

1. Pollution

1. 污染对人类有害。
2. 为防止污染近年来采取了一些措施。
3. 然而,污染问题尚未完全解决。

Pollution is harmful to human beings. Polluted water causes many kinds of diseases such as diarrhea, enteritis, etc. And sometimes these diseases even take man's life. Dirty air or air-borne garbage causes stinging eyes and running nose. The poisonous gas sent off by factories and automobiles has made the air unhealthy to breathe. Car fumes form smog over large cities, endangering our health.

Measures have been taken to control pollution. In recent years, legislative steps have been introduced to control pollution. Rivers are being cleaned. Air is purified, and pollutants are being trapped before they are poured out of chimneys.

However, pollution problems have not been completely solved. Pesticides are widely used almost everywhere. They pollute soil, water and food. They have the power to make our streams fishless and our gardens and woodlands silent and birdless. Some factories are still using air as a dumping place for wastes. Some lakes are still dirty. Quite a few chimneys are still pouring smoke into air and noise pollution remains serious.

Useful Expressions

1. to be harmful to 对……有害。注意介词 to 与 harmful 的搭配。
如: Smoking is harmful to your health. 吸烟对你的健康有害。
2. polluted water (air, earth,...) 被污染的水(空气,土壤等)。这里的 polluted 是过去分词, 作定语, 表示被动。本文讲的是污染, 要注意下列几个词的使用:
pollute 污染 (v)
pollution (n.)
pollutant 污染物 (n.)
3. diarrhea 泻肚
enteritis 肠炎
4. take somebody's life 杀死某人
5. air-borne garbage 空气中所携带的垃圾
6. stinging eyes 刺激眼睛
running nose 流鼻涕
7. unfit to breathe 不适合呼吸。注意 unfit 之后的动词不定式要用主动态表被动。类似的

形容词还有：easy, difficult, hard, possible, impossible, fit 等。

8. smog 烟气 smog=smoke+fog
9. Measures have been taken to control pollution. 这句话中应注意与 measure 连用的动词是 take 或 adopt。如：adopt (take) effectual measures to improve one's work (采取有效措施改进工作。) legislative 立法的。与 step 搭配的动词还有 take 和 introduce。
10. Pollutants are being trapped before they are poured out of chimneys. 这句中 trap 作“使受限制”，“放置在特定地点”解。如果用 control 代替 trap 句子照样通顺，只是略显平淡。
11. quite a few 相当不少

相关表达法

1. extinction	灭绝
2. greenhouse effect	温室效应
3. renewable resource	可更新资源
4. soil conservation	土壤保护
5. contamination	污染
6. exhaust	(汽车等的) 废气
7. sewage	污水、废水
8. air quality standards	空气质量标准
9. harmful emissions	有害废弃物 (水、气体等)

译文

污染

污染对人类要害。污染的水引起多种疾病，诸如腹泻，肠炎等。有时这些疾病甚至会夺去人的生命。污染的空气或空气中含有的废物引起眼睛刺痛，流鼻涕。工厂和汽车排放出的有毒气体被吸入以后对人体有害。在大城市上空烟气缭绕危害着我们的健康。

为了防止污染，采取了一些措施。近年来，采取一些立法措施来控制污染。河水正在变清，空气正被净化，污染物从烟囱里排放出以前，就得到了控制。

然而，污染问题并未完全解决。杀虫剂在广泛使用着，这些杀虫剂污染着土壤、水和食品，使河流的鱼类无法存活，使我们的花园飞鸟绝迹，毫无声息。一些工厂仍然把大气作为垃圾倾倒场。一些湖泊依然很脏。还有不少的烟囱把烟尘排放到大气中。另外，噪音污染依然严重。

2. Can Road Accidents Be Avoided?

1. 人们对交通问题越来越关心。
2. 有些人认为交通事故不可避免。
3. 我的态度。

At present, more and more cities are faced with the problem of heavy traffic. And the number of road accidents is on the rise. So more people are much concerned about traffic security problems.

