

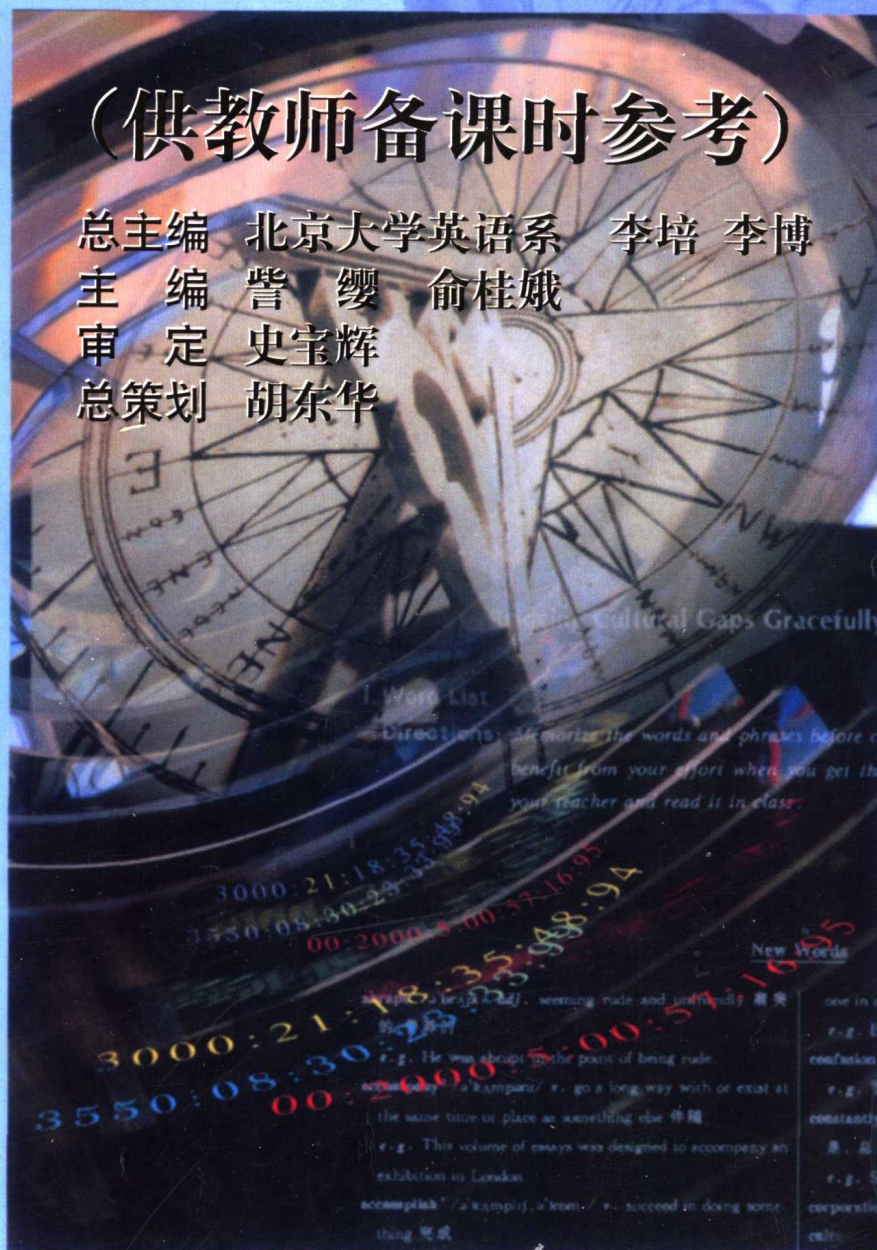
新编大学英语

示范教案

4

(供教师备课时参考)

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新编大学英语示范教案(四)

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一、内容:大学英语四、六级考试考前两个月押题讲座

二、讲座总策划:胡东华

三、主讲:

“双博士品牌”大学英语课题组

四、网站:中国教育考试双博士网站:<http://www.bbdd.cc>

五、时间:2003 年 4 月 ~ 5 月 2003 年 11 月 ~ 12 月

六、大学英语四、六级考试考前 2 个月押题讲座课程表

时 间 科 目	4 月或 11 月 第 1 周	4 月或 11 月 第 2 周	4 月或 11 月 第 3 周	4 月或 11 月 第 4 周	5 月或 12 月 第 1 周	5 月或 12 月 第 2 周	5 月或 12 月 第 3 周	5 月或 12 月 第 4 周
四 级	听力理解	阅读理解 (一)	阅读理解 (二)	词语用法 语法结构	完形填空 简短回答	翻译	写作	模拟题
六 级	听力理解	阅读理解 (一)	阅读理解 (二)	词语用法 语法结构	完形填空 简短回答	改错	写作	模拟题
分值	20 分	40 分		15 分	10 分		15 分	总分 100 分

以上讲座将结合本教材。

七、信息发布:网站将随时发布大学英语教学和四、六级考试方面的最新消息。

八、其他服务:本网站每月将不定期举办免费的词汇讲座及提供课外时文选读。

双博士品牌 真爱大奉献

来自北京大学研究生会的感谢信

双博士:

您好!

