



展望(Prospect)全国高等院校英语专业系列精品教材

# 基础英语教程 第二册

段云礼 刘梦雪 主编

*Integrated English  
Students' Book 2*



对外经济贸易大学出版社

University of International Business and Economics Press



基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

基础英语教程

展望 (Prospect) 全国高等院校英语专业系列精品教材

---

# 基础英语教程

## 第二册

主编 段云礼 刘梦雪

编者 李媛霞 陈欣妍 江治刚 郑蕴蓉 李亚莉

刘 宁 骆 玮 段云礼 刘梦雪

对外经济贸易大学出版社

中国·北京

## 图书在版编目 (CIP) 数据

基础英语教程. 第2册/段云礼, 刘梦雪主编. —  
北京: 对外经济贸易大学出版社, 2012  
展望 (Prospect) 全国高等院校英语专业系列精品教  
材

ISBN 978-7-5663-0494-0

I. ①基… II. ①段… ②刘… III. ①英语—高等学  
校—教材 IV. ①H31

中国版本图书馆 CIP 数据核字 (2012) 第 250584 号

© 2012 年 对外经济贸易大学出版社出版发行

版权所有 翻印必究

## 基础英语教程 第二册

段云礼 刘梦雪 主编

责任编辑: 戴 菲

---

对外经济贸易大学出版社

北京市朝阳区惠新东街10号 邮政编码: 100029

邮购电话: 010-64492338 发行部电话: 010-64492342

网址: <http://www.uibep.com> E-mail: [uibep@126.com](mailto:uibep@126.com)

---

北京市山华苑印刷有限责任公司印装 新华书店北京发行所发行

成品尺寸: 185mm × 230mm 15.25 印张 306 千字

2012 年 11 月北京第 1 版 2012 年 11 月第 1 次印刷

---

ISBN 978-7-5663-0494-0

印数: 0 001 - 3 000 册 定价: 34.00 元 (含光盘)

# 出版说明

“展望（Prospect）全国高等院校英语专业系列精品教材”由对外经济贸易大学出版社联合多所我国重点本科大学推出。教材根据针对全国本科院校英语专业设计，内容涵盖英语专业必修和选修课教学，包括基础技能、语言学、文学、文化、商务等方面，囊括当前我国高校英语专业所开设的大部分课程，并充分考虑到我国英语教育的地区差异和不同院校英语专业的特点，为英语教学提供更多的选择。

展望系列教材在内容选材上反映了各个学科领域的最新研究成果，除了帮助学生打下扎实的语言基本功外，在编写上更着力培养学生分析问题、解决问题的能力，并提高学生的思辨能力和人文、科学素养，培养健康向上的人生观，使学生真正成为我国新时代所需要的英语专门人才。

本系列教材的作者为中的学科带头人和一线优秀教师，教材充分体现了当今大学英语专业教育的发展方向和水平。具体书目包括《基础英语教程 1-4》、《基础英语教程辅导用书 1-4》《英语听力 1-2》、《英语口语 1-2》、《英语视听说》、《英语阅读 1-2》、《英汉/汉英口译基础教程》、《大学英汉翻译教程（第三版）》、《大学汉英翻译教程》、《英语写作》、《学术类论文写作手册（第三版）》、《经贸英语文章选读》、《经贸英语翻译》、《经贸英语口语》、《商务英语写作》、《跨文化交际》、《国际商务礼仪》、《英美国家概况》、《英国文学简史》、《美国文学简史》、《英美文学作品选读》、《实用英语文体学教程》、《英语语言学教程》、《英美报刊高级阅读教程》等。教材选配 PPT 课件（网站下载），并根据教材自身特点选配教学参考书或者 MP3 光盘，建设立体化教学资源。本系列教辅资料请登录 <http://www.uibep.com/> 下载。

对外经济贸易大学出版社外语图书事业部

2012 年 10 月

# 编写说明

基础英语是一门英语技能课，其主要目的在于培养和提高学生综合运用英语语言的能力。本课程主要通过语言基础训练与篇章讲解分析，使学生逐步提高语篇阅读理解能力，了解英语各种文体的表达方式和特点，扩大词汇量和熟悉英语常用句型，具备基本的口头与笔头表达能力。《基础英语教程》共分四册，是为高等院校英语专业一、二年级学生编写的英语基础课程教材，旨在全面提高学生的听、说、读、写、译等各个方面的能力。本教材一至四册由南开大学，天津职业技术师范大学，天津外国语大学，天津科技大学的教师合作编写。本教材的课文均选自第一手英文资料，文章题材多样，涵盖的主题包括社会、经济、文化、教育、人文、生态、科技、体育、健康、励志、休闲等等，有助于扩大学生的视野，培养学生跨文化意识和提高学生的人文素养。

