

新编

# N 实用英语教程

New Practical English

上册

(附综合应试指南)

主编 张德玉



青岛出版社

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# 前 言

《新编实用英语教程》是一套内容新、实用性强的综合英语教材,是根据目前高等学校英语教学的实际情况,在不断总结经验、不断完善的基础上编写而成的。旨在培养学生用英语获取知识和交流信息的能力,从而进一步扩大知识面,提高语言交际水平,增强综合素质,培养创新意识,更好地体现高等教育改革和发展的要求。

本教材分上、下两册,每册 16 课,每课涉及某一专业学科和科技领域的最新发现和成果,或精选一篇经典散文。题材广泛,内容丰富,且语言规范,具有时代性、知识性、趣味性和启发性,有助于学生扩大知识面,获取大量的专业信息。每课包括课文、词汇表、注释、课文练习和补充练习五个部分。其中课文练习部分包括阅读理解、词汇练习和翻译练习,旨在帮助学生巩固本课所学的知识;补充练习部分包括语法练习、词汇练习、完形填空、阅读理解和写作指导,旨在帮助学生进行专项练习,打下扎实的基本功,为应对大学英语四六级统考、高教自学考试、TEM-4 以及托福和雅思等各类英语考试作准备。书后提供了全部练习的答案,便于自学自测。

本教材由张德玉拟订写作提纲并担任主编,张国、张媛、邹卫宁担任副主编,李祥云、范琳、李力、张树筠、盛春

媛、刘艳、李桂芝、胡淑琴参加编写。最后由张德玉、张国、张媛负责全书的统稿,定稿。

在编写过程中得到中国海洋大学外国语学院张德禄、刘汝山、常宗林等各位领导的大力支持;刘汝山教授和杜曾荫教授在百忙之中欣然担任本教材主审;英语系主任邓红风教授和赵德玉、王峻岩老师对本教材提出了许多宝贵意见;张春海、孙建强、张惠萍、杜东升、胡宏政、马伟等同志也给予了很多具体帮助。在此谨向他们表示衷心的感谢。此外,成书过程中还参阅了大量图书资料,谨向有关作者致以诚挚的谢意。

由于时间仓促,编者水平有限,书中难免有不足之处,恳请使用本教材的广大师生和诸位同仁不吝指正。

编 者

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# Lesson One

## Text

### Courtesy: Key to a Happier World

Many years ago trying to help people with every kind of trouble left me with one sure conviction: in case after case the difficulty could have been overcome — or might never have arisen — if the people involved had just treated one another with common courtesy.

Courtesy, politeness, good manners — call it what you will, the supply never seems to equal the demand. “It’s not so much what my husband says,” a tearful wife confides, “as the way he says it. Why does he have to yell at me?” “I hate my boss,” a grim-faced office worker mutters. “He never shows appreciation for anything.” “All we get from our teenagers,” a worried parent says, “is a moody sullenness.”

Such complaints are not limited to people who sit in my study. Human beings everywhere hunger for courtesy. “Good manners,” said Ralph Waldo Emerson, “are the happy way of doing things.” And the reverse is equally true. Bad manners can ruin a day — or wreck a friendship.

What are the basic ingredients of good manners? Certainly a strong sense of justice is one; courtesy is often nothing more than a highly developed sense of fair play. A friend once told me of driving along a one-lane, unpaved mountain road. Ahead was another car

that produced clouds of choking dust, and it was a long way to the nearest paved highway. Suddenly, at a wider place, the car ahead pulled off the road. Thinking that its owner might have engine trouble, my friend stopped and asked if anything was wrong. "No," said the other driver. "But you've endured my dust this far; I'll put up with yours the rest of the way." There was a man with manners, and an innate sense of fair play.

Another ingredient of courtesy is empathy, a quality that enables a person to see into the mind or heart of someone else, to understand the pain or unhappiness there and to do something to minimize it. Recently in a book about a famous restaurant chain I came across such an episode.

A man dining alone was trying to unscrew the cap of a bottle of catsup but his fingers were so badly crippled by arthritis that he couldn't do it. He asked a young busboy to help him. The boy took the bottle, turned his back momentarily and loosened the cap without difficulty. Then he tightened it again. Turning back to the man, he feigned a great effort to open the bottle without success. Finally he took it into the kitchen and returned shortly, saying that he had managed to loosen it — but only with a pair of pliers. What impelled the boy to take so much trouble to spare the feelings of a stranger? Courtesy, compassionate courtesy.

