



全国成人高等教育规划教材

现代英语教程

A MODERN
ENGLISH COURSE
(教学指导与练习)

3

非英语专业教材

主编：楼光庆
编者：冯国华
王琛明

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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现代英语教程 3

教学指导与练习

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一、参考答案及练习

Lesson One

Four Words That Changed a Life

Exercises:

1.
 - 1) "This is good writing. "
 - 2) As a boy in Rock Island, Ill., Dalkoff was terribly insecure and shy. He had few friends and no self-confidence.
 - 3) She asked the students to read a novel named *To Kill a Mockingbird* and then write their own chapter that would follow the last chapter of it.
 - 4) She wrote them in the margin of the paper. Dalkoff can't remember the grade.
 - 5) He wrote a short story when he was back home, something he had always dreamed of writing but never believed he could do.
 - 6) Over the rest of that year in school, he wrote many short stories and always brought them to school for Mrs. Brauch to evaluate.
 - 7) Mrs. Brauch was tough, honest and encouraged him to write more.
 - 8) He was named co-editor of his high-school newspaper. His confidence grew; his horizon broadened; he started off on a successful, fulfilling life.
 - 9) Dalkoff is convinced that none of this would have happened had that woman not written those four words in the margin of his paper.
 - 10) For the 30th high-school reunion, Dalkoff went back and visited Mrs. Brauch, who had retired.
 - 11) He told her what her four words had done for him. He became a writer. He also help people to become writers.
 - 12) Self-confidence.
 - 13) She was moved.
 - 14) Because he was a writer.
 - 15) Mr. Brauch and her four words had a lasting influence on both Dalkoff and his wife.

2. 参见 NOTES TO THE TEXT.

3. 1) That **means** a lot of work and responsibility.
- 2) I can **recall** your saying to me that you were going to be a lawyer.
- 3) I **believe** that you will understand it in the future.
- 4) John's success **encouraged** him to continue.
- 5) Traveling abroad **broadens** one's vision and knowledge.
- 6) She lacks **confidence** in herself.
- 7) Youth should always show **respect** to old age. / Youth should always **respect** old age.
- 8) They were so **moved** that they couldn't help crying.
- 9) I hope nothing has **happened** to my friend.
- 10) Our money will not **last** until the end of the month.
- 11) I think she is **honest** in what she is telling me.
- 12) The students wrote notes in the **margin** of the book.
- 13) If you make a promise you should **fulfil** it.
- 14) Take my **advice** and let me drive you home.
- 15) He said he was in great need of my **assistance**.

4. 1) A 2) A 3) C 4) D 5) D
6) C 7) B 8) A 9) B 10) C

5. 1) enormous 2) follow 3) turn in 4) special 5) assistance
6) realize 7) name 8) honest 9) grade 10) tough

6. 1) 她有潜在领导能力。
- 2) 约翰有毅力克服所有的困难。
- 3) 玛丽能联络一群好朋友。(她有一个朋友网。)
- 4) 我不知道你丈夫不愿意我来。
- 5) 这个男孩梦想成为英雄。
- 6) 这个队大有希望取胜。
- 7) 她很会理财。
- 8) 我们只有很短的时间来做出决定。
- 9) 让我安静一会儿。
- 10) 这男孩儿看出来了,而那女孩儿则没看出来。

Translation:

1. 我将期待夜晚的到来,并对自己一天所完成的事情感到欣慰。
2. 人们很容易忽视爱与被爱、朋友相伴、自由选择住处,甚至身体健康所能带来的幸福。
3. 看了她的批语,我回家之后就写了一个短篇小说。我以前做梦都想写小说,可一直(没有信心,)不知道自己能不能写好。
4. 历史的经验告诉我们,一个人内在的东西比外在的东西更重要。
5. 抽什么时间看书应该因人而异,不能一概而论。
6. 这种人大概是想把书籍变成自己的(财富),却为错误地注重书籍的外观所累。
7. 研究表明,这些蚂蚁(动物)生活在一个与我们极为相似的社会中。
8. 一句生硬的“再见”肯定不行,但我从课本上所学到的却就是这么一句“再见”。
9. 我猜测,他正琢磨怎么写感谢信的结束语呢。
10. 有关调查表明,他们完全倚仗自己的优势,不作任何努力去变劣势为优势,甚至不作任何努力来认识自己的劣势。

Reading:

