

Study Focus:

- ✓ Think about the relationship between computers and our life.
- ✓ Try to use the words and expressions about computer science.
- ✓ Practice using the structure of “not... nor...”.
- ✓ Learn how to leave messages (留言).
- ✓ Read about the recovery from iPhone addiction.

Part I
Intensive Reading课文
译文**学会爱电脑、疣以及一切**

我的电脑——就像以前我拥有过的所有电脑一样——每天至少会来上一次某种类型的情绪化故障，从无例外。它干脆罢工——经常是在我根本没有碰它的时候——并在屏幕上显示一条信息，告诉我发生了一个错误。它不说是什么错误，也不说发生在哪里。说不定错误发生在新西兰，我的电脑通过互联网发现了它，并因此而烦恼得无法继续工作。

在这种情形下，我只得关闭电脑然后重新启动。这样做以后，电脑就在屏幕上打出一条傲慢的信息，告诉我它正在扫描磁盘中的错误，而原因是我没有正常关机。

“可我什么也没干呀！”我叫道。但电脑根本不睬我，因为它正忙着扫描它的磁盘。你要知道，一旦它发现了任何错误，都会怪到我头上，尽管我连它的磁盘在哪里都不知道。

电脑忙着的时候，我审视我的疣。我右腿上长了个疣，已经有好些年了。我叫它

巴迪老弟。我密切关注着巴迪，就怕它的外表有任何改变。我读到过，疣外表上的突变从医学上看不是什么好事情。如果我低头看到巴迪变绿，不再好看了，或者戴上了一副小小的格鲁乔眼镜，我就知道该采取某种医疗行动了，比如戒酒。

不过我要说的是，由于电脑的古怪脾气，我经常看到整整一个早上的工作成果——有时候多达 18 个单词——“哗”的一声就永远到“丢失数据之星球”上去了。不用说，我用的是微软视窗系统。从视窗第一版——这个版本要求用户用彩色笔在屏幕上书写——开始，我就是它的忠实用户。大约每一年，微软公司都会推出一个新版本，并信誓旦旦地称它更好、更可靠，而我也总是照单全收。我买了视窗 2.0 版、视窗 3.0 版、视窗 3.1415926 版、视窗 95 版、视窗 98 版、视窗 ME 版、视窗 RSVP 版、最佳视窗版、视窗“又来了”版，以及视窗“让我们大家为比尔·盖茨买一座跟佛蒙特州一样大的房子”版。

我的电脑仍在不停犯病，而我仍坚持购买各种视窗版本，希望自己能交上好运。我就像那个夜总会里的倒霉蛋，不停地去招惹那个辣妹。他的鞋子已经被辣妹泼在他身上的冰镇果汁朗姆酒泡软了，而他还在想：“她对我动心了！”

我说这些是因为微软又推出了新版本，每个人都说它是“有史以来最可靠的视窗版本”。对我来说，这就像是说芦笋是“最好的蔬菜”一样。但我还是心动了。在和我的巴迪一起等待电脑扫描磁盘的时候，我对它说：“也许这个版本行。”

Language Points of the Text

1. At least once per day, without fail, my computer, like every computer I have ever owned, has some kind of emotional breakdown. (Para. 1)

我的电脑——就像以前我拥有过的所有电脑一样——每天至少会来上一次某种类型的情绪化故障，从无例外。

1) **without fail**: 一定，必定；没有失败的可能

a. Be here at noon without fail.

一定要在正午时到这里。

b. I'll be there at two o'clock without fail.

我两点钟一定到那里。

2) **breakdown**: *n.* 故障；崩溃；(身体)衰弱

a. Our car had a breakdown on the motorway.

我们的汽车在高速公路上抛锚了。

- b. The strain of his job led to the complete breakdown of his health.
他工作过度，累垮了身体。

2. It simply stops working—often when I’m not touching it—and it puts a message on the screen informing me that an error has occurred. (Para. 1)

它干脆罢工——经常是在我根本没有碰它的时候——并在屏幕上显示一条信息，告诉我发生了一个错误。

- 1) **informing** 是现在分词短语修饰 message，相当于定语从句 which informed...
2) **inform sb. that... / inform sb. of / about sth.** 通知或告诉某人某事
- a. He informed the police that a large amount of money was missing.
他向警方报案说一笔巨款不见了。
- b. Keep me informed of / about what happens.
有事随时通知我。

3. It does not say what the error is, nor where it occurred. (Para. 1)

它不说是什么错误，也不说发生在哪里。

not... nor: 既不……也不（在这种用法中，nor 连接一个陈述句时会引起该句子主语和助动词的顺序改变）

- a. I don’t expect children to be rude, nor do I expect them to be disobeyed.
我不希望孩子们行为粗野，也不希望他们不听话。
- b. He cannot find anyone here now, nor does he expect to find anyone here in the future.
现在他在这儿找不到任何人，以后也别想在这儿找到任何人。

