

新编大学英语

NEW COLLEGE ENGLISH

学生辅导用书

浙江大学 编著

RECORDING HUMAN CIVILIZATION
AND BRIDGING DIFFERENT CULTURES

4



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新编大学英语

学生辅导用书

4

浙江大学 编著

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前 言

本书是外研社出版的《新编大学英语》教材的学生辅导用书,该书是由《新编大学英语》的主编、编写人员以及其他正在使用该教材的教师共同设计与编写的。

《新编大学英语学生辅导用书》力求满足使用该教材学生的不同需求,并遵照“以学生为中心的主题教学模式”。编写人员从学生现有的英语基础和语言知识出发,按照外语学习的特点和规律,以学生的兴趣、语言的规范性和时代特征为编写依据,以内容的系统性、科学性、知识性为指导编写了全书。

新的《大学英语教学大纲》考虑了我国的社会需求,并进行了充分的可行性论证,不仅提高了对四、六级英语词汇量的要求,还增加了高级英语词汇(六级后)1,000条。同时,中学英语词汇量的增加也势在必行。为了贯彻大纲精神,并预期到中小学英语教学的改革势头,《新编大学英语》在词汇量方面提出了较高的要求。为了鼓励学生不断进取,在单词表中不仅详细注释了单词的中英文意思,还附加了大量例句。本书为了配合教材,将常用的、复现率与派生率高的、要求复用的词汇进行了详细的注释、举例,尤其是这些词的常用搭配及老词新意。为了加深对词汇的理解,为了便于记忆,还采用了联想、比较、对比等方法,提供了这些词汇的常用词组、同义词(组)辨析、同形异义词辨析、同音异义词辨析、反义词(组)等,使学生在词汇方面得到最直接、最有效的帮助。

本书还对课内及课外阅读文章中的难句进行了分析和翻译。为了便于理解原文,其英文解释浅显易懂,中文翻译多为直译。课内阅读的全篇译文也附在本单元内。注释之后均有一个练习,学生可以在几分钟内完成,并立即参看所附的答案,以达到强化知识的目的。每单元结束时有一个综合测试,涉及该单元(包括课内、课外阅读)的重点、难点,以便学生检验整体掌握情况。本书还根据图式理论和联想理论补充了相互关联的知识,使学生温故而知新,轻松快捷地提高语言能力。

参加第四册辅导用书编写的教师有(按姓氏笔画为序):王元春、安文英、周颂波、徐明、顾晔,由许力生审稿。

1

Unit 1	Happiness	1
Part One	Preparation	1
Part Two	Listening-Centered Activities	2
Part Three	Reading-Centered Activities	
	In-Class Reading Finding Happiness	3
	After-Class Reading	
	Passage I You Can't Buy Happiness	9
	Passage II A Simple Truth about Happiness	13
	Passage III Optimism	16
Part Four	Further Development	19
Quiz		20
Unit 2	Human Behavior	24
Part One	Preparation	24
Part Two	Listening-Centered Activities	24
Part Three	Reading-Centered Activities	
	In-Class Reading What, Me? Showing Off?	26
	After-Class Reading	
	Passage I When to Keep Your Mouth Shut	33
	Passage II Overcoming Procrastination: A Practical Approach	36
	Passage III How We Can Change Our Wasteful Habits	39
Part Four	Further Development	43
Quiz		43
Unit 3	Attitudes Toward Work	46
Part One	Preparation	46
Part Two	Listening-Centered Activities	46
Part Three	Reading-Centered Activities	
	In-Class Reading Making Work Meaningful: Secrets of the Future-Focused Corporation	47
	After-Class Reading	
	Passage I Work Lovers or Work Addicts?	56
	Passage II Company Man	58
	Passage III A Day in the Life of "Salaryman"	62
Part Four	Further Development	65
Quiz		66

