



普通高等教育“十一五”国家级规划教材

# 新21世纪 大学英语1

总主编 翟象俊 张增健 余建中

综合  
教程

New 21st Century  
College English

复旦大学出版社



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**图书在版编目(CIP)数据**

新 21 世纪大学英语综合教程 1/翟象俊,张增健,余建中总主编. —上海:  
复旦大学出版社, 2010. 8  
(21 世纪大学英语全新版系列)  
ISBN 978-7-309-07111-5

I. 新… II. ①翟…②张…③余… III. 英语-高等学校-教材 IV. H31

中国版本图书馆 CIP 数据核字(2010)第 033123 号

**新 21 世纪大学英语综合教程 1**

翟象俊 张增健 余建中 总主编  
出品人/贺圣遂 责任编辑/计美娟 查 莉

复旦大学出版社有限公司出版发行  
上海市国权路 579 号 邮编:200433  
网址:fupnet@fudanpress.com <http://www.fudanpress.com>  
门市零售:86-21-65642857 团体订购:86-21-65118853  
外埠邮购:86-21-65109143  
上海华业装潢印刷厂有限公司

开本 787×960 1/16 印张 16 字数 298 千  
2010 年 9 月第 1 版第 2 次印刷

ISBN 978-7-309-07111-5/H·1418  
定价: 30.00 元

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# 《新21世纪大学英语》编写人员

## 总主编

翟象俊 张增健 余建中

## 本册主编

张增健 余建中 梁正溜

## 本册编写人员

范 烨 余建中 李佩英 梁正溜 董宏乐  
黄 莺 张艳春 刘丽霞 陈永明 张慧芳

## 策划编辑

唐 敏 林 森

## 责任编辑

计美娟 查 莉

## 文字编辑

于文雍 郑梅侠 陈彦婕

# 前言

2004年教育部制定的《大学英语课程教学要求》，明确提出“大学英语的教学目标是培养学生的英语综合应用能力，特别是听说能力，使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流。”这一要求无疑是为当今的大学英语教学树立了方向标：着力改变以语法、阅读为核心的英语教学传统，而朝着语言技能全面并举的方向倾斜。新大纲推动了英语教学的变革，而教学的实际需求，更催唤着新一代教材的诞生。《新21世纪大学英语》，正是在这一形势下审慎推出的一套力求体现大学英语编写新理念的系列教材。

上世纪90年代后期我们在编写《21世纪大学英语》时，除了强调选材的内容清新、语言生动外，在练习编写和教学过程中更突出听、说、读、写、译诸方面语言技能的培养。与此同时，也开始利用现代化教育技术手段，如课件光盘及学习软件系统等，积极展开以学生为中心的课堂教学活动。现今推出的《新21世纪大学英语》系列教材，以功能意念贯穿始终，充分利用现代计算机技术、网络技术和多媒体教学手段，全面提高学生的英语视、听、说、读、写、译的实用技能，以“立体化”的方式体现教学活动的实用性以及语言的交际功能。

《新21世纪大学英语》是根据国家教育部颁发的《大学英语课程教学要求》并参照《大学英语四、六级考试大纲》精神而编写的系列教材，包括《综合教程》、《综合练习》、《教师参考书》（各四册）及相关配套网络平台。原《21世纪大学英语》教材，是采用主题教学法则（theme-based）加以编写的，即：单元内A/B课文中形成同一主题，另外再在《综合练习》内也配以一定数量的同类题材练习材料。《新21世纪大学英语》虽仍沿用这一教学法则，但是进一步把视、听、说、读、写、译各项能力互相交织且有机结合起来，这种针对性强的、符合外语教学规律的综合反复训练，既利于提高学生的综合应用能力，又完整实现了真正意义



