

1

Thoughts on Educational Change in China

关于中国的教育改革

What have been the greatest changes in education in China that you have noticed over these last eight years?

Well, there have clearly been many very important changes in education in China, far too many to mention in this short talk. However, what strikes me as significant about them in general is that they have really all been focused on the issue of access to education.

China has made striking progress in the last few years towards the goal of providing Basic Education for everyone, both children and adults who did not have the chance of education in the past. While there is still much to do in the poorer and more remote regions of China, I would be optimistic that the goal can be achieved within a few years.



Improving access to education is an ongoing process, of course, with a great deal of effort currently going into the development of distance education to reach remoter or less privileged parts of the country. Increasing access to post-secondary and higher education will inevitably have to follow.

What are the most important areas of change at the present?

While access remains an issue, I think the focus has now changed to quality — not just meaning that what is taught well but also that what is taught is appropriate for the needs of students and a society involved in a rapidly changing world. The Chinese government has rightly said that the education system needs to change into one where students are taught to think rather than to remember, to discover for themselves, rather than just be told by the teacher or the book.

This will have three major implications.

Firstly, new methods of learning will have to be used — methods which emphasize practice



大学英语讲演台

rather than demonstration, application and understanding rather than mere rote learning. These new methods, in turn will require more teaching resources and the reorientation of textbooks.

Secondly, and perhaps more fundamentally, the nature of teaching will have to change. Teachers will need to be able to create learning situations through which students will be able to learn skills rather than remember texts, to discover how theory relates to practice rather than merely reciting theory. Teachers will need considerable retraining to be able to create such situations. Furthermore, there will be a need to deal with teachers' fears that such an approach will lead to loss of authority and status, and hence class-room control.

Thirdly, the nature of assessment will have to change. Traditional forms of examination pressurize both teacher and student to focus on a form of examination in which passing the examination becomes more important than exhibiting learning. New forms of assessment will call for a new view of assessment by teachers, students and society.



What do you think the biggest challenges are for the future?

I think the main challenges will come from yet another change of focus—this time to issues of change and responsibility.

Traditionally, learning has been for the most part confined to the early years of life and, once school or university has been complete, it has been assumed to be finished. Yet today we live in a world of constant change and expanding knowledge—a world in which new skills, knowledge and problem-solving approaches will be required of us throughout our lives. Life-long learning has become a priority for us all. We can no longer rely solely on the skills and knowledge acquired in our youth. Yet to provide the opportunities and mechanisms for such life-long learning is not simple.

Employees cannot constantly take time off from work to learn; equally employers cannot afford to keep releasing individuals to attend training programmes. Each of us will have to accept responsibility for our own continuing development as the need arises in our individual lives. The development of both the motivation and learning habits necessary for life-long learning and suitable and appropriate learning materials will not be easy.

For example, there has been considerable development in the method of distance learning so as to permit people to learn at times and places relevant and convenient to them. However, the quality of the learning materials delivered — whether by post, TV or radio, is crucial. For it is the material (rather

than a teacher or instructor) that guides and motivates the students, and it is the material that must create learning opportunities rather than merely a means of passing examinations. There are as yet few people in China with the skills and experience needed for the creation of such teaching material and the formation of such people is a major challenge.

Finally, I should say something about the Internet. To me it encapsulates all the issues we have been talking about and the challenge for education, not just in China but across the globe, is to come to grips with this technology. It is something which simply cannot be ignored in terms of the opportunities and resources that it can offer. Take access. Through the Internet, practically the whole world can be brought into your home or your classroom. Using E-mail makes it possible to have a class whose members are spread all over the world and who may never meet either the teacher or each other or to put students in one country in easy contact with students in another. The information resources available are almost limitless and through the Internet students and teachers can get access to the wisdom, experience, skills and even guidance of others in a way that was only possible for the very privileged few in the past.



Issues of quality also arise. Clearly, the Internet does pose problems for official education systems. There is the obvious one that there is a great deal of material on the Internet that no parent or teacher would want children or students to have uncontrolled access to, but there are other problems which are much harder to solve.