Yet another component of politeness is the capacity to treat all people alike, regardless of all status or importance. Even when you have doubts about some people, act as if they are worthy of your best manners. You may also be astonished to find out that they really are.

I truly believe that anyone can improve his or her manners by



doing three things. First, by practicing courtesy. All skills require constant repetition to become second nature; good manners are no exception.

One simple way is to concentrate on your performance in a specific area for about a week. Telephone manner, for example. How often do you talk too long, speak abruptly, fail to identify yourself, keep people waiting, display impatience with the operator or fail to return a call? Or driving a car, why not watch yourself sternly for aggressive driving, unnecessary horn-blowing, following too closely, failing to yield the right-of-the-way?

One difficult but essential thing to remember is to refuse to let other people's bad manners goad you into retaliating in kind. I recall a story told by a young man who was in a car with his father one night when a driver in an oncoming vehicle failed to dim his lights. "Give him the brights, Dad!" the young man urged in exasperation. "Son," replied the father, "that driver is certainly discourteous and probably stupid. But if I give him the brights he'll be discourteous, stupid and *blind* — and that's a combination I don't want to tangle with!"

The second requirement for improving your manners is to think in a courteous way. In the long run, the kind of person you are is the result of what you've been thinking over the past twenty or thirty years. If your thoughts are predominantly self-directed, a discourteous person is what you will be. If on the other hand you train yourself to be considerate of others, if you can acquire the habit of identifying with their problems and hopes and fears, good manners will follow almost automatically.

Nowhere is thinking courtesy more important than in marriage.

In the intimacy of the home it is easy to displace disappointment or frustration or anger onto the nearest person, and that person is often a husband or wife.

“When you feel your anger getting out of control,” I have often said to married couples, “force yourself for the next ten minutes to treat your married partner as if he or she were a guest in your home.” I knew that if they could impose just ten minutes of good manners on themselves, the worst of the storm would blow over.

Finally, to have good manners you must be able to accept courtesy, receive it gladly, rejoice when it comes your way. Strangely, some people are suspicious of gracious treatment. They suspect the other person of having some ulterior motive.

But some of the most precious gifts in life come with no strings attached. You can't achieve a beautiful day through any effort on your part. You can't buy a sunset or even the scent of a rose. Those are the world's courtesies to us, offered with love and without thought of reward or return. Good manners are, or should be, like that.

In the end, it all comes down to how you regard people — not just people in general, but individuals. Life is full of minor irritations and trials and injustices. The only constant, daily, effective solution is politeness — which is the golden rule in action. I think that if I were allowed to add one small beatitude as a footnote to the other it might be: Blessed are the courteous.

## Vocabulary

conviction /kən'vikʃən/ <i>n.</i> 坚定的信念	无耐心
confide /kən'faɪd/ <i>v.</i> 吐露(秘密等)	retaliate /ri'tæliet/ <i>v.</i> 报复, 以牙还牙
grim-faced /'grɪmfeɪst/ <i>adj.</i> 面色铁青的	discourteous /dis'kɜ:tjəs/ <i>adj.</i> 不礼貌的, 粗鲁的
moody /'mu:di/ <i>adj.</i> 闷闷不乐的	predominantly /pri'dɒmɪnəntli/ <i>adv.</i> 占主导地位地
sullenness /'sʌlənis/ <i>n.</i> 赌气; 情绪消沉	rejoice /ri'dʒɔis/ <i>v.</i> 感到高兴
wreck /rek/ <i>v.</i> 破坏, 毁坏	gracious /'greɪʃəs/ <i>adj.</i> 谦和的 <i>int.</i> (表示惊异、气愤等) 老天爷! 天哪! 啊呀!
justice /'dʒʌstɪs/ <i>n.</i> 正义, 正直	ulterior /ʌl'tɪəriə(r)/ <i>adj.</i> 别有用心
unpaved /'ʌn'peɪvd/ <i>adj.</i> (路等) 未铺砌的	irritation /ɪri'teɪʃən/ <i>n.</i> 恼人的事
catsup /'kætsəp/ <i>n.</i> 调味番茄酱	trial /'traɪəl/ <i>n.</i> 麻烦; 痛苦
momentarily /'məʊməntərɪli/ <i>adv.</i> 立即, 即刻	beatitude /bi'ætɪtʃʊd/ <i>n.</i> 祝福
impel /ɪm'pel/ <i>v.</i> 推动; 促使	footnote /'fʊtnəʊt/ <i>n.</i> 补充; 脚注
impatience /ɪm'peɪʃəns/ <i>n.</i> 不耐烦,	

## Notes on the Text

- Many years ago trying to help people with every kind of trouble left me with one sure conviction: in case after case the difficulty could have been overcome — or might never have arisen — if the people involved had just treated one another with common courtesy.