Some people say that traffic accidents are unavoidable. They argue that nowadays traffic is much heavier than before. There is often a traffic jam especially in rush hours. Because modern society lives on the basis of vehicles, traffic jams are difficult to eliminate. With the development of industry and population expansion, the condition will be worse.

In my opinion, most road accidents can be avoided. The right solution is to lay down more gallop bridges, overpasses and underpasses in big cities. It is well known that the main cause of road accidents is drunk driving and driving with over-speed. If we reinforce the traffic security education and more people comply with traffic regulations, I believe traffic accidents can be avoided one day.

Useful Expressions

1. on the rise 增长, 上涨
如: Since 2000 the number of the students in our university is on the rise.
2. be concerned about 关心, 挂念
3. traffic jam 交通阻塞
4. rush hour 交通高峰
5. on the basis of vehicles 以车辆为基础
6. to lay down more roads 修建更多的道路
7. It is well known that... 众所周知……
8. gallop bridges 立交桥
overpass 天桥, 陆桥
underpass 过街地道
9. comply with 遵守
如: Pedestrians must comply with traffic regulations. (行人应当遵守交通规则。)

相关表达法

- | | |
|----------------------|----------------------|
| 1. speed limit | 速度限制 (speeding 超速驾驶) |
| 2. parking lot | 停车场 |
| 3. drunk driving | 酒后驾车 |
| 4. alcohol | 酒, 酒精 |
| 5. legal prohibition | 禁酒令 |
| 6. victim | 受害者, 遇难者 |
| 7. driving licence | 驾驶执照 |

交通事故可以避免吗？

目前，越来越多的城市面临着交通拥挤的问题，并且交通事故在增长。因此人们更加关心交通安全问题。

有些人认为交通事故不可避免。他们说如今交通比过去拥挤得多，尤其是在交通高峰期。因为现代社会以车辆为基础，交通拥挤消除不了。随着工业的发展和人口的增加，这种状况会变的越来越严重。

我认为许多交通事故可以避免。正确的解决办法是在大城市里建造更多的立交桥、过街天桥和过街地道。众所周知，交通事故的主要原因是酒后驾车和超速行驶。如果我们加强交通安全教育，使更多的人遵守交通规则，我相信总有一天交通事故是可以避免的。

3. Advertisements

1. 在现代社会里广告到处可见。
2. 为了吸引顾客，广告多种多样。
3. 要警惕欺骗性广告。

Advertisements appear everywhere in modern society. When you walk along the streets, you can see large billboards with beautiful girls smiling at you. You read newspapers, and you find half of the pages covered with ads. Turn on the TV and you will see ads again. Whether you like it or not ads are pouring into your life every moment.

These days advertisers devise hundreds of competitions which will enable us to win huge sums of money. They not only offer samples, but free cars, free houses, and free trip abroad as well. They have discovered that all of us love to get something for nothing. Radio and television have made it possible for advertisers to capture the attention of millions of people in this way.

But not all advertisements are trustworthy. Certain advertised products turn out to be deceitful, or fail to live up to what is advertised. Some advertisements tempt consumers to spend money and buy things they don't really need. So the consumers' own sound judgements are necessary and essential.

Useful Expressions

1. with beautiful girls smiling at you (广告牌上画着) 漂亮的小姐向你微笑。这里用的是独立主格。
2. Turn on the TV and you will see ads again. = If you turn on the TV, you will see ads again. 打

开电视机你还会看到广告。

3. pour into 涌入
如: The shops and offices pour millions of workers into the street at this time of day. (每天的这个时候, 数以万计的工人从车间和办公室涌入街道。)
Commuters were pouring into the station. (乘坐通勤车的人涌入车站。)
4. something for nothing 不付代价的收益; 不冒风险的利润
如: Some people never learn that you can't get something for nothing. (有些人从来就不理解人是不能不劳而获的。)
5. devise 想出(计划)
如: devise a scheme for redeveloping the city center. (想出一个重新开发城市中心的计划)
6. turn out to be deceitful 证明是骗人的
turn out to be 证明 (做系动词用)
7. to live up to 达到预期标准
8. sound judgement 正确的判断

