

An English Course for Science and Technology

科技英语 读写译 教程

[下册]

王令坤 朱俊松
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葛纪红 编著



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Science and Technology

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

科技英语 **读 写 译** 教程

(下册)

AN ENGLISH COURSE FOR SCIENCE AND TECHNOLOGY

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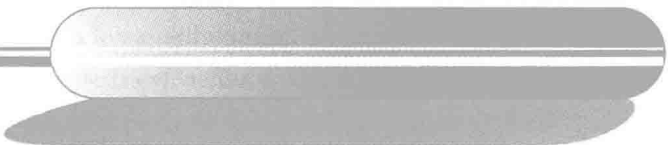
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Unit Thirteen



Text A Freud and Dreams

According to the Freudian theory and that of many others whose writings have preceded his by hundreds or even thousands of years, dreams do not reveal anything about the future. Instead they tell us something about our present unresolved and unconscious complexes and may lead us back to the early years of our lives, when, according to psycho-analytic theory, the ground was being prepared for these later defects^①. There are three main hypotheses in this general theory which will be discussed in some detail. The first hypothesis is that the dream is not a meaningless jumble of images and ideas, accidentally thrown together, but rather that the dream as a whole, and every element in it, are meaningful. The second point that Freud makes is that dreams are always in some sense a wish fulfillment; in other words, they have a purpose, and this purpose is the satisfaction of some desire or drive, usually of an unconscious character.

Thirdly, Freud believes that these desires and wishes, having been repressed from consciousness because they are unacceptable to the socialized mind of the dreamer, are not allowed to emerge even into the dream without disguise. A censor or super-ego watches over them and ensures that they can only emerge into the dream in a disguise so heavy that they are unrecognizable.

Let us look at these three propositions in turn. The idea that the dream is meaningful is, as we have seen, a very ancient one. For Freud it follows directly from the deterministic standpoint; i.e. from the view that all mental and physical events have causes and could be predicted if these causes were fully known. This is a philosophical notion with which few scientists would wish to quarrel. It should be noted, however, that it is possible to believe that all natural events, including dreams, are caused by some agency or other without necessarily believing that dreams are meaningful in the Freudian sense. The great neuro-surgeon Penfield has shown that when needles are pushed into certain parts of the brain and an electric current sent through the needle, whole memory sequences of a specified kind run through the mind of the patient. The same memory sequence can be evoked again and again by simply re-applying the current. It might be possible that random stimulation of a physical nature of different parts of the cortex produces random combinations of past memories which are overlaid during the waking state by our sensory impressions, but which during sleep come to the fore in the form of

dreams^②. This is not presented as a serious theory: it is merely intended to illustrate that dreams could be deterministically explained without having to accept their being in any sense meaningful. This point has often caused confusion because scientists, being generally in favor of determinism, have accepted the Freudian explanation of the meaningfulness of dreams by virtue of its being a deterministic explanation. When it is realized that many other deterministic explanations may be possible, we may be more willing to look at the evidence in favor of this particular interpretation to see whether in fact it is borne out.

Freud's argument of the meaningfulness of dreams is directly connected with his general theory that all our acts are meaningfully determined; a theory which embraces mispronunciations, gestures, lapses, emotions and so forth. An example may be found in the story told by Jean Jacques Rousseau. Apparently he had acquired the habit of making a detour as he approached a certain boulevard. On questioning himself with regard to the origin of this "mechanical habit" he came to the following conclusion: "This is what my reflection discovered, for none of it had until then been present in my mind"; it was a matter of avoiding a little beggar whose chatter he disliked. "We have no mechanical impulse," Rousseau continues, "the cause of which may not be found in our hearts if we but knew how to seek it there."^③ This is indeed the essence of the Freudian doctrine of meaning, a doctrine which was widely accepted and discussed hundreds of years before Freud was born, but of which he was an extremely effective popularizer.

