



普通高等教育“十三五”规划教材

# 新阶梯 大学英语

读 写 译



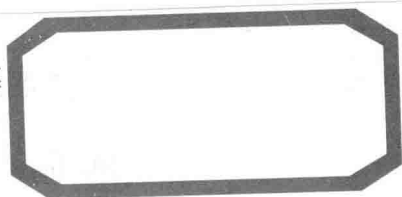
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科学出版社

普通高等



# 新阶梯大学英语读写译 ( I )

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科 学 出 版 社

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## 内 容 简 介

本书为“新阶梯大学英语读写译”丛书的第一册,旨在指导学生在深入学习课文的基础上,从词、句、语篇等角度进行听、说、读、写、译等多方面的语言操练,帮助学习者构建阅读、写作和翻译三方面的能力体系。具体而言,在阅读方面,本书选材直接源自国外报纸、期刊,体裁多样,内容体现时代特色,主题涵盖成功、名人、工作、心理健康、运动、教育等多个方面,文章篇幅适中,难度较低。写作方面,本书侧重对学习者句子写作能力的培养,着重对句法结构和用词方面进行训练。常见写作方法,如非谓语动词、虚拟语气、被动语态、状语从句、名词性从句、there be 句型等都不仅有详细说明,还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,本书侧重训练学习者选词技巧方面的能力,从词的省略、词的增补、词的重复、词类转译等方面,帮助学习者了解英汉语言与思维特点的差异,从而使学习者的译文不仅正确,而且地道。

本书也适用于英语能力三级以上的英语学习者。

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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,也能够借此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。丛书共三册,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

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# Unit One    Success



## Key Features

Text A <i>What Is Your New Year's Resolution?</i>	<ul style="list-style-type: none"><li>• Both texts are about things people plan to do or do on a daily basis to get close to success.</li><li>• Writers of both texts draw on the daily experience to show their points.</li></ul>
Text B <i>Morning Routines of These 5 Founders of Million-Dollar Companies</i>	
Reading focus	<ul style="list-style-type: none"><li>• Reading for main ideas</li><li>• Reading for specific information</li></ul>
Translation focus	<ul style="list-style-type: none"><li>• 代词省译 I</li></ul>
Writing focus	<ul style="list-style-type: none"><li>• Nonfinite verb</li></ul>



## Pre-Reading

Think about the following questions before you start reading.

- i) Do you usually make New Year's Resolutions? Why or why not?
- ii) What are some New Year's Resolutions people usually make?



## Text A

### What Is Your New Year's Resolution?

1. **Resolution** is a word with more than one meaning. However, when talking about a New Year, a resolution is a **promise** people make to themselves to be better. The person decides to **make a serious effort** to do something over the next 12 months.

2. Many people use the start of a new year as a time to try something new or change something about themselves. This use of resolution **dates back to** the late 1700s. These earlier resolutions were usually of a **religious** nature.

3. However, these days, New Year's resolutions are usually about living healthier, having more success and finding greater **satisfaction** in life.

4. So, some common New Year's resolutions are to: lose weight, exercise more, **keep in contact with** family and friends, stop smoking, save money, go back to school, cut back on **alcohol**, or get more or better sleep.

5. Some people may make a New Year's resolution to improve only one area of their life. Others may feel they need to **completely** change everything. These people may use the New Year as a time to turn over a new leaf! Turning over a new leaf means to make a change and **behave** in a more **responsible manner**.

6. At the start of a New Year, you can **wipe** the slate clean. This means you can simply wash away all the mistakes you made from the past year, as one would remove chalk from a school black board.

7. Just remember that before you start from a clean **slate**, learn from the mistakes you made. If not, you may find yourself going back to square one. Some word **historians** say this expression comes from a board game called Snakes and **Ladders**. In this game, you begin on square one and win by climbing the ladders to the last **square**. However, landing on a snake could send you back to the first square, or the very beginning.

8. The expression back to square one could have come from the game Hopscotch. This game also begins on a box marked with the number "1".

9. If your plans for the New Year are not working out at all, you may have to go back

to the drawing board. This means that your plan or method is not working. So, you have to go back and develop a new solution to the problem. People who draw images, such as **cartoonists**, use a drawing board.