- | | | | | |
|---------|------|------|------|-------|
| 1. 1) D | 2) B | 3) C | 4) D | 5) C |
| 6) B | 7) C | 8) A | 9) C | 10) D |
| 2. 1) T | 2) F | 3) F | 4) F | 5) T |
| 6) T | 7) F | 8) T | 9) T | 10) F |

Dictation:

Disneyland Left

A family left on vacation headed for Disneyland. Three days later they returned home. Their curious neighbors immediately questioned them, "We thought you went to Disneyland. Why have you returned so soon?" The tired travelers sadly reported, "As we approached Disneyland, we saw a sign that said: 'DISNEYLAND LEFT!' We were not sure where it had gone, but figured it was time to come home."

(65 words)

Lesson Two

Go to the Ant

Exercises:

1. 1) There may be a quarter of a million in one colony.
- 2) Human beings are extremely interested in the study of ants. The more we study them, the more they seem to be like ourselves.
- 3) The ant is a social insect, for ants live in societies where they depend on one another.
- 4) They all have different "classes" in the society.
- 5) More than 15,000 kinds.
- 6) In general each kind has ants of three main types: queens, males and workers.
- 7) She lays eggs.
- 8) One day the queen flies away with a winged male to mate. The male dies soon afterwards.
- 9) Worker ants feed the queen and protect the eggs. They will build as high and as safe a home as they can. Some workers take care of the young, some carry out building work, and some are soldier ants and do the fighting.
- 10) Some ants gather seeds and store them underground. If the seeds begin to grow, the ants throw them away round the edges of the nest. There the growing seeds become fields of "ant rice".
- 11) They are birds, bears, and "anteaters" of various kinds. In some cases other ants are their biggest enemies, just as man's biggest enemy is man.
- 12) Red ants march in large armies to attack the homes of black ones. Meanwhile, the black ants are blocking the entrances to their tunnels with all the stones and mud their engineers and workers can find. The red ants attack. Some of them succeed in getting inside the tunnels. They try to carry the black ant babies away. The black ants do all they can to prevent that. They send their biggest soldiers into action. Very many of the robber ants' soldiers and workers are killed, but some flee with babies of the black ants.
- 13) Because they have no workers of their own. When these ants grow up, they become the only workers in the red ants' colony.

- 14) No, people do not like ants. Some ants make life very uncomfortable for anyone, who goes near their colony.
- 15) They are not intelligent. The worker ants who get the food probably do not know what they are doing. They are controlled entirely by instinct.

2. 参见 NOTES TO THE TEXT.

3.
 - 1) They gave **a quarter of** the cake to each of the four children.
 - 2) What is the **total** cost of these books?
 - 3) Women **in general** like to shop for new clothes.
 - 4) We are in great need of different **types** of designs.
 - 5) The baby was **feeding** the monkey with a banana.
 - 6) The ants **store** food for the winter.
 - 7) Don't put the glass on the **edge** of the table.
 - 8) I will leave for New York tomorrow, but in the **meanwhile** you must keep it a secret.
 - 9) You can't leave the city now, all the roads are **blocked by** snow.
 - 10) We will not **attack** unless we are attacked; if we are attacked, we will certainly counter-attack.
 - 11) The thief tried to **flee**, but was caught.
 - 12) He worked **day and night** in the company and his time wasn't his own.
 - 13) There lived delightful little **creatures** in the forest.
 - 14) **As a matter of fact**, elephants are very intelligent animals.
 - 15) She sometimes also loses her temper, but most of the time, she can **control** it.

4.

1) C	2) B	3) A	4) C	5) A
6) B	7) C	8) D	9) D	10) A
5.

1) extremely	2) study	3) exactly	4) gathering	5) includes
6) showed	7) entirely	8) action	9) nest	10) fled
6.

1) 翅膀强壮的	2) 头脑冷静的
3) 全心全意的	4) 空手的, 一无所获的
5) 有一双棕色眼睛的	6) 思路清晰的

- 7) 短毛的
9) 长胳膊的

- 8) 金穗的
10) 说别人的坏话

Translation:

- 下次你出门去上班的时候，如果对新的一天仍感到忧心忡忡，就先别忙着去。
- 夜深人静了，我享受着另一种幸福——和丈夫相依相偎。
- 达尔克夫在罗克岛上中学的时候非常胆怯害羞，缺乏安全感。
- 因此，错就是依错了，不是被人逮着了才算错。
- 而且，阅读不易懂的科技、数学、农业、商业或内容生疏不熟悉的书籍，你也不可能达到这样的速度。
- 其次，如果阅读是积极阅读，那就必定要思考，而思考通常是通过语言来实现的，不管是说出来的还是写下来的。
- 他们(黑蚁)派出身材高大的兵蚁投入战斗。
- 轮到我作为客人向主人告辞的时候，不管我怎么请主人留步都不管用。
- 孩子们认真地听着，脸上带着微笑，陷入了沉思。
- 问起孩子们为什么能打赢比赛，他们说:(因为有)刻苦的训练和家长的鼓励。

Reading:

- | | | | | |
|---------|------|------|------|-------|
| 1. 1) B | 2) B | 3) C | 4) B | 5) D |
| 6) C | 7) A | 8) A | 9) C | 10) D |
| 2. 1) F | 2) T | 3) F | 4) F | 5) T |
| 6) T | 7) F | 8) T | 9) T | 10) F |

Dictation:

A Note on the Menu

A woman found a note on the coffee-shop menu: "We'll pay you \$10 if you order a sandwich we can't make."

She ordered an elephant-ear sandwich. After several minutes, the waitress returned and said, "Here's \$10, madam. We can't make that sandwich."

"I'm not surprised," answered the woman. "Where could you get elephant ears?"

"Oh, it's not the ears," said the waitress. "We are out of those big hunks(小圆面包)."

(70 words)

Lesson Three

Just for Today

Exercises:

1.
 - 1) Stop yourself. Decide, just for one day, to think in a whole new way.
 - 2) The thoughts of “Just for Today”.
 - 3) It just might change the way we feel about what it is that we do.
 - 4) We should be as friendly as we can to the people we work with. We would treat them as if they were responsible for keeping us in our jobs and be grateful they are there.
 - 5) We will not assume our jobs are to be critical.
 - 6) We will do it with as much good humor and self-control as if we were the one being corrected.
 - 7) No, it is not a good way. We should not try to break any speed records. We should do what is in front of us with competence.
 - 8) I will assume that I have adequate competence for my tasks.
 - 9) We will feel happy at work, alive and well.
 - 10) It is bad for us, because it is useless and will make us miserable for no good reasons.
 - 11) It means what I can gain from it.
 - 12) When we leave work, we will not think too much about how much we did or did not get done. Instead, we will look forward to the evening, and be thankful for whatever we accomplished.
 - 13) The real value of the thoughts is to make your days more productive and happier, and keep your most valuable asset — your peace of mind.
 - 14) They concern views of job, relationship with your colleagues and others, strategies of success, title and pay, and so on.
 - 15) Open. Student’s own answer.
2. 参见 NOTES TO THE TEXT.
3.
 - 1) He **treated** the animal cruelly **as if** they had no feelings.
 - 2) Scientists **assume** that there is no life on the Moon.

- 3) His English was **adequate** enough for the job, although he was not very fluent.
- 4) All mothers **worry** about their children when they first leave home.
- 5) He always **accomplishes** what he plans to do. / He always **accomplished** what he had planned to do.
- 6) Tom has been working all month. He **deserves** a good rest.
- 7) Your **praise** encourages me a great deal.
- 8) His examination paper is **perfect** except for one spelling error.
- 9) Any damage will be repaired at our expense, if caused by fair **wear and tear**.
- 10) The players **saved** their strength for the last minute dash.
- 11) I remember the whole thing **as if** it **happened** yesterday.
- 12) He couldn't stand the **back-breaking** labor in the countryside.
- 13) There are a lot of people for him to be **thankful** for.
- 14) She does well in all her subjects, but **above all**, in English.
- 15) They are anxiously **awaiting** the result.

4. 1) D 2) A 3) C 4) B 5) C
 6) C 7) D 8) C 9) B 10) C

5. 1) 抓(动词);车站(名词)
 2) 正确的(形容词);改正或纠正错误(动词)
 3) 记录(动词);记录(名词)
 4) 付(钱)(动词);工资(名词)
 5) 问题(名词);向……提问(动词)
 6) 力量(名词);强迫,迫使(动词)
 7) 好处(名词);用处(名词)
 8) 头衔(名词);书名(名词)
 9) 感觉(动词);摸(动词)
 10) 路(名词);方法(名词)

6. 1) the whole 2) job 3) situation 4) looking for
 5) in front of 6) worry about 7) instead of 8) above all
 9) valuable 10) back-breaking

