

成人高等教育 英语自学指导

4 (修订版) ENGLISH FOR ADULT EDUCATION

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成人高等教育英语 自学指导

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修订版

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编者的话

上海交通大学出版社组织出版的《成人高等教育英语》教材已在不少学校使用。考虑到成人学习英语的实际情况与困难,尤其是部分院校的函授生主要是通过自学学习本教材的情况,在听取了有关院校及学生的建议后,我们着手编写与教材配套的《成人高等教育英语自学指导》。本书的编排格式与教材基本一致,对课文难点作了更为详细的说明与解释,并配有详实的例子,以便于学生巩固掌握。本书对各课的语法项目的介绍均比教材有了较大的扩充,学生只要认真学习,并完成配套的练习项目,一定能掌握本册教材的各项语法难点,为今后的学习打下扎实的基础。本书还编排了部分语法练习、阅读练习、阶段复习练习,学生可根据需要选择使用。本书在每个单元最后部分附有《成人高等教育英语》(第4册)教材中各课的课文、对话参考译文及各项练习答案。学生在参阅这部分内容之前应先完成有关课文各项内容的学习和练习,这样做便于学习的巩固和提高。此外,部分练习提供的答案是参考答案,有的可能有不止一种的表达方式,也请学生注意,或与指导教师商讨。本书编写如有不当之处,盼请教师和学生指出,以便再版时改正。

本册主编为吴勇。编写者主要为吴勇、叶菊仙、王申英、魏先军老师也参加了部分项目的编写工作。

编者

1999年10月于上海

修订版说明

本教材经过几年的使用,受到有关教师和学生的欢迎。同时,我们也陆续收到部分读者的意见和反映。趁此次修订版出版的机会,我们更换了部分课文,对语法结构的介绍作了一些变动,调整了部分练习项目,以使教材更具可读性、趣味性和实用性,对原来排版中的错误也作了更正。我们热忱期待读者的反馈意见。

编 者

2003年8月

Contents(目录)

Unit 1	(1)
Language Focus 语言注释	(1)
Text A A Confidence Building Kit	(1)
Text B Good Looks and Self-esteem	(7)
Reading Practice Out of Air, Time and His Depth	(10)
Writing Practice 用关系从句连接意思	(13)
Translation Practice 词类转译法(1)	(15)
Exercises	(16)
Key to Exercises	(22)
参考译文	(24)
Key to Exercises of Unit 1	(31)
Unit 2	(35)
Language Focus 语言注释	(35)
Text A Are Fairy Tales Good for Children?	(35)
Text B Whatever Happened to Manners?	(39)
Reading Practice Madame Tussaud's	(44)
Writing Practice 用信号词连接意思(1)	(47)
Translation Practice 词类转译法(2)	(48)
Exercises	(49)
Key to Exercises	(56)
参考译文	(57)
Key to Exercises of Unit 2	(65)
Unit 3	(70)
Language Focus 语言注释	(70)
Text A Judging the Reliability and Usefulness	

of Sources	(70)
Text B Time Management	(76)
Reading Practice Brain + Hard Work = Genius	(79)
Writing Practice 用信号词连接意思(2)	(83)
Translation Practice 增词法(1)	(84)
Exercises	(85)
Key to Exercises	(92)
参考译文	(93)
Key to Exercises of Unit 3	(100)
Unit 4	(105)
Language Focus 语言注释	(105)
Text A School in the Sun	(105)
Text B The Teenage Teachers	(108)
Reading Practice My Teaching Career	(112)
Writing Practice 主题句写作	(114)
Translation Practice 增词法(2)	(115)
Exercises	(116)
Key to Exercises	(123)
参考译文	(124)
Key to Exercises of Unit 4	(131)
Unit 5	(136)
Language Focus 语言注释	(136)
Text A Sleep on It!	(136)
Text B Why Do We Still Dice with Death?	(141)
Reading Practice Time for Bed Sleepyhead	(146)
Writing Practice 段落写作	(151)
Translation Practice 增词法(3)	(152)
Exercises	(153)
Key to Exercises	(160)
参考译文	(163)