4. For all I know, it occurred in New Zealand, and my computer found out about it via the Internet, and became so upset that it could not go on. (Para. 1)

说不定错误发生在新西兰，我的电脑通过互联网发现了它，并因此而烦恼得无法继续工作。

for all one knows: 说不定；据……所知

- a. For all I know, he could be seriously ill.
说不定他病得很重。
- b. I don’t know where she is. She could have been kidnapped for all I know.
我不知道她在哪，说不定她已经被绑架了。

5. When this happens, I have to turn my computer off and start it up again. (Para. 2)

在这种情形下，我只得关闭电脑然后重新启动。

start up: 启动，开始

We couldn't start the car up. 我们没办法启动汽车。

6. When I do, my computer puts a snippy note on the screen informing me that it is scanning its disks for errors, because it was shut down improperly. (Para. 2)

这样做以后，电脑就在屏幕上打出一条傲慢的信息，告诉我它正在扫描磁盘中的错误，而原因是我没有正常关机。

1) **scan:** *vt.* 扫描；细看；浏览，快读

a. Scanning the computer regularly will help us detect computer viruses.

定期扫描计算机可以帮助我们发现计算机病毒。

b. The shipwrecked sailor scanned the horizon anxiously every morning.

这位遭遇船难的水手每天早晨都焦急地扫视着海天相接之处。

c. She scanned the newspaper over breakfast.

她边吃早饭边浏览报纸。

2) **shut down:** 关上，关闭；使停工，停业

a. He shut down the lid of box and left.

他关上箱盖就离开了。

b. The workshop has shut down and the workers are unemployed.

车间被关闭了，工人们失业了。

7. "But I DIDN'T DO ANYTHING!" I shout, but my computer ignores me, because it is busy scanning its disks. (Para. 3)

“可我什么也没干呀！”我叫道。但电脑根本不睬我，因为它正忙着扫描它的磁盘。

1) **ignore:** *vt.* 不予理睬；忽视

I said hello to her, but she ignored me completely.

我向她打招呼，但她根本不理我。

2) **be busy doing sth.:** 忙于做某事

He's busy writing his term paper recently.

最近他忙着写他的学期论文。

8. I call it Buddy. (Para. 4)

我叫它巴迪老弟。

buddy 本意为“老兄，伙计，好朋友”，在这里作者幽默地把他身上长出的疣比作一个很亲切的兄弟，因此用 Buddy 作为对疣的昵称。

9. I keep an eye on Buddy, in case his appearance changes. (Para. 4)

我密切关注着巴迪，就怕它的外表有任何改变。

1) **keep an eye on:** 照看，照顾

a. Could you keep an eye on my suitcase for a moment?

你能帮我照管一会儿手提箱吗？

b. Would you keep an eye on my baby for a while?

请你照看一下我的婴儿好吗？

2) **in case:** 以防万一；万一（后面可以接从句，也可以接 of 短语）

a. It may rain; you'd better take an umbrella with you in case it does.

可能会下雨，你最好带把伞以防万一。

b. This is the number to call in case of emergency.

这是万一发生意外时拨打的号码。

10. I'll know it's time to take some kind of medical action. Such as quit drinking. (Para. 4)

我就知道该采取某种医疗行动了，比如戒酒。

1) **It's (high) time to (do) / It's (high) time (that):** 该是做……的时候了

a. It's time for us to go home.

我们该回家了。

b. It's high time for you to start working.

你早该开始工作了。

2) **take action:** 采取行动，行动起来

Immediate action must be taken to stop the fire spreading.

必须立即采取行动以阻止火势蔓延。

3) **quit:** vt. 放弃，停止 vi. 停止活动，离开，退出

a. My 60-year-old father decided to quit smoking.

我 60 岁的老父亲决定戒烟。

b. He quit his job as a manager in the company.

他辞去了公司经理的工作。

11 But my point is that because of computer weirdness, I regularly see an entire morning's work—sometimes as many as 18 words—get blipped away forever to the Planet of Lost Data. (Para. 5)

不过我要说的是，由于电脑的古怪脾气，我经常看到整整一个早上的工作成果——有时候多达 18 个单词——“啵”的一声就永远到“丢失数据之星球”上去了。

1) **point:** *n.* 谈论的事；要点，核心问题

You have missed the whole point of the novel.

你忽略了这篇小说的要点。

2) **as many as:** 多达

His speech attracted as many as 1,000 people.

