

# 新编大学英语

**NEW COLLEGE ENGLISH**

## 完全辅导精华

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吉林大学出版社

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主 编 冯觉华 单香珍 卢桂荣  
主 审 董桂兰

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◎ 吉林大学出版社

责任编辑：王 冰

封面设计：石 枫

# 新编大学英语

## 完全辅导精华

### 第四册

冯觉华 单香珍 卢桂荣

主 编

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# 目 录

## Unit One Happiness

Part One	Preparation 充电驿站 .....	(1)
Part Two	Listening-Centered Activities 突破听力 .....	(1)
Part Three	Reading-Centered Activities 挑战阅读 .....	(6)
Part Four	Further Development 更上一层楼 .....	(26)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(27)

## Unit Two Human Behavior

Part One	Preparation 充电驿站 .....	(29)
Part Two	Listening-Centered Activities 突破听力 .....	(29)
Part Three	Reading-Centered Activities 挑战阅读 .....	(32)
Part Four	Further Development 更上一层楼 .....	(50)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(52)

## Unit Three Attitudes Toward Work

Part One	Preparation 充电驿站 .....	(54)
Part Two	Listening-Centered Activities 突破听力 .....	(54)
Part Three	Reading-Centered Activities 挑战阅读 .....	(57)
Part Four	Further Development 更上一层楼 .....	(71)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(72)

## Unit Four Honesty

Part One	Preparation 充电驿站 .....	(74)
Part Two	Listening-Centered Activities 突破听力 .....	(74)
Part Three	Reading-Centered Activities 挑战阅读 .....	(77)
Part Four	Further Development 更上一层楼 .....	(98)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(101)

## Unit Five Appearance

Part One	Preparation 充电驿站 .....	(102)
Part Two	Listening-Centered Activities 突破听力 .....	(103)
Part Three	Reading-Centered Activities 挑战阅读 .....	(106)
Part Four	Further Development 更上一层楼 .....	(126)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(127)

## Unit Six Advertising Campaigns

Part One	Preparation 充电驿站 .....	(129)
Part Two	Listening-Centered Activities 突破听力 .....	(130)
Part Three	Reading-Centered Activities 挑战阅读 .....	(133)
Part Four	Further Development 更上一层楼 .....	(153)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(155)

## Unit Seven Today's Youth

Part One	Preparation 充电驿站 .....	(156)
Part Two	Listening-Centered Activities 突破听力 .....	(157)



Part Three	Reading-Centered Activities 挑战阅读 .....	(160)
Part Four	Further Development 更上一层楼 .....	(178)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(179)
<b>Unit Eight The Media</b>		
Part One	Preparation 充电驿站 .....	(181)
Part Two	Listening-Centered Activities 突破听力 .....	(182)
Part Three	Reading-Centered Activities 挑战阅读 .....	(186)
Part Four	Further Development 更上一层楼 .....	(212)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(213)
<b>Unit Nine Computer Technology</b>		
Part One	Preparation 充电驿站 .....	(215)
Part Two	Listening-Centered Activities 突破听力 .....	(216)
Part Three	Reading-Centered Activities 挑战阅读 .....	(219)
Part Four	Further Development 更上一层楼 .....	(239)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(240)
<b>Unit Ten Medical Ethics</b>		
Part One	Preparation 充电驿站 .....	(242)
Part Two	Listening-Centered Activities 突破听力 .....	(243)
Part Three	Reading-Centered Activities 挑战阅读 .....	(246)
Part Four	Further Development 更上一层楼 .....	(267)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(268)
<b>Unit Eleven Criminal Punishment and Crime Prevention</b>		
Part One	Preparation 充电驿站 .....	(270)
Part Two	Listening-Centered Activities 突破听力 .....	(270)
Part Three	Reading-Centered Activities 挑战阅读 .....	(273)
Part Four	Further Development 更上一层楼 .....	(290)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(291)
<b>Unit Twelve Ambition</b>		
Part One	Preparation 充电驿站 .....	(292)
Part Two	Listening-Centered Activities 突破听力 .....	(293)
Part Three	Reading-Centered Activities 挑战阅读 .....	(296)
Part Four	Further Development 更上一层楼 .....	(314)
Part Five	Key and Notes to the Quiz 自测题精解 .....	(315)

# Unit One

## Happiness

### Part One Preparation 充电驿站

#### 一、主题词汇

快乐 happiness	快乐(happiness);幸福(well-being);愉快(pleasure);幻想(illusion);满意(satisfaction);欢乐(joy);高兴(delight);高兴的(glad);愉快的(cheerful);娱乐(fun);欢乐的(merry);快乐的(gay);轻松愉快的(light-hearted)
不快 unhappiness	愤怒(rage);痛苦(misery);压力(stress);危机(crisis);忧郁(gloom);沮丧(depression);自杀(suicide);离婚(divorce);绝望(despair);悲剧(tragedy);悲痛(sorrow);悲伤(grief);痛苦(bitterness);失望(disappointment);不快(unhappiness);焦急(anxiety)
性格 character	自尊(self-esteem);自信(self-confidence);特性(trait);乐观的(optimistic);悲观的(pessimistic);自律(self-restraint);外向的(extroverted);内向的(introverted);开朗的(out-going);大方的(generous);害羞的(shy)
相关因素 relevant factors	年龄(age);性别(sex);收入(income);基因组织(genetic makeup);健康(health);亲密的人际关系(close relationship);智力(intelligence)