Key to Exercises of Unit 5	(169)
Revision Exercises (Unit 1~5)	(174)
Unit 6	(182)
Language Focus 语言注释	(182)
Text A A Near-disaster in Space	(182)
Text B Has Everything Changed Since Sept. 11?	
Maybe Not	(185)
Reading Practice Icebergs Don't Sleep	(191)
Writing Practice 段落的连接	(195)
Translation Practice 重复法(1)	(196)
Exercises	(197)
Key to Exercises	(203)
参考译文	(204)
Key to Exercises of Unit 6	(211)
Unit 7	(216)
Language Focus 语言注释	(216)
Text A A Nation of Pet-Lovers	(216)
Text B Getting Involved	(220)
Reading Practice My Friends the Tristan	
Islanders	(226)
Writing Practice 物体描写	(229)
Translation Practice 重复法(2)	(231)
Exercises	(232)
Key to Exercises	(240)
参考译文	(241)
Key to Exercises of Unit 7	(248)
Unit 8	(254)
Language Focus 语言注释	(254)
Text A To Be Your Own Boss	(254)
Text B How to Be a Leader	(257)

Reading Practice	Rock Star	(261)
Writing Practice	过程描述	(263)
Translation Practice	省略法	(265)
Exercises	(266)
Key to Exercises	(271)
参考译文	(273)
Key to Exercises of Unit 8	(280)
Unit 9	(284)
Language Focus	语言注释	(284)
Text A	Divorce, Nontraditional Families and Its Consequences for Children	(284)
Text B	Society Structure and Human Relationships	(289)
Reading Practice	Urban Crime	(296)
Writing Practice	比较和对照	(299)
Translation Practice	英汉的正反、反正表达法	(301)
Exercises	(301)
Key to Exercises	(307)
参考译文	(309)
Key to Exercises of Unit 9	(316)
Unit 10	(321)
Language Focus	语言注释	(321)
Text A	Quality of Life Is Much More Than a Job	(321)
Text B	Work or Die	(326)
Reading Practice	Tighten Your Belt	(331)
Writing Practice	描述变化	(336)
Translation Practice	词义的选择、引申和褒贬	(338)
Exercises	(339)
Key to Exercises	(345)

参考译文.....	(346)
Key to Exercises of Unit 10	(353)
Revision Exercises (Unit 6~10)	(358)

Unit 1

Language Focus 语言注释

Text A

A Confidence Building Kit

1. There's more than one way to use the word "confidence." "自信"这个词的用法不止一种。

more than one: 不止一种。

He's done me more than one trick. 他对我恶作剧已不止一次了。

On more than one occasion when an attack was expected the enemy attempted to stop us by means of poisonous gas. 当敌人遭到进攻时,他们好几次试图使用毒气击退我们。

2. ... "confidence" is really the absence of anxiety. "自信"实际上就是没有不安。

absence 除了表示“缺席”,还有“缺乏、不存在”的意思。如:

He was released in the absence of evidence. 因缺乏证据,他被释放了。

Absence of mind may have bad results. 心不在焉会造成不良后果。

3. Anxiety comes in... .., 你就会产生不安。

come in: 到来,出现。

Spring is supposed to come in during February. 春天应该在

二月来临。

Trouble came in soon after the two got married. 两人婚后不久就出现了问题。

4. Think of some situations where you feel less confident than you'd like. 试想一下你觉得自己不如所想的那样自信的情形。

1) think of: 试想一下;想到(某人或某事);想一想;想出。由于本文属于指导类文章,所以文中用了不少祈使句。

He is such a selfish person that he thinks only of himself, never of other people. 他是一个十分自私的人,只想到自己,而从不为别人着想。

We are thinking of you for this task. 我们正考虑把任务交给你。

Can you think of a good way to celebrate John's 20th birthday? 你想得出什么好点子来庆祝约翰的20岁生日吗?

