



全国农业推广专业学位研究生教育指导委员会推荐教材



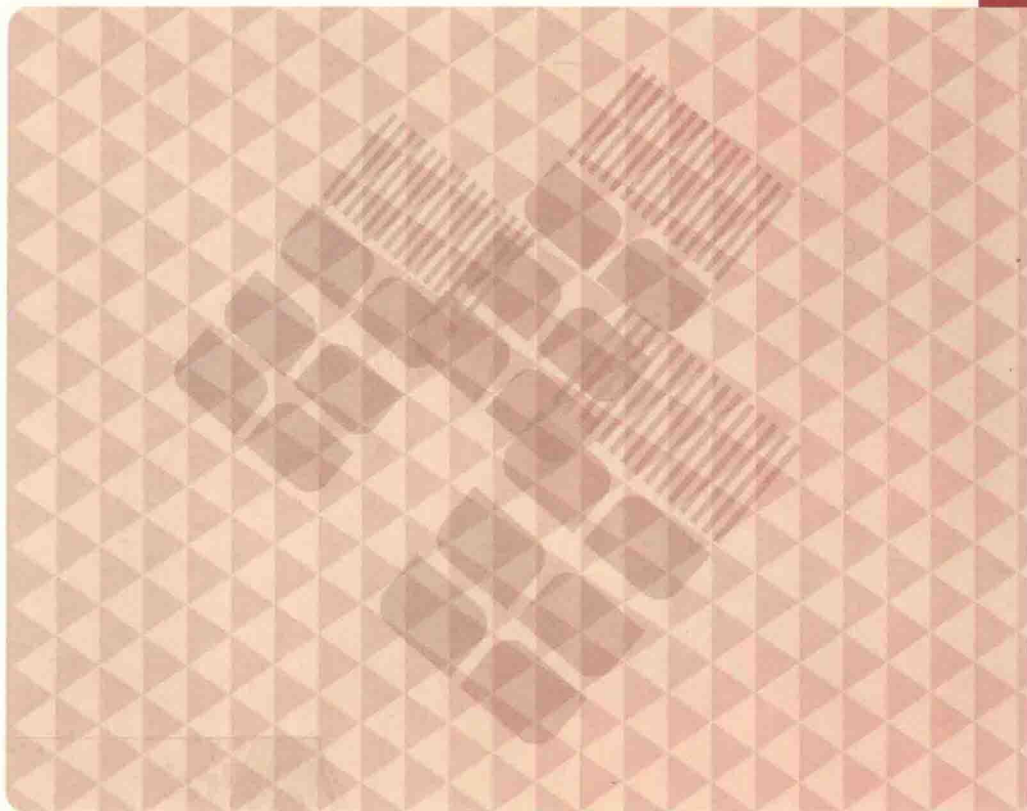
普通高等教育农业部“十二五”规划教材


全国高等农林院校“十二五”规划教材

英语 第二版

ENGLISH Second Edition

李建华 曾庆敏 主编



 中国农业出版社

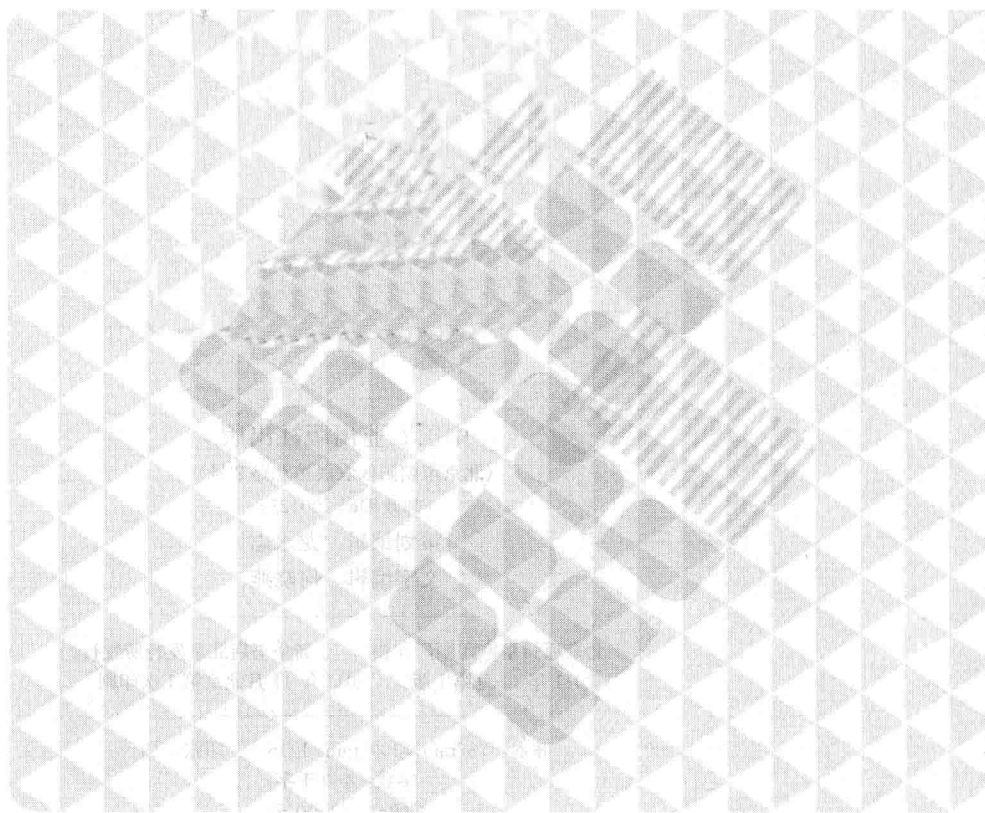


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第二版前言

农业推广硕士研究生的培养目标是培养农业技术推广和农村发展高层次复合型、应用型人才。随着全球化的发展,英语作为一门使用最广泛的国际通用语言,在国际交流与合作中,在查阅文献、获取和交流国内外最新科技成果和信息中起着重要的作用,成为最便捷的工具。由于英语的重要性,“英语”这门课程一直是推广硕士培养环节中很重要的一门公共学位课程。而英语教材则是指导推广硕士研究生英语教学的根本。2002年10月,由中国农业出版社正式出版的《农业推广硕士系列教材——英语》的普遍采用,也验证了教材的重要性和必要性。