上的主题教学法。

《新21世纪大学英语综合教程》第一册的起点词汇为1 800词,可供各类高校新生使用。起点较高的学生可从第二册起步。《综合教程》每册8个单元,每单元包括四大板块,即:视频导入(Video Starter)、精读课文(Text A)、辅助阅读(Text B)和与主题相关的补充学习活动(Additional Theme-related Activities)。视频导入板块,由编者精心设计一段或一组围绕单元主题展开的热身练习,教师即藉此以“拉家常”的方式跟学生交流互动,引出学习主题并启发学生的思路,激发学生的学习热情。课文由同一题材的两篇文章及相关练习组成,其中A课文为精读材料,配有大声朗读(Reading Aloud)、课文理解(Understanding the Text)、语言学习(Learning the Language)三大项;B课文为泛读材料,配有阅读理解检测(Comprehension Check)和深度讨论(In-depth Discussion)等练习。与主题相关的补充学习活动,旨在进一步拓宽学生视野,如引入与主题相关的名人名言(Famous quotes to appreciate)、补充视听和口语练习(Viewing comprehension and oral practice)等内容。纵观整个单元的练习编写,《综合教程》在练习形式和设计上既继承了《21世纪大学英语读写教程》中的词汇、结构练习等准则精华,又有所创新与突破,如新增“含英咀华”(Appreciating gems of the language)和“译写练习”(Translational Writing)等强调语言学习的输出训练,进一步深化了学生的实际运用能力。

《综合练习》的设计在内容与主题上均与《综合教程》相关联,起到补充和增强的作用,同时,也为学生今后参加全国大学英语四、六级考试奠定坚实基础。

《综合练习》每册共8个单元。每单元均由五部分组成:第一部分为听力,第二部分为词汇和结构,第三部分为翻译,第四部分为阅读,第五部分为写作。《综合练习》的练习设计本着主题教学与实用的原则,可由学生自主学习,也可由教师在课堂上择用讲解。

《教师参考书》供使用《综合教程》教材的教师作教学参考。每册8个单元,每个单元都提出明确的教学目标,并根据《综合教程》的相关内容,分别采用对应的方式配以详细的问题与答案、中文译文、疑难注解。《教师参考书》还提供了大量例句、练习答案和视频材料的文字稿。值得一提的是,教参还配置了课堂讨论题的参考对答材料,供教师掌控使用。

总之,《新21世纪大学英语》系列教材博采众长,尽可能地吸纳了现行国内外多种同类教材的优点。同时,还以21世纪我国人才培养的特点和教学改革现有成果为依据,力图在有限的教学时间里,让使用本教材的学习者在英语能力方面

得到最大程度的提高。具体说来,本套教材具有以下几个特点:

1. 高标准选材,注重“跨文化”背景介绍。本教材对课文的选择力求实用、有趣、有品位;在练习例句和其他材料的选择上,则力求简洁、生动、有效。除了选材内容的趣味性、信息性和实用性,语言的规范性和文体的多样性,本教材在重视英语语言基础知识和基本技能训练的同时,还注意将文化内容与语言材料相融合,介绍西方文化背景。

2. 编排合理,循序渐进。本教材各单元的顺序参考弗莱什——金卡伊德分级法(Flesch-Kincaid Grade Level)并根据编者们反复讨论的结果而排定。因此,各单元的文字基本上由浅入深,同时也根据教学需要略有调整,例如第一册第一单元的主题安排,便是契合学生们入学之初状况的需求。

3. 注重培养听说能力。本教材根据《大学英语课程教学要求》中有关教学内容和课程体系改革的精神,与时俱进,加大了“听、说”训练的力度,将视听说题材与课文主题保持一致,把听、说、读、写的技能训练有机地结合起来,使学生的听、说训练贯穿于整个课程教学的始终。

4. 强调主题教学的整体性。本教材将听、说、读、写内容相结合,把听、说、读、写、译五种技能的训练和培养围绕着同一主题展开,形成一个有机的整体。

5. 拓展教学时空,实现教材的立体化。除上述教学用书外,本教材还包括配套的光盘、多媒体课件和网络课程等,以期充分利用多媒体和网络化现代教学手段,立体、互动地引导学生开发各种学习潜能。