相关表达法

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|--|-------------------------------|
| 1. promote | 宣传、促销 (产品) |
| 2. discount | 打折销售 |
| 3. consumer protection | 消费者权益保护 |
| 4. deceptive advertising practice | 虚假广告行为 |
| 5. informative | 信息的 |
| 6. commercial | (广播或电视) 商业广告 |
| 7. public interest advertising/ public service advertising | 公益广告 |
| 8. stereotype | 老套, 故有模式 |
| 9. popup ads | (网页上的) 弹出广告; email ads 电子邮件广告 |
| 10. slogan | 宣传口号 |

译文

广告

在现代社会里广告到处可见。当你走在大街上, 你看到大的广告招贴板上画着的漂亮小姐向你微笑; 读报时, 你发现一半的版面都是广告; 打开电视机, 你还会看到广告。不管你喜不喜欢, 广告每时每刻都在涌入你的生活。

现在登广告的人还想出几百种使我们赢得巨款的比赛。不但提供免费样品, 而且提供免费汽车, 免费住房乃至免费出国旅游。他们发现我们所有的人都喜欢不出钱而得到东西。电台和电视机已经使登广告的人有可能利用这种方法来吸引千百万人的注意力。

但是, 并非所有的广告都真实可靠。某些广告产品证明是骗人的, 或者说产品与广告不符。有些广告诱惑消费者花钱买那些他们并不真正需要的东西。因此, 消费者自己的正确判断才是必要的和基本的。

4. Protection of Environment

1. 目前环保还存在着许多问题。
2. 为了保护环境，各国政府做了大量的工作。
3. 我的看法。

There are still many problems of environmental protection in recent years. One of the most serious problems is the serious pollution of air, water and soil. The polluted air does great harm to people's health. The polluted water causes diseases and death. What is more, vegetation has been greatly reduced with the rapid growth of modern cities.

To protect the environment, governments of many countries have done a lot. Legislative steps have been introduced to control air pollution, to protect the forest and sea resources and to stop any environmental pollution. Therefore, governments are playing the most important role in the environmental protection today.

In my opinion, to protect environment, the government must take even more concrete measures. First, it should let people fully realize the importance of environmental protection through education. Second, much more efforts should be made to put the population planning policy into practice, because more people mean more pollution. Finally, those who destroy the environment intentionally should be severely punished. We should let them know that destroying environment means destroying mankind themselves.

Useful Expressions

1. what is more 更重要的,而且
如 It's a useful book, and, what's more, not an expensive one. (这是一本有用的书,而且不贵。)
We invited a new speaker, and what's more, he was happy to come. (我们邀请了一位新的演讲者,而且他也很愿意来。)
2. put...into practice 付诸实施
如 :We must put theory into practice. (我们应该把理论付诸实践。)
3. severely punish 严厉惩办

相关表达法

1. natural disaster	自然灾害
2. ecosystem	生态系统
3. acid rain	酸雨
4. ozone layer	臭氧层
5. endangered species	濒危物种
6. recycling	回收
7. careless disposal	随意丢弃、处置

- 8. drought
- 9. natural resources
- 10. wildlife
- 11. illegal crop land abuses

- 干旱
- 自然资源
- 野生动植物
- 非法滥用耕地

译文

保护环境

目前环保还存在着许多问题。最严重的问题就是空气、水和土壤的严重污染。污染的空气对人类健康十分有害。污染的水引起疾病，造成死亡。更有甚者，随着现代城市的迅速扩建，植被大大的减少。

为了保护环境，各国政府作了大量的工作。采用了立法措施控制大气污染，保护森林资源和海洋资源，制止任何环境污染。因此，在当今的环保中政府起着最重要的作用。

我的看法是，为了保护环境，政府应当采取更具体的措施。首先，应当通过教育的方法使人们充分认识到环境保护的重要性。第二，应更加努力把计划生育政策付诸实施，因为人口多就意味着污染严重。最后，要严惩那些故意破坏环境者。使他们知道破坏环境就是毁灭人类自己。

5. Population and Birth Control

- 1. 由于人口增长人类感到压力愈来愈大。
- 2. 控制人口增长是我国的基本国策。
- 3. 家庭子女多有许多弊病。

Human beings are feeling greater pressure from the expanding number of people. The area of the earth can never be expanded. Nor are there endless sources of food and clothing. Yet, the number of people are increasing by 80 million each year. In the next fifty years, the world population will be nine billion. How can so many people be fed? What is worse, most likely, there will be a day when people can only have standing room.

