

# COLLEGE ENGLISH

*Integrated Course 3  
Student's Book*



全新版

*New*

大学  
英语

综合教程

学生用书

3



上海外语教育出版社

SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

普通高等教育“十五”国家级规划教材

# COLLEGE ENGLISH

*Integrated Course 3*  
*Student's Book*

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## 《大学英语》系列教材(全新版)

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# 《大学英语》系列教材（全新版）

## 编写前言

### 1. 编写过程

《大学英语》系列教材自1986年的试用本问世以来，受到广大师生和英语学习者的青睐，先后被千余所院校采用，成为我国高校英语教学的首选教材，并荣获全国高等学校第二届优秀教材特等奖和国家教委高等学校第二届优秀教材一等奖。在这期间，教材曾数度修订，分别在1992年、1997年出版了正式本和修订本，以适应教学需要。然而，随着我国改革开放步伐的加快，社会各方面对大学生的外语学习，尤其是他们的外语实用能力，提出了更高的要求，要求他们不仅应具有较好的阅读水平，而且还要有一定的听、说、写、译的能力。我国的大学英语教学面临着新的挑战。为此，《大学英语教学大纲》进行了修改并于1999年公布了修订本，从而推动了英语教改的进一步深化。人们纷纷探求更适合我国国情的新的教学路子。教材作为教改的一个重要方面，作为教学思想的一种载体，理应有新的作为。

正是在这种新的形势鼓舞下，上海外语教育出版社组织、策划了《大学英语》系列教材（全新版）的编写工作。在该社的全力支持、协调下，开展了广泛而深入的调研、论证工作，并在此基础上经过精心设计，认真编写出《综合教程》和《听说教程》的样课，于2000年秋季在复旦大学等院校部分班级试用，同时征询了二十多个省市，数百所院校的意见。历经近三年时间的准备后，我们决定从今秋起陆续推出全新版，更好地服务于我国的大学英语教学。

《大学英语》系列教材（全新版）（以下简称《全新版》）由复旦大学、北京大学、华东师范大学、中国科技大学、华南理工大学、南京大学、武汉大学、南开大学、中国人民大学、中山大学、西安交通大学、东南大学、华中科技大学和苏州大学的数十位资深教授、英语教学专家分工协作、集体编写而成。复旦大学李荫华担任总主编，董亚芬、杨惠中、杨治中担任顾问。

### 2. 编写原则

1) 《全新版》根据《大学英语教学大纲》（修订本）编写，供大学英语教学基础阶段使用。

2)《全新版》编写的指导方针是：立足本国，博采众长，即，充分吸取我国在外语教学中长期积累起来的行之有效的经验和方法，同时认真学习、借鉴国外的教学理论和方法，并根据我国当前的教学需要和现有条件，视其可行性，有选择地加以消化、改造、吸收。为此，本教材采用糅合中外多种教学法之长的折衷主义(eclecticism)的教学法。

我们提倡学生自主学习(autonomous learning)，即学生应成为学习的主体，主动地、创造性地学习，同时又主张充分发挥教师的主导作用。在缺少外语语境而且学时又较少的情况下，我们认为组织好课堂教学是关键。在课堂，教师首先要讲好课、组织好学生对所学语言进行操练以及模拟真实的语境引导学生学以致用，同时，还应在学习方法上给学生以指导，使他们懂得如何自学并养成良好的自学习惯。

3)《全新版》旨在通过教师的“精讲”和学生的“多练”，通过读、听、说、写、译全方位的各种形式的课堂内外的实践，培养学生具有较扎实的英语语言基础和较强的英语综合应用能力。我们认为学生的操练，特别是说、写方面的实践活动，应以一定量的语言输入为前提。

4)《全新版》主张选用当代英语的常见语体或文体的典型样本作为素材。供阅读的主课文，不仅要语言规范而且应富有文采、引人入胜、给人以启迪；选文题材应广泛，以反映现实生活为主，科普内容的读物须占有一定比重；体裁应多样；语体兼顾书面语和口语以及正式语和非正式语。