Unit 4 Honesty	71
Part One Preparation	71
Part Two Listening-Centered Activities	72
Part Three Reading-Centered Activities	
In-Class Reading Cheating: Alive and Flourishing	73
After-Class Reading	
Passage I How Honest Are We?	80
Passage II The Truth about Lying	84
Passage III Is Business Bluffing Ethical?	89
Part Four Further Development	92
Quiz	94
Unit 5 Appearance	96
Part One Preparation	96
Part Two Listening-Centered Activities	96
Part Three Reading-Centered Activities	
In-Class Reading Physical Attractiveness	97
After-Class Reading	
Passage I Dress for Success	104
Passage II Neat People versus Sloppy People	106
Passage III Turning Boys into Girls	109
Part Four Further Development	111
Quiz	112
Unit 6 Advertising Campaigns	114
Part One Preparation	114
Part Two Listening-Centered Activities	114
Part Three Reading-Centered Activities	
In-Class Reading Advertising Claims	116
After-Class Reading	
Passage I Insights into Advertising	124
Passage II Developing an Advertising Campaign	127
Passage III Advertisement Appreciation	131
Part Four Further Development	135
Quiz	136
Unit 7 Today's Youth	140
Part One Preparation	140
Part Two Listening-Centered Activities	140
Part Three Reading-Centered Activities	
In-Class Reading Profiles of Today's Youth: They Couldn't Care Less	141
After-Class Reading	
Passage I Me, Stuart, Mum and Dad	151

Passage II	College Pressures	155
Passage III	Postgraduate Paralysis	160
Part Four	Further Development	165
Quiz		166
Unit 8	The Media	171
Part One	Preparation	171
Part Two	Listening-Centered Activities	171
Part Three	Reading-Centered Activities	
In-Class Reading	It's Radio!	173
After-Class Reading		
Passage I	What Makes TV Most Entertaining?	179
Passage II	Sounding the Waters	183
Passage III	The Power of the Press	186
Part Four	Further Development	190
Quiz		191
Unit 9	Computer Technology	195
Part One	Preparation	195
Part Two	Listening-Centered Activities	195
Part Three	Reading-Centered Activities	
In-Class Reading	Hackers, Crackers and Trackers	196
After-Class Reading		
Passage I	Microchips	202
Passage II	Workplace of the 90s: High-Tech Sweatshop?	206
Passage III	Lost in the E-mail	210
Part Four	Further Development	214
Quiz		215
Unit 10	Medical Ethics	220
Part One	Preparation	220
Part Two	Listening-Centered Activities	220
Part Three	Reading-Centered Activities	
In-Class Reading	A License to Kill	221
After-Class Reading		
Passage I	Required Course: Beside Manner 101	227
Passage II	Human Cloning, Don't Just Say No!	231
Passage III	How the Gene Test Can Affect Your Insurance	234
Part Four	Further Development	236
Quiz		237
Unit 11	Criminal Punishment and Crime Prevention	240
Part One	Preparation	240
Part Two	Listening-Centered Activities	240

Part Three Reading-Centered Activities	
In-Class Reading Death and Justice	241
After-Class Reading	
Passage I The Death Penalty	250
Passage II The Criminals Go Unpunished	256
Passage III Crime Prevention	260
Part Four Further Development	264
Quiz	264
Unit 12 Ambition	268
Part One Preparation	268
Part Two Listening-Centered Activities	268
Part Three Reading-Centered Activities	
In-Class Reading Ambition	270
After-Class Reading	
Passage I Hacker or Mike?	276
Passage II Romantic Ambition	280
Passage III The Virtues of Ambition	284
Part Four Further Development	287
Quiz	288

Unit 1 Happiness

Part One Preparation

1. Stories Behind Faces

Useful Sentence Patterns:

To one's surprise/amazement/astonishment/relief/annoyance ...

e.g. To his surprise, the bedroom door was locked.

令他感到奇怪的是卧室门居然锁上了。

To my amazement, nothing happened.

使我十分诧异的是竟然什么也没发生。

To the astonishment of her colleagues, she resigned.

令她同事感到惊讶的是她居然辞职了。

To his relief, a loud knock on the door spared him from giving an explanation.

