云南省普通高等学校“十二五”规划教材

总主编　原一川　冯智文

新世纪大学英语自主训练手册

主编　郑艳萍　廖雷朝

第4册

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前　言

2007年教育部颁布的《大学英语课程教学要求》确定了大学英语的教学目标，提出了分层次教学的理念，即大学英语教学可分为三个层次：一般要求、较高要求和更高要求。《大学英语课程教学要求》提出分层次教学显然考虑到了我国高校学生英语入学水平和教学目标的差异。整体上看，重点高校高于非重点高校，东部地区高校高于中西部地区高校。

基于这样的现实，完全遵循国家规划教材本身的难度和教学重点设置不符合我国高校学生的实际情况。我们需要在主干教材的基础上，再根据当地学生英语水平的实际情况开发配套辅导材料，以增强教材在当地的适应性，使教材更好地为当地师生服务。

学生在英语学习过程中，需要自主训练提高，以实现英语学习的个性化。他们不仅需要丰富的语言输入，还需要大量的语言产出。他们需要进行读写译的单项训练，也需要读写译的综合实践。学生们只有时常对自己的学习进行自我评估，不断发现和解决问题，才能不断进步。为了解决学生英语学习中的上述问题，在上海外语教育出版社的鼎力支持下，我们编写了《新世纪大学英语自主训练手册》1—4册。其特色如下：

一、教学普遍要求与地区教学实际的结合

“新世纪大学英语系列教材”完全按照《大学英语课程教学要求》编写，主要体现全国大学英语教学的普遍要求；而我们编写的《新世纪大学英语自主训练手册》则更多地联系地区高校的教学实际，突出西部地区大学英语教学的特殊需要，特别是英语应试能力提高方面的需要。所以，就此而言，该系列也适合全国一般院校有此方面需求的学生学习和使用。

二、对“新世纪大学英语系列教材”的有益补充

“新世纪大学英语系列教材”分为《综合教程》、《视听说教程》、《阅读教程》等分册，学生需要学习各个分册才能提高语言综合应用能力；而《新世纪大学英语自主训练手册》则是教材内容的深化和延伸，是读写译的综合实践训练，学生可以综合学习各种语言知识和技能，根据自己的实际有所侧重，从而实现英语个性化学习。

三、单元模块丰富实用

为方便学生自主提高英语水平，《新世纪大学英语自主训练手册》的单元模块分为：背景信息、词汇学习、文法要点(1—2册)、快速阅读、深度阅读、完形填空、句子翻译、写作实践、美文赏析、名句名篇。考虑到低年级学生的英语水平，第一册和第二册的练习答案都附有详细的解析。该系列既可作为“新世纪大学英语系列教材”的配套，也可独立使用。

四、该系列于2011年获得立项，成为云南省普通高等学校“十二五”规划教材建设项目。

冯智文

2013年4月8日于昆明

Contents

Unit 1

Man and Nature

Part I Background Information

1. Alexander Spirkin

Alexander Spirkin (Russian: Спиркин, Александр Георгиевич; 1918－2004) was a Soviet and Russian philosopher and psychologist. He was born in Saratov Oblast and graduated from the Moscow State Pedagogical University. In 1959 he received his doctorate in philosophy for a dissertation on the origin of consciousness. He became a professor in 1970, and a year later was elected Vice-president of the USSR Philosophical Society. On November 26, 1974, Alexander Spirkin became a corresponding member of the USSR Academy of Sciences. His principal works deal with the problems of consciousness and self-consciousness, worldview, and the subject matter, structure and functions of philosophy.

This text "Man in the Realm of Nature" is taken from one of his English books *Dialectical Materialism*. This book is a consideration of the essence of Marxist-Leninist philosophy, its central propositions and problems, its historical role and significance in the complex world of today. It is an attempt to expound the basic principles and ideas of this philosophy in a compressed form. Its range encompasses philosophy and art, man and his existence in the world, the creative power of human reason, man and culture and many other problems that are not usually examined in similar courses on Marxist-Leninist philosophy.

2. Climate change

Climate change is a significant and lasting change in the statistical distribution of weather patterns over periods ranging from decades to millions of years. It may be a change in average weather conditions, or in the distribution of weather around the average conditions (i.e., more or fewer extreme weather events). Climate change is caused by factors that include oceanic processes (such as oceanic circulation), variations in solar radiation received by Earth, plate tectonics (板块构造运动) and volcanic eruptions, and human-induced alterations (人类活动) of the natural world; these latter effects are currently causing global warming, and "climate change" is often used to describe human-specific impacts.