他的演讲吸引了上千人。

3) **get blipped away:** “啵”的一声就消失了。blip 本来是名词，指雷达等屏幕上的光点，其不停地闪烁，并且每次光点出现都伴有短促而尖锐的声音。在这里活用为动词，意为“(使某物)发出短促而尖锐的声音”。away 是副词，表示“离开，消失”。

4) **the Planet of Lost Data:** “丢失数据之星球”，暗喻数据资料被转移到了电脑硬盘中的某个地方，作者却找不到，因此对他来说就是丢失了。

12 Needless to say, I use Microsoft Windows. (Para. 5)

不用说，我用的是微软视窗系统。

needless to say: 不用说，无需说（用于告诉别人已经知道或能预料到的事情）

a. Needless to say, any contributions of money will be gratefully received.

不用说，任何钱款方面的捐助都会被心存感激地收下的。

b. Needless to say, I agree with you.

不用说，我赞同你。

13 I've been a loyal Windows man since the first version, which required you to write on the screen with crayons. (Para. 5)

从视窗第一版——这个版本要求用户用彩色笔在屏幕上书写——开始，我就是它的忠实用户。

man 在这里专指来自于某一特定地方、从事某种特定职业或与某机构（特别是大学、公司等）有特定联系的人。

a. Even a Harvard man has a lot to learn about politics.

即使是哈佛大学高材生在政治上也仍有许多要学习的东西。

b. I've been an IBM man for years.

我成为 IBM 公司用户好多年了。

14 Every year or so, Microsoft comes out with a new version. (Para. 5)

大约每一年，微软公司都会推出一个新版本。

come out with: 推出（产品）；说出，提出

a. They are going to come out with a great new encyclopedia next month.

下个月他们将推出一部了不起的新百科全书。

b. After some hesitation, she came out with the whole truth.

犹豫了一会儿，她终于道出了全部真相。

15 I'm like the loser in the nightclub who keeps hitting on the hot babe. (Para. 6)

我就像那个夜总会里的倒霉蛋，不停地去招惹那个辣妹。

1) **hit on:**（通过某种方法展示自身吸引力来）搭讪

Dave has hit on most of the women in the department.

戴夫和部门里大部分女性都搭讪过了。

2) **hot:** *adj.* 热情的，惹人想入非非的；新鲜的且常引起轰动的

a. She is the hottest girl I have ever seen.

她是我所见过的最热情似火的女孩。

b. Do you know what is the hottest topic these days?

你知道什么是近来最热门的话题吗？

16 His shoes are squishing from the pina colada she poured on him, but he's thinking: "She's warming to me!" (Para. 6)

他的鞋子已经被辣妹泼在他身上的冰镇果汁朗姆酒泡软了，而他还在想：“她对我动心了！”

warm to: 对……开始发生兴趣；对……更为喜欢

I warmed to the new guest at once.

我立刻喜欢上了新来的客人。

17 I bring this all up because now Microsoft has a new version out, which according to everybody is the "most reliable Windows ever." (Para. 7)

我说这些是因为微软又推出了新版本，每个人都说是“有史以来最可靠的视窗版本”。

bring up: 提出；再引述；养育

- a. These are matters that you can bring up in the committee.
这些问题你可以在委员会上提出。
- b. I'll bring up your suggestion in the next meeting.
下次开会我会再引述你的提议的。

18 But still, I am tempted. (Para. 7)

但我还是心动了。

tempt: vt. ① 劝诱（某人做坏事或蠢事），勾引（tempt... into sth. / tempt... into doing sth.）

- a. Nothing could tempt him into such a course.
没有什么能诱使他那样做。
- b. He was tempted into doing a false step.
他被引诱做了一件傻事。

② 吸引，诱使，诱导（tempt ... to do）

She tempted the child to have a little more soup.
她诱使那个孩子多喝一点汤。

19 “Maybe this will be the one,” I say to Buddy, as the two of us wait for the disks to be scanned. (Para. 7)

在和我的巴迪一起等待电脑扫描磁盘的时候，我对它说：“也许这个版本行。”

the one 指的是 the one I can get luck from，正如前文第六段中所提到的 I keep buying Windows versions, hoping I'll get lucky。

Reading Comprehension

Key

Fact Searching

1 (F) Line(s) 4-5 Para. 1.

It does not say what the error is, nor where it occurred.

2 (T) Line(s) 1 Para. 2.

3 (F) Line(s) 1-2 Para. 4.

He has a wart on his right leg and he calls it Buddy.

4 (T) Line(s) 4-7 Para. 4.

5 (F) Line(s) 4 Para. 5.

He has been a loyal Windows man since the first version.

6 (T) Line(s) 3-4 Para. 7.

Reading Analysis

1 A

2 D

3 D

4 B

5 C

Information Organization

Learning to Love the Computer, Warts and All

Main idea: Microsoft Windows isn't as reliable as it is claimed to be, but people still buy it.