《新21世纪大学英语》系列教材由复旦大学翟象俊、张增健、余建中三位教授总主编,并由众多资深专家和常年在教学第一线的优秀教师共同参加编写而成。希望使用本书的教师在使用过程中不断给我们提出宝贵意见和建议,以便我们在日后的修订中把工作做得更好。

编者  
2010年5月

# 使用说明

本书为《新21世纪大学英语综合教程》第一册。全书共八个单元，供一学期使用。

每一单元包括四大板块，即视频导入 (Video Starter)、精读课文 (Text A)、辅助阅读 (Text B) 和与主题相关的补充学习活动 (Additional Theme-related Activities)。

视频导入是我们在教材编写方面的新尝试。在学习正式课文之前，视频导入围绕本单元的核心内容展开有关话题，并提出具有一定挑战性的问题，以激发学生的学习兴趣，引导学生深入完成本单元的学习任务。

课文是每一单元的核心部分。除了生词和词组解释外，每篇课文还有针对课文难点或重点的注解。课文练习包括大声朗读 (Reading Aloud)，课文理解 (Understanding the Text) 和语言学习 (Learning the Language) 三个组成部分。由于不少来自边远地区的学生未能在中学阶段掌握正确的英语语音和语调，大声朗读对改进他们的语音和语调应有裨益。跟课文理解相关的练习共有四项：1. 综观 (Overview)，这一练习的设计思路是对课文的概括、总结和总体把握；2. 判读 (Interpretation)，针对课文中的疑难点进行破解；3. 讨论 (Discussion)，对课文中的观点或有关现象进行探讨；4. 含英咀华 (Appreciating gems of the language) 则列出课文中具有特色的语言现象供学习者欣赏。语言学习练习共有三项：1. 新词和词组学习 (New Words and Expressions)，此练习包括填空、改写句子等形式；2. 句子结构 (Structure)，包括连接句子、完成句子和改写句子等形式；3. 构词法 (Word Building)，包括给单词加前、后缀和用所给单词变换形式后填空等形式。

辅助阅读 (Text B) 由一篇跟主课文内容相关的辅助课文及练习组成。阅读



理解(Comprehension Check)和深度讨论(In-depth Discussion)两项练习都为全面理解辅助课文而设计。前者针对课文中的疑难点提出问题,后者则引导学习者思考一些相关问题,进而对课文有更深层次的理解。

每单元的最后一部分是与主题相关的补充学习活动(Additional Theme-Related Activities)。这些活动包括:1. 名言欣赏(Famous quotes to appreciate),这里收录了跟课文内容相关的名言及中文译文;2. 视频理解与口语练习(Viewing comprehension and oral practice),这里有两段视频,各有侧重,第一段视频对本单元内容进行概括或总结,第二段跟课文内容相关,较为轻松;3. 译写(Translational writing),这里是一段或数段中文段落,学习者将其译成英文后,即为一篇跟课文内容紧密相关的英语短文;4. 开心一刻(Fun time),这里提供了一些歌曲、故事或笑话等,是学习者完成一个单元的学习任务后放松自己的快乐时光。

本教程对主课文和辅助课文的生词和词组采取了不同的处理方式。主课文的生词和词组都列于课文后的生词和词组(New Words and Expressions)表中,并且根据《大学英语课程教学要求》标明级别,注解则主要采用中英对照的形式。辅助课文后的词汇表中列出了《大学英语课程教学要求》中作为“一般要求”的生词和词组,其余生词和词组则都用中文直接在课文中标注。(黑正体表示“一般要求”的词汇;黑正体后加★表示“较高要求”的词汇;黑正体后加▲表示“更高要求”的词汇;白斜体表示由纲内词组成的熟词;彩色体表示超纲词汇。)