8年来全国范围内的农业推广硕士都在使用《农业推广硕士系列教材——英语》教材。随着时间的推移,知识和信息的更新,第一版的部分课文内容失去了时效性。此外,授课教师也根据授课情况,提出了一些修改意见。与此同时,全国农业推广专业学位的学生人数也在增加,学生的类型也从几年前单一的非脱产(在职),转变为脱产和非脱产两大类。本教材的再版工作提上了日程。中国农业大学是教材第一版的主编单位,并且中国农业大学以农业相关教学科研为主,因此以中国农业大学外语系为主力的编者感到有义务和责任重新修订第一版教材以利于推动农业推广专业硕士的英语教学。

在全国农业推广硕士专业学位教育指导委员会的关注和支持下,本教材得以立项。本教材旨在编写一本适用且实用,能够指导全国推广硕士研究生英语教学的教科书。在一年多的时间内,编写组顺利完成了制定编写计划、组织材料和组织编写、同行专家评审、统稿、修改以及定稿等任务。

本教材将农业和社会的热点话题作为教材内容,根据每单元的话题选取相关文章,并设计相关练习,在提高学生英语阅读、写作和翻译水平的同时,增加学生对农业和时事的敏感度。本教材结合专业学位研究生的特点,特别注重培养专业学位研究生的阅读、写作和翻译能力,使他们能够以英语为工具获取和交流信息。

