

Content-based

English Writing



在我国，随着哑巴式英语学习的困境逐渐解除，写作环节的问题日益凸显。学生在写作中要么无话可写，要么有话表达不好。写作老师们变得无所适从，学生因早早面对各种英语考试中的写作而心急如焚；老师们决心扔掉国内教材而与国际接轨时，又发现英文原版教材的很多话题存在明显的水土不服问题。基于以上困境，本书编委在写作教学改革与实践基础上，试图结合中西写作教材的优势，以编写新教材为牵引带动写作教学模式的革新。

本书编写理念为以内容为依托的教学法（**content-based instruction**，简称**CBI**）。不过，这里的“内容”不是某个专门的学科知识，而是适应于基础写作教学需求、让学生感觉亲切而有表达兴趣的话题。

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序 言

在我国，随着哑巴式英语学习的困境逐渐解除，写作环节的问题日益凸显。学生在写作中要么无话可写，要么有话表达不好。那一份份内容空洞、错误频出的英语毕业论文，也许是对写作问题的最好见证。写作老师们变得无所适从，当他们耐心地从词句段篇按步骤分学期讲解时，学生因早早面对各种英语考试中的写作而心急如焚；当部分老师痛下决心扔掉国内教材而与国际接轨时，又发现英文原版教材的很多话题存在明显的水土不服问题。市面上针对考试或特殊用途的写作教材数量繁多，却并不适于基础阶段的写作教学。基于以上困境，本书编委在写作教学改革与实践基础上，试图结合中西写作教材的优势，以编写新教材为牵引带动写作教学模式的革新。

本书编写理念为以内容为依托的教学法（content-based instruction，简称CBI）。不过，这里的“内容”不是某个专门的学科知识，而是适应于基础写作教学需求、让学生感觉亲切而有表达兴趣的话题。CBI教学法在本教材中体现在以下三个方面：

其一，本教材摒弃以写作技巧为纲的传统编写模式，而是通过广泛的问卷调查，选取与学生学习生活密切相关的十大话题为编写框架，以尽可能激起学生讨论和写作的兴趣，让其产生表达的冲动和欲望；

其二，每章精选三篇范文，在文章内容及问题设计上尽可能体现跨文化视野（注意中西文化差异对比）和时代意识（注意传统与当下的对比），兼顾范文的语言质量（语言地道）与思想高度（富有启发性），以便真正激发学生的讨论兴趣并便于写作模仿。

其三，我们在每一章的写作任务设计时紧紧围绕某个具体话题，从词、句、段、章各个层面紧扣该话题进行引导，努力让课文最后的篇章写作任务水到渠成。

其四，为帮助学生掌握每个话题的核心关键词的地道搭配，编委成员自创大学英语语料库，收录目前市面上广泛使用的十余套大学英语教材以及本套教材的选文，通过语料库检索，引导学生对每章话题的关键词进行地道的语言搭配训练。

为解决因以话题为纲而可能带来的技巧训练不成体系这一问题，我们采用了两种策略：

其一，我们在开篇的Introduction部分对写作过程和写作策略进行了整体性的介绍，帮助学生写作形成一个整体概观。

其二，我们将Introduction中提到的各个层面（词、句、段、章）的写作技巧看作Basic Writing Techniques，以其为线索进行练习设计，将这些技巧在每一章的具体文本中进行阐

释、演绎和模仿，使学生在不断的强化中真正领会基本写作技巧的具体应用。所以，请读者不要因每篇出现的技巧分析而厌倦。万变不离其宗，只要你真正学会了从这些角度去思考任何一篇文章，你的阅读和写作能力也水到渠成。

练习设计的具体思路如下：我们强调对学生的批判思维的训练，第一部分Critical reader重在引导学生把握文章主旨并进行思维拓展，努力让学生有话可说、想说。其中的Critical reader A 主要提醒学生阅读过程中需要注意的问题；Critical reader B 主要针对读完全文后的思维拓展。第二部分Critical writer重在引导学生理解和掌握思想呈现、表达的方式，让学生有话能说。其中Basic Writing Techniques这部分以Introduction中提到的各个层面的写作技巧为线索，将这些技巧一一运用到每个具体文本中；Specific Writing Techniques这部分针对Basic Writing Techniques练习中未涵盖的其他写作技巧进行阐释和演练。最后以篇章写作任务收尾。