Let us now turn to the second part of Freud's doctrine, namely, the view that the dream is always a wish fulfillment. This is linked up with his general theory of personality. Roughly speaking, Freud recognized three main parts of personality: one, which he calls the "id", is a kind of reservoir of unconscious drives and impulses, largely of a sexual nature; this reservoir, as it were, provides the dynamic energy for most of our activities. Opposed to it we have the so-called "super-ego", which is partly conscious and partly unconscious and which is the repository of social morality. Intervening between the two, and trying to resolve their opposition, is the "ego"; i.e. the conscious part of our personality. In religious language we might liken the id to the concept of original sin and that of the super-ego to the concept of conscience. Classical scholars will have no need to be reminded of the striking anticipation of the Freudian doctrine which is contained in Plato's *Phaedrus*^④. This is what Socrates tells us in his story.

"As I said at the beginning of this tale, I divided each soul into three dr—two horses and a charioteer; and one of the horses was good and the other bad; the division may remain, but I have not yet explained in what the goodness or badness of either consists, and to that I will now proceed. The right-hand horse is upright and cleanly made; he has a lofty neck and an aquiline nose; his color is white and his eyes dark; he is a lover of honor and modesty and temperance, and the associate of right opinion; he needs no touch of the whip, but is guided by word and admonition only. The other is a crooked, lumbering animal, put together anyhow; he has a short thick neck; he is flat-faced and of a dark color, with gray and blood-shot eyes; the mate of insolence and pride, shag-eared and deaf, hardly yielding to whip and spur. Now when the charioteer beholds the vision of love, and has his whole soul warmed

through sense, and is full of the prickings and ticklings of desire, the obedient steed, then as always under the government of shame, refrains from leaping on the beloved; but the other, heedless of the pricks and of the blows of the whip, plunges and runs away, giving all manner of trouble to his companion and the charioteer, whom he forces to approach the beloved and to remember the joys of love.”

As one commentator reflects, “One could hardly hope to find a more beautiful description of the three main components of man’s personality—his primitive, vital impulses, his conscious or idealized self and his reason.” This part of Freud’s theory too is then by no means novel and original, but has been part of educated thought for over 2,000 year.

The link-up between Freud’s theory of personality and his theory of dream interpretation is a very simple one: the forces of the id are constantly trying to gain control of the ego and to force themselves into consciousness. During the individual’s waking life, the super-ego firmly represses them and keeps them unconscious; during sleep, however, the super-ego is less watchful, and consequently some of the desires start up in the id and are allowed to escape in the form of dreams. However, the super-ego may nod, but it is not quite asleep, and consequently these wish-fulfilling thoughts require to be heavily disguised. This disguise is stage-managed by what Freud calls the dreamwork. Accordingly, it is necessary to distinguish between the manifest dream, i.e. the dream as experienced and perhaps written down, and the latent dream, i.e. the thoughts, wishes, and desires expressed in the dream with their disguises removed. The task of the analyst and interpreter on this view is to explain the manifest dream in terms of the latent dream.

New Words

complex	/ˈkɒmpleks/ <i>n.</i>	a closely connected group of unconscious images, wishes, fears, feelings, etc., which influence a person’s behaviour without him knowing it 情结; 心理簇
defect	/ˈdiːfekt/ <i>n.</i>	something lacking or imperfect; fault 缺陷; 毛病
jumble	/ˈdʒʌmbl/ <i>n.</i>	a disorderly mixture (of something or ideas) 混合
drive	/draɪv/ <i>n.</i>	an important need which is a part of a person’s nature and which urges him to act in order to fulfil it 驱动 (力)
censor	/ˈsensə/ <i>n.</i>	something which prevents unacceptable memories, ideas, and wishes from coming into consciousness by repression 潜意识抑制力
ego	/ˈiːɡəʊ, ˈegəʊ/ <i>n.</i>	the self, esp. as seen in relation to other selves or to the outside world 自我
super-ego	/ˈsjʊpərˈiːɡəʊ/ <i>n.</i>	超我
agency	/ˈeidʒənsi/ <i>n.</i>	the power or force which causes a result; influence 力量; (能动) 作用
cortex	/ˈkɔːteks/ <i>n.</i>	the outer covering of an organ or part of the body, esp. the grey matter covering the outer surface of the brain 脑皮层; 皮质
overlay	/ˈəʊvəˈleɪ/ <i>v.</i>	to cover usu. thinly 遮掩
embrace	/ɪmˈbreɪs/ <i>v.</i>	(of things) to contain or include 包括; 包含
lapse	/læps/ <i>n.</i>	a small fault or mistake, as one of memory, esp. one that is quickly put right 失误; 过错

