



全国翻译专业资格（水平）考试指定教材

# 英语笔译 综合能力

（三级）

国家职业资格证书  
译员身份证 职场通行证

曲卫国 褚孝泉 主编



 外文出版社  
FOREIGN LANGUAGES PRESS  
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## 编者的话

本指定教材是根据国家人力资源和社会保障部《翻译专业资格（水平）考试暂行规定》的精神，依照《全国翻译专业资格（水平）考试英语笔译三级考试大纲（试行）》的要求编写的全新版《笔译综合能力（三级）》。

本书编写的宗旨是通过阅读和练习，系统提升学生的词汇和语法知识，提高他们的阅读能力和词义辨析能力。本书一改传统教材以主题为单元的编写方式，共分两大部分。第一部分是语法部分，主要有四个单元，每个单元有两课，每课讲解一个英语的主要语法内容。除了语法讲解和练习以外，每课后面还附有词汇练习。除此之外，我们在每课后还配有完形填空。第二部分是阅读部分，也是四个单元，根据不同的文章体裁分类，重点讲解阅读不同体裁文章时，考生应该注意的问题。

本书的课文、阅读材料来源以英美媒体网站的文章为主，主要取材于 *BBC*, *Washington Post*, *Prospect*, *The Observer*, *The Guardian*, *The Economist*, *Telegraph*, *Financial Times*, *International Herald Tribune*, *Independent*, *the Atlantic Monthly*, *National Geographic Science* 等。

曲卫国 褚孝泉  
于复旦大学

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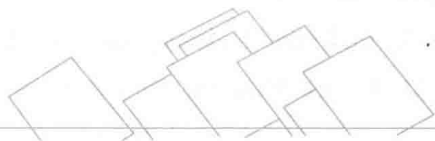
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### Lesson One

#### The Contagious Thought That Could Kill You

#### 害人的“疑心病”

By David Robson <sup>1(见“Notes to the Text”部分)</sup>

To die, sometimes you need only believe you are ill, and as David Robson discovers, we can unwittingly “catch” such fears, often with terrifying consequences.

Beware the scaremongers. Like a witch doctor’s spell, their words might be spreading modern plagues.

We have long known that expectations of a malady can be as dangerous as a virus. In the same way that voodoo shamans could harm their victims through the power of suggestion, priming someone to think they are ill<sup>2</sup> can often produce the actual symptoms of a disease. Vomiting, dizziness, headaches, and even death, could be triggered through belief alone. It’s called the “nocebo effect”<sup>3</sup>.

But it is now becoming clear just how easily those dangerous beliefs can spread through gossip and hearsay — with potent effect. It may be the reason why certain houses seem cursed with illness, and why people living near wind turbines report puzzling outbreaks of dizziness, insomnia and vomiting. If you have ever felt “fluey” after a vaccination, believed your cell phone was giving you a headache, or suffered an inexplicable food allergy, you may have also fallen victim to a nocebo jinx.

Doctors have long known that beliefs can be deadly — as demonstrated by a rather nasty student prank that went horribly wrong. The 18th Century Viennese medic, Erich Menninger von Lerchenthal, describes how students at his medical school picked on a much-disliked assistant. Planning to teach him a lesson, they sprung upon him before announcing that he was about to be decapitated. Blindfolding him, they bowed his head onto the chopping block, before dropping a wet cloth on his neck. Convinced it was the kiss of a steel blade<sup>4</sup>, the poor

man “died on the spot”.

While anecdotes like this abound, modern researchers had mostly focused on the mind’s ability to heal, not harm — the “placebo effect”<sup>5</sup>, from the Latin for “I will please”. Every clinical trial now randomly assigns patients to either a real drug, or a placebo in the form of an inert pill. The patient doesn’t know which they are taking, and even those taking the inert drug tend to show some improvement — thanks to their faith in the treatment.