一般来说,课堂上处理本书的一个单元应花八节课时间,具体做法可参见教师用书的相关内容。

编者  
2010年5月

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# Unit 1

## College Life

### Part I Video Starter



To begin, we'll watch a video clip and try to grasp its message. Getting to know the words and expressions in the box below first may be helpful.

vision /'vɪʒən/ <i>n.</i>	想象, 幻想
have a clear vision of	对...看得很清楚
picture /'pɪktʃə(r)/ <i>vt.</i>	构想, 想象
need to do sth.	(按规定等) 应该做某事
renew oneself	提升自我
transition /træn'zɪʒən/ <i>n.</i>	过渡
make a successful transition	成功过渡
shape one's future	打造未来
on campus	在校园
build oneself	打造自我
painstaking /'peɪnz,teɪkɪŋ/ <i>a.</i>	刻苦的, 艰辛的
essay /'eseɪ/ <i>n.</i>	论说文, 随笔

## Part II Text A

### Ten Secrets for Success as a College Freshman

Adapted from an essay by J. Michael Adams

1. 因...而闻名

**1** You were a star in high school, made all the right moves, and now you think you're ready for college. Better think again. The rules are different, the expectations have changed, and the stakes are a little higher.

2. 起作用, 有影响

**2** College is a rare opportunity to define yourself more fully — even, perhaps, to redefine yourself. What do you want to *be known for*<sup>1</sup> when you graduate? Frankly, what makes you think you are even going to graduate? Only half of those starting out as freshmen graduate in four years. I've seen high school honors students not last the fall semester. I've also seen average students graduate with a 4.0. What *makes the difference*<sup>2</sup>? From my experience, there are 10 rules every freshman should know.

**3** 1) Be a warrior. Warriors are never surprised. That means listening in class, staying alert and asking questions. It means doing all assignments on time. Go into each class expecting an unannounced quiz.

**4** 2) Always carry a pen and paper. You look uninterested and are ill-prepared if you walk into class without these basic tools. This seems fundamental, but one professor told me, "Thirty percent don't come to class on the first day with even a pencil. Most of them won't last the first two weeks."

3. 唤起你的记忆

4. 填补

**5** 3) Recopy your class notes. You can't write as fast as professors can talk. The purpose of "notes" is to *jog your personal memory*<sup>3</sup> on key points and the flow of ideas in a lecture. Recopying will reinforce the information, *fill in*<sup>4</sup> the blanks and reduce study time before the test. You will own the information.

5. 到场, 出席

**6** 4) Never miss a class. Woody Allen once said that 80 percent of life is just *showing up*.<sup>5</sup> There is no substitute for presence. Ever ask someone to take notes for you? Did you

ever understand them?

**7** 5) Master the information flow. Use devices like *three-ring binders*<sup>6</sup> to manage class notes, assignments, readings and hand-outs. Or, if you prefer, record notes and file important information electronically, but organize data by class and *back up*<sup>7</sup> everything. By keeping information well ordered, you'll feel more *in control of*<sup>8</sup> your world.

**8** 6) Highlight all dates. Time is real and can get away from you. Use wall or electronic calendars and mark when assignments are due, test dates, the night of that concert and anything else that is important and time-sensitive. Tracking time helps you pace yourself and *look ahead*<sup>9</sup>. Never be surprised again.

**9** 7) Divide and conquer. Henry Ford had it right. Break major assignments into small steps. Have to read a 487-page textbook? Impossible — especially the night before the test. Consider that a 16-week semester has five workdays per week, which totals 80 days. Eighty into 487 roughly equals six. Read about six pages a day and you are done. The same approach works on every assignment.

**10** 8) Give double. Don't be a minimalist. Always give twice as much as expected. When your professor assigns a paper, you will look less than ambitious if you ask: "How many pages does it have to be?" *In reality*<sup>10</sup>, you are asking: "What is the least I have to do to pass?" Always deliver more content and substance than expected.

