

The digital age: Are we ready?

PART I

UNDERSTANDING AND LEARNING

Overview

Digital technology is changing our lives dramatically. It brings us a lot of convenience that has definitely altered our traditional lifestyle, but it also causes some problems. We may wonder whether we are well equipped to face this challenge and how we can adapt ourselves to cyberspace.

This unit focuses on the pros and cons of digital technology and tries to deal with this issue from two different perspectives. Text A analyzes the consequences that online connection imposes on our relationships with other people and urges us to stop sacrificing conversation for connection. Text B, in a more positive way, illustrates how the digital world has changed our lives in almost every way possible.

The two texts use different writing styles. Text A, an argumentative essay, emphasizes the negative effects of online connection and explores the reasons why it cannot replace real conversation,

while Text B, an expository essay, uses a listing and exemplification writing technique to demonstrate how the digital world has changed our lives for the better.

In order to help students better understand Text A, the teacher could direct them to relate the problems discussed in the text to their own situations, and to further discuss other problems which have emerged in the digital age. In learning Text B, students could be involved in thinking about the future of technological development and predicting how the relationship between humans and technology will evolve.

Section A

Connection or conversation

Background information

casual Friday

Casual Friday, also called dress-down Friday or business casual day, is a Friday when some companies allow their employees to wear informal clothes to work. Casual Fridays arose in the 1980s in America when some business offices relaxed their dress code on Fridays. People could wear relatively informal clothes like sports coats,

T-shirts, and jeans, instead of formal clothing such as suits and ties for men and skirts or dresses for women. This Western dress code trend has since quickly spread to other parts of the world.

Detailed study of the text

- 1 What's the **scenario** here? The family calls it their "offline day". (Para. 1)

Meaning: What is happening here? The family says this is their day without connection to the Internet.

★ **scenario:** *n.* [C]

- 1) a situation that could possibly happen
可能发生的事；可能出现的情况
We could see a scenario, more likely within 10 years, where the majority of appliances can be connected. 我们能够预见一种情况：很可能在十年内，大多数家用电器都能够互联。
- 2) a written description of the characters, place, and things that will happen in a film, play, etc. (电影、戏剧等的) 剧情梗概
This may sound like a movie scenario to the average people, but all this really happened here. 对普通人来说，这听起来像电影剧情，但这一切在这里都真实发生了。

- 2 In our "always on" lives, such a scenario of family **convention** seems gone. (Para. 2)

Meaning: As we live constantly connected to the Internet, we don't seem to see this type of behavior of family members any more.

★ **convention:** *n.*

- 1) [C, U] behavior and attitudes that most people in a society consider to be normal and right 习俗；惯例；常规
These people don't understand some of the basic social conventions that the

locals take for granted. 这些人对当地人认为理所当然的一些基本社会惯例并不了解。

- 2) [C] a large formal meeting for people who belong to the same profession or organization or who have the same interests 大会；会议；集会

This convention can inspire young people to broaden their vision, and enhance their cross-cultural communication ability. 这次大会能激励年轻人开拓视野，提高他们的跨文化交际能力。

- 3) [C] a formal agreement, esp. between countries, about particular rules or behavior (尤指国际性的) 公约，协定
The statement said that international conventions should be respected and all disputes should be settled through dialogue. 该声明说，国际公约应该得到尊重，所有争端应通过对话解决。

- 3 Are we too **immersed** in the brilliance of the digital world? (Para. 2)

Meaning: Are we too involved in the brilliant digital world?

★ **immerse:** *vt.*

- 1) (~ **oneself in sth.**): become completely involved in an activity 潜心于某事；专注于某事
Online writers need to immerse themselves in real life to get inspiration for vivid stories. 网络作家需要深入现实生活以获得灵感，去写出生动的故事。
- 2) put sb. or sth. deep into a liquid so that they are completely covered 使浸没（于液体中）
The doctor at the clinic couldn't do much by then, but immersed me in a tub of cold water to help lower my body temperature. 诊所的医生那时也没办法，只是把我浸泡在一盆冷水中来辅助降温。

★ **immersed:** *a.* (~ **in**) 潜心于某事的；专注于某事的

He was immersed in books, and enjoyed writing; but his father did not foresee a literary career for him. 他专注于书本, 喜欢写作; 但他的父亲并未预料到他会将文学作为事业。

4 We cannot seem to resist the **lure** of our cell phones, even when we are in the company of others. (Para. 2)

★ **lure:**

n. [usu. sing.] sth. that attracts people, or the quality of being able to do this 诱惑物; 诱惑力; 吸引力

He turned away from the lure of big city life and went back to contribute to the development of his hometown. 他摆脱了大城市生活的诱惑, 回到了自己的家乡去作贡献。

vt. persuade sb. to do sth., esp. sth. wrong or dangerous, by making it seem attractive or exciting 引诱; 诱惑

A flower's fragrance can have particular appeal to bees and may lure the bees in. 花的香气对蜜蜂有独特的吸引力, 可能会把蜜蜂吸引过来。

5 Walking through a college library or the **campus** of a high-tech company, one sees an **identical** scenario: People are together, but each of them is in their own bubble, **furiously** connected to keyboards and tiny touch screens. (Para. 3)

Meaning: When we walk through a college library or the office park of a high-tech company, we will see the same scene: People stay together, but each of them is in their own world and busily using keyboards and tiny touch screens.

★ **campus:** *n.* [C, U] the land and buildings belonging to a large company (包括土地和建筑物在内并属于大公司的) 园区
Workers can drop off clothes for dry cleaning, go shopping, or get haircuts without leaving

the company campus. 工作人员不用离开公司园区就可以送衣服去干洗、购物或者理发。

★ **identical:** *a.* exactly the same, or very similar 完全相同的; 非常相似的
The two men's faces were identical, but showed very different expressions. 这两个男人的面孔非常相似, 但表情却非常不同。

★ **furious:** *a.*

1) (*usu. before noun*) done with a lot of energy, effort, or speed 猛烈的; 强烈的; 激烈的
I went downstairs to talk to him, and found he was having a furious argument with somebody over the telephone. 我下楼去找他谈话, 发现他正在电话里和某人进行激烈的争吵。

2) very angry 狂怒的; 暴怒的
My father was furious at first, but eventually we reached an understanding. 我的父亲起初非常愤怒, 但最终我们达成了一致意见。

★ **furiously:** *ad.*

1) 猛烈地; 强烈地; 激烈地
Although his poems were rejected, he continued to write furiously, and his poems gradually became popular among students. 尽管他的诗作被拒稿, 但他继续拼命写作, 他的诗逐渐在学生中间流传开来。

2) 狂怒地; 暴怒地
I still think that he has something to do with it, although he furiously denies his involvement. 我仍然认为他与此有关, 尽管他愤然否认自己的参与。

6 The little **devices** most of us carry around are so powerful that they change not only what we do but also who we are. (Para. 3)

★ **device:** *n.* [C] a machine or tool that does a special job 设备; 仪器; 装置
For recording brain activity, scientists have developed a new device that is more compact than the solutions currently on the market.

为了记录大脑活动，科学家们已经开发出一种新设备，它比目前市场上的产品更小巧。

- 7 We've been used to the idea of being in a **tribe** of one, loyal to our own party. (Para. 4)

Meaning: We have been used to the idea that we stay in our own world, and are faithful to ourselves.

★ **tribe:** *n.* [C]

- 1) a social group consisting of people of the same race who have the same beliefs, customs, language, etc., and usu. live in one particular area ruled by their leader
部落

Most of the tribes living in forests and mountains have their own rich culture and tradition. 大多数居住在森林里和山区的部落都有他们自己丰富的文化和传统。

- 2) a group of people with the same interests – used esp. to show disapproval (兴趣相同的) 一批(人)，一伙(多含贬义)

Having a tribe of supportive people by your side will make your chances of success much higher. 身边有一批支持你的人会让你成功的概率大大提高。

- 8 In the silence of connection, we are comforted by being in touch with “invisible” friends and significant others, not too close, nor too far, just right. (Para. 4)

Meaning beyond words: In the process of communicating silently online, we can keep in touch with friends and other important people without the need of seeing them in person. We are not too close because we stay in different places and do not see each other; we are not too far because we keep in touch online anytime and anywhere. This proper interpersonal distance makes us feel good.

- 9 Every morning, young **associates** would first lay out their **suite** of technologies: laptops,

tablets, and multiple phones. (Para. 5)

Meaning: Every morning, young associates would first take out their devices and arrange them in order, which include laptops, tablet computers, and several phones.

★ **associate:**

- n.* [C] sb. who you work or do business with 同事；(生意)伙伴

They can work with associates to set new performance goals and determine how and when those goals will be achieved. 他们可以跟同事一起设定新的业绩目标，并决定如何以及何时达成这些目标。

- vt.* make a connection in your mind between one thing or person and another 联想；联系
When hearing the music, you will associate it with Chinese characteristics, Chinese elements, and Chinese taste. 听到这种音乐，你就会联想到中国特色、中国元素和中国味道。

★ **suite:** *n.* [C]

- 1) a group of related things intended to be used together; a set (同类物的) 系列，组，套

They carried a suite of instruments designed to monitor air quality and humidity. 他们带了一套用于监测空气质量和湿度的仪器。

- 2) a set of rooms, esp. expensive ones in a hotel 套房(尤指酒店豪华套房)

Our honeymoon suite overlooked the palm trees and the beach, which were a short two-minute walk from the hotel. 从我们的蜜月套房可以俯瞰棕榈树林和海滩，它们距离酒店只有短短两分钟的步行路程。

★ **tablet:** *n.* [C]

- 1) (*also ~ computer*) a small, flat computer that is controlled by touching the screen or by using a special pen 平板电脑

Since tablets hit the market, the trend has shifted toward small, mobile devices while sales of desktop computers have dropped. 自从平板电脑进入市场以来, 趋势开始转向小型移动设备, 而台式电脑的销量下降了。

- 2) a small round hard piece of medicine which you swallow 药片
For treating this disease, an adult would take four tablets of the medicine on the first day, and decrease to three tablets for the following days. 为了治疗这种疾病, 成年人第一天要吃四片这种药, 之后减到每天三片。

- 10 “Big ones. Like pilots. They have **converted** their desks into cockpits,” he said. (Para. 5)

Meaning: “Their earphones are big ones, which make them look like pilots. Their desks now look like the control panel of an airplane,” he said.

★ **convert:** v.

- 1) (cause sb. or sth. to) change in form or character (使) 转变; (使) 转换
Researchers have developed transparent power-generating windows to convert sunlight into electricity, according to an article published recently. 根据最近发表的一篇文章, 研究人员已经开发出透明的发电窗, 能把太阳光转化成电能。
- 2) change to a new religion, belief, opinion, etc., or make sb. do this (使) 改变 (宗教、信仰、观点等)

This argument made them speechless and they seemed to have been converted to his views. 这个论据让他们哑口无言, 他们似乎已经转而相信了他的观点。

- 11 They have completely **plunged into** their virtual world. (Para. 5)

Meaning: They are already completely immersed in the virtual world.

★ **plunge:**

- v. (always + *ad.* / *prep.*) move, fall, or be thrown suddenly forward or downward (使) 突然向前冲; (使) 跌落
A woman who plunged off the cliff has been found alive a week after she was reported missing. 一名从悬崖坠落的女性在被报道失踪一周后, 被发现还活着。
- vi. (of prices, temperatures, etc.) decrease suddenly and quickly (价格、温度等) 暴跌, 骤降, 突降
Prices of materials used in steel production had been on a downward trend, making the local steel price plunge sharply. 用于钢铁生产的材料价格呈下降趋势, 使当地钢铁价格骤降。

★ **plunge into sth.:** enter earnestly or wholeheartedly into some activity or situation (认真而专注地) 开始从事, 投身于
In the days that followed she was pleased to see each student plunged into their assignment. 随后几天, 她很高兴看到每个学生全身心地投入到自己的任务中去。

- 12 Gradually, we've **picked up** a habit of **deletion – wiping out** rich human relationships. (Para. 6)

Meaning beyond words: Gradually, we've got used to cutting ourselves off from other people and rejecting face-to-face relationships.

★ **pick sth. up:** learn a new skill or start a habit without intending to (无意间) 学会 (新技能); 开始养成 (习惯)
Foreign children born in China can pick up Chinese far more readily. 在中国出生的外国小孩能够更轻松地学会中文。

★ **deletion:** n. [U] the action or process of deleting sth. 删除
The main reason for the deletion of this paragraph was that it no longer seemed to have much purpose. 删除这一段的主要原因是

它似乎不再有什么意义了。

★ **wipe sth. out:** destroy, remove, or get rid of sth. completely 彻底毁灭; 勾销; 去除
We are confident that the strength of this country and its people will wipe out this disease. 我们有信心, 这个国家和人民有力量消灭这种疾病。

13 In fact, online connection is often a **deceptive** illusion in which we cheat ourselves, assuming we're not alone. (Para. 6)

Meaning: In fact, online connection often provides us with a fake feeling that we're not alone, but actually we are cheating ourselves because this is not true.

★ **deceptive:** *a.* likely to make you believe sth. that is not true 欺骗性的; 误导的; 骗人的
One should never judge a person by mere external appearances because appearances are deceptive. 永远不要只通过外表来评判一个人, 因为外表具有欺骗性。

14 We are tempted to think that our little “sips” of online connection **add up to** a big swallow of real conversation. (Para. 7)

Meaning: We tend to believe that our constant and small pieces of communication online will finally be equal to a real, long conversation.

★ **add up to sth.:** produce a particular total or result 总数是; 结果是
It's the tiny, gradual improvements that add up to world-beating results. 这些微小、逐步的改进累积起来造就了世界一流的成果。

15 Even though all of these sips have their places – in politics, **commerce**, romance, and friendship, I would claim, no matter how valuable they are, it's impossible for them to **substitute** for real conversation, where people exchange ideas and share viewpoints dynamically. (Para. 7)

Meaning: Although these pieces of online connection play a role in politics, commerce, romance, and friendship, I believe, they still cannot replace real conversation no matter how valuable they are. In a real conversation, people exchange ideas and share their viewpoints flexibly and actively, which they can rarely do in online communication.