Yet alongside the benefits, people taking placebos often report puzzling side effects — nausea, headaches, or pain — that are unlikely to come from an inert tablet. The problem is that people in a clinical trial are given exactly the same health warnings whether they are taking the real drug or the placebo — and somehow, the expectation of the symptoms can produce physical manifestations in some placebo takers.

Although many of the side-effects are somewhat subjective — like nausea or pain — nocebo responses do occasionally show up as rashes and skin complaints, and they are sometimes detectable on physiological tests too. “It’s unbelievable — they are taking sugar pills and when you measure liver enzymes, they are elevated,” says Mitsikostas.

And for those who think these side effects are somehow “deliberately” willed or imagined, measures of nerve activity following nocebo treatment have shown that the spinal cord begins responding to heightened pain before conscious deliberation would even be possible.

Consider the near fatal case of “Mr. A”, reported by doctor Roy Reeves in 2007. Mr. A was suffering from depression when he consumed a whole bottle of pills. Regretting his decision, Mr. A rushed to ER<sup>6</sup>, and promptly collapsed at reception. It looked serious; his blood pressure had plummeted, and he was hyperventilating; he was immediately given intravenous fluids. Yet blood tests could find no trace of the drug in his system. Four hours later, another doctor arrived to inform Reeves that the man had been in the placebo arm of a drugs trial; he had “overdosed” on sugar tablets. Upon hearing the news, the relieved Mr. A soon recovered.

History is full of mysterious outbreaks that might have arisen in this way. Most famous is the deadly dancing plague<sup>7</sup> of 1518. Then, in the 1960s, there was the mysterious “June Bug” epidemic in an American textile factory, which brought about dizziness and vomiting, despite the fact that none of the poisonous insects thought to be responsible could ever be identified. The most chilling was the spate of mysterious deaths within the community of Hmong people<sup>8</sup> who arrived in the US from Southeast Asia in the 1980s — young men, with no existing illness, who began dying in their sleep after periods of nightmares and sleep paralysis; experts have speculated that it arose from a strong cultural belief in deadly night spirits.

If work on the nocebo tells us anything, it is that we shouldn't underestimate the distress of their condition. "I've got no doubt in my mind — people are genuinely experiencing physical symptoms," says James Rubin at King's College London. Even the former head of the World Health Organisation was affected: she banned cell phones in her office, because she thought that they gave her splitting headaches.

Fears of electro-sensitivity are relatively rare, but there are many other ways a nocebo belief could have taken a hold of your health. Perhaps you suffer from a mysterious food intolerance, for instance. In England, 20% of people claim to be unable to stomach certain foods — yet hospital tests of the actual digestion suggest that only about a tenth of that number of people have a real problem. The nocebo may also explain why people apparently develop sickness after an inert vaccine, and it may shed light on the oft-discussed side-effects of the contraceptive pill — such as depression, headache, and breast pain — which scientific trails have mostly failed to confirm. Expectation of illness may also lie behind the sickness and eye-strain apparently created by 3D TVs.

What can be done? It is notoriously difficult to neutralise long-held beliefs, but responsible media reporting would at least stem the spread of poisonous rumours. In 2013, Rubin found that simply showing a short video on electro-sensitivity was enough to trigger later symptoms — and the evidence seems to show that outbreaks of "wind turbine syndrome" follow local media reports. In other words, the health scares themselves are actually making people ill.

More positively, education itself may help sap the nocebo effect of its power. Mitsikostas, for instance, tries to explain to his patients that they have to be wary of their own expectations. "We have to make the patient understand that it's an internal fear that we both have to try to fight," he says.

The mind-body connection, he says, is something that we can ill afford to ignore, despite our amazing new medical tools. "For millennia, medicine was basically placebo — by using expectation, magicians used the will to heal," he says. "It is not enough to overcome disease — but it is indispensable."

