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“十二五”普通高等教育本科国家级规划教材



北京高等教育精品教材

BEIJING GAODENG JIAOYU JINGPIN JIAOCAI

大学英语立体化网络化系列教材

博雅

黄必康 ◎总主编

COLLEGE ENGLISH

大学英语教程

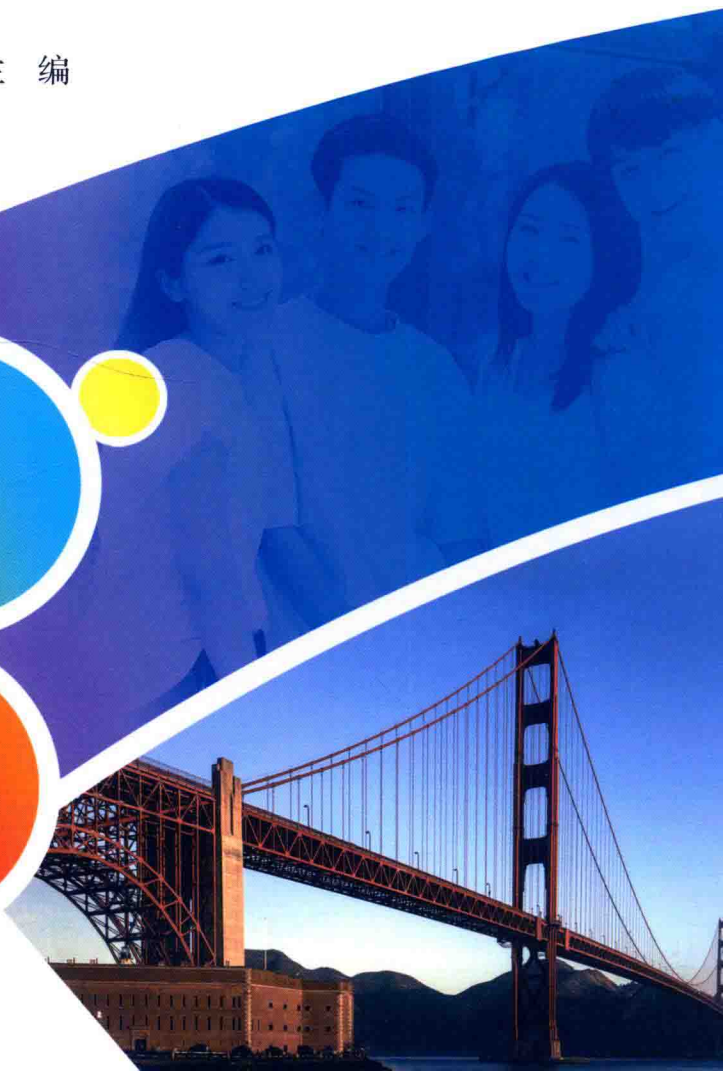
读写译 (第四版)

学生用书

李养龙 郝涂根 朱忠焰 ◎主 编



北京大学出版社
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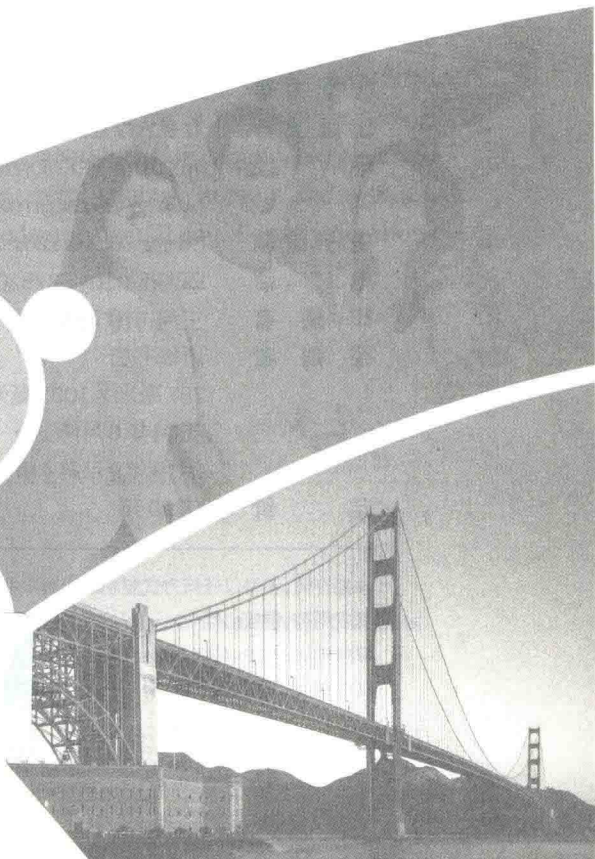
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修订说明