★ **commerce:** *n.* [U] the buying and selling of goods and services 买卖; 贸易; 商务; 商业
We absolutely have to continue the exchange of culture and commerce between the two countries. 我们务必要继续两国之间的文化和商务交流。

★ **substitute:**

v. take the place of sb. or sth. else; use sb. or sth. instead of sb. or sth. else (以...) 代替; 取代

I'm wondering if I can change the cooking method, and substitute vegetable oil for the butter. 我在想能否改变一下烹饪方法, 用植物油替代黄油。

n. [C] a person or thing that you use instead of the one that you usu. have, because the usual one is not available 代替物; 替代品
Are you willing to eat foods that use sugar substitutes to benefit from the lower calories, even if you don't like the taste as much? 即使你不太喜欢使用代糖的食物味道, 但为了较低热量所带来的好处, 你愿意去吃吗?

16 Yes, connecting in sips may work for gathering **discrete** bits of information, or for saying “I am thinking about you”, or even for saying “I love you”, but it's far from the **adequacy** of communication when it comes to understanding and knowing one another. (Para. 8)

Meaning: It is true that small pieces of online communication may help us get

scattered pieces of information, or may be effective for saying “I am thinking about you”, or may be effective even for saying “I love you”. However, such communication is far from enough when we are trying to understand and know each other.

★ **discrete:** *a.* clearly separate 分开的; 分离的; 离散的

It is difficult to divide this letter into discrete sections, for it deals throughout with two closely interrelated themes. 很难把这封信分成孤立的部分, 因为它通篇谈及两个紧密相关的主题。

★ **adequacy:** *n.* [U] the quality of being good enough or great enough in amount to be acceptable 充分; 足够

We can make a decision in terms of the adequacy of the information and the evidence. 我们可以根据信息和证据的充分性做出决定。

17 Real conversation, on the other hand, is a more **informative** process, in which we're more caring and **observant**. (Para. 8)

Meaning: Real conversation, on the other hand, is a process transmitting more information. In the conversation, we are more considerate and better at noticing people's reactions.

★ **informative:** *a.* providing many useful facts or ideas 资料丰富的; 增进知识的

All the articles are interesting and informative, and the humor is outstanding. 所有这些文章既有趣, 信息又丰富, 而且非常幽默。

★ **observant:** *a.* good or quick at noticing things 观察力敏锐的; 机警的

A successful person is more observant, thinks more, and understands more in depth. 一个成功的人观察力更敏锐, 思考更多, 理解更深刻。

18 We hesitate and pause and go silent, and we reveal ourselves to one another through tones and **nuances**. (Para. 8)

Meaning: In real conversation, we may hesitate and pause and go silent, and we show ourselves to one another through the way our voice sounds and other subtle differences in speaking.

★ **nuance:** *n.* [C] a very slight, hardly noticeable difference in manner, color, meaning, etc.

(方式、颜色、意义等的) 细微差别

We can use our eyes and facial expressions to communicate virtually every subtle nuance of emotion there is. 我们可以用眼睛和面部表情来传达情感上的几乎每一丝细微差别。

19 As we increase the **volume** and **velocity** of online connection, we start to expect **acceleration** – faster answers. (Para. 9)

Meaning: When the online connection becomes greater in amount and faster in speed, we start to expect quicker answers.

★ **volume:** *n.*

1) [C, U] the amount of sth. 量; 额

The large volume of data collected helps businesses find out what fits their customers best. 收集到的大量数据有助于企业找出最适合其客户的东西。

2) [C, U] the amount of space that an object or a substance fills; the amount of space that a container has 体积; 容积; 容量

A lung volume test is used to see how much air you can hold in your lungs. 肺活量测试用于检测你的肺部能容纳多少空气。

3) [U] the amount of sound produced by a television, radio, etc. 音量; (音) 响度

If you are in a quiet area, you may want to turn the volume down so that you don't disturb others around you. 如果你在一个安静的地方, 你可能想把音量调小, 这样不会打扰到周围的人。

★ **velocity:** *n.* [C, U] the speed at which sth. happens or moves 速度

If something goes up fast enough, it will

reach escape velocity, the speed at which it can escape into space. 如果物体上升得足够快，它就会达到逃逸速度，这个速度可以使它逃到太空。

★ **acceleration:** *n.* [sing., U] a process in which sth. happens more and more quickly 加快；增速

An acceleration in sea-level rise with global warming is predicted by many climate models. 许多气候模型都预测，随着全球变暖，海平面会加速上升。

20 We ask one another simpler questions; we **dumb down** our communication, even on the most important matters. (Para. 9)

★ **dumb sth. down:** present news or information in a simple and attractive way without many details so that everyone can understand it – used to show disapproval (为使大家能够理解而)降低…的标准，使…简单化(含贬义)

He did not dumb down the vocabulary of his stories but included enough context to make the meaning of difficult words obvious. 他在故事中没有降低词汇难度，而是给出了足够的语境，让那些难懂的词意思更明了。

21 In addition, our move from conversation means diminished opportunities to learn skills of self-reflection. (Para. 10)

Meaning: Besides, the decrease of conversation means there are fewer opportunities to learn how to examine ourselves.

22 These days, social media **continually** asks us what's "on our mind", but we have little motivation to say something truly self-reflective. (Para. 10)

Meaning: Nowadays, social media repeatedly asks us what we are thinking about, but there is hardly anything driving

us to say something that can truly examine ourselves.

★ **continual:** *a.* (only before noun)

1) repeated many times, often in a way that is harmful or annoying 多次重复的，频繁的(往往有害或恼人)

The continual interruptions are driving me crazy and I can't work any more. 频繁的打扰让我快疯了，我无法继续工作了。

2) continuing for a long time without stopping 持续的；不间断的

Continual improvement of service requires continual learning so everyone may serve others better every day. 持续改进服务需要不断的学习，这样每个人才能每天更好地为他人服务。

★ **continually:** *ad.*

1) 频繁地

He became increasingly anxious as he continually checked his phone for messages, but received no response from his friend. 他频繁地查看手机是否有消息，但却没有收到朋友的回复，这让他越来越焦虑。

2) 持续地

Due to the typhoon, it rained continually for two days, which caused widespread flooding in the area. 由于台风影响，连续两天不停地下雨，导致该地区出现大面积洪涝灾害。

★ **reflective:** *a.*

1) thinking quietly about sth. 沉思的；深思的
The teacher's words put him in a reflective mood about what he can do for his motherland. 老师的话让他陷入了沉思，他在思考自己能为祖国做些什么。

2) a reflective surface reflects light (物体表面)能反光的

The building's first floor was made up of black, reflective glass that didn't allow passers-by to see into the building. 该建筑的一楼使用了黑色的反光玻璃，使得路人

无法看清建筑内部。

23 It is through the conversation with trusted others that we learn to **converse** with ourselves – to be honest with ourselves. (Para. 10)

★ **converse:**

vi. (*fml.*) have a conversation with sb. 谈话；
交谈

Localization of products allows us to converse with younger generation consumers, who are keen on traditional Chinese culture. 产品本地化使我们可以与热衷于中国传统文化的年轻一代消费者进行交流。

n. [*sing.*] (*fml.*) (**the ~**) the opposite or reverse of a fact or statement 相反的事物；（事实或陈述的）反面

All trees are plants, but the converse, that all plants are trees, is not true. 所有的树都是植物，但是反过来说，所有的植物都是树，就是不对的。

24 I'm not a **critic**, but I am a **partisan** for conversation. (Para. 11)

Meaning: I am not showing my criticism of online connection. I am just a firm supporter of conversation.

★ **critic:** n. [C]

1) sb. who criticizes a person, organization, or idea 批评者

Critics are questioning if the apparently healthy adjustment is as positive as it seems. 批评人士质疑，这一看似健康的调整是否如看上去那么有利。

2) sb. whose job is to make judgments about the good and bad qualities of art, music, films, etc. (艺术、音乐、电影等的) 评论家，批评家

I'll leave it to the food critics to tell you who serves the best hot dogs in town. 我还是让美食评论家们来告诉你镇上谁做的热狗最好吃吧。

★ **partisan:**

n. [C] a person who strongly supports a particular leader, group, or idea 坚定的支持者；铁杆拥护者

Even among the partisans, there are divisions. 即使在这些坚定支持者中，也存在分歧。

a. strongly supporting a particular political party, plan, or leader, usu. without considering the other choices carefully (对某个政党、计划或领导人) 偏袒的，盲目支持的

He established a weekly newspaper, which, like virtually all the papers of the era, was partisan. 他创办了一份周报，和那个时代几乎所有的报纸一样，是有立场倾向的。

25 To **make room** for it, I see some first steps. (Para. 11)

Meaning: To leave space for conversation, I suggest we can do something first.

★ **make room for sb. / sth.:** provide space for sb. or sth. 为...提供空间

The country is gradually lowering the proportion of coal in its energy system to make room for clean fuels. 该国正在逐步降低煤炭在能源系统中的比重，为清洁能源腾出空间。

26 At home, we can create “**sacred**” spaces for conversation while doing **domestic chores**: the kitchen, the dining room. (Para. 11)

Meaning: At home, we can make places like the kitchen and the dining room important spaces for conversation when we are doing housework.

★ **sacred:** a. very important or greatly respected 很重要的；神圣的；深受尊重的
He says school libraries are a sacred place for kids. 他说学校图书馆对孩子们来说是个神圣的地方。

★ **domestic:** *a.*

- 1) (*only before noun*) relating to family relationships and life at home 家庭的; 家事的

The couple have been sharing domestic tasks since they tied the knot five years ago. 自从五年前结婚以来, 这对夫妇一直在共同承担家务。

- 2) relating to or happening in one particular country and not involving any other countries 国内的; 本国的

Some domestic manufacturing and service enterprises have already turned to robots or other intelligent equipment in recent years. 近年来一些国内制造和服务企业已经转向使用机器人或其他智能设备。

★ **chore:** *n.* [C] a small job that you have to do regularly, esp. work that you do to keep a house clean 家庭杂务; 日常琐事

Chinese people place great emphasis on having youngsters do chores around the house as part of their upbringing. 中国人非常重视让年轻人做家务, 以作为教养他们的一部分。

- 27 We can make our cars a place free of little devices. We can be a **consultant** to our children through the **demonstration** of the value of conversation. (Para. 11)

Meaning: We can make our cars a place without digital devices. We can give advice to our children by showing and explaining to them the significance of conversation.

★ **consultant:** *n.* [C] sb. whose job is to give advice on a particular subject 顾问

She is now a professional fashion consultant, also known as personal image consultant. 她现在是一名专业的时尚顾问, 也被称为私人形象顾问。

★ **demonstration:** *n.* [C]

- 1) (*fml.*) an action that proves that sb. / sth. has a particular ability, quality, or feeling (能力、品质或感情的) 表示, 表露

The public enthusiasm for the education reform is a powerful demonstration of support for the changes. 公众对于教育改革的热情是他们支持变革的充分表达。

- 2) an event at which a large group of people meet to protest or to support sth. in public 示威; 游行

The peaceful demonstration was successful and there was no injury or property destruction of any kind. 这次和平示威是成功的, 没有造成任何人身伤害或财产破坏。

- 28 Employees asked for casual Fridays; managers may “**collaborate**” and introduce conversational Thursdays. (Para. 11)

Meaning: Employees asked for casual Fridays on which they can dress casually; perhaps managers should work together to introduce conversational Thursdays on which staff can meet and talk.

★ **collaborate:** *vi.* work together with a person or group in order to achieve sth., esp. in science or art (尤指在科学或艺术方面) 合作, 协作

According to the agreement, the two universities will collaborate in areas of talent development, scientific research, and faculty and student exchanges. 根据协议, 两所大学将在人才培养、科学研究、师生交流等方面展开合作。

- 29 Although an “offline day” may be unbearable for tech **enthusiasts** who need to **alter** their habits, experts say it is beneficial to **assess** both the merit and **burden** of digital technology. (Para. 12)

Meaning beyond words: People who are crazy about new technology may find it really difficult to have a day without the Internet but they may need to adapt. Experts say that it is good to think of both the advantages and disadvantages of digital technology.

★ **enthusiast:** *n.* [C] sb. who is very interested in a particular activity or subject 热衷者; 爱好者; 热心的人

There was a friend of mine in high school who was a music enthusiast and played the piano quite well. 我高中有一个朋友是一位音乐爱好者, 钢琴弹得非常好。

★ **alter:** *v.* change, or make sb. or sth. change (使)变化; (使)改变

The self-driving taxi can change lanes and alter speed by recognizing the surrounding road conditions. 自动驾驶出租车可以通过识别周围路况来变换车道和改变速度。

★ **assess:** *vt.*

1) make a judgment about a person or situation after thinking carefully about it 评价; 评定

He is always able to assess the situation and then calmly finds the best solution. 他总是能够评估形势, 然后冷静地找到最好的解决方案。

2) calculate the value or cost of sth. 对...估价; 估计...的成本

There is a lack of a sound mechanism for assessing and realizing the value of natural assets. 缺乏健全的机制来评估和实现自然资源资产的价值。

★ **burden:**

n. [C] a duty, responsibility, etc. that causes worry, difficulty, or hard work (义务、责任等的)重担, 负担

The government has issued a new guideline to significantly reduce the excessive burden of homework for students in primary and middle schools. 政府已经发布了新的指导意见, 以大幅减轻中小学生家庭作业的沉重负担。

v. (**be ~ed with / by sth.**) have a lot of problems because of a particular thing 被某事物所困扰; 承受某事物的负担

Personal care tasks, such as bathing, brushing your teeth, and dressing, may

be difficult to complete when you are burdened with persistent pain. 在你承受持续疼痛时可能很难完成个人护理事项, 比如洗澡、刷牙和穿衣。

Structure analysis and writing

Developing an argumentative essay

In an argumentative essay, the writer attempts to persuade the reader to understand and support their point of view on a topic by stating the reasoning and providing evidence to back it up, convincing the reader that their position is logical, ethical, and ultimately right. In this unit, students are going to learn the basic structure of an argumentative essay and how to write a good one.