The first is the problem of how to handle the sheer quantity of information available and how to make it manageable.

The second is one of selection. How can we find the Information which will be most useful without overloading ourselves and our students with unnecessary information and how do we select the best information from everything that is available?

So here arises the issue of responsibility. There are no editors or quality controllers on the Internet and the ultimate responsibility of selection and judgement falls to the user, whether teacher or student. However, I think that any profession, and teaching is a profession, needs to take some collective responsibility in this area. Conscious and deliberate efforts have to be made to share information between teachers about useful sites on the Internet and about best practice in their use. Those who have found something useful should not guard the information for themselves, but share it as widely as



大学英语讲演台

possible with colleagues both far and near.

There are already a number of professional discussion groups active on the Internet which aim to do this and access to them should be actively encouraged. To do this will require investment by institutions in giving easy access to the Internet and E-mail to all teachers, but without such investment, teachers and educators — and ultimately students — will be deprived of a vital resource for the development of education in the future.

These thoughts can be no more than part of the solution to the problems, but I believe that the Internet and all it implies cannot be ignored by anyone thinking about the future of education in China or anywhere else in the world.

To conclude, whether we like it or not, rapid change is an inescapable part of our world today and we, as professional educators, owe it to our students and our children to face the challenges that change will force upon us with courage, professionalism and optimism. I myself feel optimistic that educators and teachers here in China will meet these challenges with ultimate success, whatever the difficulties on the way.

New Words and Expressions

striking [ˈstraɪkiŋ] *adj.* 显著的; 引人注目的

remote [rɪˈmɒt] *adj.* 偏僻的; 遥远的

access [ˈæksɪs] *n.* 接近的方法(或权利、机会等)

implication [ɪmˈplɪkeɪʃn] *n.* 包含的东西; 暗指的东西

rote [rəʊt] *n.* 死记硬背; 生搬硬套

encapsulate [ɪnˈkæpsjuleɪt] *v.* 用胶囊包

sheer [ʃiː] *adj.* 全然的; 十足的; 绝对的

be deprived of... 夺去; 剥夺

no more than 不过, 仅仅



在过去的8年里,你所看到的中国在教育方面最大的变化是什么?

很明显,中国在教育方面发生了许多重大的变化,变化太多了,在这次简短的谈话中不能一一提及。但是,总的说来,给我印象最深、具有重大意义的是,这些变化都集中在解决受教育权的问题上。

在过去的几年里,中国在为以前没有受教育机会的儿童和成人们提供基础教育方面取得了长足的进步。虽然在中国比较贫困和边远的地区还有许多工作要做,但是我相信,普及基础教育这一目标能够在几年之内实现。

当然,改善受教育状况是一个不间断的过程,当前在发展远程教育方面投入了很大的力量,以使边远地区或条件差些的地区受益,当然随后还必须加强中等教育和高等教育。

当前,哪些方面的变革最重要?

虽然普及基础教育依然是个问题,但是我认为现在的重点已转向教育质量了——这指的不仅仅是教什么都要教好,而且指所教的知识要适应学生的需要和快速变化的社会的需要。中国政府已正确地指出,教育制度需要改革,要教学生思考而不是记忆;要教他们自己去发现问题,而不仅仅是由老师或书本告诉他们。

这主要有三个含义:

首先,必须采用新的学习方法。即注重实践而不是论证。注重应用和理解而不是死记硬背。这些新的方法反过来就要求有更多的教学资料,重新编写教科书。

其次,也许是更重要的一点,教学的宗旨要改变。这就需要教师能够创造出一种学习环境,使学生们能够在其中学到各种技能而不是熟记课本,能够发现理论与实践的关系,而不仅仅是背诵理论。为了让教师们学会创造这种学习氛围,要对他们进行大力培训。不仅如此,还要想办法克服教师的惧怕心理,他们怕这种方法将使他们失去权威和地位,从而也失去对课堂的控制。

第三,考核的性质也应改变。传统的考试方式迫使教师和学生只注重考试本身,使得通过考试比展示所学知识更为重要。新的考核方式将要求教师、学生和社会都要有新的评判观念。

你认为未来教育面临的最大的挑战是什么?