#### 二、实用句型

- |   |  |
|---|--|
| 1. happiness comes from ...快乐源于...              | 9. take delight in (doing) sth. 以(做)某事为乐                 |
| 2. happiness depends on ...快乐取决于...             | 10. source of greatest happiness in life 生活中最快乐的源泉       |
| 3. be better able to get along with sb. 与某人更易相处 | 11. take (no/great) pleasure in (doing) sth. (不)以(做)某事为乐 |
| 4. have good opinions of oneself 自我感觉良好         | 12. with pleasure 恰快地(接受,同意等)                            |
| 5. be satisfied with ...对...感到满意                | 13. cheer (sb.) up 使某人更高兴或更快活                            |
| 6. cope better with sth. 妥善地应付,处理某事             |  |
| 7. be happy to do sth. 乐于做某事                    |  |
| 8. live a happy life 过着幸福的生活                    |  |

### Part Two Listening-Centered Activities 突破听力

#### Listening I

##### 一、关键表达法

- |                                   |   |
|-----------------------------------|---|
| 1. be associated with 和...有联系     | 8. in fact 实际上,事实上  |
| 2. be happy 高兴,快乐                 | 9. during the brief moment 在这短暂的时刻                        |
| 3. the Olympic Games 奥林匹克运动会      | 10. put sth. around one's neck 把...挂在某人的脖子上               |
| 4. facial expressions 面部表情        | 11. find (sth.) out (经研究或询问)获知(某事物)                       |
| 5. gold medal winners 金牌得主        | 12. feel intensely happy 感到非常快乐                           |
| 6. at the medal ceremonies 在颁奖仪式上 | 13. be profoundly happy 非常高兴                              |
| 7. be surprised to see 惊讶地看到      | 14. Smiling is not the automatic expression of happiness. |

笑不是高兴产生的一种下意识表情。

15. according to 根据

16. a form of communication 一种交流方式

17. smile at 对...微笑

18. make some observations 观察

19. all alone 独自地

20. for example 例如

21. greet sb. with a friendly smile 用友好的微笑迎接某人

22. give sb. a beautiful present 送给...漂亮的礼物

23. show one's appreciation with a smile 以微笑表示感谢

## 二、巧用录音稿

——短文通过例证阐明了笑与快乐是否存在必然的联系,文章结构严谨,表达法多样,富于变化,请注意体会。

### Happiness and Smiling

Happiness is associated with smiling. But do we always smile when we are happy?

During the Olympic Games in Barcelona in 1992, Spanish researchers analyzed the facial expressions of 22 gold medal winners at the medal ceremonies. The researchers were surprised to see that these medal winners didn't smile very much. In fact, throughout the different medal ceremonies, they only smiled about 10% of the time. But during the brief moment when the gold medal was actually put around their neck, the medal winners grinned about 70% of the time.

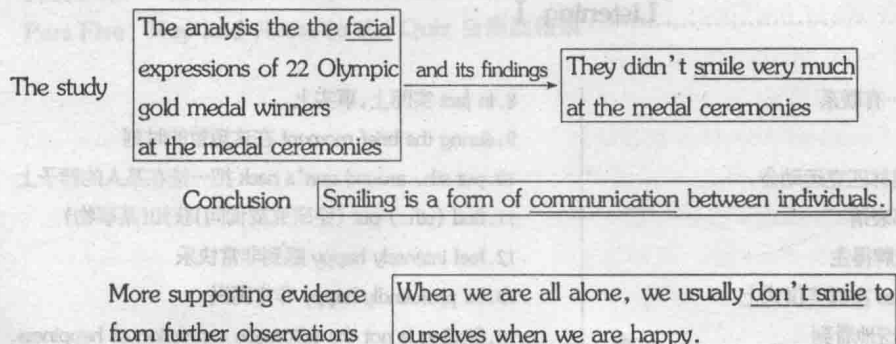
The researchers interviewed the athletes they had watched to find out how they felt. All the winners interviewed said that they felt intensely happy throughout the ceremony.

Despite the fact that they were profoundly happy, they didn't smile a great deal. The researchers concluded that smiling is not the automatic expression of happiness. The fact that the gold medal winners smiled much more when they were actually being given their medals can be explained because, according to the Spanish researchers, smiling is a form of communication between individuals. The happy athletes were smiling at the people who were giving them their gold medals.

Perhaps we can support the findings of the Spanish researchers by making some observations of our own behavior. When we are all alone, for example, do we smile to ourselves then we are happy? Probably not very often. If someone greets us with a friendly smile, do we respond with a smile? Yes, we probably do. When a friend gives us a beautiful present, would we show our appreciation with a smile? Yes, of course. But if we are sitting alone watching television, do we smile at a commentator who smiles at us?