首先感谢您对北京大学“十佳教师”评选活动的热情支持和无私帮助!师恩难忘,北京大学“十佳教师”评选活动是北京大学研究生会的品牌活动之一,是北京大学所有在校研究生和本科生对恩师情谊的最朴素表达。双博士作为大学教学辅导及考研领域全国最大的图书品牌之一,不忘北大莘莘学子和传道授业的老师,其行为将永久的被北大师生感怀和铭记。

作为考研漫漫征途上的过来人,双博士曾陪伴我们度过考研岁月的无数个日日夜夜,曾带给我们无数个明示和启发,当然也带给我们今天的成功。

特致此信,向双博士表达我们内心长久以来的感激之情,并祝愿双博士事业蒸蒸日上。

北京大学研究生会

二零零二年十二月

郑州某大学学生的来信

双博士:

您好!

.....

我曾购买了“双博士”的《大学英语精读课文辅导》(3)、(4)册,我认为质量很好,因为我在准备2001年6月份的全国四级考试前没买太多的辅导资料,仅是每天背《辅导》上的知识点,另外又做(看)了双博士的模拟题、真题解析及词汇,而我却考出了94.5分的骄人成绩,真应感谢双博士为我们带来了如此上乘的资料。我信赖双博士,也相信考研中借助双博士的力量,会取得更好的成绩。所以我在您寄来的书目中挑了一下,如果可以的话,我想得到代号为“RB12”的《考研应试教程(英语分册)》,或者是代号为“B18A”的《研究生入学考试英语词汇·考点·记忆法·用法详解》。两本书中的任何一本,我都相信会给我带来好运!

另外,.....

李 XX

2001年11月22日

天津某高校学生的来信

双博士:

你们好!

.....

我们都知道,英语学习中,口语是非常重要的,而《英美流行口语》正是我们所需要的,是一场及时雨。五一、五四前后,我校将举办一次口语演讲比赛,我们将把这几本书作为奖品赠送给口语出色的同学,相信他们会很意外,也会很高兴的。双博士为我们着想,我们也希望能以微小之力量,给她的工作以支持和回报。其实,我想,只要我们真正为爱好英语的同学做了事,使他们从中受了益,英语有了提高,就是对“双博士”最好的回报了,对不对?

还有,我校对购买“双博士”图书比较困难,到书店买,常被抢购一空,由老师订购又“姗姗来迟”,所以,我想与你们联系,能否帮同学们统一订购?如可以,请将你们的订购时间、办法等以传真方式告诉我。

.....

英语俱乐部会长:于 XX

2002年4月24日

前 言

本丛书系列共四册,为《新编大学英语》第一册至第四册的示范教案,供教师在备课及教学时参考,亦可供正在学习“新编大学英语”1~4级的学生使用。

每册共有十二个单元。每个单元分别由四部分组成:第一部分为准备活动。内容包括:1)口语练习。该部分总结了大量实用上口、简便易记的口语句型供操练,旨在帮助学生奠定坚实的口语基础,顺利通过口语考试;2)热身训练。该部分除精心设计了问答题和讨论题之外,还列出了可用于讨论的相关词汇和短语,以避免出现课堂讨论时无话可说的局面;同时也为教师备课减轻了负担。3)花絮。包括与课文话题相关的短文听写、谚语、歌词、谜语,小知识等,旨在激发学生的学习兴趣。第二部分为无障碍听力。包括生词、短语注释,重要句型讲解,练习答案以及听力文字材料。该部分设计的目的是帮助学生实现无障碍听力。第三部分为阅读训练。包括1)词汇学习(word study)。每课挑选约20个左右的重点词语精讲。该部分特色为:①除给出各种类型的扩展例句外,还单列出了该词所在的课本句;②句型归类;2)阅读导入。①包括中英文内容提要;②背景知识简介;③篇章结构分析;3)课文详解。包括①长难句注释;②语言点总结;③四级考点归纳、解析;④精彩句赏析;⑤课文中出现的有关修辞与写作知识讲解;⑥练习答案;⑦课文译文。第四部分为巩固与提高。内容包括课文中全部练习答案及解析,写作范文以及测验(Quiz)答案与解析。以上栏目,任课教师可根据本地区实际情况,就其中内容决定取舍。如有不妥之处,敬请谅解。