2) where 为关系代词,等于 on/under which, which 指 situations. 如:

He would not panic under any situation. 他在任何情况下都不会惊慌。

3) You'd like 即 You'd like to be.

5. ...one "what if" often leads to another, worse "what if" which leaves a lot of questions but no answers.一个“假如”常常会导致另一个更糟的“假如”,留下的将是一大堆问题而没有答案。

1) lead to: 引起,造成。

Too much work and too less rest often leads to illness. 工作太多、休息太少常常会使人患病。

A small change of the timetable may lead to great confusions. 时间表有一点变动,就可能造成很大的混乱。

2) leave 在这里表示“遗留、留下”的引申意义。如:

Mother left the choice to the boy. 妈妈让儿子自己作决定。

His decision left no room for change. 他的决定不可改变。

6. It's not cheating to plan and prepare or work out what you'll say in advance. 事先计划和准备好或拟定要说的话,这不算自欺欺人。

1) work out 这里指“制定,拟定”。如:

Helen was told to work out the details of the plan. 他们要海伦拟定计划的详细内容。

We must work out a better approach of saving energy. 我们必须制定出一种较好的节省能源的办法。

2) in advance: 事先,提前。

We were asked to move out without being informed in advance. 他们事先也不给个通知就要我们搬出去。

Could you distribute these copies well in advance of the meeting? 请你在开会之前就把这些资料发下去好吗?

7. It works. 这管用。

work: (想法、计划等)行得通,有效,起作用。

Your suggestion looks all right in theory, but I'm afraid it will not work in practice. 你的建议从理论上来看好像没问题,但是在实际中恐怕就不一定行得通了。

After a while, the medicine began to work and soon I fell asleep. 过了一会,药力开始发作,我很快就睡着了。

8. And there's nothing wrong with being a listener. 而当一名听众也没什么不妥的。

There is something (nothing) wrong with ... : (某人或某事物)有(无)问题,有(无)毛病。

There was something wrong with his heart. 他的心脏有毛病。

You look pale. Is there something wrong with you? 你脸色苍白。你没事吧?

9. But perhaps most important is that it draws your attention off your anxious and self-critical thoughts. 但可能最主要的是,它将

你的注意力从不安和自责的思绪上吸引开去。

1) that 这儿是指 listening。

2) off 在这里作介词,意指“脱离,从……上面移开”。

Most of what the speaker said was off the subject. 那个演讲者大部分讲话内容离题了。

During the storm, our boat was blown off its course. 在暴风雨中,我们的船被吹离了航线。

3) self-critical 中 self 为前缀,可与形容词、名词、少数动词组成新词,表示“自我……”。如:

self-conscious 不自然的,忸怩的,自我意识的

self-consciousness 害羞,自我意识

self-confident 自信的 self-confidence 自信

self-esteem 自尊 self-destruct 自毁

10. It's this split that can make you unable to move. 这种分裂使人手足无措。

It's ... that... 是一个强调句。如:

It's you who is to blame. 你该为此负责。

Is it where the woman is crossing the road that I should turn left? 我是不是该在那个妇女过马路的地方朝左拐?

11. If you're in the grip of self-consciousness, make an effort to notice something—anything—around you to bring your attention back to the world outside. 如果你为自我意识所控制,那么就努力把注意力转移到你周围的某样事物上——任何事物上——从而把你的注意力引回到外部环境。

1) in the grip of: 在……的控制下。

In the grip of a strong emotion, the woman could hardly hold herself. 由于情绪激动,那个女子几乎不能自持。

2) make an effort (to do sth.): (作出)努力。

She loved him and would make every effort for him. 她爱他,因而愿意为他付出一切。

You should make an effort to catch up with your classmates.
你应该努力赶上同学们。

12. ... because he had a fight with his partner that morning, 因为他那天早上与自己的伴侣吵了一架,……

fight: 斗争; 吵架。如:

She and her boyfriend had a fight with each other and then split. 她和男朋友吵了一架, 然后就分手了。

13. Secondly, your own mood can influence what you notice and how you interpret it. 第二, 你自己的情绪可能影响到你注意的方面和对这些方面的看法。

1) mood: 情绪, 心理状态(可数名词)。

Don't bother him because he is in a bad mood. 别去打扰他, 他心情不好。

The general mood of the class was active. 全班的情绪很活跃。

2) what you notice and how you interpret it 是 influence 的宾语; it 指 what you notice.

