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Lesson One

Text

Courtesy : Key to a Happier World

Many years ago trying to help people with every kind of trouble left me with one sure conviction : in case after case the difficulty could have been overcome — or might never have arisen — if the people involved had just treated one another with common courtesy.

Courtesy , politeness , good manners — call it what you will , the supply never seems to equal the demand. “ It’s not so much what my husband says , ” a tearful wife confides , “ as the way he says it. Why does he have to yell at me ? ” “ I hate my boss , ” a grim-faced office worker mutters. “ He never shows appreciation for anything. ” “ All we get from our teenagers , ” a worried parent says , “ is a moody sullenness. ”

Such complaints are not limited to people who sit in my study. Human beings everywhere hunger for courtesy. “ Good manners , ” said Ralph Waldo Emerson , “ are the happy way of doing things. ” And the reverse is equally true. Bad manners can ruin a day — or wreck a friendship.

What are the basic ingredients of good manners ? Certainly a strong sense of justice is one ; courtesy is often nothing more than a highly developed sense of fair play. A friend once told me of driving along a one-lane , unpaved mountain road. Ahead was another car that

Lesson Eight

Text

Anti-Smoking Role Playing

In 1988 , Surgeon General C. Everett Koop declared that cigarettes are as addictive as heroin or cocaine. Scientists and smokers who have tried to quit have known for a long time that smoking is addictive. They have said that smokers are hooked on their own kind of drug , nicotine. However , with this new declaration , it is clearer that smoking is a medical problem. When a smoker who tries to stop has a difficult time , it is not a sign of weakness. Smoking is more than just a bad habit such as eating too much sweet food.

If this is the case , why do so many people start in the first place ? Do they fear being different ? Do they think smoking will relax them ? Do they hope that smoking will help them cover up their awkwardness and shyness ? Do they worry that they will be called “ chicken ” if they don't smoke ? What can you say when someone accuses you of being afraid to smoke ? There are some easy answers , whether you are being pushed to smoke tobacco or marijuana.

Molly learned a good answer through a skit that was part of a so-called inoculation program in her social-studies class. In the skit Molly's friends Bill , Mary , and Tim played the parts of teenagers who smoked. Molly's character was someone who had decided not to smoke and resisted being branded a weirdo when she refused a cigarette that

was offered to her.

In the skit , Molly walked over to talk with Bill , Mary , and Tim , who were standing together with their backs toward her. Molly hadn't realized they were smoking until she joined them. Tim offered Molly a cigarette , but she turned it down.

“ Come on , Molly , ” taunted Bill. “ Don't be chicken. Join the group. ”

Molly refused to be baited. Instead , she laughed and said , “ I would be more of a chicken if I smoked just to impress you. ” Then she smiled at Bill and quickly steered the conversation to another subject.

Molly and other people in her class who did not want to be pressured into smoking practiced this straightforward and simple refusal many times.

Through this process known as inoculation , many school programs are toughening up young people who don't want to start smoking. Much as people can be inoculated against germs , they can be protected from the social pressures that encourage them to smoke. Boys and girls who have not yet started smoking can be exposed to a weak dose of “ social germs ” and thus learn the necessary skills to resist stronger pressure from their peers.

The inoculation method demonstrated in the skit starring Molly and her friends is called role playing. Actually , role playing is used as a way to prepare people for many kinds of situations. Secret service men , FBI agents , sheriffs , detectives , and a wide variety of specialists who work with people are trained this way. In a totally nonthreatening environment , participants can rehearse skills that can be used in more highly pressured situations when their emotions might interfere

with their intentions. Role playing is a way of making certain that one can stay in control , and it is especially helpful for those who do not want to be talked into smoking.

Molly's class practiced role playing in a variety of skits. In one of them , her classmate John played the part of a boy who encounters some people he barely knows at a party. John isn't at the gathering long before he discovers that he is the only non-smoker. He wants to feel accepted , but he really doesn't want to start smoking.

Someone in the skit remarks , " Everyone smokes. Why don't you ?"

John mentions to his new acquaintances the trouble that his brother is having tried to quit smoking. He puts the cigarette down without lighting it and remarks casually that he doesn't want to go through the agony of quitting.

The boy who offered the cigarette to John admits that for three months he has been trying to stop smoking. John smiles. He knows that most of the people who smoke wish they had never started. John feels good about himself.

