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世纪英语专业系列教材

普通高等教育“十一五”国家级规划教材

(修订版)

学生用书

第三册

英语综合 教程

赵永青 井卫华 常俊跃 / 主编

English

Intensive Reading



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普通高等教育“十一五”



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总主编 胡壮麟

英语综合教程

(修订版)

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主 编 赵永青 井卫华 常俊跃
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《英语综合教程》(修订版)第三册

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总序

北京大学出版社自 2005 年以来已出版《语言与应用语言学知识系列读本》多种,为了配合第十一个五年计划,现又策划陆续出版《21 世纪英语专业系列教材》。这个重大举措势必受到英语专业广大教师和学生的欢迎。

作为英语教师,最让人揪心的莫过于听人说英语不是一个专业,只是一个工具。说这些话的领导和教师的用心是好的,为英语专业的毕业生将来找工作着想,因此要为英语专业的学生多多开设诸如新闻、法律、国际商务、经济、旅游等其他专业的课程。但事与愿违,英语专业的教师们很快发现,学生投入英语学习的时间少了,掌握英语专业课程知识甚微,即使对四个技能的掌握也并不比大学英语学生高明多少,而那个所谓的第二专业在有关专家的眼中只是学到些皮毛而已。

英语专业的路在何方?有没有其他路可走?这是需要我们英语专业教师思索的问题。中央领导关于创新是一个民族的灵魂和要培养创新人才等的指示精神,让我们在层层迷雾中找到了航向。显然,培养学生具有自主学习能力和能进行创造性思维是我们更为重要的战略目标,使英语专业的人才更能适应 21 世纪的需要,迎接 21 世纪的挑战。

如今,北京大学出版社外语部的领导和编辑同志们,也从教材出版的视角探索英语专业的教材问题,从而为贯彻英语专业教学大纲做些有益的工作,为教师们开设大纲中所规定的必修、选修课程提供各种教材。《21 世纪英语专业系列教材》是普通高等教育“十一五”国家级规划教材和国家“十一五”重点出版规划项目《面向新世纪的立体化网络化英语学科建设丛书》的重要组成部分。这套系列教材要体现新世纪英语教学的自主化、协作化、模块化和超文本化,结合外语教材的具体情况,既要解决语言、教学内容、教学方法和教育技术的时代化,也要坚持弘扬以爱国主义为核心的民族精神。因此,今天北京大学出版社在大力提倡专业英语教学改革的基础上,编辑出版各种英语专业技能、英语专业知识和相关专业课程知识的教材,以培养具有创新性思维的和具有实际工作能力学生,充分体现了时代精神。

北京大学出版社的远见卓识,也反映了英语专业广大师生盼望已久的心愿。由北京大学等全国几十所院校具体组织力量,积极编写相关教材。这就是

说,这套教材是由一些高等院校有水平有经验的第一线教师们制定编写大纲,反复讨论,特别是考虑到在不同层次、不同背景学校之间取得平衡,避免了先前的教材或偏难或偏易的弊病。与此同时,一批知名专家教授参与策划和教材审定工作,保证了教材质量。

当然,这套系列教材出版只是初步实现了出版社和编者们的预期目标。为了获得更大效果,希望使用本系列教材的教师和同学不吝指教,及时将意见反馈给我们,使教材更加完善。

航道已经开通,我们有决心乘风破浪,奋勇前进!

胡壮麟
北京大学蓝旗营

前言

《英语综合教程》根据《高等学校英语专业英语教学大纲》编写,致力于培养学生具有扎实的语言基本功、宽广的知识面、一定的相关专业知识、较强的能力和较高的人文素质。本套教材为基础英语课程教材,共四册,可供高等院校英语专业一、二年级学生使用。本册为第三册,适用于二年级第一学期。

本册教材共有 14 个单元,每个单元由 Text A 和 Text B 两篇课文、辅学资料及相关的练习构成。本着内容与语言水平兼顾的精神,所有课文均选自英语原文文本,编者基本没有进行删改。

本册教材的主题是文化意识,旨在帮助学生提高人文素养水平和跨文化交际意识。全书 28 篇课文分别涉及语言与文化、语言与社会价值观、非语言交际行为与文化冲突、教育与人生、中西艺术、亲情友情等,特别突出了文化因素在语言交际中重要作用,以提高学生对不同文化现象的敏感度和宽容度,使之能够时时将西方文化与本民族文化进行对比,并能够有意识地追根溯源,更加深刻地理解文化是一切语言现象的根源这一道理。

本册教材的每一单元由 Unit Goals, Before Reading, Text A, More about the Text, Check Your Understanding, Some Information about English Grammar, Practice, Writing Practice, Text B, Comprehension, Further Study 共十一个部分组成。