Birth control is a basic policy in our country. China has the greatest number of population in the world. Her level of per capita cultivated area ranks very low. With a high birth rate, the production of grain and other bare necessities will be unable to meet the needs of people. To raise people's living standard, we must practise birth control.

There are disadvantages of a family having more children. First of all, as the parents have only limited income in general, they cannot give their children a good upbringing in food, clothing and shelter, let alone education. Secondly, child-rearing will exhaust the parents, leaving them no time and energy to look after their work. Lastly, a family with many children will increase the burden of

the society so far as social morality and juvenile delinquency are concerned.

Useful Expressions

1. Nor are there endless sources of food and clothing. 食品和衣物的资源也不是无穷无尽的。
2. What is worse,... 更糟糕的是……
3. other bare necessities 其他生活必需品
4. meet(或 satisfy) the needs... 满足……的要求
如: They managed to produce more TV sets to meet the needs of people. (他们努力生产出更多电视机以满足人们的需要。)
5. in general 总的说来
6. ...,let alone education. ……更不要说受教育了。
如: I can not rent the house, let alone buy it. (我连房都租不起,更不用说买房了。)
7. so (as) far as 就……而论;据……
如: So far as I heard, no one there has the slightest intention of doing that. (就我所知,没有人想做那件事。)
They can go when they like, as far as I am concerned. (就我而言,他们想什么时候去都行。)

相关表达法

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|---|-----------|
| 1. baby boom | 婴儿出生高潮 |
| 2. nuclear family | 核心家庭 |
| 3. rates of natural population increase | 人口自然增长率 |
| 4. life span | 寿命 |
| 5. a nation's elderly population | 一个国家的老年人口 |
| 6. overpopulation | 人口过剩 |
| 7. one-child rule; family planning | 计划生育政策 |
| 8. spoiled children | 被宠坏的孩子 |
| 9. population explosion | 人口大爆炸 |

译文

人口和控制生育

由于人口数量的增长,人类感到压力很大。地球的面积再也不会增加了,食品和衣物的来源也不是无限的。然而,人口则以每年八千万的数目增长着。在今后的五十年,世界人口将会达到九十亿。这么多的人口怎么养活?最糟糕的是,很可能有一天人们只有站脚的地方。

控制人口增长是我国的基本国策。中国是世界上人口最多的国家。她的可耕地面积的平均水平相当低。随着出生率的高度增长,粮食和其他生活必需品的生产将不能满足人民的需要。为了提高人民的生活水平,我们必须施行人口控制。

家庭子女多有许多弊病。首先,一般地说,由于父母经济收入有限,他们在衣食住行方

面不能给他们的孩子们提供良好的条件，更不要说受教育了。第二，教养子女会使父母费心竭力，使父母没有时间和精力顾及自己的工作。最后，就社会道德和青少年犯罪而言，家庭子女多也会增加社会的负担。

6. Sports and Health

1. 要有健全的头脑，就应有健全的身体。
2. 要想身体好，体育锻炼是最好的方法。
3. 我要积极参加体育锻炼，有个好体魄。

A healthy body is necessary for a healthy mind. As is known, to have a sound mind, we must first have a sound body. This is of vital importance. Only by keeping ourselves healthy and strong can we feel energetic and vigorous in studying and working and live a happy life.

To keep ourselves fit, physical exercise is the best way. In taking part in out-door sports, we are closer to nature and can take in fresh air. The beauty of nature will keep us clear-headed, which is essential to our health. Besides, sports stimulate the circulation of blood and help to excrete the wastes in the body. Sports can also work up our appetite and activate our digestion. As a result, we can become strong-bodied.