附录一收录了应用文写作范例，为学生的日常英语写作提供帮助；附录二整理出英式英语与美式英语对照简表。负责审校本教材英语部分的美国外教Frederic Cabbage指出，中国学生在口语上学的大都是美式英语，而他们阅读的教材内容却英式美式混杂，导致他们的英语语言输出也是混杂状态，让地道的美国人或英国人感觉很别扭，甚至常常产生误解。他的意见引起我们的反思，意识到中国老师和学生在教与学的过程中确实很容易忽视英式英语与美式英语的差异。有鉴于此，我们制定了附录二，虽然受篇幅所限收录的内容不多，但旨在提醒学生在英语表达过程中注意针对不同的对象而有所选择。

本教材主要供英语专业基础写作课以及非英语专业的优生班英语写作课使用。在进入具体的章节之前，强烈建议读者先认真读完导论，以快速形成一个有关写作的整体认识，这样能很好地理解后面十章和Introduction部分的呼应关系。在话题排序上，我们根据问卷调查结果，按照话题和学生心理距离远近、熟悉程度高低降序排列。但是，有些话题之间的差距并不明显，所以，教师或自学者可以根据实际需求选择话题顺序。此外，因为每一章都包括了词、句、段、章各层的写作训练，各章自成一个相对完整的写作训练体系，也加大了使用的灵活性。

本教材编写过程历经两年半。在写作教学改革项目的推动下，我们对编写内容反复思考、讨论、修订和检验，最终形成此稿。不当之处，恳请方家读者指正，以便进一步完善。

本教材编委按章节顺序具体分工如下：邹涛编写导论、第一章，负责全书思路制定和全书审稿；吕汀编写第二章、附录二；袁毅敏编写第三章、参编第九章；王琪欣编写第四章、第五章；肖飞燕编写第六章、附录一；张杨编写第七章，负责提供语料库及使用技术，以及全书格式审校；龙梅编写第八章、主编第九章；邢青编写第十章，参与下册审稿；Frederic Cabbage负责全书英文审校。

邹涛

2012年7月于成都

Morning exercise is incompatible with the maintenance of parental dignity. Were I a child again I could neither love nor respect a father who placed two chairs at a considerable distance from each other and mounted them horizontally like the human bridge in a melodrama⁴.

3. I admit, of course, that home exercises have the merit of being cheap. No special apparatus is required. The ordinary household furniture and such heirlooms⁵ are readily available will usually suffice. An onyx clock will do instead of chest weights. Any two volumes of the *Encyclopaedia Britannica* will take the place of dumb-bells or Indian clubs. Many a time I have stood still and held a bronze lamp in my outstretched right hand for a minute and then held it in my left hand for half a minute. I know of one man who skipped the rope one hundred times every morning. Within four months he had lost three and a half pounds, and driven the family in the flat below into nervous prostration. I have even been told that there are systems of exercise which show how physical perfection may be attained by scientifically manipulating, for fifteen minutes every day, a couple of fountain pens and a paper cutter. But I cannot reconcile myself to such methods because of the confusion they introduce into the world of common things. A table is no longer something to write upon or to eat upon, but something to lie down upon while one flings out his arms and legs fifty times in four contrary directions. A broom-stick is an instrument for strengthening the shoulder muscles. When I see a transom, I find myself estimating the number of times I could chin it.

4. The intimate connection between the hygienic life and the temptation to tell lies is a delicate subject to touch upon; but the facts may as well be brought out now as later. People of otherwise irreproachable conduct will lose all sense of truthfulness when they speak of physical culture and fresh air. They will exaggerate the number of inches they keep their bedroom windows raised in midwinter; they will quote ridiculous estimates of the doctors' bills they have saved; they will represent themselves as being in the most incredibly perfect health. I know one sober, intelligent business-man who not only habitually understates, by ten degrees, the temperature of his morning tub, but gives an altogether

- 5 How is such a morning scene interpreted and understood in the eyes of Harrington's young son and in your eyes?
- 6 What is the merit of home exercise? And how such an advantage is illustrated and exemplified in the following description?
- 7 Does the author see eye to eye on such applauded benefit? If not, what is his counter-argument?
- 8 What is the topic sentence of Paragraph 4?
- 9 What kind of lies is a man tempted to tell when touching upon the topic of hygienic life?
- 10 What kind of lies is a man tempted to tell when touching upon the topic of hygienic life?
- 11 What is the main idea of Paragraph 5?

distorted impression of the alacrity with which he leaps into his bath every morning, and the reluctance with which he leaves it. This same man asserts that he can now walk from the Chambers Street ferry to his office in Wall Street in astonishing time. And not only that, but since he took to walking as much as he could, he has cut down his daily number of cigars to one-fourth (which is untrue). And not only that, but since he has gone in for exercise and fresh air and has given up smoking, his income has increased by at least 50 per cent, owing to his improved health and clearer mental vision. But that again, as I happen to know, is untrue.