- Unit Goals 首先明确指出本单元教学的重点,使学生了解教学的目的。
- Before Reading 引导学生进行课前活动和讨论。教师可以依此提前布置作业,课上组织学生进行各种形式的讨论。
- More about the Text 为 Text A 提供了简明扼要的背景知识。
- Check Your Understanding 既可以作为讲解课文后的检查所用,也可以作为对学生预习课文工作的检查,以便更有针对性地教学。
- Some Information about English Grammar 就某些语法现象进行了简明扼要的讲解,并提供了相应的练习。
- 针对 Text A 所设的所有练习都在 Practice 部分。
- Writing Practice 提供写作任务,要求学生就所学课文的内容进行思考和讨论,然后将结果付诸纸端。
- Text B 的内容大多与 Text A 的主题相近,以便学生拓宽视野,多角度地了解这一主题。
- Further Study 提供与课文主题有关的信息来源,或书籍,或网站。鼓励学生主动地浏览和学习,拓宽知识面,提高信息检索能力。

本教材由大连外国语学院教师编写。赵永青负责总体设计和统稿,并和马涛负责五至九单元的选材和编写。井卫华和李燕飞负责一至四单元的选材和编写。常俊跃和黄洁芳负责十至十四单元的选材和编写。在编写过程中,胡壮麟教授给与了专业的指导,我们在此表示衷心的感谢。北京大学出版社张冰和刘强两位老师给与了大力的支持和指导,我们在此也表示衷心的感谢。

本教材在 2010 年 8 月进行了修订。

本教材还配有教师用书,为教师提供了教学思路,补充材料和练习答案。由于编者的水平所限,书中必有疏漏,欢迎同行和专家批评指正。

编者

2010年 8 月

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Achieving Your Goals

Unit Goals

- ☞ to help students form good time management habits in order to achieve their goals
- ☞ to get students acquainted with expository essay writing
- ☞ to familiarize students with the usages of Nouns and Noun Phrases

Before Reading

- ☞ Search on the Internet or in the library for information about Edwin C. Bliss, author of Text A.
- ☞ Divide the whole class into groups of four students to talk about their own good and bad habits of time management, and choose one person within each group to state their views before the whole class.

A Glimpse on Some Expressions

Please read the following sentences. Pay attention to the underlined parts in each sentence. Try to comprehend the meaning of those phrases, and match the underlined parts in Column A with the correspondent meanings in Column B.

Column A

- A Don't let today's busy work crowd planning-time out of your schedule.
- B Anything that contributes to health is good time management.
- C Many people who worry about offending others wind up living according to other people's priorities.
- D Just force yourself right now to do one thing you have been putting off.

Column B

- 1 makes them different from
- 2 delay doing
- 3 is good for/does good to
- 4 force your time for planning out of

E Be tough with yourself, for the first few minutes of each day, for the next two weeks, and I promise you a new habit of priceless value.

F If you are wasting your time in activities that bore you, divert you from your real goals and sap your energy, cut them out, once and for all.

G Ask yourself whether the midnight oil you are burning is adversely affecting your health.

H This differentiates them from the workaholic who becomes addicted to work just as people become addicted to alcohol.

5 your working or studying until very late at night

6 unintentionally get into an unpleasant situation

7 definitely and finally

8 treat yourself in a determined and strict way

Text A

Managing Your Time

Edwin Bliss

One of the joys—and greatest perils of college life is the relative freedom students enjoy in the management of their lives. For those accustomed to being told what to do and when to do it, the management of discretionary time can be a major challenge. In this essay, Edwin Bliss, an internationally known time management consultant, offers some practical advice on how to use time effectively.

I first became interested in the effective use of time when I was an assistant to a U.S. Senator. Members of Congress are faced with urgent and conflicting demands on their time—

perils /'perl/ *n.* things that might cause you problems in life

discretionary /dɪ'skreʃənəri/ *a.* not controlled by strict rules, but left for someone to make decision about in each particular situation

consultant /kən'sʌltənt/ *n.* someone who has a lot of experience and whose job is to give advice and training in a particular area

senator /'senətə/ *n.* a member of a senate

conflict /'kɒnflɪkt/ *v.* if two ideas, beliefs, opinions etc. conflict, they cannot exist together or both be true

allocate /'æləkeɪt/ *v.* decide officially that a particular amount of money, time etc. or something such as a house or job etc. should be used for a particular purpose

for committee work, floor votes, speeches, interviews, briefings, correspondence, investigations, constituents' problems, and the need to be informed on a wide range of subjects. The more successful Congressmen develop techniques for getting maximum benefit from minimum investments of time. If they don't, they don't return. Realizing that I was not one of those who used time effectively, I began to apply in my own life some of the techniques I had observed. Here are ten I have found most helpful.