To write an argumentative essay, the writer needs to make a point and then defend it with several solid reasons, similar to the other types of essay learned previously. The difference is that the argument usually involves a controversial point which some readers might not agree with. To win over these readers, it is crucial for the writer to present a strong argument supported by convincing explanations and evidence.

The key elements concerning the structure of a good argumentative essay should include:

- 1 **Introduction paragraph:** Introduce a controversial argument and provide a clear, persuasive thesis statement.
- 2 **Body paragraphs:** Use explanations and evidence to support the thesis statement.
- 3 **Refutation / Opposition paragraph (optional):** Introduce the opposing argument, acknowledge parts of the opposition that are valid, counter the argument, and summarize why the opposing argument is not sufficient.
- 4 **Conclusion paragraph:** Restate the thesis statement, and leave the reader something meaningful to think about.

To write a good argumentative essay, students need to deal with the topic step by step and follow the train of thought as suggested below:

- 1 Hook the reader's interest and make them want to learn more about the topic.
- 2 Introduce the controversy and explain the different sides of the debate briefly.
- 3 Present their side through a clear and concise thesis statement.
- 4 Convince the reader that their side is the best one to take.
- 5 Address and refute potential objections or alternate viewpoints.
- 6 Urge the reader to adopt their point of view.

Structure analysis of the whole text

Text A consists of three parts, with the first part covering Paras. 1-2, the second part covering Paras. 3-10, and the third part covering Paras. 11-12.

Part One (Paras. 1-2), the introduction, begins with the description of a family scenario in Para. 1 and points out the serious problem that “we have sacrificed conversation for connection” in Para. 2.

Part Two (Paras. 3-10), the body, explains in detail the impact of online connection on our lives and illustrates why it cannot substitute for real conversation. This part can be further divided into two sections.

The first section (Paras. 3-6) presents how connection impacts on our lives. Para. 3 paints a picture that connection is almost everywhere in our lives, arguing that those electronic devices change not only what we do but also who we are. Para. 4 can be best summarized by the topic sentence that “we've already become accustomed to a new way of being ‘alone together’”. In Para. 5, a scenario at a law firm is given to show that people have developed a lifestyle of online connection and are completely immersed in their

virtual world. Para. 6, as a transitional paragraph, explains that online connection available anytime and anywhere wipes out rich human relationships and will lead to some problems.

The second section (Paras. 7-10) explains why online connection cannot substitute for real conversation. First, in Para. 7, the author argues that it is impossible for the little “sips” of online connection to substitute for real conversation. Then, the following three paragraphs analyze why online connection cannot substitute for real conversation through contrast from three different perspectives. In Para. 8, the author first explains the drawbacks of online connection in communication, then states that real conversation can truly help us understand and know each other better. Para. 9 discusses that in online communication we unconsciously raise our expectations for faster answers, which may dumb down our communication. By contrast, face-to-face conversation teaches us patience. Finally, Para. 10 argues that online communication reduces the opportunities to learn skills of self-reflection. However, we can learn to converse with ourselves through conversation. The contrast in these three paragraphs helps us reach a conclusion that online connection cannot replace real conversation.

Part Three (Paras. 11-12) is the conclusion. Para. 11 restates the thesis clearly that “I'm not a critic, but I am a partisan for conversation” and provides some suggestions to tackle the problem. Then Para. 12 calls for action to change the situation from now on.

Introduction

A scenario is given, showing a family enjoying their "offline day". (Para. 1)

A problem is pointed out: Apparently, we have sacrificed conversation for connection. (Para. 2)

(Paras. 1-2)

Body

The first section: how connection impacts on our lives

Online connection is almost everywhere in our lives, and those electronic devices change not only what we do but also who we are. (Para. 3)

We've already become accustomed to a new way of connection, called "alone together". (Para. 4)

A scenario at a law firm is given to show that people have developed a lifestyle of online connection and completely plunged into their virtual world. (Para. 5)

Online connection is anytime and anywhere; it wipes out rich human relationships and will lead to some problems. (Para. 6)

(Paras. 3-6)

The second section: why online connection cannot substitute for real conversation

We tend to believe that our constant and small pieces of communication online will finally be equal to a real conversation. However, "it's impossible for them to substitute for real conversation". (Para. 7)

Connecting in sips is far from the adequacy of communication when it comes to understanding and knowing one another.

Real conversation is a more informative process, in which we reveal ourselves to one another. (Para. 8)

In online communication we unconsciously raise our expectations and start to expect acceleration – faster answers.

Face-to-face conversation teaches us patience. (Para. 9)

Online communication means diminished opportunities to learn skills of self-reflection.

Conversation with trusted others helps us learn to converse with ourselves – to be honest with ourselves. (Para. 10)

(Paras. 7-10)

(Paras. 3-10)

Conclusion

Conversation is advocated, and suggestions are provided to make room for it. (Para. 11)

It might be hard to change the situation at the beginning, but we need to act now. (Para. 12)

(Paras. 11-12)

Section B

Reading skills

Following the structure of a text

The structure of a text refers to how individual paragraphs work together to convey the central idea of a text. Being able to identify the structure contributes to reading comprehension. Good readers usually use text organization more effectively, and are better at recalling information from certain types of text structure.

Structure is often dictated by the arrangement of paragraphs. Each paragraph should relate to the main idea of the text. What we need to do is to look at how each paragraph builds on the previous one and find out the internal logic behind the organization. There are different patterns of text structure. In this unit, we will focus on how to follow the text structure to improve our reading comprehension. Texts come in a variety of patterns. Common text structures are classified as follows:

- **Description:** The author describes a topic.
- **Sequence:** The author lists items or events in numerical or chronological sequence, either explicitly or implicitly.
- **Comparison / contrast:** The author compares and / or contrasts two or more related events, topics, or objects that are alike and / or different.
- **Cause / effect:** The author explains one or more causes and / or describes effects.
- **Problem / solution:** The author raises a problem and then offers solutions.

Signal words / phrases are a typical type of clues that suggests the structure of the text. Each type of text structure has some commonly used signal words / phrases. A comparison / contrast essay, for example, may use signal words / phrases such as *whereas, while, in contrast, however, and similar*

to. A cause / effect essay may use words / phrases such as *because, therefore, as a result, thus, and in order to.* Skilled readers use these signal words / phrases to identify the text structure, anticipate what's next, and better comprehend the author's intended message.

Graphic organizers help students list major ideas under the main idea of a text and put the supporting details under the related major ideas. Having a graphic representation of the text's ideas will improve students' comprehension and help them better retain the content.

By recognizing the problem / solution structure of Text A, students would get a clearer overall picture of the text. They would find out what the problem is, how serious it is, or what the consequences are, and then wait for the solution suggested by the author. This can greatly enhance their comprehension and efficiency in reading.

Living in the digital world

Background information

1 console game

A console game is a type of video game. It is played on a video game console, i.e. a device specially made for game play that can provide the player with an interactive multimedia experience via a television or similar audio-video system. The player interacts with the game through a hand-held device connected to the console, which contains buttons and joysticks.

2 emotional blackmail

Emotional blackmail is when someone who is usually close to you and knows all your weaknesses threatens you through fear,

obligation, and guilt either in an indirect or direct way, manipulating you in order to fulfill their desires.

Detailed study of the text

- 1 The technological advances that arrived in a swift fashion in the mid-1990s have reshaped the very fabric of society, and modern technologies have attracted various population groups in different areas. (Para. 1)

Meaning: In the mid-1990s, modern technologies developed rapidly, which have caused enormous changes to many aspects of our society and attracted people from different backgrounds.

- 2 It is no exaggeration to say that technology has impacted upon the lives of everybody, **in one way or another**. (Para. 1)

Meaning: It is a fact that technology has influenced everyone's life in various ways.

★ **(in) one way or another / one way or the other:** used for saying that sth. will definitely happen, even though you do not know what method will make it happen 不管怎样, 不管以何方式 (某事都会发生)
All species in the animal kingdom can communicate in one way or another. 动物王国的各个物种都能以某种方式交流。

- 3 However, this is often quite **subliminal** and somewhat **ironic** given the bold nature of the **imposition** of digital technology on our lives. (Para. 1)

Meaning: However, technology often influences us without our awareness. This is funny to a certain extent, given that the way we introduce digital technology into our lives is very bold.

★ **subliminal:** *a.* affecting your mind in a way that you are not conscious of 潜意识的; 下意识的; 潜在的

Subliminal advertising is advertising that operates below the limits of the consciousness of its audience. 潜意识广告指的是观众意识不到的广告活动。

★ **ironic:** *a.*

1) an ironic situation is one that is unusual or amusing because sth. strange happens, or the opposite of what is expected happens or is true (情况) 有讽刺意味的, 出乎意料的, 令人啼笑皆非的

It is ironic that a university with a high ranking in computer science and courses in cybersecurity, got hacked. 具有讽刺意味的是, 一所计算机科学排名前列并开设网络安全课程的大学居然被黑客入侵了。

2) using words that are the opposite of what you really mean, often in a joking way (遣词用字) 讽刺的, 用反语的 (常以开玩笑方式)

It's never clear when he is being sincere, when he is being ironic, and when he is playing a trick. 从来就搞不清楚他什么时候是真诚的, 什么时候在说反话, 什么时候在捉弄人。

★ **imposition:** *n.* [U] the introduction of sth. such as a rule, punishment, and tax (规章、惩罚、税种等的) 实施

The imposition of new regulations on an on-going project should be avoided to the maximum extent possible. 要最大限度地避免在正在进行的项目中引入新规。

- 4 To start with, do you still remember the days when teachers used chalk, dusters, and blackboards? They are almost never used today. (Para. 2)

Meaning: First of all, do you still remember that teachers used chalk, dusters, and blackboards in class before? They are rarely used today.

- 5 Black has turned white, in the form of **interactive** whiteboards. (Para. 2)

Meaning: Black has changed to white as blackboards are replaced by whiteboards, which have interactive functions.

★ **interactive:** *a.*

- 1) an interactive computer program, television system, etc. allows you to communicate directly with it, and does things in reaction to your actions (计算机程序、电视系统等) 交互的, 互动的
If a local teacher is not available, an interactive computer system will enable students to learn from instructors over the Internet. 如果本地没有老师, 交互式计算机系统可让学生跟着授课者在网上学习。
- 2) involving talking and working together 合作的; 相互交流的
When a class is interactive, students get to share their own opinions. 上互动性课程的时候, 学生有机会分享自己的观点。

- 6 To go one step further, the days of children having to carry a bag with printed books will probably be a distant memory in the future. (Para. 2)

Meaning: Furthermore, in the future the days of children having to carry a bag with printed books are likely to be a thing of the past.

- 7 With the **advent** of the age of the tablet, they are starting to use the impressive electronic devices to read e-books. (Para. 2)

Meaning: In an age where the tablet is used everywhere, children are now starting to use their awesome electronic devices to read digital books.

★ **advent:** *n.* [sing.] (*written*) (**the ~ of sth.**) the time when sth. first begins to be widely used 某事物的出现 (或到来)

With the advent of the Web, there's more dialogue than ever between writers and readers. 随着网络的出现, 作者与读者间的对话比以往更多了。

- 8 More importantly, schools now come equipped with Wi-Fi or broadband to ensure instant Internet access for study and research purposes. (Para. 2)

Meaning: More importantly, Wi-Fi or broadband is available in schools today, so students can get an immediate connection to the Internet for study and research purposes.

- 9 Probably more often than you see them playing outside with their friends. (Para. 3)

Meaning: Probably you see children playing games on mobile devices more often than you see them playing outside with their friends.

- 10 Children of the modern age are incredibly tech **savvy**, my **goodness**, almost from the time they learn to talk. (Para. 3)

Meaning: Children today are incredibly good at using new tech devices, almost from the time they learn to talk.

★ **savvy:** *a.* (*AmE*) (*informal*) having practical knowledge and understanding of sth.; having common sense 有见识的; 懂实际知识的; 通情达理的

These homebuyers are savvy and willing to spend for the design and technology that make sense for them and will deliver a comfortable living environment.

这些购房者是明智的, 他们愿意为设计和技术买单, 只要这些在他们看来是合理的, 并且会带来舒适的生活环境。

★ **goodness:** *n.* [*U*] (*spoken*) (**my ~! / ~ [gracious] me!**) said when you are surprised or sometimes angry 天啊! 啊呀! (用于表示

惊讶, 有时也表示愤怒)

My goodness! He has changed very much and looks so thin, otherwise I should have recognized him. 天啊! 他变化非常大, 看起来那么瘦, 要不然我应该已经认出他了。

- 11 They don't have to learn how to use technology but are able to be informed, keeping **abreast** of the latest technological developments, because technology is simply a part of who they are. (Para. 3)

Meaning: They don't need to learn how to use technology, but they have the skills and can keep up with the latest technological developments, because technology has become a part of what makes them different from the older generations.

★ **abreast:** *ad.* (keep / stay ~ of sth.) make sure that you know all the most recent facts or information about a particular subject or situation 了解某事物的最新情况
Researchers collaborate with each other and keep abreast of research work from the global scientific community at meetings and in published papers. 研究者相互合作, 从会议和已发表的论文中了解全球科学界的研究进展。

- 12 As the modern family is busier than in the past, **hectic** family life seems dominated by all-things-convenient. (Para. 4)

Meaning: Since today's families are busier than in the past, they need everything to be convenient.

★ **hectic:** *a.* very busy or full of activity 繁忙的; 忙乱的
Due to my hectic schedule, biking to work isn't always practicable. 由于我日程繁忙, 骑车上班并不总是可行。

- 13 Luckily, cooking is now made easy and a lot quicker thanks to hundreds upon hundreds of cooking apps, online **recipes**, how-to-cook

videos, etc. (Para. 4)

Meaning: Fortunately, cooking now is easy and much quicker, because there are a lot of apps, online instructions, videos, etc. that can teach you how to cook.

