

最新版

研究生英语教程系列



GENERAL ENGLISH

主编：刘艳萍 副主编：沙丽金

基础英语



中国民主法制出版社

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《基础英语》是依据学习者为中心的教学理念,参照《研究生英语教学大纲》,由教学经验丰富的一线授课教师编写。本教程主要面向硕士研究生一年级学生及水平相当的学习者使用。

《基础英语》着重培养学生的说、读、写、译四项技能,提高学生综合英语水平及文学欣赏能力,在语言知识和语言能力方面打下牢固的基础。在选材上,注重文章的时代感,涵盖面较宽,内容涉及文学、科技、教育、社会生活等诸多方面;选用材料语言规范、标准、严谨。选文较全面地覆盖研究生英语教学大纲中所要求的词汇。

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由于时间仓促,编者水平有限,书中若有疏漏之处,请读者指正。

编 者

2005 年 6 月

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Unit 1

Pre-text Activities

1. How do you feel about your life as a whole?
 - ◇ delighted
 - ◇ pleased
 - ◇ mostly satisfied
 - ◇ mixed
 - ◇ mostly dissatisfied
 - ◇ unhappy
 - ◇ terrible
2. According to Lionel Ketchian, the founder of the Happiness Club, a Happiness Coach, happiness is an inner state of well being. A state of well being enables you to profit from your highest: thoughts, wisdom, intelligence, common sense, emotions, health, and spiritual values in your life. Do you agree? In your opinion, what is happiness?

Text

Take the Happiness Test

From Family Circle

Jeremy Daniel

[1] Consider these hypothetical but familiar situations: Alice is a 40-year-old mother of two works as a data processor. She's often frustrated and short with her husband and kids; she's dissatisfied

with her job but doesn't have the energy to look for a new one.

[2] Beth works with Alice and is also married with kids. Beth feels mostly satisfied with her life; she expects each day to be rewarding and accepts ordinary disappointments as a part of living.

[3] Most people—nine out of ten, in fact—see themselves as more like Beth than Alice; that is, they are “very happy” or “pretty happy”, say Ed Diener of the University of Illinois and David Myers of Hope College in Michigan, two of a growing cadre of psychologists who are studying happiness. Over five times more studies on life satisfaction have been published since 1979 than at any time previously. In a 1994-95 Gallup poll of 18 nations, Canadians ranked second only to Icelanders as the world's happiest people. Eight-six percent of Canadians are “satisfied” with their personal lives.

[4] Happiness is measured as anything above “neutral” on what psychologists call a Delighted-Terrible scale. It is just as real statistically as its opposite, depression. People who define themselves as “satisfied” are usually supported in that belief by friends and family.

[5] Psychologists refer to it as subjective well-being (SWB) and are teaming with neuropsychiatrists to locate centers for happiness in the brain. One discovery is that happy people show more electrical activity in the left frontal lobe of the brain, while those who tend towards sadness or depression show more right frontal lobe activity.

[6] Studies of SWB are overturning many cherished myths and coming up with surprising new findings:

[7] Happiness knows no gender. An analysis of 146 SWB studies showed a less than one percent difference in happiness between the sexes.

[8] Happiness doesn't depend on age. No particular stage of life is less happy than another, not the tumultuous teenage years or the mid-life period, not even the waning decades of old age. This was borne out by a worldwide survey of almost 170, 000 people,

Unit 1

conducted in the 1980s and reported by Ronald Inglehart of the University of Michigan.

[9] Wealth does not beget happiness. Although individual buying power has doubled since the 1950s, in 1990 just as in 1957, only one in three Americans told the University of Chicago's National Opinion Research Centre that they were "very happy". Says Myers: "We're twice as rich, yet we're no happier."

[10] In a survey of the Forbes 100 wealthiest, Diener found that the privileged aren't much happier, overall, than average folk.

[11] Happiness and marriage go together. While marital conflict can be an important factor in people's unhappiness, "most people are happier attached than unattached", says Diener.

[12] In a U. S. survey, 39 percent of married adults claimed to be "very happy" compared to 24 percent of unmarried. Married people are less lonely than singles and enjoy more supportive relationships. Also, marriage offers two roles, spouse and parent, that can enhance self-esteem and happiness.

[13] Researchers have pinpointed a number of traits that seem to be shared by happy people. They're mostly extroverts and, largely optimistic, they have a sense of control and self-esteem.