20 **1. Plan.** You need a game plan for your day. Otherwise, you'll allocate your time

according to whatever happens to land on your desk. And you will find yourself making the final mistake of dealing primarily with problems rather than opportunities. Start each day by making a general schedule, with particular emphasis on the two or three major things you would like to accomplish—including things that will achieve long-term goals. Remember, studies prove what common sense tells us: the more time we spend planning a project, the less total time is required for it. Don't let today's busywork crowd planning-time out of your schedule.

2. Concentrate. Of all the principles of time management, none is more basic than concentration. People who have serious time-management problems invariably are trying to do too many things at once. The amount of time spent on a project is not what counts: it's the amount of uninterrupted time. Few problems can resist an all-out attack; few can be solved piecemeal.

3. Take Breaks. To work for long periods without taking a break is not an effective use of time. Energy decreases, boredom sets in, and physical stress and tension accumulate. Switching for a few minutes from a mental task to something physical—isometric exercises, walking around the office, even changing from a sitting position to a standing position for a while—can provide relief.

Merely resting, however, is often the best course, and you should not think of a “rest” break as poor use of time. Not only will being refreshed increase your efficiency, but relieving tension will benefit your health. Anything that contributes to health is good time management.

4. Avoid Clutter: Some people have a constant swirl of papers on their desks and assume that somehow the most important matters will float to the top. In most cases, however, clutter hinders concentration and can create tension and frustration—a feeling of being “snowed under.”

Whenever you find your desk becoming chaotic, take time out to reorganize. Go through all your papers (making generous use of the wastebasket) and divide them into categories: (1) Immediate action, (2) Low priority, (3) Pending, (4) Reading material. Put the highest priority item from your first pile in the center of your desk, then put everything else out of sight. Remember, you can think of only one thing at a time, and you can work on only one task at a time, so focus all your attention on the most important one. A final point: clearing the desk completely, or at least organizing it, each evening should be standard practice. It gets the next day off to a good start.

accumulate /ə'kju:mjulett/ *v.* gradually get more and more money, possessions, knowledge etc. over a period of time

clutter /'klʌtə/ *n.* cover or fill a space or room with too many things so that it looks very untidy

assume /ə'sju:m/ *v.* think that something is true although you have no proof of it

hinder /'hɪndə/ *v.* make it difficult for someone to do something or for something to develop

chaotic /keɪ'ɒtɪk/ *a.* a chaotic situation is one in which everything is happening in a confusing way

priority /praɪ'ɒrɪti/ *n.* the thing you think the most important and that needs attention before anything else

pending /'pendɪŋ/ *a.* not yet decided or settled

55 **5. Don't Be a Perfectionist.** There is a difference between striving for excellence and striving for perfection. The first is attainable, gratifying, and healthy. The second is often unattainable, frustrating, and neurotic. It's also

perfectionist /pə'fekʃənɪst/ *n.* someone who is not satisfied with anything unless it is perfect
extracurricular /,ekstrə'kʌrɪkjələ/ *a.* not part of the course that a student is doing

60 a terrible waste of time. The stenographer who retypes a lengthy letter because of a trivial error, or the boss who demands such retyping, might profit from examining the Declaration of Independence. When the inscriber of that document made two errors of omission, he inserted the missing letters between the lines. If this is acceptable in the document that gave birth to American freedom, surely it would be acceptable in a letter that will be briefly
65 glanced at en route to someone's file cabinet or wastebasket!

6. Don't Be Afraid to Say No. Of all the time-saving techniques ever developed, perhaps the most effective is frequent use of the word no. Learn to decline, tactfully but firmly, every request that does not contribute to your goals. If you point out that your motivation is not to get out of work, but to save your time to do a better job on the really important things, you'll
70 have a good chance of avoiding unproductive tasks. Remember, many people who worry about offending others wind up living according to other people's priorities.

7. Don't Procrastinate. Procrastination is usually a deeply rooted habit. But we can change our habits provided we use the right system. William James, the father of American psychology, discussed such a system in his famous *Principles of Psychology*, published in
75 1890. It works as follows:

(1) Decide to start changing as soon as you finish reading this article, while you are motivated. Taking the first step promptly is important.

(2) Don't try to do too much too quickly. Just have to do all day.

There is one caution, however. Do not permit any exceptions. William James compared
80 it to rolling up a ball of string; a single slip can undo more than many turns can wind up. Be tough with yourself, for the first few minutes of each day, for the next two weeks, and I promise you a new habit of priceless value.

8. Apply Radical Surgery. Time-wasting activities are like cancers. They drain off vitality and have a tendency to grow. The only cure is radical
85 surgery. If you are wasting your time in activities that bore you, divert you from your real goals and sap your energy, cut them out, once and for all.

The principle applies to personal habits, routines, and activities as much as to ones associated with your work. Check
90 your appointment calendar, your extracurricular activities, your reading list, your television viewing habits, and ax everything that doesn't give you a feeling of accomplishment or



satisfaction.