5)《全新版》主干教程——《综合教程》——采用每一单元设一主题的形式。主题选自当代生活中的重大题材。这样可以将语言学习贯穿在了解、思考、探讨现实生活中的各种问题的过程中，充分体现交际法的教学原则。其他教程的相应单元与该主题亦有一定的呼应。

6)《全新版》的练习设计，一切从有利于学生打好语言基础和提高语言应用能力出发，针对我国学生的薄弱环节和实际需要，做到有的放矢，形式尽可能采用交互方式(interaction)，如pair work、group discussion、debate等，或采用“任务”方式(task-based approach)，如口头或书面就某个问题发表看法等。

7)考虑到学生在读完四、六级后参加大学英语四、六级考试的实际需要，《全新版》除了在各教程中均设有数量一定的类似四、六级考题形式的练习外，还特地将《综合教程》中的Test Yourself设计成四、六级考卷形式，以帮助学生逐步熟悉该考试形式，对其有所准备。

### 3. 全书框架

全书由下列几部分组成：

综合教程（1—6册）

（每册由8个单元组成）

**阅读教程**（1—6册）

（每册由8个单元组成）

**快速阅读**（活页）

（每册由8个单元组成）

**听说教程**（1—6册）

（每册由16单元组成）

另有供预备级使用的教材一套，组成与上述同，每种教程一册。

另编有**语法手册**一本，供学生课外参考使用。

除快速阅读外，各教程均配有**教师用书**；综合、听说教程配有相应的录音磁带和光盘。

建议每两周（8课时）处理系列教材的一个单元，即综合、泛读、快速阅读各一个单元和听说教程两个单元。其中，综合5课时，泛读和快速阅读1课时，听说教程2课时。使用时，各校可根据具体情况灵活掌握。

编者

2001年3月

# 关于《综合教程》的编写和使用

## 编写说明

本教程是整个系列教材的主干教程,旨在指导学生在深入学习课文的基础上,从词、句、语篇等角度进行读、听、说、写、译多方面的语言操练,着重培养学生的英语语言能力和综合应用能力,尤其是读和写的能力。

## 使用说明

全教程共分6册(预备级另有1册)。每册配有相应的教师参考书。

每册分8个单元。

每单元设一主题(theme),含同一主题的课文两篇(正副各一篇)。

每单元由4部分组成:

Part I 读前准备活动(pre-reading task)

Part II 正课文(Text A)

Part III 副课文(Text B)(for home reading)

Part IV 与主题相关的语言操练(theme-related language learning tasks)

## 教学建议

每个单元的四部分组成一个有机的整体。Part I 和Part III 供学生课外自学(Part I 的录音连同Text A的录音磁带将随书供应),老师只需做适当检查;教师堂上主要讲授、操练Part II 和Part IV。

建议每5课时处理一个单元。但使用时,各校可根据具体情况灵活掌握。

## 编者说明

本书为《综合教程》的第三册,供修读大学英语三级的学生使用。现将书内各

单元的四个部分分别简介如下:

**Part I** 为每单元提供了一段与该单元主题紧密相关的录音(形式有歌曲、小故事、短文等),要求学生上课前预习时听。该录音的文字稿附在书后以供参考。这一活动旨在激活学生已有的知识图式、引导学生进入主题并为学习课文做好准备。

**Part II** 由正课文、词表和练习三部分组成。课文注释采用脚注。练习部分主要包括下列几方面:

**课文理解 (Comprehension)**

含课文内容提问(Content Questions)、思考讨论题(Points for Discussion)、课文结构(Text Organization)

**语感培养 (Language Sense Enhancement)**

含课文背诵、诗、格言集锦、幽默故事

**语言操练 (Language Focus)**

每单元挑选出30-40个常用的四级词和短语(Words and Phrases to Drill)作为重点操练的复用词,这一部分练习主要围绕它们来进行。下分词汇(Vocabulary)、结构(Structure)、综合性的语篇练习(Comprehensive Exercises)等部分。