我认为主要的挑战来自于重点的又一次转变,这次所关注的问题是变革与责任。

从传统上讲,学习在很大程度上,被限定在人生的年轻时代,一个人一旦读完了中学或大学,学习似乎就结束了。然而,如今,我们生活在一个不断变化、知识膨胀的世界里,它要求我们一生都要不断地追求新知识、新技能以及解决问题的新方法。活到老、学到老已成为我们大家的头等大事。我们不再可能只依靠我们年轻时获得的知识和技能。不过,为这种终身学习提供机会和机制并不是件简单的事。



大学英语讲演台

员工们不可能经常放下工作去学习,同样地,雇主们也承担不起让员工不断地参加培训所带来的风险。因此,当我们在生活中需要继续提高时,我们每个人自己就得为此负起责任。培养终身学习所需要的动力和学习习惯不是件容易事,开发好的、适宜的教学资料也非易事。

比如,远程教育的方法已得到了很大的发展,人们可以在合适而方便的时间和地点进行学习。不过,无论是以函授、电视或广播哪种形式,它所传送的学习资料的质量都至关重要。因为是这些资料(而非教师或导师)在指导并督促学生,而且这些资料必须创造学习的机会而不仅仅是一种通过考试的手段。目前中国具有编写这种教学资料所需技能和经验的人还很少,培养一批这样的人才是一项主要的挑战。

最后,我应当说一说关于因特网的事。我认为,它囊括了我们以上所谈到的所有问题,而且中国乃至全世界的教育所面临的挑战就是要掌握这项技术。就其所能提供的机会和资料来看,你绝不能忽视它,要利用因特网。通过它,你几乎能把整个世界都带入您的家中或者课堂。利用电子邮件还能够上这样的课程,其学员遍及世界各地,他们可能永远见不到老师,彼此也不会见面;或者使得一个国家的学生很容易地与另一个国家的学生取得联系。因特网上所拥有的信息资源几乎是取之不尽、用之不竭的。通过它,学生和老师能够得到他人的智慧、经验和技能,甚至指点,而在过去,这种方式只有少数有条件的人才能享用。



质量问题同样存在。显然,因特网给正规的教育制度提出了不少问题。一个显而易见的问题是,因特网上有许多资料是家长或教师不希望孩子或学生在不加控制的情况下接触的,而且,还有其他一些更难解决的问题。

第一个问题是如何处理网上信息的绝对数量并使其容易使用。

第二个问题是如何取舍。我们怎样才能找到最有用的信息,而不使我们自己和我们的学生被不需要的信息塞满头脑?我们怎样从纷繁的信息中获取最佳信息?

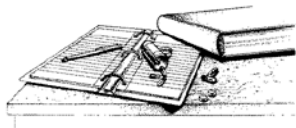
所以这里就出现了责任问题。因特网上没有编辑或质量管理员,选择与判断的最终责任落在了使用者——教师或学生身上。不过,我认为任何职业(教学就是一项职业)都需要人们在这一领域拥有一定的集体责任感。应当有意识地做些努力,将因特网上有用的网站以及最佳使用方法方面的信息在教师间分享。那些发现了有用信息的人,不应当将之据为己有,而应当尽可能广泛地与各地的同行分享。

现在在因特网上已经有一些很活跃的、进行专业讨论的小组,他们的目的就是分享信息,应当积极地鼓励人们与他们接触。要做到这一点。就要求各个机构进行投资,以便所有的教师都很容易上网,接发电子邮件。如果没有这种投资,教师和教育专家、最终是学生,将失去未