## 三、练习参考答案

### Exercise 1



## Exercise 2

- 1) what is the nationality of the researchers? B
- 2) How much of the time did the gold medal winners smile during the medal ceremonies? A
- 3) When did the athletes smile quite a lot? C
- 4) How did the gold medal winners feel during the ceremony? D
- 5) According to the passage, on which of the following occasions would we most probably NOT smile? A
- 6) Which of the four statements is true according to the passage you have just heard? D

## Exercise 3

### Samples

- 1) —I agree that smiling is a form of communication between individuals. We can see many commentators smiling on TV, but I never smile at them. Even if they mention something amusing, I don't smile. I probably laugh.  
—I don't think the responses from the Olympic gold medal winners are a good example. Those medalists are really very happy at heart. They are extremely excited when they realize that they have become the winners. They would probably express their excitement by crying. When the medal ceremony begins, they are perhaps no longer excited. That is the reason why they don't smile much.  
—I sometimes smile when I read newspapers. For example, if I find a story humorous in the newspaper, I smile. But I don't think I'm communicating with others. That's why I don't agree that smiling is a form of communication between individuals.
- 2) —Yes. Sometimes I will smile when I feel happy. I won't even realize it myself until someone asks me, "Why are you so happy?"  
—No. When I feel happy, I will either laugh or tell others or myself what happy feelings I have. But I! certainly don't smile.
- 3) —I always smile when I meet someone I know.  
—When I feel really happy and there is nobody around me, I will smile.  
—I always smile when I'm watching some interesting TV programs.  
—Facing a camera, I will smile.
- 4) Other ways to express one's happiness  
—to sing and dance;  
—to cry;  
—to yell;  
—to run wildly;  
—to go shopping;  
—to eat a lot;  
—to chat with others;  
—to clap one's hands.

## Listening II

### 一、关键表达法

1. Thank you for accepting our interview. 感谢您接受我们的采访。

2. you have some interesting information to share with our

audience. 您会把一些有趣的信息告诉我们的观众。

3. I'd like to start with ...我想先从...开始。

4. there's a relationship between A and B A与B之间存



在关系

5. in other words 换句话说

6. for instance 例如

7. be able to afford the basic necessities of life 能买得起生活必需品

8. winning a lottery 中彩票

9. as a matter of fact 事实上, 其实

10. That's a nice way of putting it. 表达得很好。

11. in one's opinion 以……之见

12. take the case of the United States 以美国为例

## 二、巧用录音稿

——这是一段采访对话。表达法多样, 富于变化, 内容极富社会意义。

### Wealth and Well - Being

- Interviewer : Good morning, Professor Sherwood. Thank you for accepting our interview. You've been doing research on happiness for many years, so I'm sure you have some interesting information to share with our audience.
- Prof. Sherwood : Good morning. Thank you for inviting me. I hope I can answer your questions.
- Interviewer : I would like to start with a general question. Are people in rich countries happier than people in not - so - rich countries?
- Prof. Sherwood : Well, I would say there is a relationship between national wealth and well - being. In other words, the economic wealth of a country does appear to reflect the overall well - being of its citizens. For instance, in Portugal, one in ten people reports being very happy, whereas in Holland, four in ten people say they are very happy.
- Interviewer : Does it mean that rich people in a country are happier than poor people?
- Prof. Sherwood : In some poor countries, satisfaction with one's financial situation does affect happiness. But once people are able to afford the basic necessities of life, having more money doesn't necessarily make them happier.
- Interviewer : What about rich places like Europe and the United States? Are income and happiness related?
- Prof. Sherwood : Very little. Rich people are only slightly happier than the average citizen. People whose income increases constantly are not any happier than people whose income doesn't increase.
- Interviewer : I'm always wondering whether winning a lottery can bring happiness. Is there any research on that?
- Prof. Sherwood : Well, as a matter of fact, various studies show that lottery winners only get temporary joy.
- Interviewer : I guess wealth is like health. If you don't have your health or if you're extremely poor, you'll be miserable.
- Prof. Sherwood : Yes, that's true. Happiness is wanting what we have rather than getting what we want.
- Interviewer : That's a nice way of putting it. Well, in your opinion, do people become happier as their countries become richer?
- Prof. Sherwood : Well, if I take the case of the United States, from 1957 to 1996, the proportion of people who said that they were very happy declined from 35% to 30%. But during that same period, the average income per person in the United States doubled.
- Interviewer : So, you mean that a steady increase in a country's prosperity does not mean an increase in its people's happiness.
- Prof. Sherwood : That's right.