在课文选材方面本教材特意选用较新的海外文章,力求语言规范,内容新颖,题材广泛,信息性强,具有鲜明的时代特征。这些英语文章内容能够帮助学生在学习英语的同时,了解当今社会及农村发展等方面的知识。各单元具体涉及社会生活热点话题如压力与心理健康、交互网络、经济危机与生活、文化与教育;农村话题如乡村旅游与经济发展、农业推广与农村发展;社会问题如社会公平与正义、生命科学与伦理道德、食品安全与健康、文化与教育、环境与生态等。

本教材维持 2002 年第一版 10 个单元的体例。但每个单元课文内容全面更新,以增加时代感和适应性,并从数量上从两篇增加到三篇,以扩大阅读量和信息量,分别为 Text A, Text B 和 Text C。Text A 为精读,主要适用者为不脱产的农业推广专业硕士学位。他们水平参差不齐,选文原则上语言相对简单,相当于大学英语四级水平。Text A 课文和相关练习的目的重在夯实学生的语言基础。Text B 部分选篇的难度比 Text A 有所提高,主要适用者为脱产的农业推广专业学位硕士(大学应届毕业生为主),课文内容难度高于四级水平。这部分课文和练习注重交流和表达,课后练习重在启发思考。此外还有对英语阅读、科研论文写作和翻译方面的知识介绍。Text C 部分为补充阅读,是对每单元话题相关知识的拓展。课文兼具思想性和趣味性。书后还附有四套模拟试题,以便于学生巩固知识并熟悉标准化考试的形式。

本教材授课要求 60 学时左右。考虑到部分学生(尤其是非脱产学生)不能保证 60 学时的在校学习,自学的时间比较多,本教材课后注释尽可能详尽,并且尽量使用双语。此外,每个单元的练习都配有参考答案。书后附有总词汇表,方便查询。教学中,各学校可根据学生的实际情况,灵活选用教材内容以及单元顺序。

本教材在立项和编写过程中得到了国务院学位办、全国农业推广硕士专业学位教育指导委员会、中国农业大学研究生院、中国农业大学人文与发展学院外语系等各级领导部门的指导和鼎力支持。同时得到了兄弟院校南京农业大学、东北农业大学、西北农林科技大学、青岛农业大学有关专家的帮助和肯定。在此一并表示衷心感谢!

由于编者水平有限,且编写时间较为仓促,书中疏漏在所难免。恳请使用本书的广大教师和学生提出宝贵建议,我们再版时再做相应修改。

农业推广硕士《英语》第二版教材编辑委员会

2011 年 7 月

第一版前言

为落实“科教兴国”和“可持续发展”战略，更好地适应我国农业现代化和农村发展对高层次专门人才的迫切需要，完善具有中国特色的学位制度，1999年5月国务院学位委员会第十七次会议决定设置农业推广（暂用名，下同）硕士专业学位，2000年起开始招生。为更好地促进专业学位研究生教学工作，培养合格的农业技术推广和农村发展高层次应用型、复合型人才，全国农业推广硕士专业学位教育指导委员会决定出版系列教材，本书系全国农业推广硕士专业学位教育指导委员会组织编写的农业推广硕士研究生系列教材之一。

本教材是参照全国硕士生英语教学大纲对非英语专业硕士研究生的英语要求，由全国农业推广硕士专业学位教育指导委员会组织中国农业大学、北京林业大学、南京农业大学和上海水产大学的教师编写的。在编写过程中结合专业学位研究生不脱岗学习的特点，特别注意培养专业学位研究生阅读和写作两个方面的能力，使他们能够以英语为工具获取和交流专业信息。在课文的选材方面，我们尽量体现时代特点，都是近期国外期刊和网络上的文章。这些文章语言规范，内容新颖，题材广泛，信息性强，特别能够体现用英语获取新的信息这一能力的培养。正因如此，本教材也适合其他专业学位研究生英语教学选用。

