

(非英语专业专科用)

英语

3

参考答案

主编 于忠喜



苏州大学出版社

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UNIT 1

I EXERCISE 1

1. d 2. d 3. a 4. b 5. d 6. b 7. b 8. c

I EXERCISE 2

1. b 2. d 3. d 4. d 5. c 6. a 7. d 8. d

I EXERCISE 3

1. Because stress can contribute, directly or indirectly, to heart disease, cancer and strokes, as well as a number of psychological problems.
2. Yes, they are.
3. Yes, a certain amount of stress can help people to perform to the best of their ability.
4. Stress may become harmful when demands for dealing with stress are greater than resources, strength or time people can afford.
5. No, it isn't.
6. For example, women may receive lower salaries and have less opportunity of promotion than their male colleagues.
7. Having too much information.
8. Type A personalities.

II EXERCISE 4

- | | | |
|--------------|------------|-------------|
| 1. Thanks to | 2. sees to | 3. Keep to |
| 4. turn to | 5. lead to | 6. refer to |
| 7. came to | 8. due to | |

II EXERCISE 5

- | | |
|-------------------------|----------------------|
| 1. 现代生活的健康大敌 | 2. 表现出自己的最佳才能 |
| 3. 几乎无法支配自己的生活 | 4. 平淡的工作 |
| 5. lack of security | 6. personality types |
| 7. information overload | 8. cope with stress |

II EXERCISE 6

1. e 2. f 3. h 4. d 5. b 6. c 7. g 8. a

II EXERCISE 7

- | | |
|---------------------|---------------|
| 1. responses | 2. as well as |
| 3. Regardless of | 4. cope with |
| 5. are... likely to | 6. confirm |
| 7. result in | 8. rely on |

III EXERCISE 9

A W: Why do you look so depressed?

Z: Um... just that I'm anxious about tomorrow's examination.

W: Oh, well, try and look on the bright side. Don't forget you've been working hard this term.

Z: But I can never go to sleep the night before an examination, and the next morning I feel far worse...

W: Come on. It's just that you are too nervous. Maybe the new device introduced in the newspaper can help you. It's said that it can help people who suffer stress and anxiety over things such as examinations and interviews.

Z: It's wonderful. Then how can I get it?

W: Oh, sorry I don't know. Well, I've got an idea. Have you tried music? Listen to music after going to bed, and you'll soon go to sleep.

Z: I'm afraid it doesn't help. I did so last term.

W: Then why don't you come and play football with us. Good exercise can make you feel light-hearted, and at least temporarily forget the exams.

Z: All right. Perhaps that's the only thing I can do. Let's go.

B A: Hi, how was your day?

B: Oh, it's just been one of those days.

A: What's the matter?

B: Everybody at the office is sick, the work keeps piling up, and I'm getting blamed for it.

A: Oh, well, come on, it can't be as bad as all that.

B: Well, it is, yeah, I, I can't take much more of it. I mean it

keeps getting worse, I've got to do something about it.

A: Oh, well, why don't you take a bath and wash away all your troubles, and then you will feel much better.

B: I... I don't know. I couldn't care less.

A: Hey, look. Guess what I've made you for supper.

B: Oh, you're so kind, Are you trying to distract me?

III EXERCISE 10

An important businessman went to see his doctor because he could not sleep at night. The doctor examined him carefully and then said to him, "Your problem is that you need to learn to relax. Have you got any hobbies?" The businessman thought for a few moments and then said, "No, doctor, I haven't. I don't have any time for hobbies."

"Well," the doctor answered, "that is your main problem, you see. You don't have time for anything except your work. You must find some hobbies, and you must learn to relax with them, or you'll be dead in less than five years. Why don't you learn to paint pictures?"

"All right, doctor," the businessman said. "I'll try that."

The next day the businessman telephoned the doctor and said, "That was a very good idea of yours, doctor. Thank you very much. I've already painted fifteen pictures since I saw you."

IV EXERCISE 11

1. The man writing at the desk is my brother.
2. The team winning the game is from Beijing.
3. The car being repaired in the garage was bought last year.
4. You should look for a man carrying a large umbrella.
5. An article written by my brother appeared in the local newspaper.
6. A tile falling from the roof hit him on the head.
7. This novel about the undersea war is the best of its kind ever written.
8. The substance, discovered almost by accident, has revolutionized medicine.