本书内容详实,编排体例新颖,其特色为把课堂教学与四级考试、口语考试训练密切结合起来,注重对学生进行全程能力型导学与针对性训练。

本书编者为大学英语一线教师,具有丰富的教学经验,对大纲要求及四、六级考点耳熟能详,对学生的学习状况了如指掌,因此,对教材的讲解具有较强的针对性和启发性。












本书由外语教学与研究出版社语言学丛书专家委员会委员史宝辉教授审定。“双博士”品牌图书策划胡东华同志负责体例策划及组织工作,在此一并表示感谢。

编者

2003年2月

“双博士”网站留言选登

在 2002 年 11 月 ~ 12 月的双博士网上考研及四、六级讲座中,每天收到大量留言,现将 11 月 28 日 ~ 12 月 6 日短短几天的留言,选登如下:

	作者: mayfox 来自: 河北 2002 - 12 - 2 , 22:15:51 留言内容: 双博士确实不错,为大家做了这么多!
	作者: MATTHEW 来自: 四川 2002 - 12 - 2 , 12:01:37 留言内容: 双博士考研单词记忆法非常棒,这次政治押题讲座上传的内容很不错。还有我想问一下胡老师是否是个基督徒!?
	作者: fatfatdog 来自: 湖北 2002 - 12 - 2 , 11:14:18 留言内容: 考试内容及预测考点的红色部分是重点,那么前面打上红的五角星的是什么意思呢? 请给以说明! 内容不错,不愧是具有爱心的人!
	作者: kaoyan 来自: 北京 2002 - 11 - 30 , 10:53:31 留言内容: 以前用你们的大学英语资料考四六级感觉很好,最近买了一套考研数学最后冲刺题,也还不错,希望你们多多努力,做好这个网站! 很感谢你们!!
	作者: 杨康 来自: 安徽 2002 - 11 - 28 , 18:32:47 留言内容: 双博士教育网的同志们,你们出版的书很好。尤其是英语辅导书。你们能给我指导如何做好考研的准备吗? 谢谢你们的关心
	作者: 嘎几 来自: 湖南 2002 - 12 - 5 , 22:00:36 留言内容: 好!!!! 我简直不知道该怎么说好
	作者: licy 来自: 宁夏 2002 - 12 - 5 , 21:44:55 留言内容: 政治编的不错啊... 谢谢 ~ ~ ~ ~
	作者: 谢军华 来自: 湖北 2002 - 12 - 6 , 19:06:05 留言内容: 谢谢主编为我们提供这么方便的讲座!! 在这讲究金钱的世界,你们能全心为我们着想! 太难得了
	作者: 杨杨 来自: 北京 2002 - 12 - 4 , 9:39:01 留言内容: 你们出的时政形势政策分析这本书及 9 月以后的补充资料很及时也很全面。谢谢!
	作者: jk 来自: 江西 2002 - 12 - 3 , 21:41:15 留言内容: 感谢你们付出的艰辛,网上教学使我受益不小。
	作者: 吴光华 来自: 黑龙江 2002 - 12 - 3 , 18:07:19 留言内容: 你们的東西对我帮助很大,你们的书也挺出色,希望你们能够再接再厉,办得更好,谢谢

目 录

Unit One	Happiness	(1)
Unit Two	Human Behavior	(45)
Unit Three	Attitudes Toward Work	(70)
Unit Four	Honesty	(102)
Unit Five	Appearance	(147)
Unit Six	Advertising Campaigns	(188)
Unit Seven	Today's Youth	(230)
Unit Eight	The Media	(267)
Unit Nine	Computer Technology	(306)
Unit Ten	Medical Ethics	(337)
Unit Eleven	Criminal Punishment and Criminal Prevention	(369)
Unit Twelve	Ambition	(405)

Unit One Happiness

重点内容检索

一、口语练习 (Oral Practice)

二、语法重点 (Grammatical Points)

1. 同位语从句
2. 动名词作主语

三、重点词语、句型 (Key Words, Phrases and Sentence Patterns)