本教材由10个单元组成。第1~9单元各包括两篇课文，其中Text A要求精学，编写了导读、课前思考题、生词、短语、注释和练习，练习又涉及课文理解、词汇、语法结构、完型填空、翻译、写作等内容和形式。Text B只需读懂大概内容，回答几个关键问题即可。每个单元都有阅读技巧和写作技巧方面的指导。第10单元只有一篇课文，篇幅较大，练习形式也是综合性的，一则全书作结，二则学生可藉此长文检测一下自己学完本教程后的英语阅读能力。

本教材要求60学时左右。考虑到这类学生以自学为主的特点，注释尽量详尽。每个单元的练习都给了答案，附在单元后面，书后还附有生词总表，便于查阅。在教学中，使用本教材的学校可以根据本校学生的情况决定使用全部或部分内容，教学中各单元的顺序也可以灵活掌握。

在本教材的编写过程中，参加编写学校的研究生院、研究生处给予了很大的支持，在此表示衷心的感谢。

由于编写时间仓促，本教材中难免有不当或错误之处，敬请使用单位和学生谅解并告诉我们，以便将来修正。

全国农业推广硕士专业学位教育指导委员会

2002年9月

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Unit One

Pressure and Mental Health



Lead-in Activities

Topics for Discussion

1. Do you often feel stressed? When are you under stress?
2. What makes you feel stressed?
3. Do you think there is something positive about stress? Why or why not?
4. What should we do to deal with stress?

Self-Scoring Stress Questionnaire

How Stressed Are You?

In some way, stress can help you excel at work. But too much stress makes you ineffective, and at worst physically ill. So how will you cope with stress, and how stressed are you already? Find out whether you are suffering from certain level of stress with this short questionnaire. Simply choose the option that best fits your feelings about each statement.

[How likely am I to suffer stress?]

- 1) I am not in control of the success or failure I make of my life.
 1. I strongly disagree.
 2. To some extent.
 3. I strongly agree.
- 2) I accept that my work has and will change and welcome the opportunities this gives me.

1. I strongly agree. 2. To some extent. 3. I strongly disagree.
- 3) I have someone who I can confide in.
 1. I can be totally honest with that person/those people.
 2. I have to be careful with what I say to that person/those people.
 3. I have no-one to confide in.
- 4) If there's a disagreement about work, I yield to other people's judgment and abilities.
 1. Rarely. 2. Sometimes. 3. Most of the time.
- 5) If a project that I am working on fails, _____.
 1. I learn from the experience and move on to the next job
 2. I tend to think over the failure for a long time
 3. I blame myself whether it was my fault or not

[How stressed am I?]

- 6) I spend so long at work that my family relationships are suffering.
 1. Not at all. 2. Sometimes. 3. Most of the time.
- 7) I'm so busy that I find it increasingly difficult to concentrate on the job in front of me.
 1. Rarely. 2. Sometimes. 3. Most of the time.
- 8) I always get a good night's sleep without worrying about work.
 1. Most of the time. 2. Sometimes. 3. Rarely.
- 9) Recently I've found it more difficult to control my emotions.
 1. Not at all. 2. Sometimes. 3. Most of the time.
- 10) I feel tired during the day.
 1. Very rarely. 2. Sometimes. 3. Most of the time.

Analyze your score :

Add up the numbers next to the statements you most agree with for the first five questions, then do the same for the second five. The higher you score in the first half the more likely you are to suffer stress; the higher you score in the second half, the more stressed you feel. Scores over 10 in either half suggest that you are either likely to experience stress or are feeling stressed at the moment.

压力一词在英文中是 Stress, 在心理学专业术语中又被译为应激, 是指由紧张性刺激或事件引起的, 伴随有心理和生理反应的紧张状态。现代社会中, 紧张的工作、激烈的竞争以及快速的生活节奏都会让人感受到不同程度的压力。适度的压力能使人挑战自我, 挖掘潜力, 激发创造性; 而过度的压力则会引起焦虑、沮丧、发怒等情绪反应, 同时也会造成各种生理方面的疾病, 如癌症、心血管疾病、糖尿病等。

在北美洲, 过度的工作压力已演变为一种城市病, 正侵蚀着人们的身心健康。“我们工作是为了活着, 而活着不是为了工作”, 也许这样的信念会让我们能更好地对抗压力, 享受生活吧。

Text A

A Story About Stress

Barry trips over his kids' toys on the way out of the door, yells at his wife, and sits in a traffic jam on his way to work. When he arrives at his office, muscles tensed, he stares at his computer and prepares to answer the 42 e-mails he has so far.