3) interpret: (口头)翻译; 理解, 解释。

A young man interpreted the request of the foreign customer for us. 一位年轻人把外国顾客的要求翻译给我们听。

The behavior of his is hard to interpret. 他的这种行为令人费解。

14. Keep going until you have at least four different explanations. 如此这般, 直到你找出至少 4 种不同的解释为止。

keep going 等于 keep asking "what else".

15. This will free you from a major block to confidence—taking things personally. 这会使你克服妨碍树立信心的一大障碍——感情用事。

1) free sb. from 把某人从……解放出来; 使某人摆脱。

Seeing him come back safely, the mother freed herself from anxiety. 看到他平安归来, 母亲心头的一块石头落了地。

After ten years of hard work, he freed himself from debt. 苦干 10 年后,他终于还清了债务。

- 2) a block to confidence: 妨碍树立信心的障碍。

注意在有些名词后,表示“……的”要用介词 to。如:

an answer to the question 问题的答案; key to success 成功之关键

16. ... the work is going on as usual and you get on well with everyone.工作照常进行,你与每个人相处得也不错。

- 1) as usual: 和往常一样。

As usual, she got up at six. 她同往常一样 6 点就起床了。

That day, she left home at 9 a. m. as usual and never came back. 那天她像往常一样早上 9 点走出家门,但是再也没有回来。

- 2) get on (well) with: 与……相处得好。

The new couple did not get on well with each other and quarreled every day. 那对新婚夫妻不能和睦相处,天天吵架。

Sam got on well with his partner at work but not privately. 萨姆与搭档的工作关系不错,但是私人关系不怎么好。

17. If your supervisor isn't offering one-to-one talks or positive feedback, ask for it. 如果你的上司没有提出与你单独谈话或没有提供表示肯定的反馈信息,那你就向他提出来。

- 1) positive: 肯定的; 正的。positive 在下列不同语境中具有稍有不同的含义。如:

There is no positive proof that she did it. 没有确凿的证据证明这是她干的。

I am positive that he came back at 11 p. m. that night. 我肯定那晚他是 11 点回来的。

He contributed some positive ideas as how to do it. 他就如何办那件事提出了一些建设性看法。

- 2) ask (sb.) for sth.: 向(某人)要求……。

You'd better ask John for some advice because he has travelled a lot. 你最好去问问约翰,他去过不少地方。

18. ... put together some type of monitoring and evaluation.....建立
起某种监控及评估形式

put together: 装配在一起,组成;整理(思想)。

After the boy took the toy apart, he found it difficult to put it together. 男孩把玩具拆开后,发现很难再把它拼装起来。

I stayed in the room alone and tried to put my thoughts together. 我一个人呆在房间里,想整理一下思绪。

Text B

Good Looks and Self-esteem

1. Our survey gave us the opportunity to test this relationship on a more diverse group of people. 我们的调查使我们有机会在类别更多的人群中验证这种联系。

- 1) the opportunity to do sth. /of doing sth. /for sth. :做……的机会。

This gave him an opportunity of practising his English. 这给了他操练英语的机会。

I'm glad to have this opportunity to talk to you. 我很高兴有机会和你谈谈。

Perhaps this might be a favorable opportunity for investigation. 这也许是进行调查的合适机会。

- 2) diverse:多种多样,各种不同的。

My husband and I have diverse ideas on how to raise children. 对于如何培养孩子,我和丈夫的观点很不相同。

Our English teacher is a man of diverse interests. 我们的英语老师兴趣广泛。

2. ... body image is strongly related to self-esteem.身体意象