来教育发展的一项重要资源。

这些想法只不过是解决问题的部分办法而已，但是我相信，在考虑中国或世界其他地方教育的未来时，任何人都不能忽视因特网及其包含的一切。

最后，不论我们喜欢与否，快速变化都是当今这个世界不可避免的事实。因此，作为专业教育工作者，为了我们的学生和孩子，必须面对这些挑战。变化将促使我们具有勇气、职业精神和乐观态度。我相信：不管遇到什么困难，中国的教师和教育专家将迎接这些挑战，并最终取得胜利。



2

Social Customs

社会习俗

Social customs and ways of behaving change. Things which were considered impolite many years ago are now acceptable. Just a few years ago, it was considered impolite behaviour for a man to smoke on the street. No man who thought of himself as being a gentleman would make a fool of himself by smoking when a lady was in a room.

Customs also differ from country to country. Does a man walk on the left or the right of a woman in your country? Or doesn't it matter? What about table manners? Should you use both hands when you are eating? Should you leave one in your lap, or on the table?



The Americans and the British not only speak the same language but also share a large number of social customs. For example, in both America and England people shake hands when they meet each other for the first time. Also, most Englishmen will open a door for a woman or offer their seat to a woman, and so will most Americans. Promptness is important both in England and in America. That is, if a dinner invitation is for 7 o'clock, the dinner guest either arrives close to that time or calls up to explain his delay.

The important thing to remember about social customs is not to do anything that might make other people feel uncomfortable—especially if they are your guests. There is an old story about a man who gave a formal dinner party. When the food was served, one of the guests started to eat his peas with a knife. The other guests were amused or shocked, but the host calmly picked up his knife and began eating in the same way. It would have been bad manners to make his guest feel foolish or uncomfortable.



New Words and Expressions

custom ['kʌstəm] *n.* 习惯; 风俗

behave [bi'heiv] *v.* 举动, 举止; 表现

acceptable [6k'septəbl] *adj.* 可接受的; 合意的; 受到欢迎的

make a fool of oneself (因干蠢事) 出丑

differ ['dif] *v.* 不同, 相异(from)

manner ['mænə] *n.* (-s) 风俗; 举止

lap [læp] *n.* 膝部; 膝盖

promptness ['prɒmptnis] *n.* 准时; 敏捷

delay [di'lei] *n. & v.* 耽搁, 延误

uncomfortable [ʌn'kʌmfətbəl] *adj.* 不舒服的; 不自在的

formal ['fɔ:məl] *adj.* 正式的; 正规的

pea [pi:] *n.* 豌豆

host [hɒst] *n.* 主人

社会习俗和行为规范不断发生变化。许多年前被认为是不礼貌的行为今天则可以被接受。就在几年前, 人们还认为一个男人在大街上吸烟粗俗难耐, 也没有哪位自认为是绅士的男人会傻乎乎地在与一位女士同处一室时吸烟。

国与国之间风俗习惯也不相同。在你的国家, 男人走在女人的左边还是右边? 这重要不重要? 饭桌上的举止应该如何? 你就餐时该双手并用吗? 你应该把一只手放在膝上, 还是搁在餐桌上?

美国人和英国人不仅同操一种语言, 而且有很多相同的社会习俗。例如, 在英美两国人们初次见面都要握手。同样, 大多数英国男士会为一位女士开门或让座, 大多数美国人也会这么做。守时在英国和美国都很重要。也就是说, 假定宴会邀请的时间定在 7 点, 参加宴会的客人要么在 7 点左右到达, 要么打电话解释一下迟到的原因。

关于社会习俗有一点必须牢记的是: 不要做可能让其他人, 尤其是你的客人感到不舒服的事。有一则经典故事, 说的是一个人举行一个正式的宴会。食物端上后, 一位客人开始用餐刀吃豌豆。其他客人不是忍俊不禁, 就是大为震惊, 可是主人却平静地举起了餐刀, 以同样的方式吃了起来。若是让他的客人感到出了洋相或不自在, 那才是举止失当哩。

我们来参考一下吧.....



