

UNIT 1

Objectives

Listening	能够听懂有关求职应聘的英语对话和短文。
Speaking	掌握有关求职应聘的常用英语表达, 并灵活运用于日常会话。
Reading	<p>Intensive Reading: 本文介绍了有关小睡的知识。通过学习本文, 学生可以了解小睡对我们的工作、生活带来的诸多好处以及小睡的重要性。</p> <p>Extensive Reading: 本文是一篇有关电脑辐射的文章。在日常的工作生活中, 人们越来越离不开电脑, 随之而来的电脑辐射也成了人们担忧的问题。通过本文的学习, 我们可以了解一些防止电脑辐射的行之有效的方法。</p> <p>Applied Reading: 本文是一封推销信。通过学习本文, 要求学生熟悉推销信的格式及内容。</p>
Practical Writing	了解简历的基本内容、格式并掌握简历的写作技巧。
Language Guide	<p>Grammar Focus: 了解动名词的基本结构并掌握其用法。</p> <p>Word Building: 掌握名词转化为动词的用法。</p>



Section A

Listening

Topic Introduction

近年来，就业形势日趋严峻，求职 (job application) 成为大学生普遍关心的头等大事。面试是企业寻找合适员工最重要的手段之一，因此它也是求职过程中最为关键的环节 (key step)。面试不仅可以展示求职者的才能和学识，也可以体现其综合素质 (all-round ability)。求职者要想在面试中脱颖而出 (stand out)，就需要做好充分的准备，以最佳的形象展现自己。

Warm-up Activities

The following are some dos and don'ts in an interview. Please tick the dos with "√", and the don'ts with "×".

- (√) 1. Arrive early for your interview; it's always better to be a few minutes early than late.
- (×) 2. Act as though you would take any job or are desperate for employment.
- (√) 3. Wait until you are offered a chair before sitting.
- (×) 4. Exaggerate or lie about yourself or your work history.
- (√) 5. Make sure you turn your phone off or set it to silent ring before going into the interview room.
- (×) 6. Show impatience with the interviewer, especially when you have been kept waiting too long.
- (√) 7. Maintain a natural amount of eye contact with the interviewer but don't stare.
- (√) 8. Show what you can do for the company rather than what the company can do for you.
- (×) 9. Only smoke when the interviewer does and offers you a cigarette.
- (×) 10. Lean forward aggressively or sit with your arms folded across your chest.

Pronunciation Guide

Listen to the recording carefully and choose the correct stresses for the words below.

Group 1

- | | |
|---------------|------------|
| 1. A. sli'ght | B. 'sliht |
| 2. A. 'mode | B. mo'de |
| 3. A. 'swear | B. swe'ar |
| 4. A. fier'ce | B. 'fierce |
| 5. A. 'earth | B. ear'th |

Group 2

- | | |
|-----------------|--------------|
| 1. A. con'test | B. 'contest |
| 2. A. 'record | B. re'cord |
| 3. A. 'increase | B. in'crease |
| 4. A. con'tent | B. 'content |
| 5. A. 'import | B. im'port |

Group 3

- | | |
|----------------------|-------------------|
| 1. A. 'estimate | B. es'timate |
| 2. A. uni'verse | B. 'universe |
| 3. A. partici'pate | B. par'ticipate |
| 4. A. ,satis'factory | B. ,satisfacto'ry |
| 5. A. pe,culi'arity | B. pe,culi'arity |

单词重音 (I)

单词重音：英语单词有一个以上的音节时，其中一个读得重些，其他的读得轻些，这样就形成了重读音节和非重读音节，英语单词内部的这种重轻音节对立的现象就称为单词重音 (word stress)。

重音的等级：重音有主重音和次重音之分，主重音以 “'” 符号表示，标在重读音节的前上方；次重音以 “,” 符号表示，标在次重音节的前下方。

重音的位置：单音节词单独读时习惯上是作为重读音节的；双音节词的重音一般在第一个音节上；多音节词的重音通常在倒数第三个音节上，而次重音则一般位于第一个或第二个音节上。

英语中，有一类词拼写是相同的，但一个是名词，一个是动词。在这类词中，所有名词的重音都在第一个音节上，所有动词的重音都在第二个音节上。

Dialogues

qualify /'kwɒlɪfaɪ/ *vt.* 使合格

night shift 夜班

shorthand /'ʃɔ:θænd/ *n.* 速记

salary /'sæləri/ *n.* 薪水

fair offer 公平的薪资

satisfactory /,sætɪs'fæktəri/ *adj.* 满意的

advancement /əd'vɑ:nsmənt/ *n.* 提升, 晋升

desirous /dɪ'zaɪərəs/ *adj.* 渴望的

contribution /,kɒntrɪ'bju:ʃn/ *n.* 贡献

I Listen to the dialogues twice and choose the best answer to each question from the four choices marked A, B, C and D.

1. A. Working as a manager in a department store.

- B. Working as a salesman in a department store.
C. Working as a manager in a small town.
D. Working as a salesman in a big city.
2. A. At 12 pm.
C. At 6 pm.
3. A. Very fast.
C. Not mentioned.
4. A. 1 000 yuan.
C. 2 000 yuan.
5. A. There is no opportunity for advancement.
C. She wants to broaden her experience.
- B. At 12 am.
D. At 6 am.
B. Very slow.
D. Just so so.
B. 1 500 yuan.
D. 2 500 yuan.
B. She wants to improve her position.
D. She dislikes the previous job.

II Listen to the dialogues for the third time and fill in the blanks.

1. My past work experience is closely related to this job, so I'm sure that I will be qualified for it.
2. I can start to work whenever it is convenient for you.
3. Yes, I can take dictation fast. I will show you my skills if you give me a try.
4. Since I have much experience in this field, I am sure you will do me a fair offer.
5. I have finished three new projects, and I am sure I can apply my experience to this position.

o Script o

Dialogue 1

W: Do you have any experience working as a salesman?

M: Yes, I worked in a department store in a small town for two years.

W: Why are you interested in choosing our company?

M: My past work experience is closely related to this job, so I'm sure that I will be qualified for it.

Q: What kind of work experience does the man have?

Dialogue 2

M: Do you mind working on the night shift?

W: Not at all.

M: Very well. The night shift is from 6 pm to 12 pm. When can you start to work?

W: I can start to work whenever it is convenient for you.

Q: When does the night shift begin?

Dialogue 3

W: How are your typing skills?

M: I type pretty fast but I don't know how many words a minute.

W: Have you taken shorthand before?

M: Yes, I can take dictation fast. I will show you my skills if you give me a try.

Q: How are the man's typing skills?

Dialogue 4

W: What was your monthly salary at the

previous job?

M: I got 1 500 *yuan* each month. Since I have much experience in this field, I am sure you will do me a fair offer.

W: I think we can offer you 2 000 *yuan* at the start. Is that satisfactory?

M: Oh, that's more than I have expected. It's quite satisfactory.

Q: How much can the man get if he accepts this job?

Dialogue 5

M: Why do you leave your previous job?

W: Mm...I feel there is no opportunity for advancement. So I'm desirous of leaving that small company to broaden my experience and improve my position.

M: What contribution did you make to your previous company?

W: I have finished three new projects, and I am sure I can apply my experience to this position.

Q: Which of the following is NOT the reason that the woman left her previous job?

Conversations

Conversation 1

personnel manager 人事部经理 straight /streɪt/ *adv.* 直接 customer /'kʌstəmə(r)/ *n.* 顾客
detail /di:teɪl/ *n.* 细节 frankly /'fræŋkli/ *adv.* 坦率地, 真诚地

I Listen to Conversation 1 for the first time and answer the following questions.

1. Why does the man go to see the woman?

To have an interview for a job.

2. How many questions have the woman asked the man?

Two questions.

II Listen to Conversation 1 for the second time and choose the best answer to each question from the four choices marked A, B, C and D.

1. A. Sales manager.

C. Advertising manager.

2. A. English.

C. International finance.

B. Personnel manager.

D. Marketing manager.

B. Accounting.

D. Electronics.

3. A. As high as possible.
C. As fair as possible.
4. A. He has rich experience.
C. He has a little experience.
5. **A. In a week.**
C. In two weeks.
- B. As low as possible.
D. Not mentioned.
B. He has no experience.
D. He has some special experience.
- B. In a month.
D. In two months.

Script

M : Good afternoon.

W : Good afternoon. Take a seat, please.

M : Thank you.

W : My name is Joy, personnel manager of this company. We've received your application. I'd like to go over a few of the details.

M : Yes, please.

W : I see that you're twenty-two and graduated from Business Administration University in July.

M : That's right. I'm more or less straight out of school.

W : And your major is international finance. What about your English?

M : I passed the College English Test, Band 4.

W : Not too bad. Frankly speaking, we need someone with a good knowledge of English because we have lots of foreign

customers. But the work is simple. I think you'll be able to do it.

M : I'm sure I can.

W : By the way, what salary do you expect?

M : I really can't say. I have no experience and have to learn a lot.

W : Very well. I can assure you that we'll be fair to you if your application is accepted. In any case, we'll let you know in a week.

M : Thank you. Goodbye.

Q1: What is the position of the woman in the company?

Q2: What is the man's major?

Q3: What salary does the man expect?

Q4: Which of the following is true about the man's experience?

Q5: When will the man know the result of the interview?

Conversation 2

background /'bækgraʊnd/ *n.* 背景 consignment /kən'saɪnmənt/ *n.* 运送物 prospect /'prɒspekt/ *n.* 前景
exactly /ɪg'zæktli/ *adv.* 确切地 apply for 申请

I Listen to Conversation 2 for the first time and decide whether the following statements are true (T) or false (F).

- (F) 1. The woman didn't like her previous job.
(F) 2. The man decided to employ the woman.

II Listen to Conversation 2 for the second time and choose the best answer to each question from the four choices marked A, B, C and D.