The scientific consensus on climate change is that climate is changing and that these changes are in large part caused by human activities, and it is largely irreversible (不可逆转的). Of most concern in these anthropogenic (人为的) factors is the increase in CO_2 levels due to emissions from fossil fuel combustion (燃烧), followed by aerosols (particulate matter in the atmosphere) and cement manufacture. Other factors, including land use, ozone depletion (臭氧层破坏), animal agriculture and deforestation, are also of concern in the roles they play — both separately and in conjunction with other factors — in affecting climate, microclimate, and measures of climate variables.

3. Extinction

A species becomes extinct when the last existing member dies. Extinction therefore becomes a certainty when there are no surviving individuals that are able to reproduce and create a new generation. As long as species have been evolving, species have been going extinct. It is estimated that over 99.9% of all species that ever lived are extinct. The average life-span of most species is 10 million years, although this varies widely between taxa (生物分类群). There are a variety of causes that can contribute directly or indirectly to the extinction of a species or group of species. Most simply, any species that is unable to survive or reproduce in its environment, and unable to move to a new environment where it can do so, dies out and becomes extinct. Extinction of a species may come suddenly when an otherwise healthy species is wiped out completely, as when toxic pollution renders its entire habitat unlivable; or may occur gradually over thousands or millions of years, such as when a species gradually loses out in competition for food to better adapted competitors.

Currently, environmental groups and some governments are concerned with the extinction of species caused by humanity, and are attempting to combat further

extinctions through a variety of conservation programs. Humans can cause extinction of a species through overharvesting, pollution, habitat destruction, introduction of new predators and food competitors, overhunting, and other influences. Explosive, unsustainable human population growth is an essential cause of the extinction crisis.

4. Richard Leakey

Richard Erskine Frere Leakey (born on December 19, 1944 in Nairobi) is a politician, paleoanthropologist (古人类学家) and conservationist. He is second of the three sons of the archaeologists Louis Leakey and Mary Leakey. His efforts with paleoanthropology involved not only field research and discoveries but also many years serving as the director of the National Museums of Kenya (NMK). He commenced fossil hunting at Rudolf. The expedition was successful, finding large numbers of fossils, including hominids. The excavations continued in subsequent years, producing a steady stream of hominid fossils that dazzled the scientific world.

He took up conservation issues and, from 1989 to 1994, directed the Kenya Wildlife Service, where he successfully combated elephant and rhino poaching and overhauling Kenya's troubled park system. In 1993, he lost both legs below the knee at an air crash. In December 1997, he was elected to an opposition seat in the Kenyan parliament. Confronting various hardships, he continues to fight for political justice in Kenya and to lecture on environmental themes. Currently he is involved in grassroots wildlife conservation projects.

Part II Vocabulary

Section A

Directions: *There are 10 incomplete sentences in this section. For each sentence there are four choices marked A), B), C) and D). Choose the* ***ONE*** *answer that best completes the sentence.*

1. Writing is a slow process, requiring _____ thought, time and effort.
   A) fascinate　　B) considerable
   C) various　　D) numerous

2. The room was _____ from a kitchen to a washing room.
   A) converted　　B) shifted

C) transported D) transferred

3. The coming of the railways in the 1830s _____ our society and economic life.
A) transformed B) transported
C) transferred D) transmitted

4. In general, the amount that a student spends for housing should be held to one-fifth of the total _____ for living expenses.
A) acceptable B) applicable
C) advisable D) available

5. Many survivors moved to camp on inland hills, _____ aftershocks, and were reported to be in desperate need of water, food and tents.
A) in fear of B) in terms of
C) in place of D) instead of

6. The manager gave one of the sales girls an accusing look for her _____ attitude toward customers.
A) impartial B) mild
C) hostile D) opposing

7. We are _____ faced with the necessity to recognize that having more people implies a lower standard of living.
A) readily B) smoothly
C) inevitably D) deliberately

8. You have the _____ of working hard and being successful or of not working hard and being unsuccessful.
A) emphasis B) alternative
C) complaint D) balance

9. To build Beijing into an international metropolis, the highest _____ has been given to the problem of heavy traffic by the municipal government.
A) urgency B) superiority
C) seniority D) priority

10. We should _____ between major and minor work and not put the trivial above the important.
A) distinguish B) choose
C) annoy D) distribute