### 三、练习参考答案

#### Exercise 1

The Interviewer's Questions	Professor Sherwood's Answers
1) Are people in <u>rich</u> countries happier than people in <u>not - so - rich</u> countries?	The economic wealth of a country does appear to <u>reflect</u> the overall well - being of its citizens. Evidence: In Portugal, <u>one in ten</u> people reports being very happy. In Holland, <u>four in ten</u> people report being very happy.
2) Are rich people in a country happier than poor people?	In poor countries, satisfaction with <u>one's</u> financial situation does affect happiness. But once people can afford <u>the basic necessities</u> of life, having more money doesn't necessarily make them happier. In rich places like <u>Europe</u> and <u>the United States</u> , the relationship between income and happiness is rather weak.
3) Can winning a <u>lottery</u> bring happiness?	As a matter of fact, various studies show that winners only get <u>temporary</u> joy.
4) Do people become happier as their countries become richer?	A steady increase in a country's <u>prosperity</u> does not mean an increase in its people's happiness. Evidence: In the United States, from <u>1957</u> to <u>1996</u> , the proportion of happy people declined from <u>35%</u> to <u>30%</u> . But during that same period, the <u>average income</u> per person in the country <u>doubled</u> .

#### Exercise 2

- 1) Wealth is like health. If you don't have your health or if you are extremely poor, you will be miserable.
- 2) Happiness is wanting what we have rather than getting what we want.
- 3) —Yes, I agree. If people can't make ends meet, they can't be happy. They will have to worry about daily necessities and will always be thinking about ways to make money. And there will be no chance for them to enjoy life, let alone to feel happy. But once they can support their families and save a certain amount of money every month, they should feel satisfied with their financial situation. If they love money too much, they would either be misers or risk their health to earn more. Some people even cheat others out of their money, and consequently they become criminals. Therefore, it's almost impossible for these people to be happy. So I think we have to be content with our lives. Greed and jealousy are major causes for feeling miserable.
- No. First of all, happiness is not wanting what we have. What we have is not always satisfactory. To accept it unconditionally will cause depression rather than happiness. And it is also possible that there won't be much change in our lives, which we will find boring. If all the members in a society are satisfied with what they have, there would be no progress. Second, happiness is getting what we want. The pursuit of happiness itself is a kind of happiness to us, no matter whether we find it or not. The most important thing is that we have tried. Of course, if we succeed, it will bring us a greater sense of happiness.

## Part Three Reading-Centered Activities 挑战阅读

### In-Class Reading

#### Finding Happiness

#### 一、生词快车

- ☆ **exterior**—①exter(词根:处) + -n- (中缀) + -al(形容词后缀) ②比较:interior([*adj.*]内部的;室内的)  
△ **fluctuate**—fluct(流;波动) + -ate(动缀:使成为)  
△ **gloom**—忧郁的盯着(*glome*) 黑暗(*gloom*)中的织布机(*loom*)  
△ **metropolitan**—我(*me*)遇见(*met*)几千米(*meter*)的都市人(*metropolitan*)  
☆ **mushroom**—mush([*n.*]玉米糊;糊状物) + room([*n.*]房

间) 蘑菇

△ **pursuit**—pur- (向前;前缀) + sue(追随) 追求

△ **rating**—rat(估价) + -ing(成为) 估价;等级

☆ **restraint**—restrain([*v.*]克制) + t restraint([*n.*]克制)

△ **spouse**—用(*use*)圆圈(字母“o”象形为大圆圈;即婚姻的围城)把“s”和“p”圈住;“s”和“p”即为配偶(*spouse*)

△ **subjective**—subject([*n.*]主观意识;自我) + -ive(形缀)

#### 二、背景介绍

Everyone wants to be happy, but what is happiness and how can one obtain it?

Happiness is defined as a feeling of contentment coming from being well or doing well or as a feeling of satisfaction at having got what one wanted. Even based on these definitions, we can see that happiness can be a moment of joy or a more lasting state of mind.

It seems that some people are more prone to happiness than others. Certain personality traits, inherited or otherwise, seem to increase one's propensity for happiness. Positive attitudes with regard to our own strengths and weaknesses and with regard to the world around us make us more likely to be happy.

Many philosophers and moralists consider that happiness is not a passive attainment. In other words, one has to work at being happy. This involves making a conscious effort to smile, to serve and to help others. Happiness is more than a personal matter. Rather, it is a reflection of our relationship with other people—be their friends, coworkers, members of our family or society at large.

#### 三、课文提要

What engenders a sense of well-being? Philosophers have been arguing about the matter for centuries and there are different speculations about the source of it. In study after study, social scientists have found that happiness depends more on one's traits and close relationships than exterior things such as one's age, sex, income, etc.

#### 四、精品词汇

##### 1. committed *adj.*

【释义】坚定的,献身的,忠诚的

【考点】搭配:be ~ to 对...献身的,对...忠诚的

【例证】a. We are looking for someone who is committed to the job. 我们正在寻找对工作尽职尽责的人。  
b. She is committed to the cause of revolution. 她献身于革命事业。

【同根词】commitment *n.* 致力,献身(于某事物)

【同义词】devoted

##### 2. mythical *adj.*

【释义】想像的,虚构的

【例证】a. The rich uncle of whom he boasts is only mythical. 他吹嘘的那个有钱的叔叔是乌虚有的。  
b. He keeps talking about all these mythical "job prospects". 他一直在说那些虚构的“工作前景”。

【同根词】**mythically**

【同义词】**fictitious, imaginary**

### 3. pursuit n.

【释义】追求,寻求;从事的事务,研究

【考点】in pursuit of 追求...,追捕...