Translation:

1. 如果纠正别人的错误,我要尽量心平气和,自我克制,推己及人,仿佛犯错误的是我自己。
2. 那个班车司机微微一笑,冲我竖了竖大拇指,表示赞赏。
3. 他告诉布劳克老师,是她使自己有了当作家的信心,而自己也使一个女士有了当作家的信心。后来,这个女士也成了作家,而且成了自己的妻子。
4. 取信于人,最容易被忽视的方法之一就是人前人后一个样。
5. 不管一天有多忙,总会有几个 15 分钟的时间段空着没有安排事情,可以用来看书。
6. 一本书如果加有批注,就意味着你对这本书的内容不仅认真看过,而且认真思考过。
7. 世界上所有蚂蚁加起来的总重量比所有的人加起来的总重量要大得多。
8. 既然不能免俗,我就干脆随俗。
9. 每次我都给他写感谢信,告诉他我把钱花在哪儿了。
10. 刻苦努力是通向成功的必由之路。

Reading:

- | | | | | |
|---------|------|------|------|-------|
| 1. 1) D | 2) D | 3) C | 4) C | 5) B |
| 6) A | 7) A | 8) C | 9) D | 10) A |
| | | | | |
| 2. 1) F | 2) F | 3) T | 4) F | 5) F |
| 6) T | 7) F | 8) T | 9) F | 10) T |

Dictation:

An Easy Way

Stepping from my kitchen into the garage, I accidentally locked myself out of the house. When I tried to persuade my 18-month-old son, Taylor, to open the door, none of my method worked. Finally, I walked around the house to check for an open window. To my great surprise, I found the front door open and Taylor standing there with a salesman.

"I've been locked out for 20 minutes." I said. "How did you get him to open the door?"

Looking puzzled, the man replied, "I rang the door-bell."

(89 words)

Lesson Four

Our Pursuit of Happiness

Exercises:

1. 1) The dictionary defines happy as “lucky” or “fortunate”.
- 2) The author thinks that a better definition of happiness is “the capacity for enjoyment”.
- 3) It’s easy to overlook the pleasure we get from loving and being loved, the company of friends, the freedom to live where we please, even good health.
- 4) First she shut the last lunchbox and had the house to herself. Then she spent an uninterrupted morning writing, which she loves. When the kids came home, she enjoyed their noise after the quiet of the day. Later, peace came again, and she and her husband enjoyed another pleasure — togetherness.
- 5) No, we can never know where happiness will turn up next.
- 6) They only mentioned seemingly insignificant moments. For example, one said that a clerk always cheered him up though he hated shopping. Another friend said he loved the telephone, saying, “Every time it rings, I know someone is thinking about me. ”
- 7) One day the author stopped to let a school bus turn onto a side road. The driver smiled and gave her a thumbs-up sign. They were two allies in a world of mad motorists. It made her smile. All people experience moments like these. Too few register them as happiness.
- 8) To be happy, we must have enjoyable leisure time and satisfying work.
- 9) Open. Student’s own answer.
- 10) Although she had to raise 14 children and take in washing, she did have a network of close friends and family, and maybe this was what fulfilled her. She was happy with what she had, perhaps it was because she didn’t expect life to be very different.
- 11) We have turned happiness into one more thing we “gotta have”. It is because we have so many choices and such pressure to succeed in every area.
- 12) We’re so self-conscious about our “right” to success and wealth. It’s making us miserable without noticing that the people who have those things aren’t necessarily happier.

- 13) We equate happiness with wealth and success.
- 14) Happiness isn't about what happens to us—it's about how we perceive what happens to us.
- 15) We should have the ability of finding a positive for every negative, and viewing a setback as a challenge.

2. 参见 NOTES TO THE TEXT。

3. 1) After retirement he enjoyably **spent** time in fishing.
- 2) You are **fortunate** to be able to live in this country.
- 3) Please don't **interrupt** me when I am talking.
- 4) **Every time** I listen to your advice, I get into trouble.
- 5) The thesis will **fulfill** the requirements for your M. A.
- 6) The letter had been **chasing** him for weeks.
- 7) He **noticed** that a young woman had entered the room. /He noticed a young woman enter the room.
- 8) His political views were too **complex** for ordinary people to understand.
- 9) She **possessed** a beautiful voice.
- 10) I **overlooked** the problem and I have to solve it now.
- 11) **The more** they talked, **the more** excited they got.
- 12) He has a good **knowledge** of London.
- 13) It is the right of all people to the **pursuit** of liberty and happiness.
- 14) Nobody can possibly **doubt** what he says.
- 15) Jane is **turning into** a skilled painter.

