

大学英语文库

● 总主编 秦傲松



*Kaleidoscopic
Life of Modern Times*

生活万花筒

· 中级 ·

徐锦芬 主编

· 华中科技大学出版社 ·

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内 容 提 要

本书系大学英语文库系列之一《生活万花筒》(中级)。该书精选了40多篇反映现代生活的文章,内容涉及衣、食、住、行等日常生活的各个方面。本书除了对生词和语言难点作出注释以外,每篇选文后还配有难句翻译以帮助读者正确理解文中的长难句,从而更深入地理解原文。文中选材大多来自于最新的原版刊物和互联网,有很强的时代气息。本书充分体现了知识性与趣味性的有机统一,适合于大学生、研究生及其他英语爱好者阅读。

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前 言

1999年12月颁布的《大学英语教学大纲(修订本)》(以下简称新大纲)指出:“从语言学习的规律来看,英语应用能力的提高是建立在大量的语言输入、尤其是大量的阅读的基础之上的。”新大纲还提出:“大学英语教学还应有助于学生开阔视野,扩大知识面,加深对世界的了解,借鉴和吸收外国文化精华,提高文化素养。”

为了贯彻新大纲的精神,全国高等学校大学外语教学指导委员会英语组于2000年7月在大连召开工作会议,重点讨论了大学英语文库建设。会议确定了大学英语文库的编写原则和编写方案,会议提出,要“加紧大学英语文库建设”。

这套大学英语文库正是在上述思想指导下组织编写的,旨在使学生——读者通过大量阅读,巩固和加深所学语言知识,扩大词汇量,增强英语语感,达到双“提高”的目的,即:既提高英语语言应用能力,又提高文化素养。

这套文库内容十分丰富。从异彩纷呈的现代社会到五光十色的现代生活,从多姿多彩的各国文化到日新月异的科技世界,这套文库都有涵盖。这些内容分属五个系列,它们是:《社会聚焦集》、《文化广角镜》、《名人故事篇》、《科技新视野》和《生活万花筒》。每个系列均按语言难易程度分为初、中、高三个级别。原则上,初级适用于大学非英语专业一年级学生,中级适用于二、三年级学生,高级适用于四年级学生和研究生。

这套文库在选材、译注、体例和编排上均独具特色,不落窠臼。其主要特点有:

1. 各系列各级选文大都摘自国外报刊和互联网,仅个别选文有少量删改。文字规范,语言鲜活,有时代特征,并充分考虑了知识性和趣味性的统一。故这套文库不仅是学习英语、

提高语言应用能力的读物，而且是涉猎世界文化、社会、生活和科技知识的园地。每篇选文长度一般控制在 700—2 000 词之内（仅数篇确因内容不忍割舍的短文不足 700 词）。为方便读者做阅读速度的自我检测，文尾标出了该文的词数。

2. 每篇选文后均附有“Sentence Translations for Reference 参考译句”，以帮助读者加深对文中的长难句及全文的理解。这种在文中择句翻译的形式与全国大学英语四、六级考试中的“英译汉”题型是一致的，因此，它还有助于提高读者的英译汉能力，有助于他们备考英译汉测试。

3. 每篇选文以《大学英语教学大纲（修订本）》的词汇表为参照标准，直接在文中注出了超纲生词的词义，并且在不同文章中重复出现的生词重复注出词义。这样有利于读者打乱顺序任选文章阅读，也有利于读者加深对生词的记忆。此外，每篇选文还用脚注的形式针对有关语言难点和人物、典故进行注释，每条注释力求明快清晰、言简意赅。有的词语用了双语注释，目的是为了从各个方面来提高读者的英语应用能力。

4. 每篇选文均编撰了简明扼要的导读。读者在看到中英文对照的标题后，即可结合导读了解文章的主旨，有助于读者从语篇水平上加深对文章的理解；同时，导读还可以激发读者的兴趣，增强阅读的动力。

这套文库是华中科技大学、武汉理工大学和中国地质大学等三校联袂合作的成果。参加编写工作的有三校的老、中、青年英语教师和华中科技大学外国语言学及应用语言学专业部分硕士研究生，共计 30 多人。编写分工如下：华中科技大学负责《社会聚焦集》、《文化广角镜》和《生活万花筒》三个系列；武汉理工大学负责《名人故事篇》系列；中国地质大学负责《科技新视野》系列。

