



普通高等教育“十三五”规划教材

新阶梯 大学英语

读 写 译

II

总主编 李勇忠
主 编 车贵成



科学出版社

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新阶梯大学英语读写译（Ⅱ）

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科 学 出 版 社

北 京

内 容 简 介

本书选材直接源自国内外网络、报纸或期刊；体裁以议论文为主，内容体现时代特色，主题涵盖与学生生活和学习息息相关的内容；文章篇幅和阅读难度较前册有一定的提升。写作方面，本册书侧重对学习者段落内部写作的培养：常见写作方法如首段、结论段、主体段的主题句、发展句与结论句等，结合文章内容进行了分析，并配有写作操练，思路清晰，易于掌握。翻译方面，本书包涵定语从句、名词性从句和状语从句的翻译技巧，使学习者在译句方面，有较大的提高。

本书适合英语能力四级的英语学习者。

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丛书前言

一、指导思想

“新阶梯大学英语读写译”系列教材关注阅读，兼顾译写，不论听说，不求全面，与众不同，但愿不同凡响。

当下中国，教科书出版市场一如中国经济，发展迅猛，如火如荼。大学英语教科书种类繁多，但良莠不齐；阅读材料丰富，但更新迟滞；英语学习者众，但能力提高缓慢。一般能勉强听读，但不能说写译，一段英语小文尚不能一蹴而就。贪多难嚼烂，听说属于不同的培养模式，本教材不做展开。上述是本套教材编写的缘由，也与教育部《大学英语教学指南》的要求相契合。

《大学英语教学指南》提出：“大学英语教学以英语的实际使用为导向，以培养学生的英语应用能力为重点”本丛书旨在通过阅读夯实学习者英语语言基本功，并通过近年来新材料的学习使其紧跟时代步伐，提高其快速掌握资讯内容、准确输出英语的应用能力。

具体而言，本套教材强调在阅读的同时结合材料的分析，掌握英语词句篇的构建要领。在文章长难句翻译学习的基础上，逐步了解英汉互译技巧，认知英汉语言差异，真正实现“以阅读带动写译，以写译反促阅读”，三者相互影响，相得益彰。真正提高英语学习者读写译等方面的应用能力，从而为自身发展、国家进步乃至民族繁荣而努力。

二、教材特色

本套教材的编写秉持“以教师为主导、以学生为主体”的教育理念，始终把学生的需求放在首位。首先，针对信息化时代资讯更新快、学生求知欲望强的特点，教材将学习内容从书本向互联网延展，单元首页的二维码是本教材的亮点，这能瞬间将学习者导向特定相关的网页，从而开启互联网智慧之门。其次，教材既因袭传统英语教材对阅读的重视，又创新地将翻译与写作技能和阅读材料关联起来，使阅读不再孤独存在，翻译不再遭遇冷遇，写作不被割裂处理。再次，本套教材三册书不是孤立的个体，而是一个完整的、渐进的体系。从材料编排，特别是翻译和写作材料的设置来看，第一册注重学习者微观词句基础的夯实，第二册强调学习者中观句段能力的形成，第三册则着力于学习者宏观篇章逻辑及语言对比意识的培养。

除了上述特点之外,特别值得一提的是本套教材阅读材料的选择注意到了与时俱进。大部分材料都能反映当前最流行的话题、最新潮的时尚、最前沿的科技、最前卫的观念。部分材料的选取甚至是源自教材成书前几个月的国外报纸新闻或者期刊故事。与此同时,编者还非常关注对西方文化的介绍,培养学习者跨文化交际的意识及能力。学习者可以从每单元两篇课文的比较和文化链接中获得此类信息,也借此能够显著提升学习者的兴趣。

三、教材结构

“新阶梯大学英语读写译”能力拓展系列教材共三册,江西农业大学南昌商学院、韶关学院外语学院、江西师范大学外国语学院分别负责一至三册的编写工作。本教材每册8个单元,每个单元都由两篇阅读课文 Text A 和 Text B 构成。三册书共24个单元,话题各异,主题涵盖情感生活、新闻媒体、网络购物、数字设备、城市新居、智能出行等多个方面。Text A 是每单元的重点篇目,Text B 是相关主题的补充阅读材料,两篇文章后面都附有词汇列表、阅读理解和翻译练习。所不同的是 Text A 的阅读理解练习题型多样,涵盖单选题、判断正误、配对题和词汇巩固练习等多种题型。除此之外,每篇 Text A 之后还附有文化链接,对文中出现的西方传统节日、宗教习俗、杰出人物、著名景观等进行文字配图形式的简介,以加深学习者对西方文化的了解。