词汇项下,除对重点词语操练的常设项目外,还视各课的具体情况分别设有 Collocation、Usage、Synonyms、Confusable Words、Word Family、Word Formation 等分项。

综合性的语篇练习项下又分 Cloze A(根据课文内容写成)、Cloze B 和成段翻译(中译英)。

**Part III** 由副课文、词表和练习三部分组成。课文的注释同样采用脚注形式。每课词表列出 20 个四级词和短语(Words and Phrases to Learn)作为复用词供操练,其余的生词和短语可查找书后的词汇表。练习包括有关课文内容的多项选择题、课文句子翻译(英译中)和词语填充。练习答案亦附于书后。

**Part IV** 是一项进一步深化的综合性口、笔实践活动。它是在学生经过了正、副课文的学习和一系列的语言操练后,对相关主题的内容和语言表述已有所掌握的前提下进行的。主要由小组讨论和课堂写作两部分构成。后者以前者为基础。书后练习答案附录中,有一篇写好的作文供学生参考。

这一部分对于培养学生的综合能力至关重要,建议安排 1 课时。

书内按四单元为一组设计了两份试卷,供学生阶段性复习用。试卷按照大学英语四、六级考试题型设计,以便让学生逐步熟悉其形式,为今后参加大学英语四、六级考试作好准备。

书末附有三个附录供参考。

《综合教程》由复旦大学大学英语教学部负责编写。李荫华、王德明、夏国佐、余建中担任主编,孙骊担任主审。英国专家 Anthony Ward 协助编写和审阅。



本书的编写从内容到形式都有不少新的尝试，加之编者水平所限，不妥之处，敬请读者批评指正。

编者  
2001年3月

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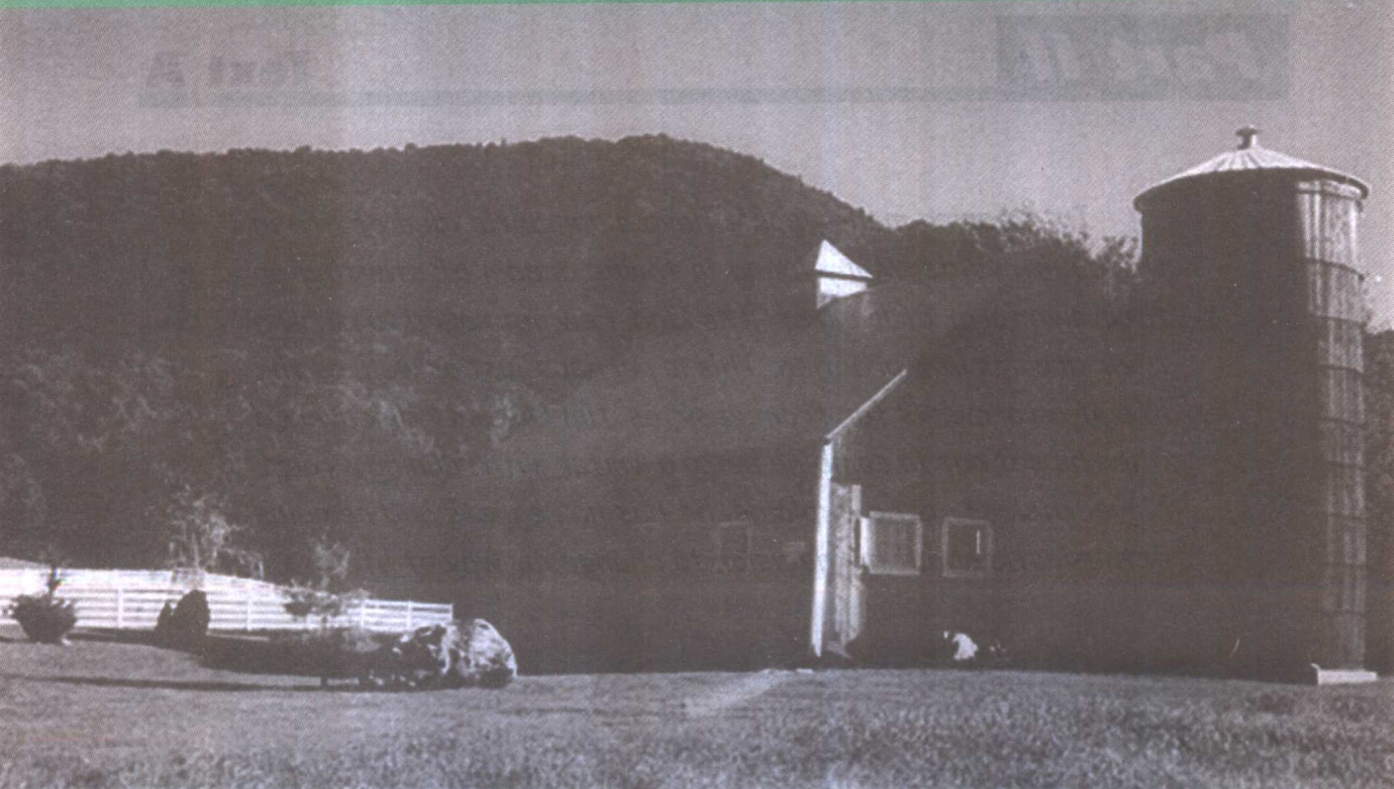
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# UNIT 1