5. But there is another, much more subtle form of prevarication⁶. Smith meets you in the street and remarks upon your flabby appearance. He argues that you ought to weigh twenty-five pounds less than you do, and that a long daily walk will do the trick. "Look at me," he says, "I walk ten miles every day and there isn't an ounce of superfluous⁷ flesh on me." And so saying, he slaps his chest and offers to let you feel how hard the muscles are about his diaphragm⁸. Of course, there is no superfluous flesh on Smith. And if he abstained entirely from physical exertion and guzzled heavy German beer all day and dined on turtle soup and roast goose every day, and ate unlimited quantities of pastry, he would still be what he describes as free from superfluous flesh. I call it scraggy⁹. Smith is one of the men set apart by nature to perpetuate the Don Quixote¹⁰ type of beauty, just as I am doomed with the lapse of time to approximate the Falstaffian¹¹ type. Smith's five sisters and brothers are thin. His father was slight and neurasthenic. His mother was spare and angular. Little wonder the Smith family is fond of walking. Friction and air-resistance in their case are practically nonexistent.

6. I do not, of course, mean to deny the ancient tradition that a sound body makes a sound mind. But I would only point out that we are just beginning to wake to the truth of the converse proposition, that a sane, equable, easy-going mind keeps the body well. Hence there are really two kinds of exercise, and two kinds of hygiene, a physical kind and a spiritual kind. Which one a man will choose should be left entirely to himself. It is only a question of approaching the same goal from two different

12 What expressions are the equivalents of the word "thin" in this paragraph?

13 What is the author's converse proposition? What is the relationship between the original proposition and this converse one?

14 What is your interpretation of "they tire out the soul in trying to serve it"?

15 What kind of malevolent effects of physical culture could offset or even outdo the benevolent effects?

A Critical Writer

I. Basic Writing Techniques

1. Style and word choice

The Solid Flesh, regarding the permeating physical culture among the general public, fully demonstrates the irreconcilable stance of the author Simeon Strunsky by quoting and attacking the practices of physical-culture devotees, and by presenting and advocating his own firm conviction with the ironic and sarcastic tone adopted throughout, especially in the first section where the words and deeds of the prototypical fitness enthusiasts have been either gently insinuated or even mercilessly repudiated, which is achieved by the careful choice of words. Please figure out the examples from the text to attest to the irony and sarcasm in which the confusion, discontent and even fury of the author are unveiled.

1) Why, for instance, should every system of gymnastics require that a man place himself in the most ridiculous and unnatural postures?

2) Equally preposterous is the practice of standing on one leg and stretching the other toward the nape of one's neck. In the confines of a city bedroom such evolutions are not only ungraceful but frequently dangerous.

3) Harrington's young son, who insists on being present during the ordeal, believes that the entire performance is intended for his amusement, and laughs immoderately.

4) Morning exercise is incompatible with the maintenance of parental dignity. Were I a child again I could neither love nor respect a father who placed two chairs at a considerable distance from each other and mounted them horizontally like the human bridge in a melodrama.

5) I know of one man who skipped the rope one hundred times every morning. Within four months he had lost three and a half pounds, and driven the family in the flat below into nervous prostration.

6) They will exaggerate the number of inches they keep their bedroom windows raised in midwinter; they will quote ridiculous estimates of the doctors' bills they have saved; they will represent themselves as being in the most incredibly perfect health.

7) I know one sober, intelligent business-man who not only habitually understates, by ten degrees, the temperature of his morning tub, but gives an altogether distorted impression of the alacrity with which he leaps into his bath every morning, and the reluctance with which he leaves it.