9. Delegate. An early example of failure to delegate is found in the *Bible*. Moses, having
 95 led his people out of Egypt, was so impressed with his own knowledge and authority that he
 insisted on ruling personally on every controversy that arose in Israel. His wise father-in-law,
 Jethro, recognizing that this was poor use of a leader's time, recommended a two-phase
 approach: first, educate the people concerning the laws; second, select capable leaders and
 give them full authority over routine matters, freeing Moses to concentrate on major decisions.
 100 The advice is still sound.

You don't have to be a national leader or a corporate executive to delegate, either.
 Parents who don't delegate household chores are doing a disservice to themselves and their
 children. Running a Boy Scout troop can be as time-consuming as running General Motors if
 you try to do everything yourself. One caution: giving subordinates jobs that neither you nor
 105 anyone else wants to do isn't delegating, it's assigning. Learn to delegate the challenging and
 rewarding tasks, along with sufficient authority to make necessary decisions. It can help to
 free your time.

10. Don't Be a "Workaholic." Most successful executives I know work long hours,
 but they don't let work interfere with the really important things in life, such as friends,
 110 family, and fly-fishing. This differentiates them from the workaholic who becomes addicted
 to work just as people become addicted to alcohol. Symptoms of work addiction include
 refusal to take a vacation, inability to put the office out of your mind on weekends, a bulging
 briefcase, and a spouse, son, or daughter who is practically a stranger.

Counseling can help people cope with such problems. But for starters, do a bit of
 115 self-counseling. Ask yourself whether the midnight oil you are burning is adversely affecting
 your health. Ask where your family comes in your list of priorities, whether you are giving e-
 nough of yourself to your children and spouse,
 and whether you are deceiving yourself by pre-
 tending that the sacrifices you are making are
 120 really for them.

Above all else, good time management
 involves an awareness that today is all we ever
 have to work with. The past is irretrievably gone,
 the future is only a concept. British art critic
 125 John Ruskin had the word "TODAY" carved
 into a small marble block that he kept on his
 desk as a constant reminder to "Do It Now."
 But my favorite quotation is by an anonymous
 philosopher:

Yesterday is a canceled check.

controversy /'kɒntrəvɜːsi/ *n.* a serious argument or
 disagreement, especially about something such as a
 plan or decision, that continues for a long time

subordinate /sə'bɔːdnət/ *a.* less important than
 something else, or in a lower position with less au-
 thority

differentiate /ˌdɪfə'renʃiət/ *v.* recognize or express the
 difference between things or people

symptom /'sɪmptəm/ *n.* a physical condition which
 shows that you have a particular illness

counseling /'kaʊnsəlɪŋ/ *n.* the act of listening to
 people and giving them support with their problems

deceive /dɪ'siːv/ *v.* make someone believe some-
 thing that is not true in order to get what you want

irretrievably /ˌɪrɪ'triːvəbəlɪ/ *ad.* in a way that you
 cannot make right again

anonymous /ə'nɒnɪməs/ *a.* unknown by name

Tomorrow is a promissory note.

Today is ready cash. Use it!

More about the Text

1. Edwin Bliss

Edwin Bliss is an internationally known time management consultant. His books include *Getting Things Done: The ABCs of Time Management* and *Doing It Now: How to Cure Procrastination and Achieve Your Goals in 12 Easy Steps*.

2. Moses

Moses is a leader of the Jewish people in ancient times. According to the story in the Bible, he brought the Israelites out of Egypt. They were able to escape from the Egyptians when God made the waters of the Red Sea move so that they could walk across. Moses received the Ten Commandments (God's laws) from God on Mount Sinai.

3. Boy Scout

Boy Scouts are boys, usually 11 to 17 years of age, participating in the worldwide Scouting movement, which was started in 1907 in south England aiming to use outdoor activities to develop character, citizenship, and personal fitness qualities among youth.

4. General Motors

The General Motors Company, also known as GM, is a United States-based automaker with its headquarters in Detroit, Michigan. The company manufactures cars and trucks in 34 countries, and sells and services vehicles in some 140 countries. By sales, GM ranked as the largest U.S. automaker and the world's second-largest for 2008, having the third-highest 2008 global revenues among automakers on the Fortune Global 500.

5. John Ruskin

John Ruskin (1819—1900) is a great Victorian critic of art and society in history and has an enormous influence on his age and our own. While carrying on a voluminous correspondence and painting a large body of superb water-colors, he also published poetry, a children's fantasy, and books and essays on geology, botany, church politics, political economy, painting, sculpture, literature, architecture, art education, myth, and aesthetics.

Check Your Understanding

1. Do you understand why, for those who are accustomed to being told what to do and when to do it, the management of discretionary time can be a major challenge?
2. Why did the author become interested in the effective use of time?
3. Why is the effective use of time important for congressmen?