3

The Young and the Old

青年人和老年人

When the young man starts to earn his own living, he becomes free from discipline of school and parents; but at the same time he is forced to accept responsibilities. He can no longer expect others to pay for his food, his clothes, and his room, but has to work if he wants to live comfortably. If he spends most of his time playing about in the way that he used to as a child, he will go hungry. And if he breaks the laws of society as he used to break the laws of his parents, he may go to prison. If, however, he works hard, keeps out of trouble and has good health, he can have the great happiness of seeing himself make steady progress in his job and of building up for himself his own position in society.



Old age has always been thought of as the worst age to be; but it is not necessary for the old to be unhappy. With old age should come wisdom and the ability to help others with advice wisely given. The old can have the joy of seeing their children making progress in life; they can watch their grandchildren growing up around them; and, perhaps best of all, they can, if their life has been a useful one, feel the happiness of having come through the battle of life safely and of having reached a time when they can lie back and rest, leaving others to continue the fight.

New Words and Expressions

earn a living 谋生

(be) free from 无……的；摆脱……的

discipline [ˈdiːplɪn] *n.* 纪律；处罚

comfortably [ˈkʌmfərtəbli] *adv.* 舒适地；轻松自在地

steady [ˈstiːdi] *adj.* 平稳的；扎实的

wisdom [ˈwɪzdəm] *n.* 智慧；才智

wisely [ˈwaɪzli] *adv.* 明智地；精明地

come through 安然度过；胜利；成功

battle [ˈbætl] *n.* 战斗

青年人开始独立谋生时，他就摆脱了学校和父母的约束；可与此同时，他又不得不承担起责任来。他再也不能够指望其他人为他支付饮食、服装和住房的费用；要想活得舒服他就得去干活。要是他像孩提时代那样花费绝大部分时间去玩乐，他准得饿肚子。如果他像过去违背家规那样违反社会的法律，他或许会进监狱。可是他若勤奋工作，不惹麻烦，身体健康，他就能体会到自己在工作上不断进步、在社会上搏得属于自己的一席之地而带来的巨大快乐。

老年一直被认为是一生中最糟糕的岁月，然而老年人未必不快乐。伴随着老年而来的应当是智慧和以明智的方式提出建议帮助别人的能力。老年人可以欣喜地关注孩子们在人生的道路上前行，可以看着孙辈们绕膝成长；最好的情形或许是这样的：假如他们在人生中有所成就，此时便可以获得一种幸福的感觉，毕竟他们安然无恙地经历了人生的搏击，终于可以躺下来，歇一歇，任其他人继续搏击。



4

Goals

目标

There are three kinds of goals: short-term, medium-term and long-term goals.

Short-term goals are those that usually deal with current activities, which we can apply on a daily basis. Such goals can be achieved in a week or less, or two weeks, or possibly months. It should be remembered that just as a building is no stronger than its foundation, our long-term goals cannot amount to very much without the achievement of solid short-term goals. Upon completing our short-term goals, we should date the occasion and then add new short-term goals that will build on those that have been completed.



The medium-term goals build on the foundation of the short-term goals. They might deal with just one term of school or the entire school year, or they could even extend for several years. Any time you move a step at a time, you should never allow yourself to become discouraged or overwhelmed. As you complete each step, you will enforce the belief in your ability to grow and succeed. And as your list of completion dates grow, your motivation and desire will increase.

Long-term goals may be related to our dreams of the future. They might cover five years or more. Life is not a static thing. We should never allow a long-term goal to limit us or our course of action.