【例证】a. The **pursuit** of profit was the main reason for the changes. 作出这些改变主要是为了追求利润。

b. She devoted her life to the **pursuit** of pleasure. 她一生都在寻求享乐。

c. Thirty grown men are in **pursuit** of a single fox. 三十名成年男子正在追猎一只狐狸。

【同根词】**pursue v.** 追求,追捕 **pursuer n.** 追猎者,追赶者

### 4. restraint n.

【释义】克制,抑制,限制

【考点】~ on sb./sth. 遏制,约束...; without ~ 无节制地,不拘束地; be laid(put) under ~ ①被监禁;②(疯人等)被送入精神病院

【例证】a. The **restraints** on the family budget of a limited income really work. 对有限收入的家庭开支预算的约束果然奏效。

b. The two friends talked without **restraint** for a long time. 两个朋友畅谈了很久。

【同根词】**restrained adj.** 节制的,克制的; **restrainer n.** 抑

制的人(或物)

### 5. reflection n.

【释义】①沉思,考虑;②反映;③反射;④(反映出来的)影像

【考点】搭配: ~ on sth. 经沉思而产生的想法

【例证】a. He told us his **reflection** on Indian politics. 他告诉我们对印度政治的看法。

b. She stared at her **reflection** in the mirror. 她望着镜中自己(的影像)。

c. Your clothes are a **reflection** of your personality. 一个人的衣着可反映出其个性。

【同根词】**reflective adj.** 思考的,沉思的;反射的;反映的

### 6. explode v.

【释义】①推翻,戳穿;②爆炸;③大发雷霆

【考点】~ with/in laughter, rage, jealousy 哄然大笑,勃然大怒,炉火中烧

【例证】a. Such rumors have been **exploded**. 这些谣言已被戳穿。

b. The firework **exploded** in his hand. 那个爆竹在他手里响了。

c. At last his anger **exploded**. 他终于大发雷霆。

【同根词】**explosion n.** 爆炸,大发雷霆

**explosive adj.** 爆炸性的,易爆炸的

## 五、王牌词组

### 1. get rid of

【释义】摆脱,除掉

【考点】及物属性,常用人作主语

【例证】a. We must **get rid of** this bad style. 我们必须去掉这种不良作风。

b. **Get rid of** the baggage and start up the machinery. 去掉包袱,开动机器。

c. Only in this way can you **get rid of** sleeplessness. 只有这样你才能摆脱失眠。

### 2. in short

【释义】总之,简而言之

【考点】总结用语,用逗号与句子其他部分隔开

【例证】a. Things couldn't be worse, financially: **in short**, we are bankrupt. 在财务方面已经糟得不能再糟了:总之,我们破产了。

b. You can't make me! I won't do it! **In short**, no! 你不可能叫我做! 我也不愿做! 总归一句:话,不做!

### 3. be grounded in

【释义】以...为基础(根据)

【考点】及物属性

【例证】a. The study of history must be **grounded in** a thorough knowledge of the past. 研究历史必须以对过去发生事情的通晓为根据。

b. He acquired an understanding of psychological behavior **grounded in** facts. 他对心理行为知识的掌握是以事实为基础的。

### 4. scores of

【释义】许多,大量

【考点】数量限定词组,接复数

【例证】a. There were five deaths and **scores of** injuries in the traffic accident yesterday. 昨天的交通事故中有五人死亡,多人受伤。

b. There were **scores of** people at the memorial. 纪念馆中有很多人。

### 5. look forward to

【释义】盼望

【考点】及物属性,后接名词,代词或动名词



【例证】a. We had been looking forward all the time to seeing you. 我们一直盼望着见到你。

b. Everybody was looking forward to this festival. 大家都盼望着这个节日。

c. It's my first time here and I've been looking forward to it. 这是我第一次来这里, 我一直盼望着来。

#### 6. It seems that

【释义】看来, 似乎

【考点】常用句型, 后接主语从句, that 有时可省略

【例证】a. It seems that no one has any objection to the idea. 似乎没人反对这个想法。

b. It seems (that) he was late for the train. 看来他没搭上火车。

c. It seems to me that we have been neglecting our duty. 我感觉我们对职责有所疏忽。

#### 7. get along with (sb.)

【释义】与某人合得来, 与某人和睦相处

【考点】及物属性, 常用人作主语

【例证】a. Do you get along with your boss? 你跟老板合得来吗?

b. He is good - tempered, he gets along with everyone. 他脾气好, 和谁都处得来。

c. He is sincere and easy to get along with. 他为人诚恳, 很好相处。

#### 8. cope with

【释义】对付, (善于) 处理(棘手之事)