Supporting points:

1 (Paras. 1-3) I was troubled by computer's breakdowns and I have no idea about them at all.

2 (Para. 4) Microsoft Windows is similar to my wart in that they may have problems often.

3 (Paras. 5-7) Although I complained about the unreliable Microsoft Windows, I am still a loyal user.

Team Work

1 Open.

2 Open.

3 Open.

Part II Skills Building

Key

Word Forms

1

- (1)—a new-fashioned 新式的, 时髦的
 (2)—g high-ranking 等级高的, 职位高的
 (3)—c bare-handed 徒手的
 (4)—f absent-minded 心不在焉的
 (5)—d short-sighted 近视的; 目光短浅的
 (6)—e wide-spreading 范围广阔的, 流传很广的
 (7)—b hard-working 努力工作的, 勤劳的

2

Verb	Noun	Chinese
<i>occur</i>	<i>occurrence</i>	发生; 出现
<i>perform</i>	performance	履行, 实行; 演出, 表演
<i>accept</i>	acceptance	接受; 领受
<i>exist</i>	existence	存在; 生活
<i>differ</i>	difference	区别, 差异
<i>insure</i>	insurance	保险

3

- (1) performance (2) acceptance (3) occurrence (4) insurance

Vocabulary in Context

1

- (1) D (2) B (3) A (4) C (5) A (6) B

2

- (1) A (2) B (3) C (4) D (5) A (6) B

3

- (1) Don't bother her. She is busy writing a letter.
- (2) Take the raincoat in case it rains.
- (3) The printing press has been shut down for servicing.
- (4) Voters are starting to warm to the idea.

Key Structures

- 1 He doesn't have a talent nor a will to study music.
- 2 Mary couldn't read nor write when she was 16 years old.
- 3 I came to this university, hoping that I could get a doctor's degree.
- 4 We hurried out of the building, hoping that no one would see us leave.
- 5 We regret to inform you of the refusal of your application.
- 6 You should inform your bank of your change of address.
- 7 John Stone said as many as 25 people were found killed in the accident.
- 8 It is reported that this year as many as over four million people have become infected by this virus.

Translation

1

- (1) 情绪化的故障
- (2) 推出新版本
- (3) 戒酒
- (4) shut down the computer improperly
- (5) a snippy note
- (6) a loyal Windows man

2

- (1) You'd better keep an eye on that man in blue.
- (2) Air as well as sunlight is, needless to say, necessary to our daily life.
- (3) It is time to fight back now.
- (4) My point is that at least we're all safe back home.
- (5) These are the facts that can always be brought up against you.
- (6) The child kept asking me questions.
- (7) I'll pay you tomorrow without fail.

Leaving Messages (留言)

Samples

Sample 1 约见

译文

马丁:

你有空到我这里来聊一聊, 好吗? 我正在准备下个月的演讲比赛, 很想听听你的意见和建议。

吉姆
10月10日

Sample 2 通知

译文

彼得:

见条后, 请立即去布莱克教授的办公室。

理查德
星期一

Writing Practice

1

张海:

本周集体预习英语课, 你看何时为宜? 望告。本次预习活动将由你主持, 特此提醒。

程文
8月12日

May 30

Wang Fei,

The computer in the General Manager's office has suddenly stopped working. Hoping to be favored with your prompt attention.

Zhang Qiang

Part III Fast Reading

课文
译文

我是如何戒掉 iPhone 的

我是一个 iPhone 成瘾者。其实我原本并不是。然而，大约一年前，我发现自己开始妒忌那些 iPhone 机主用耳部和肩部夹着他们豪华的新手机向所有的朋友炫耀。我开始偷听他们关于 iPhone 应用程序的谈话，但是很遗憾，我感觉自己就像一个旅途中的过客在听一种自己不会说的语言。

我再也无法克制想拥有 iPhone 的欲望，终于买了一部 iPhone。接下来的好几个月里，我都沉浸在苹果公司的云空间里编织着我的新生活。然而，有一天，当我使用“谷歌地图”搜索附近邮箱的时候，发现它竟然就在我家的前门外，我意识到自己有问题了。我简直不敢相信之前居然没注意到这个事情。唉，就这样我迷上 iPhone 了。

在我意识到自己的问题后，事情就开始改变了。以前的通知铃声听起来那么友好，如今却感觉很烦人。真讨厌，手里没有 iPhone，我就再也出不了门。到后来，我是如此地憎恨这部 iPhone，以至于都想把它扔到墙上去了——要不是担心被举报说成虐待 iPhone，说不定我已经把它扔了。

我决定做些什么，但又很快发现，iPhone 就像香烟一样，并不是那么容易戒掉的。一天，当我坐公交车去上班时，突然不得不停用我的手机——至少是暂时的。那天早上，当我第七次从皮包里拿出手机来查看邮件时，我感觉到它发烫。它是那么烫