[14] Happy people also seem healthier. In one psychological study, people who agreed with statements such as "I'm lots of fun to be with" were less vulnerable to ulcers and insomnia, less likely to be drug abusers, more self-confident and better at complex tasks than those who disagreed.

[15] Being really happy, according to psychologist Mihaly Csikszentmihalyi, means living in a state of flow—that is, being totally absorbed in an activity, whether at work or play. He developed the flow concept while at the University of Chicago, where he began by studying artists. He noted they often became involved in their work to the point of being oblivious to their surroundings, a mood more satisfying than even seeing a finished

painting.

[16] Eventually he studied “flow” quality in more than 8,000 subjects working in a wide range of jobs—scientists, students, machinists, dancers and surgeons. Flow entails the use of all or most of your skills. Using too few skills generates boredom and anxiety, which Csikszentmihalyi warns may be the biggest threats to happiness.

[17] Culled from his own and other psychologists’ observations, David Myers offers these steps to happiness:

[18] 1. Savor the moment. Live in the present: Treasure your child’s morning smile, the satisfaction of helping a friend, the pleasure of curling up with a good book.

[19] 2. Take control of your time. Happy people set big goals, then break them into daily bits. Writing a 300-page book is a formidable task; spinning out two pages daily is easy enough. Repeat this process 150 times and you have a book. This principle can be applied to any task.

[20] 3. Accentuate the positive. More and more evidence suggests that negative emotions lash back at us, while positive ones can boost the body’s healing process. Happy people take steps to keep their negative emotions in check.

[21] 4. Give priority to close relationships. People with close friends, spouses, partners cope better with stresses such as bereavement, job loss, illness, even rape. According to a U. S. National Opinion Research Center poll, people who could name five close friends were 60 percent more likely to be “very happy” than those who couldn’t name any.

[22] 5. Act happy. Experiments show that people who put on a happy face really do feel better. It seems that the facial muscles used to smile widely actually trigger happy feelings in the brain.

[23] 6. Don’t vegetate. Don’t engage in self-absorbed idleness or park yourself in front of the TV. Get involved in something that

Unit 1

utilizes your skills.

[24] 7. Get moving. Aerobic exercise is an antidote to depression and anxiety. In a study of moderately depressed student at the University of Kansas, those in an aerobics program improved dramatically. Those in a relaxation group felt only slightly better.

[25] 8. Get rest. Happy people exude vigor, but they also reserve time for sleep and solitude.

[26] 9. Take care of the soul. Research on faith and well-being shows that people who are actively religious are happier than those who aren't. This was confirmed in a survey by the Princeton Religion Research Center and the Gallup Organization on the "State of Religion in America". Religious people, it appears, are much less likely to abuse drugs and alcohol, to divorce or commit suicide.

[27] Of course, faith can't ensure that we will be immune from sadness, and neither will the principles outlined here. But applied together, they can nudge you along on the road to happiness.

New Words

rewarding	adj.	(of an experience or action) worth doing or having; worthwhile
psychologist	n.	person who has studied or skilled in psychology; a person who understands people's characters and what influences their behavior
neutral	adj. & n.	not noticeable; having features or characteristics that are not easily noticed
neuro-		= neur (prefix), of the nerve
psychiatrist	n.	expert in psychiatry (treatment of mental illness)

lobe	n.	耳垂; subdivision of the brain 脑叶
tumultuous	adj.	disorderly noisy and violent
wane	v.	become less or weaker
marital	adj.	of a relating to a husband; of marriage or the relations between husband and wife
enhance	v.	to add to (the value, attraction, powers, price, etc.)
pinpoint	v.	to find or describe the exact nature or cause of
trait	n.	a particular quality of someone or something; characteristic
extrovert	n.	a person more interested in what goes around him than in his own thoughts and feelings (cf. introvert)
vulnerable	adj.	liable to be damaged; not protected against attack
ulcer	n.	open sore forming poisonous matter
insomnia	n.	inability to sleep; want of sleep
oblivious	adj.	(of) unaware (of); having no memory (of)
entail	v.	to make necessary; to impose (expense, etc. on sb.)
cull	v.	to select; to pick (a flower)
savor	v.	(arch. or liter.) to appreciate the taste or flavor of
formidable	adj.	difficult, hard to defeat
spin	v. (spun, -nn-)	to produce, compose (a narrative); to tell a story
accentuate	v.	to give more force or importance to; to draw attention to