1. A. Central South University.
C. Hunan Institute of Technology.
 2. A. One year.
C. Three years.
 3. A. Visiting customers.
C. Dispatching consignments.
 4. A. Half an hour.
C. Two hours.
 5. A. The woman can walk to work if the new firm employs her.
B. The woman enjoys doing something challenging.
C. The woman expects to set up a new firm by herself.
D. The woman hopes to have better pay in the new firm.
- B. Hunan University.
D. Southwest University.
B. Two years.
D. Four years.
B. Answering the phone calls.
D. Typing letters.
B. One hour.
D. Three hours.

Script

M : Would you begin by telling me something about yourself?

W : Where would you like me to begin?

M : Something about your background and experience.

W : Well, I was born and raised in Changsha, Hunan province. I graduated from the College of Commerce of Central South University. My major is economics.

M : Do you have any working experience?

W : Yes, I worked for three years at a small firm.

M : What did you do exactly?

W : Visiting customers, answering the phone calls, dispatching consignments and things like that.

M : Did you enjoy your work?

W : Yes, I did.

M : Then why have you applied for this job?

W : It's because of the travel time. It took me about two hours to get to work. But your firm is quite near my home—within walking distance.

M : Is that all?

W : Actually, I enjoy doing something more challenging with better prospects and better pay.

Q1: Which university did the woman graduate from?

Q2: How long did she work at a small firm?

Q3: Which of the following is NOT mentioned as the woman's work in the previous firm?

Q4: How long did it take her to go to work in the past?

Q5: Which of the following can NOT be inferred from the dialogue?

Passage

objective /əb'dʒektɪv/ *n.* 目标
 appearance /ə'piərəns/ *n.* 外表, 外貌
 impression /ɪm'preʃn/ *n.* 印象
 interviewer /'ɪntəvjʊə(r)/ *n.* 主持面试者
 firm /fɜ:m/ *adj.* 有力的

handshake /'hændʃeɪk/ *n.* 握手
 irritation /,ɪrɪ'teɪʃən/ *n.* 恼怒, 生气
 literature /'lɪtrətʃə(r)/ *n.* 阅读材料
 gracious /'ɡreɪʃəs/ *adj.* 有礼貌的

I Listen to the passage for the first time and answer the following questions.

1. What is the passage mainly about?

Key points that an interviewee should pay attention to in an interview.

2. State one way that can give a good impression in an interview.

Smile at the interviewer to show you are glad to be talking with him or her.

II Listen to the passage for the second time and decide whether the following statements are true (T) or false (F).

(T) 1. According to the author, appearance plays an important role in an interview.

(F) 2. Both men and women should wear suits so as to look clean and neat.

(T) 3. If your interview is delayed, it is better to pick up some literature that will add to your knowledge of the company.

III Listen to the passage for the third time and fill in the blanks with the missing words.

1. With your objective clearly in mind and the properly written records of your background, you are now ready for the interview.

2. When you first meet the interviewer, look at him or her in the eye.

3. If your interview is delayed, don't show your irritation.

4. Be gracious when he apologizes for the time you waited.

Script

With your objective clearly in mind and the properly written records of your background, you are now ready for the interview.

Appearance gives the first impression, so be on time and look clean and neat and wear business-

like clothes. Men should wear suits and women should wear a nice skirt or dress, which should not be too short. Remember that the minute you walk in the room and before you say a word, you start creating an impression. Smile at your interviewer to show you are glad to be talking with him or her. When you first meet the interviewer, look at him or her in the eye. Give him or her a firm handshake and speak clearly so your interviewer can hear you.

If your interview is delayed, don't show your irritation. It is best to pick up a magazine, or still better, some literature that will add to your knowledge of the company, and read quietly until your interviewer can see you. Be gracious when he apologizes for the time you waited.

Section B

Speaking

Situational Dialogues

Dialogue 1

Situation: Alice, a senior student, applies for a job as a tour guide in a travel agency. Now she comes for an interview.

(A=Alice, P=personnel manager)

A: Good morning, sir! Nice to meet you!

P: Good morning! Please sit down!

A: Thank you!

P: I'm personnel manager of the company. To start with, what's your major in the university?

A: My major is tourism management. I'm sure it would be of great use for the position.

P: Why do you want to be a tour guide?

A: Well, I like to travel and I also like meeting various kinds of people, so tour guide is a suitable job for me.

P: Have you sat for the tourist guide qualifying examinations?

A: Yes, I have got a qualification certificate.

P: How about your English level?

A: I have passed CET-6. Moreover, I have a good command of both written and spoken English.

P: If you are selected in this position, you must prepare to travel overseas frequently. Do you mind going on business trips?

A: Definitely not. I enjoy traveling.

P: OK. That's all for the moment. I'll let you know soon what we decide.

Notes

1. I'm sure it would be of great use for the position. 我确信我所学的专业对该职位非常有用。
2. Moreover, I have a good command of both written and spoken English. 还有, 我有良好的英语写作和口语能力。

● Activities

First study and recite Dialogue 1, then role play the dialogue in pairs. You may change some of the details, for example:

1. Fanny is going to graduate from the college soon. Her major is computer science and technology. And she goes for an interview in a network corporation for the position of programmer.
2. The interviewer asks her about her major, her foreign language level and the courses she selected in the university.

(F=Fanny, I=Interviewer)

F: Good morning, sir! Nice to meet you!

I: Good morning! Please take a seat.

F: Thank you!

I: I'm Mark Washington, personnel manager of the company. To start with, what did you major in?

F: I majored in computer science and technology.

I: Fine. What specialized courses did you take?

F: The specialized courses I completed include computer science, systems design and analysis, operation systems, PASCAL programming, COBOL programming and D-BASE programming.

I: How about your English level?

F: I have passed CET-6.

I: OK. But you don't have any work experience in this field. What makes you think you are qualified for the job?

F: With my strong academic background and my internship, I am sure I have the ability to do the job.

I: If you are selected in the position, sometimes you have to do the work on your own time. Do you work well under stress or pressure?

F: Yes, it's a way of life in business.

I: OK. That's all for the moment. I'll let you know soon what we decide.

Dialogue 2

Situation: Mr. Brown has worked in an insurance company for three years. He wants to change his job. And now he is having an interview in a new company.

(I=Interviewer, B=Mr. Brown)

I: Nice to meet you, Mr. Brown!

B: Nice to meet you, too!

I: I've looked over your resumé. May I ask why you want to change your job?

B: I left my work because I think my potential and ability could be better employed in a large, high-grade corporation.

I: Why are you interested in our company?

B: Your company is one of the biggest insurance companies in the world, so I think working in it would provide me with a good opportunity to use my knowledge.

I: Good. By the way, what starting salary would you expect here?

B: Based on my experience, I'd like to start at 4 000 *yuan* per month.

I: I believe we can offer you 3 000 *yuan* at the start. Raises are given after three months' probation period according to your performance.

B: I am quite willing to start at a small salary. I'll leave it to you to decide after you have seen the kind of work I can do.

I: I'm grateful for your concern about the job in our company. We'll send you an offer letter then, if you're hired.

B: Thanks for your consideration. I am willing to wait until you have come to a decision.

Notes

1. By the way, what starting salary would you expect here? 顺便问一下, 你期望在这里的起薪是多少?

2. Raises are given after three months' probation period according to your performance. 三个月的试用期后, 我们将根据你的工作表现加薪。

● Activities

Study Dialogue 2 carefully and make up a new dialogue with your deskmate based on the following situation. You may use the sentence patterns in Dialogue 2.

Situation: Peter has worked in a trading company for two years. He decides to find a new job and comes for an interview in a new company.

(P=Peter, I=Interviewer)

P: Excuse me, may I see Mr. John Watt, personnel manager?

I: It's me. What can I do for you?

P: I have come at your invitation for an interview. Nice to meet you, Mr. Watt.

I: Please sit down.

P: Thank you, sir.

I: I have looked over your resumé which says you have two-year work experience in a trading company. Why did you leave your last job?

P: The reason for leaving my present employment is that I see no chance for further advancement and I

want to get better pay.

I: What's your present monthly salary?

P: 1 600 *yuan*.

I: What starting salary would you expect here?

P: I'd like to start at 2 600 *yuan* a month.

I: I think we can offer you 2 000 *yuan* at the start. If you work all right after three months, you will be put on the permanent payroll and be given a raise. Now please leave your resumé here. We'll notify you of our decision within a few days. Thank you for your interest in our company.

P: I'll await your notification. Thank you for your interview with me, sir.

▶ New Words and Phrases

tour guide 导游

travel agency 旅行社

tourism management 旅游管理

suitable /'su:təbl/ *adj.* 合适的

sit for 参加

certificate /sə'tɪfɪkət/ *n.* 证书

CET-6 (College English Test Band 6) 大学英语六级考试

employ /ɪm'plɔɪ/ *vt.* 使用, 利用

high-grade /'haɪ'ɡreɪd/ *adj.* 高级的

corporation /,kɔ:pə'reɪʃn/ *n.* 公司

probation period 实习期

consideration /kən,sɪdə'reɪʃn/ *n.* 考虑

▶ Useful Sentences

1. Can you sell yourself in two minutes? Go for it!

你能在两分钟内自我推荐吗? 大胆试试吧!

2. Do you have any work experience in this field?

你有这个行业的工作经验吗?

3. Do you think you are qualified for this work?

你认为你胜任这项工作吗?

4. What kind of job are you doing now?

你现在做什么工作?

5. What kind of work were you doing at your previous company?

你在以前的公司做什么工作?

6. For the past six years, I've been dealing with foreigners in English, so my ability to write and speak English is out of question.

在过去的六年里, 我都是用英语和外国人打交道, 所以我的英语口语和书面表达能力是不成问题的。

7. I will graduate from ABC College. My outstanding record at school and experience in business have prepared me for the task ahead. I will graduate from ABC College. My outstanding record at school and experience in business have prepared me for the task ahead. 我将从ABC学院毕业, 以我优异的成绩及商业经验, 相信能胜任贵公司的工作。

8. Why did you leave your last job?

你为什么离职呢?