10. The phrase go back to the drawing board comes from Peter Arno, who worked as a cartoonist for *New Yorker* magazine. In 1941, he made a cartoon showing **military** men running toward a **crashed** plane. The designer of plane is seen walking away with his designs under his arm. The **caption** says, "Well, back to the old drawing board".

11. So, for many people the New Year is a good time for a **fresh** start.

12. Still, many people do not make New Year's resolutions. They do not want to put added **pressure** on themselves. Or they are happy with what they are doing and how their lives are **progressing**.

13. And some people may think that there is no reason to try so hard to change yourself. They may agree with the old saying that a leopard never changes its **spots**. This means you are born as you are born and no amount of effort can change that.

14. After all, change can be hard. Getting up early to exercise every day is hard.

15. **Setting aside** time every day to learn a new language or musical **instrument** is not easy.

16. As we get older, it might be even more difficult for people to change their **behavior**. Maybe that's way we say, "You can't teach an old dog new **tricks**".

(614 words)

(VOA, *Words and Their Stories*, Jan. 7, 2017)



## Words and Phrases

resolution	[ˌrezəˈluʃən] <i>n.</i> a firm decision to do or not to do sth. 决心
promise	['prɒmɪs] <i>n.</i> a declaration or assurance that one will do sth. or that a particular thing will happen 承诺; 希望
make an effort	try 尽量; 尽力
date back to	to have existed since a particular time in the past 自……存在至今
religious	[rɪˈlɪdʒəs] <i>adj.</i> relating to or believing in a religion 宗教的; 信教的
satisfaction	[ˌsætɪsˈfækʃən] <i>n.</i> fulfilment of one's wishes, expectations, or needs, or the pleasure derived from this 满足感; 满足
keep in contact with	keep in touch with 与某人保持联系
alcohol	['ælkəhɒl] <i>n.</i> a colourless volatile flammable liquid 酒; 酒精
completely	[kəmˈpli:tli] <i>adv.</i> totally; utterly 彻底地; 完全地
behave	[bɪˈheɪv] <i>v.</i> act or conduct oneself in a specified way, especially

	toward others 表现
responsible	[rɪ'spɒnsəbl] <i>adj.</i> having an obligation to do something, or having control over or care for someone, as part of one's job or role 负有责任的
manner	['mænə(r)] <i>n.</i> a person's outward bearing or way of behaving towards others 举止; 态度
wipe	[waɪp] <i>v.</i> clean (something) by rubbing it against a surface 擦拭
slate	[sleɪt] <i>n.</i> record of a person's debit or credit 板; 石板; 行为记录
historian	[hɪ'stɔːrɪən] <i>n.</i> an expert in or student of history, especially that of a particular period, geographical region, or social phenomenon 历史学家
ladder	['lædə(r)] <i>n.</i> a structure consisting of a series of bars or steps between two upright lengths of wood, metal, or rope, used for climbing up or down something 梯子
square	[skweə(r)] <i>n.</i> a plane figure with four equal straight sides and four right angles 方格
cartoonist	[kɑː'tuːnɪst] <i>n.</i> a person who draws cartoons 漫画家
military	['mɪlɪtəri] <i>adj.</i> relating to or characteristic of soldiers or armed forces 军事的; 武装的
crash	[kræʃ] <i>v.</i> (of an aircraft) fall from the sky and violently hit the land or sea (飞机) 坠毁; 坠落
caption	['kæpfən] <i>n.</i> a title or brief explanation appended to an illustration or cartoon (插图或漫画的) 标题; 说明文字
fresh	[freʃ] <i>adj.</i> not previously known or used; new or different 新的; 不同的
pressure	['preʃə(r)] <i>n.</i> the feeling of stressful urgency caused by the necessity of doing or achieving something, especially with limited time 压力
progress	['prəʊɡres] <i>v.</i> advance or develop towards a better, more complete, or more modern state 进展; 进步
spot	[spɒt] <i>n.</i> a small round or roundish mark, differing in colour or texture from the surface around it 斑点
set aside	give or assign a resource to a particular person or cause 留出
musical	['mjuːzɪkəl] <i>adj.</i> relating to or accompanied by music 音乐的
instrument	['ɪnstrʊmənt] <i>n.</i> a device for producing musical sounds 乐器

