with others.
- 15 Integrity means you do what you do because it's right and not just fashionable or politically correct. A life of principle, of not succumbing to the **seductive** Sirens of an easy morality, will always win the day. It will take you forward into the 21st century without having to check your tracks in a **rearview mirror**. My grandparents taught me that. (577 words)

NEW WORDS

motto /'mɒtəʊ/ *n.* (-tos or -toes) a short sentence or phrase used as a guiding principle or rule of behavior 格言, 座右铭

demonstrate /'demənstreɪt/ *v.* to prove or make clear (a fact), esp. by reasoning or providing evidence 证明, 论证

instinctively /ɪn'stɪŋktɪvli/ *adv.* 本能地, 凭直觉

integrity /ɪn'tegrəti/ *n.* quality of being honest and morally upright 诚实, 正直

morality /mə'ræləti/ *n.* principles of good behavior 道德, 道义, 伦理

expediency /ɪk'spi:diənsi/ (also expedience /ɪk'spi:diəns/) *n.* suitability or usefulness for a purpose, though not necessarily fair or moral 适宜, 有用,

便利 (但不一定合理或正当)

scarce /skeəs/ *adj.* not easily obtained and much less than is needed 难获得的, 不足的, 稀有的

triad /'traɪəd/ *n.* group or set of three related people or things 三人或三物的组合

conviction /kən'vɪkʃən/ *n.* (a) very firmly held and sincere belief 坚信, 深信

surgical /'sɜ:dʒɪkəl/ *adj.* of or used for surgery 外科的, (用作) 外科手术的

abdominal /æb'dɒmɪnəl/ *adj.* in or for the abdomen 腹部的

surgeon /'sɜ:dʒən/ *n.* a doctor who performs surgical operations 外科医生

sponge /spʌndʒ/ *n.* a piece of absorbent material used in surgery (外科用的) 吸

NEW WORDS

水物 (如纱布)

rookie /'rʊki/ *n.* (AmE informal) an inexperienced newcomer to a team, an organization, etc. [美, 非正式] 无经验的新成员

progressively /prə'gresɪvli/ *adv.* 1) increasingly 逐渐地; 2) by steps or degrees 逐步地

precisely /pri'saɪsli/ *adv.* 1) exactly 精确地; 2) just 恰好

façade /fə'sɑ:d/ *n.* an outward appearance, esp. a deceptive one (尤指虚假的) 外观, 表面

cover-up /'kʌvəɹʌp/ *n.* (derogatory) an act of concealing a mistake, something illegal, etc. [贬] 掩盖, 掩饰

component /kəm'pəʊnənt/ *n.* any of the parts of which something is made (事物的) 组成部分, 零部件

seductive /sɪ'dʌktɪv/ *adj.* attractive and likely to persuade you to do something that may be harmful or wrong 有吸引力的, 有诱惑力的

rearview mirror /rɪəvju:'mɪrə(r)/ *n.* a mirror in which a driver can see traffic behind him (汽车的) 后视镜

PHRASES & EXPRESSIONS

sell out (to) to betray one's principles 背弃自己的宗旨

account for to give a satisfactory explanation for (对……) 做出满意的解释

back down 1) to give up a claim to something 放弃对某事物的要求; 2) to

yield 退缩, 打退堂鼓

engage in to take part in or be occupied in (doing something) 参加, 从事

succumb to to stop opposing, to give in to (greater strength or force, a desire, etc.)