In addition, there's a mountain of work to be done; that means he'll have to skip lunch and dinner—again, and with numerous cups of coffee.

When his 12-hour workday is over, he drives his 1-hour commute and picks up some junk food for dinner along the way. It is now 11 p. m. He missed seeing his wife and young children as they have been in bed for hours.

Exhausted, he heads to bed, sleeps erratically, gnashing his teeth through the night. Morning arrives all too soon and he wakes up to do it all over again.

There's no relief in sight, no time for himself, little time to see the kids, and his wife is beginning to look like something of his imagination. It's no wonder that the divorce rate is now up to 62% in North America.

This sounds dramatic, but for many of us it has become our life. Whether we're a farmer, a fisherman, or a banker—we're stressed, burnt-out and overloaded; and the stress is killing us.

A recent survey reported that 51% of the population works 40-60 hours a week; and 12% works more than 60 hours a week.

There's an epidemic of overwork these days and we're paying the price for it. Stress is a "wear and tear" disease. Certain diseases have increased—Prostate Cancer in men, Breast Cancer in women, Type II Diabetes, etc. Less dramatic, but more common symptoms are insomnia, headaches, low back pain and digestive disorders.

Did you know that heart disease is the number one killer of Canadian men and women? The cost of treating heart disease is about \$18 billion per year.

Child obesity is at an all time high and Health Canada reports that half of Canadians aged 5 to 17 are not active enough for optimal growth and development. That applies to the rest of the family, too; in general Canadians don't get enough physical activity to keep them mentally alert and to ward off certain physical and mental disorders. Outdoor physical activity stimulates mental health because it encourages curiosity, problem-solving and creative thinking.

"There's also something that boosts you psychologically when you're in the great outdoors," says Dr. Michael Evans, head of patient education at the University of Toronto who bikes to work each day. "Walking, skiing and other outdoor physical activities are as good as anti-depressant drugs at treating moderate depression," he says.

So how much more evidence do we need to prove that what many of us are doing just isn't working anymore? We're not Superman or Superwoman, and we can't just put a new battery in and keep on "going and going". Our lives are not a reality TV show.

“We’re living a martyr lifestyle. It’s time to re-assess where we are and where we need to be,” says Lynda Miller, co-author of *BY FORCE OR BY CHOICE, Managing Stress in the Workplace*. “When my associates and I are delivering stress-management training, we can actually see and feel the high stress levels most of you are experiencing. It’s one of the reasons we called our company Overloaded Enterprises.”

We seem to have lost our balance and our common-sense and our patience somewhere along the way. We’re getting to be a “selfish society”; losing some of our social graces; ethical and moral values being eroded on the way. In these days of global links and an ever increasing pace of life, we all feel that we have too much to do, and never have time to do it in.

Remember weekends? Weekends were invented for a reason—they are the week’s end. Time to sleep in, time to spend with family and friends, to reflect and rest. Please don’t e-mail me at 11 p. m. Saturday night or 4 a. m. Sunday morning. That’s my personal and family time. Human beings are not robots and we ARE NOT meant to work 24 hours a day.

We live on fast time, and technology greatly impacts our professional and personal lives. We have our e-mails, cell phones, Blackberrys and I-Pods, yet we never seem to catch up no matter how fast we work. When the target is in sight, they move it.

Technology, the economy, business and government are having a greater impact on our lives. Nothing stays the same anymore. We’ve lost our “security blanket” and our “safety nets.” We’ve lost our “down time” and our “think time”, and some of us are losing our sense of hope.