behavior  
trick

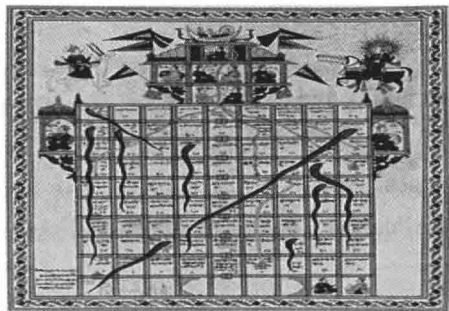
[br'hervjə(r)] *n.* the way in which someone behaves 行为; 举止; 表现  
[trɪk] *n.* a skillful act performed for entertainment 把戏



### Culture Link

#### *Snakes and Ladders*

Snakes and Ladders is an ancient Indian board game regarded today as a worldwide classic. It is played between two or more players on a gameboard having numbered, gridded squares. A number of “ladders” and “snakes” are pictured on the board, each connecting two specific board squares. The object of the game is to navigate one’s game piece, according to die rolls, from the start (bottom square) to the finish (top square), helped or hindered by ladders and snakes respectively.



#### *Hopscotch*

Hopscotch is a children’s game that can be played with several players or alone. Hopscotch is a popular playground game in which players toss a small object into numbered spaces of a pattern of rectangles outlined on the ground and then hop or jump through the spaces to retrieve the object.



**Peter Arno**

Peter Arno (January 8, 1904—February 22, 1968) was a U. S. cartoonist. He contributed cartoons and 99 covers to *The New Yorker* from 1925, the magazine's first year, until 1968, the year of his death. In 2015, *The New Yorker* contributor Roger Angell described him as "the magazine's first genius".

**>>> Post-Reading****Reading comprehension exercises**

**Choose the best answer for each of the following.**

1. According to the passage, some common New Year's Resolutions include the following **EXCEPT** \_\_\_\_\_.
  - A) lose weight
  - B) keep in contact with family and friends
  - C) save money
  - D) refuse to make changes
2. What does the phrase "cut back on" mean in para. 4? \_\_\_\_\_.
  - A) reduce
  - B) change
  - C) try
  - D) keep
3. Why does the author mention Peter Arno? \_\_\_\_\_.
  - A) To explain the phrase "back to square one".
  - B) To explain the phrase "go back to the drawing board".
  - C) To introduce a magazine.
  - D) To explain that people find it hard to change their behavior.
4. The reasons why some people don't want to make New Year's resolution are the following **EXCEPT** \_\_\_\_\_.
  - A) They do not want to put added pressure on themselves.
  - B) They are happy with what they are doing and how their lives are progressing.
  - C) They do not want to make themselves better.
  - D) They think that there is no reason to try so hard to change themselves.

5. Why does the author mention the phrase “You can’t teach an old dog new tricks”?

- A) To explain it might be even more difficult for old people to change their behavior.
- B) To show it is impossible for people to change their behavior.
- C) To show making New Year’s Resolution is useless.
- D) To talk about dogs.

*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. People do not make New Year’s resolutions because they do not have time. (     )

7. “You can’t teach an old dog new tricks” means it’s more difficult for old people to change their behavior. (     )

8. The earlier resolutions were usually of a political nature. (     )

9. Some people make New Year’s resolutions to show off. (     )

10. The phrase “go back to the drawing board” means if your plan or method is not working, you have to go back and develop a new solution to the problem. (     )

*Match each term with the correct description.*

11. Snakes and Ladders (     )

12. Peter Arno (     )

13. Hopscotch (     )

A. explains the phrase “you can’t teach an old dog new tricks”.

B. is where the expression back to square one came from.

C. worked as a cartoonist for *The New Yorker* magazine.

D. is a painter.

E. is a board game in which you begin on square one and win by climbing the ladders to the last square.



## Vocabulary

*Fill in the gaps with words or phrases given in the box. Change the form where necessary.*

behave

pressure

remove

spot

manner

resolution

progress

wipe

satisfaction

religious

musical	completely	crash	military	alcohol
trick	responsible	fresh	square	instrument