I always take an active part in physical exercise and enjoy good health. I seldom get sick but feel vigorous even if I work a whole day long. I shall keep up doing physical exercise so as to live longer and do more for the country.

Useful Expressions

1. as is known,... 在语法上,这是一个非限制性定语从句, as 代替逗号后边句子的内容。
2. Only by keeping ourselves healthy and strong can we.... 注意本句的倒装语序。
3.we are closer to nature... 我们就更接近大自然。
4. ...stimulate the circulation of blood促进血液循环
5. to excrete the wastes in the body 排泄体内废物
6. to work up an appetite 引起食欲
7. to activate our digestion 促进消化

相关表达法

- | | | | |
|----------------------------|-----------|----------------------|----------|
| 1. physically challenging | 考验人身体素质的； | mentally challenging | 考验人心理素质的 |
| 2. the outcome of the game | | 比赛成绩 | |
| 3. fitness | | 健康 | |
| 4. vegetarian cuisine | | 吃素食 | |
| 5. nutrition | | 营养 | |
| 6. mental health | | 心理健康 | |

7. calories	热量 (卡路里)
8. depression	压抑
9. fatigue	疲惫
10. health awareness	健康意识
11. competitive sports	竞技型运动; health-oriented sports 健身运动

译文

运动和健康

健康的身体对于健康的头脑是必要的。众所周知，要有健全的头脑，就应有健全的身体。这是至关重要的。我们只有保持身体健康，才能在学习和工作中精力充沛，生活愉快。

为了保持健康，体育锻炼是最好的方法。参加户外运动，我们能更接近大自然并能吸收新鲜空气。自然界的美会使我们头脑清醒，这对健康是极其必要的。另外，运动促进血液循环，有助于排泄体内废物。运动还可以引起食欲，促进消化。这样我们就能身强力壮。

我总是积极参加体育锻炼，体魄健康。我很少生病，即使工作一整天也感到精力旺盛。我要坚持体育锻炼，争取长寿，为国家多做一些事情。

7. Organization Saves Time and Energy

1. 学习和工作负担十分繁重。
2. 如何采取措施来应付这种情况。
3. 合理安排可以提高工作效率。

Sometimes there are so many things for you to deal with and you feel it is beyond your capacity to fulfil all these tasks. When work has accumulated to that point, you can take certain steps to help yourself out.

First, list all the jobs that must be done and decide which one requires immediate attention. Second, divide the work into separate parts so it will be easier for you to see whether each part is being accomplished as desired. Working in this way you will avoid a feeling of depression as you see concrete achievements. Finally, assign each task a certain amount of time, so that the task will be carried out systematically.

If you are realistic and allow yourself a little extra time for each task, you will find that all the work will be done according to the time as assigned and a sense of accomplishment will replace the anxiety you felt at first.

Useful Expressions

1. deal with 对付,对待
2. beyond one's capacity 超出了(某人的)能力
如: It is beyond your capacity to fulfil all these tasks. (完成所有这些任务力不从心。)
3. ...as desired像你想要做的那样。类似的用法还有: ... as planned, as scheduled (像你计划的那样。)
4. concrete achievements 具体的成就
5. the task will be carried out systematically 就会按部就班的完成任务

相关表达法

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|---------------------------------|----------|-------------|----------|
| 1. time-consuming | 花费大量时间的; | time-saving | 节约时间的 |
| 2. a daily routine | | | 每天例行安排 |
| 3. time management | | | 安排时间 |
| 4. priority | | | 最重要的事 |
| 5. achieve maximum productivity | | | 获得最大效率 |
| 6. distraction | | | 分心, 精神涣散 |
| 7. good study habits | | | 好的学习习惯 |
| 8. a new perspective | | | 一个新的角度 |
| 9. agenda/ schedule | | | 时间表 |
| 10. knowledge management | | | 知识(信息)管理 |