北大版《大学英语教程》(读写译)自2003年编写出版以来,从教学中来,又到教学中去,经历了2008年和2014年两次修订,其间被评为“北京高等教育精品教材”,入选“十二五”普通高等教育本科国家级规划教材。本次修订总结并融入了十多年来使用这套教材的广大教师的教学经验和智慧,已经夯实了其认知型题材、主题循环策略、注重培养学生人文精神和跨文化人文交际的教学指导原则。这套教材在15年的教学中为我国大学英语教学做出了应有的贡献。

然而,教材编写者不断修编的努力总是走在时代变化的后面。今天的中国,改革开放不断走向深入,循“一带一路”逐步走到了世界的中心,已经具有了吞吐全球风云,构建世界命运共同体的宏伟气魄。在这样的新时代所营造出来的文化语境中,语言教学设计者们任何具有前瞻意义的努力都显得慢了节拍。科技的进步、人工智能的重大突破,互联网大数据催化作用下语言的变迁、社会对语言技能交流和国际人文交流的需求,还有不断扩大的国际化教育趋势,总是让写在纸上的英语教材及其配套的网络资源不断处于自身的危机之中。英语教材编写者们不断翻新,以“新”的名目标定“新编”的教材,正是这一危机感的直接反映。

所幸的是,在日新月异的社会变化图景之中,我们看到大学英语教学总趋势是明朗的,那就是,中国的大学英语教学一直在从交际走向理解,从实用走向文化,从技能培养走向思想建构,从英语霸权走向中国语言文化元素在英语学习中的加入,从语言知识吸纳和运用走向批判性思维的培养,一句话,从工具性走向人文性;从单一的语言训练走向文化的习得、分析与运用。这一点也可以在2017年教育部高等学校大学外语教学指导委员会制定颁布的《大学英语教学指南》(以下简称《指南》)中看出,其中提出学好英语不仅可以“了解国外前沿的科技进展,管理经验和思想理念”,而且还可以“学习和了解世界优秀的文化和文明,同时也可以增强国家语言实力,有效地传播中华文化,促进与世界各国人民的文化交往,提升国家软实力。”更具有重要意义的是,《指南》第一次明确提出:大学英语课程是高等学校人文教育的一部分,……人文性的核心是以人为本,弘扬人的价值,注重人的综合素质培养和全面发展。也就是说,大学英语教学最终的指向应该是人的综合文化素质的成长,英语应该是人文理解的桥梁。只有理解了世界文化的过去、现在和将来,才能真正弘扬中华的优秀文化和价值,真正做到在国际交往中的语言自信和文化自信。

而令我们感到欣慰的是,本套《大学英语教程》(读写译)一开始编写就立足于文化的深

度传播和理解,立足于学生文化意识和文化思维的培养,其选文的西方文化品质和中国文化元素的参与一直以来都是大学英语教学界的共识和努力的方向。15年来,在互联网大数据的促动下,英语教学的策略和方法发生了多方位的新变化,微课、慕课、翻转课堂和多模态等教学方法层出不穷,人工智能的参与,计算机辅助教学等教学方法在教学技术层面上都为我们的大学英语教学提供了新的便利和功效。在“讯息即媒体”的时代,如果仅仅为了语言交际而学习英语,并非一定要在大学课堂实现。所以说,大学英语学习的最终目的是思想理解和文化交流(当然也包括科技应用和交流)这一根本指向并没有改变,因此,我们的大学英语课堂应该逐渐超越实用和技术,实现深度的文化传播和理解。如此观之,这套大学英语教材并不过时,它的意义优先、主题循环的理念正是今天英语学习的方向,它的选篇大多具有文化深度的扩展性,它的练习导引也有利于启发学生深度的文化思维训练。尽管这套教材因上述特点总是在语言水平上显出一定的学习难度,但是我们相信,语言教材的生命力很大程度上在于其文化内涵的稳定性和可拓展性。对于广大师生,站在不同的起点上,深浅由人,但“取法乎上,得乎其中;取法乎中,得乎其下”,从文化习得的角度来看,这个道理应该也是广大使用这套大学英语教程的高校师生的切身感受。