- | | |
|------------------------|-----------|
| 1. respond (听力) | 回应 |
| 2. greet (听力) | 问候, 打招呼 |
| 3. reflect (听力) | 反映 |
| 4. no more than (听力) | 不过, 仅仅 |
| 5. favor | 偏爱, 偏好 |
| 6. well - being | 幸福, 安康 |
| 7. accompany | 陪伴 |
| 8. indulge | 沉溺于 |
| 9. preserve | 保留, 保存 |
| 10. restraint | 克制 |
| 11. explode | 戳穿; 爆炸 |
| 12. decline | 下降; 婉拒 |
| 13. soar | 迅猛增长 |
| 14. deprive | 剥夺 |
| 15. exceed | 超出 |
| 16. reason | 推理 |
| 17. undertake | 做 |
| 18. urge | 怂恿, 催促 |
| 19. impose | 强加于 |
| 20. fluctuate | 上下波动 |
| 21. outweigh | 比……更重要 |
| 22. committed | 忠诚的, 坚定的 |
| 23. alternative | 选择 |
| 24. dispose | 使易于, 使有倾向 |

四、四级考点

- | | | |
|-----------------------|----------------|----------------------|
| 1. 同位语从句 | 2. wish 用于虚拟语气 | 3. 动名词做主语 |
| 4. make... do/done | 5. tend to | 6. accompany 与近义词的辨析 |
| 7. be associated with | 8. favor | 9. preserve |
| 10. decline | 11. given | |

五、精彩句赏析

文章的结构

六、写作与修辞

拓展主题句

第一部分 准备活动 (Preparation)

一、口语练习 (Oral Practice)

Divide the class into groups and ask students to list things that make people happy. Then each group shall choose a representative to present their discussion to the whole class.

二、热身训练 (Warm-up Exercise, Pair Work)

1.

Step One

Students tell each other about (They can choose one of the following topics)

- 1) What aspect about yourself are you most satisfied with?
- 2) What aspect about yourself are you most dissatisfied with?
- 3) Will you be happier after graduation?

Step Two

Students are asked to present the views of their partners.

2.

Samples

- 1) —I'm most satisfied with the fact that I'm intelligent enough to be enrolled in a prestigious university.
—I'm most satisfied with my strong willpower. I have been taught never to give up even if I am faced with great difficulties.
—I'm most satisfied with the harmonious relationships between the members of my family. We help and learn from each other and enjoy each other's company.
—I'm most satisfied with my major and what I've achieved so far. Hopefully this will enable me to find a good job.
- 2) —I'm most dissatisfied with my communication ability. I'm reserved and so it's difficult for me to make friends with others.
—I'm most dissatisfied with my bad temper. I'm easily annoyed by anything I find unsatisfactory. So I often hurt my friends.
—I'm most dissatisfied with my financial situation. I'm often short of money and cannot afford to go traveling— my favorite hobby.
- 3) —I think I will become even happier after graduation because I can be economically independent and pursue my interests with the money I earn. And I'm quite sure that I will have a good family, which is also a source of happiness.
—I don't think every student can become happier after graduation. We are quite carefree when we are students. After we graduate, we will inevitably meet different kinds of people and will be in different situations that we cannot predict now. I'm afraid that not all the problems of life will be solved. So probably we will feel discouraged from time to time.

三、花絮 (Miscellany)

语篇听写 (Passage Dictation) Can money buy happiness?

The saying that "money can't buy happiness" is quite wrong. Even quite small lottery wins or inheritances are able to produce lasting contentment, new research published in Britain has shown. Professor Andrew Oswald and Jonathan Gardner of Warwick University in central England tracked 9,000 families over the past decade to study whether there was a link between cash windfalls (意外之财) and contentment "We find a very strong link between cash falling on you and higher contentment and better mental health in the following year," said Oswald. "We have found effects from even tiny windfalls of 1,000 pounds. And the more you get, the better you feel." A windfall of a million pounds, the research showed, would be enough to transform even the most miserable person into a picture of joy. But Oswald stressed that the research looked at the average person, and could not account for everyone. The Sun newspaper, for example, carried a story about a tramp (流浪汉) who won nearly two million pounds on Britain's National Lottery two years ago but ended up drinking himself to death.

第二部分 无障碍听力(Listening - Centered Activities)

Listening I

词汇注释(*New Words and Expressions*)

- | | |
|-----------------------|-------------|
| 1. be associated with | 和……联系在一起 |
| 2. Barcelona | 巴塞罗那(西班牙城市) |
| 3. grin | (露齿)而笑 |
| 4. interview | 采访, 访问 |
| 5. intensely | 强烈地 |
| 6. profoundly | 深切地, 极度地 |
| 7. automatic | 机械地, 习惯性地 |
| 8. athlete | 运动员 |
| 9. gold medal | 金牌 |
| 10. greet | 问候, 打招呼 |
| 11. respond | 回应 |
| 12. appreciation | 感激, 感谢 |
| 13. commentator | 评论员 |

听力原文(*Tapescript*)

Happiness is associated with smiling. But do we always smile when we are happy?