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lash	v.	to strike and attack violently (with or as if with a whip, words or action)
boost	v.	to increase, raise; to help to advance or improve
priority	n.	right to have or do something before others
bereavement	n.	the state of being bereaved 丧亲(之痛)
trigger	v.	to initiate, to set (an action or process) in motion
vegetate	v.	to have a dull life without activity of mind or body
aerobics	n.	(aerobic exercise) energetic physical exercises, often performed with a group of other people to music, which make the heart, lungs and muscles stronger and increase the amount of oxygen in the blood
antidote	n.	medicine used against a poison or to prevent a disease from having an effect
exude	v.	to come or pass out slowly
solitude	n.	being without companions; solitary state
immune	adj.	free, secure; marked by protection
outline	v. & n.	to make the main ideas or facts of something
nudge	v.	to push or touch gently, esp. with one's elbow in order to call a person's attention or give a signal

Phrases and Expressions

be short with	to be rudely impolite
team (up) with	to join a person or a group of people in order to do something, especially, work together
come up with	to think of; to produce
bear out	to support the truth of
be likely to	to be probable
curl up	to lie comfortably with the limbs drawn close to the body
spin out	to make longer; to extend
keep...in check	to stop; to control; to restraint
cope with	to deal successfully with something
immune from	marked by protection; unable to be harmed because of special powers in oneself

Proper Names

1. Jeremy Daniel	杰里米·丹尼尔(人名)
2. Ed Diener	埃德·迪讷(人名)
3. the University of Illinois	伊利诺伊大学
4. David Myers	戴维·迈尔斯(人名)
5. Hope College	霍普大学
6. Michigan	密歇根
7. Ronald Inglehart	罗纳德·英格尔哈

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8. the University of Michigan	特(人名) 密歇根大学
9. the Forbes	福布斯(杂志名称)
10. Mihaly Csikszentmichalyi	米哈里·柴可斯赞 特米哈里
11. The University of Chicago	芝加哥大学
12. The University of Kansas	堪萨斯大学
13. The Princeton Religion Research Centre	普林斯顿宗教研究 中心
14. The Gallup Organization	盖洛普机构

Notes

1. This text is taken from *Reader's Digest*, July 1997.
2. Family Circle: Family Circle is a magazine for women that focuses on the home and family lifestyle. Monthly issues include quick-and-easy recipes, do-it-yourself crafts, and health and family advice.
3. Gallup poll. 盖洛普民意测验
Gallup, George Horace (1901-1984), is an American public-opinion analyst. Through his techniques of polling the public, he accurately predicted the outcome of the 1936 presidential election. Gallup polls have been used regularly ever since.

Exercises

I . Oral Practices

Instructions: Discuss the following questions.

1. How do you define happiness? Is your definition of happiness the

same as the author's?

2. What's the difference between a happy man and an unhappy man according to the text? Do you share the author's opinion?
3. Can you list the factors that contribute to a person's happiness?
4. In modern society, people have to bear more pressures. How can one keep a happy mood?

II . Understanding

Instructions: Paraphrase the following sentences.

1. Happiness is measured as anything above "neutral" on what psychologists call a Delighted-Terrible scale. It is just as real statistically as its opposite, depression. People who define themselves as "satisfied" are usually supported in that belief by friends and family. (Para. 4)
2. Studies of SWB are overturning many cherished myths and coming up with surprising new findings. (Para. 6)
3. No particular stage of life is less happy than another, not the tumultuous teenage years or the mid-life period, not even the waning decades of old age. (Para. 8)
4. Happiness and marriage go together. While marital conflict can be an important factor in people's unhappiness, "most people are happier attached than unattached", says Diener. (Para. 11)
5. Also, marriage offers two roles, spouse and parent, that can enhance self-esteem and happiness. (Para. 12)
6. People who agreed with statements such as "I'm lots of fun to be with" were less vulnerable to ulcers and insomnia, less likely to be drug abusers, more self-confident and better at complex tasks than those who disagreed. (Para. 14)
7. He noted they often became involved in their work to the point of being oblivious to their surroundings, a mood more satisfying than even seeing a finished painting. (Para. 15)
8. More and more evidence suggests that negative emotions lash back