9. The reason for leaving my present employment is that I see no chance for further advancement.

由于目前的工作缺乏进一步发展的机会, 所以我打算离开。

10. I have had to leave my position on account of

- the discontinuance of the business.
由于公司停业,我不得不离职。
11. What is your present yearly salary?
你现在的年薪是多少?
12. What's your expected salary?
你期望的薪水是多少?
13. I require a salary of 3 000 *yuan* a month plus room and board.
我要求月薪3 000元,外加食宿。
14. I expect to be paid according to my abilities.
我希望能根据我的能力支付薪资。
15. If you work all right after three months, you will be put on the permanent payroll and be given a raise.
三个月试用后,如你工作表现良好,你将转为正式员工并且加薪。
16. We have all the fringe benefits, such as health insurance, bonus and paid vacation.
我们还提供所有附加的员工福利,如健康保险、奖金和带薪假日。
17. When can I know whether I'm accepted or not?
我何时才能知道是否被录用了呢?
18. We'll send you an offer letter early next month if you are wanted.
如果你被录用,我们会在下月初给你寄录用信。
19. We will notify you of our decision by e-mail.
我们会发电子邮件告知你最终的结果。
20. Thank you for hiring me. I'm very proud to be employed by your firm.
谢谢你录用了我,我能被贵公司录用实在是荣幸之至。

Humorous Story

Divisional Manager

A businessman was interviewing applicants for the position of divisional manager (部门经理). He devised a simple test to select the most suitable person for the job. He asked each applicant the question, "What is two and two?"

The first interviewee was a journalist. His answer was "twenty-two".

The second applicant was an engineer. He pulled out a slide rule (计算尺) and showed the answer to be between 3.999 and 4.001.

The last applicant was an accountant (会计). When being asked the same question, he got up from his chair, went over to the door and closed it, then came back and sat down. He leaned across the desk and said in a low voice, "How much do you want it to be?" He got the job.

【译文】

部门经理

一位企业家正在面试几位应聘者,想要从中选拔一位部门经理。他为此设计了一项简单的测试,以期选出最合适的人选。他问了求职者同一个问题:“二加二是多少?”

第一位应聘者是一位记者。他的答案是“二十二”。

第二位应聘者是位工程师。他拿出计算尺，回答说答案介于3.999与4.001之间。

最后一位应聘者是位会计。当被问到同一个问题时，他站起身来，走到门口，关上门，然后回到原来的地方坐下。他俯身向前，用低沉的声音问道：“你希望答案是多少？”这位会计被聘用了。

• Activities

I. Read the story and answer the following questions.

1. What kind of job did the applicants apply for?

Divisional manager.

2. Why did the accountant get the job?

Because he knew what the boss needed.

II. Read the story aloud for three times, write the key words on your notebook and then retell the story according to what you've written down.

Key words:

businessman, divisional manager, interviewing, test, journalist, engineer, accountant

Suggested answer:

A businessman interviewed three applicants to select a divisional manager. He asked each applicant the question, “What is two and two?” The first interviewee whose answer was “twenty-two” was a journalist. Another applicant, an engineer, gave a precise answer. When being asked the same question, the last applicant, an accountant, asked the businessman how much he wanted it to be instead of answering it. The accountant understood well what the businessman wanted and therefore got the job.

Easy Learning

Reflection

by Christina Aguilera

Look at me,
you may think you see who I really am.

But you'll never know me.

Every day

it's as if I play a ① part .

Now I see if I wear a ② mask ,

I can fool the world,

but I cannot fool my ③ heart .

Who is that girl I see

staring straight back at me?

When will my reflection show who I am inside?

I am now in a world where I have to ④ hide my heart

and what I believe in.

But ⑤ somehow I will show the world
what's inside my heart.

And be loved for who I am.

Who is that girl I see
staring straight back at me?

Why is my reflection someone I don't know?

Must I ⑥ pretend that I'm someone else for all
time?

When will my reflection show who I am inside?

There's a heart that must be free to fly
that burns with a need to know the reason why.

Why must we all ⑦ conceal
what we think,
how we feel?

【译文】

倒 影

演唱：克里斯蒂娜·阿奎莱拉

看着我，
你也许以为看到了真正的我。

但你却永远不会了解我。

每一天，
我似乎戴着面具一般。

现在我明白，
当我戴起面具
就能将世界欺骗，
但我却无法欺骗自己的心。

眼前倒影中的女孩是谁，
那样直直地将我凝视？
我的倒影何时才能将真我展现？

背景介绍

1998年，迪士尼公司推出了反映中国古代经典人物花木兰的故事的卡通片 *Mulan* (《花木兰》)，令当年的美国影坛叹为观止。歌曲 *Reflection* 是该片的主题曲。其演唱者，当时只有18岁的Christina Aguilera (克里斯蒂娜·阿奎莱拉) 凭借她浑厚高亢的嗓音使该曲广受欢迎，克里斯蒂娜也因此曲一举成名。这首歌还获得了金球奖“最佳电影原创歌曲”的提名。

Must there be a ⑧ secret me

I'm forced to hide?

I won't pretend that I'm someone else for all time.

When will my reflection show who I am inside?

When will my reflection show who I am inside?

在这样的世界，我不得不掩饰真心，
掩藏信仰。
但不管怎样，我要告诉世界
我的真心，
让世人爱上这样的我。

眼前倒影中的女孩是谁，
那样直直地将我凝视？
为何我的倒影如此陌生？
难道我必须永远伪装成别人的模样？
我的倒影何时才能将真我展现？

有一颗心渴望自由飞翔，
它迫切地需要知道真相。
为何我们都在掩藏
我们的思想，
我们的情感？
难道一定要有所保留，
不得不将真我掩藏？
我不愿永远伪装成别人的模样。
我的倒影何时才能将真我展现？
我的倒影何时才能将真我展现？

● Activities

- I. Listen to the song and fill in the blanks with the exact words you have just heard.
- II. Listen to the song again and sing along.



Section C

Reading

Intensive Reading

Warm-up Exercises

I The following is a sleep disorder quiz. Please mark Y (for yes), N (for no) according to your conditions.

- () 1. Do you snore loudly and/or heavily while asleep?
- () 2. Are you excessively sleepy or do you lack energy in the daytime?
- () 3. Do you have trouble with concentration or memory loss?
- () 4. Do you fall asleep while reading a book or watching television?
- () 5. Do you have occasional morning headaches?
- () 6. Do you sleepwalk, have nightmares or have night terrors?
- () 7. Do you suffer from depression or mood changes?
- () 8. Do you have trouble going to sleep or staying asleep?
- () 9. Have you experienced recent weight gain or high blood pressure?
- () 10. Have you been told that you hold your breath when you sleep?

Note: If you answer “yes” to any of the above questions, you may have insomnia or another type of sleep problem and need to consult a doctor.

II Discuss the following questions with your partners.

1. In your opinion, what may cause sleep problems?
2. How to improve sleep quality and solve the problem of insomnia?

Background Information ←

How to Get the Perfect Nap?

The first consideration is psychological: Recognize that you're not being lazy; napping will make you more productive and more alert after you wake up.

- Try to nap in the morning or just after lunch; human circadian (生理节奏的) rhythms make late afternoons a more likely time to fall into deep (slow-wave) sleep, which will leave you groggy.
- Avoid consuming large quantities of caffeine as well as foods that are heavy in fat and sugar, which meddle with a person's ability to fall asleep.
- Instead, in the hour or two before your nap time, eat foods high in calcium and protein, which promote sleep.
- Find a clean, quiet place where passers-by and phones won't disturb you.
- Try to darken your nap zone, or wear an eyeshade. Darkness stimulates melatonin (褪黑激素), the sleep-inducing hormone (荷尔蒙).
- Remember that body temperature drops when you fall asleep. Raise the room temperature or use a blanket.
- Once you are relaxed and in position to fall asleep, set your alarm for the desired duration.

Power Nap

- 1 A power nap is a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep, intending to quickly **revitalize** the **subject**. It is used to **supplement** normal sleep, especially when a sleeper has accumulated a sleep deficit.
- 2 Research on power napping is constantly showing positive effects. The results suggest that napping can make you more alert, reduce **stress** and improve **cognitive** functioning compared to working all day without rest. A mid-afternoon sleep or power nap means that **productivity** can last long into the night. Researchers at NASA showed that a 30-minute power nap increased cognitive functioning by 40%. The volunteers on the tests found that their memory improved and their **concentration** increased. Those who didn't nap would score lower on IQ tests than those that did after a day of work.
- 3 If you feel a **slump** in the afternoon and from then on don't **perform** at your best, I recommend taking a short power nap to get yourself feeling alert and ready for work. You will feel rested and you'll notice your mood and **alertness** improve. Many experts advise to keep the nap between 15 and 30 minutes, as sleeping longer gets you into deeper **stages** of sleep, from which it's more difficult to **awaken**.
- 4 Finding 15-30 minutes in a day can sometimes seem difficult, but doing so could mean a great deal

to your productivity. Even if you only have 5 minutes to spare, just close your eyes; even a **brief** rest has the benefit of reducing stress and helping you relax a little, which can give you more energy to complete the tasks of your day.

- 5 A lot of people who wish to start their own business but are currently working 9-5 will benefit from a power nap. The majority of the work on their own business will be done after 5 pm and it is hard to stay **enthusiastic** and **inspired** at this time. Taking a nap during a break at work or just after finishing work could effectively increase your concentration levels and allow you to keep working, allowing you to further your own business after the 9-5 **grind**.
- 6 Sleep is **cumulative**. If you lose sleep one day, you will feel it the next. If you miss **adequate** sleep several days in a row, you will build up a sleep deficit. As one of the best and most **underused** tools for busy people, power nap helps **combat** this. Try the above advice for a few days and see if it benefits you. I did, and now I'm off for a nap!

(Words: 432)

【结构分析】

Part	Paragraph	Main Idea
1	Para. 1	A brief introduction to a power nap.
2	Para. 2	Benefits of a power nap.
3	Para. 3~Para. 6	The kind of people needing to take a power nap.