1. She made a \_\_\_\_\_ to visit her relatives more often.
2. She \_\_\_\_\_ (towards me) more like a friend than a mother.
3. The \_\_\_\_\_ of city life forced him to move to the country.
4. I am partly \_\_\_\_\_ for the accident.
5. She is making great \_\_\_\_\_ in her studies.
6. You can't fool me with that old \_\_\_\_\_.
7. I've \_\_\_\_\_ forgotten her name.
8. I don't like her \_\_\_\_\_ —she's very rude.
9. He \_\_\_\_\_ his car into a wall.
10. It's a nice \_\_\_\_\_ for a picnic.
11. The statue was \_\_\_\_\_ to another place.
12. It's a \_\_\_\_\_ start for her career.
13. \_\_\_\_\_ away the tears and cheer up!
14. She has gained great \_\_\_\_\_ from her work.



### Translation

#### 课文长难句翻译

1. New Year's resolutions are usually about living healthier, having more success and finding greater satisfaction in life.

\_\_\_\_\_

2. This means you can simply wash away all the mistakes you made from the past year, as one would remove chalk from a school black board.

\_\_\_\_\_

3. They may agree with the old saying that a leopard never changes its spots. This means you are born as you are born and no amount of effort can change that.

\_\_\_\_\_

## 翻译技巧点拨（代词省译 I）

英译汉时，有些代词可以不译。

译例说明：

1. The designer of plane is seen walking away with his designs under his arm.

译文：还可以看到飞机设计师把自己的设计方案夹在胳膊下走开。（省略了第二个 his 不译）

2. Or they are happy with what they are doing and how their lives are progressing.

译文：或者他们对生活现状及进展很满意。（省略 their 不译）

3. Permit me first to thank our Chinese hosts for your extraordinary arrangements.

译文：首先，请允许我对中国主人出色的安排表示感激。（省略 your 不译）

4. I was at once interested in this game and tried to imitate it.

译文：我马上对这种游戏产生了兴趣，接着就模仿起来。（省略 it 不译）

相反，汉译英时则要适当增加代词，特别是物主代词。

译例说明：

5. 中国有 13 亿多人口，陆地自然资源人均占有量低于世界平均水平。

译文：China has a population of more than 1.3 billion, and its land natural resources per capita are lower than the world's average.（省译 its）

6. 中国将努力提高现有水域生产能力，保持水产品继续快速增长。

译文：China will actively increase the productivity of its waters so as to keep a continuous rapid increase of aquatic products.（省译 its）

## 汉译英

现阶段中国已经成功实现了粮食基本自给，在未来的发展过程中，中国依靠自己的力量实现粮食基本自给，客观上具备诸多有利因素。中国将努力促进国内粮食增产，在正常情况下，粮食自给率不低于 95%，进口量不超过国内消费量的 5%。中国作为人类文明发祥地之一，在几千年的历史进程中，文化传统始终没有中断。中国在自己发展的长河中，形成了优良的历史文化传统。（164 字）

译文：

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## Writing

### Writing Strategy—Nonfinite verb

A nonfinite verb is of any of several verb forms that are not finite verbs; they cannot serve as the root of an independent clause. Most nonfinite verbs found in English are infinitives, participles and gerunds. (They sometimes are called verbals, but that term has traditionally applied only to participles and gerunds. ) Additional nonfinite forms found in some other languages include converbs, gerundives and supines.

A gerund is a verb form that appears in positions that are usually reserved for nouns. In English, a gerund has the same form as a progressive active participle and so ends in *-ing*. Gerunds typically appear as subject or object noun phrases or even as the object of a preposition:

In this text, it's noticeable that gerunds appear as subject in the following sentences:

1. Turning over a new leaf means to make a change and behave in a more responsible manner.
2. However, landing on a snake could send you back to the first square, or the very beginning.
3. Getting up early to exercise every day is hard.
4. Setting aside time every day to learn a new language or musical instrument is not easy.

**Compose a short essay on the topic Do We Need "Never Give up"? Write at least 150 words.**



## Topic related words and expressions

中文

决心

座右铭

绝望的

适应能力强的

名望和财富

声望

努力去做的事情

逆境

英文

determination

motto

despair

adaptable

fame and wealth

prestige

commitment / undertaking / endeavor

hardship / adversity