每个单元除了阅读材料以外,其他两个重要内容是翻译技巧点拨和写作策略归纳。翻译技巧点拨以文中5个长难句为基础,有针对性地提出一个翻译技巧,并配有汉译英语段翻译练习,从微观的词、句结构开始,到宏观的英汉语言差异的比较,逐步推进,有利于稳步提高学习者英汉互译的能力。写作策略归纳采取类似的思路,先是结合文章内容写作方法的提炼,然后是对写作方法的巩固练习,最后还有主题相关热词的归纳。从第一册的常用句型结构,第二册的段落展开,到第三册的篇章构建,三册的知识点形成一个完整体系,对于全方位提高学生的写作能力大有裨益。

四、适用对象

本教材在词句的选择,材料的安排和难度的设置上充分考虑到了循序渐进的原则。全书共三册,第一册材料设置难度偏易,文章长度600~800词。完成学习任务后,学习者基本能达到大学英语应用能力(三级)水平。第二册材料设置难度适中,文章长度800~1000词。完成学习任务,学习者基本能达到大学英语四级能力水平。第三册材料设置稍显偏难,文章长度1000~1200词。完成学习任务后,学习者基本能达到大学英语六级及以上能力水平。

总体而言,本教材的适用面较广,既可作为大学英语读写课程教材、综合英语

课程补充教材，也可用作课外阅读资料；既可作为系列丛书推荐给学习者研习，也可由学习者根据自己能力需求进行个性化选择。

五、鸣谢

本套教材的发起单位为江西师范大学外国语学院，参编单位有韶关学院外语学院，江西农业大学南昌商学院，三所院校几位主编如吴琼、彭朝忠、吴儿平及数十位教师编写团队共同参与了本套教材的编写工作，前后历时一年，多次磋商，数易其稿，可谓呕心沥血，在此深表感谢。