多年以前, 帮助人们解决各种各样问题的过程使我深信: 在一个个事例中, 如果人们相互以礼相待, 问题完全可能会得到解决, 或许根本不会出

现。

2. Courtesy, politeness, good manners — call it what you will, the supply never seems to equal the demand.

礼貌也好,客气或文明举止也好,无论你称它什么,其供应似乎总是小于需求。

3. Human beings everywhere hunger for courtesy.

世界上的人们都渴望受到礼遇。

hunger for sth.: (正式用语)渴望得到…

4. Suddenly, at a wider place, the car ahead pulled off the road.

突然,在宽一点的地方,前头的车开到了一旁。

pull off: (车辆)开到路外,以便停车

5. Another ingredient of courtesy is empathy, a quality that enables a person to see into the mind or heart of someone else, to understand the pain or unhappiness there and to do something to minimize it.

礼貌的另一个要素是能够理解别人的心情,这一品质能使人深入他人的思想和内心世界,理解他们感情深处的痛苦或是不幸并尽力使之减缓。

see into: 理解,如:

A writer should see into the mind of ordinary people.

6. Turning back to the man, he feigned a great effort to open the bottle without success.

他转过身去对着那人,假装使出很大劲儿还是没有拧开瓶盖。

feign sth./that: (正式用语)假装…

7. What impelled the boy to take so much trouble to spare the feelings of a stranger? Courtesy, compassionate courtesy.

是什么促使这个年轻人不厌其烦地这么做?是礼貌,是基于同情心的礼貌。

take trouble to do sth.: 费劲去做…

spare sb. sth.: 使某人免受…(不愿意之事),如:

His illness will spare him the embarrassment of having to meet his rival.

8. You may also be astonished to find out that they really are.

你可能会惊奇地发现,他们确实值得你以礼相待。

9. Or driving a car, why not watch yourself sternly for aggressive driving, unnecessary horn-blowing, following too closely, failing to yield the right-of-the-way?

或是改进开车的举止,你可以严格监视自己是否开起车来很霸道,是否过多地按喇叭,是否尾随太近,是否不按规定先让其他车辆通过等等。

watch sb./oneself/sth. for:留心…以寻找…,注意…以找出…,如:

Bob watched the newspaper carefully for strange personal ads.

yield the right-of-the-way: (美)在道路交叉处让其他车辆按惯例或路规优先穿行

10. One difficult but essential thing to remember is to refuse to let other people's bad manners goad you into retaliating in kind.

有一件不容易做到而又很重要的事情,就是对别人无礼貌的举止不要以牙还牙。

retaliating in kind:以同样的方式进行报复

in kind:用类似的方法,如:

The police were told not to respond in kind even when the demonstrators attacked them.

11. But if I give him the brights he'll be discourteous, stupid and blind — and that's a combination I don't want to tangle with! “如果我开大灯,他就不仅仅是无礼貌和愚蠢了,而且还看不见前方。三样加在一起,我不愿意招惹。”(愚蠢和没有礼貌已经够我应付的了,再使他看不清路,事情就更糟糕了。)

12. If your thoughts are predominantly self-directed, a discourteous person is what you will be.

如果你的主导思想是从个人出发的,那你会是一个不讲礼貌的人。

13. If on the other hand you train yourself to be considerate of others, if you can acquire the habit of identifying with their problems and hopes and fears, good manners will follow almost automatically.

反之,如果你培养自己为他人着想。如果你惯于理解并体谅他人的问题、愿望和忧虑,你就会自然而然地以礼待人。

be considerate of sb.:为…着想,考虑…的需要、愿望和感情,如:

To lead a group of people from all corners of the country, Lao Jia has to be considerate of their different religious beliefs.

identify with sb./sth.: feel you understand them or their feelings and ideas 理解、体谅…, 如:

She didn't agree to play the role because she could not identify with the character.

He can well identify with the problems of the unemployed;  
he's been without a job.

14. In the intimacy of the home it is easy to displace disappointment or frustration or anger onto the nearest person, and that person is often a husband or wife.

在家庭这个亲昵环境中, (人们)很容易把失意、沮丧或气愤向最亲近的人发泄, 此人往往不是丈夫就是妻子。

displace sth. onto sb./sth.: shift sth. onto sb. 把…(由…)转移到…身上  
the/one's nearest (and dearest): one's close family 自己亲近的家人

15. "When you feel your anger getting out of control," I have often said to married couples, "force yourself for the next ten minutes to treat your married partner as if he or she were a guest in your home."