detour	/di:tʊə/ <i>n.</i>	a way round something 绕道; 迂回
boulevard	/ˈbulvɑ:d/ <i>n.</i>	a broad street, usu. having trees on each side 林阴道; 大街
id	/ɪd/ <i>n.</i>	(in Freudian psychology) the one of the 3 parts of the mind that is completely unconscious, but has needs and desires 本我 (指潜意识的最深层, 无意识的原始精神能源)
reservoir	/ˈrezəvwa:/ <i>n.</i>	(of) a large supply (of facts or knowledge) 储藏; 蓄积
repository	/ˈriːpəzɪtəri/ <i>n.</i>	a place where things are stored 贮藏; 汇集
liken to		to compare with 把……比作
charioteer	/tʃæriəˈtiə/ <i>n.</i>	the driver of a chariot 马车夫
aquiline	/ˈækwɪlaɪn/ <i>adj.</i>	of or like a particular bird (eagle) 似鹰的; 钩状的
temperance	/ˈtempərəns/ <i>n.</i>	self-control in speech, behaviour 节制; 自我克制
admonition	/ˈædməˈniʃn/ <i>n.</i>	gentle scolding or warning 告诫; 轻责
crooked	/ˈkrʊkɪd/ <i>adj.</i>	not straight; twisted; bent 扭曲的; 畸形的
lumber	/ˈlʌmbə/ <i>v.</i>	to move in a heavy awkward manner 笨重的; 笨拙的
insolence	/ˈɪnsələns/ <i>n.</i>	(of people and their acts) a show of disrespectful rudeness 傲慢; 无礼
shag-eared	/ˈʃægiəd/ <i>adj.</i>	耳朵多毛的
behold	/biˈhəʊld/ <i>v.</i>	to have in sight; see 注视; 看
pricking	/ˈprikiŋ/ <i>n.</i>	the sensation of light sharp pain on the skin 刺痛感
tickling	/ˈtɪkliŋ/ <i>n.</i>	the act or sensation of tickling 轻触使痒; 呵痒感
steed	/sti:d/ <i>n.</i>	a horse, esp. for riding 马 (尤指仪仗马或战马)
heedless	/ˈhi:dlis/ <i>adj.</i>	lacking in attention 不加注意的, 掉以轻心的, 缺少考虑的
plunge	/ˈplʌndʒ/ <i>v.</i>	to (cause to) move or be thrown suddenly forwards and/or downwards (马等) 猛烈前冲
commentator	/ˈkɒmentɪtə/ <i>n.</i>	a broadcaster who gives opinions 评论员
novel	/ˈnɒvl/ <i>adj.</i>	not like something known before, esp. in being clever or strange; new 奇的, 新的
manifest dream		梦显; 显相
latent	/ˈleɪtənt/ <i>adj.</i>	existing but not yet noticeable, active, or fully developed 潜在的; 隐藏的
latent dream		潜伏梦

Phrases and Expressions

by virtue of	凭借; 由于; 因为
bear out	证实; 证明
as it were	似乎; 可以说

Notes

- ① Instead they tell us something about our present unresolved and unconscious complexes..., the ground was being prepared for these later defects. 相反, 梦显示我们当前未解开的潜意识情结, 并且, 根据心理分析理论, 当早年经历是后来这些情结产生的基础时, 梦可能使我们回到早年。

【点评】defects 指前面提到的 complexes, 之所以用该词, 是因为这些情结没有被解开 (unresolved)。

- ② It might be possible that..., but which during sleep come to the fore in the form of dreams. 在脑皮层的不同部位进行生理刺激, 有可能将过去的记忆随意地联系在一起, 而这些过去的记忆在意识状态下是被感觉印象所掩盖

的，但在睡眠中却以梦的形式涌现出来了。

【点评】of a physical nature 和 of different parts 同是 random stimulation 的修饰语。

- ③ “We have no mechanical impulse,” Rousseau continues, “the cause of which may not be found in our hearts if we but knew how to seek it there.” “我们没有习惯性的冲动，”罗西接着说，“如果我们仅知道怎样在心中寻找这种冲动，我们就不太可能发现其原因。”