教材编写之前，多所学校的学生参与了问卷调查，编写期间，众多学子也提出了中肯的意见和建议，在此一并表示谢意。

由于编者水平有限，经验不足，挂一漏万，考虑不周之处在所难免，欢迎方家指正。

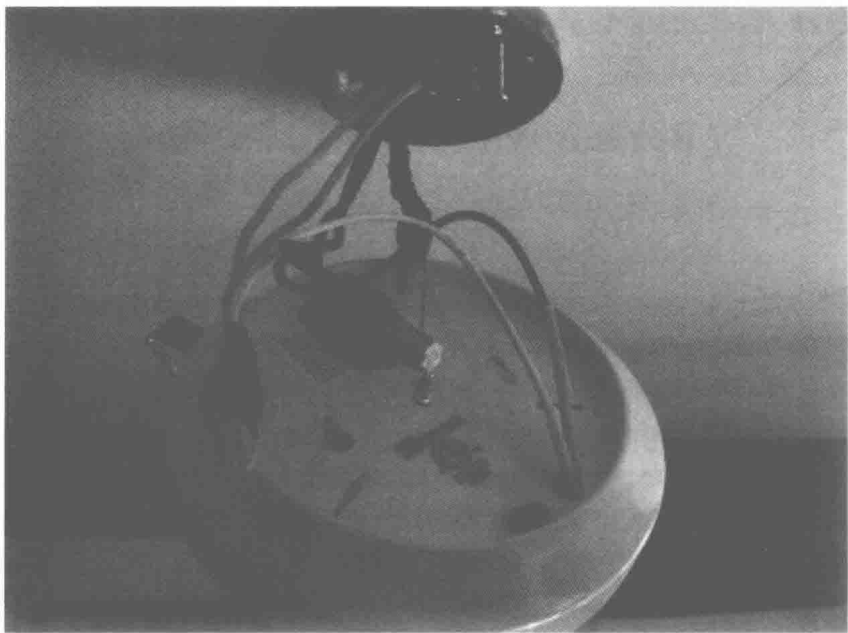
李勇忠

2017年4月于洪城云林斋

Contents

Unit One	Hobbies	1
Text A	7 Reasons Why You Need a Hobby	2
Text B	Cultivating Hobbies for Fun and Profit	12
Unit Two	Video Games	17
Text A	Survey: Nearly Every American Kid Plays Video Games	18
Text B	Video Game Players and Associations Seek Recognition from the IOC and an Entry into the Olympics	31
Unit Three	Traditional Education VS. Online Education	39
Text A	China's Startup Boom in Online Learning	40
Text B	Online VS. Traditional Education	54
Unit Four	Happiness	62
Text A	5 Proven Truths about Finding Happiness	63
Text B	Where do You Stack Up on the Happiness Scale?	76
Unit Five	Gratitude	81
Text A	Cultivate the Healing Power of Gratitude	82
Text B	The Science Behind Gratitude and How It can Change Your Life	95
Unit Six	Food Cultures	101
Text A	What Americans can Learn from Other Food Cultures?	102
Text B	Is Coffee Good or Bad for You?	114
Unit Seven	Human and Nature	121
Text A	The Tree that Shaped the Human History	122
Text B	Why Overfishing Whales and Sharks Is Affecting the Pace of Climate Change?	138
Unit Eight	Festivals and Parties	144
Text A	20 of the World's Biggest Music Festivals and Mega-parties to Experience before You Die	145
Text B	The New Year Came of Age	159
Suggested Answers		166

Unit One Hobbies



Key Features

Text A <i>7 Reasons Why You Need a Hobby</i> Text B <i>Cultivating Hobbies for Fun and Profit</i>	<ul style="list-style-type: none">• Both texts are about hobbies.• Writers of both texts illustrate their points based on their own stories.
Reading focus	<ul style="list-style-type: none">• Reading for main ideas• Reading for specific information
Translation focus	<ul style="list-style-type: none">• Translation of Attributive Clause (I)
Writing focus	<ul style="list-style-type: none">• Paragraph writing (writing an introductory paragraph)

» Pre-Reading

Think about the following questions before you start reading.

- i) Do you need a hobby? Why and why not?
- ii) What are your hobbies?



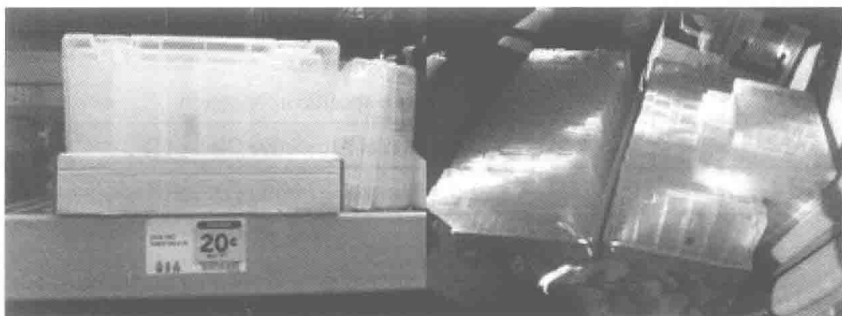
Text A

7 Reasons Why You Need a Hobby

Becky Blanton

1. My secret passion is woodworking. I haven't told many people about it because most people are **condescending** about female carpenters. HGTV has done a lot for women woodworkers, but overall most of the people I tell are polite, but equate what I build with what their **toddlers** do with **crayons** and notebook paper.

2. Maybe I'm not a master craftsman, but I make nice stuff and **have a blast** doing it. I spend more time shopping for tools and **lumber** than most women spend shopping for shoes and makeup. I get excited about bargains. So when I found plastic storage cases normally \$1.99 on sale for 20 cents. I **went nuts** and not only photographed it, but posted it to my social networks. Here's the pic to prove it! I bought every case they had...some 27 of them, which ended up costing me \$5.40. **Eat your heart out.** I spent the next three days filling them with **drill bits** and the thousands of tools and metal things that hobbyists collect and throw into coffee cans. And I still have enough left to start filling with fishing gear (my second passion).



3. Back seat of my car as I head home with my **plunder**! This weekend I branched out in another direction—removing two **fluorescent** light fixtures with new fixtures. I rent office space and the **fluorescent** tubes **flicker**, give me headaches and rarely work like they're supposed to. So I watched a few YouTube videos on how to **swap out** fixtures and figured if soccer moms who called wire **nuts** “plastic thingies” could do it, so could I. It literally only takes about 15 minutes to swap out a fixture, if everything is in place. It wasn't. After removing the light fixture I realized there was no electrical box, or a hole in the **sheetrock** ceiling to put one. Unless I also cut out a hole, installed the electrical box and then rewired everything, I was going to be left without lights. After four trips to Lowe's, I finally got everything I needed and finished the job all by myself. So I've bragged, and now it's time to let you in on the reasons why I have a hobby and you should too.