【考点】及物属性, 人和物都可做主语

【例证】a. There was too much work for our computer to cope with. 我们的计算机要干的工作太多, 简直无法应付。

b. He didn't know how to cope with the compli-

cated situation. 他不知如何应付这种复杂局面。

c. She felt unable to cope with the disaster. 她感到无法处理这次灾难。

#### 9. deprive of

【释义】剥夺; 使丧失

【考点】及物属性, 物及抽象名词作主语。

【例证】a. These misfortunes almost deprived him of his reason. 这些不幸的事几乎使他丧失理智。

b. The trees deprive the house of light. 树遮住了房中的光线。

c. The law deprives criminals of their right to vote. 法律剥夺了罪犯的选举权。

#### 10. depend on (upon)

【释义】依靠; 信赖; 指望, 靠... 决定

【考点】及物属性

【例证】a. The town depends almost solely on the tourist trade. 这座城市几乎完全靠旅游业维持。

b. You shouldn't listen to rumor. You can depend on me. 不要听信谣言, 你可以相信我。

c. It depends, of course, on a number of factors. 这自然得靠很多因素来决定。

#### 11. compared with

【释义】和... 比起来

【考点】及物属性, 类似的短语有 compared to ...

【例证】a. Compared with/to many people, she was indeed very fortunate. 和许多人比起来她确实是很幸运的。

b. They considered this speech mild compared with his former ones. 他们认为他的这次讲话和过去的讲话比起来还算是温和的。

## 六、疑难句型

### 1. Does happiness favor those of a particular age, sex or income level? (L.1)

【英意译】Is happiness unfairly fond of those of a particular age, sex, or income level?

【汉译】快乐是否特别青睐某一年龄段, 某种性别或某个收入阶层的人呢?

【详析】favor v. 偏爱, 偏袒; 相信, 赞成

a. She always favors her youngest child. 她总是偏袒她最小的孩子。

b. I favor early marriage. 我赞成早婚。

### 2. Although the scientific pursuit of happiness has recently mushroomed, speculations about happiness are age-old. (L.4)

【英意译】Although the scientific study of happiness has quickly developed recently, thought on it began years ago.

【汉译】尽管有关快乐的科学研究最近才迅速发展起来, 但对快乐的思索却自古有之。

【详析】1) **mushroom** I *v.* 迅速生长, 迅速发展 II *n.* 蘑菇

a. Small industries in China's rural areas began to **mushroom**. 中国农村小型工业开始迅速发展。

b. New blocks of flats and offices **mushroom** all over the city. 新公寓楼和办公楼雨后春笋般地出现在全市各处。

2) **age-old** *adj.* 存在已久的, 古老的

3. There is no fool who is happy, and no wise man who is not. (L.6)

【英意译】It is unlikely that happy people are fools.

【汉译】世上没有快乐的愚人, 也没有不快乐的智者。

【详析】这是一个省略句, 完整的句子为: There is no fool who is happy, and there is no wise man who is not happy.

4. Social scientists have exploded some myths about who's happy and who's not by identifying predictors of happiness and life satisfaction. (L.13)

【英意译】By means of identifying predictors of happiness and life satisfaction, social scientists have destroyed some mistaken beliefs about who is happy and who is not (happy).

【汉译】社会科学家通过辨别什么与人生的快乐和满足有关, 推翻了一些关于哪些人快乐, 哪些人不快乐的错误观念。

【详析】1) **explode** *v.* 推翻, 戳穿, 破除

2) **myth** *n.* 神话, 虚构的故事, 荒诞的说法

5. Many people believe there are unhappy times of life – typically the stress – filled teen years, the “mid – life crisis” years, or the declining years of old age. (L.15)

【英意译】Many people believe there are unhappy times of life – typically the teen years when one suffers from stress, the mid – life years when one experiences unhappiness, anxiety and disappointment, or the later years of life when one becomes increasingly weak.

【汉译】很多人认为人生有几个不快乐的阶段, 通常指的是压力重重的青少年时期, “危机四伏的中年”时期, 以及日趋衰弱的老年时期。

6. And teens, unlike adults, typically rebound from either gloom or joy within an hour's time. (L.19)

【英意译】Adults don't recover quickly from either gloom or joy, whereas teenagers do. Teenagers don't stay really discouraged or happy for a long time. They can return to their normal state in very short time.

【汉译】青少年则与成人不同, 他们的愁闷或快乐不到一小时就完全过去了。

【详析】1) **rebound** *v.* 恢复, 振作, 回升

a. He soon **rebounded** from disappointment. 他很快从失望中振作起来。

b. Prices of vegetables **rebounded** sharply. 蔬菜价格急剧回升。

2) **within an hour's time** 在一小时之内, 不到一小时

7. There are gender gaps in misery. (L.25)

【英意译】Men and women react differently to misery.

【汉译】处于痛苦时, 男女的反应确有差别。

8. Living standards have soared during the twentieth century and are expected to continue rising in the decades ahead. (L.30)

【英意译】Living standards have risen sharply during the twentieth century and are expected to continue rising in the future decades.

【汉译】二十世纪人们的生活水平得到了大幅度的提高, 并有望在未来的几十年中继续提高。

【详析】**soar** *v.* 翱翔, 高飞; 猛增, 剧增

a. Seagulls are **soaring** over the cliffs. 海鸥在悬崖峭壁上翱翔。

b. Prices are **soaring** these days. 这些天来物价飞涨。

9. Steady improvements in the economy are not accompanied by a steady increase in people's assessments of their own happiness. (L.32)

【英意译】People's increasing sense of happiness does not come with steadily rising income.