Our bodies, minds and spirits need food, sleep and exercise. Did you know that sleep deprivation is one of the major causes contributing to disease?

Everyone has physical, social, emotional and spiritual needs, only some of which can be met at work. “You can’t take back time while you’re busy. Life is not to be taken for granted; and if you do—you will pay a high price—your health and possibly your life!”

Will we work “smarter” not “harder”? Will we look at new processes, more equipment when we’re at peak capacity? Will we focus on “quality” and not just “quantity”? Will we remember that \$ \$ \$ is not necessarily success? Will we communicate, not just provide information? Will we allow all people in the workplace to make a difference, to learn and grow, to be innovative, to create better processes and to contribute to something larger than themselves?

Will we foster brainstorming and best practices? Will we use good manners and common courtesy? Will we use experience, intuition and common-sense? Will we remember to have some fun along the way and make it better for others? Will we remember to spend more time with our family and friends?

We are all connected to each other. If we all try our best, we all contribute to a happier, healthier world. WE WORK TO LIVE, NOT LIVE TO WORK. Life is Not A Dress Rehearsal.

(1,031 words)

New Words and Expressions

epidemic /,epi'demik/ *n.* a widespread outbreak of an infectious disease; many people are

infected at the same time 流行病

trip /trip/ *v.* (over) to catch your foot on something and fall or almost fall 绊; 绊倒

tense /tens/ *v.* (muscles) become tight and stiff, especially because you are not relaxed 使 (肌肉) 拉紧, 紧绷

skip /skip/ *v.* not do something that you usually do or should do 略过, 漏掉

commute /kəmju:t/ *n.* the journey that a person makes when they go to work 通勤

erratic /'ɪrætɪk/ *adj.* not happening at regular times 不稳定的; 古怪的

gnash /næʃ/ *v.* 咬牙

dramatic /drə'mætɪk/ *adj.* exaggerated in order to create a special effect and attract people's attention 戏剧性的; 夸张的

burnt-out /'bɜ:nt'aut/ *adj.* of becoming extremely tired or sick by working too hard over a period of time 倦怠的, 耗尽的

prostate /'prəsteɪt/ *adj.* 前列腺的

diabetes /daɪə'bɪtɪz/ *n.* 糖尿病

insomnia /ɪn'sɒmniə/ *n.* the condition of being unable to sleep 失眠症

obesity /əu'bi:si:ti/ *n.* very fat, in a way that is not healthy 肥胖, 肥胖症

optimal /'ɒptəmə/ *adj.* the best possible; producing the best possible results 最佳的, 最理想的

alert /ə'lɜ:t/ *adj.* able to think quickly; quick to notice things 机敏的, 灵活的

ward /wɔ:d/ *v.* (off) to protect or defend yourself against danger, illness, attack, etc 避开, 避免

stimulate /'stimjuleɪt/ *v.* to make something develop or become more active; to encourage something 刺激; 激励

boost /bu:st/ *v.* to make something increase, or become better or more successful 促进; 提高

moderate /'mɒdərɪt/ *adj.* that is neither very good, large, hot, etc. nor very bad, small, cold, etc 中度的; 中等的

martyr /'mɑ:tə/ *n.* a person who suffers very much or is killed because of their religious or political beliefs 烈士; 殉难者

assess /ə'ses/ *v.* to make a judgment about the nature or quality of somebody/something 评估, 估价

enterprise /'entəpraɪz/ *n.* a company or business 企业, 事业

erode /ɪ'rəʊd/ *v.* to gradually destroy the surface of something through the action of wind, rain, etc; to be gradually destroyed in this way 腐蚀, 侵蚀

reflect /rɪ'flekt/ *v.* to think carefully and deeply about something 反思, 思考

deprivation /,deprɪ'veɪʃən/ *n.* the fact of not having something that you need, like enough food, money or a home 剥夺, 损失