【译文】

小 睡

- 1 小睡是一种发生在深度睡眠或慢波睡眠之前的短暂睡眠,其目的是使入睡者迅速恢复活力。它通常被用来补充正常睡眠,尤其是在一个人长期睡眠不足的时候。
- 2 研究不断指出小睡的积极效果。结果显示,比起整天工作不休息,小睡能让人更清醒,能减少压力,还能提升认知功能。下午3点左右的睡眠或小睡能使人的工作效率一直保持到晚上。美国国家航空和航天局的研究人员发现,30分钟的小睡能提升40%的认知机能。参加测试的志愿者发现他们的记忆力和注意力都有所提高。在经历了一天的工作后,那些没有小睡的人在智商测试中得分比那些小睡过的人低。
- 3 如果你到了下午觉得精神疲倦,不能保持最佳状态,我建议你打个盹,使大脑恢复灵敏,为工作做好准备。你会感到精力充沛,心情变好了,思维也变得敏捷起来。许多专家建议小睡时间保持在15~30分钟,以免进入深度睡眠,一旦进入深度睡眠,就很难醒过来。
- 4 每天都腾出15~30分钟似乎有些困难,但这对你的工作效率有很大的帮助。即使你只有5分钟的空闲时间,也可以闭会儿眼睛;甚至是短暂的休息也有益于舒缓压力、放松自己,使你有更多的精力来完成一天的任务。

- 5 很多目前做着朝九晚五的工作,同时希望自己创业的人会从小睡中受益。这些人干自己事业的时间大部分都在下午5点之后,而这段时间很难保持工作热情。在上班的休息时间或者工作结束之后睡一小觉能有效提升你的注意力水平,让你继续工作,也让你在朝九晚五的工作重压之后仍能继续自己的事业。
- 6 对于睡眠的需求是会累积的。如果你某一天睡眠不够,第二天就会感到疲倦。如果你连续几天缺觉,那么你就会处于“睡眠不足”的状态。小睡有助于减轻它的危害,也是最好的办法,但那些繁忙的人却很少用它。花几天时间来试一下,看看你是否能从小睡中有所收获。我从中受益无穷,我这就去眯一会儿了!

▶ Proper Nouns

NASA (National Aeronautics and Space Administration) (美国) 国家航空和航天局

IQ (intelligence quotient) 智商

▶ New Words

revitalize /ri:'vaɪtəlaɪz/ *vt.* to make something more active 使恢复生机

e.g. 1) We should all strive to reunify our motherland and revitalize our nation. 我们要共同奋斗,实现祖国统一和民族振兴。

2) Italian government tried hard to revitalize the economy. 意大利政府努力恢复经济。

subject /'sʌbdʒɪkt/ *n.* a person or circumstance giving rise to a specified feeling, response, or action 对象
a thing or person that is being discussed, described or dealt with 主题

subject adj. 可能受……影响的,易遭受……的

e.g. 1) Because of her big nose, she becomes the subject of jokes. 她因为鼻子大而成了人们开玩笑的对象。

2) I wish you'd change the subject. 我希望你换个话题。

supplement /'sʌplɪmənt/ *vt.* to add something to something in order to improve it or make it more complete 增补,补充

'sʌplɪmənt/ n. a thing that is added to something else to improve or complete it 增补(物),补充(物)

supplement sth with sth 增补……

e.g. 1) These food are intended to supplement our daily diet. 这些食品用于补充我们的日常饮食。

2) Industrial sponsorship is a supplement to government funding. 工业界的资助是对政府拨款的补充。

stress /stres/ *n.* pressure or worry caused by the problems in somebody's life 精神压力,紧张

special importance given to something 强调

vt. to emphasize a fact, an idea, etc. 强调

e.g. 1) I can't bear the stresses and strains of modern life. 我不能忍受现代生活的压力和紧张。

2) Educators suggest that schools put more stress on moral training. 教育家们建议学校应加强品德培训。

3) He stressed the importance of safe production. 他强调了安全生产的重要性。

cognitive /'kɒgnətɪv/ *adj.* connected with mental processes of understanding 认知的

cognition *n.* 认知, 感知, 认识

e.g. His major is cognitive psychology. 他的专业是认知心理学。

productivity /ˌprɒdʌk'tɪvətɪ/ *n.* the rate at which a worker, a company or a country produces goods 生产率

e.g. The company has made notable gains in productivity. 该公司的生产率有了明显的提高。

concentration /ˌkɒnsn'treɪʃn/ *n.* the ability to direct all your effort and attention on one thing, without thinking of other things 专心, 专注

concentrate *vt. & vi.* 集中 (注意力), 聚精会神

concentrate on 集中精力于……

e.g. An exam demands a high level of concentration. 考试时需要高度集中。

slump /slʌmp/ *n.* a sudden fall in sales, prices, the value of something, etc. 骤降, 猛跌

vi. to fall in price, value, number, etc., suddenly and by a large amount 骤降, 猛跌

e.g. 1) The company faced a slump in profits. 这家公司面临利润的锐减。

2) The stock market slumped after National Day. 国庆节后, 股市开始下跌。

perform /pə'fɔ:m/ *vi.* to work or function well or badly 工作, 运转

vt. to do something, such as a piece of work, task or duty 做, 履行

e.g. 1) The little girl performed surprisingly well in the test. 在这次考试中, 小姑娘超常发挥了。

2) Lasers can be used to perform operations nowadays. 现在激光可以用来做手术。

alertness /ə'lɜ:tɪnɪs/ *n.* the quality of being alert 警惕, 警戒

alert *adj.* 警觉的, 警惕的, 戒备的

e.g. The order urged the armed forces to enhance their alertness. 该项命令敦促武装部队提高警惕。

stage /steɪdʒ/ *n.* a period or state that something/somebody passes through while developing or making progress 时期, 阶段

on stage 舞台上

e.g. It is hard to estimate our loss in the early stage of economic crisis. 在经济危机初期, 很难估算我们的损失。

awaken /ə'weɪkən/ *vt. & vi.* to wake up; to make somebody wake up (使) 醒来

awaken (sb) to sth (使) 察觉到, 意识到, 醒悟到

e.g. 1) He was awakened at dawn by the song of birds in the trees. 黎明时他被林中的鸟鸣声吵醒了。

2) Old people awaken early in the morning. 老年人早晨醒得早。

brief /bri:f/ *adj.* short; lasting only a short time 短暂的, 短时间的

in brief 简言之

e.g. After a brief peace, war broke out again. 在短暂的和平之后, 战争又爆发了。

enthusiastic /ɪnθju:zɪ'æstɪk/ *adj.* feeling or showing a lot of excitement and interest about somebody/something 热情的, 热心的

be enthusiastic about sb/sth 对……热情

e.g. His enthusiastic speech won round after round of applause. 他热情的演讲赢得了一阵又一阵的掌声。

inspired /ɪn'spaɪəd/ *adj.* having excellent abilities 能力卓越的

inspire *vt.* 激励, 鼓舞

inspiration *n.* 灵感; 鼓舞人心的人 (或事物)

e.g. He is an inspired contemporary writer. 他是一位十分优秀的当代作家。

grind /graɪnd/ *n.* an activity that is tiring or boring and takes a lot of time 令人疲劳 (或厌倦) 的工作, 苦差事

vt. to break or crush something into very small pieces between two hard surfaces or using a special machine 磨碎, 碾碎

grind sth down/up 把某物碾碎

e.g. 1) She was tired of the daily grind of cooking dinner. 她厌倦了每天煮饭的苦差事。

2) The animal has teeth that grind its food into a pulp. 这种动物的牙齿可把食物磨成糊状。

cumulative /'kju:mjələtɪv/ *adj.* having a result that increases in strength or importance each time more of something is added 聚积的, 积累的

cumulate *vt.* 堆积

e.g. Global warming is the cumulative effect of human activity on the world environment. 全球气候变暖是人类活动对地球生态环境日积月累影响的结果。

adequate /'ædɪkwət/ *adj.* enough in quantity, or good enough in quality, for a particular purpose or need 足够的, 合格的

be adequate for 对……足够的

e.g. 1) Without adequate equipment, how could they win the game? 没有足够的装备, 他们怎么能够赢得比赛呢?

2) He didn't give an adequate answer to the question. 他没有对这个问题做出满意的答复。

underused /ʌndə'ju:zd/ *adj.* not used as much as it could or should be 未充分利用的, 浪费的

underuse *vt.* 未充分利用

e.g. Human resources are truly underused in this company. 这家公司没有充分利用人力资源。

combat /'kɒmbæt/ *vt.* to stop something unpleasant or harmful from getting worse or from happening 减轻, 防止

n. fighting or a fight, especially during a time of war 搏斗, 战斗

e.g. 1) The government is taking measures to combat unemployment. 政府正在采取措施以应对失业。

2) He told us a story about a combat hero. 他给我们讲了一个战斗英雄的故事。

▶ Phrases and Expressions

at one's best in the best state or form 处于最佳状态

e.g. 1) Chaplin was at his best playing the little tramp. 卓别林扮演小流浪汉已达到登峰造极的境界。

2) I wasn't feeling at my best at the party, so I didn't enjoy it. 在那次聚会上我身体不太好, 所以兴致不高。

get into to reach a particular state or condition; to make somebody reach a particular state or condition (使) 陷入, 处于

to start something; to become involved in something 开始, 参与 (某事)

e.g. 1) It's easier to get into debt than to get out of debt. 负债容易还债难。

2) They got into an argument with the customs officials over the documents. 他们与海关官员就这些文

件展开了争论。

a great deal much; a lot 大量, 很多

e.g. 1) This article will no doubt come in for a great deal of criticism. 这篇文章无疑会受到很多批评。

2) You drank a great deal more wine than I did. 你比我多喝了很多酒。

in a row if something happens several times in a row, it happens in exactly the same way each time, and nothing different happens in the time between 连续地

a number of objects arranged in a line 呈一直线

e.g. 1) He won the championship three years in a row. 他连续三年赢得了锦标赛。

2) The children stand in a row to receive gifts. 孩子们排成一排接受礼物。

Notes ●●●

1. A power nap is a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep, intending to quickly revitalize the subject. 小睡是一种发生在深度睡眠或慢波睡眠之前的短暂睡眠, 其目的是使入睡者迅速恢复活力。

句中的intending 是intend的现在分词形式, 由其引导的现在分词短语做句子的目的状语。

e.g. 1) He sent me an e-mail, hoping to get further information. 他给我发了一封电子邮件, 希望获得更多的信息。

2) We spent all day looking for you. 我们花了一整天找你。

2. A mid-afternoon sleep or power nap means that productivity can last long into the night. 下午3点左右的睡眠或小睡能使人的工作效率一直保持到夜晚。

该句中的long为副词, long同时还可以当形容词使用。像这样形容词和副词同形的词还有straight, wide, deep, right等, 这些词的词性需要根据具体的句子来辨别。

e.g. 1) The view has not received wide acceptance. 这个观点还没有得到广泛的认可。

2) He opened his eyes wide in surprise. 他吃惊地睁大了眼睛。



Exercises

Reading Comprehension

I Work in pairs to complete the summary of the intensive reading text.