【汉译】经济的稳步增长并不会使人同时感到自己也越来越幸福。

10. Deprived of control over one's life - a phenomenon studied in prisoners, nursing home patients, etc. - people suffer lower morale and worse health. (L.44)

【英意译】Taken away control over one's life, people suffer depression and worse health - this phenomenon has been studied in prisoners, nursing - home patients, etc.

【汉译】一旦失去了生活的自主权,人们就会意志消沉,健康恶化,这一现象曾在囚犯,疗养院里的病人等群体中进行过研究。

11. Blessed is he who expects nothing, for he shall never be disappointed. (L.48)

【英意译】He has no expectations and disappointments. Therefore, he is happy.

【汉译】无所期望的人才会感到快乐,因为他永远不会失望。

【详析】blessed adj. 有福的,幸福的,快乐的

a. Blessed are the meek. 温顺的人有福了。

b. The villagers lived their lives in **blessed** calmness. 村民过着快乐宁静的生活。

12. With each of these trait - happiness correlations, the causal arrows are uncertain. (L.57)

【英意译】Some traits are correlated with happiness, but which of the two factors, the trait or happiness, is the cause or effect is uncertain.

【汉译】对于上述每一种性格特征与快乐的相互联系中,哪个是“因”哪个是“果”还不能断定。

13. Or are outgoing people more enthusiastic and less anxious about reaching out to others? (L.59)

【英意译】Or are outgoing people more enthusiastic and less anxious about communicating with others?

【汉译】还是外向的人与他人交往更热情,更不拘谨呢?

【详析】reach out to 伸出手以触到;(比喻)交往,援助

a. We must **reach out to** those in need. 我们应伸出援助之手,帮助有困难的人。

b. The organizers of the appeal are **reaching out to** the public for their help. 募捐的组织者们向公众伸出手来,求得援助。

14. 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.

【英意译】Depending on our outlooks and recent experiences, our happiness changes irregularly around our inherited happiness level, which makes some people ever cheerful and others depressed.

【汉译】快乐程度在人生观和目前经历的影响下,会在一个我们固有的快乐值左右变动,这个固有的快乐值使一些人常常快乐,而另一些人却愁肠百结。

【详析】dispose v. 使某人愿意做某事

a. His criminal record does not **dispose** me to trust him. 他有前科,我不能轻易相信他。

b. I am **disposed** to agree with him. 我倾向于他的观点。

15. Hell is other people. (L.71)

【英意译】To be with others can only bring you misery and trouble.

【汉译】他人即地狱。

16. "Well - married a person is winged; ill - matched, shackled." (L.80)

【英意译】People who are well-married are much happier than those who are not well-married. (“ill-matched, shackled” is an elliptical sentence, which means “ill-matched person is shackled”.)

【汉译】婚姻美满如添翼,勉强组合似牢笼。

17. 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. (L. 88)

【英意译】Although an unsuccessful marriage may affect women more than men, we can still ignore the myth that single women are happier than married women.

【汉译】尽管一个失败的婚姻可能使女方比男方更沮丧,但认为单身女性比已婚女性更快乐的观念是难以站得住脚的。

18. Better clues come from knowing what traits a person has and whether the person enjoys a supportive network of close relationships. (L. 94)

【英意译】From these clues such as one's traits and network of close relationship we can tell whether a person is happy or not.

【汉译】判断一个人是否快乐,更好的依据是了解他具有什么性格,以及他是否有一个良好的人际关系支持他。

## 七、精彩表达

1. 我们还可以举出很多。The list goes on.

2. 总之,简而言之 in short

3. 但是,一个人是否幸福,他的年龄并不能给予任何启示。Yet knowing someone's age gives no clue to the person's lasting sense of well-being.

4. 给...以启示 give clue to ...

5. 抑郁、自杀、离婚的比例 rates of depression, suicide, and divorce

6. 没有上升的迹象 show no increase

7. 快乐是否偏爱某个性别的人呢? Does happiness have a favorite sex?

8. 烦恼时,男人更喜欢借酒消愁,而女人则容易胡思乱想,变得沮丧或焦虑不安。When troubled, men more often become alcoholic, while women more often think deeply and get depressed or anxious.

9. 可能做某事 be likely to do sth.

10. 对生活满足 be satisfied with life

11. 期望,盼望 look forward to

12. 未必如此。Not necessarily

13. 似乎...,看起来... It seems that ...

14. 一次又一次的研究表明,快乐的人有四个典型特点。In study after study, four traits are typical of happy people.

15. 在强调个性的西方文化中 in individualistic Western cultures

16. 在自尊测试中 on self-esteem tests

17. 快乐的人承认他们有很强的自尊心,这与我们的猜

想正好一致。As we might expect of people who are usually happy, they report that they have positive self-esteem.

18. 自我感觉良好 have good opinions of oneself

19. 与...合得来 get along with ...