华中科技大学出版社对本文库的编写和出版给予了鼎力支持，投入了很大力量。本文库在编写过程中得到了华中科技大学大

学外语系、武汉理工大学外语学院和中国地质大学外语系领导的关心、支持以及许多大学生的帮助。我们全体编写人员在此谨表示衷心的感谢。

这套文库大部分选材来源于最新的有关原版书刊和互联网，编委会谨向原文作者一并致谢。

由于校际间合作编写这样的大型文库是我们的第一次尝试，经验不足；加上水平有限，时间匆促，疏漏与错误在所难免，敬希各方读者和同行不吝赐教。

大学英语文库编委会

2001年10月

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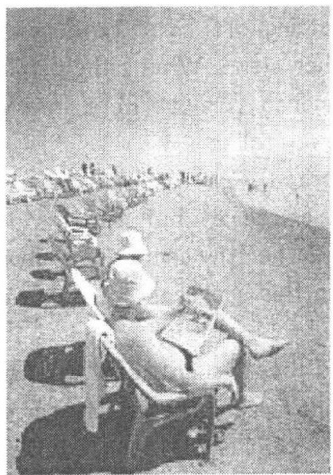
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How to Lighten Your Psychological Pressure

如何减轻你的心理压力



When you feel angry and nervous and want to blame or beat somebody, here are the ways for you to take.

The rhythm of life is getting faster and people are busier with their jobs. As a result, more and more people feel they are under serious psychological pressure. At the end of last year, a company named the "Letting Off^① Pressure Workshop" was established in Nanchang, capital of Jiangxi Province, creating a great deal of controversy. The company said that if clients felt angry and wanted to blame somebody or beat somebody, they could find satisfaction there by taking out their frustrations on artificial figures.^[1] This

① let off: release; let go of 释放, 排放

office was the place where people could vent their frustrations. From the initial preparations to the opening, the workshop remained the focus of arguments. Supporters said this method of relieving pressure had been popular abroad. With the fast rhythm of life, people confront more and more pressure. If pressure can't be released, it will hurt the citizens' health and add to social problems, they said.

But opponents said it is an infringement (侵犯) of citizens' rights to hurl insults at anyone, whether he is present or not.^[2]

Some popular "letting off bars" have now appeared in Nanjing, Shenyang and other cities. What's the public's opinion^① about this service? Two hundred families were interviewed by phone. The results of the survey tell us:

- 73 percent agreed with the view that "modern life and work create great pressure" but thought this way of releasing pressure was not healthy and citizens shouldn't adopt it;
- 21 percent said this approach would only nurture inclinations to violence;
- 58 percent said that if clients beat artificial figures more often, they will become more aggressive sooner and later;
- Another 52 percent said there are better ways to release pressure and this method is unnecessary.

Regarding how to release pressure, most people chose talking to others. Forty-seven percent would communicate with friends and relatives before succumbing (屈服) to pressure and thought this was the best way to ease their minds.^[3] One of the interviewees said: "Communicating or chatting with your friends lets you release invisible pressure. Of course, your friends can't always reduce the pressure you feel. But you will find that you feel easier and happier after a long talk with them, even though the pressure still exists." Thirty-three percent of the sample said they endured pressure rather than releasing it. Another 10 percent (most of them youth) thought of pressure as a symbol of social progress that differed

① public's opinion: 公众舆论

from *grievances* (痛苦). When they are treated unfairly, they express their anger and fight it, they said. "We don't want any pressure exerted by others, our lives should be happy," they said.

Liu Yibin (from China Youth Daily): The "Letting Off Pressure Workshop" doesn't have a future. The customers find artificial persons to beat and blame if they want. They can let off all their hatred by torturing the artificial persons. Currently, this workshop is purchasing new installations to expand its business and supply more services to their customers. Some customers also gave more "advanced" advice. Taking out their grievances on artificial persons with the picture of some guy they hate attached. As a creative service, its success and longevity depend on the true needs of customers and its fitness for social progress.^[4] The creator of this service made a basic mistake in how to look at real society as well as the psychological, mental and physical health of future people. Needless to say^①, modern society is very competitive and needs higher quality citizens. Thus many people feel tense and tired and need to release pressure to readjust themselves. But the pressure doesn't come from conflicts among people and, of course, cannot be relieved by such conflict. If the customers come to the workshop, the service hints that their tension and fatigue begins with the hatred of others, and all the targets on which they let off their anger are human beings, will he be elicited or more confused?