(<http://www.bbc.com/future/story/20150210-can-you-think-yourself-to-death>)

## Words and Expressions

contagious *adj.* 传染的

scaremonger *n.* 危言耸听者

voodoo *n.* 伏都教, 巫术

shaman *n.* 萨满教, 巫医

hearsay *n.* 谣传

fluey *n.* 感冒症状

jinx *n.* 厄运

boe *n.* 勃姆式长笛

inert *adj.* 惰性的

elevate *v.* 升高

plummet *v.* 急坠

epidemic *n.* 流行病

contraceptive *adj.* 避孕的

neutralize *v.* 使无效

sap *v.* 消耗

indispensable *adj.* 不可或缺的

be cursed with 深受……之害/苦

pick on 找……麻烦

spate of 大批

shed light on 照亮, 阐明

wary of 提防

## Notes to the Text

1. David Roberson: 美国健康学方面的专家
2. priming someone to think they are ill: 给人暗示, 使他/她以为自己有病
3. Nocebo effect: 源于拉丁文 *nocebo* “我将伤害”, 负安慰剂效应, 病人不相信治疗有效, 认为治疗可能会令病情恶化。
4. the kiss of a steel blade: 钢刃之吻, 这里指被刀砍
5. Placebo effect: 与 *nocebo effect* 相反, 正安慰剂效应。指给病人某种食品或药物, 即便实际上没有疗效, 但病人也会以为这些东西有帮助。
6. ER: *emergency room* 的缩写, 意为“急救室”
7. Dancing plague: 指在 1518 年的斯特拉斯堡大规模爆发的“跳舞瘟疫”。当时一个名叫弗劳的法国女人突然之间在街上跳舞, 一连跳了好几天。一个月内出现 400 个有同样情况的人。数十人因心脏病发作或中风虚脱等死亡。这种怪病很快莫名其妙地突然消失了。
8. Hmong people: 越战后从越南等地跑到美国的苗族人

## Questions to the Text

1. Why does the author say “beware the scaremongers”?
2. What does the author mean by the term “nocebo effect”?
3. Why does the author say “expectations of a malady can be as dangerous as a virus”?
4. How do the dangerous beliefs spread?
5. Why did the poor man in the 18th century die on the spot?
6. Are the symptoms reported by the patients real? Why?
7. Can these subjective side-effects be detected in the bodies?
8. Why did Mr. A collapse?
9. Why are the outbreaks like “June Bug” etc. called mysterious?

10. What can we learn from the nocebo effect?
11. How may the nocebo effect affect us?
12. What can be done with the long-held beliefs?
13. What does mind-body connection mean?
14. Why is it said that medicine was basically placebo?
15. Can we find an explanation for it in terms of the traditional Chinese medicine?

## Vocabulary Exercises

A. Fill in the blanks with appropriate words or phrases from the text. >>>

1. He angered his father by always \_\_\_\_\_ his youngest brother when the parents were away.
2. There was enormous tension in the company after the leakage, and everyone was \_\_\_\_\_ one another.
3. He could not tell why he disliked her because he felt there was something \_\_\_\_\_ about her.
4. The news of John's promotion took most people by surprise although it was only unconfirmed \_\_\_\_\_.
5. The rivers here are gravely polluted but in the past they \_\_\_\_\_ in fish.
6. What Jane said could not \_\_\_\_\_ the effects of the tragedy.
7. When the doctor detected the early \_\_\_\_\_ of the disease, he immediately reported to the authorities.
8. They were very upset when the boss \_\_\_\_\_ them to the department of public relations.
9. He did not realize that he made a \_\_\_\_\_ mistake when he sent John to deliver the message.
10. You need to talk to Bob because he seems to be in serious \_\_\_\_\_ recently.
11. People were really infuriated at the \_\_\_\_\_ of police casual shootings which cost so many young people's lives.
12. Although the manager of the company had received many complaints about Tom, he would not sack him because he believed Tom was \_\_\_\_\_.
13. No doctor said the medicine was poisonous but they all agreed that it had \_\_\_\_\_ effects on the body.
14. Nobody was sure what had \_\_\_\_\_ the disaster but many suspected driving under the influence was the main cause.
15. When people are in extreme fear, they \_\_\_\_\_ to follow their instinct.