★ **recipe:** *n.* [C] a set of instructions for cooking a particular type of food 烹饪法; 食谱
She discovered an old family recipe for potato bread, but it was stained. 她发现了一份制作土豆面包的陈旧家庭食谱, 但上面有污渍。

- 14 Quite **literally**, technology has made cooking accessible and enjoyable to all. (Para. 4)

Meaning: In fact, technology has made cooking easy and full of enjoyment for everyone.

★ **literally:** *ad.*

- 1) used to emphasize the truth of sth. that may seem surprising (强调事实可能令人惊讶) 真正, 确实
He literally made more phone calls in a week than I made in a year. 他一周内打的电话确实比我一年打的还多。
- 2) according to the most basic or original meaning of a word or expression 按照原义; 根据字面意思
Subcutaneous (literally meaning "beneath the skin") fat is distributed in multiple parts of the human body. 皮下的(字面意思“皮肤之下的”)脂肪分布在人体的多个部位。

- 15 Furthermore, the days of battling other **siblings** for rights of the sole TV in the living room have gone and become a thing of the past. (Para. 4)

Meaning: Furthermore, brothers and sisters no longer have to argue who controls the only TV in the living room.

★ **sibling:** *n.* [C] (*fml.*) a brother or sister 兄; 弟; 姐; 妹

In many families, older siblings reduce the stress of their parents by taking part in the care of their younger brothers and sisters.
在很多家庭里，年长的哥哥姐姐以帮忙照顾弟妹妹的方式来减轻父母的压力。

16 Not so now though! (Para. 5)

Meaning: Though the situation was unavoidable in the past, nowadays it has changed completely!

17 Many companies, whether headquarters or **affiliates**, actively encourage working from home, and this is becoming more and more common as employers realize that employees do not require round-the-clock **monitoring** in the completion of their daily tasks. (Para. 5)

Meaning: Many companies actively encourage their employees to work at home instead of sitting in the offices of their headquarters or affiliates. This is becoming increasingly common as employers realize that it's not necessary to keep watch on their employees at work all day long.

★ **affiliate:**

n. [C] a company, organization, etc. that is connected with or controlled by a larger one 支会；分社；子公司；附属机构

The center has 200 affiliates throughout the country. 该中心在全国有两百家分支机构。

v. become part of or form a close relationship with a group or organization (使)附属；(使)隶属

A team of researchers affiliated with the university has discovered a possible explanation. 一个隶属于该大学的研究团队已发现了可能的解释。

★ **monitor:** *vt.* carefully watch and check a situation in order to see how it changes over a period of time 监视；监测；检测；监督
Water quality will be monitored in areas

where life, property, and natural resources are threatened. 在生命、财产和自然资源受到威胁的地区，水质将会被监测。

18 In addition, technology has led to the widespread use of online video conferences; as a result, colleagues are no longer obliged to even meet in a face-to-face environment, removing yet another element of the business **arena** of old. (Para. 5)

Meaning: In addition, technology has made online video conferences widely applied. As a result, colleagues don't have to hold face-to-face meetings, thus removing another traditional business activity.

★ **arena:** *n.* [C]

1) (the business / political / public, etc. ~) all the activities and people connected with business, politics, public life, etc. 商业 / 政治 / 公众等舞台

One day she hopes to enter the political arena, focusing on improving the government's environmental policy. 她希望有朝一日进入政坛，致力于完善政府的环保政策。

2) a building with a large flat central area surrounded by seats, where sports or entertainments take place (四周设有座位、供比赛或表演的) 场地

Once we were all seated inside the basketball arena, a man stepped up to the microphone in the center of the court. 我们刚在篮球馆里面全部坐好，就有一个人走到球场中央的麦克风前。

19 **Aligned** with this fashion of convenience is our leisure. (Para. 6)

Meaning: Our leisure is consistent with this trend of convenience.

★ **align:** *vt.*

1) organize or change sth. so that it has the right relationship to sth. else 使一致

We'd like to filter out results that aren't aligned with our pre-existing assumptions. 我们想把那些与之前的假设不一致的结果滤除出去。

- 2) publicly support a political group, country, or person that you agree with
公开支持; 与...结盟
She aligned herself with an animal rights group and began promoting veganism.
她与一个动物权益组织站在同一阵线上, 开始推广素食主义。

- 20 In the past, holidays were **invariably** booked through travel agents or a **dedicated** provider, based upon their sales skills and packages together with brochures. (Para. 6)

Meaning: In the past, holidays were always booked through travel agents or special providers, influenced by their sales skills and the attraction of the packages and their brochures.

★ **invariably:** *ad.* always 始终如一地; 一贯地
If success were easy, then everyone would invariably be successful. 如果成功很容易, 那么每个人都一定会成功。

★ **dedicate:** *vt.*

- 1) use a place, time, money, etc. only for a particular purpose 把...专用于
The newspaper dedicated three whole pages to pictures of the princess. 该报纸用了整整三个版面刊登王妃的照片。
- 2) give all your attention and effort to one particular thing 致力于; 献身于
He dedicated himself to the rescue of wild animals and abandoned animals.
他致力于营救野生动物和被遗弃的动物。

★ **dedicated:** *a.*

- 1) (*only before noun*) made for or used for only one particular purpose 专用的
The school would provide a dedicated bus service to get children randomly located in the city to school safely. 这所

学校将提供专门的公车服务将散居在城里各地的孩子安全送到学校。

- 2) sb. who is dedicated works very hard at what they do because they care a lot about it 满腔热忱的; 有奉献精神的
I've never seen a man more dedicated to this community than him. 我从来没见过比他对该社区更有奉献精神的人。

- 21 Sometimes, the most unappealing destination could be made to look like a **luxurious** five-star resort. (Para. 6)

Meaning: Sometimes, a destination that isn't very appealing could be made to look like a very expensive, comfortable, and beautiful place for holidays.

★ **luxurious:** *a.* very expensive, beautiful, and comfortable 豪华的; 华丽舒适的

Soundproofed silence is what marks out a luxurious hotel experience for me. 对我而言, 隔断噪音的安静才是豪华酒店体验的与众不同之处。

- 22 Now, people are a lot more **discerning**, thanks to the abundance of online booking **sites** and online reviews of every leisure facility the world over. (Para. 6)

Meaning: Now, people become much more discriminating, because there are many online booking sites and online comments about the leisure facilities all over the world.

★ **discern:** *vt. (not in progressive) (fml.)* notice or understand sth. by thinking about it carefully (仔细思考之后) 觉察出, 弄清楚, 辨明

In the early 1950s he was among the first to discern how thoroughly computer technology would transform business. 在 20 世纪 50 年代初期, 他是最早觉察到计算机技术将彻底改变商业世界的人之一。

★ **discerning**: *a.* showing the ability to make good judgments, esp. about art, music, style, etc. (尤指对艺术、音乐、时尚等) 有鉴赏力的, 有眼光的, 鉴别力强的

Today's visitors are more discerning than ever about the food they eat, and they expect a quality experience at every meal. 现在的游客对食物比以前更有鉴赏力, 他们期望每顿饭都有好的体验。

★ **site**: *n.* [C]

1) a website 网站

News sites are in a battle these days to maintain readership to ensure that advertisers get the most from their budgets. 各新闻网站如今竞争激烈, 为的是保持阅读量以确保广告商的预算投入有最多的回报。

2) a place where sth. important or interesting happened (发生过重要或有意思的事件的) 场所, 地方, 地点

The purpose behind the creation of the list was to bring attention to sites of historic significance or in need of preservation. 建立这份清单的目的是引起对具有重要历史价值或需要保护的地点的关注。

23 We also book accommodations based upon our requirements and **check out** exactly what we will do before we even arrive! (Para. 6)

Meaning: We also book hotels according to our actual needs, and find out exactly what we will do before we even arrive!

★ **check sb. / sth. out**: establish the truth or inform oneself about sb. or sth. 查实; 了解
To become more competitive in the market, the company needs to check out how its rivals operate. 为了提高市场竞争力, 这家公司需要了解其竞争对手是如何经营的。

24 In the everyday **practicality**, digital technology has also established its **credibility** in changing our old-fashioned personal life. (Para. 7)

Meaning: As we see its practical applications in daily life, we trust digital technology to change the traditional aspects of our personal life.

★ **practicality**: *n.*

1) [U] how suitable sth. is, or whether it will work 可行性; 实用(性)

Designing a beautiful building that can provide comfort and practicality requires high doses of creativity, knowledge, and skills. 设计兼具舒适性和实用性的美丽建筑需要较强的创造力、丰富的知识以及高超的技巧。

2) **practicalities** [pl.] the real facts of a situation rather than ideas about how it might be 实际的事情; 实际情况

Between themselves they talk only about the practicalities of life. 他们彼此之间只谈及生活中的实际情况。

★ **credibility**: *n.* [U] the quality of deserving to be believed and trusted 可信度; 可靠性
If he's not telling the truth, then his credibility comes into question. 如果他不说实话, 那么他的信誉就成问题。

25 While we used to **stand in line** at the bank during our lunch break, now we perform most of our banking online, mainly **via** our smartphones. (Para. 7)

Meaning: We used to go to the bank in person lining up for banking services during our lunch break, but now we access banking services online mainly by using our smartphones.

★ **stand in line**: (*AmE*) wait in a line of people until it is your turn to do sth. 排队

When you get to the airport, you could stand in line at the regular check-in counter. 到达机场的时候, 你可以在常规值机柜台前排队。

★ **via**: *prep.*

1) using a particular person, machine, etc.

to send sth. 通过（某人、某机器等）传送（某物）；借助于

Tests were available via the Internet and were accessed with a personal login. 测试可通过互联网进行，个人登录后就可以进入。

- 2) traveling through a place on the way to another place 经过；取道

This freight is to be routed to Beijing via Hangzhou within three days. 这批货将在三天内途经杭州发往北京。

- 26 While we formerly walked to the shop to buy the daily newspaper, now we can access news sites worldwide and download news apps at the touch of a screen. (Para. 7)

Meaning: We had to walk to the shop to buy the daily newspaper before, but now we can visit news sites worldwide online and download news apps by simply touching the screen of our smartphones.

- 27 While we used to head to the video store to choose the latest release, now we can download movies online at the click of a mouse. (Para. 7)

Meaning: In the past, we had to go to the video store to buy video products newly released, but now we can download movies online by just clicking a computer mouse.

- 28 While we used to play simple, yet wonderful, console games, now we can play them through the Internet against people from all around the world. (Para. 7)

Meaning: In the past, we played simple but wonderful games using a console, but now we play games online together with people all over the world.

★ **console:**

n. [C] a small piece of electronic equipment that you connect to a screen, used for

playing video games（游戏的）操作板，操控器

He removed the game disc from his console and then replaced it back into its cover. 他把游戏光碟从游戏机里取出来，然后放回到光碟套里。

vt. try to make sb. feel better when they are unhappy or disappointed 安慰

Small gestures like sending flowers to let your friends know you're thinking of them are great ways to help console them. 给朋友送花，让他们知道你在想着他们，类似这样的小举动就是安慰朋友的好方法。

- 29 When it comes to social life, there are now so many social platforms **cropping up** that it's difficult to keep up with them. (Para. 8)

Meaning: As for social life, so many social platforms become available in such a short period that it's difficult for us to get to know and use them.

★ **crop up:** appear or happen, esp. when it is not expected（尤指意外地）出现，发生
Hope you're all doing well as the year winds down and tasks crop up. 希望你们在年关即将到来，各种任务接踵而至的情况下能够一切顺利。

- 30 It's somewhat funny, though, that our social life is kind of **akin** to "emotional **blackmail**". (Para. 8)

Meaning beyond words: However, it's more or less funny that our social life seems controlled by social media. We fear that our connection with others would be severely affected if we do not use social media.

★ **akin:** *a. (fml.) (~ to sth.)* very similar to sth. 与某事物相似的；与某事物类似的

Listening to her life story is akin to reading a wonderful adventure novel. 听她的人生故事就像读一本精彩的冒险小说。

★ **blackmail:** *n.* [U]

- 1) when sb. tries to make you do what they want by making threats or by making you feel guilty if you do not do it 胁迫；感情勒索

Although tears can feel like emotional blackmail, they are more often an honest expression of personal emotion that just overflows. 尽管眼泪让人有被情感勒索的感觉，但更多时候是个人情感的真实外露。

- 2) when sb. tries to get money from you or make you do what they want by threatening to tell other people your secrets 勒索；敲诈；讹诈

His personal data has been stolen and used for blackmail. 他的个人资料已被窃取用作敲诈勒索了。

- 31 Even those who have desperately tried to **evade** all things social have found it's simply impossible to avoid. (Para. 8)

Meaning: Even those who are firmly determined to stay away from social connections have found it's completely impossible to avoid.

★ **evade:** *vt.*

- 1) find a way of not doing sth., esp. sth. that legally or morally you should do 逃避，规避（尤指法律或道德责任）

People who evade taxes are not only cheating the government, but also stealing from their neighbors who are following tax laws and regulations. 逃税的人不仅是在欺骗政府，而且也是在从他们遵守税收法规的邻居那里进行偷窃。

- 2) avoid talking about sth., esp. because you are trying to hide sth. 回避谈论（某事物，尤因试图隐瞒）

When asked about security, he evaded the question with a "no comment" reply. 当被问起安保的时候，他以一句“无可奉告”来回避这个问题。

- 32 Today people are more engaged in connection than conversation. (Para. 8)

Meaning: Today people are more involved in online connection than face-to-face conversation.

- 33 Social media has become an essential part of life and a place for people to **catch up with** existing friends, **rekindle** friendships from the past, or meet new people **overseas** ..., because they can. (Para. 8)

Meaning: Social media plays an important role in life, and it has become a place where people maintain contact with existing friends, resume friendships from the past, or meet new friends from other countries ..., because people can really get all these things done via online connection.