Sue practices dealing with an angry smoker in a skit that involves her waiting in line at the movies. Someone in front of her is blowing smoke in her face , and Sue makes a gesture that indicates her annoyance , but the smoker ignores it. Finally Sue speaks up and asks the person not to blow the smoke in her direction. The smoker gets angry and tells Sue to grow up. She practices some reasonable arguments she can use if she ever really finds herself in such a situation.

In another skit , health hazards are emphasized by having one person play the part of a doctor who has the unpleasant task of telling a man he must stop smoking because he has developed lung cancer.

And in still another skit , a person who is struggling for breath because of a serious disease called emphysema begs the doctor to help him stop the smoking that contributed to his illness. He seems unable to quit on his own despite the discomfort and seriousness of the disease.

A very popular skit is one in which a son or a daughter tries to persuade a parent to stop smoking. One of the arguments used by the young people points out that more than a hundred life-insurance companies offer special rates for nonsmokers because their life expectancy is greater. Children ask their parents why they knowingly engage in such self-destructive behavior when they direct so much of their energy toward preserving their lives.

Role playing is just one part of anti-smoking inoculation. Another part involves examining the reasons why you do not want to begin smoking. Some of these may be : avoiding bad breath , reduced athletic stamina , stained teeth , and smelly clothing ; not wanting to get hooked ; and wanting control of your own actions ; a sense of well-being today and good health tomorrow.

One television message points out the fact that smoking is bad for your looks. It shows a beautiful woman lying on a couch smoking her cigarette. She gradually turns into an old hag. The scientific reason for wrinkles caused by smoking is well known , even though the wrinkles do not appear as fast as they do in the television spot. Smoking reduces the circulation of the blood to the skin , causing deeper-than-normal wrinkles at the outer edge of the eyes. Wrinkles appear around the lips prematurely , too , and , in time the skin of a heavy smoker tends to be yellow-gray rather than a rosy , healthy color.

In today's world smoking is no longer considered socially acceptable by the majority of people , so social problems might be included in

a list of reasons for not starting to smoke.

Finding a seat in the smoking section of a plane , train , or other area can be inconvenient. Today , smoking is forbidden in many indoor areas , and in some cases smokers have been asked to put out their cigarettes outdoors. When a smoking ban was announced on one airline , the passengers cheered. Even where smoking is permitted , nicotine addicts are beginning to feel like outcasts. In restaurants , they try to wave the smoke away from their nonsmoking friends. When they ask for permission to smoke in a friend's home , they are embarrassed to watch the friend hunt for an ashtray. Many friends just say no to a request for permission to smoke in their homes. Some smokers steal a few puffs on the street before eating some breath mints. At the office , they slink into hallways , bathrooms , and stairwells. Certainly , social acceptance seems like a poor entry for a list of reasons for beginning to smoke.

An increasing number of companies refuse to hire people who smoke. This practice is legal even though it is not legal to refuse a person on the basis of age , race , or religion. Since most people find it difficult to stop smoking once they start , and some find it impossible even though it has been responsible for their lung cancer or other life-threatening illness , students who are being inoculated against smoking often ask why anyone starts to smoke.

Many girls and boys who do not know much about smoking begin to smoke because some friends pressure them to do so. Some very young people who know about the problems of smokers believe that they will not become addicted. As in the cases mentioned earlier , they feel certain that the problems won't happen to them.

Feeling more grown-up is another reason young people give for

smoking. However, using smoking as a rite of passage to the grown-up world is becoming less popular. Intelligent people no longer consider smoking a symbol of adulthood, since most adults who smoke wish they had never started.

Another once-common reason for starting to smoke is also disappearing. At one time, young smokers were believed to be rejecting the authority of their parents. Study after study has shown, however, that parents who smoke are likely to have children who smoke. In fact, teenagers who have two parents who smoke are twice as likely to smoke as those with nonsmoking parents. Smoking by these young people can hardly be considered a form of adolescent rebellion.

"Everybody smokes," is a statement that is often made by smokers who want others to join them, but statistics show that it is further from the truth than it ever has been. Only about 19 percent of high school seniors smoke daily. And as more and more young people inoculate themselves against developing the habit, and as more nonsmokers fight for their rights to breathe fresh air, the anti-smoking trend should continue to grow.