4. (I) All work and no play makes Jack a dull boy. If you don't have something you can escape to, something to take your mind off work and the stress and drama in your life, you'll quickly become angry, resentful and frustrated. Having a hobby, whether it's woodworking, **pottery** or painting, ensures you have a life outside of work. If you're ever fired, laid off, injured or sick you'll always have something to turn to for comfort.

5. (II) Expand your network. People from all walks of life share the same hobby, often with a different perspective. If you want to expand your network and meet people you really do have something in common with then take up a hobby. You'll never be at a loss for something to talk about—either to another person with the same hobby, or to a stranger.

6. (III) Hobbies give you a different perspective on life. When the only people you interact with are people in your industry or profession, you forget there's a big wonderful world of people with different perspectives, skills, ideas and resources who have a lot to offer, if you could only come in contact with them, or meet them. Your hobby will take you into different **realms** if you let it. You'll meet other hobbyists who have a different background, skill set and approach to whatever hobby it is you share, and that can give you a different perspective on the hobby as well as your work, life and family.

7. (IV) Hobbies create a **buffer zone** between you and life's demands. Sadly enough many of us turn to drugs, alcohol, work, shopping and unhealthy habits to avoid or cope with stress. Hobbies provide an outlet for all that **pent up** energy, stress and emotion.

8. (V) You can **excel** at something you love. If you've got a job you hate, or that's okay, but high pressure, or you're not recognized or noticed or appreciated, a hobby can be the place where you shine. Not only do you enjoy what you're doing, but you're around

people who will appreciate what you're doing. It's easier to become a master at something you're passionate about.

9. (VI) Hobbies teach us we have choices and that it's okay to do something for ourselves. You get to pick your hobby, and quit it if you decide to. It's one of the few things in life we get to do because we want to. Even if you're raising a family, working a job, doing all the responsible things in life, hobbies are something you do for you—something that keeps your batteries charged. It's a way of nurturing your desire to **indulge** your interests.

10. (VII) Hobbies remind us that life is about having fun. If you don't have kids, or they're not old enough to do things, a hobby gives you the kind of fun experience, or should have had, as a child. It gives you something to share with your kids, or grandkids. It gives you something to talk about with your spouse that isn't work, family or drama related.

11. Many of us focus only on work, or being something or someone we're not really comfortable with in order to impress others. But I still think having a hobby is the best way to have fun and to distress. When I manage to finish something and figure out how to do it, it's **exhilarating**! I don't need anyone else's approval. I know what my expectations are for me, and I alone can judge my work. Hobbies. Get one. You'll be glad you did!

(988 words)

(<http://www.linkedin.com/pulse/10-reasons-why-you-need-hobby-becky-blanton>.

Nov. 20, 2017)



Words and Phrases

condescending	[ˌkɒndɪ'sendɪŋ] <i>a.</i> (used of behavior or attitude) characteristic of those who treat others in a way which shows that they think they are superior to others 表现出优越感的; 居高临下的
toddler	['tɒdlə(r)] <i>n.</i> a young child 学步的小孩
crayon	['kreɪən] <i>n.</i> writing implement consisting of a colored stick of composition wax used for writing and drawing 蜡笔; 有色粉笔
have a blast	玩儿得很开心
lumber	['lʌmbə(r)] <i>n.</i> the wood of trees cut and prepared for use as building material 木材
go nuts	发疯
eat your heart out	羡慕; 眼红
drill bit	<i>n.</i> a bit used in drilling for oil 钻头

plunder	['plʌndə(r)] <i>n.</i> goods or money obtained illegally 战利品; 掠夺品
fluorescent	[,flʊə'resənt] <i>a.</i> emitting light during exposure to radiation from an external source; brilliantly colored and apparently giving off light 荧光的; 发亮的
flicker	['flɪkə(r)] <i>v.</i> a light or a flame to keep going on and off as it shines or burns 闪烁; 闪光
swap out	换出
nut	[nʌt] <i>n.</i> a small metal block with internal screw thread to be fitted onto a bolt 螺母; 螺帽
sheetrock	['ʃi:trɒk] <i>n.</i> a kind of plasterboard 石膏灰胶纸夹板 (一种石膏板的商标)
pottery	['pɒtəri] <i>n.</i> the craft of making earthenware 陶器手艺
realm	[reɪlm] <i>n.</i> an area of activity, interest, or knowledge 领域; 范围
buffer zone	缓冲区
pent up	抑制; 压抑
excel	[ɪk'sel] <i>v.</i> to be very good at doing sth. 擅长
indulge	[ɪn'dʌldʒ] <i>v.</i> give free rein to 满足; 纵容; 使高兴; 使沉迷于……
exhilarating	[ɪg'zɪləreɪtɪŋ] <i>a.</i> making exciting and cheerful 使人愉快的; 令人激动的