- ★ **catch up with sb.:** talk to sb. whom you have not seen for some time in order to find out what they have been doing in the interim 通过交谈了解彼此的近况

The best way to catch up with your friends is to ask them out and have a good chat with them. 与朋友联系的最好方式就是约他们出来好好聊聊天。

- ★ **rekindle:** *vt.* make sb. have a particular feeling, thought, etc. again 重新激起；重新唤起

The program rekindled my passion for mathematics and reminded me of my calling to be a teacher. 这个项目重新激发了我对数学的热爱，唤醒了我要成为一名教师的使命感。

★ **overseas:**

ad. to or in a foreign country that is across the sea 向国外；在海外；在外国

The number of citizens traveling overseas this week is expected to reach a record of six million. 本周去海外旅行的公民人数预计会创出 600 万的新高。

- a. happening or existing in a country across the sea from your country (在)海外的; (在)国外的

Overseas trade will continue to play a crucial part in economic growth. 海外贸易将继续在经济增长中发挥关键作用。

- 34 As we can see, the digital revolution has changed our lives to such an extent that the way we exist as a civilization has almost completely altered with no point in history for comparison. (Para. 9)

Meaning: As we can see, the digital revolution has affected our lives so greatly that the world nowadays has completely changed, and such profound changes cannot be found in any period in the history of human beings.

- 35 We **concede** that advanced technology is probably **erasing** rich human relationships, but it shows no signs of slowing down. (Para. 9)

Meaning: We have to admit that advanced technology might cause people to miss opportunities for building rich human relationships, but there are no signs showing that the development of technology is slowing down.

- ★ **concede:** v. admit that sth. is true or correct, although you wish it were not true (不得不) 承认

He refuses to concede that he has done anything wrong. 他拒不承认自己有任何做错的事情。

- ★ **erase:** vt. remove sth. completely 清除; 消除; 消灭

It's hard to erase the memory of your mother's tears – especially when you know she's crying over you. 记忆中妈妈的眼泪是难忘的——特别是当你知道她是在为你掉泪的时候。

- 36 It'll continue to **flourish** and bring a lot of potential to transform the way we live in the **foreseeable** future. (Para. 9)

Meaning: Technology will continue to develop in the future and open up many possibilities for changing the way we live.

- ★ **flourish:** vi. develop well and be successful 繁荣; 兴旺; 成功

The food and beverage industry is flourishing owing to the increasing demand from the increased population around the world. 餐饮业日益兴盛是世界人口上升、需求增加的结果。

- ★ **foreseeable:** a.

- 1) (**in / for the ~ future**) for as long as it is possible to know what is likely to happen 在可预见的将来

Humans have a very significant role to play in the foreseeable future of any AI system. 在可预见的未来,人类在任何人工智能系统中都会发挥非常重要的作用。

- 2) (**in the ~ future**) fairly soon 不久; 很快
The drought in the mountains is likely to continue through January as there's little snowfall in the foreseeable future. 山里的干旱可能持续整个一月份,因为不会很快就有降雪。

Collocation

This unit explores the impact of digital technology on our lives from different perspectives. Indeed, high tech is changing today's world by providing more convenience for us while posing new challenges to the old traditions. Students need to contemplate what technology has brought us based on their own experience and focus on the pros and cons of applying new technology widely to every aspect of our lives.

PART II

KEY TO EXERCISES

Section A

Pre-reading activities

1

Scoring guide: The total score is calculated by adding the responses to the 10 items. The higher the score, the more likely you are to be addicted to your smartphone.

10: You have a very healthy relationship with your device.

11-30: You're a little addicted to your device.

31-50: You're pretty addicted to your device.

51-70: You need a serious intervention.

It should be noted that this questionnaire is provided for reference only, and is not meant as a diagnostic tool!

2

1 I think smartphones have changed my relationships with people around me in many ways. First, I am able to contact people more often. Smartphones make it convenient for me to have instant communication with people almost anytime and anywhere, which is impossible with face-to-face communication. Second, smartphones bring me closer to people around me because we can share a lot of interesting things on social media and gain a better understanding of each other.

However, smartphones also have some adverse effects on my relationships with people. To begin with, it's hard to deepen my relationships with people if I mainly interact

The collocations provided in this unit such as *deceptive illusion*, *rekindle a friendship*, and *dramatic change* echo this theme. It is suggested that the teacher allow students to categorize all the collocations listed below before talking about them. Possible categories can be “impressions”, “expectations”, and “facts”. Some collocations may not possibly fall into any of the three categories and answers may vary, but that's fine since the main purpose of doing this is to get students involved in learning.

Text A

resist the lure, deceptive illusion, share a viewpoint, raise one's expectations, unfold slowly, diminished opportunity, little motivation, alter a habit

Text B

distant memory, dramatic change, hectic life, widespread use, establish one's credibility, essential part, rekindle a friendship, completely alter, foreseeable future

Note

In this unit, quite a few expressions, formed by the structure *n. + of + n.*, can also be considered as collocations though they are not formally listed as the collocations of this unit. For example: *brilliance of the digital world, adequacy of communication, fabric of society, advent of the age, abundance of online booking sites.*

with them online. The insufficiency of non-verbal communication, such as gestures, facial expressions, and eye contact which are fairly important in expressing one's true feelings, makes it harder to develop a deep relationship. Additionally, too much use of smartphones gets me more and more nervous in face-to-face conversations, which makes it more difficult for me to make new friends in real life.

- 2 Here are some useful suggestions to help get rid of smartphone addiction.
 - Limit the time spent on your smartphone. You can set particular time when the device would be used and when it wouldn't be. For example, keep smartphones away during meals or social gatherings.
 - Get rid of unnecessary apps. Given that social media apps are not essential on smartphones, this solution frees up time for something more meaningful.
 - Turn off your phone before going to bed, and this will help you sleep better.
 - Keep your phone out of reach. This is especially useful for those who unconsciously pick up their phones throughout the day. You can still use it in an emergency, but it should require some effort.
 - Use the old-fashioned way of keeping track of time, because once we check the time on the phone, we end up checking everything from app messages to emails.
 - Switch back to a feature phone. This is probably an extreme measure to end smartphone addiction. You can use a feature phone for a few weeks, and then return to a smartphone once you feel you have overcome the addiction.

It should be admitted that these changes aren't easy to make, but they are worth the effort given the long-term benefits they can bring to one's life.

Reading comprehension

Understanding the text

1

- 1 On the "offline days" from Friday night through Sunday evening, the family is not allowed to play video games or use computers and cell phones.
- 2 The little devices change not only what we do but also who we are.
- 3 The author believes that it's impossible for the little "sips" of online connection to substitute for real conversation.
- 4 We can hesitate and pause and go silent, and we can reveal ourselves to one another through tones and nuances.
- 5 It can teach us patience.
- 6 The conversation with trusted others helps us learn to converse with ourselves – to be honest with ourselves.
- 7 The author is a partisan for conversation.
- 8 We should take some time away from the beeps and rings to evaluate our relationship with technology.

Critical thinking

2

- 1 • No, I don't believe it. Online communication helps improve the understanding between people, but it can hardly get people to know each other truly and deeply, because there are still things that cannot be accurately detected online, and we need face-to-face interaction to strengthen the relationship. For example, in online communication, it is difficult to learn about a person's personality, which is important for getting to know a person well. Communicating by text messages, or even audio / video chats, cannot give people the confidence that they know the person very well. Also, people tend to hide their true feelings in online communication. More often than not, they just want to show their best side online and are reluctant to reveal

what they really think. To conclude, online communication can hardly get people to know each other well.

- Yes, I think so. Online communication can provide people with almost the same experience as they have in face-to-face conversation. They can talk to each other through social media and exchange ideas directly online, which can almost substitute for a conventional face-to-face conversation. In addition, online communication has some advantages that a conversation cannot offer. For example, people may be more willing to confess their true feelings online, because there is less embarrassment than in a real conversation.

- 2 People today increasingly rely on social media to keep in touch with each other, which has both positive and negative impacts on their social skills.

On the one hand, the use of social media can help people get used to interacting with others. It is easier to find new friends through social media. People also become more active and expressive in their interaction with friends on social networks. On the other hand, social media can exert a negative influence on people's social skills. For example, it can be difficult for them to make a proper conversation by making eye contact with others in their real life. More worryingly, some people might feel awkward and reluctant to communicate face-to-face because of their overuse of social media. In summary, the proper use of social media can effectively enhance people's social skills, while excessive use may lead to problems.

- 3
- Language barriers will disappear due to the employment of advanced machine translation software.
 - Advancements in 3D imaging and scanning technologies are making our "virtual presence" a real possibility in communication.

- In the distant future, we may be able to communicate by sending our thoughts through a network directly into someone else's brain.

Language focus

Words in use

3

- | | |
|---------------|-------------|
| 1 scenarios | 2 alter |
| 3 furious | 4 sacred |
| 5 velocity | 6 discrete |
| 7 substitute | 8 immersed |
| 9 collaborate | 10 assessed |

Word building

4

- | | |
|--------------|--------------|
| 1 dominance | 2 distracted |
| 3 admittance | 4 retired |
| 5 reliance | 6 assurance |
| 7 clearance | |

Banked cloze

5

- | | | | | |
|------|------|------|------|-------|
| 1) J | 2) N | 3) H | 4) D | 5) L |
| 6) B | 7) I | 8) E | 9) F | 10) A |

Expressions in use

6

- | | |
|-----------------|---------------------|
| 1 plunged into | 2 in the company of |
| 3 picked up | 4 laid out |
| 5 add(ed) up to | 6 make room for |
| 7 dumbed down | 8 wiping out |

Structure analysis and writing

Structured writing

7

People fear that smart technology is damaging our cognitive abilities and making us dumb. However,

people really do not have to worry about that. In fact, smart technology is actually making us smarter.

To start with, smart technology helps us become more knowledgeable. Thanks to the advancement of smart technology, the amount of knowledge we have access to today is unprecedentedly vast. Smart technology, to some extent, helps build a massive, freely accessible knowledge base, from which we can retrieve our collective intellectual output. Whenever we need to know something, we search the Internet for information. We become more knowledgeable when we immerse ourselves in the world of smart technology.

In addition, smart technology helps us learn better. It helps provide diverse ways of learning and creates better learning experiences for different levels of education. For example, according to some studies, children using the Internet are more confident in learning and perform better with the help of images, videos, and animations. College students take advantage of smart devices to share and transfer study materials, which saves their time and efforts. Also, smart technology benefits self-learning by providing numerous online tutorials and instructions. So smart technology helps us learn more effectively, efficiently, and flexibly.

What's more, smart technology helps us be more innovative. With smart devices serving as tools to handle tasks such as memorization, calculation, and storing information, smart technology frees our mind from all those trivial things in life and leaves us more time to think about more complicated and challenging things. Our mental resources can be allocated to tasks that require more creativity and innovation.

Some people worry that smart technology is making us dumb because it has taken over most of our routine tasks. They say that this may affect our intelligence, as with our brain we either “use

it or lose it”. But actually, we still have to make decisions based on the information provided by smart technology. We still have to think about how to improve smart technology to make better use of it. There is no scientific evidence showing that smart technology is harming our cognitive abilities.

To sum up, smart technology is changing our lives and benefiting us in positive ways. Though there may be some negative impacts of using and developing smart technology, making us dumb is not one of them.

Section B

Reading skills

1

Text B uses a description text structure, through which the author lists and describes various aspects of our lives that the digital world has changed.

The following signal words / phrases from the text may help us better grasp the structure of Text B :

“To start with, ...” (Para. 2)

“To go one step further, ...” (Para. 2)

“More importantly, ...” (Para. 2)

“Likewise, ...” (Para. 3)

“...of one kind or another” (Para. 3)

“... also ...” (Para. 4)

“Furthermore, ...” (Para. 4)

“Then how about ...” (Para. 5)

“In addition, ...” (Para. 5)

“... yet another element ...” (Para. 5)

“Aligned with ... is ...” (Para. 6)

“... also ...” (Para. 7)

“When it comes to ...” (Para. 8)

“... is ... akin to ...” (Para. 8)

The following graphic organizer is just for your reference.

Introduction

"It's true that the digital world has changed our lives in almost every way possible." (Para. 1)

Body

"To start with, do you still remember the days when teachers used chalk, dusters, and blackboards?" (Para. 2)

Change at school

"Likewise, how often do you see children playing games on a smartphone, laptop, or mobile game device of one kind or another?" (Para. 3)

Change in children's lives

"Dramatic changes can also be felt at home." (Para. 4)

Change at home

"Then how about our workplace?" (Para. 5)

Change in the workplace

"Aligned with this fashion of convenience is our leisure." (Para. 6)

Change in leisure

"In the everyday practicality, digital technology has also established its credibility in changing our old-fashioned personal life." (Para. 7)

Change in our personal life

"When it comes to social life, there are now so many social platforms cropping up that it's difficult to keep up with them." (Para. 8)

Change in social life

Conclusion

"As we can see, the digital revolution has changed our lives to such an extent that the way we exist as a civilization has almost completely altered with no point in history for comparison." (Para. 9)

Reading comprehension

Understanding the text

2

- 1 C 2 A 3 D 4 C
5 B 6 C 7 D 8 D

Critical thinking

3

- 1 • I prefer reading a printed book. Reasons might include: the feel of the paper, flexibility in taking notes, no need for charging, etc.
- I prefer reading an e-book. Reasons might include: quick search for information by using keywords, instant availability of books, cost-effectiveness, etc.
- 2 I think apart from what has been mentioned in the text, there are many other aspects of our lives which are affected by digital technology, such as health care, transportation, and housing. For example, digital tools, from mobile medical apps to artificial intelligence in medicine, offer real opportunities to improve treatment outcomes and enhance efficiency. They can empower us to make better-informed decisions about our own health and provide new options for disease prevention, early diagnosis of life-threatening diseases, and management of chronic conditions outside of traditional health care settings. Obviously, digital technology has been driving a revolution in health care.
- 3 As people have increasingly embraced and relied on digital tools, it's never been more crucial to prepare ourselves for a rapidly changing digital world. In my opinion, we might prepare ourselves in the following two ways. First, given that the effective use of information and communication technology is essential for successful participation in the digital world, we should improve our ability to

communicate with others or access information by using technology. It is equally important to know how to navigate the digital world safely and responsibly, which is based on our ability to use technology and the Internet in an appropriate manner. To be specific, we should follow the rules of good behavior online, relate well to the people we communicate with over the Internet, and be aware of the potential dangers and avoid them. I believe these will help us engage with the digital world in an effective, ethical, and safe way.