【点评】关系副词，意义相当于 “only, just”。

- ④ Plato's Phaedrus: 柏拉图的《斐多篇》。此书记述了苏格拉底临刑前在狱中同前来告别的学生的一次谈话。柏拉图因病不在场，谈话的内容是由斐多转述的，因此命名为《斐多篇》。此书是研究苏格拉底和柏拉图灵魂和认识论的重要著作。

Exercises

I. Choose the best answer according to the text:

- According to Freud, the meaning of a dream _____.
a. is not always obvious even to the person having the dream
b. is clear to a child but not to an adult
c. can not be known because it is heavily disguised
d. is obvious to psycho-analysts only
- The wishes and desires of the dreamer are disguised because _____.
a. they make him go back to the early years of his life
b. they can be explained only from a deterministic viewpoint
c. they are not in line with the social values that he holds
d. they find no way into his consciousness during sleep
- According to the author, Freud's theory _____.
a. is new in some respects but not all
b. is new in his conception of the id, ego and super-ego
c. has nothing new in it
d. has existed for more than 2,000 years
- The charioteer of Socrates' story has the same task as _____ of Freud's doctrine.
a. the id
b. the ego
c. the super-ego
d. the drives
- During sleep, the dreamer's thoughts _____.
a. are completely controlled by the id
b. give rise to impulses and drives
c. express the desires and wished explicitly
d. are still watched by the super-ego
- In his experiment, neuro-surgeon Penfield has shown _____.
a. dreamers know dreams are meaningful
b. all mental and physical events have causes
c. dreams could be predicted if the causes were fully known
d. certain power may lead to dreams

II. Choose the one closest in meaning to the underlined parts.

- She repressed the desire to mention his name.

- a. maintained
c. impressed
- b. controlled
d. expressed
2. It was manifest to all of us that he would fail.
a. obvious
c. noticeable
- b. common
d. considerable
3. Critics have likened the new theater to a supermarket.
a. contrasted
c. compared ... to
- b. associated ... with
d. regard ... as
4. That's a (n) novel idea—opening an English restaurant in France.
a. uncommon
c. uninteresting
- b. unusual
d. unreasonable
5. Rocks are worn smooth through the agency of water.
a. cause
c. pull
- b. result
d. push
6. I insisted that he refrain from being a yes-man.
a. hold himself back
c. hold himself out
- b. hold himself up
d. hold himself on
7. He was a much stronger leader than the man who preceded him.
a. was a leader before
c. was a leader after
- b. introduced
d. progressed
8. Just as he was approaching middle age, he began to suffer from a hearing defect.
a. destruction
c. deviation
- b. deficiency
d. dictation
9. The doctor did not reveal to him his hopeless condition.
a. make known
c. refrain from
- b. keep out
d. bear out
10. The frame is richly overlaid with gold and silver.
a. covered
c. concealed
- b. hidden
d. blocked
11. Though a random guess, it coincided with the actual number of cards in the box. So he won the prize.
a. rapid
c. wise
- b. magical
d. aimless
12. Her singing evoked warm acclamations from the audience.
a. cited
c. inferred
- b. caused
d. referred
13. He told us to proceed to the next item on the agenda.
a. go on
c. pass by
- b. give way
d. come up
14. He went on doing what he was doing, heedless of others' advice.
a. making no difference in
c. paying no attention to
- b. making no use of
d. getting nothing out of
15. These results have borne out our earlier suspicions.
a. confirmed
c. revealed
- b. indicated
d. marked

Text B Sleepwalking—Fact or Fancy?

The bizarre antics of sleepwalkers have puzzled police, perplexed scientists, and fascinated writers for centuries. There is an endless supply of stories about sleepwalkers. Persons have been said to climb on steep roofs, solve mathematical problems, compose music, walk through plateglass windows, and commit murder in their sleep.

How many of these stories have a basis in fact, and how many are pure fakery? No one knows, but if some of the most sensational stories should be taken with a barrel of salt^①, others are a matter of record^②.

There is an early medical record of a somnambulist who wrote a novel in his sleep. And the great French writer Voltaire knew a sleepwalker who once got out of bed, dressed himself, made a polite bow, danced a minuet and then undressed and went back to bed.

The world's champion sleepwalker was supposed to have been an Indian, Pandit Ramrakha, who walked sixteen miles along a dangerous road without realizing that he had left his bed. Second in line for the title is probable either a Vienna housewife or a British farmer. The woman did all her shopping on busy streets in her sleep. The farmer, in his sleep, visited a veterinarian miles away to ask him to come and look at a sick cow.