译文

合理安排就会节省时间和精力

有时你有许多工作要应付,你会感到完成所有这些任务力不从心。当工作积累到这种地步时,你应当采取某种措施使你自己摆脱出来。

首先,把要做的工作开列出来并决定哪一项需要首先处理。第二,把要做的工作分成几部分,这样以来就会很容易的看到每一部分是否如愿完成了。这样工作就会避免沮丧感,因为你看到了具体的成绩。最后,完成每一项任务要有一定的时间限制,如此,就会按部就班的完成任务。

假若你是讲究实际的,并且允许自己对每项任务都留出一点余地来,你会发现所有工作都会按照给定的时间完成,一种成就感会取代你最初的那种焦虑。

8. Competition and Cooperation

1. 竞争是社会生活中常见的现象 (common phenomenon)
2. 竞争与合作往往是并存的。

3. 我们崇尚(advocate) 竞争, 但又不忘记合作。

Competition is a common phenomenon in our social life. We compete when we play games, we try to do better than others in our study, and there is constant competition for jobs, customers, money and so on and so forth. We can say, to some extent, competition is one of the motive forces for the development of society.

And we often find competition and cooperation at the same time. Think of a football match, each team is competing with the other team. But each member of the team is cooperating with his teammates. In most cases, we can't do competition without cooperation. Thus they are equally important.

While we are advocating competition, we can't forget cooperation. Nothing is to be carried out to extremes. Pure and exclusive competition leads to failure. Competition together with cooperation helps us a great deal in obtaining our goals and satisfies our needs, especially in modernizing our country.

Useful Expressions

1. and so on (and so forth)等等,诸如此类
如: He talked about how much we owed to our parents, our duty to our country and so on and so forth. (他谈到我们受到父母多少恩惠,对国家应尽的义务等等。)
2. to some extent 到某种程度
如: To some extent you are right. (在某种程度上你是对的。)
3. Nothing is to be carried out to extremes. 任何事情都不可走极端。
如: This is to a rare occurrence as our climate seldom goes to extremes. (这种情况很少发生,因为我们这儿气候比较温和。)

相关表达法

1. collaboration	合作
2. the limited resources	有限的资源
3. team work	团队工作
4. individualism 个人主义;	collectiveness 集体主义
5. interdependence	相互依赖
6. solitary	独居, 孤独
7. aggression	进取, 进攻
8. free-market competition	自由市场竞争
9. survival of the fittest	适者生存
10. rival	对手

竞争与合作

竞争是我们社会生活的普遍现象，当我们比赛时有竞争，在学习中我们想比他人做得好，在找工作、争取顾客、挣钱等方面都存在着竞争。我们可以说，在某种程度上竞争是社会发展的推动力。

我们经常发现竞争与合作同时存在。试以足球为例，一队与另一队竞争，但是每一队的每个队员都同自己的队友合作。一般情况下，没有合作我们就不能竞争。因此竞争与合作同等重要。

当我们倡导竞争时，我们不能忘记合作。任何事情都不可走极端。为竞争而竞争要导致失败，竞争与合作在实现我们的目标和满足我们的需要时对我们有很大帮助，尤其是在实现我国现代化的过程中也是如此。

9. The Importance of Confidence

1. 凡事均应有信心。
2. 没有信心的原因。
3. 建立信心是可能的。

Whatever one does, one should do it with confidence. If one has no confidence, there is little possibility that one would ever achieve anything, especially when one is faced with drawbacks or hardships. This truth seems to be self-evident. However, in reality we do see a lot of people who complain that they lack the ability to do something or that their difficulties are too great to be overcome. For someone, this might be true. But for many others, this only shows that they have lost heart.

Why do people often feel frustrated even though they are capable of doing something? There are, among others, two main reasons. First, these people do not have a correct estimate of themselves. Second, they overestimate the difficulties.

It is possible to build up faith in oneself by having the right attitude towards one's own abilities. We should never underestimate our abilities but should believe in the proverb: "Where there is a will, there is a way." Confidence is the premise for fulfilling a task successfully.