Collocation

4

- 1) established; credibility
- 2) essential part
- 3) sharing viewpoints
- 4) deceptive illusion
- 5) little motivation
- 6) diminished opportunities
- 7) widespread use
- 8) dramatic changes
- 9) completely altered
- 10) hectic life
- 11) resist; lure
- 12) unfolds slowly
- 13) foreseeable future

Section C

Translation

In recent years, with the rapid development of Internet technology, the Internet economy has become a popular topic. Represented by e-commerce, the Internet economy has become a strong driving force for the development of the Chinese economy. Our government proposes the

concept of “Internet Plus”, aiming to push for the integration of the Internet with other industries, such as health care, transportation, education, finance, and public services. This will create more opportunities and broader prospects for the development of the Internet economy.

Unit project

► Objectives

- Help students gain a deeper understanding of the profound influence of technology on people’s lives in China.
- Improve students’ skills in conducting an experiment.
- Develop students’ ability to analyze and summarize information, as well as their public speaking skills.

► Teaching tips

- 1 Divide students into several groups and ask students in each group to work together to plan and complete the project.
- 2 Encourage each group to choose their participants from a perspective different from that of other groups to help them better understand the effects of technology on different groups of people. Emphasize that their choice should be based upon the availability of their participants.
- 3 Encourage each group to design their own questions to gather more interesting information.
- 4 Remind students to ensure that each participant strictly follows the requirements of the experiment once it has begun.
- 5 Remind students to analyze and compare the responses from different participants in a scientific way.
- 6 Ask each group to present their findings to the whole class, and encourage students to make comments on the conclusions of other groups.

PART III

READING PASSAGE TRANSLATION

课文 A

线上互联还是当面交谈？

- 1 一个安静的周六下午，保罗和妻子玛丽亚坐在家阅读自己最喜爱的书籍。正对着他们坐的地方，两个儿子——十五岁的贾森和十二岁的杰克——正全神贯注地下棋。这是一幕什么样的场景？他们一家人称之为“离线日”。从周五夜里到周日傍晚，大家都不玩电子游戏、电脑和手机。
- 2 在我们“一直在线”的生活里，像这样在家庭中常见的一幕似乎不存在了。我们是不是过分沉浸在精彩的数字世界里？也许是的。就算身边有同伴，我们似乎也无法抵挡手机的诱惑。显然，为了保持网上互联，我们牺牲了当面交谈。
- 3 在家里，家人们坐在一起，却在发信息，阅读邮件。在工作中，高管们一边开董事会，一边发信息。约会之时，我们也会发信息。走进大学图书馆或者高科技公司园区，我们看到的都是相同的一幕：人们虽然聚到一起，但每个人都封闭在自己的世界里，在键盘和小小的触摸屏上忙个不停。我们大多数人随身携带的这些小小设备威力巨大，不但改变了我们的行为，也改变了我们自身。
- 4 确实，我们已经适应了一种新的“群体性孤独”。有科技的加持，我们彼此在一起的同时也在神游别处，与任何想去的地方互连。我们习惯了待在单人部落里，忠于我们自己。在网上互联的沉默中，我们与“看不见”的朋友及其他重要人士保持着不近不远、恰到好处的联系，这让我们感到舒适。
- 5 某律师事务所的高级合伙人生动地描述了他办公室里的场景。每天早晨，年轻的同事首先摆好自

己的电子产品多件套：笔记本电脑、平板电脑和多部手机。接着戴上耳机。“就是那种大耳机，跟飞行员一样。他们把办公桌变成了飞机驾驶舱。”他说道。年轻律师们都坐在各自的驾驶舱，办公室一片寂静，静得都没人想去打破。他们已经完全投入自己的虚拟世界里了。

- 6 正如我们所见，在这个数字世界里，时间和空间是没有限制的。随时随地都可以在线联系。渐渐地，我们已经养成了删除的习惯——摒弃丰富多彩的人际关系。例如，从当面交谈转向线上互联就是这种习惯的一部分。实际上，线上的联系常常是迷惑人的假象，我们不过自欺欺人地认为我们并不孤单。更糟的是，时间一久，我们将不会在意甚至是忘记线上联系与当面交谈是有区别的。
- 7 我们禁不住这样想：少量多次的“小酌”般的在线联系加起来相当于一次豪饮似的真正的见面交谈吧。不，不是的。尽管所有的小酌都有其作用——政治上的、商务上的、爱情方面的、友谊方面的，但我想说的是，不管它们多么有用，都不可能代替真正的见面交谈，因为在见面交谈中，人们是在互动中交流看法，分享观点的。
- 8 是的，少量多次小酌般的线上联系也许对收集少量分散的信息管用，或者适用于说一声“我正想着你”，甚至是说一声“我爱你”，但要达到双方理解和相知，这种交流是远远不够的。而真正的见面交谈的过程信息更为充分，我们更能为他人着想，并更会察言观色。我们会犹豫，会停顿，还会沉默不语，通过语气和细微差异把自己展现给对方。
- 9 在数字设备上交流的时候，我们还会不自觉地提高自己的期待。在增加在线联系量和速率的同时，我们开始期望得到增速——更快的回复。我们互相问一些更简单的问题，使交流变得肤浅，甚至在最重要的事情上也是这样。相比之下，面对面的交谈会慢慢展开，于是教会我们耐心。
- 10 此外，我们脱离面对面交谈也意味着学习自我反思技能的机会减少了。如今，社交媒体频频问我们“心里在想什么”，但我们很难有心思去谈一些真正反思自我的东西。想想在有成百上千在线朋友的情况下，做一件事情得有多困难！我们通过

与值得信任的他人谈话来学会与自己对话——对自己坦诚相待。

- 11 我不是一个批评者，但却是当面交谈的坚定支持者。为了给交谈营造空间，我有一些初步策略。在家里，我们做家务活时就可以为交谈创造“神圣”的场所：厨房和餐厅。我们可以在自家的车上禁用电子设备。我们可以充当孩子们的顾问，给他们展示面对面交谈的重要意义。在工作中，我们也可以做同样的事情。过去员工要求有休闲星期五，那么现在管理层也可以“通力合作”引入交谈星期四。
- 12 尽管对需要改变习惯的科技迷来说，让他们“离线一天”可能无法忍受，但专家指出评估数字技术带来的好处和负担是有帮助的。让我们留些时间远离哔哔声和铃声来审视自己和科技的关系。试着改变一下。一开始也许会很艰难，但到几个月后养成习惯了，我们会开始认识到这样做已经使我们受益匪浅了。所以，抬起头，看着对方，开始交谈吧。

课文 B

生活在数字世界

- 1 20世纪90年代中期，迅速来临的科技发展已重塑了社会的方方面面，现代技术对不同领域中的各类人群显示出极大的吸引力。毫不夸张地说，技术已经以不同的方式影响每个人的生活。然而，这种影响常常不为人所察觉，某种程度上这与我们在生活中大张旗鼓地推行数字技术形成有趣的对比。确实，数字世界几乎改变了我们生活的每一个方面。
- 2 首先，你是否还记得老师们用粉笔、板擦和黑板上课的日子？如今，这些几乎绝迹了。黑色已经变为白色，以互动式白板的形式出现。再进一步说，孩子们必须背着装有纸质书的书包上学的日子在将来可能会成为遥远的记忆。随着平板电脑时代的到来，他们开始使用令人印象深刻的电子设备来阅读电子书。更重要的是，学校也装了无线网络或宽带以保证学习和研究可即刻联网。

- 3 同样地，你多久看到孩子们在智能手机、笔记本电脑或各种便携游戏机上玩一次游戏呢？大概比你看到他们在外面与朋友玩的次数更多。天哪，现在的小孩几乎从学说话时就开始对科技得心应手了。他们不需要学习就知晓如何使用科技，能紧跟科技发展最前沿，因为科技就是他们自身的一部分。他们与科技一起成长，他们通晓科技，甚至是没有科技就活不下去。
- 4 在家里也能感受到巨大的变化。现代家庭比以前更忙碌，而忙碌的家庭生活似乎被万事便捷所主导。幸运的是，做饭如今变得容易和快捷多了，因为有成百上千的烹饪应用程序、在线食谱、烹饪教学视频之类的东西提供帮助。的确，现代科技使得所有人都可以做饭，都享受做饭。此外，以前与其他兄弟姐妹争夺客厅唯一电视的节目观看权的日子已经成为过去了。如今，孩子们有自己的笔记本电脑，在上面观看各自选择的电视节目、电影、视频等。
- 5 那工作场所的情况又怎样呢？大概十年前，大家还得成天坐在办公室里。然而现在不是这样了！许多公司，无论是总部还是分支机构，都积极鼓励在家办公。这样的情况越来越常见，因为雇主们认识到没必要全天监督雇员们完成日常工作。此外，科技使得在线视频会议广为使用，因此同事间甚至无须见面开会，这使得商务传统又少了一项。
- 6 我们的休闲生活也与当前的便捷潮流保持一致。过去，外出度假总是通过旅行代理商或专门的服务商预订，为他们的销售技巧、套餐及宣传册所左右。有时，最不吸引人的目的地也能被营销得像五星级豪华度假胜地。如今，人们的鉴别力大为提高，因为有许多在线预订网站以及对全球各处休闲设施的评论。我们在网上搜索最便宜的航班，避免多余的开支。我们还可根据自己的需求预订住宿，甚至在到达以前就了解接下来具体要做的事情！
- 7 从日常应用方面看，数字技术也已被公认可改变我们旧有的个人生活方式。过去，我们常在午休的时候去银行排队，如今在线就可以办理大部分银行业务，大多通过智能手机就可完成。以前我们得走到商店去买当天的报纸，现在我们可以浏

览世界各地的新闻网站并下载新闻应用程序，也就是举手触屏之劳。过去我们常到音像商店挑选最新发行的影音产品，现在只要轻点鼠标就可在线下载电影。过去我们常玩简单但又有趣的主机游戏，现在我们能在网上玩这些游戏，与世界各地的人对战。

- 8 说到社交生活，如今有如此多的社交平台不断涌现，令人很难跟上步伐。然而，令人觉得有点好笑的是，我们的社交生活有些处于被“情感勒索”的状态。即使有些人竭尽所能回避跟社交相关的一切东西，他们也已发现根本不可能避开。如今人们更多地进行在线联系而非当面交谈。社交媒体已经成为生活中极为重要的部分，是跟现有朋友保持联系、跟故人重燃友谊、跟海外的新朋友结识的地方……，因为人们能够做到这些。
- 9 正如我们所见，数字革命使我们的生活发生了如此之大的改变，以至于今天我们人类文明的存在方式几乎彻底变化了，在历史上没有任何时期可以相提并论。我们承认，先进技术可能正在使多姿多彩的人际关系受到破坏，但技术的发展并未展现放缓的迹象。在可预见的将来，数字技术还将继续繁荣发展，为我们生活方式的改变带来很多可能性。你准备好了吗？

PART I

UNDERSTANDING
AND LEARNING

Overview

All people have their own life stories. Those of famous people in history are particularly interesting and are still having considerable influence on young people. These famous historical figures exhibit personality traits that deserve admiration, and can be looked up to as role models. By reading their life stories, young people can be motivated to search for meaning in their own life and to undertake their social responsibilities. This unit aims to help young people fully explore the meaning of life by presenting the life stories of famous historical figures.

The two texts in this unit are biographical narrative essays, a genre of literature about the life of an individual. Each of the texts narrates and interprets the most important facts of one prominent figure in history. Text A focuses on the great voyages of Zheng He and his crucial role in promoting the cultural and economic exchanges between China and the outside world. Text B

portrays actress Audrey Hepburn's noble endeavor and her contributions to the cause of UNICEF.

To prepare for this unit, the teacher can encourage students to do research to find information about Zheng He and Audrey Hepburn in advance. Then in the classroom, the teacher may organize a variety of activities such as pair work, group discussion, and mini-survey to know about the two figures and to explore topics such as the meaning of life, dreams, adventure, bravery, or social responsibility.

Section A

Zheng He, the great
ancient Chinese
explorer

Background information

1 Christopher Columbus

Christopher Columbus (1451-1506) was an Italian explorer and navigator. His four transatlantic voyages opened the way for European exploration and colonization of the Americas.

In 1492, he sailed across the Atlantic Ocean from Spain in the *Santa María*, with two other

ships alongside, hoping to find a new route to the East. During that voyage, he failed to find the route to Asia but instead discovered the New World. On his subsequent voyages (1493-1496, 1498-1500, and 1502-1504), he returned to the New World, founding a new European settlement and exploring parts of Central and South America.

Columbus has a controversial legacy. His voyages are considered a turning point in human history, as they marked the beginning of globalization and the accompanying demographic, commercial, economic, social, and political changes. However, the voyages also triggered centuries of exploitation of the Americas, and had a devastating impact on indigenous people.

2 Confucius

Confucius (551-479 B.C.E.) was a Chinese political figure, philosopher, and educator during the Spring and Autumn Period. His philosophical teachings formed the basis of Confucianism, which emphasized personal and governmental morality, correctness of social relationships, justice, kindness, and sincerity.

A hallmark of Confucius' thought is his emphasis on education and study. He was willing to teach anyone, regardless of their social standing, as long as they were eager and tireless to learn. Though Confucius did not write down the principles of his philosophy, his teachings and conversations were handed down through his students, with most collected in *The Analects of Confucius*.

Confucius' ideas have profoundly influenced the civilization of China and that of other East Asian countries, and are influential and highly respected around the world.