基于以上理解,我们这次修订没有做太大的调整。除了文字上的校正,这次修订的最大特点,就是纳入了教学一线教师的教学经验,更换了一部分课文,与原有的课文在内容上有难易节奏的变化,在总体上稍微降低了语言水平的同时,使得教学内容更切合教学实际,更接“地气”。为此,我们感谢辛勤工作在教学第一线,新加入到我们编写团队来的老师们,也感谢北京大学出版社各位领导和编辑对这次修订工作的支持和不懈的努力。

愿《大学英语教程》(读写译)在新的起点上焕发出其内在的生机,在人工智能文化交流和理解的时代到来之前,继续为我国大学英语教学,为中西文化交流和理解做出努力和贡献。

黄必康

2019年7月1日

北京大学燕北园

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Unit 1

HAPPINESS AND CULTURE

PART I LANGUAGE SKILL

KEY WORDS MADE EASY

Read aloud the following sentences and figure out what each italicized word means. The clue in the parentheses will help.

1. Many citizens around the world have been subjected to grave and unprecedented economic *deprivation* and political persecution. (a state of extreme poverty)
2. A democratic work environment helps to *stimulate* a good relationship with his younger employees. (motivate, activate)
3. You should be able to control or *restrain* yourself from taking actions and decisions that would be detrimental to your career development. (restrict, confine)
4. You compete with others who have gone through the worst in life. You belittle the troubles of others but *magnify* your own. (enlarge, expand)
5. Sometimes it's not easy to *discern* between the true and the false. (recognize)
6. There is an *inherent* mechanism that permits the population to respond to crowding or food shortage early enough. (built-in, innate)
7. The enemy troops came against us in large numbers but were forced to *retreat* under our heavy fire. (withdraw, fall back)
8. The natural environment, under mankind's *incessant* destruction, is changing drastically. (continual, constant)
9. Regardless of what you may think of him, there is no reason to suspect him of bringing about this horrible accident *deliberately*. (on purpose, intentionally)
10. Notable results have been achieved in the *rational* development and utilization of resources. (reasonable)

KEY EXPRESSIONS IN USE

A Study the following expressions.

encounter with

be sustained by

以……为食,以……为能源

at the cost of
swim against
be capable of
fit into

at the expense of
go against
be able to
suit, fall into agreement

以……为代价
逆流而上,违背
有能力做
符合,适应

B Read aloud each of the following sentences. See how these expressions are used.

1. Butterflies *feed on* the flowers of garden plants.
2. He saved the boy from drowning, but only *at the cost of* his own life.
3. Those who are in office cannot *swim against* the current of public opinion.
4. However, we are *capable of* understanding the nature of incessant desire.
5. Many people hold the view that some social conventions do not *fit into* modern world.

PART II LANGUAGE IN CONTEXT

在追求幸福的道路上,我们从未停下脚步。从古至今,人们往往将获得幸福快乐视为人生奋斗的目标,然而人们衡量幸福和快乐的标准往往并不相同。社会的发展使得人们在追求人生幸福快乐的过程中,更加重视物质财富的积累,以此为快乐的源泉,过着一种过于富足的“奢侈”生活。随着科技的进步,网络使人们的生活更为便捷。各大电商平台不断创设购物促销活动,大力向社会大众鼓吹“消费至上”的生活态度,传递出一种消费主义的文化观和幸福观。古人云:知足常乐。也许真正的快乐并不在于物质的过于富足,而是一种生活的心态。The practice of simplicity is all about sufficiency or being enough. It is related to finding a graceful balance in life.

Preview Questions

Work in pairs or groups, and discuss the following questions.

1. How do you describe a happy life? Can money buy you happiness?
2. As college students, what do you react to the online commercial advertising for promoting consumption?
3. Do you think we need to lead a simple life? Why?
4. What is your ideal way of living a happy life?