The leading expert on sleep in America claims that he has never seen a sleepwalker. He is Dr. Nathaniel Kleitman, a physiologist at the University of Chicago. He is said to know more about sleep than any other living man, and during the last thirty-five years has lost a lot of sleep watching people sleep. Says he, "Of course, I know that there are sleepwalkers because I have read about them in the newspapers. But none of my sleepers ever walked, and if I were to advertise for sleepwalkers for an experiment, I doubt that I'd get many takers."

Sleepwalking, nevertheless, is a scientific reality. Like hypnosis, it is one of those dramatic, eerie awe-inspiring phenomena that sometimes border on the fantastic. It lends itself to controversy and misconceptions. What is certain about sleepwalking is that it is a symptom of emotional disturbance, and that the only way to cure it is to remove the worries and anxieties that cause it^③. Doctors say that somnambulism is much more common than is generally supposed. Some have estimated that there are four million somnambulists in the United States. Others set the figure even higher. Many sleepwalkers do not seek help and so are never put on record, which means that an accurate count can never be made.

The simplest explanation of sleepwalking is that it is the acting out of a vivid dream. The dream usually comes from guilt, worry, nervousness, or some other emotional conflict. The classic sleepwalker is Shakespeare's Lady Macbeth^④. Her nightly wanderings were caused by her guilty conscience at having committed murder. Shakespeare said of her, "The eyes are open but their sense is shut."

The age-old question is: Is the sleepwalker actually awake or asleep? Scientists have decided that

he is about half-and-half. There are many myths about sleepwalkers. One of the most common is the idea that it's dangerous or even fatal to waken a sleepwalker abruptly. Experts say that the shock suffered by a sleepwalker suddenly awakened is no greater than that suffered in waking up to the noise of an alarm clock. Another mistaken belief is that sleepwalkers are immune to injury. Actually most sleepwalkers trip over rugs or bump their heads on doors at some time or other.

What are the chances of a sleepwalker committing a murder or doing something else extraordinary in his sleep? Some cases of this have been reported, but they very rarely happen. Of course the few cases that are reported receive a great deal of publicity. Dr. Teplitz says, "Most people have such great inhibitions against murder or violence that they would awaken if someone didn't waken them." In general, authorities on sleep-walking agree with her.

Parents often explain their children's—or their own—nocturnal oddities as sleepwalking. Sleepwalking is used as an excuse for all kinds of irrational behavior. There is a case on record of a woman who dreamed that her house was on fire and flung her baby out of the window. Dr. Teplitz believes that this instance of irrational behavior was not due to somnambulism. She believes the woman was seriously deranged or insane, not a sleepwalker.

For their own protection, chronic sleepwalkers have been known to tie themselves in bed, lock their doors, hide the keys, bolt the window, and rig up all sorts of gadgets to wake themselves if they should get out of bed. Curiously enough, they have an uncanny way of avoiding their own traps when they sleepwalk, so none of their tricks seem to work very well. Some sleepwalkers talk in their sleep loudly enough to wake someone else in the family who can then shake them back to their senses^⑤.

Children who walk in their sleep usually outgrow the habit. In many adults, too, the condition is more or less temporary. If it happens often, however, the sleepwalker should seek help. Although sleepwalking itself is nothing to become alarmed about, the problems that cause the sleepwalking may be very serious.

New Words

bizarre	/bi'zɑː/ <i>adj.</i>	(esp. of appearance or happenings) strange; peculiar; odd 稀奇古怪的, 异乎寻常的
antic	/ˈæntɪk/ <i>n.</i>	(常复数) (旨在哗众取宠的) 滑稽动作, 夸张的噱头, 夸张的姿势
plateglass	/ˈpleɪtɡlɑːs/ <i>n.</i>	fine clear glass made in large, quite thick sheets for use in windows (制镜子或商店橱窗等用的) 厚玻璃
fakery	/ˈfeɪkəri/ <i>n.</i>	a thing that is not what it looks like; an intention to deceive 伪造物; 欺骗; 弄虚作假
somnambulist	/sɒmˈnæmbjulist/ <i>n.</i>	a person who walks about while asleep 梦游者
minuet	/ˈmɪnjuːt/ <i>n.</i>	(a piece of music for) a type of slow graceful dance first performed in France about 300 years ago) 17 世纪兴起的三拍子小步舞, 小步舞曲
veterinarian	/ˌvetəriˈneəriən/ <i>n.</i>	a doctor who treats diseases of animals 兽医
hypnosis	/ˈhɪpˌnəʊsɪs/ <i>n.</i>	(the production of) a sleep-like state in which a person's mind and actions can be controlled by the person who produced it 催眠术