Power nap is one of the best, yet most **① underused** tools for busy people. It can be used to **② supplement** normal sleep when one has accumulated sleep **③ deficit**. Researches have showed that a short sleep after a busy period can make people more **④ alert**, reduce stress and improve cognitive functioning. Many experts suggest taking a **⑤ nap** of 15~30 minutes, as sleeping longer makes you into deeper **⑥ stages** of sleep, and it's difficult for you to **⑦ awaken** from it. Just a brief rest can help you **⑧ relax** a little and give you

more energy to complete the day's ⑨ tasks . If you happen to be one of those who wish to start your own ⑩ business but on the other hand have to work 9-5, taking a nap will be especially beneficial to you to stay enthusiastic and ⑪ inspired . So please spare a few minutes every day to take a nap and you may soon see the ⑫ benefits .

II Read each of the following statements and decide whether it is true (T) or false (F).

- (F) 1. A power nap can replace the normal sleep.
- (T) 2. Those who take a nap would score higher on IQ tests than those who don't.
- (F) 3. Many experts advise keeping the nap as long as possible.
- (F) 4. Just a brief rest can't reduce your stress and make you more energetic.
- (T) 5. Power nap is useful for those doing their own business after 9-5 work.
- (F) 6. The author doesn't use the power nap as a way to combat the sleep deficit.

III Work in groups to discuss the following questions.

1. What are the benefits of taking a nap?

A power nap can make people more alert, reduce stress, improve cognitive functioning and increase productivity.

2. According to the author, what kind of people should take a nap?

Those people who feel a slump in the afternoon, who want to start their own business but have a full-time job, who suffer from sleep deficit and who are extremely busy should take a nap.

Vocabulary Practice

I Fill in each blank with the proper form of a word in the box.

stress	压力, 紧张: 侧重指承受外来的压力, 也指由于某种原因而引起的心理、生理或情绪上的紧张。
	e.g. 1) She failed to withstand the stresses and strains of public life. 2) Being a single mother and sales manager, she is under a lot of stress.
strain	压力, 张力: 指某人为克服外界压力而造成的身心 and 情绪等方面的压抑。用于物时, 指任何力或合力作用于一个物体上造成的应变。
	e.g. 1) He broke under the strain of heavy work. 2) What is the breaking strain of this cable?
pressure	压力, 挤压: 在科学上主要指单位面积上所受到的压力; 表示人受到压力时, 偏重于指外在的压力。
	e.g. 1) The pressure of the water turns this wheel, and this is used to make electric power. 2) Though under financial pressure, this boy still enjoyed himself.

tension

拉力, 压力: 在科学上主要指受到的拉伸力; 表示心理压力时, 偏重于指内心比较紧张。

- e.g. 1) If you increase the tension of that violin string, it will break.
2) The lovers are in great tension because of differences in religion.

1. His vacation freed him from the stress of his job.
2. The deadline of the paper is near and they feel nervous tension.
3. Under the pressure of his hands, the ball is submerged into the water.
4. People under stress tend to express their full range of potential.
5. The strain on the rope made it broken.
6. It is important to know how to work under pressure in modern society.
7. She felt the tension as soon as she entered the room.
8. The strain of managing a big company is becoming too much for me.

II Replace the italicized parts with the words given below, changing the form if necessary.

revitalize
awaken

slump
combat

perform
supplement

stage
brief

1. Dramatic measures were taken to *control* the inflation. (combat)
2. The firm will be *invigorated* by an injection of the new fund. (revitalized)
3. The president paid a *short* visit to that country. (brief)
4. The *sudden fall* on Wall Street set up a chain reaction in the stock market around the world. (slump)
5. One year after we made our report, we had to *add* another page to cover new events. (supplement)
6. He switched the light on so as to *wake up* his roommate. (awaken)
7. The company has been *operated* poorly over the past year. (performed)
8. The children are at different *periods* of development. (stages)

III Fill in each blank with an appropriate phrase given below, changing the form if necessary.

at one's best
even if

in a row
from then on

a great deal
get into

1. From then on they hadn't seen each other for two years.
2. The whole country has been trying to do a great deal more to help the disabled.
3. They get into a conversation about the different trips they will take over Christmas.
4. Life would carry on even if there was a war going on.
5. The team will win the game if all the members are at their best.

6. It is the third quarter in a row that the GDP is rising at 10%.

Translation Training

I Translate the following sentences into English, using the expressions in the brackets.

1. 结果表明, 测试对象没有受到任何伤害。(subject)
It is found that the subjects of the test did not receive any injury.
2. 他是个注意力不易集中的男孩。(concentration)
He is a boy with little power of concentration.
3. 他对这项计划十分热心。(enthusiastic)
He is very enthusiastic about the plan.
4. 我们带着足够的食品以度过短暂的假日。(adequate)
We have brought adequate food for the short holiday.
5. 中国的土地资源还没有被充分利用起来。(underused)
Land resources have been greatly underused in China.

II Choose the best translation for each sentence according to the context.

1. The results suggest that napping can make you more alert, reduce stress and improve cognitive functioning compared to working all day without rest.
 - A. 结果显示, 与整天工作相比, 小睡能让你警觉, 减少压力, 改善认识功能。
 - B. 结果显示, 比起整天工作不休息, 小睡能使人更警觉, 缓解压力, 提高认识功能。
 - C. 结果显示, 比起整天工作不休息, 小睡能让人更清醒, 能减少压力, 还能提升认知功能。
 - D. 结果显示, 与整天工作相比, 小睡能使人更清醒, 减少压力, 提高认知功能。
2. The volunteers on the tests found that their memory improved and their concentration increased.
 - A. 测试的志愿者发现他们的记忆力提高了, 注意力增加了。
 - B. 参加测试的志愿者发现他们的记忆力和注意力都有所提高。
 - C. 考试的志愿者发现他们的记忆力和注意力都有所提高。
 - D. 参加考试的志愿者发现他们的记忆力改善了, 注意力提高了。
3. A lot of people who wish to start their own business but are currently working 9-5 will benefit from a power nap.
 - A. 很多人希望开始自己做生意, 但目前却工作5~9个小时, 他们将从小睡中得到好处。
 - B. 很多目前做着朝九晚五的工作, 同时希望自己创业的人会从小睡中受益。
 - C. 很多人希望开始自己做生意, 但目前却从9点工作到5点, 他们将从小睡中获益。
 - D. 很多目前做着朝九晚五的工作, 却想自己做事的人, 能得到小睡的好处。

4. If you lose sleep one day, you will feel it the next.
- A. 如果你一天失去睡眠, 第二天就会感觉到它。
- B. 如果你某一天没有睡, 你会接下来感到疲倦。
- C. 如果你一天没有睡, 第二天就会有所感觉。
- D. 如果你某一天睡眠不够, 第二天就会感到疲倦。

Extensive Reading

Is Radiation from Your PC Hurting You?

1 Is your computer killing you?

The answer is almost certainly no. But the fact that such a question is being asked at all times shows how worried many of us have become about the danger of radiation coming from our computer screens and **VDT** monitors. The radiation from monitors and video display terminals may cause cancer and other diseases—and then again it may not. Nobody knows for sure. But what is known is that everybody should avoid unnecessary risks from this sort of radiation, called **VLF** and **ELF emissions**.

10 That's relatively easy to do if you use some common sense. Some of the advice I am about to give is simple to follow if you are dealing with a **PC** in your home. However, you may have to get backing from your co-workers to get your company to make these changes at the office.

15 Most people who use PCs or video display terminals know that sitting too close to the screen increases the danger of radiation. But many do not realize that the sides and **rear** of the monitors are more dangerous. That means that even if you stay a safe two feet away from your own screen, you could be sitting too close to the sides or

20 rear of a co-worker's terminal.

So the first and most important rule is to keep a safe distance from the front, sides and back of all computers and VDT monitors. You should always be at least 14 inches from the screen, although 24 inches is preferred. And you should be more than 24 inches from

25 the sides and back of any nearby monitor. Next, you should make maximum use of computers that do not have regular **CRTs**. The

1. radiation *n.* 辐射

2. VDT (video display terminal) 视频显示终端

3. VLF (very low frequency) 甚低频

4. ELF (extremely low frequency) 极低频

5. emission *n.* 排放物

6. PC (personal computer) 个人电脑

7. rear *n.* 后面

8. CRT (Cathode Ray Tube) 阴极射线管

radiation that is sometimes measured from monitors comes only from parts inside the CRTs. This means that **laptop computers**, which generally use **LCDs**, are completely safe alternatives to

30 **desktop computers**. If you do a lot of computing at home, a modern laptop equipped with a hard-disc drive can be a wise purchase.

So, at the office, you can make three suggestions. First, ask your supervisor to consider buying high-capacity laptops the next time PCs are purchased; second, ask that the PCs that are used

35 the most be fitted with LCDs; third, ask your supervisor to install radiation **shields** over the screens of the PCs and VDTs in your offices. The radiation shields can reduce radiation coming from the front.

In short, no matter where you are, in your home or at the office, remember to take every possible measure against the radiation

40 from your PC since the latter has become an absolute necessity for modern life.