我经常对已婚夫妇说:“当你感到忍不住要发火时, 你要强迫自己在十分钟之内, 把妻子或丈夫看成是来你家访问的客人。

be/get out of control: be/become impossible to manage 失去控制, 如:

In the first few weeks after the earthquake, prices of food were out of control.

Riot squads were finally sent as the situation in the district was out of control.

与此相应的短语是:

get/bring sth. under control: 使…得以控制, 遏制住…

16. I knew that if they could impose just ten minutes of good manners on themselves, the worst of the storm would blow over.

我知道要是他们能够克制自己, 坚持十分钟的礼貌, 火气大体上就会平息了。

impose sth. on sb./sth.: 把…强加于…; 使…交税、受罚等, 如:

You have no right to impose your will on your wife.

blow over: go away without having a serious effect (暴风雨等)停止、平息;  
(问题、不愉快的事情)被淡忘, 如:

Don't worry about the quarrel any more; it's blown over on our part.

17. Finally, to have good manners you must be able to accept courtesy, receive it gladly, rejoice when it comes your way.

最后一条, 礼貌还包括能够接受他人对你的文明举止, 受到礼遇要高兴, 当它不期而至时要以喜悦表示欢迎。

come one's way: get or experience sth. unexpectedly or by chance (事情)被某人碰上, 如:

Actually I didn't look for this job. It came my way.

18. Strangely, some people are suspicious of gracious treatment. They suspect the other person of having some ulterior motives.

很奇怪, 有些人对别人的善待怀有疑心。他们怀疑别人有什么不可告人的动机。

be suspicious of/about sb./sth.: 对某人或某物、某事起疑心, 如:

Some people are suspicious of anything new.

suspect sb. of sth./doing sth.: 怀疑某人做…, 如:

Children are believing creatures, and they seldom suspect their teachers of saying anything wrong.

19. Good manners are, or should be, like that.

礼貌也是如此, 或者说应该如此。

20. In the end, it all comes down to how you regard people — not just people in general, but individuals.

最终, 礼貌的实质是你如何看待人这样一个简单的问题, 不仅仅是一般而论, 而是如何具体待人。

come down to sth.: be a simple matter of sth. 可归结为…, 如: The whole matter comes down to a competition for human resources.

21. I think that if I were allowed to add one small beatitude as a footnote to the other it might be: Blessed are the courteous.

我想要是允许我在《圣经》八福词中,作为补充说明再加上一小福的话,那就是:“礼貌者有福。”

此句含有一个虚拟条件句 if I were...。

Blessed are the courteous. 是倒装句, the courteous 为主语, are blessed 是谓语。

## Work on the Text

### I True or false?

1. The author is a psychologist by profession.
2. The author was convinced that if the people involved had treated each other with courtesy, the difficulty could have been overcome or might never have arisen.
3. In daily life many people complain that they are not treated with courtesy.
4. Human beings everywhere are hungry for courtesy. That's why the supply never seems to equal the demand.
5. Good manners are the happy way of doing things, but bad manners can ruin one's work or even his good relationship with others.
6. Courtesy is a strong sense of justice, an innate sense of fair treatment of people without cheating or dishonesty.
7. Another ingredient of courtesy is empathy, an ability to understand other people's feelings and problems.
8. That the busboy helped a man dining alone to unscrew the cap of a bottle is a reflection of empathy.
9. Courtesy is also the capacity to treat all people alike, whatever



their status or importance.

10. The author thinks that good manners are born and that nobody needs to learn them.
11. Good manners are one of the skills that require constant practice to become one's second nature.
12. One simple way to improve your manners is to concentrate on your performance in a specific area for several weeks.
13. One difficult thing to remember is not to retaliate in return for other people's bad manners.
14. A self-centered person will not be courteous to others.
15. If you train yourself to be considerate of others, you will be a courteous person someday.
16. There is no need for a husband to be courteous to his wife or a wife to her husband.
17. When you are angry, take out your anger on your married partner and you will feel comfort.
18. To be suspicious of people's gracious treatment won't help you to have good manners.
19. Good manners should be offered with love and reward.
20. Politeness is the golden rule in action.

**II Fill in the blanks with the words or expressions given below.**

**Change the form where necessary.**

conviction	grim-faced	appreciation	complaint
goad	wreck	across	impel
regardless	worthy	run	suspect
suspicious	predominantly	feign	impose
compassionate	innate	hunger	
spare	identify		