Section B

Directions: *There are 10 sentences with underlined words or expressions in this section. For each sentence there are four choices marked A), B), C) and D). Choose the* ***ONE*** *word or phrase which will best keep the meaning of the original sentence.*

1. Live closer to nature, my friends, and its eternal laws will protect you.
   A) enduring B) everlasting
   C) durable D) permanent

2. The car broke down halfway for no reason.
   A) didn't function B) failed
   C) fell apart D) blew up

3. Conqueror is a stubborn hero, excelling in absorbing fire and pushing a forced march.
   A) unyielding B) unwilling
   C) stiff D) rebellious

4. Considerable external financing will be needed to close the resource gap if Africa is to attain a higher growth rate.
   A) satisfy B) accomplish
   C) possess D) succeed

5. Subsequent inspection found that the pilot had used fake documents to obtain her license.
   A) enhance B) regulate
   C) gain D) receive

6. The problem of eliminating industrial waste is also becoming increasingly complex.
   A) excluding B) removing
   C) abolishing D) diminishing

7. Modern technology is distinguished by an ever increasing abundance of produced and used synthetic goods.
   A) is characterized by B) is categorized into
   C) is turned to D) is different from

8. Nature with its elemental forces was regarded as something hostile to man.
   A) graceful B) individual

C) fundamental D) climatic

9. Doctors and nurses should do their best to save the endangered lives, but not taking initial measures to speed up the death of patients.
A) accelerate B) advance
C) decrease D) relieve

10. In Egypt, transplant numbers are hard to obtain, as there is no official record.
A) come to B) come down
C) come true D) come by

Section C

Directions: *There are 10 words marked from A to J in this section. Choose the* ***ONE*** *word that can fit into the 4 collocations of each group.*

A. aggressive B. agenda C. ecological D. access
E. entitle(d) F. compel(led) G. acute H. appropriate
I. agent J. reserve

1. a(n) _____ response to be _____ for a formal party a style _____ to children to delete as _____	2. a(n) _____ course a(n) _____ road to have _____ to public facilities to get _____ to good resources
3. _____ pain a(n) _____ shortage of water a(n) _____ sense of smell a(n) _____ observer of social problems	4. to break _____ balance a(n) _____ disaster the _____ movement a(n) _____ pattern
5. to feel _____ to do sth. to _____ him to accept the decision to _____ the attention of the crowd to _____ key witnesses to give evidence	6. next item on the _____ at the top of the _____ to set the _____ for the government high on the _____

(to be continued)

7. to be _____ to civil rights to _____ you to have a free visit to _____ everyone to their own opinion a book _____ *A Tale of Two Cities*	8. a dangerous _____ dog _____ action unacceptable _____ manner a(n) _____ policy
9. an insurance _____ an enemy _____ cleaning _____ a(n) _____ for social change	10. to _____ a table for three to _____ a seat for special guests a wildlife _____ money kept in _____

Part III Reading Comprehension (Skimming and Scanning)

Directions: *In this part, you will have 15 minutes to go over the passage quickly and answer the questions. For questions 1 – 7, choose the best answer from the four choices marked A), B), C) and D). For questions 8 – 10, complete the sentences with the information given in the passage.*

Greener Living: A Quick Guide

Emissions of carbon-dioxide and other greenhouse gases have become one of the most pressing issues facing the globe. Too much carbon-dioxide produced every day has led to climate change and has caused human beings terrible effects. Everyone can do something to help safeguard the planet's future. This article can help you start being greener. You can cut your carbon footprint, help look after nature.

1. Heating conservation

- Draughts waste a lot of energy by losing heat. One quick and relatively cheap win is to put a brush or seal on your doors to prevent air escaping round the edges. Letterboxes and keyholes also lose heat and can be covered too. Gaps in floorboards and skirting boards also let in draughts; you can fill in these gaps with newspaper, beading or sealant.
- In winter close your curtains at night to stop heat escaping.
- Consider insulating your cavity walls.
- You can reduce 50% of your heat loss through windows by installing double glazing, which in turn could cut your heating bill up to £90 a year. Make sure they are properly installed though, as gaps around the outside will lose

heat.

- Turn your thermostat down to 18°C and put on an extra jumper.

2. Electricity conservation

- Switch to a renewable electricity supplier.
- Buy A-rated electrical appliances.
- Switch to energy saving light bulbs, when your old bulbs break. They last around 10 times longer than ordinary light bulbs; they will save you money and come in loads of different styles.
- Items left on standby can use up to 85% of the energy they would use if fully switched on. Turn them off at the wall — it doesn't take long.
- Electric tumble dryers use a huge amount of energy. If it's a nice day dry your clothes outside or even inside if it's not so nice.
- When using a washing machine ensure there is a full load and turn down the temperature.
- Take your phone charger out of the wall. It uses energy even when it's not charging your phone.