Vocabulary

hazard /'hæzəd/ *n.* 冒险 ; 危险

麻 ; 大麻烟

precaution /pri'kɔ:ʃn/ *n.* 预防 ; 防备 ;
预防或防备的实例

skit /skit/ *n.* 幽默短文或短剧

inoculation /i,nɔ:kju'leiʃn/ *n.* 接种 ; 注

nicotine /'nikəti:n/ *n.* 尼古丁

射疫苗而预防 ; 灌输

awkward /'ɔ:kwəd/ *adj.* 笨拙的 ; 无技
巧的 ; 不熟练的 ; 不灵活的

weirdo /'wiədəu/ *n.* (俚) 古怪的人

taunt /tɔ:nt/ *vt.* 辱骂 ; 讥笑

marijuana /,mæri'wɑ:nə/ *n.* 印度大

steer /stiə/ *vt.* 驾驶

straightforward /ˌstreɪt'fɔːwəd/ *adj.* 诚

力 耐力

实的 坦白的

hag /h ɡ/ *n.* 丑老太婆 ;女巫

germ /dʒə:m/ *n.* 芽胞 ;胚芽 ;幼芽 ;

prematurely /'premətʃəli/ *adv.* 早 产

起源 根源

地

sheriff /'ʃerɪf/ *n.* 行政司法长官

puff /pʌf/ *n.* 喷气声

rehearse /rɪ'hə:s/ *v.* 演习 ;预演 ;排

mint /mɪnt/ *n.* 薄荷

演 演练

slink /sɪŋk/ *v.* 溜走 ;潜逃

knowingly /'nəʊɪŋli/ *adv.* 故意地 ;心

stairwell /'steəwel/ *n.* 楼梯井 ;建筑

照不宣地

物楼梯所占部分

stamina /'st ˌmɪnə/ *n.* 持久力 ;精

Notes on the Text

1. go through 经历 遭受

2. be hooked on 上瘾 沉溺于 着迷于

3. cover up 包裹 隐藏

4. accuse sb. of sth.

控告某人(犯某项罪) 控诉 告发 ;刁难 谴责

5. speak up 大声说

6. turn... down 拒绝 摒弃 驳回(提议、建议 或提建议者)

7. life-insurance 人寿保险

8. life expectancy 人的预期寿命

9. engage in 从事 (使) 忙于

10. FBI : Federal Bureau of Investigation (美国) 联邦调查局

Work on the Text

I True or false ?

1. Smoking is a bad habit just like eating too much sweet food.

2. Molly has tried to find an answer to people's beginning smoking through a skit called inoculation.
3. Molly also smoked at last under the pressure of the group in the skit.
4. Through inoculation teenagers can learn how to protect themselves from the social pressures that encourage them to smoke.
5. Inoculation can only be used to teach people how to refuse to smoke.
6. John has a practice of persuading people not to smoke.
7. Sue has also succeeded in dealing with an angry smoker.
8. Sometimes health hazards are stressed in the skit to show the harm smoking will do.
9. Although smoking can do harm to our health , we can't see too much change in our look.
10. Nowadays in some public areas like plane or train ,smoking is forbidden.
11. Although smoking isn't welcomed by non-smoking people , many people have to offer cigarettes to their smoking friends.
12. It's legal for companies to refuse to hire people who smoke.
13. Although some very young people have already known the problems of smoking , they still become addicted under social pressure.
14. Some young people begin smoking because they wish to feel more like grown-ups.
15. Smokers want others to join them by a statement " Everybody smokes ". As a result , more than 19 percent of high school seniors smoke daily.

II Fill in the blanks with the words or expressions given below.

Change the form where necessary.

forbid	acquaint	relax	reasonable
engage	intention	encourage	struggle
persuade	demonstrate	interfere	knowing
emphasize	resist	remark	preserve
indicate	quit	involve	hunt

- I've given my secretary notice to _____ , and told her that she must leave my service.
- Let's stop working and _____ for an hour.
- She couldn't _____ playing jokes about his boldness.
- Don't _____ him in his idle ways.
- How could you _____ that the world is round ?
- Please don't _____ in my business.
- If I've hurt your feelings , it was quite without _____.
- " I thought it was curious , " he _____.
- He has some _____ with German , but does not speak it fluently.
- Don't _____ yourself in unnecessary expenses.
- A sign-post _____ the right road for us to follow.
- You're not very _____ if you expect a child to understand sarcasm.
- He _____ the importance of careful driving.
- The thief _____ in the policeman's arms.
- We _____ him to try again.
- It appears that what I said was untrue , but I did not _____ lie to you.
- I have no time to _____ in gossip.
- His work must be _____ for posterity.