手，于是我立刻关机并将它丢进了包里。

几个小时里都没有短信提醒，广告推送通知，甚至是美妙怀旧的来电铃声，我感觉……平静多了。又过了几个小时，我感觉自己焕然一新，不再依赖那个愚蠢的……那玩意叫什么来着？

没有了我那电子床伴，我享受到了几个月来都没有过的好睡眠。第二天早上，我从简明的报纸上读新闻，而不是 iPhone 上。我甚至看到了樱花盛开。

之后有一天，一位同事问我手机怎么关机了。于是我又把它打开。一波熟悉的通知声席卷而来，错过两天的短信和通知嗡嗡地响个不停。

在回家的路上，我发现自己疯狂地回复着诸如“你在哪儿？”或是“见面吗？”之类的短信。突然，我想起了艾拉妮丝·莫莉塞特的一首老歌：“我一只手插在口袋里，另一只手死死握着一部 iPhone……”

尽管信息还没有回复完，我还是把 iPhone 放回包里，决定好好欣赏沿途的风景。

Key

1 C

2 A

3 D

4 C

5 C

Part IV Extensive Reading

Caught in the Web of the Internet

*IN THIS ARTICLE: Getting **hooked** on the Internet isn't **confined** to a few computer **nerds**. It's on the rise everywhere. —Editor*

1 Internet **addiction** has become a more **noticeable** problem over the last 18 months. Internet usage is up to four-and-a-half hours on the web each week, compared to three-and-a-half hours a year ago. There tend to be two **scenarios**. Some people meet through chatrooms and fall in love. It's like having an affair, then they meet and it's like a **whirlwind honeymoon**. It's **destructive** for the person left behind and quite often it has no real foundation. The second scenario is that a person starts spending more and more time on the Net. They may not meet someone else but they don't spend any time with their partner and of course the relationship suffers.

- 2 A recent survey of 17,251 Internet users found nearly 6 per cent had some sort of addiction to the **medium**. They revealed that their online habit contributed to **disrupted** marriages, childhood **delinquency**, crime and **over-spending**. **Tap** into online addiction sites and you'll find messages such as: "Hello, my name is Bob and I'm a **Webaholic**." According to the survey, it was also found that women were more likely to become **addicts**. So while the old **stereotypical** addict was a young man, the new image is of a young woman who spends hours on the line. "I guess I was a typical example of someone hooked on the Internet," Mrs. Parker, who now spends just an hour a day online, says, "I was coming home at lunchtime to get on the computer. At 6 p.m., I'd feed my son and put him to bed but all the time I was going **backwards** and **forwards** to the computer. Then I'd stay up until 5 a.m. or 6 a.m., typing away 'chatting' on my computer screen all night."
- 3 Computer expert Steve Phillips, now 28, and a seven-year **veteran** on the Internet, spends a mere 10 to 15 hours "for entertainment" on the Web each week. A few years ago, he was under the control of his addiction, spending 10 to 15 hours online each day. It didn't help enough, however, for him to pass all his tests. He **cheerily** admits he failed exams two years in a row because of his Internet addiction. The habit started hitting harder when he finished his studies in the big city and moved back home. Without the support of a school-paid computer, he **racked up** hundreds of dollars in Internet-related bills. The huge expense, followed by a few months **offline** while he searched for a job, was the wake-up call he needed. Steven said, "When I got **access** again it didn't have the same appeal any more. Now I use it more as a tool. It **definitely** isn't worth neglecting real-life relationships for romances on the Net. Often they don't work out."
- 4 "The Internet is definitely addictive. But if you can keep it in control it has advantages, too. Using it can be a steep learning curve so it helps you become very quick at learning. Also there is a huge demand for people in the field of Information Technology (IT) and hours on the Internet are great training."

(536 words)

New Words

web	/web/	<i>n.</i> 网络; (蜘蛛等的)网; 错综复杂的事物
hook	/hʊk/	<i>vt.</i> 钩住; 使沉迷, 上瘾 <i>n.</i> 钩, 吊钩
confine	/kən'faɪn/	<i>vt.</i> 限制