20. 常人 the average person

21. 自我驾驭能力 personal control

22. 而不是 rather than

23. (妥善)处理,应付(棘手之事) cope with

24. 极度的贫穷如果使人们丧失了对生活的自主意识,也是非常糟糕的。Severe poverty is depressing if it destroys people's sense of control over their life.

25. 然而 nevertheless

26. 倾向于 tend to

27. 快乐的人往往很外向。happy people tend to be extroverted

28. 交朋友 make friends

29. 仿佛,好象 as if

30. 实验显示了那些假装自信的人自我感觉真的好起来了,那些强作笑颜的人也更快了。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.

31. 然而快乐似乎只能在基因组织所限定的范围内变化。Yet happiness seems changeable only within limits imposed by our genetic makeup.

32. 同卵和异卵双胞胎 identical and fraternal twins



33. 亲密的人际关系也是幸福生活的标志。Close relationships also mark happy lives.

34. 幸好,与朋友、家人之间的亲密关系带来的益处常常多于它所带的压力。Thankfully, however, the benefits of close relationships with friends and family usually outweigh the strains.

35. 同...相比 compared with ...

36. 对九成以上的人来说,婚姻是结束孤寂生活的最有效的方法。For more than nine in ten people, the most signifi-

cant alternative to aloneness is marriage.

37. 婚姻关系的破裂 broken marital relationships.

38. 相互支持,亲密无间,忠贞不渝的婚姻关系是人生一件最美的事 a supportive, intimate, committed relationship is among life's greatest satisfactions.

39. 无论男性还是女性,已婚者与未婚者之间快乐的差别是相似的 the happiness gap between the married and never-married is similar for women and men

## 八、参考译文

### 寻求快乐

快乐是否特别青睐某一年龄段、某种性别或是某个收入阶层的人呢?有了令人满意的、紧密的人际关系就会有快乐吗?什么样的人生态度、事务活动以及选择取舍能给人快乐呢?

尽管有关快乐的科学研究最近才迅速发展起来,但对快乐的思索却自古有之。古代哲学家们认为充满智慧思维的人才快乐。罗马哲学家西塞罗说:“世上没有快乐的愚人,也没有不快乐的智者。”在此后的几个世纪里,一些智者认为快乐源于高尚的人生,而另一些则认为快乐来自尽情享受;一些智者认为快乐源于知情达理,而另一些则认为快乐来自一直存有的幻想;一些智者认为快乐源于自律,而另一些则认为快乐在于摆脱愤怒和痛苦。对立的观点我们还可以列举出很多,但蕴涵的意义已经很清楚了:要想了解快乐的真谛,我们必须搞清楚这些相互对立的观点是否贴近现实。总之,必须科学地研究这个问题。

社会科学家通过辨别与人生的快乐和满足有关,推翻了一些关于哪些人快乐、哪些人不快乐的错误观念。

很多人认为人生中有几个不快乐的阶段——通常指的是压力重重的青少年时期,“危机四伏的中年”时期,以及日趋衰弱的老年时期。但是对不同年龄段的人所做的调查结果表明,人生中并不存在有哪个时期特别快乐或特别不快乐。确实,人的情绪会随着年龄的增长而变化:对中老年人来说良好的社会关系和健康状况会显得更加重要。青少年则与成人不同,他们的愁闷或快乐不到一小时就完全过去了。但是,一个人是否一直幸福,他的年龄并不能给予任何启示。而且,抑郁、自杀、离婚的比例在所谓的“危机四伏的中年”阶段也没有上升的迹象。

那么,快乐是否偏爱某个性别的人呢?男人是否因为他们的收入较丰厚、社会地位较高而比女人更快乐呢?女人会不会因为她们似乎更易亲近、更善于社会而比男人更快乐呢?跟年龄一样,性别同主观上的幸福感也没有必然的联系。但是,处于痛苦时,男女的反应确有差别:烦恼时,男人更喜欢借酒消愁,而女人则容易胡思乱想,变得沮丧或焦虑不安。但男人和女人都一样有可能表示自己“非常快乐”,对生活“很满足”。这一结论是从世界范围内的几十个调查研究中得出的。

20世纪人们的生活水平得到了大度的提高,并有望在未来的几十年中继续提高。这是否就意味着我们人类可望享有更多的幸福呢?未必如此。经济的稳步增长并不会使人们同时感到自己也越来越幸福。随着时间的推移,人们似乎不怎么满足于已有的收入水平。

一次又一次的研究表明,快乐的人有四个典型特征:首先,快乐的人都非常自我赏识,这在强调个性的西方文化中显得尤为突出。在自尊测试中,他们对于诸如“与我相处很有趣”“我有很多好主意”的说法都表示认可。快乐的人承认他们有很强的自尊心,这与我们的猜想正好一致。的确,他们通常自我感觉良好:认为自己比别人道德高尚,更聪明,少偏见,更善于与他人相处,也比常人更健康。

第二,快乐的人都特别有自我驾驭能力。他们能力很强从不会束手无策,因而在学校里成绩也更好,工作中成就更大,对压力也更能应付自如。一旦失去了生活的自主权,人们就会意志消沉、健康恶化,这一现象曾