## Changes in the Way We Live

Text A	Mr. Doherty Builds His Dream Life	2
Text B	American Family Life: The Changing Picture	24



## **Part I**

## **Pre-Reading Task**

Listen to the recording two or three times and then think over the following questions:

1. What is the song about?
2. When does the singer of the song feel the need to get out in the country?
3. According to the song, what can life in the country offer us the city lacks?
4. Is the song related to the theme of this unit—changes in the way we live? How?

## **Part II**

## **Text A**

*In America many people have a romantic idea of life in the countryside. Many living in towns dream of starting up their own farm, of living off the land. Few get round to putting their dreams into practice. This is perhaps just as well, as the life of a farmer is far from easy, as Jim Doherty discovered when he set out to combine being a writer with running a farm. Nevertheless, as he explains, he has no regrets and remains enthusiastic about his decision to change his way of life.*



## MR. DOHERTY BUILDS HIS DREAM LIFE<sup>1</sup>

*Jim Doherty*

**T**here are two things I have always wanted to do—write and live on a farm. Today I'm doing both. I am not in E. B. White's class as a writer or in my neighbors' league as a farmer, but I'm getting by. And after years of frustration with city and suburban living, my wife Sandy and I have finally found contentment here in the country. 5

**2** It's a self-reliant sort of life. We grow nearly all of our fruits and vegetables. Our hens keep us in eggs, with several dozen left over to sell each week. Our bees provide us with honey, and we cut enough wood to just about make it through the heating season.

**3** It's a satisfying life too. In the summer we canoe on the river, go picnicking in the woods and take long bicycle rides. In the winter we ski and skate. We get excited about sunsets. We love the smell of the earth warming and the sound of cattle lowing. We watch for hawks in the sky and deer in the cornfields. 10

**4** But the good life can get pretty tough. Three months ago when it was 30 below<sup>2</sup>, we spent two miserable days hauling firewood up the river on a sled. Three months from now, it will be 95 above and we will be cultivating corn, weeding strawberries and killing chickens. Recently, Sandy and I had to retille the back roof. Soon Jim, 16 and Emily, 13, the youngest of our four children, will help me make some long-overdue improvements on the out- 20

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**1** The text is taken from *Exploring Through Writing*, 2<sup>nd</sup> edition, 1998, published by Cambridge University Press. It first appeared in *Money* magazine (1984).