nerd	/nɜ:d/	<i>n.</i> [俚] 笨人, 无用的人 (此处指对某事物成瘾的人)
addiction	/ə'dɪkʃən/	<i>n.</i> 沉溺, 上瘾
noticeable	/'nəʊtɪsəbl/	<i>adj.</i> 易见的, 明显的, 显著的
scenario	/sɪ'nɑ:riəʊ/	<i>n.</i> (电影、戏剧等的) 脚本, 剧情概要; (对可能出现情况的) 描述
whirlwind	/'wɜ:lɪwɪnd/	<i>n.</i> 旋风 <i>adj.</i> 喧嚣混乱的, 急速的
honeymoon	/'hʌnɪmʊn/	<i>n.</i> 蜜月
destructive	/dɪs'trʌktɪv/	<i>adj.</i> 破坏(性)的
medium	/'mi:djəm/	<i>n.</i> (复数 <i>media</i> /'mi:djə/ 或 <i>mediums</i>) 媒体; 方法; 媒介 <i>adj.</i> 中间的, 中等的
disrupt	/dɪs'rʌpt/	<i>vt.</i> 使混乱, 扰乱
delinquency	/dɪ'lɪŋkwənsi/	<i>n.</i> 违法行为 (尤指青少年犯罪)
over-spend	/'əʊvə 'spend/	<i>vi.</i> 超支, 入不敷出 <i>vt.</i> 支出超过 (特定数额)
tap	/tæp/	<i>vt.</i> 轻打, 轻敲 <i>n.</i> 轻打, 轻敲; 塞子; 水龙头
Webaholic	/webə'hɒlɪk/	<i>n.</i> 网迷, 上网成瘾者
addict	/'ædɪkt/	<i>n.</i> 对……入迷的人, 有瘾的人
stereotypical	/'steriəʊ'tɪpɪkəl/	<i>adj.</i> 陈规的, 老一套的
backwards	/'bækwədz/	<i>adv.</i> 向后地, 向背后; 朝反方向
forwards	/'fɔ:wədz/	<i>adv.</i> 向前地
veteran	/'vetərən/	<i>n.</i> 经验丰富的人, 老手; 老军人
cheerily	/'tʃɪərɪli/	<i>adv.</i> 爽快地; 兴高采烈地
rack	/ræk/	<i>vt.</i> 折磨, 使痛苦
offline	/'ɒflaɪn/	<i>adv.</i> 未连线地, 未联机地
access	/'ækses/	<i>n.</i> 接近, 进入; 接近的机会, 进入的权利; 通道, 入口
definitely	/'defɪnətli/	<i>adv.</i> 明确地, 干脆地

Phrases & Expressions

confine (sb. / sth.) to...

将……限于……范围内

backwards and forwards
rack up
work out

来来回回地，反复地
累计，累积取得
产出结果，成功；解决；想出

Proper Names

Steve Phillips /'stɪv 'fɪlɪps/
Information Technology (IT)

史蒂夫·菲利普斯（男子名）
信息技术

课文
译文

沉迷于因特网里

本文简介：沉醉于因特网而难以自拔的人已不再局限于少数计算机迷了。对因特网痴迷的人越来越多，到处都是。——编者

在最近的 18 个月中，上网成瘾已经成为一个非常突出的问题。一年前，网络的使用时长为每周 3.5 小时，而现在达到了 4.5 小时。沉迷于因特网往往表现为两种情形。有的人在聊天室相识并坠入爱河。这就像有了暧昧关系，然后约会，像旋风式的蜜月（并无结果）。被抛弃的一方会受到极大的打击，而且这种网恋通常没有现实的基础。另一种情形是：有的人把越来越多的时间耗在因特网上。他们也许没有网上情人要见面，可也不愿花时间去陪伴自己的爱人，夫妻关系当然会因此遭到破坏。

最近的一项调查显示，在 17251 名因特网用户中，有近 6% 的人对这种网络媒体有某种痴迷。这些网迷承认，他们上网成瘾导致了婚姻破裂、使孩子误入歧途、滋生犯罪而且经济上入不敷出。敲击键盘进入网络成瘾网站，你会发现这样一些信息：“嗨，我叫鲍勃，一只网虫。”根据调查，人们还发现女性更可能上网成瘾。早先的典型电脑迷还是年轻男性；新的现象是年轻女性成了电脑迷——她们不惜耗费很多时间在网。“我想我一度是网上瘾君子的典型例子，”帕克夫人说。现在她每天只上网 1 小时。“那时候我每天午饭时间回家，打开电脑上网。下午 6 点我要给儿子喂吃的，安顿他睡觉，但此间我经常回到电脑旁。随后，我会在网上待到清晨 5 点或 6 点，不停地敲击键盘与别人通宵达旦在电脑屏幕前‘聊天’。”

计算机高手史蒂夫·菲利普斯今年 28 岁，是有 7 年网龄的老网虫，现在他每周只

上网“玩”10–15个小时。几年前，他上网成瘾，每天在网上耗费的时间就达10–15个小时。这对他通过所有的考试根本毫无帮助。他坦率地承认，因为网瘾，连续两年他的考试开了好多红灯。史蒂夫对因特网愈发有兴趣是在大城市里念完书，回家以后开始的。由于不能再使用由学校付费的电脑了，他要支付几百美元的因特网服务费。这笔巨大的费用及时地敲醒了他。在随后的几个月中，他去找工作，不再上网。史蒂夫说：“当我重新回到网上时，不再有原来那种痴迷了。现在我更多地是把它当作工具来使用。为了网上的风流韵事而冷淡生活中的真情，显然是不值得的。因为这种网上爱情常常是没有结果的。”