**11** 9) Develop a network. Nobody does it alone. *Seek out*<sup>11</sup> others who can help you and whom you can help. The world works through networking. Create allies by giving unsolicited assistance and practice random acts of kindness. It will all come back to you.

**12** 10) Have fun. Play is good for you and helps you *refocus on*<sup>12</sup> other pursuits. It truly does *recharge your batteries*.<sup>13</sup> Find the balance between recreation and dedication. Neither extreme brings ultimate satisfaction. *Viewing life as only a party or only a chore*<sup>14</sup> will never

6. 三孔活页夹

7. 给(文件、程序等)做备份

8. 控制着

9. 预作计划

10. 实际上

11. 找出, 选出, 物色

12. 重新关注(或对准)

13. 使你恢复精神

14. 将人生只视作一场派对或一件苦差事



15. 老是想著…

(而); 太关

注…(而)

satisfy your soul. Life — and especially college — is an adventure. Don't *get so caught up in*<sup>15</sup> the ultimate goal that you forget to enjoy the journey.

**13** When you walk into your first class, you face a new frontier — a world full of ideas and opportunities that can last a lifetime. But you must seize them. Education is not something given to you. You must be an active participant. You must be a warrior. The choice is yours! (687 words)

## New Words

*freshman* /'freʃmən/ *n.*

a student in the first year of high school, college, or university (中学或大学) 一年级新生

*expectation* /'ekspek'teɪʃən/ *n.*

(usu. pl.) a strong belief about the way sth. should happen or how sb. should behave; hope for the future 〈常作复数〉期望; 希望

*stakes* /steɪks/ *n.*

(pl.) the things that one might win or lose in a particular situation or in a game 〈复数〉赌注

*rare* /reə(r)/ *a.*

unusual, uncommon 罕有的, 稀少的

*opportunity* /'ɒpə'tju:nəti/ *n.*

an occasion or situation which makes it possible to do sth. that one wants to do or has to do 机会, 时机 to make (sth.) different; to give (sth.) a new meaning 改变…; 给…重新下定义

*redefine* /ri:'di:fain/ *vt.*

*define* /di:'fain/ *vt.*

to give the meaning of (sth.); to explain the exact nature of (sth.) clearly 给…下定义; 规定, 限定

*graduate* /'grædʒueɪt/ *vi.*

to complete school, college or university successfully 毕业

*n.*

a person who has completed their school, college or university education 毕业生

*frankly* /'fræŋkli/ *ad.*

speaking honestly; in an honest and direct way that people might not like 坦率地说; 直率地, 坦诚地

*frank* /fræŋk/ *a.*

open and direct in speech or manner; plain and honest 坦诚的, 直率的

*semester* /sɪ'mestə(r)/ *n.*

(esp. in the U.S.) one of the two periods that the school or college year is divided into 〈尤美〉学