(Words: 450)

9. laptop computer 笔记本电脑
10. LCD (liquid crystal display) 液晶显示器
11. desktop computer 台式电脑
12. shield *n.* 防护屏

【结构分析】

Part	Paragraph	Main Idea
1	Para. 1~Para. 2	People pay more attention to the harm from PC radiation.
2	Para. 3~Para. 6	Some ways to reduce radiation.
3	Para. 7	The necessity to try every way to avoid radiation.

【译文】

电脑辐射对人有害吗？

电脑是否正在危害你的健康？

答案是基本上不会。但这个问题反复被提起，这表明我们许多人都对电脑屏幕和视频显示终端发出的辐射危险十分担忧。显示器和视频显示终端的辐射有可能引起癌症或其他一些疾病——不过也可能不会。这事儿谁也说不准。不过我们知道每个人都应避免受到来自甚低频和极低频辐射的不必要的威胁。

只要你依据常识办事，这一点就比较容易做到。如果要应对自己家里的个人电脑，按我将要说的去做，一点都不难办到。不过，在公司里，你可能得在同事的支持下，让公司调整一下办公室内的布局了。

大多数使用个人电脑或视频显示终端的人都知道，坐得靠屏幕越近，受辐射的危险就越大。但是很多人没有意识到，显示器的侧面和后部更为危险。这意味着，即使你坐在离自己显示器屏幕两

英尺的安全处，你的座位也可能离某一同事的显示终端设备的侧面或后面太近。

因此，首要，也是最重要的规则是，与所有电脑和视频显示终端的正面、侧面和后面都保持一个安全距离。你始终要至少离显示器的正面14英寸，要是能距离24英寸就更好了。距离邻近显示器的侧面和背面要超过24英寸。接下来，要尽量使用那种不带普通阴极射线管显示器的电脑。有时测量到的显示器辐射只是来自阴极射线管显示器内部的某些零部件。这说明，使用液晶显示器的笔记本电脑是台式电脑完全安全的替代品。你要是经常在家里使用电脑，购买一个带硬盘驱动器的现代笔记本电脑是明智之举。

因此，在办公室你可以提出三条建议。第一，建议上司下一次买电脑的时候，购买存储容量大的笔记本电脑；第二，建议给使用最多的个人电脑配置液晶显示器；第三，建议上司给办公室电脑显示器和视频显示终端的屏幕上安装防辐射网。防辐射网可以降低显示器正面的辐射。

总之，既然个人电脑已经成为现代生活的绝对必需品之一，那么，不论你在哪里，在自己家里还是在办公室，都要记得采取任何可能的措施来防止它的辐射。

Notes ●●●

But the fact that such a question is being asked at all times shows how worried many of us have become about the danger of radiation coming from our computer screens and VDT monitors. 但这个问题反复被提起，这表明我们许多人都对电脑屏幕和视频显示终端发出的辐射危险十分担忧。



• Exercises

Choose the best answer according to the extensive reading text.

1. According to the author, it's known for sure that _____.
A. no one cares about the radiation of computers
B. it's unnecessary to worry about the radiation
C. the radiation is certain to cause some diseases
D. people should avoid unnecessary risks from the radiation
2. Which of the following statements is NOT true?
A. When sitting too close to the screen of a computer, you may at risk of radiation.
B. When sitting too close to the sides or back of a computer, you may at risk of radiation.
C. When staying too close to the sides or rear of a co-worker's terminal, you may at risk of radiation.
D. When staying two feet away from your own computer, you will not suffer radiation.

3. What is the best safe distance from a screen for people to avoid the radiation?
- A. 14 inches. B. 24 inches. C. 20 inches. D. Not mentioned.
4. Why are laptops safe alternatives to desktops if one does much computing at home?
- A. Because laptops are expensive.
B. Because laptops are easier for people to carry.
C. Because laptops generally have LCDs.
D. Because laptops have more functions than desktops.
5. Which of the following methods is NOT mentioned as the way to avoid the radiation at the office?
- A. Buying high-capacity laptops.
B. PCs should be fitted with LCDs.
C. Cleaning the keyboard and screen frequently.
D. To install radiation shields.

Applied Reading

Kevin Haylor Lawn and Leisure Center

Dear Mr. Smith,

Looking for help with your lawn and garden **chores**? Help you can count on year after year? So you can give your lawn and garden that **showcase** the look you admire and still have time to enjoy them and other leisure-time activities?

Then this is your year for a Haylor!

Right now, during our “Down to Earth Values” sale, you’ll find bargains **galore** waiting for you here at Kevin Haylor Lawn and Leisure Center.

For openers, there’s the attractive, accurate Kevin Haylor **Outdoor Wall Thermometers**. It’s yours for just 77 cents if you come in before April 3, 2009.

Want BIG savings? Then take a look at our Great Horsepower Sales **coupon**. With it in hand, you can save a few dollars per horsepower—anywhere from \$70 to a **whopping** \$180 on a Kevin Haylor Lawn & Garden **Tractor**, depending on the model.

And there’s more. A whole sheet of valuable coupons to help you save. There’s a Kevin Haylor to make it easier, whether you’re planning

1. lawn *n.* 草坪
2. chore *n.* 杂务
3. showcase *vt.* 展示
4. galore *adv.* 丰富地
5. for openers 首先, 作为开始
6. outdoor *adj.* 户外的
7. thermometer *n.* 温度计
8. coupon *n.* 优惠券
9. whopping *adj.* 极大的
10. tractor *n.* 拖拉机

to till, to drill, or even to **grill**. And there's a coupon to make your Kevin Haylor product an even better buy right now. Just remember, come in before those coupons **expire**.

We've enclosed a 2009 Lawn and Leisure catalog to give you ideas. But we'd like you to come in and take a personal look. That's the best way to appreciate Kevin Haylor product quality.

So please stop by. Bring the family and the coupons along. If you simply want to **browse**, fine. If you want to talk, **terrific**! And if you decide to buy, well, you couldn't have picked a better time.

There's a warm welcome waiting for you in Haylor country, so drop in soon—before our sale ends.

Yours sincerely,
Anderson Hardy

P.S. Call us any time you have a question about Lawn and Leisure products or service. Our number is 5688-5348.

11. grill vt. 烧烤

12. expire vi. 过期

13. browse vt. 浏览

14. terrific adj. 极妙的

【译文】

凯文·海勒草坪与休闲中心

尊敬的史密斯先生：

您是否正在寻找修整草坪和做花园杂务的帮手？寻找可以长期信赖的帮手？这样您就可以使自己的草坪和花园具有那种您十分欣赏的、足以在众人面前展示的面貌，同时仍有时间欣赏您的花园，有时间消遣娱乐。

那么今年您就来凯文·海勒草坪与休闲中心来选购吧！

此刻，在我们“大减价”期间，您会发现凯文·海勒草坪与休闲中心有很多物美价廉的商品在等待您的选购。

首先，我们为选购者准备了漂亮、精确的凯文·海勒户外壁挂式温度计，如果您能在2009年4月3日前光临，那么只需77美分，它就是您的了。

您想省大钱吗？请看一眼我们大马力优惠券，有它在手，在凯文·海勒购买草坪和园艺拖拉机时，按型号不同每马力可省几美元，整机节省70到180美元不等。

除此之外，一整张优惠券还能帮您省得更多。不论您是打算耕作、钻孔，甚至烧烤，总有一款凯文·海勒产品使其变得更容易。现在使用优惠券可以让您以更低的价格在凯文·海勒购物。但请记住，一定要在优惠券过期之前来我们这里购物哦。

随信寄上一份2009年草坪与休闲产品目录，供您参考。但我们希望您能亲自来看一看，这才是

了解我们产品质量的最好方法。

请您带上您的家人和优惠券光临本店。如果您只想看看，不错。如果您想谈一谈有关事项，妙极了！若您决定购买，好极了！现在就是最好的时机！

热烈欢迎您光临海勒世界，在我们减价结束之前，请您尽早过来看看！

您真诚的，
安德森·哈代

附：如想咨询有关草坪与休闲产品及服务的问题，请随时与我们联系。电话号码是5688-5348。

Notes ●●●

1. Right now, during our “Down to Earth Values” sale, you’ll find bargains galore waiting for you here at Kevin Haylor Lawn and Leisure Center. 此刻，在我们“大减价”期间，您会发现凯文·海勒草坪与休闲中心有很多物美价廉的商品在等待您的选购。

2. With it in hand, you can save a few dollars per horsepower—anywhere from \$70 to a whopping \$180 on a Kevin Haylor Lawn & Garden Tractor, depending on the model. 有它在手，在凯文·海勒购买草坪和园艺拖拉机时，按型号不同每马力可省几美元，整机节省70到180美元不等。

3. There’s a Kevin Haylor to make it easier, whether you’re planning to till, to drill, or even to grill. 不论您是打算耕作、钻孔，甚至烧烤，总有一款凯文·海勒产品使其变得更容易。



• Exercises

Read the sales promotion letter above, and give brief answers to the five questions below.

1. What is the purpose of the letter?

To promote Kevin Haylor’s products.

2. When do the coupons expire?

On April 3, 2009.

3. What does Kevin Haylor especially recommend?

Kevin Haylor Outdoor Wall Thermometer and Kevin Haylor Lawn & Garden Tractor.

4. How much can customers save if they want to buy a Kevin Haylor Lawn & Garden Tractor?

Depending on different models, a few dollars per horsepower, the whole tractor can save from \$70 to \$180.

5. What is enclosed in this letter?

Great Horsepower Sales coupon, a whole sheet of valuable coupons, a 2009 Lawn and Leisure catalog.

Section D

Practical Writing

Resumé

简历在英语中常用resumé或 CV (curriculum vitae) 表示，它是求职过程中不可或缺的材料。通常，在简历中，求职者要对自己的主要信息进行简要的介绍。从某种意义上讲，简历相当于求职者的“推销代表”，其主要目的是向招聘者提供必要的信息，争取获得面试的机会。

一、简历的基本内容

◎ 标题

简历的标题部分包括求职者的姓名、地址、电话号码、传真或电子邮件地址等。例如：

William Harrison

108 Fifth Street SE

Minneapolis, MN 42010

Home Phone: (075) 4895-8753

E-mail: William2004@yahoo.com

◎ 求职意向

求职意向旨在说明求职者的职业志向，一般包括求职者的专业技能、应聘的职位和职位级别以及应聘的行业或领域等。例如：

CAREER OBJECTIVE

An efficient supervisor seeks a team leader position to help increase productivity and meet or exceed company goals.