“因特网的确容易让人着迷，但如果你能把握住分寸，也会从中获益良多。使用因特网就如同一条陡峭的学习曲线，有助于你快速获取知识。在信息技术（IT）领域工作的人要求大量使用因特网，而且在网上工作是很好的训练。”

Notes to the Text

1. Some people meet through chatrooms and fall in love. It's like having an affair, then they meet and it's like a whirlwind honeymoon. (*Para. 1*)
有的人在聊天室相识并坠入爱河。这就像有了暧昧关系，然后约会，像旋风式的蜜月（并无结果）。
 - 1) chatroom: *n.*（网络）聊天室
 - 2) have an affair: 有暧昧关系
 - 3) a whirlwind honeymoon: 旋风式的蜜月（此处比喻网上的感情来去匆匆，基础不牢靠）
2. It's destructive for the person left behind and quite often it has no real foundation. (*Para. 1*)
被抛弃的一方会受到极大的打击，而且这种网恋通常没有现实的基础。
leave behind: 放弃，抛弃；留下；忘了带
 - a. In their withdrawal, much of the heavy equipment had to be left behind.
在他们撤退的过程中，很多重型装备都不得不被遗弃了。
 - b. I've left my pen behind in a hurry.
匆忙中我忘了带笔。
3. A recent survey of 17,251 Internet users found nearly 6 per cent had some sort of addiction to the medium. (*Para. 2*)
最近的一项调查显示，在17251名因特网用户中，有近6%的人对这种网络媒体有某种痴迷。
the medium 在这里指的是“网络媒体”，因为网络被称为继报刊、广播、电视等传统大众媒体之后新兴的“第四媒体”。

4. They revealed that their online habit contributed to disrupted marriages, childhood delinquency, crime and over-spending. (Para. 2)

这些网迷承认，他们上网成瘾导致了婚姻破裂、使孩子误入歧途、滋生犯罪而且经济上入不敷出。

over-spend: *vi.* 超支，入不敷出

over-spending 在这里作动名词，over- 作为前缀，表示“过度”，再如 overwork (过度工作)，overactive (过于活跃的)。

5. Tap into online addiction sites and you'll find messages such as: "Hello, my name is Bob and I'm a Webaholic." (Para. 2)

敲击键盘进入网络成瘾网站，你会发现这样一些信息：“嗨，我叫鲍勃，一只网虫。”

1) do... and... 相当于 if you do... then you will...

- a. Go straight on and you'll see a church.

一直走下去你便可以看到一座教堂。

- b. Listen carefully and you'll understand what he says.

认真听，你就会听懂他说的是什么了。

2) Webaholic: *n.* 网迷，上网成瘾者

后缀 -aholic 表示“上瘾的，上瘾者”，可以构成名词，例如：

workaholic 工作狂

bookaholic 爱书成癖的人

chocaholic / chocoholic 嗜食巧克力者

6. According to the survey, it was also found that women were more likely to become addicts. (Para. 2)

根据调查，人们还发现女性更可能上网成瘾。

在 it was found that... 中 it 是形式主语，真正的主语是 that 后面连接的从句。例如：

It is not important who will go. 谁去，这不重要。

7. Computer expert Steve Phillips, now 28, and a seven-year veteran on the Internet, spends a mere 10 to 15 hours "for entertainment" on the Web each week. (Para. 3)

计算机高手史蒂夫·菲利普斯今年 28 岁，是有 7 年网龄的网虫，现在他每周只上网“玩” 10-15 个小时。

veteran: *n.* 经验丰富的人，老手；老军人

- a. Veterans' Day 老兵节（每年的 11 月 11 日，该节日为纪念 1918 年第一次世界大战结束而设立，后来范围扩大，成为向美国所有退伍军人表示敬意的节日。）

- b. He is a veteran politician.

他是位资深的政治家。

8. A few years ago, he was under the control of his addiction, spending 10 to 15 hours online each day. (Para. 3)

几年前，他上网成瘾，每天在网上耗费的时间就达 10-15 个小时。

spending... 是现在分词短语，作为伴随状语修饰主句。这种伴随状语也可以转换

成并列句。例如：

He lay in bed, reading a detective book. 他躺在床上读侦探小说。

上句可改写成：He lay in bed and read a detective book.