warrior ▲ /'wɒriə(r)/ <i>n.</i>	期 (一学年分两个学期)
alert /ə'lɜ:t/ <i>a.</i>	( <i>fml. or lit.</i> ) a person who fights in battle; a soldier 〈正式或文〉勇士; 战士
assignment /ə'sainmənt/ <i>n.</i>	quick in thought or action 机敏的, 反应敏捷的
unannounced /,ʌnə'naʊnst/ <i>a.</i>	a piece of work or a duty that is given to a particular person (分派、指派的) 任务, 工作
announce /ə'naʊns/ <i>vt.</i>	happening without anyone being told or warned in advance 未通知的, 未打招呼的
quiz /kwɪz/ <i>n.</i>	to make known publicly 通告, 宣布
uninterested /,ʌn'ɪntərɪstɪd/ <i>a.</i>	( <i>esp. AmE</i> ) a short test; a competition or game in which one must answer questions 〈尤美〉小测验; 问答比赛 (或游戏)
ill-prepared /ɪlprɪ'peə(r)d/ <i>a.</i>	not having or showing interest 不感兴趣的
fundamental /,fʌndə'mentəl/ <i>a.</i>	badly prepared or trained 准备不足的
recopy /ri:'kɒpi/ <i>v.</i>	important; basic 重要的; 基本的
jog ★ /dʒɒg/ <i>vt.</i>	to copy again 重新抄写; 复制
reinforce /ri:'ɪnfɔ:s/ <i>vt.</i>	revive (sb.'s memory) 唤起 (某人的记忆)
blank /blæŋk/ <i>n.</i>	to make sth. stronger 巩固, 加强
substitute /'sʌbstɪtju:t/ <i>n.</i>	an empty space 空白处
	a thing or person that takes the place of sth./sb. else 代替物; 代替者
	vi. to be used instead of sb./sth. (~ for sb./sth.) 替代, 替换
	vt. to put (a thing/person) in the place of sb./sth. else (~ sb./sth. for sb./sth.) 用 (某人、某物) 替代 (另一人、另一物)
presence /'prezəns/ <i>n.</i>	the fact of being in a place 出席, 到场
device /dɪ'vaɪs/ <i>n.</i>	a tool or piece of equipment made for a particular purpose 装置; 设备
binder /'baɪndə(r)/ <i>n.</i>	a hard cover for holding sheets of paper, magazines, etc. together 活页夹
reading /'ri:dɪŋ/ <i>n.</i>	material that is read 阅读材料
hand-out /'hændaʊt/ <i>n.</i>	information given out, e.g., to students attending a talk, esp. in the form of a printed sheet (发给出席讲座等听众的) 讲义, 印刷品
file /faɪl/ <i>vt.</i>	to store (information) in a careful and particular

<i>n.</i>	way 把...汇存起来, 存档
electronically /ˌɪlekˈtrɒnɪkli/ <i>ad.</i>	a box or a cover that is used for keeping papers together and in order 文件匣; 文件夹
organize /ˈɔːɡənaɪz/ <i>vt.</i>	to arrange into a good working system; to make the necessary arrangements for (sth.) 组织, 安排; 筹办
data /ˈdeɪtə/ <i>n.</i>	[datum的复数, 用作单] facts or information 数据, 资料, 材料
highlight /ˈhaɪlaɪt/ <i>vt.</i>	to give special attention to (sth.) 突出, 强调
electronic /ˌɪlekˈtrɒnɪk/ <i>a.</i>	电子的, 用电子操作的
calendar /ˈkælɪndə(r)/ <i>n.</i>	日历
sensitive /ˈsensɪtɪv/ <i>a.</i>	easily influenced or changed by sth. 易受影响的, 敏感的
pace /peɪs/ <i>vt.</i>	to find the right speed or rhythm for (one's work or activity) so that one has enough energy to entirely do what one has to do 调整自己的工作(或活动)节奏
<i>n.</i>	the speed at which sb./sth. walks, runs or moves (走路、跑步或移动的)速度; 步速
conquer /ˈkɒŋkə(r)/ <i>vt.</i>	to deal with or control (sth.) successfully; to take control of (land or a group of people) by force (成功地)对付, 控制; 占领, 征服
textbook /ˈtekstbʊk/ <i>n.</i>	教科书, 教材
workday /ˈwɜːkdeɪ/ <i>n.</i>	a day on which work is done 工作日
per /pɜː/ <i>prep.</i>	for each or for everything mentioned 每
approach /əˈprəʊtʃ/ <i>n.</i>	a way (of dealing with sth./sb.) (处理某事或对待某人的)方法
minimalist /ˈmɪnɪməlist/ <i>n.</i>	an artist, a musician, etc. who uses very simple ideas or a very small number of simple things in their work 简约主义者
assign /əˈsaɪn/ <i>vt.</i>	to give sb. (a task/ job to do) 分派, 布置(工作任务等)
ambitious /æmˈbɪʃəs/ <i>a.</i>	determined to be successful 有雄心的
reality /rɪˈæləti/ <i>n.</i>	the true situation and the problems that actually exist in life 现实