Objective: To serve an entry-level position in personnel management that will provide an opportunity for growth and advancement.

◎ 教育背景

教育背景一般包括求职者就读的学校、专业、时间以及所获得的学位等。所填各项一般按时间的逆序排列，即从最近的时间写起。例如：



在撰写英文简历内容时应注意：

(1) 多用无主句。在撰写英文简历时应省略“I”。

(2) 简历中的各单项标题通常采用大写字母。

(3) 不能出现拼写错误及语法错误。

Education

- 2002—2004 School of International Business Administration, University of International Business and Economics, Beijing
Candidate for Master in Business Administration
- 1998—2002 School of Science and Technology, Nanjing University, Jiangsu
Bachelor of Science degree in Mechanical Engineering

◎ 工作经历

这部分需要求职者列出与应聘岗位相关的工作经历，并按时间的逆序对主要工作职责与业绩进行说明。一般应列出求职者所担任的职位名称、所在公司、公司所在地及工作年限等。例如：

对于在校生，“Education”应写在“Experience”之前，而对于正在工作的人，“Experience”应写在“Education”前。

Work Experience

- 2003—current Wal-Mart Supermarket, Nanjing Road, Shanghai
Assistant manager, direct weekly stocking of store, supervise work of 20 employees on evening shift, make weekend deposits of receipts

Experience

- 2007—2009 Assistant to the dean, English Department
Responsibilities: drafting correspondence, dealing with calls and visitors, scheduling appointments, taking the minutes, filing, etc.

◎ 其他

该部分可根据实际情况列出以下内容：

(1) 所获奖励与发表的论文、出版的书籍：包括学习或工作中所获得的奖励、荣誉，所发表作品的期刊或书籍的名称、文章题目、出版社以及文章的发表时间或书籍的出版时间等。例如：

Awards & Publications

Awards: Won the top prize in the university Computer Programming Contest in 2008.

Won the title of Excellent Student of Peking University in 2009.

Publications: “The Limitation of Auditory Perception”, *The Teaching of Language Arts*, April 2008.

“Temporarily Distorted Sentences”, *The Teaching of Language Arts*, May 2009.

(2) 外语与计算机水平：包括外语和计算机的掌握情况或达到的级别。例如：

Foreign Language & Computer Skills

English—Having passed CET-6, fluent in listening, speaking, reading and writing

Computer—Proficient in using word processing and data base

Keyboarding speed—80 English words per minute; 100 Chinese characters per minute

(3) 社会活动：包括求学或上班期间所担任的职务、参与的社团活动等。例如：

Social Activities

Worked as an editor of the campus newspaper.

Worked as president of the student union.

Captain of Fudan University Basketball Team.

(4) 个人资料：包括籍贯、年龄、性别、婚姻状况、健康状况、兴趣爱好、性格特征等。由于这些内容涉及隐私，近年来，许多英文简历中常常避免涉及这部分。当然，如果求职者本人不介意，也可以将其一一列出。例如：

Personal Data

Gender: Female

Birth Date: January 12, 1982

Physical Weight: 50 kg

Height: 161cm

Health: Excellent

Character: self-motivated and cooperative

Interests: Tennis & Swimming

(5) 证明人：求职者可以直接在简历中写上证明人，也可以单独附上一页对证明人的说明。如果在简历中列出，一般应列出两三位证明人；如果另附，需要在简历末注明“References available upon request (可随时提供证明人资料)”。证明人的信息主要包括姓名、工作单位、职务或头衔和联系方式等。例如：

References

Dr Lin Jianfeng Professor of Finance, Tsinghua University

Beijing, 100084

Tel.: (010) 8598-1234

Additional references available upon request.

二、简历的一般格式

根据简历内容的不同陈述方式，可将简历分为记叙式 (chronological) 和功能式 (functional) 两种。其中记叙式简历最为常见。记叙式简历结构简单，层次清楚，能比较全面地反映一个人的经历，而且随着各方面经历的增加可随时补充。它一般以时间为主线，由近及远进行陈述，适用于工作经验较少或没有工作经验的求职者。功能式简历则将求职者的资格、经验和技能等进行类别划分，比较适合工作经历十分丰富的人。以下是记叙式简历的范例。

YANG SHAN

508 Qiusuo Building, 10 Huixin Dongjie

Chaoyang Dist., Beijing 100029

Phone: (010) 64496767

CAREER OBJECTIVE

Manager in Marketing Research, with opportunity to advance to executive level and contribute to

the development of the firm

EDUCATION

Sep. 2006—Jun. 2010 School of International Business Administration, Peking University
Bachelor of Business Administration in Marketing

WORK EXPERIENCE

Jun.—Sep., 2008 Sales representative, Bigman Publishing House
Sold books door to door.

Jul.—Aug., 2007 Salesperson, Xingwangda Cutting-ware Company
Made special deliveries, assisted customers, did stockkeeping

SOCIAL ACTIVITIES

Managing Editor of *Horizon* (student poetry magazine), 2006—2009

Membership of Jianxiong Debating Club

Membership of Peking University Tennis Team, 2006—2009

PERSONAL DATA

On request

REFERENCES

Prof. Huang Shiguo Prof. Of Marketing, UIBE,
10 Huixin Dongjie, Chaoyang District, Beijing, 100029
Tel.: (010) 6927-9384

Mr. Zhang Zhongning Manager of Sales Department, Bigman Publishing House
25 Anyuan Road, Xuanwu District, Beijing, 100142
Tel.: (010) 5291-8597

Exercises

I First read the following resumé carefully, then try to find the defects and improve them.

RESUMÉ

Huang Shiguo
18 Beiyuan Road
Shenyang, 110033

Education

Sep. 1998—Jun. 2001 School of Economics, Nanjing Universtity
Bachelor of Business Administration

Sep. 2001—Jun. 2004 School of Economics and Management, Liaoning University
Master of Business Administration

Experience

Jul. 2004—Oct. 2006 Clerk, Tianwa Garment Co.
Nov. 2006—Jun. 2008 Cosmetics Department Manager, Nanfang Department Store

Personal Data

On request

References

Zhao Li Nanfang Department Store, 76 Bailing Road
Prof. Li Bin Liaoning University, Shenyang, 110032

The defects:

- (1) 没有提供求职者的联系电话。
- (2) 没有写明求职目标。
- (3) 工作经历和教育背景部分应按时间的逆序来写。
- (4) 工作经历部分提供的信息，没有说明求职者的工作内容。
- (5) 证明人的信息不详细，没有说明证明人的职位和联系方式。

The improved resumé:

RESUMÉ

Huang Shiguo
18 Beiyuan Road
Shenyang, 110033
(024) 6287276

Objective

To apply retail training and management potential to a retail sales corporation

Education

Sep. 2001—Jun. 2005 School of Economics and Management, Liaoning University
Master of Business Administration
Sep. 1998—Jun. 2001 School of Economics, Nanjing University
Bachelor of Business Administration

Experience

Nov. 2006—Jun. 2008 Cosmetics Department Manager, Nanfang Department Store
Sold cosmetics, supervised two sales associates, and assisted store buyer in determining inventory levels

Jul. 2004—Oct. 2006 Shipping and receiving clerk, Tianwa Garment Co.

Personal data

On request

References

Miss Zhao Li General Manager of Nanfang Department Store
76 Bailing Road, Shenyang, 110032
Tel: (024) 8534072

Prof. Mi Bin Department of Management, Liaoning University
Shenyang, 110032
Tel: (024) 6492846

II Suppose you are a senior student who wants to apply for the position of salesperson in a trading company. Please write a resumé including all the following parts: heading, objective, education, work experience, awards and publications, foreign language and computer skills, social activities and references.

Section E

Language Guide

Grammar Focus

The Gerund



Finding Features

The following are sentences showing different tenses and voices of the gerunds. Compare these sentences and find out the differences.

Teaching is also **learning**.

I don't like **being disturbed** when I am working.

He mentioned **having read** it in the paper.

He was surprised at **having been asked** about it.



Knowing the Grammar

动名词是由“动词原形 + ing”构成的一种非谓语动词。它既具有动词的特征，可有时态和语态的变化，又可以带宾语或状语构成动名词短语，具有名词的性质，在句中用作主语、宾语、表语和定语等。

一、动名词的基本结构 (以do为例)

时 态 \ 语 态	主 动	被 动
一般式	doing	being done
完成式	having done	having been done

二、动名词的用法

◎ 用作主语

(1) 动名词可直接放在句首做主语。例如：

Smoking causes a lot of health problems. 吸烟会引起很多健康问题。

Cheating on exams is now considered to be a major problem in schools. 考试作弊现在被认为是学校里的主要问题。

(2) 动名词做主语时常用it做形式主语，而把实际的动名词主语移到后面。此用法常见于以下词语做表语的句子中：no good, no use, useless, senseless, waste, worthwhile, nice, enjoyable等。例如：

It's no use crying over spilt milk. 覆水难收。

It's nice working with you. 与你共事很愉快。

◎ 用作宾语

动名词做宾语时有两种情况，一是做及物动词的宾语，二是做介词的宾语。常见的接动名词做宾语的动词有：admit, advise, anticipate, appreciate, allow, avoid, consider, complete, confess, defend, delay, deny, enjoy, escape, excuse, fancy, fear, forbid, favor, finish, imagine, include, keep, miss, mind, practice, prevent, require, resist, risk, stop, suggest等。例如：

Have you finished reading the novel? 你读完这本小说了吗？

Mary insisted on going to the department store. 玛丽坚持去那家百货商店。

◎ 用作表语和定语

动名词做表语时主要用来说明主语的内容，做定语通常表示目的和用途。例如：

His hobby is collecting stamps. 他的爱好是集邮。

There are three reading rooms in this floor. 这层楼有三间阅览室。

You'd better make a studying plan. 你最好制订一个学习计划。

三、动名词的逻辑主语

动名词前可以加上物主代词或名词所有格作为逻辑主语。虽然在日常英语中可用人称代词宾格来代替物主代词，或用名词普通格代替名词所有格，但要注意的是，这种结构不能放在句子的开头。例如：