9. The huge expense, followed by a few months offline while he searched for a job, was the wake-up call he needed. (Para. 3)

这笔巨大的费用及时地敲醒了他。在随后的几个月中，他去找工作，不再上网。

wake-up call: (酒店里的) 电话叫醒服务 (这里是“提醒, 警告”的意思)

10. When I got access again it didn't have the same appeal any more. (Para. 3)

当我重新回到网上时, 不再有原来那种痴迷了。

1) access (to): *n.* 接近, 进入; 接近的机会, 进入的权利; 通道, 入口

a. Only high officials had access to the president.

只有高级官员才可以接近总统。

b. Only a few people get access to the full facts of the case.

只有少数几个人能看到有关该案的全部事实。

c. The only access to the farmhouse is across the fields.

要到那农舍去唯有穿过田地。

2) it 这里指 the Internet.

11. Using it can be a steep learning curve so it helps you become very quick at learning. (Para. 4)

使用因特网就如同一条陡峭的学习曲线, 有助于你快速获取知识。

learning curve: 学习曲线

学习的投入与效果之间的关系就如同数学统计表中的曲线一样, 曲线看上去越陡峭, 越接近垂直, 就表明投入少而效果好。因特网作为一种工具, 如果利用得当的话可以大大提高学习的效率。

Complete each statement and answer each question with the best choice according to what you have read.

- () 1 According to the passage, which is TRUE about Internet addiction?

A) If a person starts spending more and more time on the Net, it will affect the relationship with his / her partner.

B) Some people meet through chatrooms, fall in love and have a whirlwind honeymoon.

C) Quite a few people have an affair through the Net, which has a real foundation.

D) Some people meet someone else through chatrooms from time to time and get married.

- () 2 According to a recent survey, Internet addiction may lead to the following EXCEPT _____.

A) childhood delinquency

B) disrupted marriages

C) crime and over-spending

D) bad health

- () 3 Who are more likely to become Internet addicts now according to the survey?
 A) Young people. B) Old people.
 C) Men. D) Women.
- () 4 How much time did Mrs. Parker use to spend on the Net each day?
 A) More than 5 hours. B) More than 10 hours.
 C) More than 15 hours. D) Only one hour.
- () 5 What wakes up Steve and makes him cut down the time spent online?
 A) His failure in exams.
 B) His parents and friends' persuasion.
 C) The huge expense on the Internet.
 D) The support of a school-paid computer.
- () 6 What is the writer's attitude towards the Internet?
 A) The Internet is definitely addictive and disadvantageous.
 B) The Internet is definitely attractive and it offers a steep learning curve.
 C) The Internet is definitely advantageous and we can control it in a way we like.
 D) The Internet is addictive but advantageous if we use it properly.

Key

1 A 2 D 3 D 4 B 5 C 6 D

Vocabulary Study

Replace each of the underlined parts with the best choice given.

- () 1 It's destructive for the person left behind and quite often it has no real foundation.
 A) put aside B) got rid of C) found alone D) driven away
- () 2 A recent survey of 17,251 Internet users found nearly 6 per cent had some sort of addiction to the medium.
 A) a little bit of B) a kind of C) a lot of D) a series of
- () 3 I guess I was a typical example of someone hooked on the Internet.
 A) locked and stretched B) appealed and lost
 C) interested and confused D) attracted and caught
- () 4 When I got access again it didn't have the same appeal any more.
 A) got admission B) got through C) got online D) got up
- () 5 It definitely isn't worth neglecting real-life relationships for romances on the Net. Often they don't work out.
 A) get solved B) turn out good C) prove true D) seem real

Key

1 B

2 B

3 D

4 C

5 B

Composition

Rewrite the following sentences after their model.

Model A

If you tap into online addiction sites, you will find messages such as: “Hello, my name is Bob and I’m a Webaholic.” (*do... and*)

→ Tap into online addiction sites and you’ll find messages such as: “Hello, my name is Bob and I’m a Webaholic.”

- 1 If you work hard, you will pass your examinations.
- 2 If you arrive late once more, you’ll be fired.
- 3 If you mix yellow and blue, you’ll get green.

Model B

A few years ago, he wasn’t in the control of his addiction and spent 10 to 15 hours online each day. (*..., doing*)

→ A few years ago, he wasn’t in the control of his addiction, spending 10 to 15 hours online each day.

- 4 “Can’t you read?” Mary said angrily and pointed to the notice.
- 5 The visiting Minister expressed his satisfaction with the talks and added that he had enjoyed his stay here.
- 6 She found nothing left in the fridge and went out to get something to eat.

Key

- 1 Work hard and you will pass your examinations.
- 2 Arrive late once more and you’ll be fired.
- 3 Mix yellow and blue and you’ll get green.
- 4 “Can’t you read?” Mary said angrily, pointing to the notice.
- 5 The visiting Minister expressed his satisfaction with the talks, adding that he had enjoyed his stay here.
- 6 She found nothing left in the fridge, going out to get something to eat.