4. 1) C 2) B 3) D 4) B 5) A
- 6) B 7) B 8) D 9) D 10) C

5. 1) 定义为……
- 2) 注册为……
- 3) 认为……是……
- 4) 把……当作……
- 5) 把……看作……; 认为……是……
- 6) 把……当成……; 把……想像成……
- 7) 把……看作……
- 8) 把……贴上……的标签; 说……是……
(多用于贬义)
- 9) 认为……是……
- 10) 把……称作……

6. 1) pleasure 2) on the quiet 3) drink 4) take 5) experience
6) satisfied 7) raised 8) negative, positive 9) noise 10) free

Translation:

1. 下决心用一种全新的方法去想一想,哪怕就(今天)一天。
2. 一个朋友说:“我不喜欢逛商店。不过,有这么个售货员总跟我聊,倒真让我很开心。”
3. 达尔克夫告诉布劳克老师那四个字的批语对自己产生了多大的影响。
4. 立誓倒不一定要立像换工作那样“影响深远”或“意义重大”之类的大誓。
5. 有了(想)看书的愿望,不管一天有多忙,你都能抽出 15 分钟的时间来。
6. 当你看完一本书,书上满是你作的批注,你就可说,这本书你是看得非常“投入”的。
7. 我们野餐的时候,成千上万的蚂蚁就会来光顾。
8. 学外语总也学不会那些使你能自然融入外国文化而不带任何本国文化痕迹的语句,这是为什么?
9. 他(除了寄送礼物之外)还给他的曾侄孙、曾侄孙女每人开一张 5 美元的支票。
10. 不管工作忙到什么程度,只要取得一点成绩,就犒劳犒劳自己。

Reading:

- | | | | | |
|---------|------|------|------|-------|
| 1. 1) B | 2) C | 3) B | 4) C | 5) A |
| 6) B | 7) D | 8) C | 9) D | 10) A |
| 2. 1) F | 2) T | 3) F | 4) T | 5) T |
| 6) T | 7) F | 8) F | 9) F | 10) T |

Dictation:

An Interesting Old Man

“How do you account for your long life?” asked the reporter on Harvey’s 110th birthday.

“You might call me a healthy man,” Harvey said. “I never smoked. I never drank. I was always in bed and sound asleep by ten o’clock. And I’ve always walked three miles a day, rain and shine.”

“But,” said the reporter, “I had an uncle who followed that exact routine and died when he was 62. How come it didn’t work for him?”

“All I can say,” replied Harvey, “is that he didn’t keep it up long enough.”

(93 words)

Lesson Five

How to Find Time to Read

Exercises:

1.
 - 1) An average reader can read an average book at the rate of 300 words a minute.
 - 2) No, we can not.
 - 3) We can read through quickly most novels, biographies, and books about travel, hobbies or personal interests.
 - 4) We can't attain that speed with hard books in science, mathematics, agriculture, business, or any subject that is new or unfamiliar to you. The chances are you will never attempt that speed with poetry or want to race through some passages in fiction over which you wish to linger.
 - 5) An average reader can read 1,512,000 words in just 15 minutes a day for one year.
 - 6) The average length is about 75,000 words.
 - 7) An average reader can read 20 books or more in one year of average reading for 15 minutes a day.
 - 8) The answer is to find 15 minutes to read whenever and wherever possible.
 - 9) The author does not just mean the last 15 minutes before you go to sleep. It may be 15 minutes a day at some other time. In the busiest of calendars there is probably more than one 15-minute period still unassigned.
 - 10) There is no universal solution to the problem. It varies with people.
 - 11) The only requirement is the will to read.
 - 12) It is better to assign regular time to read. Then all additional spare minutes are so many bonuses. The opportunities for reading — the bonuses — are many and unexpected.
 - 13) One night an uninvited guest turned up to make five for bridge. The author had the kind of paperback at hand to make being the fifth at bridge a joy.
 - 14) Set that book out in advance. Keep one beside your bed. Place one in your bedroom. Put one near your dining table. And put it into your pocket when you dress.
 - 15) Open. Student's own answer.
2. 参见 NOTES TO THE TEXT.