peak /'pi:k/ *adj.* the point when somebody/something is best, most successful, strongest, etc. 高峰, 最高点

capacity /kə'pæsiti/ *n.* the ability to understand or to do something 能力, 才能

innovative /'inəuveitiv/ *adj.* introducing or using new ideas, ways of doing something, etc 创新的

foster /'fɒstə/ *v.* to encourage something to develop 培养, 促进

courtesy /'kɔ:tisi/ *n.* polite behavior that shows respect for other people 礼貌, 殷勤

intuition /,intju:'ifən/ *n.* the ability to know something by using your feelings rather than considering the facts 直觉, 直观

rehearsal /ri'hæ:sl/ *n.* a practice session in preparation for a public performance 预演, 排练

wear and tear: it is a term for damage that naturally and inevitably occurs as a result of normal use or aging 自然损耗

down time: time spent not working; free or leisure time; pause, break 停工期, 休息期

Notes

1. **prostate cancer**: 前列腺癌
2. **breast cancer**: 乳腺癌
3. **type II diabetes**: II 型糖尿病; 这种患者不需要依靠胰岛素, 可以使用口服降糖药物控制血糖, 又称非胰岛素依赖糖尿病。
4. **Blackberry**: 俗称黑莓, 是一种移动电子邮件系统终端, 可以配合手机使用。
5. **I-Pod**: 是 APPLE 推出的一种大容量 MP3 播放器, 其容量高达 10~160GB, 可存放 2 500~10 000 首 MP3 歌曲, 它还有完善的管理程序和创新的操作系统。除了 MP3 播放, I-Pod 还可以作为高速移动硬盘使用, 可以显示联系人、日历和任务, 以及阅读纯文本电子书和聆听 Audible 的有声电子书。
6. **security blanket**: anything that gives a person a sense of safety or freedom from anxiety 安全毯, 保护伞
7. **sleep deprivation**: the condition of not having enough sleep 睡眠不足
8. **dress rehearsal**: a final practice before a performance, the actors are in costume and all technical problems should have been sorted out 带妆彩排

Topics for Further Discussion

1. What kind of life do you dream to live?
2. Do you have some effective ways to release your stress?
3. How do you understand Quality Lifestyle?

Comprehension Check

Choose the best answer for each of the following questions or statements.

1. When Barry arrives at his workplace, he felt _____.
A) tired B) relaxed C) depressed D) worried
2. Barry has to skip his lunch and dinner because he _____.

- A) has a mountain of work to do B) is in a bad mood
C) has a stomachache D) is busy dealing with his personal problems
3. _____ is not one of the health problems caused by overstress.
A) Breast cancer in woman B) Diabetes
C) The flu D) A digestive disorder
4. According to the passage, outdoor physical activities will stimulate mental health because they encourage _____.
A) us to improve our working skills
B) us to work with our opponents
C) us to sacrifice for others
D) our curiosity, problem-solving and creative thinking
5. In these days of global links, we all feel that _____.
A) we have realized our dreams B) we are heading for a bright future
C) we have too much to do D) we like this fast pace of life
6. According to the passage, _____ is one of the major causes contributing to disease.
A) jealousy B) dissatisfaction
C) forgetfulness D) sleep deprivation
7. Which of the following is not a good way to deal with the stress?
A) We should keep a balance between daily work and personal life.
B) We should remember that money is not necessarily success.
C) We should communicate more effectively rather than just giving more information.
D) We should devote all our time to work in order to achieve success.

Language Focus

Part I Vocabulary

Words to Remember

tense	exhausted	dramatic	obesity	optimal
stimulate	boost	moderate	assess	innovative
reflect	capacity	foster	courtesy	intuition

Fill in the blanks with the words given in the box. Change the form if necessary. And you do not have to use all of them.

1. A massage will relax those _____ muscles.
2. The _____ climbers were rescued by the helicopter.
3. Lack of exercise contributes to _____ and health problems.
4. A picture can _____ one's own imagination.