令他释然的是砰然作响的敲门声使他不必要作出解释。

He broke it, greatly to my annoyance.

他把它打碎了，使我十分恼火。

Words and Phrases You May Use:

surprised, amazed, astonished, discouraged, disappointed, angry, helpless, low-spirited (情绪低落的), excited, at a loss (不知所措), furious, grin (露齿而笑), frown (皱眉)

2. Happiness Test

STEP TWO

Words and Phrases You May Use:

characteristic, perseverance (坚韧不拔), varied interests, optimistic (乐观的), patient, witty (机智的), humorous, resolute (果断的), rational (理性的), good luck, good family, harmonious (和谐的), loving parents, a prestigious university (名牌大学), pessimistic (悲观的), sloppy (马虎的), impatient, indecisive (优柔寡断的), sentimental (多愁善感的), moody (喜怒无常的), give up easily, poor health, an uninteresting major, hard to predict, wait and see, It depends.

Part Two Listening-Centered Activities

Listening I

Words and Phrases You Need to Know Before Listening:

Barcelona 巴塞罗那(西班牙东北部港市)

Spanish 1) *adj.* 西班牙的, 西班牙人的, 西班牙语的

2) *n.* 西班牙人

ceremony *n.* 仪式, 典礼

brief *adj.* 简短的

grin 1) *v.* 露齿而笑, 咧开嘴笑

2) *n.* 露齿而笑, 咧开嘴笑

profoundly *adv.* 深深地

automatic *adj.* 自动的

observation *n.* 观察

appreciation *n.* 感激

commentator *n.* 广播、电视的时事评论员, 实况转播解说员

Exercise 3

Useful Sentence Patterns:

I quite agree.

e.g. "It's ridiculous." "Yes, I quite agree."

"这很可笑。" "是的, 我完全同意。"

Not necessarily.

e.g. "He was lying, of course." "Not necessarily."

"他肯定在撒谎。" "不一定。"

Listening II

Words and Phrases You Need to Know Before Listening:

well-being *n.* 健康欢乐, 幸福

Sherwood 男子名

reflect *v.* 反映

Portugal (国家名) 葡萄牙

Holland (国家名) 荷兰

Bangladesh (国家名) 孟加拉国

financial *adj.* 财政的, 金融的

necessity *n.* (常用复数) 必需品

lottery *n.* 彩票

temporary *adj.* 暂时的

proportion *n.* 比例, 比率

decline *v.* 下降

prosperity *n.* 繁荣

Exercise 2

Useful Sentence Patterns:

As the saying goes ...

e.g. As the saying goes, "Don't count your chickens before they're hatched."

常言道：“别在蛋未孵化前先数小鸡（别指望得太早）。”

Words and Phrases You May Use:

lie in (在于), contentment (满足), greed (*n.*), greedy (*adj.*), afford, make both ends meet (使收支平衡), miser (吝啬鬼), be equal to, be associated with, mean everything

Exercise 3

Words and Phrases for Role-Playing the Interview:

wealth, well-being, affect, for instance, take the case of, lottery winners, as a matter of fact, a steady increase

Part Three Reading-Centered Activities

In-Class Reading Finding Happiness

II. Pre-Reading

STEP TWO

Useful Sentence Patterns:

It is/seems likely that ...

e.g. Do remind me because it's likely that I'll forget.

千万要提醒我，因为我可能会忘记。

The/One's potential for ... is great.

e.g. The potential for conflict is great.

发生冲突的可能性很大。

Words and Phrases You May Use:

generally speaking (一般说来), be related to, exception (例外), judging from ... (根据……来判断)

III. Passage Reading

Words, Phrases and Grammatical Points

1. David G. Myers is a professor of psychology at Hope College and Ed Diener is a professor of psychology at the University of Illinois. This passage is adapted from "The Science of Happiness", *The Futurist*, September-October 1997.

2. pursuit (Para. 2) *n.* (pursue *v.*)

pursuit 除了可以表示“从事的事物, 研究”之外, 还可表示下列意思:

1) the act of trying to achieve sth. in a determined way 追求

e.g. In *Declaration of Independence*, Thomas Jefferson said that human rights included the preservation of life, liberty and the pursuit of happiness.