New Words and Expressions

goal [G6u1] *n.* 目标; 目的

short-term [ʃC:t't6:m] *adj.* 短期的

medium-term [mi:di6m't6:m] *adj.* 中期的

New Words and Expressions

- long-term [ˈlɒŋˈtɜːm] *adj.* 长期的
 current [ˈkʌrənt] *adj.* 目前的, 当前的
 apply [əˈplaɪ] *v.* 应用; 使用
 foundation [ˌfaʊnˈdeɪʃən] *n.* 地基; 基础
 achievement [əˈtʃiːvmənt] *n.* 完成, 达到; 成就
 date [deɪt] *v.* 注明(日期); 确定(时代)
 occasion [əˈkeɪʃən] *n.* 时刻; 时机
 extend [ɪkˈstend] *v.* 延长; 延伸
 overwhelm [ˌoʊvəˈhweɪl] *v.* 使受不了; 使不知所措
 enforce [ɪnˈfɔːs] *v.* 加强; 力促
 motivation [ˌmɒtɪˈveɪʃən] *n.* 动力; 动因
 static [ˈstætɪk] *adj.* 静止的; 一成不变的
 course [kɔːs] *n.* 过程; 进程

目标有三种：短期目标、中期目标和长期目标。

短期目标通常着眼于眼前的活动, 人们可以以天为单位, 逐日实施。这样的目标可以在一周或不到一周、或两周乃至数月内实现。人们不应忘记, 没有坚固的基础就没有坚固的建筑物; 同样, 不去扎扎实实地实现短期目标, 我们就不可能在实现长期目标上有大的作为。在完成短期目标之后, 我们应当标明日期, 并在已实现的目标基础上规划新的短期目标。

中期目标以短期目标为基础。中期目标可能涉及一个学期或整整一学年, 甚至可能延续数年之久。无论何时每一次你只能向前迈一步, 绝不能使自己失去信心或者把自己压得喘不过气来。这样每完成每一步, 你就会增强对自己能力的信心: 你有发展潜力, 可以事业有成。随着列出的目标实现日期表的加长, 你的动力和要求也会增加。

长期目标可能与我们对未来的憧憬有关。长期目标可能跨越五年或者更长时间。人生不是静止不变的。我们决不当让长期目标束缚我们的手脚, 限制我们的行为。



5

Childhood

童年

How often one hears children wishing they were grown-up, and old people wishing they were young again. Each age has its pleasures and its pains, and the happiest person is the one who enjoys what each age gives him without wasting his time in useless regrets.

Childhood is a time when there are few responsibilities to make life difficult. If a child has good parents, he is fed, looked after and loved, whatever he may do. It is improbable that he will ever again in his life be given so much without having to do anything in return. In addition, life is always presenting new things to the child — things that have lost their interest for older people because they are too well-known. A child finds pleasure in playing in the rain, or in the snow. His first visit to the seaside is a marvellous adventure. But a child has his pains: he is not so free to do as he wishes as he thinks older people are; he is continually being told not to do things, or being punished for what he has done wrong. His life is therefore not perfectly happy.



New Words and Expressions

grown-up [ˈɡrʌnʌp] *adj.* 成人的；成熟的

pain [peɪn] *n.* (精神、感情上的)痛苦，悲痛

responsibility [rɪsːpɒnsəbɪlɪti] *n.* 责任；职责

improbable [ɪmˈprɒbəbl] *adj.* 未必会的；不大可能的

in return 作为报答；作为回报

in addition 此外

New Words and Expressions

addition [ə'dɪʃən] *n.* 加; 增加

seaside ['siːsaɪd] *n.* 海边

marvellous [ˈmɑːvəlʃs] *adj.* 奇异的; 惊人的

adventure [əd'ventʃə] *n.* 冒险; 奇遇

continually [kən'tɪnjuəli] *adv.* 不断地, 连续地

do wrong 做错事

therefore [ˈðeəfɔː] *adv.* 因此, 所以

perfectly [pɜːfektli] *adv.* 完美地; 完全地

孩子们希望长大, 老人们希望重新年轻, 人们常常听到这样的祈愿。人生每一阶段都有相应的快乐和痛苦; 最快乐的人能够享用各个年龄段的馈赠, 而不是徒磨时光作无益叹息。