本教材每册包括 14 个单元，每个单元包括主题相关的两篇文章及相应练习。教材内容设计注重对学生听、说、读、写、译等方面能力的训练。本书配有辅导用书（另册出版），每个单元内容包括：Sparkling lines, Listening activity, Pre-reading questions, Culturally speaking, Text comprehension, Language work, Translation exercise, Grammar workshop, Extended activities, Writing practice。

Sparkling lines 与课文主题相关的一些闪亮的句子。旨在引导学生进入本单元主题，提高语言鉴赏水平。

Listening activity 听力内容与本单元主题相关，旨在通过听力形式进一步引入相关主题，补充相关主题表达及词汇，帮助学生提高英语听力。

Pre-reading questions 与课文主题相关的话题讨论，培养学生批判性思维，独立发表见解的能力，提高学生口语表达能力。

Culturally speaking 包含课文中所涉及的文化背景知识的补充或较详细的解释。

Text comprehension 设计的问题既包括对课文结构体裁整体的理解，也包括对课文细节及具体语言点的理解，帮助学生提高阅读理解能力。

Language work 包括多种形式的词汇练习，帮助学生学习、巩固并拓展词汇，提高词汇运用能力。

Translation exercise 包括英汉互译两个练习，课文句子的英译汉练习旨在帮助学生提高对课文字面的局部意义的理解，课后汉译英练习帮助学生提高所学词汇的熟练运用能力。

Grammar workshop 针对某一重点语法项目进行练习，帮助学生提高准确运用英语的

能力。

Extended activities 包括听写和口语互动两个练习。听写练习旨在提高学生的精听水平及理解, 词汇, 拼写等能力。口语互动练习是进一步对相关主题的讨论拓展活动, 激发学生独立思辨和与他人合作学习的能力。

Writing practice 包括逐步的写作讲解及相关主题的写作练习, 帮助学生逐步提高写作能力, 进一步提高语言综合运用能力。

Text B 是与 Text A 主题相关的文章, 包含一些词汇注释及若干讨论练习, 帮助学生进一步丰富词汇, 了解相关主题, 拓展语言知识。

教材第一、二册具体分工如下: 段云礼、刘梦雪负责编写组织、协调、统稿及定稿工作; 李媛霞负责 Building vocabulary, Language work I, Translation exercise I 及 Text A 的词汇注释; 陈欣妍负责 Pre-reading questions 和 Text comprehension I-III; 江治刚负责 Language work III, Text B 的词汇注释, Questions for discussion 和第二册 Extended activities II; 郑蕴蓉负责 Sparkling lines 和 Translation exercise II, 李亚莉负责学生用书和教师用书中的 Culturally speaking; 刘宁负责 Language work II 和第一册 Extended activities II; 骆玮负责 Listening activity 和 Dictation; 刘梦雪负责 Grammar workshop 和 Writing practice。在整个编写过程中, 段云礼教授提供了及时的指导。

本教程配有辅导用书, 包括学生用书的编者们为各自负责的练习编写的参考答案及补充材料。全体编者还共同负责了教师用书中各个单元的词汇释义。此外, 教程还配有课件, 包含各位编者各自负责的练习, 练习答案, 词汇释义, 及与单元主题相关的音频及视频。骆玮提供了一、二册课件中全部的音频及视频材料, 李亚莉提供了一、二册课件中的图片。刘梦雪负责了全书课件的编辑整理工作。

由于时间仓促, 加上水平有限, 本教程可能还存在一些问题。我们真诚地希望同行专家和广大教师不吝赐教。

编者

# Contents

<b>Unit 1</b>	1
Text A: A Letter to My Son	2
Text B: A Letter to My Daughter	12
<b>Unit 2</b>	17
Text A: The Power of Habit	18
Text B: To Break Bad Habits	28
<b>Unit 3</b>	31
Text A: Motivation—Staying Motivated	33
Text B: Purpose in Life	44
<b>Unit 4</b>	47
Text A: Against Email	48
Text B: Information and Copyright	60
<b>Unit 5</b>	65
Text A: Happy Easter	66
Text B: The Popularization of April Fools Traditions	79
<b>Unit 6</b>	83
Text A: Media Education and Media Violence	84
Text B: Government and Industry Responses to Media Violence	95
<b>Unit 7</b>	99
Text A: Soccer	100
Text B: The Origin of the Olympic Games	109