3 Mencius

Mencius (c. 372-289 B.C.E.) was a Chinese

thinker, politician, educator, and Confucian philosopher who is revered as the most important early developer of Confucianism.

Mencius lived during the Warring States Period. He developed the Confucian concept of basic human goodness as his central claim, arguing that people will behave well if they are encouraged to develop virtuous thoughts and habits. According to his philosophy, all human beings share an innate goodness that can be either cultivated through education and self-discipline or squandered through neglect and negative influences. The doings and sayings of Mencius and his disciples were collected in the book *Mencius*.

Mencius' ideas have had a significant impact on the value and belief systems of all Chinese people.

Detailed study of the text

- 1 There, in a village of stone huts set amongst **dense** trees, the journalist met a number of elderly men who told him that they were **descendants** of Chinese sailors, **shipwrecked** on Pate several centuries ago. (Para. 1)

Meaning: Among the thick trees there was a village with huts made of stone.

The journalist met some elderly men there and they told him that they were related to Chinese sailors, who survived on Pate after their ship was destroyed several centuries ago.

- ★ **dense:** *a.* made of or containing a lot of things or people that are very close together
茂密的; 密集的; 稠密的
Steep rocks and dense forests create a beautiful sight, especially from a bird's-eye view. 陡峭的岩石和茂密的森林造就了一道美丽的风景, 尤其是从鸟瞰的视角来看。

★ **descendant:** *n.* [C] sb. who is related to a person who lived a long time ago, or to a family, group of people, etc. that existed in the past 后代; 后裔

It is estimated that Confucius now has more than three million descendants living across the world. 据估算, 孔子目前有超过 300 万后裔生活在世界各地。

★ **shipwreck:**

vt. (**be ~ed**) be in a boat or ship when it is destroyed in an accident 遭遇海难

The movie tells the story of seven young men who try to survive after being shipwrecked on a deserted island. 这部电影描述了七位年轻人在遭遇海难并受困于荒岛后试图生存下来的故事。

n. [C, U] the destruction of a ship in an accident 海难; 船只失事

On her return to America in 1850, she, her husband, and their son died in a shipwreck. 在 1850 年返回美国途中, 她和丈夫以及儿子在一次海难中丧生。

2 He noted many clues that seemed to confirm the islanders' tale, including their **vaguely** Asian appearance, the antique porcelain **heirlooms** in their homes, and the porcelain shards on the beaches. (Para. 1)

Meaning: He noticed many clues that seemed to prove the islanders' story true, including their appearance which was slightly similar to Asian people's, the ancient porcelain items they cherished and passed down from generation to generation in their homes, and the broken pieces of porcelain on the beaches.

★ **vague:** *a.* of uncertain, indefinite, or unclear character or meaning 含糊的; 不明确的; 不清楚的

Thanks to more accurate forecasts, weather report terms that used to be vague have been made clearer, so people can truly understand

them. 多亏了更准确的预测, 过去含糊的天气预报术语变得越来越明确, 这使得人们能真正理解这些术语。

★ **vaguely:** *ad.*

1) slightly 稍微

The man's voice sounded vaguely familiar, but she could not identify it.

这个男人的声音听起来有点熟悉, 但她就是辨别不出来。

2) not clearly or exactly 含糊地; 不明确地; 不清楚地

He will speak as little, or as vaguely as possible when asked for a definite opinion or feedback. 当被问及明确看法或反馈意见时, 他会尽量少说, 或尽量含糊其词。

★ **heirloom:** *n.* [C] a valuable object that has been owned by a family for many years and that is passed from the older members to the younger members 传家宝; 祖传之宝

My family recipe book is so precious to me, and I consider it a family heirloom. 我的家庭食谱对我来说非常珍贵, 我把它看作是传家宝。

3 Evidently, this remote African village retains an echo of one of history's most astonishing episodes of **maritime** exploration. (Para. 1)

Meaning: Apparently, in this remote African village, there are still traces of one of the most astonishing events of sea exploration in history.

★ **maritime:** *a.* (*only before noun*) relating to the sea or ships 海上的; 海事的; 与船舶有关的

Recently issued data indicated that China's maritime economy has become a new engine for growth. 最近发布的数据表明, 中国的海洋经济已经成为新的增长引擎。

4 About six centuries ago, a **mighty fleet** of Chinese ships ventured west to the Indian Ocean, reaching Ceylon, Arabia, and East Africa. (Para. 2)

Meaning: About six centuries ago, a powerful group of Chinese ships risked going west to the Indian Ocean, and finally made it to Ceylon, Arabia, and East Africa.

★ **mighty:** *a. (literary)* very strong and powerful, or very big and impressive 强有力的; 强大的; 巨大的; 雄伟的

The Hukou Waterfall is a prime destination for tourists as they can enjoy the magnificent landscape and the mighty force of the Yellow River. 壶口瀑布是游客的首选目的地之一, 因为在那儿他们能欣赏黄河的壮观景色和磅礴气势。

★ **fleet:** *n.* [C] a group of ships, or all the ships in a navy 舰队; 舰队

The navy sent a fleet of warships to join the international campaign against terrorism. 海军派出了一支军舰舰队去参加国际反恐行动。

- 5 The fleet included giant nine-masted junks **escorted** by dozens of supply ships, water tankers, transports for cavalry horses, and **patrol** boats. (Para. 2)

Meaning: The fleet included huge nine-masted Chinese sailing boats which were accompanied by dozens of supply ships, water transport ships, ships carrying war horses, and boats used for patrolling.

★ **escort:** *vt.*

- 1) go somewhere with a person, vehicle, ship, etc. in order to protect them or to prevent them from escaping 护送; 护卫; 押送

The police officer offered to escort the lost child back to his parents. 该警官提出要护送这名走失的孩子回到他父母身边。

- 2) go somewhere with sb. in order to be certain that they arrive at the right place 护送 (某人至某处)

Mary was escorting Jim to the front door when Jim told her the news. 吉姆告诉玛丽那个消息的时候, 她正送他去前门。

★ **patrol:**

- n.* [C] a group of police, soldiers, vehicles, planes, etc. sent out to search a particular area 巡警队; 巡逻车队; 巡逻机队

The patrol ships are aimed at strengthening law-enforcement cooperation between the two countries. 这些巡逻舰旨在加强两国之间的执法合作。

- v.* go around the different parts of an area or building at regular times to check that there is no trouble or danger 巡逻; 巡查
She walks at least 20 km every day to patrol the borderline at an average height of over 4,000 m above sea level. 她每天至少要走 20 公里, 在平均海拔 4,000 多米的边界线上巡逻。

- 6 Seven times, from 1405 to 1433, the Chinese fleet **set off** for the unknown. (Para. 3)

Meaning: Seven times, from 1405 to 1433, the Chinese fleet went on a voyage to explore the unknown world.

★ **set off:** start to go somewhere 出发; 启程; 动身

The two tourist trains will set off on Monday, bringing some 400 passengers aboard to tour cities in China. 这两列旅游列车将于周一出发, 搭载约 400 名乘客前往中国的城市旅游。

- 7 These great expeditions **took place** about half a century before the first Europeans, rounding the tip of Africa in **frail** Portuguese caravels, “discovered” the Indian Ocean. (Para. 3)

Meaning: These great expeditions happened about half a century before the first Europeans went around the tip of Africa and “discovered” the Indian Ocean in their weak Portuguese light sailing ships.

★ **take place:** happen, esp. after being planned or arranged (尤指经过计划或安排后) 发生, 进行

This is a painting that depicts an event that actually took place. 这幅画描绘的是一个真实发生的事件。

★ **frail:** *a.*

- 1) weak; easily damaged or broken 弱的; 易损的; 易碎的

An increase in tourists will help strengthen the country's frail economy as tourism has become the No. 1 foreign exchange earner. 游客的增加有助于改善该国脆弱的经济, 因为旅游业已经成为该国外汇收入最高的行业。

- 2) (esp. of an old person) physically weak and thin (尤指老人) 瘦弱的

My grandmother remained strong in spirit but lately was physically frail and required help just to stand up. 我祖母精神上依然坚强, 但是最近身体上比较虚弱, 需要帮忙才能站起来。

- 8 He often asked his father and grandfather, who had been to distant places, questions about their journey, along with the people and places they encountered. (Para. 4)

Meaning: His father and grandfather had been to distant places. He often asked them questions about their journey, and about the people they had met and the places they had been to.

- 9 Later when he served in the **royal** court, he received military training and became a trusted assistant and adviser to the emperor. (Para. 4)

★ **royal:** *a.* (only before noun)

- 1) relating to or belonging to a king or queen 国王的; 女王的; 王室的; 皇家的
The Palace Museum, China's former royal palace from 1420 to 1911 and also known as the Forbidden City, received many visitors this summer. 故宫博物院, 即 1420 年到 1911 年间的中国皇宫, 也称紫禁城, 在今年夏季接待了很多游客。

- 2) used in the names of organizations that serve or are supported by a king or queen 皇家的 (用于为国王、女王服务, 或受其支持的组织名称)

The Royal College of Music is committed to training gifted musicians from all over the world for international careers. 皇家音乐学院致力于培训来自世界各地的有才华的音乐家, 助力他们开启国际职业生涯。

- 10 He was also **in charge of** palace construction and repairs, learned more about weapons, and became more knowledgeable in ship construction. (Para. 4)

★ **in charge (of sth.):** in control or with overall responsibility 掌管; 负全责
The associate dean will be in charge of research and growth of the academic disciplines. 副院长将会负责学术学科的研究和发展。

- 11 Both the treasure ships and the support vessels – battleships and boats carrying grain and horses – featured divided hulls with several **watertight** compartments. (Para. 5)

Meaning: Both the treasure ships and the support vessels – battleships and boats carrying grain and horses – had their main body divided into sections, some of which were designed to prevent water getting in.

★ **watertight:** *a.* that does not allow water to get in or out 不透水的; 防水的; 水密的
To keep the tunnel watertight under the challenging conditions, the team applied an innovative structure. 为了在恶劣的条件下保证隧道的水密性, 团队采用了一种创新结构。

- 12 This engineering innovation had roots in early Chinese **seafaring**. It allowed mariners to take **unprecedented** amounts of drinking water on long voyages, while also adding much-needed ballast, balance, and stability. (Para. 5)

Meaning: This engineering innovation came from early Chinese sailing. On long voyages, it allowed sailors to take more drinking water than ever before. The weight of the drinking water also helped keep the ships more steady, balanced, and stable.

★ **seafaring:**

n. [U] work or travel on ships and the sea
海上劳作; 航海

Technological developments in seafaring and shipbuilding promoted the exploration of further and unknown shores. 航海和造船方面的技术发展推动了对更远未知海岸的探索。

a. (only before noun) working or traveling on ships and the sea 海上劳作的; 航海的
After a short honeymoon, he left her to go on a seafaring expedition, promising to return soon. 短暂的蜜月之后, 他就离开了她去航海探险, 承诺不久就会回来。

★ **unprecedented:** a. never having happened before, or never having happened so much
空前的; 前所未有的

Participants at the meeting appreciated China's unprecedented achievements in economic development. 与会者对中国在经济发展方面取得前所未有的成就表示赞赏。

13 In 1405, the emperor **appointed** Zheng He to head a massive fleet of more than 200 junks with a royal order to establish ties with rulers all around the Indian Ocean. (Para. 6)

Meaning: In 1405, the emperor chose Zheng He as the commander of a large fleet of more than 200 junks, and ordered him to establish relationships with rulers all around the Indian Ocean.

★ **appoint:** vt.

1) choose sb. to do a particular job or have a particular position 任命; 委派; 指派
He was hospitalized last week, the

next day after he was appointed to the Ministry of Finance. 他上周住院了, 就在被委派到财政部任职后的第二天。

2) (fml.) choose a time or place for sth. to happen 确定, 指定, 约定 (时间或地点)
The school bell rang, and kids flooded out of the doors, surging to their appointed waiting zones on the sidewalk. 学校铃声响了, 孩子们冲出门来, 涌向人行道上的指定等候区域。

14 The junks, **loaded with** Chinese silk, porcelain, and lacquerware, visited ports around the Indian Ocean, where Zheng He exchanged the goods for spices, ivory, medicines, rare wood, pearls, and **exotic** animals, sought by the Ming court. (Para. 6)

Meaning: The ships, which carried large quantities of Chinese silk, porcelain, and lacquerware, visited ports around the Indian Ocean. There, Zheng He exchanged the goods for spices, ivory, medicines, rare wood, pearls, and animals that were not native to China, which were popular with the Ming court.

★ **loaded with sth.:** carrying a load of sth.; heavy with sth. 装载...的; 满载...而沉重的
The plane is loaded with relief supplies and will bring some tourists home on its return trip. 这架飞机满载救援物资, 在返程时会把一些游客带回家。

★ **exotic:** a. originating in or characteristic of a distant foreign country 外(国)来的; (从外国)引进的; 具有异国情调的

One of the main motivations for tourists traveling to remote destinations is the desire to see exotic cultures. 游客前往偏远目的地旅游的主要动机之一是渴望了解异域文化。

15 During his career as a **naval** commander, Zheng He negotiated trade **pacts**, fought **pirates**, and brought back gifts to China. (Para. 7)

★ **naval:** *a.*

- 1) of or relating to ships or sailing 船舶的；航海的

The two universities reached a cooperation agreement to jointly develop the discipline of naval architecture and ocean engineering. 这两所大学达成了合作协议，共同发展船舶与海洋工程学科。

- 2) (*only before noun*) relating to the navy or used by the navy 海军（使用）的

During his naval career, he inspired many young people who saw him as their hero. 在他的海军生涯里，他鼓舞了很多把他当作英雄的年轻人。

★ **pact:** *n.* [C] a formal agreement between two groups, countries, or people, esp. to help each other or to stop fighting 条约；协定；协议

The two countries signed a series of pacts to increase cooperation in such areas as legal assistance and cultural exchanges. 两国签署了一系列协议，以加强法律援助和文化交流等领域的合作。

★ **pirate:** *n.* [C] sb. who sails on the seas, attacking other boats and stealing things from them 海盗

What many people don't realize is that pirates are very real and continue to cause problems today for international businesses.