2. Basic rules for good sentences

2.1 Unity

Please read the following two sentences and try to find out how unity is displayed:

Sentence 1: Smith is one of the men set apart by nature to perpetuate the Don Quixote type of beauty, just as I am doomed with the lapse of time to approximate the Falstaffian type. (Paragraph 5)

Sentence 2: Some one has calculated that the amount of moral resolution expended in New York City every winter day in getting up to take one's cold bath would be enough to decide a dozen municipal elections in favor of the decent candidate, or to send fifty grafting legislators to jail for an average term of three and a half years. (Paragraph 7)

What is the "one single, complete thought" respectively for each sentence above? And how is the "unity" actualized?

Sentence 1:

Sentence 2:

2.2 Cohesion and coherence

Please read the following sentences and try to find out how cohesion and coherence is displayed:

(1) A table is no longer something to write upon or to eat upon, but something to lie down upon while one flings out his arms and legs fifty times in four contrary directions. (Paragraph 3)

(2) I know one sober, intelligent business-man who not only habitually understates, by ten degrees, the temperature of his morning tub, but gives an altogether distorted impression of the alacrity with which he leaps into his bath every morning, and the reluctance with which he leaves it. (Paragraph 4)

(3) And not only that, but since he has gone in for exercise and fresh air and has given up smoking, his income has increased by at least 50 per cent, owing to his improved health and clearer mental vision. (Paragraph 7)

Please find out more of such examples by yourself.

2.3 Conciseness

Please convey the meaning of the following sentence in English:

1) 晨练是与维持父母的尊严所不相容和不协调的。如果我再次回到孩童时代，我是既不会爱戴也不会尊重一位将两把椅子摆放在距彼此相当距离的位置，然后像在一幕闹剧中的人桥一般水平地横卧于其上的父亲的。

2) 我更为相信的是早餐之前十五分钟的常规锻炼所带来的益处会被提前一刻钟起床时的精神折磨所抵消。

Now please compare what you write with the text and find out how conciseness is achieved:

Morning exercise is incompatible with the maintenance of parental dignity. Were I a child again I could neither love nor respect a father who placed two chairs at a considerable distance from each other and mounted them horizontally like the human bridge in a melodrama. (Paragraph 2)

I am inclined to believe that the beneficent effects of the regular quarter-hour's exercise before breakfast, is more than offset by the mental wear and tear involved in getting out of bed fifteen minutes earlier than one otherwise would. (Paragraph 7)

3. Basic rules for good paragraphs

3.1 Please read Paragraph 6 again and do the following exercises:

1) What's the topic sentence of Paragraph 6? How are the other sentences related to the topic sentence?

2) How are cohesion and coherence displayed and achieved?

3.2 Analysis:

1) Unity:

Paragraph 6 well exemplifies the unity of a paragraph with the Sentence 5 functioning as the topic sentence and thereby the core of the paragraph, and with other sentences clustering around to transit to or elaborate on the controlling idea "approaching the same goal from two different directions." Throughout the paragraph, these "two different directions" are either pointed out explicitly as the underlined from Sentence 1 to Sentence 5 to present the theoretical and logical argumentation, or illustrated by the vivid and tangible daily anecdotes quoted from Sentence 6 through Sentence 8 to buttress the argument.

Sentence 1: I do not, of course, mean to deny the ancient tradition that a sound body makes a sound mind.

Sentence 2: But I would only point out that we are just beginning to wake to the truth of the converse proposition, that a sane, equable, easy-going mind keeps the body well.

Sentence 3: Hence there are really two kinds of exercise, and two kinds of hygiene, a physical kind and a spiritual kind.

Sentence 4: Which one a man will choose should be left entirely to himself.

Sentence 5: It is only a question of approaching the same goal from two different directions.

Sentence 6: Smith is welcome to make himself a better man by exercising his legs three hours a day.

Sentence 7: But I prefer to sit in an armchair and exercise my soul.

Sentence 8: Smith comes in refreshed from a half-day's sojourn in the open air, and I come away refreshed from a roomful of old friends talking three at a time amidst clouds of tobacco smoke.

2) Cohesion:

The relationship among the sentences is lucid and clear and therefore the development of the paragraph is trackable. Such aforementioned expressions underscored as “the ancient tradition”, “the converse proposition”, “two kinds of exercise”, “two kinds of hygiene”, “which one”, and “two different directions” don’t only effect the unity with regards to the preset topic, but also attain the cohesion throughout the paragraph by respectively pointing to one side or juxtaposing the two sides, since the semantic coherence and syntactic cohesion is the cornerstone of the unity. And besides, it is further reinforced by some common but precise connective words to guide readers through the transition and progress of the argumentation, for instance, “but” in Sentence 2 to bring forward the opposite thought, “hence” to bring the controversy to a reconciliation to be supported by the following reasoning.