Useful Expressions

1. ... when one is faced with drawbacks or hardships.
……当一个人遇到挫折和困难时。

to be faced with 面临

2. This truth seems to be self-evident.
这个真理似乎是不言而喻的。
3. lose heart 丧失信心
比较: lose one's heart to(sb.,sth.)爱上,倾心于
4. feel frustrated 感到沮丧的(失望的,受挫的)
5. built up faith in oneself 对自己建立信心
faith in sb./sth. 信任信仰(某人,某事)
如:I have much faith in this medicine. (我对这种药信心很大。)
6. Confidence is the premise for fulfilling a task successfully. 信心是成功地完成一项任务的前提。

相关表达法

- | | |
|---|------------------|
| 1. self-esteem | 自尊心 |
| 2. weaknesses | 缺点; strengths 优点 |
| 3. potential | 潜力 |
| 4. the approval of others | 别人的赞同 |
| 5. positive and realistic expectations | 积极而实际的预期 |
| 6. to be vulnerable to external influences | 容易受到外部因素影响 |
| 7. self-respect or worthiness | 自尊, 自我价值 |
| 8. competence | 能力 |
| 9. self-fulfillment | 自我实现 |
| 10. motivation | 动力 |
| 11. challenging goals | 有挑战性的目标 |
| 12. Self-esteem and academic achievement go hand in hand. | 自尊心和学习成绩相辅相成。 |

译文

信心的重要

不管人们做什么事情, 均应有信心。如果一个人毫无信心, 要想取得任何成功几乎是不可能的, 尤其是当他遇到挫折和困难时。这个真理似乎是不言而喻的。然而, 在现代生活中, 我们确实碰到许多人抱怨说他们缺乏做事情的能力, 或者抱怨说他们遇到的困难太艰巨以致难以克服。对一些人来说, 这或许是事实, 但对大多数人来说, 这只能说明他们失去了信心。

为什么有些人虽然能够做某件事却常常感到灰心丧气呢? 这里有两个主要原因。首先, 这些人对自己没有正确的估计。其次, 他们高估了困难。

通过正确的认识自己的能力树立信心是可能的。我们决不能低估自己的能力, 我们应当相信“有志者事竟成。”这句谚语。信心是成功的完成一项工作的前提。

10. Diligence

1. 勤奋是成功的关键。
2. 懒惰使人无用。
3. 我们应当勤奋。

Diligence is the key to success. It means persisting in one's work. It does not mean exerting ourselves all day and all night without rest, without food and sleep. The true meaning of diligence is to use time carefully for the purpose of improvement, or to work persistently without wasting time.

Laziness makes us useless. If we do not study and work hard, we shall not be able to earn a living in our community. There will be nothing we can do just because we have failed to learn anything by letting the time pass unused.

An English proverb goes, "Lost time is never found again." Time is precious and is one of those many things that cannot be purchased with money. Therefore, we must make good use of our time and study hard when we are young. Lazy hands make a man poor, while diligent hands bring wealth.

Useful Expressions

1. Diligence is the key to success. 勤奋是成功的关键。
注意：key 后面的介词用 to。
2. to earn a living 谋生
如 She earned her living by singing in a nightclub. (她靠在夜总会唱歌谋生。)
3. to let the time pass unused. 让时间白白的流逝。
unused 过去分词作状语，补充说明。
4. to make good use of...很好地利用
to make better use of...更好地利用
to make full use of...充分地利用
5. lazy hands 懒惰的人
diligent hands 勤奋的人

相关表达法

- | | |
|--------------------|----------|
| 1. idle | 懒散的 |
| 2. cultivation | 培养、陶冶、发展 |
| 3. self-discipline | 自律 |
| 4. expertise | 专门知识或技能等 |
| 5. literacy | 识字、有读写能力 |
| 6. ignorance | 无知、愚昧 |
| 7. curriculum | 课程 |
| 8. scholarship | 奖学金 |
| 9. determination | 执着、决心 |

10. schedule=school timetable	课程表
11. attend a lecture 上课	miss a class 缺课
12. presentation	针对某一专题发表的演讲
13. paper/thesis/dissertation	论文
14. individual study	自习
15. huge blocks of unstructured time	大量自由时间