19. It is _____ for anyone to smoke in this room.
 20. I've _____ everywhere , but I can't find it.

III Translate the following into English :

- 她不太紧张地参加了学位授予仪式。
- 恐怕这个姑娘真是被那个小伙子迷住了。
- 面对一份薪水这么高的工作 ,他竟拒绝了。
- 我们给他忠告 ,但他不当一回事。
- 美国政府以尊重人权为借口干涉中国内政 ,这是给自己涂脂抹粉罢了。
- 他们让他从事一个新项目。
- 他被指控为本案的从犯 ,将于下月受审。
- 去度假之前 ,本一家人将屋子锁死 ,以防窃贼。
- 冬季的大雾会在高速路上制造险情。
- 这问题不像看上去那么简单。

Additional Exercises

I Vocabulary and Structure

- He was born in _____ is now known as Jordan.
 A. what B. that C. where D. there
- Some historians and economists think _____ is a close connection between war and economy.
 A. when it B. that is
 C. there D. what
- They have left New York _____ good ; they'll never go back and live there again.
 A. for B. by C. in D. at
- Corn originated in the New World and thus _____ in Europe until

Columbus found it being cultivated in Cuba.

- A. not know B. was not known
C. it did not know D. did not know it

5. We _____ you a ride this morning , but the car was full.

- A. would give B. should give
C. would be giving D. would have given

6. By 1871 there were 6 000 telegraph stations in the United States ,
_____ on the Morse code system.

- A. all work B. all working
C. all to work D. with all working

7. I'm sorry I'm late. I was _____ in the traffic.

- A. held in B. held on
C. held over D. held up

8. The author _____ the book to his son in this preface to the book.

- A. promoted B. dedicated
C. discarded D. advertised

9. _____ in the president's speech , he mentioned the importance of intellectuals.

- A. A place B. One part
C. At one point D. Somewhere

10. As the weather became colder , the rain _____ sleet.

- A. came to B. turned to
C. passed to D. went to

11. _____ do you prefer , this one or that one ?

- A. What B. How C. Which D. Would

12. All matter is made up of atoms ; _____ , an atom is made up of nuclei with electrons whirling around them.

- A. in short B. that is

- C. on the contrary D. on the other hand
13. I think that Tom will never succeed , _____ hard he tries.
A. although B. however
C. despite D. whatever
14. _____ the change , a scheduled visit to a factory has been cancelled.
A. Owing to B. But for
C. In spite of D. With regard to
15. The specimens to be analysed were taken _____.
A. by accident B. on occasion
C. on average D. at random
16. _____ his death in 1910 , humorist Mark Twain had become a legend in his hometown of Florida , Missouri.
A. Before long B. Long before
C. When long before D. It was long before
17. I wish you wouldn't _____ me. I'm doing my best.
A. keep up with B. keep on with
C. keep at D. keep on at
18. Deserts , arid areas with _____ no vegetation , cover more than one-third of the Earth's land surface.
A. statistically B. surprisingly
C. unfortunately D. virtually
19. A role-play session is particularly useful in bringing together different _____ of teaching.
A. cords B. fibres C. threads D. strands
20. Mary read the article over ten times but continued to feel the events related were _____.
A. incredible B. inaccessible

C. inheritable

D. infeasible

21. This new suggestion is a distinct improvement on _____ I originally made.

A. that

B. such

C. one

D. the one

22. Through exposure to air , water , and organic matter , rocks _____ changes known as weathering.

A. undertake

B. undergo

C. repeat

D. transform

23. There has been an encouraging _____ to the appeal for contribution to the Famine Relief Fund.

A. reply

B. return

C. response

D. acknowledgement

24. As he watched , flame and smoke _____ from an upstairs window.

A. fled

B. flew

C. sprayed

D. jetted out

25. The town in the valley is _____ by a high mountain.

A. confronted

B. constituted

C. dominated

D. distributed

26. The problem had become _____ in his mind , and he couldn't decide what to do about it.

A. extended

B. exaggerated

C. distorted

D. solidified

27. Has he changed his mind again ? I wish he'd at least be _____.

A. constant

B. consistent

C. appropriate

D. uniform

28. The professor told the student that his paper was _____.

A. sloppy

B. illegal

C. obscure

D. obvious

29. I'd like to _____ this old car for a new model I can't afford it.