童年是承担责任最少、活得最轻松的时光。一个孩子只要有好父母, 无论他做了什么, 他都会被喂养, 被关爱。得到的是那么多而不需要付出任何回报, 一生中不可能再有这样一个时期。此外, 对于一个孩子来说, 生活总是不断呈现出新鲜事物——这一切大人们早已司空见惯, 无动于衷了。孩子乐于在雨雪中玩耍。他第一次去海边简直是奇异的冒险。不过, 孩子也有他自己的苦恼: 他不能想做什么就做什么——他认为大人们就有这个权利; 他不断被告知不能做哪些事儿, 不断因为做错了事而受到惩罚。因此, 童年并不是绝对快乐的。

我们来参考一下吧……





Relax and Live

放松身心 从容度日

It is often believed that only rich middle-aged businessmen suffer from stress. In fact anyone may become ill as a result of stress if they experience a lot of worry over a long period and their health is not especially good. Stress can be a friend or an enemy: it can warn you that you are under too much pressure and should change your way of life. It can kill you if you don't notice the warning signals. Doctors agree that it is probably the biggest single cause of illness in the Western world.

When we are very frightened and worried our bodies produce certain chemicals to help us fight what is troubling us. These chemicals produce the energy needed to run away fast from an object of fear, and in modern life that's often impossible. Unfortunately, if we don't use up these chemicals, or if we produce too many of them, they may actually harm us. The parts of the body that are most affected by stress are the stomach, heart, skin, head and back. Stress can cause car accidents, heart attacks, and may even drive people to suicide.

Our living and working conditions may put us under stress. Overcrowding in large cities, traffic jams, competition for jobs, worry about the future, any big changes in our lives, may cause stress. Some British doctors have pointed out that one of Britain's worst waves of influenza happened soon after the new coins came into use. Also if you have changed jobs or moved house in recent months you are more likely to fall ill than if you haven't. And more people commit suicide in times of inflation.

As with all illnesses, prevention is better than cure. If you find you can't relax, it is a sign of danger. "When you're taking work home, when you can't enjoy an evening with friends, when you haven't time for outdoor exercise—that is the time to stop and ask yourself whether your present life really suits you." says one family doctor. "Then it's time to join a relaxation class, or take up dancing,



painting or gardening.”

New Words and Expressions

stress [stres] *n.* 压力;紧张

way of life 生活方式

signal ['si:gn6l] *n.* 信号;暗号

chemical [ˈkemik6l] *n.* (-s) 化学制品;化学药品

use up 用完;消耗

affect [6'fekt] *v.* 影响

heart attack 心力衰竭;心脏病发作

suicide [ˈsju:saɪd] *n.* 自杀;自杀者

overcrowding [ˌ6uv6'kraʊdi7] *n.* 挤满;拥塞

traffic jam 交通阻塞

influenza [ˌɪnflu'enz6] *n.* 流行性感冒

commit [k6'mɪt] *v.* 干(坏事、傻事)

inflation [ɪn'fleɪs6n] *n.* 通货膨胀

cure [kju6] *n. & v.* 治疗;治愈

relaxation [ˌri:l8k'seiS6n] *n.* 放松;松弛

gardening [ˈGA:d6ni7] *n.* 园艺;园艺者

人们往往以为,只有富有的中年商人才受精神压力的折磨。事实上,倘若长时间过度焦虑而身体状况又不特别好,任何人都会因为压力而病倒。压力可以是你的朋友,也可能成为你的敌人:它会警告你目前的生活太紧张,应该换一种生活方式。如果你对这些警告信号置之不理,它可能会毁掉你。医生们一致认为压力很可能是导致西方世界人们患病的最主要的唯一的病因。

当我们非常恐惧或焦虑的时候,我们的体内会产生某些化学物质来帮助我们抵御这些困扰我们的情绪。这些化学物质能迅速产生摆脱恐惧对象所需的能量;而要想摆脱恐惧的对象,在现代生活中常常是不可能的。不幸的是,如果我们用不完这些化学物质或它们产生过多,都会对我们实实在在地造成伤害。受压力损害最大的器官是胃、心脏、皮肤、头部

我们来参考一下吧.....