TEXT A

Enough is Enough: Finding a Graceful Balance in Life

Mark A. Burch

1 Simplicity is not the same thing as extreme poverty, or **self-imposed deprivation**. The practice of simplicity is all about sufficiency or being

self-imposed /'selfɪm'pəʊzd/ *adj.* 自愿接受的,自己强加的 (impose *v.* 把……强加于)
deprivation /deprɪ'veɪʃən/ *n.* 清苦的生活;丧失 (deprive *v.* 使……丧失[of])

enough—what the ancients called the “Golden Mean.” It has something to do with finding a graceful balance in life in which we have enough material **possessions** to provide basic needs for us, and offer some comfort and **luxuries** that may not be required for basic survival but are appropriate to a dignified and **self-actualizing** life.

As we might expect, there is a **considerable** range here in deciding exactly how much is enough, and how much of what sorts of things is enough. This will naturally vary with the individual, to some degree, with the culture, certainly with geography, and with our state and stage in life.

One story we tell ourselves about the nature and purpose of human existence is that of **consumerism**. Consumerism positions the meaning and value of life in

the endless **stimulation**, satisfaction, and re-stimulation of desire for the consumption of material things. As well, consumerism **deliberately** confuses the satisfaction of non-material (psychological, social, emotional, spiritual) human needs with the production and consumption of material goods and services for profit. Since the “profit **motive**” is itself a learned desire, there are no **built-in** physical limits to its satisfaction. Only other social or psychological factors can **restrain** or direct it.

In our society, an unlimited desire for profit connects the enormous potentiality of human learning with a growth-oriented economic and technical system that feeds upon a physically limited planet. The effects of this system on the Earth are being **magnified** by a fast population growth, rapidly developing technology, and the “good-life-through-growth-in-consumption” **ideology** shared by business, governments and most ordinary citizens. This combination is **inherently** unsustainable. We know this. Yet we actively export the ideology of consumerism to the rest of the world.

The culture of consumerism grows out of the **sloppy** philosophy of **hedonistic materialism**. Modern economics simply states that human beings are, by nature, greedy, self-interested and pleasure-hungry without limit. **Paradoxically**, in our pursuit of the satisfaction of our greed and appetite for pleasure, we are also supposed to be “**rational**”. Consumerism really doesn’t offer any explanation for this state of affairs, being content rather than accept it as being “just the way people are,”

Golden Mean *n.* 中庸之道

possession /pə'zeɪʃən/ *n.* 拥有; 所有物

luxury /'lʌkjəri/ *n.* 奢侈品

self-actualize /'self'æktʃʊəlaɪz/ *v.* 自我实现

considerable /kən'sɪdərəbl/ *a.* 相当的, 可观的

consumerism /kən'sju:məɪrɪzəm/ *n.* 消费主义

stimulation /stɪmjʊ'leɪʃən/ *n.* 刺激, 鼓舞 (stimulate
v. 刺激, 激励)

deliberately /dɪ'lɪbəreɪtli/ *adv.* 故意地, 蓄意地

motive /'məʊtɪv/ *n.* 动机, 目的

built-in /'bɪlt'ɪn/ *adj.* 与生俱有的, 内在的

restrain /rɪ'streɪn/ *v.* 抑制, 约束

magnify /mæɡnɪfaɪ/ *v.* 放大, 扩大

ideology /aɪdɪ'ɒlədʒɪ/ *n.* 思想观念, 意识形态

inherently /ɪn'herəntli/ *adv.* 内在地, 固有地

sloppy /'slɒpi/ *adj.* 庸俗伤感的; 泥泞的

hedonistic /hi:də'nɪstɪk/ *adj.* 享乐主义的

materialism /mə'tɪəriəlɪzəm/ *n.* 物质主义

paradoxically /pærə'dɒksɪkəlɪ/ *adv.* 自相矛盾地

rational /'ræʃənəl/ *adj.* 理性的, 合理的



and **proceeding** from this **premise** to ways of making as much money as possible from it.

6 In such a social environment, coming to know how much is enough to provide for our **well-being** definitely requires personal **watchfulness**. Those who gracefully succeed in leading a sufficient way of life often say they maintain it at the cost of their feelings—they stand amid a social current which is constantly rushing in the direction of renewed consumption, a current which always tends to pull them along with it.

Therefore, it is helpful to give ourselves longer periods of **retreat** to **solitude** to reconnect with our personal sources of value in life, to regain a sense of proportion and sufficiency, and to deepen gratitude for what we have.

7 **Discerning** how much is enough also involves placing our personal consumption in the context of environmental **sustainability**, social justice and inter-generational equity. In this **realm**, we move beyond considerations of what may be desirable or comfortable in terms of our individual lives and consider ourselves to be part of a much larger whole.