In the healthy market economy, competition, though more intense, makes citizens' rights and duties clear and lawful. Pressure creates opportunity for citizens to show their capabilities and value. So personal relationships become more transparent, simpler, more direct and more comfortable, and people put more energy and thought into their careers. Personal conflicts will lessen, so hatred will also lessen. Even for someone who hates his competitors, hatred can be settled by the market and legal methods. In the past, under the planned economy, everyone got the same regardless of the performance. This situation easily caused a psychological imbalance

① needless to say: of course; as was to be expected 不用说

and led to personal conflicts. "It's infinite happiness to fight against heaven; it's infinite happiness to fight against the Earth; it's infinite happiness to fight against human beings." We often mention these words. But it's a pity that in the past, we failed to spend much energy and thought in struggling with "heaven and earth" and lost many chances to develop. Chinese national strength and people's standard of living lag far behind^① that of the developed countries. However, the Chinese people have rich experience in struggling with other human beings. So what's the result of "struggle"? Except for negative life experiences, bad personal relationships, unhealthy psychology, and a broken national economy, "struggle" doesn't have any benefit. And this cultural *remnant* (残余) is not suitable to the development of a healthy market economy. Making human beings the target of letting off anger apparently bears such an historical shadow.^[5]

In present-day China, because of problems with the system, laws and morality, some social conflicts are sharp. Corruption and unfair competition also raise people's anger and create psychological disturbances. But those problems can't be settled by whipping artificial persons.

Zhang Zhihao (graduate of the Chinese Department of Sichuan University): A place to let off steam is very necessary. I often felt nervous in my daily work and life and sometimes had grievances against my superiors and colleagues. So I often went to bars or danced to relax. But there were always the same styles, noise or false gentleness, and the customers couldn't find relief. I happened to find out that a statue of the boss of a Japanese enterprise was set up in front of a factory where employees could give vent to their anger. I decided to found a "letting-off club" if I had enough money. According to my design, my club without sex elements would focus on "letting-off" steam. The club would relax customers through healthy entertainment and provide clients experiences at all phases of life from infancy to old age. Waitresses could feed you milk and

① lag far behind: move, advance, or develop more slowly than others 远远落后

also help you walk. The club would cover 1,000 square meters and have eight sections, such as psychological treatment, activity therapy, letting-off through entertainment therapy, letting-off through consumption therapy and communication. If you were excited and angry, you could choose the psychological treatment. Here the tables would look like human faces with the two nostrils serving as ashtrays. When you put the ashes of your cigarette into the nostrils, you could enjoy this happiness slowly. You also could throw your beer bottle at the wall after you finish the beer, and you would have the right to stick the name of your boss on a statue and blame it, even beat it. If you wanted to communicate with others, you could enter a dark room. There you could pour out^① your bitterness to the waitress or waiter in another room through a small hole. No matter whether you cried or laughed, your partner would make you comfortable and would never recognize you. It would be like confession in church. If you only felt tired, you could go to the forest and enjoy the golden sands, sunlight, and even take off your clothes and feel close to nature naked. If you needed to buy something, just order by the speaker hidden in the leaves. If you wanted your childhood, you could go to a special section to help ants climb trees or worms cross the rivers. Those little lives waiting for your friendship would reawaken your childhood. (1,400 words)

Sentence Translations for Reference

参 考 译 句

- [1] 公司承诺, 如果客户生气了, 想骂人或想打人, 他们可以在那儿对着人造人体模型发泄自己的不快, 而从中找到某种满足。
- [2] 但是, 一些反对者认为, 不管别人是否在场, 对其大声谩骂是一种侵犯公民权利的行为。
- [3] 在屈从于压力之前, 47%的人会向自己的亲戚朋友倾诉一番, 而且认

① pour out: 诉说, 倾吐