eerie	/ˈiəri/ <i>adj.</i>	causing fear because strange (因怪诞、阴森或迷信而) 恐惧的, 害怕的, 胆怯的
awe-inspiring	/ˈɔːɪnspaiəriŋ/ <i>adj.</i>	causing feelings of awe 使人畏惧的, 使人敬畏的
abruptly	/əˈbrʌptli/ <i>adv.</i>	suddenly and unexpectedly
nocturnal	/ˈnɒkˈtənl/ <i>adj.</i>	of, done or happening, or active at night 夜间发生的; 夜的; 夜间活动的
fling	/fliŋ/ <i>v.</i>	to throw violently or with force (用力地) 扔, 抛, 丢
derange	/diˈreɪndʒ/ <i>v.</i>	to put into a state of disorder, esp. in relation to the mind 使精神错乱, 使发狂
insane	/ɪnˈseɪn/ <i>adj.</i>	(of people and their acts) mad (患) 精神病的, 精神错乱的, 精神失常的
chronic	/ˈkrɒnɪk/ <i>adj.</i>	(of disease or illness) continual; lasting a long time (病) 长期的, 慢性的
gadget	/ˈɡædʒɪt/ <i>n.</i>	a small machine or useful apparatus 小配件; (小) 机件; (小) 装置
uncanny	/ʌnˈkæni/ <i>adj.</i>	mysterious; not natural or usual 神秘的; 离奇的

Phrases and Expressions

in line for	很有可能获得……的; 将轮到……的
border on (upon)	近似, 接近
be immune to...	对……有免疫力; 可避免的

Notes

- ① taken with a barrel of salt = take sth. with a grain of salt 意为“对某事不信任”, should be taken with a barrel of salt, 可译为“应大大怀疑”。
- ② a matter of record 意为“有据可查的事”。
- ③ What certain about sleepwalking is that ... and that the only way ... that cause it. 有一点可以肯定, 即梦游是一种情绪紊乱的症状。医治它的惟一办法是消除导致梦游的忧虑和烦恼。
从句中的第一个 that 和第二个 that 为并列成份, 均为引导的表语从句; 第三个 that 引导定语从句, 修饰 worries 和 anxieties。
- ④ Macbeth: 《麦克白》是莎士比亚的一部悲剧, 描写雄才大略野心勃勃的苏格兰大将麦克白谋杀国王邓肯, 篡夺了王国的政权。阴险的麦克白夫人是她丈夫的谋士和帮凶, 她在进行罪恶性策划时, 好像是不顾一切, 但最后也因受不住良心的责备而发了疯。
- ⑤ back to their senses = to come back to their senses 意为“使他们苏醒过来”。

Exercises

Answer the following questions according to the text.

1. What has puzzled people for centuries?
2. Do people believe those unusual stories as facts?
3. What is Dr. Nathaniel Kleitman's viewpoint on sleepwalking?
4. What is certain about sleepwalking?
5. What causes sleepwalking?

6. Can scientists give a definite answer to the age-old question whether the sleepwalker is actually awake or asleep?
7. What has sleepwalking been made use of as?
8. Can chronic sleepwalkers prevent themselves from sleepwalking?
9. Is sleepwalking a permanent symptom?
10. What is the most serious problem to sleepwalking?

Text C Anxiety

We define anxiety as an emotion characterized by feelings of anticipated danger, tension, and distress and by sympathetic nervous system arousal. Anxiety and fear are sometimes distinguished from one another on two dimensions. (1) The object of a fear is easy to specify, while the object of an anxiety is often unclear. (2) The intensity of a fear is proportional to the magnitude of the danger. The intensity of an anxiety is likely to be greater than the objective danger (if it is known).