托马斯·杰斐逊在《独立宣言》中说, 人权包括对生命的维护、自由和对幸福的追求。

In pursuit of a healthier diet, people are eating more fish than they used to.

因为追求更健康的食品, 人们比以往吃更多的鱼。

2) the act of chasing and following 追赶, 追踪

e.g. The robbers fled the scene of the crime, with the police in pursuit after them.

抢劫犯逃离了犯罪现场, 警察们则穷追不舍。

3. age-old (Para. 2) *adj.* that has existed for many generations or centuries 古老的

e.g. an age-old custom 古老的习俗

This age-old struggle for control had led to untold bloody wars.

这由来已久的对控制权的争夺导致了多次血腥的战争。

4. restraint (Para. 2) *n.* (restrain *v.*)

e.g. The government appealed for restraint, insisting the crisis could be resolved without the use of force.

政府呼吁各方保持克制, 并坚持认为此次危机不通过武力可以得到解决。

一些动词后面加上-t 就变成名词, 如: constrain (*v.*)—constraint (*n.*), complain (*v.*)—complaint (*n.*)。

5. explode (Para. 3) *v.* (explosion *n.*)

1) to discredit or disprove 推翻; 戳穿

e.g. He exploded an out-of-date theory in his new book.

他在新作里推翻了一个陈旧的理论。

2) to blow up or burst 爆炸

e.g. The fireworks exploded high in the sky.

烟花在空中绽放。

6. declare (Para. 5) *v.* (declaration *n.*)

除了用于 declare + sth. 或 declare + that 从句以外, declare 还能用于下列用法中。

e.g. They declared themselves (to be) bankrupt.

他们宣布破产。

I declared the meeting closed.

我宣布会议结束。

7. soar (Para. 6) *v.* to rise very quickly to a high level 剧增, 高涨

e.g. The weather forecast says that temperature will soar into the eighties over the weekend.

气象预报员说周末气温将快速升至(华氏)八十多度。

Compare: sore *adj.* painful and uncomfortable either (of a body part) because of an injury or infection or (of a muscle) too much use 疼痛的

e.g. I've got a sore throat.

我嗓子疼。

8. fluctuate (*Para. 12*) *v.*

e.g. The stock prices fluctuate wildly.

股票价格剧烈震荡。

Body temperature can fluctuate if you are ill.

要是你生了病, 你的体温会有波动。

9. set (*Para. 12*) *adj.*

1) that is fixed and cannot be changed 固定的; 规定的

e.g. If I go out in the evening, I have to be home by a set time.

如果我晚上出门的话, 我必须在规定的时间之前回家。

2) fixed, rigid 不动的, 僵硬的

e.g. The receptionist had a bright set (= fixed and not sincere) smile on his face, but I could tell that he was bored.

那接待员的脸上挂着不变的灿烂的微笑, 但我敢说他已经厌倦了。

10. gloomy (*Para. 12*) *adj.*

该词的名词形式为 gloom (*Para. 4*)。由名词加-y 构成形容词的还有: guilt—guilty, wit—witty, rain—rainy, cloud—cloudy, fog—foggy, sun—sunny, snow—snowy, wind—windy, dust—dusty, mud—muddy, greed—greedy, winter—wintry, chill—chilly, milk—milky.

11. exterior (*Para. 16*) (*Ant.* interior)

e.g. In some of the villages the exterior walls of the houses are painted pink.