<b>Unit 8</b> .....	113
Text A: When Two or More Gather .....	114
Text B: Five Images of Love .....	126
<b>Unit 9</b> .....	131
Text A: Winning the Job Interview Game .....	132
Text B: The Giver .....	142
<b>Unit 10</b> .....	147
Text A: The Essence of Charm .....	148
Text B: Beauty .....	159
<b>Unit 11</b> .....	163
Text A: Why Boys Don't Play with Dolls .....	164
Text B: Why Women Smile .....	175
<b>Unit 12</b> .....	181
Text A: The Color of Success .....	182
Text B: I Have a Dream .....	194
<b>Unit 13</b> .....	199
Text A: Recruiting with Sustainable Design .....	200
Text B: Hydrogen: A New Role in Energy? .....	212
<b>Unit 14</b> .....	217
Text A: Evolution .....	219
Text B: A Clean, Well-Lighted Place .....	230

# Unit 1

## Sparkling lines

*I have found the best way to give advice to your children is to find out what they want and then advise them to do it.*

—Harry S Truman

*Always be nice to your children because they are the ones who will choose your rest home.*

—Phyllis Diller

## Listening activity



**Key words:** shun, alms-house, abode, disreputable, sage

**Choose the best answer to each of the following questions as you listen to the passage.**

1. What should be the proper attitude towards life according to the author?
  - a. Not clear.
  - b. To evade miserable things in life.
  - c. To agreeably welcome everything in life
  - d. To put a curse on life.

2. Who would be more likely to look poor?
  - a. The man who has no property.
  - b. The millionaire.
  - c. The fault-finder.
  - d. The man who has no faith in life.
3. What does “rich man’s abode” refer to in this passage?
  - a. The alms-house for the poor.
  - b. Wealthy people’s house.
  - c. Social circle for the rich.
  - d. Aiding institute for the poor.
4. What kind of people could be described as “a quiet mind”?
  - a. The man who doesn’t like to live in a noisy environment.
  - b. The man who gets lost in the complicated society.
  - c. The man who is content with his life though not wealthy.
  - d. The man who shuns the reality of his life.
5. Why does the author say “Cultivate poverty like a garden herb, like sage”?
  - a. He has no intention and just makes language vivid.
  - b. He wants to emphasize the importance of enduring a poor situation.
  - c. He wants to tell us it should take long time to sharpen your abilities for getting rid of poverty.
  - d. He wants to advise people to keep cheering and noble thought whatever they are confronting.

## Text A

### *A Letter to My Son*

#### Pre-reading questions

1. “A father is a banker provided by nature.”—French Proverb  
“One father is more than one hundred schoolmasters.”—English Proverb  
What role does a father play in a child’s life?
2. Have you ever read *Fulei’s Family Letters* (《傅雷家书》)? Do you think writing letters is an effective way to communicate between parents and children?

Dear Seth,

- 1 You're only three years old, and at this point in your life you can't read, much less understand what I'm going to try to tell you in this letter. But I've been thinking a lot about the life that you have ahead of you, about my life so far as I reflect on what I've learned, and about my role as a dad in trying to prepare you for the trials that you will face in the coming years.
- 2 You won't be able to understand this letter today, but someday, when you're ready, I hope you will find some wisdom and value in what I share with you.
- 3 You are young, and life has yet to take its toll on you, to throw disappointment and heartaches and loneliness and struggles and pain into your path. You have not been worn down yet by long hours of thankless work, by the slings and arrow of everyday life.
- 4 For this, be thankful. You are at a wonderful stage of life. You have many wonderful stages of life still to come, but they are not without their costs and perils.
- 5 I hope to help you along your path by sharing some of the best of what I've learned. As with any advice, take it with a grain of salt. What works for me might not work for you.
- 6 Life can be Cruel. There will be people in your life who won't be very nice. They'll tease you because you're different, or for no good reason. They might try to bully you or hurt you. There's not much you can do about these people except to learn to deal with them, and learn to choose friends who are kind to you, who actually care about you, who make you feel good about yourself. When you find friends like this, hold on to them, treasure them, spend time with them, be kind to them, love them.
- 7 There will be times when you are met with disappointment instead of success. Life won't always turn out the way you want. This is just another thing you'll have to learn to deal with. But instead of letting these things get you down, push on. Accept disappointment and learn to persevere, to pursue your dreams despite pitfalls. Learn to turn negatives into positives, and you'll do much better in life.
- 8 You will also face heartbreak and abandonment by those you love. I hope you don't have to face this too much, but it happens. Again, not much you can do but to heal, and to move on with your life. Let these pains become stepping stones to better things in life, and learn to use them to make you stronger.
- 9 **But be open to life anyway.** You'll find cruelty and suffering in your journey through life, but don't let that close you to new things. Don't retreat from life, don't hide or wall yourself off. You might get teased and bullied and hurt by people you meet and then after