During the Olympic Games in Barcelona in 1992, Spanish researchers analyzed the facial expressions of 22 gold medal winners at the medal ceremonies. The researchers were surprised to see that these medal winners didn't smile very much. In fact, throughout the different medal ceremonies, they only smiled about 10% of the time. But during the brief moment when the gold medal was actually put around their neck, the medal winners grinned about 70% of the time.

The researchers interviewed the athletes they had watched to find out how they felt. All the winners interviewed said that they felt intensely happy throughout the ceremony.

Despite the fact that they were profoundly happy, they didn't smile a great deal. The researchers concluded that smiling is not the automatic expression of happiness. The fact that the gold medal winners smiled much more when they were actually being given their medals can be explained because, according to the Spanish researchers, smiling is a form of communication between individuals. The happy athletes were smiling at the people who were giving them their gold medals.

Perhaps we can support the findings of the Spanish researchers by making some observations of our own behavior. When we are all alone, for example, do we smile to ourselves when we are happy? Probably not very often. If someone greets us with a friendly smile, do we respond with a smile? Yes, we probably do. When a friend gives us a beautiful present, would we show our appreciation with a smile? Yes, of course. But if we are sitting alone watching television, do we smile at a commentator who smiles at us?

练习答案(*Key to Exercise*)

※ Exercise 1

The study: The analysis of the facial expressions of 22 Olympic gold medal winners at the medal ceremonies and its finding: They didn't smile very much at the medal ceremonies.

Conclusion: Smiling is a form of communication between individuals.

More supporting evidence from further observations: When we are all alone, we usually do not smile to ourselves when we are happy.

※ Exercise 2

- 1) What is the nationality of the researchers? B
- 2) How much of the time did the gold medal winners smile during the medal ceremonies? A
- 3) When did the athletes smile quite a lot? C
- 4) How did the gold medal winners feel during the ceremony? D
- 5) According to the passage, on which of the following occasions would we most probably NOT smile? A

6) Which of the four statements is true according to the passage you have just heard? D

※ Exercise 3

Samples

- 1) —I agree that smiling is a form of communication between individuals. We can see many commentators smiling on TV, but I never smile at them. If they mention something amusing, I don't smile.
—I don't think the responses from the Olympic gold medal winners are a good example. Those medallists are very happy at heart. They are just overwhelmed by extreme happiness and excitement when they realize that you've made it. When the medal ceremony begins they probably have gotten over the initial excitement. That is probably the reason why they don't smile much.
—Sometimes what I read in the newspapers makes me smile. But I don't think I'm communicating with others. That's why I don't agree that smiling is a form of communication between individuals.
- 2) —Yes. Sometimes I smile when I feel happy. I won't even realize it myself until someone asks me, "Why are you so happy?"
—No. When I feel happy, I will either laugh or tell others or myself what happy feelings I have. But I certainly don't smile.
- 3) —I always smile when I try to be friendly with someone I know.
—I always smile when I watch my favorite entertainer's performance.
—Sometimes I smile to conceal my embarrassment.
—I usually smile when someone is taking a picture of me.
- 4) Other ways to express one's happiness:
—to sing and dance;
—to cry;
—to yell;
—to jump;
—to run wildly;
—to go shopping;
—to clap one's hand;
—to eat a lot
—to chat with others;
—to play games;
—to clean the room and put everything in order;

Listening II

词汇注释(New Words and Expressions)

- | | |
|--------------------------------|--------------------|
| 14. well - being | 安乐, 安康, 幸福 |
| 15. reflect | 反映 |
| 16. Portugal | 葡萄牙 |
| 17. whereas | 但是, 然而 |
| 18. affect | 影响 |
| 19. afford | 负担得起, 买得起 |
| 20. necessity | 必需品 |
| 21. not necessarily | 不一定 |
| 22. what about. . . | 怎么样(询问意见时用语) |
| 23. no more than. . . | 不过, 仅仅 |
| 例如: He is no taller than me. | 他并不比我高大。(我和他都不高。) |
| 24. lottery | 彩票 |
| 25. temporary | 暂时的 |
| 26. miserable | 痛苦的 |
| 27. rather than | 而不是 |
| 28. put | 换一种方式表达 |
| 例如: Let me put it another way. | 换一个说法, 换句话说 |
| 29. proportion | 比例 |

30. decline 减少, 减弱

31. prosperity 繁荣

听力原文 (Tapescript)

Wealth and Well-being

Interviewer: Good morning, Professor Sherwood. Thank you for accepting our interview. You've been doing research on happiness for many years, so I'm sure you have some interesting information to share with our audience.