答案

1. picking on    2. wary of    3. inexplicable    4. hearsay    5. abounded  
 6. neutralize    7. symptoms    8. assigned    9. fatal    10. depression  
 11. spate    12. indispensable    13. potent    14. triggered    15. tend

B. Vocabulary Selection. >>>

Fill in the blanks with words from the list.

- If you get the wine of this quality at such a price, it is really a \_\_\_\_\_.  
 A. business    B. bargain    C. transaction    D. pay
- It took them several decades to reach a consensus that death penalty should be \_\_\_\_\_.  
 A. destroyed    B. extinguished    C. abolished    D. broken
- He was totally shocked when he was told that his wife \_\_\_\_\_ him of raping her in the hotel.  
 A. incriminated    B. charged    C. complained    D. accused
- Her father was really relieved when he knew the tumor she had was \_\_\_\_\_.  
 A. benevolent    B. benign    C. beneficial    D. positive
- She was not the only person on the committee who was \_\_\_\_\_ to the plan because it was too ambitious.  
 A. adverse    B. objected    C. averse    D. appalled
- Joe found it hard to restructure the document and so he had to \_\_\_\_\_ the summary at the end of the document.  
 A. apprehend    B. extend    C. array    D. append
- The minute he landed in Britain, he declared that he requested for political \_\_\_\_\_.  
 A. haven    B. refuge    C. hostage    D. asylum
- The upstart said that he wanted to \_\_\_\_\_ the villagers dry because they gave him a hell of time when he was young.  
 A. bleed    B. hurt    C. blend    D. beat
- The explosion caused the death of ten people and the government put a \_\_\_\_\_ of \$100,000 on the heads of the terrorists.  
 A. bonus    B. bounty    C. ransom    D. boon
- Many people have been \_\_\_\_\_ by the advertisements, and they only buy what they are told to.  
 A. attracted    B. interested    C. brainwashed    D. brainstormed
- Most people believed that the move made by the company was to \_\_\_\_\_ its customers.

- A. appeal      B. content      C. appease      D. applaud
12. The students complained that the texts in the book are \_\_\_\_\_ and they wanted change.  
A. ordinary      B. common      C. disinteresting      D. banal
13. The prime minister's popularity soared with the \_\_\_\_\_ of the economy.  
A. boon      B. boom      C. boost      D. boo
14. His colleagues were astounded at his \_\_\_\_\_ at the reception when he shouted at the lady.  
A. bearing      B. bearings      C. gesture      D. posture
15. Things have really changed now because many university students \_\_\_\_\_ to public office.  
A. appeal      B. admire      C. acquire      D. aspire

## 答 案

1. B      2. C      3. D      4. B      5. C      6. D      7. D      8. A  
9. B      10. C.      11. C      12. D      13. B      14. A      15. D

## C. Vocabulary Replacement. &gt;&gt;&gt;

**Choose the word to replace the underlined part without causing any grammatical error or change in meaning.**

1. The government took some drastic actions immediately to prevent any possible public protests.  
A. adhered      B. made      C. adopted      D. appointed
2. The process of reading one's own diary is similar to reliving a period of the past.  
A. akin      B. likely      C. same      D. relevant
3. People swarmed to the exhibition to see those flowers and plants brought from the exotic place.  
A. strange      B. alien      C. far      D. mystic
4. He wanted to hear her admission of her own misjudgement in the event.  
A. admittance      B. recognition      C. regret      D. confession
5. We could not understand why there was so much hostility on the side of the students who originally had supported the project.  
A. adoration      B. animosity      C. appreciation      D. ardour
6. He made the statement at the meeting that he and his team could finish the project before the end of the year.  
A. assessment      B. assertion      C. guess      D. confession