Their coming to help was a great encouragement to us. 他们的支援对我们是很大的鼓舞。

He is afraid of the teacher asking him difficult questions. 他害怕老师问他难的问题。

四、动名词的完成式和被动式

动名词的一般式通常表示一般性动作或与谓语动词同时发生的动作。动名词的完成式主要表示发生在谓语动词之前的动作。例如：

Do you remember ever having seen this film before? 你记得以前曾经看过这部电影吗？

I have no idea of their having done such a thing. 我不知道他们做过这样的事。

有些动词(如stop, remember, forget等)后可以用动名词做宾语，也可用不定式做宾语，但意思不同。例如：

They stop to talk. 他们停下来交谈。

They stop talking. 他们停止交谈了。

动名词的逻辑主语可用在主语前、宾语前和介词宾语前。

当动名词的逻辑主语所表示的是动作的承受者时，该动名词要采用被动形式。👉

例如：

This question is far from being settled. 这个问题还远没有解决。

I don't remember having ever been given such a book. 我记不得曾给过我这样一本书。

在表示“需要”的动词need, want, require后接动名词时，习惯上用主动式表示被动意义（若用不定式，则用被动式表示被动意义）；在be worth后接动名词时也要用主动式表示被动意义。

五、动名词的否定

动名词的一般式的否定是将否定词not置于动名词之前；若动名词为完成式或被动式，否定词not应置于整个结构之前；若动名词带有逻辑主语，则否定词not应置于逻辑主语之后。例如：

I am sure you will excuse me for not speaking to you first. 我肯定你会原谅我事先没跟你说。

He doesn't like not being taken seriously. 他讨厌别人不认真对他。

She was angry about not having been invited. 她对没被邀请感到很生气。

I'm surprised at your not having noticed. 我对你未注意到感到吃惊。

Having a Test

1 Choose the best answer to complete each sentence.

- For those foreign students who are interested in _____ Chinese, the university offers a Chinese training program every summer.
A. to learn B. having learned **C. learning** D. being learned
- We are sorry for not _____ you of the matter.
A. to have been informed **B. having informed** C. informing D. to have informed
- It's no use _____ to him; he never answers letters.
A. having written **B. writing** C. wrote D. to write
- He narrowly escaped _____.
A. being run over B. to run over C. to be run over D. running over
- In some parts of the city, missing a bus means _____ for another hour.
A. to wait B. to be waiting **C. waiting** D. being waited
- We regret _____ your advice.
A. taking B. having taken C. not taking **D. not having taken**
- _____ so late worried me.
A. He's staying up B. He stays up **C. His staying up** D. His stay up
- The sofa showed no signs of _____.

- A. touching B. **having been touched** C. having touched D. being touched
9. We did it without _____.
- A. **being asked** B. asking C. having asked D. having been asked
10. _____ friends with her is no easy thing.
- A. Having been made B. Having made C. To make D. **Making**

II Fill in each blank with the appropriate form of the given word(s) in the brackets.

1. She was praised for having made (make) a great contribution to her hometown.
2. It is useless arguing (argue) with him.
3. The strike resulted in the bosses coming (come) to terms with the workers.
4. No one had any doubt of his/him having studied (he study) the case carefully before.
5. I'm sorry for my having broken (break) the glass.
6. He insisted on us/our giving (we give) him a straightforward answer.
7. She came to the party without being invited (invite).
8. She denied the teacher's/the teacher having criticized (the teacher criticize) her.

III Underline the mistakes of the following sentences and correct them.

1. Can you imagine not have water for even one day? having
2. The Conservatives are trying to prevent the bill from passing. being passed
3. Some bosses dislike to allow people to share their responsibilities. allowing
4. I'm sorry, but I don't remember calling you. having called
5. She is a little unhappy for being not informed of the plan. not being informed

Word Building

Conversion (I)



Finding Features

The following are sentences showing different parts of speech of the same word. Study them carefully and try to tell the differences.

The children broke the **glass** of their neighbor.

The hills were **glassed** by the lake's still surface.

Water is so important that people can't live without it.

The land is **watered** by these rivers.

Knowing the Word Formation

转化法是英语中很重要的一种构词方法，它是指把一个词从原来的词类转化成另一种词类，使其能在句中起不同的作用。转化构成的新词，词形没有改变，而词性却发生了变化。这种构词法不仅可用于名词、形容词、动词之间，而且也用于代词、副词、介词、连接词之间。本书将重点介绍名词转化为动词、动词转化为名词、形容词转化为名词或动词、名词转化为形容词这四种主要的转化法。

名词转化为动词是最常见的一种转化法，以下是几类经常转化为动词的名词：

(1) 表示身体部位的名词：head, face, eye, nose, ear, mouth, hand, finger, thumb, leg, shoulder, elbow, stomach, tiptoe, back, foot等。例如：

They were eyeing the stranger curiously from head to foot. 他们好奇地从头到脚打量着那位陌生人。

The cat kept nosing about the room this morning. 这只猫今天早晨在屋里不停地闻来闻去。

(2) 表示物品、器具的名词：pencil, pen, pocket, veil, coat, bag, table, seat, book, bicycle, machine, gun, sandwich, sponge, hammer, bottle, nail, glass等。例如：

He hurriedly penciled his name on the visitors' book and bicycled away. 他匆匆忙忙地用铅笔在来客登记簿上写下自己的姓名，然后骑上自行车走了。

A secretary nailed a notice on the bulletin board. 一位秘书把通知钉在了布告牌上。

(3) 表示人物身份、职位或称呼的名词：doctor, nurse, pilot, spy, soldier, officer, lord, mother, father, host, man, master, partner, dwarf, pioneer, volunteer等。例如：

She asked me to doctor her child. 她请我给她的孩子看看病。

After my parents died, Aunt Ye mothered me. 爸妈去世后，叶伯母收养了我。

(4) 表示时间、地点的名词：date, season, time, summer, winter, weekend, room, house, corner, ground, dam, floor, bridge等。例如：

The students from the south have been seasoned to the severe cold of the north. 南方来的学生已适应了北方的严寒天气。

That question cornered me. 那个问题把我难住了。

(5) 表示动物、植物的名词：dog, worm, duck, parrot, pigeon, fish, mouse, mushroom, bloom, tree, weed, branch等。例如：

Why are you dogging my footsteps? 你为什么老是跟着我走？

The hunter was treed by the bear. 猎人被熊逼上了树。

(6) 表示物质、实物的名词：dust, air, oil, water, salt, paper, steel, stone等。例如：

She dusts the rooms of the house every day. 她每天都打扫这座房屋的每个房间。

This machine needs oiling. 这台机器该加油了。

(7) 表示自然现象的名词：storm, wind, rain, cloud, snow等。例如：

Susan stormed into his office for an explanation. 苏珊气冲冲地走进他的办公室，要求他予以解释。

Children rained flowers on the bride. 孩子们把花撒向新娘。

(8) 表示交通、通信的名词：bus, truck, train, wheel, radio等。例如：

Travelers will be *bussed* to the destination. 游客们将坐大客车去往目的地。

I urgently *radioed* the information back to headquarters. 我赶紧将信息发回了总部。

(9) 抽象名词: anger, pain, reason, lunch, hunger, sight, speed等。例如:

We were greatly *angered* by his ingratitude. 我们对他的忘恩负义大为气愤。

I am *hungering* for news from you. 我渴望得到你的消息。



Having a Test

I Study the following sentences carefully and tell whether the italicized words are nouns (*n.*) or verbs (*v.*).

- (*v.*) 1. The sick man couldn't even *stomach* liquids.
- (*v.*) 2. They missed the last bus, and had to *foot* it.
- (*n.*) 3. They'd like to spend the *winter* in a warm place.
- (*v.*) 4. Swimming in big rivers and seas can *steel* our willpower.
- (*v.*) 5. Our fliers *knifed* through the cloudy sky, heading for the battle zone.
- (*n.*) 6. Tom and Henry are good *partners*.
- (*v.*) 7. The boy *apes* his father's way of walking.
- (*v.*) 8. The center forward *headed* the ball into goal.
- (*n.*) 9. I saw three *pigeons* on the roof.
- (*n.*) 10. The peach tree has an excellent *blossom* this year.

II Fill in each blank with the proper form of the given word below.

weed

soldier

mouth

speed

pain

house

stone

book

mouse

wind

1. I have booked a ticket for the concert.
2. An actor who mouths his words is a poor actor.
3. It pains me to have to tell you that tragedy.
4. Peasants are busy weeding under the scorching sun.
5. It houses more books than any other university library.
6. The angry crowd stoned his car.
7. He soldiered in the south twenty years ago.
8. Our cat mouses well.
9. The narrow road winds its way up to the top of the hill.
10. He sped the ball on its way.

III Translate the following sentences into Chinese, paying attention to the italicized words.

1. She has *thumbed* through the new dictionary.

她快速地翻完了这本新词典。

2. What sort of people should be selected to *man* the government?

该选择怎样的人员来组阁呢?

3. He locked the door and *pocketed* the key.

他锁上门, 将钥匙放进了口袋。

4. The shepherd *wintered* his sheep in the valley.

牧羊人让他的羊群在山谷里过冬。

5. Ancient trees *tower* to the skies in the temple.

这所庙宇里古木参天。

6. The old man *hammered* a nail into the wall.

老人在墙上钉了一颗钉子。

7. Mr. Smith *authored* a book on modern philosophy.

史密斯先生写了一本关于现代哲学的书。

8. This river is in danger of being *fished* out.

这条河里的鱼有被捕光的危险。

9. Let's *wheel* the rubbish to the dump.

让我们把这些垃圾用车运到垃圾场去吧。

10. He *wolfed* down three bowls of rice.

他狼吞虎咽地吃了三碗米饭。