Prof. Sherwood: Good morning. Thank you for inviting me. I hope I can answer your questions.

Interviewer: I would like to start with a general question. Are people in rich countries happier than people in not so rich countries?

Prof. Sherwood: Well, I would say there is a relationship between national wealth and well-being. In other words, the economic wealth of a country does not appear to reflect the overall well-being of its citizens. For instance, in Portugal, one in ten people reports being very happy, whereas in Holland, four in ten people say they are very happy.

Interviewer: Does it mean that rich people in a country are happier than poor people?

Prof. Sherwood: In some poor countries, satisfaction with one's financial situation does affect happiness. But once people are able to afford the basic necessities of life, having more money doesn't necessarily make them happier.

Interviewer: What about rich places like Europe and the United States? Are income and happiness related?

Prof. Sherwood: Very little. Rich people are only slightly happier than the average citizen. People whose income increases constantly are not any happier than people whose income doesn't increase.

Interviewer: I'm always wondering whether winning a lottery can bring happiness. Is there any research on that?

Prof. Sherwood: Well, as a matter of fact, various studies show that lottery winners only get temporary joy.

Interviewer: I guess wealth is like health. If you don't have your health or if you're extremely poor, you will be miserable.

Prof. Sherwood: Yes, that's true. Happiness is wanting what we have rather than getting what we want.

Interviewer: That's a nice way of putting it. Well, in your opinion, do people become happier as their countries become richer?

Prof. Sherwood: Well, if I take the case of the United States, from 1957 to 1996, the proportion of people who said that they were very happy declined from 35% to 30%. But during that same period, the average income per person in the United States doubled.

Interviewer: So, you mean that a steady increase in a country's prosperity does not mean an increase in its people's happiness.

Prof. Sherwood: That's right.

练习答案 (Key to Exercise)

※ Exercise 1

1) The Interviewer's Questions: Are people in rich countries happier than people in not so rich countries?

Professor Sherwood's Answers: The economic wealth of a country does appear to reflect the overall well-being of its citizens.

Evidence: In Portugal, one in ten people reports being very happy.

In Holland, four in ten people report being very happy.

2) The Interviewer's Questions: Are rich people in a country happier than poor people?

Professor Sherwood's Answers: In poor countries, satisfaction with one's financial situation does affect happiness. But once people can afford the basic necessities of life, having more money doesn't necessarily make them happier.

In rich places like Europe and the United States, the relationship between income and happiness is rather weak.

3) The Interviewer's Questions: Can winning a lottery bring happiness?

Professor Sherwood's Answers: As a matter of fact, various studies show that winners only get temporary joy.

4) The Interviewer's Questions: Do people become happier as their countries become richer?

Professor Sherwood's Answers: A steady increase in a country's prosperity does not mean an increase in its people's happiness.

ple's happiness.

Evidence: In the United States, from 1957 to 1996, the proportion of happy people declined from 35% to 30%.

But during the same period, the average income per person in the country doubled

※ Exercise 2

- 1) Wealth is like health. If you don't have your health or if you are extremely poor, you will be miserable.
- 2) Happiness is wanting what we have rather than getting what we want.
- 3) —Yes, I agree. If people can't even make ends meet they can't be happy. They will have to worry about daily necessities and will always be thinking about ways to make money. And there will be no chance for them to enjoy life, let alone to feel happy. But once they can support their families and save a certain amount of money every month, they should feel satisfied with their financial situation. If they love money too much, they would either be misers or risk their health to earn more. Some people even cheat others out of their money, and consequently become criminals. Therefore, it is almost impossible for those people to be happy. So I think we have to be content with our lives. Greed and jealousy are major causes in feeling miserable.
- 4) —No. First of all, happiness is not wanting what we have. What we have is not always satisfactory. To accept it unconditionally will cause depression rather than happiness. And it is also possible that there won't be much change in our lives, which we will find boring. If all the members in a society are satisfied with what they have, there would be no progress. Second, happiness is getting what we want. The pursuit of happiness itself is a kind of happiness to us, no matter whether we find it or not. The most important thing is that we have tried. Of course, if we succeed, it will bring us a greater sense of happiness.

第三部分 阅读训练 (Reading - Centered Activities)

课内阅读精讲 (In - Class Reading)

教学步骤 (Teaching Steps)

I. Word Study

Key Words

1. favor *vt.* 偏好, 偏爱; 支持, 采纳 (某一观点, 主张)

n. 偏好, 爱好

favorite adj. & n. 偏爱的, 最喜爱的

【课本句】① Does happiness favor those of a particular age, sex, or income level?