A number of triggers of anxiety have been described. Freud listed two: (1) real world dangers and (2) anticipation of punishment for expressing sexual, aggressive, or other forbidden impulses or engaging in immoral behavior. In the first case, anxiety is caused by actual situations which lead to physical pain; in the second case, by cognitions. Behavioral scientists tend to emphasize one or the other source. Cognitive psychologists stress conflicts between expectation, beliefs, attitudes, perceptions, information, conceptions, and the like, which lead to cognitive dissonance. Humanistic psychologists focus on mental conflicts too, especially on those that arise while choosing a fulfilling and meaningful life-style. Behavioristic psychologists believe that most anxieties are established by conditioning, as an "object" of some type is accidentally associated with an anxiety-arousing experience, often one that may be dangerous. Both cognitive conflicts and potentially perilous situation, then, appear to be able to excite anxiety.

Anxiety can affect learning at different stages. In terms of our memory model, anxiety may influence encoding, storage, and / or retrieval. Effects on the various memory processes are not easily separated from one another. In the past, psychologists simply administered different types of learning tasks in the laboratory to people who identified themselves as feeling either much or very little anxiety in academic situations. The overall performances of the two groups were subsequently compared. The relationship between anxiety and overall performance under these circumstances appears to be complicated. In general, anxiety seems to facilitate success on simple tasks and to hinder complex achievements. People with high anxiety levels are especially likely to perform poorly on difficult or ambiguous test items (which are apt to be misread or misinterpreted). They do particularly badly in pressured, stressful situation such as important exams. When materials are loosely organized and when rote learning, or memorizing, is required, highly anxious individuals tend to perform worse than less anxious ones, as well. Recent studies suggest that highly anxious people may experience encoding problems that inter-

ferre with putting information into memory in the first place. Psychologist John Mueller has found that research participants with high anxiety appear to encode fewer dimensions of the material to be learned than less anxious ones. They use less complicated organizing strategies as they process information. When adaptability is required, they tend to be less flexible than less anxious people in switching from tactic to tactic.

In view of these findings, we would expect highly anxious people to perform rather poorly in school. To investigate this issue, psychologist Charles Spielberger examined the grades and scholastic aptitude test scores of male college students. Anxiety level appeared to have relatively little influence on the academic performance of students with either very high or very low aptitudes. Regardless of reported anxiety level, men who scored low on aptitude tests made relatively poor grades generally. High scorers tended to make relatively good marks. Excessive anxiety did appear to adversely affect the great majority of students, those who scored in the middle range on the aptitude test. Among these middle-aptitude people, high anxiety was associated with low academic performance.

A number of techniques can help anxious students cope with their tension. Charles Spielberger and his associates counseled highly anxious university students in groups to increase their sense of control in the classroom. The psychologists focused on practical topics, including studying and preparing for exams, figuring out what the instructor wanted, handling individual academic difficulties, managing dormitory life, and selecting a vocation. This program raised the anxious students' grade points by one-half point on the average. Systematic desensitization, a relaxation technique, is frequently successful in helping students lower their anxiety. Jogging and thinking about calm, happy, comfortable experiences appear to be effective tension reducers for anxious students, too.

New Words

dimension	/daɪ'menʃən/ <i>n.</i>	维; 方面; 范围
magnitude	/ˈmæɡnɪfjuːd/ <i>n.</i>	量; 大小
trigger	/ˈtrɪɡə/ <i>n. & v.</i>	触发
dissonance	/ˈdɪsənəns/ <i>n.</i>	不和谐; 不一致
perilous	/ˈperɪləs/ <i>adj.</i>	危险的; 冒险的
retrieval	/rɪˈtri:vəl/ <i>n.</i>	恢复; 回忆
facilitate	/fəˈsɪlɪteɪt/ <i>v.</i>	促进
ambiguous	/æmˈbɪɡjuəs/ <i>adj.</i>	模棱两可的; 不明确的
rote learning		机械学习; 死记硬背
tactic	/ˈtæktɪk/ <i>n.</i>	策略; 方法
desensitization	/dɪˌsensɪtaɪˈzeɪʃən/ <i>n.</i>	脱敏感作用; 减感作用

Exercises

I. Choose the best answer according to the text.

1. From the second paragraph, we know that _____.

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