Culture Link

HGTV

HGTV (an initialism for Home & Garden Television) is an American television channel owned by Scripps Networks Interactive. HGTV broadcasts programs regarding home improvement, garden design crafts and renovations.

>> Post-Reading



Reading comprehension exercises

Choose the best answer to each of the following exercises.

- What's the author's attitude towards hobbies?
A) positive B) critical C) indifferent D) negative
- How many hobbies of the author are mentioned in the article?
A) 3 B) 4 C) 5 D) 6

3. The word “dull” in “**All work and no play makes Jack/Jill DULL**” in para. 4 means _____.
 A) nice B) foolish C) good D) happy
4. Which of the following statements is NOT right?
 A) Hobbies can help us work better.
 B) “All work and no play makes Jack a dull boy” is a Chinese saying.
 C) You can make lots of friends if you pursue a hobby.
 D) You keep learning when you have a hobby.
5. If we want to be fit and enjoy a happy life, we _____.
 A) must always work B) should sleep all the time
 C) can't work at all D) need work and hobbies

Do the following statements agree with the information given in this passage? Write T for True and F for False.

TRUE *if the statement agrees with the information*

FALSE *if the statement contradicts the information*

6. Woodworking and fishing are the author's hobbies. ()
7. The writer turns to alcohol if he is stressed. ()
8. You cannot communicate with other hobbyists about your work, for they are strangers.
 ()
9. A hobby can give you fun experience. ()
10. Since you're raising a family, hobbies are something that makes you more stressed.
 ()

Match each term with the correct description.

11. spouse ()
12. flicker ()
13. go nuts ()

- A. a building on a farm in which crops or animal food can be kept
- B. a person's partner in marriage
- C. to bend one's body so that it forms a curve
- D. to go crazy
- E. to shine unsteadily



Vocabulary

Fill in the blanks with words or phrases given in the box. Change the form if necessary.

spouse	expand	hobbyist	excel	pent up
flicker	plunder	condescending	have a blast	crayon
toddler	realm	bargain	swap out	indulge
go nuts	passion	charge	quit	pick

1. Look! The flames _____ in the room.
2. If you _____ on the dance floor, an aerobics class including dance moves would be a good bet.
3. Spend one half of your time with your 3 friends and the other half with your _____.
4. She _____ with the storekeeper for a blanket.
5. One recent night, I talked to the mother of a _____ with fever.
6. I have a _____ for American literature.
7. You must build on our reputation to _____ the business.
8. I _____ because I would like to try something different.
9. She colored the picture with _____.
10. You should _____ at what you do.
11. This kind of _____ attitude does not go over well with the school board,
12. We are already well into the _____ of what I call depression economics.
13. The cost is high for low-traffic websites or _____ game developers.
14. One of the best features of Huawei Nova Lite is that it can be _____ rapidly.
15. In addition, you shouldn't keep your feelings _____.



Translation

课文长难句翻译

1. So when I found plastic storage cases normally \$1.99 on sale for 20 cents each, I went nuts and not only photographed it, but posted it to my social networks.

2. If you don't have something you can escape to, something to take your mind off work and the stress and drama in your life, you'll quickly become angry, resentful and frustrated.
3. When the only people you interact with are people in your industry or profession, you forget there's a big wonderful world of people with different perspectives, skills, ideas and resources who have a lot to offer, if you could only come in contact with them, or meet them.
4. You'll meet other hobbyists who have a different background, skill set and approach to whatever hobby it is you share, and that can give you a different perspective on the hobby as well as your work, life and family.
5. If you've got a job you hate, or that's okay, but high pressure, or you're not recognized or noticed or appreciated, a hobby can be the place where you shine.