IV EXERCISE 12

1. b 2. a 3. c 4. b 5. a 6. a 7. d 8. b

IV EXERCISE 13

1. There were a lot of people cutting rice in the field.
2. The fish caught yesterday was still alive.
3. The book given to him is an English Grammar.
4. I shall arrive too late to catch the train leaving at eight.
5. 请坐在后面的人保持安静。
6. 在湖中划船的人似乎已忘记了时间。
7. 外宾种的友谊之树现在长得枝繁叶茂。
8. 你3月10号的信已经收到。

V EXERCISE 14

1. d 2. c 3. a 4. b 5. c 6. c 7. a 8. d
9. c

V EXERCISE 15

1. Mary devoted her life to caring for the sick.
2. Consult your lawyer before making the decision.
3. He admitted that his failure was caused by lack of determination.
4. Those who are unemployed but still have a family to support suffer from stress most badly.
5. Studies confirm that daydreaming is helpful for people to relax.
6. On Sundays, his landlady provided dinner as well as breakfast.
7. I'm buying the book, regardless of the cost.
8. The computer age has made people deal with more information.

VI EXERCISE 16

Alfred & Co.

Fernhall Drive, Redbridge,
London E. C. 1,
England

Phone:

Fax:

To:	Allen Incorporation, 1470 St. Louis Street, Los Angeles, CA 90015, U.S.A.
Attn:	Sales Manager
Fax No.:	
Pages:	1
Date:	4th, Aug, 2000
Subject:	Order No. 153

Dear Sir,

We wish to call your attention to the fact that up to the present moment no news has come from you about the shipment of our order No. 153, which we requested you to dispatch not later than July 31.

As the time is approaching, our buyers are badly in need of the goods. We shall be very obliged if you will dispatch promptly.

We hope you will let us have your shipping advice without delay.

Yours truly,
Mark Graystone

VII EXERCISE 17

1. A workaholic may devote all his time to work, and pay little attention to his family or the other aspects of life.
2. To make sure that she can carry out her plan.
3. She loves the colors, textures, smells, and the taste of food harvested just hours before.
4. Yes.
5. A big blanket, a straw hat, a basket of fresh bread, cheese, fruit and wine.
6. Yes. For example, when I'm preparing for the next day's examination, my friend comes and asks me to attend her wedding ceremony.
7. They go outside to admire the beautiful nocturnal sights of nature so as to relax themselves.
8. Just let something go, and set aside some time to renew our reserves.

VII EXERCISE 18

1. f 2. e 3. d 4. b 5. c 6. a 7. h 8. g

VII EXERCISE 19

- | | |
|-------------------|----------------------------|
| 1. 使精力充沛 | 2. 不同于 |
| 3. 消除白日里的压力 | 4. 对世间的磨难感到无能为力 |
| 5. breathing room | 6. turn down an invitation |
| 7. save time | 8. get hooked on work |

HOMEWORK

EXERCISE 1

- | | |
|-----------------|----------------------|
| 1. likely | 2. a great number of |
| 3. requirements | 4. exhaust |
| 5. turned down | 6. Regardless of |

EXERCISE 2

1. We have several plans under way.
2. The accident resulted in the death of two passengers.
3. Stress may contribute to heart disease as well as various psychological problems.
4. Instead of reading books, he idled away his time by sleeping all day long.
5. Students need easy access to books.
6. His response to this question was completely different from Jack's.

EXERCISE 3

1. c 2. d 3. a 4. b 5. b 6. d 7. b 8. b
9. a

EXERCISE 4

Dear Sirs,

We regret up to the time of writing we have not heard anything from you about the shipment of the order. As you know we should have received your shipping advice by the end of October.

We believe there must have been some reason for the delay in shipping, and we feel sure we shall soon be hearing from you about this business.

Awaiting your reply, we are.

Yours truly,

(Signature)

课文参考译文

压力侵蚀着现代生活

压力被视为现代生活的健康大敌,它会直接或间接地引起多种心理问题,导致心脏病、癌症和中风。

儿童和成年人同样可能受到压力。无论一个人的个性有多冷静,无人能幸免。

“这不仅仅是‘年轻的都市上班族’的问题,”一本新书《应付压力》的作者马克·格林内谈到。“实际上,通常是那些不大能支配或根本不能支配自己生活的某些方面的人,像从事平淡工作的人或失业者,他们承受的压力最大,”格林内,这位药物学家和医学杂志记者补充道。

大多数人能应付压力,甚至还需要一定的压力才能发挥出他们的最佳才能。然而当应付压力的要求超出人力、财力和时间所能承受的范围时,压力就会变得危险。

“压力是人们对环境变化的一种反应。任何引起变化的事物都会产生压力,即使是能带来乐趣的事物也不例外,”格林内解释道。

压力并不是一个新问题,早在原始穴居人捕食野兽时就已经存在了,只不过现在人们在认识压力方面更擅长些罢了,医生们也逐渐意识到压力会引起很多疾病。

很多人原以为电脑时代和使男女更加平等的妇女运动会改善人们的生活方式,使男人和女人有更多自由支配的时间。但格林内却认为人们现在工作的时间延长了,要处理的信息增多了,不安全感也更强烈了。