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?

② Does happiness have a favorite sex?

幸福是否特别青睐某种性别?

【常用句型】favor 是及物动词, 后面可以直接加宾语。

【例句】① Parents should not favor one of their children more than the others.

父母不应当偏爱某一个孩子。

② The president seems to favor tax cuts. 总统似乎赞成减税。

③ He did all he could to win her favor. 他努力去赢得她的欢心。

④ I like all her works but this one is my favorite.

我喜欢她所有的作品, 但这本是我的最爱。

【固定搭配】① in favor of 赞成, 支持

② do me a favor 帮(我的)忙, 帮助(我)。

③ ask a favor 请求帮助

【记忆法】派生词: favorable 有利的, 正面的, 肯定的, 赞扬的

① I have been hearing favorable accounts of your work.

我已经听到了一些对你的工作的肯定的评价。

② The new manager has created a very favorable impression.

新来的经理给人一种很好的印象。

2. mushroom *n.* 蘑菇;核弹爆炸后形成的蘑菇云*vi.* 迅速发展,迅速涌现

【课本句】Although the scientific pursuit of happiness has recently mushroomed, speculations about happiness are age-old.

尽管有关快乐的科学研究最近才迅速发展起来,但对快乐的思考却古已有之。

【常用句型】mushroom 是及物动词,后面不可以直接加宾语。

mushroom into... 迅速形成……的形势。

【例句】New housing estates have mushroomed on the edge of the town.

在城镇的边缘,新的建筑如雨后春笋般涌现。

3. accompany *v.* 伴随;同时出现

【课本句】① Ancient philosophers believed that happiness accompanied a life of intelligent reflection.

古代的哲学家们相信只有有智慧会思考的人才拥有快乐。

② Steady improvement in the economy are not accompanied by a steady increase in people's assessments of their own happiness.

人们的幸福感并不随着经济的稳定增长而增长。

【常用句型】accompany 是及物动词,后面可以直接加宾语。

【例句】① Let me accompany you to the hotel. 让我陪你去旅馆吧。

② A series of color photographs accompanies the text. 文章配了几幅彩色照片。

【词汇辨析】company *n.* 陪伴; companion *n.* 伴侣,伙伴; companionship *n.* 伙伴关系;

① I was grateful for Jane's company on the long journey.

长途旅行中简一直陪伴着我,对此我非常感激。

② My fellow prisoners make good companions.

我的牢友是很好的伴儿。

③ He missed the companionship he'd enjoyed during the journey.

他想念旅途中的伙伴情谊。

4. indulge *v.* 沉溺

【课本句】In later centuries, some sages have suggested that happiness comes from living a virtuous life, and others, from indulging pleasures.

在此后的几个世纪里,一些智者认为幸福源于高尚的人生,而另一些人则认为幸福来自于尽情享受。

【常用句型】indulge in 沉溺于

【例句】I occasionally indulge in a cigar. 偶尔我也会享受一支雪茄。

5. preserve *v.* 保留,拥有,保存

【课本句】... some (sages believe) that it comes from knowing the truth, and others, from preserving illusions.

一些智者认为幸福源于明白事理,而另一些人则认为幸福来自于一直抱有幻想。

【常用句型】preserve 是及物动词,后面可以直接加宾语。

【例句】① The ancient Egyptians knew ways to preserve dead boys.

古埃及人知道如何保存尸体。

② I think these old interesting customs should be preserved.

我认为这种很有意思的古老风俗应当保留下来。

③ He's managed to preserve his independence. 他设法保持自己的独立。

【固定搭配】well-preserved (指人)保养得非常好的

【词汇辨析】conserve *v.* 保持,保护

① Conserve your energy—you will need it!

留着你的体力吧,你会需要它的。

② We must conserve our forests for our future generations.

我们必须保护森林,以留给后人。

四级考点

preserve

【全真题例句 2002, 6, No. 44】

We'd like to _____ a table for five for dinner this evening.

A) preserve B) reserve C) retain D) sustain

【答案】B

【译文】我们想预定今晚一张可供五人就餐的桌子。

【解析】reserve“预定”,同义的还有 book; preserve“保留,保存”; retain 与 keep 意思相近,但较为正式; sustain“承受”,常搭配“pressure”。

6. restraint n. 克制,节制

【课本句】... some (sages) that it (happiness) comes from restraint,...

一些智者认为幸福源于克己……

【例句】① I think you showed considerable restraint in not hitting him after what he said.