翻译技巧点拨

定语从句 (Attributive Clause)

定语从句在句中做定语, 修饰一个名词或代词, 被修饰的名词或代词即先行词。定语从句通常出现在先行词之后, 由关系词 (关系代词或关系副词) 引出。关系代词有: who, whom, whose, that, which, as 等, 关系副词有: when, where, why, as 等。英语中的定语从句起修饰作用, 作用相当于形容词, 所以定语从句也被称为“形容词性从句”。定语从句又分为两类, 一类是限制性定语从句, 一类是非限制性定语从句。限制性定语从句 (Restrictive Attributive Clause) 是用来限定先行词的, 没有它, 主语的意义就不完整或不明确, 是不可缺少的。如: He is a student who comes from the USA. 非限制性定语从句 (Non-restrictive Attributive Clause) 是对主句做补充说明或解释, 与主句的关系并不密切, 没有它主句也能独立存在。如: She is my mother, who teaches English in a college.

定语从句的翻译方法

根据定语从句种类的不同，我们在翻译的时候采用的翻译方法也不尽相同。

一、定语从句前置法

当一个限定性定语从句结构和意思较为简单，或是较为简短时，我们把英语原文中的定语从句翻译成带“的”的定语词组，放于被修饰的词之前，将英语原文的复合句翻译成汉语的简单句。如：

1. Three-quarters of parents who were surveyed said they “always” or “sometimes” check the ratings on their kids’ games. 有四分之三接受调查的父母表示，他们“一直”或“有时”检查他们孩子游戏的评级。

2. “Gaming is the reason to get together—but they’re probably talking about other things,” says Ito, who’s based at the University of Southern California’s Annenberg Center of Communication. 来自南加州大学安纳贝格信息中心的 Ito 表示，“游戏是让他们走在一起的原因，当然他们也会谈论其他事情”。

句子 1 中，parents 后面跟了一个定语从句，我们在翻译的时候为了让汉语句子更加通顺，就把它放在所修饰的先行词的前面。

句子 2 中，...who’s based at the University of Southern California’s Annenberg Center of Communication 是一个定语从句，其先行词是 Ito。这个定语从句比较简单，我们可以直接将其放在所修饰的先行词的前面。

二、定语从句后置法

有些定语从句结构比较复杂，如果翻译后放在其修饰的先行词前面的话，会无法表述清楚，从而使翻译后的句子不通顺。翻译时可以把定语从句放在先行词后面，当作并列分句。翻译时可以用两种方法来处理：

（一）重复先行词

由于定语从句的先行词通常在定语从句中充当句子成分，这时可以重复先行词，还可以用代词指代先行词。

1. We cannot think of our life without electronic devices such as a PC and smart devices. So e-Sports would be a new sports paradigm which reflects the new generation and current lifestyles as integrating all concepts of sports and technology. 我们无法想象，没有诸如电脑和智能设备等电子设备，我们的生活会怎样。因而，电子竞技将会成为一个新的运动模式，这个模式体现了新一代流行的生活方式，并把所有体育概念和技术相整合。

2. It’s a common scenario, according to a new national survey from the Pew Internet & American Life Project that illustrates just how ingrained games have become in youth

culture. 根据皮尤互联网和美国生活项目的一项新的全国调查报告, 游戏在年轻人中根深蒂固已是普遍现象。

句子 1 中, paradigm 引导的定语从句比较长, 所以翻译时可以和先行词拆开, 先翻译先行词, 再翻译定语从句用几句话来翻译。

句子 2 中, 我们翻译时也可把定语从句单独成句, 先翻译先行词, 再翻译定语从句。

(二) 省略先行词

如果把定语从句翻译在先行词后面, 在“通顺、完整”的前提下, 有时候可以不用重复先行词。

1. She received a letter that announced he preferred games on his Wili system. 她收到一封信, 说他最喜欢 WILI 系统的游戏。

2. Parents made a new method by which addiction to games among kids could be effectively controlled. 这些父母制定了一个新办法来有效控制孩子的游戏瘾。

汉译英

1. 是时候让你们了解为什么你们应该有自己的爱好了。

2. 最后我得到了我需要的一切。

3. 你会认识其他爱好者, 他们有着与你不同的背景和技能。

4. 我买下了他们所有的盒子, 最后一共花了我 5.40 美元。

5. 上面的照片里是我最近做的一个书柜。

6. 如果你讨厌自己的工作, 你的爱好可以成为你绽放光芒之地。

7. 你可以在自己喜欢做的事情上出类拔萃。

8. 爱好可以为压抑自己情感的所有人提供宣泄的出口。