在一些村庄里, 房子的外墙被刷成了粉色。

课内阅读

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、亲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惟的人才快乐。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的调查结果表明,人生中并不存在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于亲近、更善于社交而比男人更快乐呢?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幅度的提高,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更高尚,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,这一现象曾在囚犯、疗养院里的病人等群体中进行过研究。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。

第三,快乐的人通常都很乐观。也许人们会这样进行推理,由于悲观者期望不高,很容易满足,所以他们经常会感到惊喜。诗人亚历山大·蒲柏在1727年的一封信中写了这样的话:“无所期望的人才会感到快乐,因为他永远不会失望。”但是,乐观主义者往往会更成功、更健康、更快乐,他们能进行有益的建设的思考,承认有诸如“当承担一项新工作时,我期望成功”这样的想法。

第四,快乐的人往往很外向。尽管我们也许会以为内向者过着沉思默想、不大紧张的宁静生活,可能日子过得会更幸福,但是,外向的人更快乐,无论是独自一人或是与他人一同生活和工作,无论是住在乡村或是都市。

上述每一种性格特征与快乐的相互关系中哪个是“因”而哪个是“果”还不能断定。比如,是快乐使人更外向呢?还是外向的人与他人交往更热情、更不拘谨呢?外向的人结婚早、职业好、朋友多也许是因为他们有这些特点。如果这类性格真的能给人带来快乐,那么人们也许可以装作具有这类性格以使自己更快乐些。实验显示了那些佯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乐了。

然而,快乐似乎只能在基因组织所限定的范围内变化。心理学家戴维·利肯和奥克·泰利根估计,人们快乐程度的差别有50%是遗传的,这是他们在研究了254对同卵和异卵双胞胎之后得出的结论。即使在不同环境里长大的一对同卵双胞胎,他们的快乐程度仍然差不多。快乐程度在人生经历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。

亲密的人际关系也是幸福生活的标志。人们很容易想像为什么亲近的关系所带来的压力会恶化病情,加重痛苦。让—保尔·萨特表示:“他人即地狱。”幸好,与朋友家人之间的亲密关系所带来的益处常常多于它所带来的压力。与缺少亲朋好友的人相比,那些能够报出几个好朋友的人总是更健康,不容易早逝,更加快乐。心理学家威廉·派弗特发现,人们在与他人相处时会更愉悦。

对九成以上的人来说,婚姻是结束孤寂生活的最有效的办法。尽管婚姻关系的破裂会带来极大的痛苦,但相互支持、亲密无间、忠贞不渝的婚姻关系是人生中最美满的事。用亨利·沃德·比彻的话来说就是“婚姻美满如添翼,勉强结合似牢笼”。值得高兴的是,全国范围内的调查表明,四分之三的已婚美国人说他们的配偶是自己最好的朋友,五分之四的人说,倘若可以再次选择,他们还会选择现在的配偶。这种情感恰好可以说明为什么在20世纪70年代和80年代,声称自己“非常快乐”的已婚者比未婚者多(39%比24%)。

婚姻是否如人们通常所认为的那样,对男性快乐比对女性快乐的影响大?在欧洲与北美国家的调查都表明:无论男性还是女性,已婚与未婚者之间快乐的差别是相似的。近一百个此类调查的结果也证实了这一点: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完全站不住脚的。

因此,知道了人们的年龄、性别以及收入(假定他们的收入足以使生活过得去),我们仍无法确定他们是不是快乐。威廉·柯珀在1782年的猜想而今已被证实:“正如事实所显示的,外部事物对快乐的影响比大多数人以为的要小得多。”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网支持他。

IV. Post-Reading

4. Questions for Group Discussion

Words and Phrases You May Use:

as/so long as, people of different ages, play a role, stereotype (陈规, 老一套), millionaire, supportive, marital relationship, offer help, lend a helping hand, share ... with ..., loneliness, derive happiness from, process, rely on

Grammar and Vocabulary Exercises

Directions: Choose the best answer to complete each of the following sentences.

- 1) Specialized households (专业户) sprang up like _____.
A. bamboo shoots B. mushrooms C. tendencies D. myths
- 2) We need to impose some-kind of order _____ the way we do things in the office.
A. on B. for C. in D. at
- 3) The abusive (虐待的) parents _____ the child of proper nutrition.
A. disposed B. freed C. expected D. deprived
- 4) The United Nations is supposed to _____ the role of global peace-keeper.
A. act B. work C. undertake D. pursue
- 5) I have published my _____ about the future of the universe in the *Review of Modern Physics*.