meeting dozens of jerks, find a true friend. If you close yourself off to new people, and don't open your heart to them, you'll avoid pain... but also lose out on meeting some incredible people, who will be there during the toughest times of your life and create some of the best times of your life. You will fail many times but if you allow that to stop you from trying, you will miss out on the amazing feeling of success once you reach new heights with your accomplishments. Failure is a stepping stone to success.

**10 Life isn't a competition.** It's a journey. If you spend that journey always trying to impress others, to outdo others, you're wasting your journey. Instead, learn to enjoy the journey. Make it a journey of happiness, of constant learning, of continual improvement, of love. Don't worry about having a nicer car or house or anything material, or even a better-paying job. None of that matters a whit, and none of it will make you happier. You'll acquire these things and then only want more. Instead, learn to be satisfied with having enough—and then use the time you would have wasted trying to earn money to buy those things and use that time doing things you love. Find your passion, and pursue it doggedly. Don't settle for a job that pays the bills. Life is too short to waste on a job you hate.

**11 Love should be your rule.** If there's a single word you should live your life by, it should be this: Love. It might sound corny, but trust me, there's no better rule in life. Love your spouse, your children, your parents, your friends, with all of your heart. Give to them what they need, and show them not cruelty nor disapproval nor coldness nor disappointment, but only love. Open your soul to them. Love not only your loved ones, but your neighbors, your coworkers, strangers and your brothers and sisters in humanity. Offer anyone you meet a smile, a kind word, a kind gesture, a helping hand. Love not only neighbors and strangers but your enemy. The person who is cruelest to you, who has been unkind to you... love him. He is a tortured soul, and most in need of your love. And most of all, love yourself. While others may criticize you, learn not to be so hard on yourself, to think that you're ugly or dumb or unworthy of love but to think instead that you are a wonderful human being worthy of happiness and love and learn to love yourself for who you are.

**12** Finally, know that I love you and always will. You are starting out on a weird, scary, daunting, but ultimately incredibly wonderful journey, and I will be there for you when I can.

Love,  
Your Dad

996 words

## Building vocabulary

reflect	[ri'flekt]	v.	to think carefully and deeply about sth.
trial	['traɪəl]	n.	an experience or a person than causes difficulties for sb.
take its toll			to have a bad effect on sb./sth.
heartache	['hɑ:teɪk]	n.	a strong feeling of sadness or worry wear down to make sb. weaker or less determined especially
sling	[slɪŋ]	n.	a device consisting of a band, ropes, etc. for holding and lifting heavy objects
peril	['perɪl]	n.	sth. that causes danger
bully	['buli]	v.	to frighten or hurt a weaker person
pitfall	['pɪtfɔ:l]	n.	a danger or difficulty, especially one that is hidden or not obvious at first
heartbreak	['hɑ:t,breɪk]	n.	a strong feeling of sadness or worry
heal	[hi:l]	v.	to put an end to sth. or make sth. easier to bear
retreat	[ri'trit]	v.	to change your mind about sth. because of criticism or because a situation has become too difficult
jerk	[dʒə:k]	n.	a sudden quick sharp movement
incredible	[ɪn'kredəbl]	adj.	impossible or very difficulty to believe
whit	[hwɪt,wɪt]	n.	a very small amount
pursue	[pə'sju:]	v.	to do sth. or try to achieve sth. over a period of time
dogged	['dɔ:gɪd]	adj.	showing determination(adv. doggedly)
corny	['kɔ:ni]	adj.	used too often to be interesting or to sound sincere
spouse	[spauz]	n.	a husband or wife
weird	[wiəd]	adj.	unusual or different
daunting	[dɔ:ntɪŋ]	adj.	making sb. feel nervous and less confident about doing sth.
ultimately	['ʌltəmɪtli]	adv.	in the end; finally