3) Coherence:

Sentence 1 is transition from the preceding paragraphs that “the ancient tradition” is sensible and therefore indisputable, but it is the only one sided and biased statement if without the equal attention attached to the “the converse proposition” in Sentence 2. The prior unbalanced focus has almost dismissed the latter proposal and even set up the opposition between these two propositions, which is absolutely misleading and fallacious from the point of view of the author, conversely these two alternatives are paralleled and compatible with each other without either of them outmatching the other. So in Sentence 3, 4 and 5 the author firmly maintains that mankind, faced with “two kinds of exercise, two kinds of hygiene” in the pursuit of health and well-being, is endowed with the inalienable freedom to make a choice between “two different directions” at will. What follows from Sentence 6 to 8 is the contrasted experiences of Smith and the author yet with equally desirable outcomes to validate the “approaching the same goal from two different directions” —All roads lead to Rome.

3.3 Imitation

1) 我当然并不否认西药对于治愈特定疾病方面的巨大功效，而只是想指出我们也应当认同中药在养生、调理和除病方面的作用。所以，存在两种方案，一种是以微观的方式消除疾病的症状和引发的具体原因，另一种则从宏观上调节和重新恢复机体的平衡、从而逐步消除局部的病灶。在病痛缠绕之时，究竟选择哪种药物和治疗方式取决于病情的发展和本人的偏好。这只是通往健康的两种和而不同的方式。

2) 我并不否认美丽的面容和姣好的身材有助于一个女生在激烈的就业竞争中占得先机，而只是想指出，拥有一个充满学识和智慧的大脑也能助女生拔得头筹。因而，通向职场的道路上有两种选择，两种准备，一种是通过医学整容技术来改善自己外在的容颜，另一种是通过充实内在的储存来面对挑战。你准备选择哪种方式呢？

4. Basic rule for good essays

4.1 Questions

- 1) What is the structure of this essay?
- 2) What is the thesis proposed by the author?
- 3) In what way does the author argue for the thesis?

4.2 Analysis

This essay is well-organized with a clear structure that allows the author's exposition and argumentation to flow with ease.

Part One (Paragraph 1—5): Lead-in by examples which are the various anecdotes quoted from the acquaintances, friends of the author and the author himself to be set up as the target attacked one by one.

Paragraph 1 designates the physical culture as the topic, sets the ironic and sarcastic tone toward the topic and demonstrates the general attitude toward it—a kind of disgust and repugnance.

Paragraph 2 introduces the anecdote of Harrington to demonstrate that “morning exercise is incompatible with the maintenance of parental dignity”.

Paragraph 3 illustrates with the cases of one man and the author himself that the confusion home exercise introduces into the world of common things when the ordinary household furniture are utilized as the fitness apparatus.

Paragraph 4 refers to the story of “one sober, intelligent business-man” to indicate that “people will lose all sense of truthfulness when they speak of physical culture and fresh air”.

Paragraph 5 vindicates with example of Smith that the physical exertion is helpless to the loss of weight and the slenderness of figure that is preordained and built in genes.

Part Two (Paragraph 6—7): Development by direct reasoning to refute the physical culture on the whole

Paragraph 6 In addition to the widely-admitted ancient tradition, the converse proposition makes sense that a sound mind makes a sound body, both of which are accessible to people. (The

counter-proposal as the alternative is pointed out to dismiss the original statement as the only way.)

Paragraph 7 The positive effects of physical culture are offset and even defeated by the inescapable downsides. (Further attacks inflicted on the old belief to question and even demolish the validity of the original statement.)

Part Three (Paragraph 8) The conclusion with the ultimate thesis statement brought out—“Many things that the world holds precious have been developed under the most unhygienic conditions.”

4.3 Working out an outline:

Please work out an outline on the topic “Traditional Chinese Medicine and Western Medicine” according to the analysis above. You may resort to the “Writing Process” in the Introduction of this book. Your writing plan should address at least the following questions:

- 1) How many parts and paragraphs do you plan to write?
- 2) What is the main idea for each paragraph?
- 3) What kind of examples will you use to illustrate the typical features of these two types of medication?