3. Water savings

- Make sure your hot water tank is insulated with a thick jacket. It will save you lots of money not to mention reducing emissions.
- A dripping tap can be not only annoying but if it is a hot tap it can cost you in both water costs and water heating costs. Remember, water also has a carbon footprint associated with it from processing.
- Always use the correct size saucepan, and when heating water only use the amount you need.
- Turn off the tap while cleaning your teeth.
- If your toilet cistern holds more than 6 litres of water, put a Hippo Water Saving device in it.
- Have a shower instead of a bath, which uses far less energy and water.

4. Food and the fridge

- The location of your fridge can make a difference in how energy efficient it is. Make sure it is out of direct sunlight and not close to the oven. Keeping it against an outside wall will help the heat it generates escape easily, and always make sure that there is a few inches' space all around the fridge so that air can circulate.
- Make sure you defrost your fridge and freezer on a regular basis.
- Only set your fridge to as cold as you need it and avoid keeping the door open for long periods of time as the more cold air that escapes, the harder the

fridge has to work.

- You should never put warm or hot food into the fridge as this will make the fridge work extra hard to try and keep it cold.
- Defrost frozen food in the fridge as this helps to keep it cool as it thaws.
- Buy locally produced organic food.
- Eat less meat; producing 1 calorie of meat requires a lot more land and energy, compared to 1 calorie of vegetables.

5. Greener travel

Cars are generally very energy inefficient and travelling by train, bus or bike is much better for the planet. Why not consider the alternatives? You can change your living habits to reduce greenhouse emissions.

- Car sharing — an easy way to cut commuting costs by half or more and it has the potential to reduce congestion too.
- Working from home — more and more companies are offering this as an option.
- Cycling — 75 percent of people in the UK live near a cycle route — find out what's near you at the Sustrans website. Many employers offer the Cycle to Work scheme, which makes new bikes more affordable — get details of this at the CycleScheme website.
- Public transport — local authority and travel firms publish timetables online so you can easily work out whether this is a practical alternative.
- Walking more.
- Flying less. Sometimes people have no choice but to fly, but the best thing for the planet is if you don't fly at all, the resulting emissions can often represent the biggest chunk of your carbon footprint. Many short haul flights can be replaced by other forms of public transport. When you have to fly, always consider if you can combine trips. It's best to fly direct rather than stopping over, aeroplanes use a lot of fuel taking off and landing.

6. Greener work

A lot of the things you can do are the same as you would do in your home, but if you are feeling adventurous, you can always have a go at persuading your boss to go green as well!

- Only use the lights you need. Turn off lights in unused rooms. Better still; get your building to install occupancy sensors.
- Turn off your computer monitor when you leave the office at the end of the day.
- Do you really need those hard copies, or can you save it on your computer

instead?

- Print double-sided.
- Open up — if you have windows you can open, use them to intelligently save energy.
- Can you share a lift to get to work?
- Perhaps see if you can teleconference and work from home occasionally.

1. Why should we live a greener life?
   A) To safeguard the planet.　　B) To reduce greenhouse gases.
   C) To cut down carbon footprint.　　D) All above.

2. In order to conserve heat at home, we can do the following except _____.
   A) putting a brush or sealing on your doors to prevent air escaping round the edges
   B) closing your curtains at night in winter
   C) turning your thermostat down to 20°C
   D) installing double glazing

3. According to the passage, what's the advice when your old light bulbs break?
   A) To buy expensive electrical appliances.
   B) To turn them off at the wall.
   C) To switch to energy saving light bulbs.
   D) To replace them with ordinary light bulbs.

4. When using a washing machine, ensure that _____.
   A) there is a full load and turn down the temperature
   B) you only use the amount you need
   C) you can always use the correct size
   D) it is properly installed

5. With respect to the use of fridge, which of the following can NOT help cut carbon-dioxide emissions?
   A) Make sure it is out of direct sunlight and not close to the oven.
   B) Keep it against an outside wall with a few inches' space all around the fridge.
   C) Set your fridge to the coldest temperature.
   D) Never put warm or hot food into the fridge.

6. We can find out which cycle route is near us _____.
   A) at the CycleScheme website