## Culturally speaking

### Ideas of love in the Bible.

Thou shalt not bear false witness against thy neighbor. (Exodus 20:16)

Thou shalt not defraud thy neighbor, neither rob him: the wages of him that is hired. (Leviticus 19:13)

Love thy neighbor as thyself. (Leviticus 19:18)

Look out for your neighbor's animals and protect them from harm. (Deuteronomy 22:1—4)

Help your neighbor, if you can. (Proverbs 3:28)

Be kind to strangers, widows, and fatherless children. (Exodus 22:21—22)

Don't mistreat strangers. (Exodus 23:9)

Be kind to strangers. (Leviticus 19:33—34)

Love ye therefore the stranger: for ye were strangers in the land of Egypt. (Deuteronomy 10:19)

Be kind to widows, orphans, fatherless children and strangers. Share whatever you have with them. (Deuteronomy 24:17—21)

Be kind to your enemies. Do good to those who hate you. 23:4—5

If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink. (Proverbs 25:21)

### References:

<http://skepticsannotatedbible.com/good/long.html>

## Text comprehension

### I. Identify the genre and the content of writing.

1. Which of the following most accurately describes the genre of the text?
  - a. an argumentative essay
  - b. an epistolary essay
  - c. an expository article
  - d. a scientific report

2. Choose the best statement below of the main point of the text.
  - a. The son is starting out on a weird, scary, daunting, but ultimately incredibly wonderful journey.
  - b. Love should be your rule.
  - c. You'll find cruelty and suffering in your journey through life.
  - d. The son will find some wisdom and value in what the father shares with him.

## II. Indicate, according to the text, whether the following statements are true or false.

1. The purpose of the essay is to share with the son what a father has learned about life.
2. Although life has thrown disappointments and heartaches and loneliness and struggles and pain into your path, you have to be thankful for this because the wonderful stages of your life would not come without perils and costs.
3. The author suggests his son take his advice with due consideration because what works for him might not work for others.
4. We do not need to learn how to deal with those who bully or hurt you for no good reason. We just need to learn to choose friends who are kind to you.
5. If you want to avoid pain, please close yourself off to new people, and don't open your heart to them.

## III. Answer the following questions.

1. The author's son is only three years old who can not read yet. Why do you think the father writes a letter to the little boy now instead of holding it until he grows up?
2. What attitude should we hold towards the setbacks in our life?
3. There always are some people who are not so nice to you. When someone teases or hurts you, what should you do?
4. Why is it necessary for us to be open to life?
5. Do you agree with the father's opinion "Life is not a competition. It's a journey"?

## Language work

I. Fill in the blank in each sentence with a word or phrase from the box in its appropriate form.

reflect

bully

pitfall

heal

retreat

peril

whit

pursue

daunting

ultimately

- Those who care not a \_\_\_\_\_ for the social, political or moral aspects of literature will never really understand it.
- The couples with children are expected to embrace the \_\_\_\_\_ roles of parenthood and absorb the impact of a baby's entrance into the marriage
- His rashness led \_\_\_\_\_ to his ruin
- We should all give ourselves time to \_\_\_\_\_ before making important decisions.
- These birds are able to survive the \_\_\_\_\_ of the Arctic winter.
- I believe that people should live in houses that allow them to \_\_\_\_\_ from the harsh realities of life.
- Therapies like acupuncture do work and many people have been \_\_\_\_\_ by them.
- One major \_\_\_\_\_ of proprietary software is that only the owner of the copyright can maintain or modify it.

II. Choose a word or phrase that best completes the following sentences.

- She spends the whole winter \_\_\_\_\_ on his proposal.  
a. reflecting      b. reflating      c. reflexing      d. refreshing
- If you don't do the things you should do, you would take a \_\_\_\_\_ on your life.  
a. toleration      b. toll      c. tone      d. tale
- Before the final examination, some students are even worn \_\_\_\_\_ by the pressure from both parents and teachers.  
a. out      b. down      c. away      d. off
- The ancient soldiers invented \_\_\_\_\_ to attack the enemy.  
a. slip      b. slime      c. slings      d. stones
- Despite of any drawbacks, \_\_\_\_\_ can be a kind of motivation which encourages