“工作场所存在大量难以把握的不确定情况。工作上从一而终的理想已经过时,”他说。

格林内认为妇女受到压力的主要因素是家庭、孩子、工作带来的负担,和她在工作单位所遭受的歧视。

“对于男人来说,主要原因是(男女)职责的变化,以及缺乏他们所常常依赖的安全保障,”他解释道。

经理们同样在抱怨信息量过载带给他们的压力。心理学家大卫·刘易斯认为:“信息量过多和信息量过少一样具有危险性。”

研究已经证实某些个性类型较善于应付压力。竞争意识强,进取心强,缺乏耐心,急躁好动的A型性格的人,易于受到压力;而遇事从容,悠闲随和,较为被

动消极的 B 型人则不易受到压力。

“所有的人都会感受到压力,这是生活的现实,”格林内说,“我们必须要做的是设法把压力处理好。”

补充阅读参考译文

让生活充满阳光的 10 种方法

这个夏季属于你自己,充分利用它吧

不久前,我告诉父亲我是个工作狂时,他的回答令我大吃一惊,他说:“是的,亲爱的,你的确是工作狂。”

听到除了我还有别人这么说,激醒了我。想到迷上工作,特别是我喜欢的工作,都可能会带来问题真令人震惊。但我对工作的迷恋的确使我的婚姻亮起了红灯,还把我推向精力耗竭的边缘。虽说难以承认这一点,然而一旦承认了,我就意识到我需要做的事就是:少做一点。

工作是做不完的,而我們都需要补充能量,使自己精力充沛,现在正是最合适的季节:昼长夜短,温暖宜人,大自然似乎也在召唤我们去户外走走。

为了切实地做到这点,我列了一张表贴在冰箱上。它是这么写的:

1. 提前一个小时起床。我已经开始这样做了。走到室外,呼吸着空气,聆听着鸟鸣,沉思默想一会儿,再为自己准备上一些薄饼。
2. 避开超市。正是万物生长的季节,我设法到本地农民的市场上去购物。我喜欢数小时前刚刚收获的那些食物的色彩、芳香、味道和质感。
3. 采草莓去。没有什么比刚摘下来的熟透了的草莓味道更甜美的了,这种滋味充满了诱惑。我丈夫汤姆和我在一次采草莓的远行中开始“谈情说爱”了。
4. 做馅饼。真正地道的馅饼,家中自制的馅饼,是一件艺术品,是一种爱的体现。
5. 去野外吃饭。不错,就是多野餐。请带上:一张大毯子,一顶草帽,一篮子新鲜面包,奶酪,水果,酒,几个朋友。
6. 说“不”。事实上,我不想逃避任何一件事,不想拒绝任何一次邀请,或告诉任何人让他们别来。但我正努力表现得坚决一些,以便留点时间给自己:懒洋洋地休息一会儿,打个盹儿,做做白日梦。
7. 多到水上去,或者说多下水。日落潮长时,把那一叶旧的小舟推进小港湾,悄悄地划入邻人的池塘,让水消除掉白日里受到的压力。
8. 找一片草场。等草割下后,乘着黄昏,摇下车窗,驱车去到草场。我喜欢停下车,就坐在那儿,呼吸着甜甜的、清新的芳香,看着燕子在夜幕渐渐降

临的草场上空盘旋、俯冲。

9. 晚上到户外走走。汤姆和我最近更常这样：天黑后在四周散散步，观赏银河、星星、和月光中的云彩。
10. 不予理会。至少有些事不必去理会。有时，对于世间的一切磨难、家人和朋友的痛苦、自己家中的难办事我都感到无能为力。但我发现，如果每天给自己一点“庇护”，为自己留一片吸呼的空间，我就能更从容地面对这一切。抽出时间使自己精力充沛后，我们就能又有力量从多方面进行努力，以改变这个世界，改变我们自己。

UNIT 2

I EXERCISE 1

1. a 2. c 3. d 4. b 5. d 6. a 7. b 8. c

I EXERCISE 2

1. d 2. c 3. d 4. b 5. c 6. d 7. b 8. b

I EXERCISE 3

1. Because it is believed that they will bring good luck and happiness to the couple at a time when their lives are changing hopefully for the better.
2. No. Some are known throughout the country and many other parts of the world. Others may be regional or even maintained within families from generation to generation.
3. For example, Monday, Tuesday, Wednesday, and June.
4. No.
5. In the eighteen hundreds.
6. No. A combination of red and white flowers is avoid because they stand for blood and bandages.
7. The top tier of the cake is often kept by the couple till the christening of their first child.
8. 略