译文

勤奋

勤奋是成功的关键。勤奋的含义是坚持工作，但并不是自己工作起来不休息、不吃饭、不睡觉。勤奋的确切含义是：为了提高自己而精心安排时间，或者是不懈的工作不浪费时间。

懒惰使人无用。如果我们不努力工作或不努力学习，我们将来就不会自食其力。由于让时间白白流逝没有学到任何东西，而会变得一事无成。

英国有句谚语说得好，“光阴如流水，一去不复回。”时间是宝贵的，是用金钱买不来的。因此我们在年轻时应当很好的利用时间努力学习。懒会招贫，而勤能致富。

11. Hobbies

1. 业余爱好的意义。
2. 选择业余爱好的注意事项。
3. 业余爱好的形式。

Using one's spare time to pursue a hobby can bring various rewards. A hobby provides relaxation for leisure hours. Take collection for example, just looking at one's treasure is always a joy. One does not have to go outside for amusement, since the collection is housed at home. It can be something from which we learn more about ourselves or about the world. Hobbies educate one not only in the chosen subject, but also in general matters which have some bearing on it. Hobbies may lead to travel, possibly a trip abroad in search of a rare specimen, for collectors are not confined to any one country. Someday you may become the expert in the field.

In choosing a hobby that will be well suited to our individual needs we have to take account of several factors. The hobby must suit the amount of free time we have to spend on it and the amount of money we have to buy equipment or other things we need. We may also wish to choose a hobby we can pursue alone or one we can share with others.

However, there are a great many hobbies to choose from. Some people enjoy collecting stamps, coins, china, antique furniture and toy animals, others choose to spend their time on sports or music, etc. There are creative hobbies such as painting or model making for those who wish to do something with their hands. All of these can provide us with the rewards that hobby brings.

Useful Expressions

1. ...since the collection is housed at home 由于收藏的东西大多珍藏在家中
house v.储藏(货物)
如: He housed his old books in the attic. (他把旧书藏置在顶楼里。)
2. the chosen subject (研究的)专题
3. bearing on sth.与某事的关系
如: What she said had not much bearing on the problem. (她所讲的与这一问题关系不大。)
4. ...,for collectors are not confined to any one country. (收藏家是不受国界限制的。)
confine (要求后面的介词用 in 或 to)
如 After her operation, she was confined to bed for a week. (手术后她卧床一星期。)
I should hate to be confined in a office all day. (我讨厌终日困在办公室里。)
5. to take account of... 考虑, 注意, 重视
如: You need not take too much account of that. (你不必把那件事看得太重。)
He takes no account of my warning. (他不理会我的警告。)

相关表达法

- | | |
|---|-----------|
| 1. leisure | 休闲 |
| 2. recreation | 娱乐 |
| 3. stress relief | 缓解压力 |
| 4. a distraction from the pressures and stresses of everyday life | 日常生活压力的放松 |
| 5. a feeling of satisfaction | 满足感 |
| 6. pursuit | 追求 |
| 7. addiction | 上瘾 |
| 8. obsessive interest (in football games) | 对于……过分感兴趣 |

译文

业余爱好

利用业余时间从事一些业余爱好能带来各种好处。它可作为空闲时间的消遣。譬如说收藏吧, 把自己收藏的东西拿出来观赏一番, 也是一大乐事, 由于收藏的东西大多珍藏在家中, 我们便毋需外出寻乐了。从业余爱好中, 我们更多的了解自己, 更多的了解世界。业余爱好不光使你在那个专题上受益匪浅, 而且也增长了一些与此有关的一般常识。业余爱好也许会令你外出旅游, 也可能出国寻觅罕见的珍品, 因为收藏家是不受国界限制的。总有一天你会成为这个领域的专家。

在选择适合个人的业余爱好方面, 我们要考虑几个因素。业余爱好应与我们的业余时间和金钱相适应, 要能花得起那么多的业余时间。在业余爱好上, 也能花得起那么多的钱去买需要的设备或其它的东西。我们还希望选择一种自己可以单独从事的业余爱好或与其他人共享的业余爱好。