**2** 30 below: minus 30 degrees Fahrenheit

door toilet that supplements our indoor plumbing when we are working outside. Later this month, we'll spray the orchard, paint the barn, plant the garden and clean the hen house before the new chicks arrive.

5 In between such chores, I manage to spend 50 to 60 hours a week at the typewriter or doing reporting for the freelance articles I sell to magazines and newspapers. Sandy, meanwhile, pursues her own demanding schedule. Besides the usual household routine, she oversees the garden and beehives, bakes bread, cans and freezes, drives the kids to their music lessons, practices with them, takes organ lessons on her own, does research and typing for me, writes an article herself now and then, tends the flower beds, stacks a little wood and delivers the eggs. There is, as the old saying goes, no rest for the wicked<sup>1</sup> on a place like this—and not much for the virtuous either. 25 30

6 None of us will ever forget our first winter. We were buried under five feet of snow from December through March. While one storm after another blasted huge drifts up against the house and barn, we kept warm inside burning our own wood, eating our own apples and loving every minute of it. 35

7 When spring came, it brought two floods. First the river overflowed, covering much of our land for weeks. Then the growing season began, swamping us under wave after wave of produce. Our freezer filled up with cherries, raspberries, strawberries, asparagus, peas, beans and corn. Then our canned-goods shelves and cupboards began to grow with preserves, tomato juice, grape juice, plums, jams and jellies. Eventually, the basement floor disappeared under piles of potatoes, squash and pumpkins, and the barn began to fill with apples and pears. It was amazing. 40

8 The next year we grew even more food and managed to get through the winter on firewood that was mostly from our own trees and only 100 gallons of heating oil. At that point I began thinking seriously about quitting my job and starting to freelance. The timing was terrible. By then, Shawn 45

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<sup>1</sup> There's no rest for the wicked: means you must continue with your work or other activity that you should be doing, not rest. This saying comes from the Bible, *Isiah 57:21*, "...no peace, saith my God, to the wicked."

and Amy, our oldest girls were attending expensive Ivy League schools and we had only a few thousand dollars in the bank. Yet we kept coming back to the same question: Will there ever be a *better* time? The answer, decidedly, was no, and so—with my employer’s blessings and half a year’s pay in accumulated benefits in my pocket—off I went. 50

**9** There have been a few anxious moments since then, but on balance things have gone much better than we had any right to expect. For various stories of mine, I’ve crawled into black-bear dens for *Sports Illustrated*, hitched up dogsled racing teams for *Smithsonian* magazine, checked out the Lake Champlain “monster”<sup>1</sup> for *Science Digest*, and canoed through the Boundary Waters wilderness area of Minnesota for *Destinations*. 55

**10** I’m not making anywhere near as much money as I did when I was employed full time, but now we don’t need as much either. I generate enough income to handle our \$600-a-month mortgage payments plus the usual expenses for a family like ours. That includes everything from music lessons and dental bills to car repairs and college costs. When it comes to insurance, we have a poor man’s major-medical policy. We have to pay the first \$500 of any medical fees for each member of the family. It picks up 80% of the costs beyond that. Although we are stuck with paying minor expenses, our premium is low—only \$560 a year—and we are covered against catastrophe. 65  
Aside from that and the policy on our two cars at \$400 a year, we have no other insurance. But we are setting aside \$2,000 a year in an IRA<sup>2</sup>. 70

**11** We’ve been able to make up the difference in income by cutting back without appreciably lowering our standard of living. We continue to dine out once or twice a month, but now we patronize local restaurants instead of more expensive places in the city. We still attend the opera and ballet in Milwaukee but only a few times a year. We eat less meat, drink cheaper 75

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**1** the Lake Champlain “monster”: This legendary monster is nicknamed “Champ”. It might be a prehistoric reptile, fish, or mammal, living in the lake, or just an old myth or story passed down through the centuries.

**2** IRA=Individual Retirement Account, a personal retirement plan whereby a limited amount of annual earned income may be saved or invested in special accounts, with taxes on the earnings postponed until retirement