II EXERCISE 4

- | | |
|-----------------------|-----------------------|
| 1. For the sake of | 2. for the time being |
| 3. for example | 4. for ever |
| 5. for the time being | 6. for the sake of |
| 7. for instance | 8. for ever |

II EXERCISE 5

- | | |
|--------------------------------------|---|
| 1. 与……联系在一起 | 2. 一代又一代 |
| 3. 作为一个整体 | 4. 代表 |
| 5. for example | 6. on the basis of its symbolic meaning |
| 7. wedding customs and superstitions | 8. marry in white |

II EXERCISE 6

1. g 2. d 3. a 4. c 5. b 6. h 7. e 8. f

II EXERCISE 7

- | | |
|-----------------|-----------------------|
| 1. stands for | 2. is associated with |
| 3. as a whole | 4. due to |
| 5. consider | 6. ceremony |
| 7. on the basis | 8. dreamed of |
| 9. took place | 10. in the past |

III EXERCISE 9

- A**
- Wu: I feel sorry for Lin. She just broke up with her boyfriend.
- Li: Oh, really? I think they've been going with each other for over a year.
- Wu: I thought they would get married soon, because they seem very serious about each other.
- Li: They look like they enjoy each other's company, have the same friends and share the same interests. But, who knows...
- Wu: I heard that her boyfriend dated another woman while going with Lin.
- Li: That's too much. Lin must be very upset.
- Wu: That's true, but I plan to set her up on a date with Chen. What do you think?
- Li: That's a good idea. But I think we'd better wait for a while.

- B**
- Anne: Betty and Jim are breaking up.
- Joan: They often quarrel, but they'll make up afterward.
- Anne: Not this time. Things seem not to work out. They're getting a separation.
- Joan: Actually, it's not surprising. They seem to have nothing in common. So I can't imagine them having anything but an arranged marriage.
- Anne: That's true. It was their parents who made the decision for them to marry.
- Joan: It was really a shame. They thought they were in love with each other, but they really don't know each other very well.

III EXERCISE 10

There are many customs and superstitions associated with weddings. For example, people choose the first half of the week to have their weddings because these three days are considered lucky. It is thought unlucky for the groom to see the bride in her wedding dress before the ceremony. Most brides today marry in white which symbolizes maidenhood. Brides also wear veils at the weddings. The veil became popular in Britain in the eighteen hundreds. Flowers are always used for decoration at weddings. Some people choose the flowers on the basis of their symbolic meanings. Orange blossom is always used because it stands for purity and chastity. Cutting the wedding cake is part of the celebration at the reception. The couple make the first cut together to symbolize their shared future.

IV EXERCISE 11

- | | |
|-----------------|------------------|
| 1. crying | 2. to get |
| 3. to write | 4. will join |
| 5. known, moves | 6. to be invited |
| 7. discussing | 8. going |

IV EXERCISE 12

1. a 2. c 3. c 4. b 5. c 6. d 7. b 8. d

IV EXERCISE 13

1. It's nice to see you.
2. It is said that it's unlucky to marry on Fridays.
3. I found it difficult to finish the work in time.
4. The noise outside made it impossible for him to go on with his writing.
5. 他们组很可能赶在我们前面。
6. 明白我的意思了吗?
7. 他认为回访一下是礼貌的。
8. 你不认为为这事争论是浪费时间吗?

V EXERCISE 14

1. to→for
2. making→to make
3. with→in

4. It believes→It is believed
5. due to that→due to the fact that
6. everything is associated→everything associated

V EXERCISE 15

1. There are many customs and superstitions associated with weddings.
2. Summer as a whole is considered as the best time to marry.
3. Xiao Wang and Xiao Li have many interests in common.
4. It is said that it is unlucky for the bride to make her own wedding dress.
5. It is not clear when they are going to get engaged.
6. Many brides marry in red due to the Chinese tradition.
7. People choose flowers on the basis of their symbolic meanings.
8. For example, orange blossoms stand for purity.

VI EXERCISE 16

Dear Xiao Ming,

I am thrilled to hear that you have won the first place in the National English Speech Contest for the College Students. I want to extend to you my heartfelt congratulations and wish you continued success in the future.

Yours sincerely,
Wang Feng

VII EXERCISE 17

1. "I do" refers to getting married, and "I won't" refers to not getting married.
2. Although the Americans have not given up on marriage as an ideal, they're less likely to get married than ever before. They are very cautious about entering into marriage.
3. 50%.
4. 4.2 million in 1998; 439,000 in 1960.
5. The secularization of society, extended affluence, and a change in what Americans expect from marriage all contributed.
6. Young people have less confidence in marriage. They are anxious and pessimistic about their chances for having a happy marriage.