II. Specific Writing Techniques

1. Inductive and deductive writing strategy

With the writing topic designated and fixed down, you are always faced with two alternatives of writing forms—inductive organization or deductive organization. The inductive writing pattern moves from the specific to the general with the statistics, observations, particular encounters and experiences as the specific examples and evidences leading to the general statement and final conclusion that comes at the end of an essay; conversely, the deductive writing strategy proceeds from the general to the specific with the thesis statement forthright delivered at the beginning, and then illustrated and enumerated by the following arguments in the remainder of the essay.

The Solid Flesh obviously adopts the inductive writing mode with the thesis statement brought forward in the last paragraph “Many things that the world holds precious have been developed under the most unhygienic conditions.” From Paragraph 1 through Paragraph 5 a series of anecdotal stories are introduced to respectively reveal 4 negatives and shortcomings of physical culture, and then by way of Paragraph 6 and Paragraph 7 that further expose the downsides, the conclusion Paragraph 8 pushes all the arguments into the ultimate climax with the thesis generated. The inductive writing mode adopted by the author here well fits into the proposed thesis that is controversial and contradictory to the public opinion, and therefore as

likely as not to be refuted and resisted by the potential reader who could have put the essay aside at the sight of the such distasteful and offending conclusion. In order to reduce such resistance, the revolutionary conclusion is well preceded by some ubiquitous daily examples and by author's rebuttal one by one that dismantles readers' mental vigilance and pave the way for the coming of the concluding statement.

However, the adoption of such a winding route to the thesis is compatibly blended with the unreserved irony conveyed in a variety of linguistic expressions and with the straightforwardness and directness demonstrated in some paragraphs, such as, Paragraph 4, 6, 7, 8, which adopt the opposing pattern—the deductive writing organization.

2. Figure of speech

In the concluding paragraph, what kind of rhetoric devices could you figure out by means of which author gives the prominence to the theme?

Paragraph 8:

By this time it will be plain that I am no passionate admirer of the gospel of salvation by hygiene. So many things that the world holds precious have been developed under the most unhygienic conditions. Revolutions for the liberation of mankind have been plotted in unsanitary cellars and dungeons. Religions have taken root and prospered in catacombs. Great poems have been written in stuffy garrets. Great orations have been spoken before sweating crowds in the foul air of overheated legislative chambers. Lovers are said to be fond of dark corners and out-of-the-way places. It is not by accident that children, said to be the most beautiful thing in the world, are so inordinately fond of dirt. Every great truth on its first appearance has been declared a menace to morals and society; in other words, unhygienic. And yet one would imagine that truth, from its habit of going naked, would appeal strongly to the ardent fresh-air practitioner.

1) **Paradox**—the seemingly self-contradicting statement that actually makes sense with underlying meaning after careful deliberation.

So many things that the world holds precious have been developed under the most unhygienic conditions.

2) **Parallelism**—words, phrases, clauses, or sentences are arranged in a number of similar structures so as to give the whole a definite pattern and intensify the emotions and highlight the thesis.

Revolutions for the liberation of mankind have been plotted in unsanitary cellars and dungeons. // Religions have taken root and prospered in catacombs. // Great poems have

been written in stuffy garrets. // Great orations have been spoken before sweating crowds in the foul air of overheated legislative chambers. // Lovers are said to be fond of dark corners and out-of-the-way places. // It is not by accident that children, said to be the most beautiful thing in the world, are so inordinately fond of dirt. // Every great truth on its first appearance has been declared a menace to morals and society; in other words, unhygienic. And yet one would imagine that truth, from its habit of going naked, would appeal strongly to the ardent fresh-air practitioner.

Can you come up with a paradoxical conclusion, that is, the seemingly contradicting statement on the surface but with the harmonious essence and the indisputable truth at the core, which then could be supported and illustrated with a series of examples presented in a parallel structure?

Tips:

Here are some epigrams with the paradox embedded; you can choose one of them as the topic sentence in your paragraph to be followed by your selected examples.

More haste, less speed.

The farthest way about is the nearest way home.

The greatest hate springs from the greatest love.

Cheapest is the dearest.

One has to be cruel to be kind.