7. John boasted about the stars he had signed for his performance before a huge crowd.  
A. announced      B. declared      C. bluffed      D. bragged
8. Quite a few students violated the rules that prohibited smoking in the dormitories on the campus.  
A. assaulted      B. betrayed      C. breached      D. breathed
9. The millionaire who survived many crises went broke this time to the astonishment of many people in the town.  
A. bankrupt      B. broken      C. beaten      D. defeated
10. The black boy complained that the teacher was prejudiced against him and his group because they were ignored in class.  
A. opposed      B. antipathetic      C. hostile      D. biased
11. The announcement was really equivocal as it could be understood in a number of ways.  
A. vague      B. ambiguous      C. obscure      D. bemuddling
12. We will gather in front of the building near the clock tower at seven o'clock in the morning.  
A. assemble      B. collect      C. crowd      D. wait
13. The noisy crowd did not disperse till 11 o'clock at night, much to the agony of the residents in the place.  
A. buoyant      B. brittle      C. soaring      D. boisterous
14. He arrived at the town late at night, and he could not find a cab on the street.  
A. bus      B. car      C. taxi      D. coach
15. Even though all the parties reached an agreement on peace, the truce was very fragile.  
A. breakable      B. brittle      C. feeble      D. weak

答 案

1. C      2. A      3. B      4. D      5. B      6. B      7. D      8. C  
9. A      10. D      11. B      12. A      13. D      14. C      15. B

Grammar 名词要旨 ( 1 )

英语的名词主要担任句子的主语、宾语、表语等，有时也可以用来做修饰语：

German is more difficult than English. ( 主语 )

John likes Chinese food. ( 宾语 )

Tom is a teacher. ( 表语 )

This is our meeting room. ( 修饰语 )



英语的名词通常分为两大类，普通名词和专有名词。就语法变化而言，英语的名词涉及四个方面的语法问题：可数与不可数；抽象与具体；指称；性。

## 一、专有名词

专有名词是指人名、地名、事物或机构等的专门名称。英语的专有名词至少可以再分成三类，一类是专门名称，如：England, Norwich；一类由专有名词加普通名词组成，如：Norwich City Council；还有一类则完全由普通名词组成，如：the Town Hall Conservation Area。

专有名词和普通名词在用法上最大的区别是专有名词的首个字母一般大写。我们在这篇课文里能找到许多专有名词，如课文中的地名或机构名称：England, Norwich, Littlehampton, Wild Peter, Blackpool Tower, Norwich City Council, the Town Hall Conservation Area；还有人名：Louise Gleeson, Gleason, Oliver Creed, Ken Dodd等。

虽然都是专有名词，但这三类专有名词在用法上还是有一定区别的。专门名称的名词通常首字母大写，不带冠词，如：England。地名或国名的专门名称通常都不带冠词，如：China, France, Japan, Vietnam, Iran。不过，要注意也有例外，如：the Philippines, the Hague等。

专有名词加普通名词除了每个词首字母要大写以外，还涉及加不加冠词的问题。这个问题有点复杂，一般说来表示机构或地名的不加，如：Norwich City Council, Swan Street, Wellington Road South, Arun District Council。但如果是表示海洋、河流、沙漠、运河、剧院等，除了名词首字母需大写以外，通常最前面要带冠词，如：the Pacific Ocean, the Mississippi River, the Alps, the Suez Canal, the Old Vic Theatre。值得注意的是，除非在句首，冠词首字母一般不大写，如：the United States, the United Nations。

英语里有一些大学有两种写法，注意第二种写法必须带冠词，如：London University, California University 和 the University of London, the University of California。如果表示校名的名词不是地名，如：Harvard University, Brown University 等中的 Harvard 和 Brown，则校名不能用第二种表达法。

## 二、名词的数

英语的普通名词分为可数名词和不可数名词。可数名词有数的变化，大多数可数名词是规则的。不规则名词主要有以下几种情况：

元音变化

man—men      foot—feet      mouse—mice      tooth—teeth

单复数同形

sheep, fish, deer, carp Chinese, Japanese means, offspring, aircraft, works,