8 Current rates of consumption could not be sustained if everyone on Earth participated in the consumer economy to an equal degree. One of the greatest challenges of voluntary simplicity is creating a rich and meaningful way of life not only by finding a personal definition of how much we think is enough, but by finding how much the Earth can provide in a healthy and sustainable way.

9 To summarize, voluntary simplicity is a way of life based on “enough.” It appears that we are not **innately** “built” to be satisfied with sufficiency. Whether our tendency to want more and more without limit is the result of natural evolution or a spiritual malady, it is a fact of life. Happily, however, we are capable of understanding the nature of **incessant** desire, its destructive effects on our lives, relationships, and the environment, and we are capable of developing other ways of thinking and living based on a truer understanding of what will be brought to us—peace and **contentment**.

10 In the current social reality, putting these insights into practice requires that we continually swim against the prevailing current of advertising, social custom, and what is taken for “common sense” in our times. We could develop watchfulness about the nature and dynamics of innate desires and cultivate “defenses” against **commercialism** which has **intruded** into our lives. We also have to remain conscious of

proceed /prəʊ'si:d/ *v.* 着手, 出发

premise /'premis/ *n.* (逻辑上的)前提

well-being *n.* 幸福, 福祉

watchfulness /wɒtʃfəlnɪs/ *n.* 警觉

retreat /rɪ'tri:t/ *n.* 退却; 撤退

solitude /'sɒlɪtju:d/ *n.* 孤独, 孤寂

discern /dɪ'sɜ:n/ *v.* 辨别, 觉察

sustainability /sə,steɪnə'bɪləti/ *n.* 可持续性 (*sustainable adj.*)

realm /relm/ *n.* 国土; 领域

innately /ɪ'neɪtli/ *adv.* 天赋地; 固有地

incessant /ɪn'sesnt/ *adj.* 无尽的, 不停的

contentment /kən'tentmənt/ *n.* 满意, 知足

commercialism /kə'mɜ:ʃəlɪzəm/ *n.* 重商主义; 商业主义

intrude /ɪn'tru:d/ *v.* 侵入; 闯入

how much money, time, and energy we spend and the value we receive in exchange for them. All these are helpful ways to identify how much is enough and then letting that awareness guide our choices in life



Notes

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QUESTIONS FOR DISCUSSION

Discuss the following questions in pairs or groups.

For Comprehension

1. What is the practice of simplicity in life?
2. What factors may contribute to the difference in deciding how much is enough?
3. How does consumerism tell the story about the nature and purpose of human existence?
4. What is the bigger background against which we should place our personal consumption of things?
5. What could we do to avoid the culture of consumerism when faced with current social reality?

For Viewpoints

6. What do you think is the author's attitude toward the culture of consumerism?
7. Why do you think the practice of simplicity is possible for human beings?
8. How could people create a rich and meaningful way of life by practicing simplicity?
9. What is the relationship between practicing simplicity and maintaining sustainable development?

S **TUDY AND PRACTICE**

Vocabulary

A Fill in the blanks in the following sentences with the words listed in the box. Change the forms of these words if necessary.

<i>luxury</i>	<i>rational</i>	<i>discern</i>	<i>incessant</i>
<i>retreat</i>	<i>deliberate</i>	<i>inherent</i>	<i>restrain</i>
<i>magnify</i>	<i>stimulate</i>	<i>considerable</i>	<i>motive</i>

1. Scientists have known for years that pollution can _____ the vulnerability of plants and animals to natural threats.
2. He was unable to _____ his fury any more and finally screamed at her.
3. A _____ amount of time and effort has gone into this exhibition.
4. Some crazy managers can not always make _____ decisions.
5. At the top are the _____ hotels, which generally offer their guests the greatest comfort and convenience possible.
6. The police could not find any _____ for the murder.
7. A woman has a(n) _____ love of beauty.
8. They could continue the military operation for years without facing pressure to _____.
9. It is often difficult to _____ the truth of an event from a news paper report.
10. Farmers have to postpone planting whenever there is _____ rain during the planting season.
11. I _____ didn't have lunch so that I would be hungry tonight.
12. The government plans to cut taxes in order to _____ the economy to develop at a faster speed.

B Fill in the blanks with the words in the box. Make changes if necessary.