- A. speculations B. illusions C. considerations D. declarations
- 6) The companies declared themselves _____ equal opportunity employers.
A. / B. as C. as being D. to being
- 7) We were accused of exaggerating before, but unfortunately all our reports _____ to be true.
A. are proved B. have been proved C. had been proved D. prove
- 8) Even a present could not cheer up the _____ child.
A. depress B. depressed C. depressing D. depression
- 9) The Great Depression (大萧条时期) occurred in the _____ of the 1930s.
A. year B. years C. decade D. decades
- 10) Geneticists in Canada have discovered a(n) _____ to the puzzle of why our cells get old and die.
A. evidence B. method C. clue D. way

Key and Notes:

1) B

spring up like mushrooms 意思为：如雨后春笋般涌现出来。

2) A

句意为：我们在办公室里做事的方式上需要有些秩序。

impose ... on ... 是固定的搭配。

e.g. Very high taxes have recently been imposed on cigarettes.

最近对香烟征收的税很高。

3) D

dispose of 意思为：丢掉，销毁，安排，处理。

e.g. Nuclear waste is often disposed of under the sea.

核废料通常被丢在海底下。

That's disposed of the first point, now let's move on to the next matter.

已处理好了第一点，现在就让我们接着讨论下面的事项。

free sb. of ... 意思为：使某人自由，使某人摆脱。

expect ... of/from sb. 意思为：希望(或指望)某人……

deprive sb. of ... 意思为：剥夺某人……

4) C

常与 undertake 搭配的词组有：undertake the work/an experiment/a survey (做工作/实验/调查), undertake a task (承担任务)。

5) A

speculation 意思为：思索，推测。

illusion 意思为：错误的观念，幻觉。

consideration 意思为：考虑，关心。

declaration 意思为：声明，宣言。

6) A

declare 后面可以跟 to be + 名词或形容词等，也可以省略 to be。所以该句话也可改为：The companies declared themselves to be equal opportunity employers.

7) D

prove 在这里的意思为: to be shown or found to be sb. or sth., 所以不用被动态。

e.g. The operation on his broken leg proved a complete success.

对他断腿的手术结果很成功。

8) B

depress *v.* 使伤感, 使痛苦。

depression *n.* 悲痛, 痛苦。

depressed *adj.* 忧郁的, 悲痛的。

depressing *adj.* 使人忧郁的, 使人悲伤的。

9) C

decade 意思为: 年代 (十年)。

10) C

evidence 意思为: 证据, 征兆。

clue 意思为: 线索, 端倪。

After-Class Reading

Passage I You Can't Buy Happiness

Words, Phrases and Grammatical Points

1. king (*Para. 1*)—queen (*Para. 3*)

prince (*Para. 3*)—princess (*Para. 4*)

emperor—empress (*Para. 4*)

duke (*Para. 5*)—duchess (*Para. 5*)

czar—czarina (*Para. 5*)

以上为五组阳性名词和相应的阴性名词。类似的阳性和阴性名词还有: marquis (侯爵)—marquise, count (伯爵)—countess, viscount (子爵)—viscountess, baron (男爵)—baroness, tiger—tigress, rooster (公鸡)—hen, lion—lioness, bull—cow, billy goat (公山羊)—nanny goat, ram (公羊)—ewe.

2. dismay (*Para. 2*)

1) *n.* disheartening fear or alarm 惊愕, 沮丧

e.g. As he read the letter his expression changed from disbelief to deep dismay.

念信的时候, 他脸上的表情由怀疑转为惊愕。

The supporters watched in/with dismay as their team lost 1:6.

支持者们沮丧地看着他们的队伍以 1:6 败北。

2) *v.* to make you feel afraid, worried, or sad 使惊愕, 使沮丧

e.g. The news dismayed Anne, and she began to worry.

这消息使安惊慌失措, 她开始担心起来。

3. beloved (*Para. 2*) *adj.*

该形容词通常作定语, 修饰名词。

e.g. Her beloved husband died last year.