屈服, 屈从

PROPER NAMES

Denis Waitley /'denɪs 'weɪtli/ 丹尼斯·魏特利 (人名)

David Ogilvy /'deɪvɪd 'əʊgəlvi/ 大卫·奥格尔维 (人名)

Ogilvy & Mather /'əʊgəlvi ənd 'meɪðə(r)/ (美) 奥美国际广告公司

Siren /'saɪərən/ (希腊神话) 塞壬

Cultural Background and Related Information

1. Denis Waitley

丹尼斯·魏特利(1933—),美国加利福尼亚州人,毕业于海军军官学校,拥有行为学博士学位。他是全美最受欢迎的演讲者之一,也是心理咨询与管理的专家。著有4本《纽约时报》上榜的畅销书:《成功之本》(*Seeds of Greatness*)、《成功者的十大行动指南》(*The Psychology of Winning*)、《成功契机》(*The Winner's Edge*)和《做个五星级人物》(*Being the Best*)。



2. David Ogilvy



大卫·奥格尔维(1911—1999),著名的奥美国际广告公司的创始人,曾做过厨师、厨具推销员、市场调查员、农夫及英国情报局职员。他在1948年创办了奥美广告公司(Ogilvy & Mather)。奥美公司在其经营管理下,发展迅速,现在已经成为在53个国家或地区设立278个分公司的国际性的跨国广告公司。大卫·奥格尔维所倡导的广告信条、广告本文原则、广告标题准则等已经成为当今优秀广告公司运作的参考准则。

3. Siren

塞壬,希腊神话传说中的半鸟半女人的海妖,以美妙歌声诱惑经过的海员而使航船触礁毁灭。用作普通名词时,siren亦指歌声动人的女歌手或迷人的美女、妖妇。

Part II Text Comprehension

Fact Searching

Decide whether the following statements are true (T) or false (F). Then go back to the text for a check of your understanding. You should tell which line(s) of which paragraph support(s) you. Finally, work in pairs to correct those false statements.

- The author's grandparents believed that there could be a middle position between honesty and dishonesty.

Line(s) _____ Para. _____.

2. The author's grandparents demonstrated their motto by talking a lot about it.
Line(s) _____ Para. _____.
3. The author maintains that integrity is in sufficient supply today and getting more and more plentiful.
Line(s) _____ Para. _____.
4. The surgeon praised the nurse because she stood firmly for her own belief in the face of pressure.
Line(s) _____ Para. _____.
5. Obviously, courage and straightforwardness are two essential components of integrity.
Line(s) _____ Para. _____.
6. By integrity we mean we should act in accordance with what is fashionable and politically correct.
Line(s) _____ Para. _____.

Reading Analysis

Choose the best option to complete each statement and answer each question according to the text.

1. What does the word "it" refer to in the last sentence of Paragraph Two?
 - A. It refers to "every area of society".
 - B. It refers to "the real bottom line in every area of society".
 - C. It refers to "my grandparents' motto".
 - D. It refers to "integrity".
2. What can you infer from the story about the nurse?
 - A. A new employee's performance on the first day is very significant.
 - B. During an abdominal operation, a nurse should be working cautiously.
 - C. One should stand firmly for his convictions in the face of personal pressure.
 - D. A nurse has an equal right to a doctor in the hospital.
3. How did David Ogilvy make his point clear to the newly-appointed heads?
 - A. He sent them each a Russian nesting doll and left his message in the smallest doll.
 - B. He told them the story of "Snow White and Seven Dwarfs".
 - C. He promised them a bright future.
 - D. He gave them credit that is rightfully theirs.

4. What are the key principles for integrity?
- A. Standing firmly for your convictions in the face of personal pressure.
 - B. Always giving others credit that is rightfully theirs.
 - C. Being honest and open about who you really are.
 - D. All of the above-mentioned.
5. According to the author, _____ is the real bottom line in every area of society.
- A. integrity
 - B. conscience
 - C. convictions
 - D. self-respect

Information Recall and Summary

A. Answer the following questions based on the text you have read.

1. What did the author's grandparents compare life to?
2. What is the meaning of integrity according to the author's grandparents?
3. Who was David Ogilvy?
4. What does the expression "external factors" refer to in Paragraph 12?
5. In order to feel good about themselves, what will the people who lack genuine core values do?
6. Could we yield to the temptation of an easy morality? Why or why not?

B. Write a brief summary of the text. Compare your summary with that of your deskmate and see which one can better describe the main idea of the text.