<i>root</i>	<i>yield</i>	<i>rush</i>	<i>rational</i>	<i>endurance</i>
<i>magnify</i>	<i>superior</i>	<i>enable</i>	<i>essential</i>	<i>ordinary</i>
<i>well-balanced</i>	<i>contrast</i>	<i>inherent</i>	<i>command</i>	<i>deliberately</i>

Self-control is 1 to happiness and usefulness. It is the master of all the virtues, and has its 2 in self-respect. Let a man 3 to his impulses and passions, and from that moment he gives up his moral freedom.

It is the self-discipline of a man that 4 him to pursue success with 5 diligence and sobriety. Many of the great characters in history illustrate this trait. In 6 life the application is the same. He who would be a leader must first 7 himself. The time of test is when everybody is excited or angry, then the 8 mind comes to the front.

There is a very special demand for the cultivation of this trait at present. The young men who

9 into business with no good education or drill will do poor and feverish work. 10 is a much better test of character than act of heroism.

C Rewrite the following sentences with the help of the phrases and expressions in the box. The italicized part in each sentence may be of help in your task. The first sentence is done for you.

at the cost of

vary with

be supposed to

be capable of

swim against

fit into

by nature

feed on

1. There is no sense developing industry *at the price of* the environment.

There is no sense developing industry at the cost of the environment.

2. Mating preferences also *change with* a society's level of economic development.

3. The cost of living in the city is higher, but salaries *should* be correspondingly higher.

4. She believes you're entirely *able to* take care of yourself without her help.

5. There is abundance of opportunity for the man who will go with the tide, instead of trying to *go against* it.

6. The College English videos are designed to *suit* the syllabus.

7. He is lucky enough to have a kind wife who is *naturally* loving.

8. Most people do not know that female mosquitoes *are sustained* by sweet plant nectars (花蜜) to survive.

Structure

Study the following sentences. Then make sentences with the phrases and expressions given. Write your sentences on the lines. The first sentence is done for you.

A v-ing used as a subject

Sentences from the Text

Discerning how much is enough also involves placing our personal consumption of things in the context of environmental sustainability, social justice, and inter-generational equity.

Putting these insights into practice requires that we continually swim against the prevailing current of advertising, social custom, and what is taken for “common sense” in our day.

- 1. plant trees
make
our environment
better

Planting trees makes our environment better.

- 2. do exercise
the best way
lose weight

- 3. read English
aloud
in the morning
do you a lot good

B It appears that...

Sentences from the Text

It appears that we are not innately “built” to be satisfied with sufficiency.

- 4. the book
too difficult
to read

- 5. someone else
be supposed to
take the work

6. more people
be willing to
take part in
protect environment

Contextual Practice

A Cloze

Read the following passage and select one word for each blank from a list of choices given in a word bank following the passage.

The idea that an intelligent species cannot last forever was 1 by Frank Drake. He believed that a certain part of intelligent species would not develop technology, and even those that did might not live 2. If a species became intelligent but lived in the oceans, that environment is hardly 3 to the discovery of fire and so technology itself might never develop. Even land dwelling species might not manage to invent radio telescopes. After all, the ancient Egyptians 4 a high civilization and were certainly intelligent, but their priorities lay in the 5 of wealth and beauty rather than in the pursuit of science.

There was an 6 reason why Frank Drake pondered the question of how long a civilization would survive after radio technology was developed. It was the fact that on Earth, radio technology was developed simultaneously with the atom bomb. In the past four billion years, life had existed on Earth, but now one species had the power to wipe itself out and 7 many other species in the process.

Our future certainly looks better now that the Cold War has come to an end, but we still face many 8 about future of our civilization. Perhaps one of the greatest threats is posed by the collision of Earth with an asteroid or a comet.

The fact that every solar system in the Universe will have formed from the collision of asteroid-like bodies, means that the threat of asteroid impacts will be a 9 threat that must be faced by each and every inhabited planet. Only intelligent races will be 10 of developing science and thereby deduce the asteroid threat based on the fossil evidence for mass extinctions, the geological evidence of past impacts.

- | | | |
|------------------|--------------|-----------------|
| A) comparatively | B) obvious | C) incredible |
| D) eternally | E) capable | F) accumulation |
| G) uncertainties | H) universal | I) encounter |
| J) eliminate | K) proposed | L) created |
| M) destruction | N) conducive | O) benefits |