他说了那些话,你居然没揍他,我觉得你是相当克制自己了。

② constitutional restraints on the power of the president 宪法对总统权力的限制

【固定搭配】be kept under restraint 受约束,受控制

He went mad and had to be kept under restraint.

他疯了,必须被看管起来。

【记忆法】派生词:restrain v. 克制,抑制; restrained adj. (指人或人的行为)自控能力强的,感情不外露的; unrestrained adj. restrained 的反义词

【常用句型】restrain... from...

① If you can't restrain your dog from biting people, you must lock it up.

如果你不能让你的狗不咬人,你就应当把它关起来。

② I had to restrain myself from telling him what I thought of him.

我必须克制自己,不把自己对他的看法告诉他。

7. explode vt. 揭穿,戳穿

vi. & vt. 爆炸

vi. 爆发强烈的感情(如愤怒、大笑等)

【课本句】Social scientists have exploded some myths about who's happy and who's not by identifying predictors of happiness and life satisfaction.

社会科学家们确认了一些特征,用这些特征能预测人将来的幸福和生活满足感,从而打破了一些某些人会幸福、某些人会不幸福的迷信的看法。

【常用句型】explode in/into/with 爆发强烈的感情(如愤怒、大笑等)

【例句】① Don't touch that parcel. It might explode. 别碰那个包,它会爆的。

② They took the bomb away to a safe place and explode it.

他们把炸弹拿到安全的地方引爆了。

③ He exploded with/in anger. 他大发雷霆。

④ The audience exploded into/with laughter. 观众哄堂大笑。

⑤ These statistics have finally exploded the myth that women are worse drivers than men.

这些数据打破了女性驾车技术不如男性这一成见。

【固定搭配】explode the myth 打破成见

【记忆法】派生词:explosion n. 爆炸(声)

8. decline vi & n. 衰落,衰退

vi & vt. 委婉地拒绝

【课本句】Many people believe there are unhappy times of life... or the declining years of old age.

很多人认为人生中有几个不快乐的阶段……以及日趋衰弱的老年时期。

【例句】① His influence declined as he grew older.

年事渐高,他的影响力逐渐减弱。

② Some people's living standards have declined in recent years.

近几年里,一些人的生活水平下降了。

③ There has been a sharp decline in profits this year.

今年利润大幅下降。

④ We asked them to the party, but they declined (the invitation).

我们邀请他们来参加晚会,但他们拒绝了。

【固定搭配】on the decline 呈下降趋势

The birth rate is on the decline. 出生率呈下降趋势。

【词汇辨析】deteriorate vi. 恶化; refuse v. 拒绝

His health has deteriorated recently.

他的健康状况最近恶化了。

9. gloom n. 忧郁,沮丧;昏暗,阴暗

【课本句】And teens, unlike adults, typically rebound from either gloom or joy within an hour's time.

青少年则与成人不同,他们的愁闷或者快乐不到一小时就完全过去了。

【例句】The news of defeat filled them all with gloom.

失败的消息使所有的人都感到非常沮丧。

【固定搭配】gloom and doom 失利,沮丧,毫无希望

【记忆法】派生词:gloomy adj. 忧郁的,沮丧的;(前景)黯淡的,阴暗的

① Our future seems gloomy. 我们的未来似乎不太妙。

② He is such a gloomy guy that you can never get him smile.

他是一个忧郁的人,很难让他笑。

【词汇辨析】depressed adj. 消沉的,压抑的; upset adj. 沮丧的,不开心的; distressed adj. 痛苦的,悲哀的

① He has been feeling depressed for weeks.

一连几周他都感到非常压抑。

② She is very upset that you can't come.

你不能来,这让她很难过。

③ We were distressed to find that the children had not returned.

令我们感到痛苦的是孩子们还没有回来。

10. lasting adj. 持久的,耐久的,永久的

【课本句】Yet knowing someone's age gives no clue to the person's lasting sense of well-being.

但是,一个人的年龄并不能告诉我们这个人是否会拥有长久的幸福。

【例句】① searching for lasting peace after so many terrible wars. 多次恶战之后,寻求长久的和平。

② His policies have lasting effect on our country's economy.

他的政策对我国的经济有长远的影响。

四级考点

lasting

【全真题例句 2000, 1, No. 51】

The words of his old teacher left a _____ impression on his mind. He is still influenced by them.

A) long B) lively C) lasting D) liberal

【答案】C

【译文】他的那位年老的老师的话给他留下了永久的印象,直到今天,那些话仍然影响着他。

【解析】lively“活泼生动的”; liberal“自由主义的”。