III. Your Turn to Write

Please write an essay with the thesis that Chinese Traditional Medicine is more favorable to the recovery of physical health than its western counterpart. The inductive structure should be adopted with Part One focused on the preference for western medicine by modern people through a series of instances and examples, then Part Two devoted to your arguments and rebuttal against the phenomenon and finally Part Three presenting your final thematic statement to effectively conclude your argumentation. Remember that in the first part of illustration your stance is not neutral but firmly opposite to the overuse and even abuse of the western doses of medication by launching your small-scale counter-attack one by one, which could prepares you for the comprehensive arguments in the second part and eventually leads to your final statement.

Pearls of Wisdom

1. Happiness lies, first of all, in health. —George William Curtis

2. A healthy mind is in a healthy body. —Juvenal
3. Cheerfulness is health; its opposite, melancholy, is disease. —Thomas Chandler Haliburton
4. A light heart lives long. —William Shakespeare
5. Diseases of the soul are more dangerous than those of the body. —Marcus Tullius Cicero

Text B

Warming up

- 1 When do you usually go to bed?
- 2 When your bedtime approaches, what is your regular reaction, happily or reluctantly consigning yourself to the encroaching drowsiness, or unwaveringly wrestling with the sleepiness to lengthen the time of day?
- 3 Sleeping is a routine practice to repeat every day, an assignment to finish, an enjoyment to expect, a luxury hardly to afford for you, or something else in your eyes?

On Going to Bed

by Christopher Morley

A Critical Reader (I)

1. One of the characters in *The Moon and Sixpence* remarked that he had faithfully lived up to the old precept about doing every day two things you heartily *dislike*; for, said he, every day he had got up and he had gone to bed.

2. It is a sad thing that as soon as the hands of the clock have turned ten the shadow of going to bed begins to creep over the evening. We have *never* heard bedtime spoken of *with any enthusiasm*. One after another we have seen a gathering disperse, each person saying (with *an air of solemn resignation*): “Well, I guess I’ll go to bed.” But there was *no hilarity*¹ about it. It is really rather touching how they *cling to* the departing skirts of the day that is vanishing under the spinning shadow of night.

- 1 What is the attitude of the author towards the impending bedtime? What kind of expressions could denote that standpoint?

3. This is odd, we repeat, for sleep is highly popular among human beings. The reluctance to go to one's couch is not at all a reluctance to slumber, for almost all of us will doze happily in an armchair or on a sofa, or even festooned² on the floor with a couple of cushions. But the actual and formal yielding to sheets and blankets is to be postponed to the last possible moment.

4. The devil of drowsiness is at his most potent, we find, about 10:30 P.M. At this period the human carcass³ seems to consider that it has finished its cycle, which began with so much courage nearly sixteen hours before. *It begins to slack and the mind halts on a dead centre every now and then, refusing to complete the revolution.* Now there are those who hold that this is certainly the seemly and appointed time to go to bed and they do so as a matter of routine. These are, commonly, the happier creatures, for they take the tide of sleep at the flood and are borne calmly and with gracious gentleness out to great waters of nothingness. They push off from the wharf on a tranquil current and nothing more is to be seen or heard of these voyagers until they reappear at the breakfast table, digging lustily into their grapefruit.

5. These people are happy, aye, in a brutish and sedentary⁴ fashion, but they miss the admirable adventures of those more embittered wrestlers who will not give in without a struggle. These latter suffer severe pangs between 10:30 and about 11:15 while they grapple⁵ with their fading faculties and seek to reestablish the will on its tottering throne. This requires courage stout, valor unbending. Once you yield, be it ever so little, to the tempter, you are lost. And here our poor barren clay plays us false, undermining the intellect with many a trick and wile⁶. "I will sit down for a season in that comfortable chair," the creature says to himself, "and read this sprightly novel. That will ease my mind and put me in humour for a continuance of lively thinking." And the end of that man is a steady nasal buzz from the bottom of the chair where he has collapsed, an unsightly object and a disgrace to humanity. This also means a big bill from the electric light company at the end of the month. In many such ways will his corpse betray him, leading him by plausible self-deceptions into a pitfall of sleep, whence he is aroused about 3

- 2** Why does there exist such a difference between "the casual and informal surrendering to an armchair and sofa" and "actual and formal yielding to sheets and blanket" on your mind ?
- 3** What physiological signals and portents would foreshadow the impending bedtime?
- 4** Who are the "happier creatures" and "embittered wrestlers"? From the author's perspective, who are more fortunate and admirable, the former or the latter one?
- 5** What is the "trick and wile" our poor barren clay plays on us?
- 6** What are the suggested methods to distance from and defeat drowsiness?