许多人没有意识到的是，海盗是真实存在的，而且至今仍给国际公司制造麻烦。

- 16 The rulers he encountered there were impressed by his **diplomatic** skills and the elaborate gifts he brought them. (Para. 7)

Meaning: The rulers he met there were impressed by his skills in managing the relations between countries and the fancy gifts he brought them.

★ **diplomatic:** *a.* connected with managing relations between countries 外交的；从事外交的

Since the establishment of diplomatic ties

30 years ago, the relations between the two countries have seen remarkable progress. 建交 30 年以来，两国关系取得了显著进展。

- 17 They agreed to send **ambassadors** to the Ming court. (Para. 7)

★ **ambassador:** *n.* [C]

- 1) an important official who represents his or her government in a foreign country 大使

He was appointed ambassador after his predecessor concluded his term earlier this year. 今年早些时候，他的前任结束任期，然后他被任命为大使。

- 2) sb. who is considered to represent an activity, organization, company, etc. (活动、机构、公司等) 代表

The famous actor accepted the invitation to act as an ambassador to the international film festival. 这位著名演员接受了担任这一国际电影节大使的邀请。

- 18 Zheng He had helped spread the culture and influence of China over a vast **realm**. (Para. 9)

Meaning: Zheng He had helped spread the culture and influence of China over a large area.

★ **realm:** *n.* [C]

- 1) (*literary*) a country ruled by a king or queen 王国

The realm experienced rapid population growth during the latter half of the 20th century. 这个王国在 20 世纪后半叶经历了快速的人口增长。

- 2) (*written*) a general area of knowledge, activity, or thought (知识、活动、思想的) 领域，范围

Over the past three decades, he has dug further in the realm of Chinese ink and wash painting and produced many landscape paintings. 在过去 30 年，他在水墨画领域进一步探索，创作了很多山水画。

- 19 But the war in the north then drew military investment away from the **maintenance** of the fleet and the royal court turned its focus to the construction and **expansion** of the Great Wall. (Para. 9)

Meaning: But the war in the north took the money for military purposes away from the expenses of keeping the fleet in good repair, and the royal court shifted its focus to building and expanding the Great Wall.

★ **maintenance:** *n.* [U]

- 1) the repairs, painting, etc. that are necessary to keep sth. in good condition
维护; 养护; 保养

The maintenance techniques play a very important role in reducing any risk of unplanned downtime. 养护维修技术在降低意外停机风险方面发挥着重要作用。

- 2) the act of making a state or situation continue
保持; 维持

These moves will be of practical significance to the maintenance of peace and stability in that area. 这些举措对于维护该地区的和平和稳定具有实际意义。

★ **expansion:** *n.* [C, U] an act of increasing or making sth. increase in size, amount, or importance
扩张; 扩展; 扩大; 膨胀
The company said it will use the new funds to boost production and market expansion of its products. 该公司表示, 它将使用新资金来促进其产品的生产和市场扩张。

- 20 Inevitably, the navy shrank and all the larger classes of ships were destroyed. This contributed to the end of the **epic** time of the Ming Dynasty sea voyages. (Para. 9)

Meaning: Unavoidably, the navy decreased in size and the larger-sized ships were all destroyed. This is one of the factors that end the great time of the Ming Dynasty sea voyages.

★ **epic:**

- a. heroic and impressive in quality
英勇的; 给人深刻印象的

The epic film The Battle at Lake Changjin recruited more than 12,000 actors and crew workers, making it one of the most expensive Chinese films in recent years. 令人印象深刻的电影《长津湖》征募了超过 12,000 名演职人员, 使之成为近年来耗资最大的中国电影之一。

- n. [C] a book, poem, or film that tells a long story about brave actions and exciting events
长篇叙事性小说 (或诗歌、电影); 史诗般的作品

The epic, passed down orally since ancient times, has now been translated into 16 different languages. 这部自古以口头形式流传下来的史诗作品现已被翻译成 16 种不同的语言。

- 21 His seven expeditions challenged what humans could do at sea, pushing the limits of their boats' size, **complexity**, and capacity for long-distance travel. (Para. 10)

Meaning: His seven expeditions tested the human skills and competence to survive at sea, bringing huge improvements in the technology of shipbuilding, in terms of the boats' size, complexity, and capacity for long-distance travel.

★ **complexity:** *n.* [U] the state of being complicated
复杂性; 错综复杂

Data security has turned into a new issue given the complexity of the digital economy. 鉴于数字经济的复杂性, 数据安全已经成为了一个新问题。

- 22 Today, whether people view Zheng He as an **emblem** of Chinese diplomacy or as a **symbol** of the country's spirit of adventure and bravery, one thing is for certain: Zheng He remains one of the greatest explorers in world history, and the voyages he led stand among

the great wonders in the history of ocean **navigation**, contributing significantly to the progress of human civilization. (Para. 11)

★ **emblem**: *n.* [C]

- 1) sth. that represents a perfect example or a principle 象征; 标志

The Silk Road is an emblem of friendship, communication, and collaboration between China and other countries. 丝绸之路是中国和其他国家之间友谊、交流和合作的象征。

- 2) a design or picture that represents a country or an organization (代表国家或组织的) 徽章, 标记, 图案

The club has recently announced a competition for the design of its emblem. 这个俱乐部最近宣布了其徽章设计大赛。

★ **symbol**: *n.* [C]

- 1) a person, an object, an event, etc. that represents a more general quality or situation 象征

Chinese tea has become one of the most important symbols and carriers of Chinese culture. 中国茶已经成为中华文化最重要的象征和载体之一。

- 2) a sign, number, letter, etc. that has a fixed meaning, esp. in science, mathematics, and music 符号; 代号; 记号

Some math symbols are Greek and Latin letters, dating back to ancient times. 有些数学符号是希腊和拉丁字母, 其历史可以追溯到古代。

★ **navigation**: *n.* [U]

- 1) when sb. sails a ship along a river or other area of water (水上的) 航行

Navigation is difficult on this river because of hidden rocks. 由于有暗礁, 在这条河上航行很困难。

- 2) the science or job of planning which way you need to go when you are traveling from one place to another 航行学; 航海术; 航空术; 领航(术)

China possesses one of the world's major navigation satellite systems – the BeiDou Navigation Satellite System. 中国拥有世界主要的卫星导航系统之一——北斗卫星导航系统。

Structure analysis and writing

Developing a biographical narrative essay

This unit brings students' attention to developing a biographical narrative essay. There are several ways to organize details in this type of essay. However, the most common way is to use chronological order by arranging the details in the order of occurrence.

Although ordering details chronologically is not hard, students may find it difficult to make the essay unified because they may include unnecessary or irrelevant details in their essay. To achieve unity, an essay needs a very clear thesis statement, the attitude toward the topic of the essay. For example, if an essay is to describe a significant moment in one's life, it should first sum up the significance of this moment in the thesis statement. Then it should arrange the details logically and include only details that relate to the thesis.

Another challenge in writing a biographical narrative essay is coherence. This type of essay tells a story or describes a sequence of events. It is important to show the time relationship between details as this helps to achieve coherence. Using signal words of time and sequence will strengthen the coherence.

The following paragraph provides an example of a biographical narrative essay.

Li Bai was one of the greatest poets in Chinese history, who led a wandering lifestyle in pursuit of opportunities to be an official. He was born in 701. At the age of 24, he left home to wander

and did not settle down until he married and lived with his wife's family in Anlu. He showed some of his poems to various officials in the vain hope of being appreciated and becoming employed as an official. Soon, Li Bai continued to travel and wrote about his experiences and encounters with different people and places. In 742, he arrived in Chang'an, the capital city of the Tang Dynasty, hoping to be given a post at court, but ended up joining a group of distinguished court poets. This did not square with his political ambitions. In the autumn of 744, he began his wanderings again ...

Structure analysis of the whole text

Text A is a biographical narrative essay about Zheng He, one of the most famous naval explorers of all time. The text presents facts about Zheng He's life, including his childhood, his service in the royal court, and his seven expeditions to the Indian Ocean. His spirit of adventure and great achievements are depicted in the text to show his contributions to ocean navigation and human civilization. The text is well-knit and can be divided into three parts.

Part One (Para. 1) is the introduction. It serves as an attention getter, which aims to draw the reader's attention to the topic that the text will explore next. Para. 1 describes a surprising encounter on a tiny African island to introduce one of the most astonishing episodes of maritime exploration in history – Zheng He's seven voyages to the Indian Ocean.

Part Two (Paras. 2-9) is the body of the text. This part narrates the great expeditions led by Zheng He and can be further divided into three sections.

The first section (Paras. 2-3) introduces the mighty fleet of Chinese ships led by Zheng He and gives an overview of his seven great explorations to the

Indian Ocean.

The second section (Paras. 4-8) tells the life story of Zheng He in chronologic order. Para. 4 is about his early experiences. He was curious, learned, and knowledgeable in ship construction. Para. 5 focuses on the construction of the Treasure Fleet, which featured an engineering innovation. Para. 6 is mainly about Zheng He's first expedition with a royal order to establish ties with rulers all around the Indian Ocean. Para. 7 focuses on Zheng He's major achievements during his expeditions. Para. 8 depicts his final trip and his death.

The third section (Para. 9) explains why the epic time of the Ming Dynasty sea voyages ended.

Part Three (Paras. 10-11) is the conclusion.

The merits and achievements of Zheng He are summarized, and the influence of his great expeditions on the progress of human civilization is highly appreciated.

Introduction

A remote African village retains an echo of one of the most astonishing episodes of maritime exploration in history. (Para. 1)

Body

The great expeditions led by Zheng He

The seven expeditions were all led by Zheng He, whose mighty fleet was giant and advanced, and discovered the Indian Ocean earlier than the Europeans. (Paras. 2-3)

Zheng He's life story

Zheng He's early life experiences: He was curious, learned, and knowledgeable in ship construction. (Para. 4)

In 1403, the emperor commanded the construction of the Treasure Fleet, which featured an engineering innovation. (Para. 5)

In 1405, Zheng He started his first voyage with a royal order to establish ties with rulers all around the Indian Ocean. (Para. 6)

During his career as a naval commander, Zheng He made great achievements in his expeditions. (Para. 7)

In 1431, Zheng He set out for the seventh trip around the Indian Ocean and died of disease toward the end of his this voyage in 1433. (Para. 8)

(Paras. 4-8)

Zheng He had helped spread the culture and influence of China over a vast realm. But the war in the north contributed to the end of the epic time of the Ming Dynasty sea voyages. (Para. 9)

(Paras. 2-9)

Conclusion

Zheng He remains one of the greatest explorers in world history and his seven expeditions significantly influence the progress of human civilization. (Paras. 10-11)

Section B

Reading skills

Distinguishing between facts and opinions

Reading material is often a mixture of facts and opinions. It is important to tell facts from opinions because it helps to understand better what the author intends to convey. To master the skill of distinguishing between the two, students need to know what are facts and what are opinions first.

Facts are things known for certain to have happened, to be true, or to exist. Facts are usually not debatable. Look at the following example from Text A:

The fleet included giant nine-masted junks escorted by dozens of supply ships, water tankers, transports for cavalry horses, and patrol boats. (Para. 2)

This sentence tells us about the past state of affairs: It is certainly a fact.

Opinions, on the other hand, are things believed to have happened, to be true, or to exist. Unlike facts, opinions are debatable. In addition, opinion statements usually have signposts for expressing an opinion, such as: 1) words, mostly adjectives or adverbs that state an opinion by evaluating or making a judgment, e.g. *good, bad, reasonable, unfair*; 2) expressions that show that an opinion will follow, e.g. *I believe, I think, in my opinion, I feel, I suggest*; and 3) words and phrases that indicate the degree of certainty in a statement, e.g. *probably, perhaps, usually, often, sometimes, on occasion*.

Look at the following example from Text A.

Today, whether people view Zheng He as an emblem of Chinese diplomacy or as a symbol of the country's spirit of adventure and bravery, one thing is for certain: Zheng He remains one

of the greatest explorers in world history, and the voyages he led stand among the great wonders in the history of ocean navigation, contributing significantly to the progress of human civilization. (Para. 11)

This sentence contains signposts such as the phrasal verb *view ... as ...*, the adjective *greatest*, and the adverb *significantly*, introducing a judgment about Zheng He. Thus it is an example of opinion.

Note that writers often mix their opinions with facts, so students need to think about whether the main point of the statement is essentially a fact or an opinion. The following example is from Text A:

Zheng He spent years at sea sailing between China and the east coast of Africa, setting up diplomatic relationships that would reshape Asian life. His seven expeditions challenged what humans could do at sea, pushing the limits of their boats' size, complexity, and capacity for long-distance travel. (Para. 10)

What the author presents in the above sentences is actually a mixture of facts and opinions. Even though “that would reshape Asian life” and “challenged what humans could do at sea” state the author’s opinion, the main point the author wants to express is based on many facts, such as “Zheng He spent years at sea sailing”, “setting up diplomatic relationships”, and “pushing the limits of their boats’ size, complexity, and capacity ...”. To sum up, the example combines both facts and opinions, but is essentially a statement of fact regarding Zheng He’s achievements.

Audrey Hepburn – a true angel in this world

Background information

1 Audrey Hepburn

Audrey Hepburn (1929-1993) was a famous motion-picture actress and humanitarian.

Despite being born in Belgium, Hepburn had British citizenship through her father and attended school in England as a child. During World War II, Hepburn endured hardships in the Nazi-occupied Netherlands, but still managed to attend school and take ballet lessons. After the war ended, she continued to study ballet in Amsterdam and London, and studied acting during her early 20s. After appearing in several British films and starring in the 1951 Broadway play *Gigi*, Hepburn gained instant Hollywood stardom by winning the Academy Award for best actress for her leading role in *Roman Holiday*.

Hepburn's war-time experiences inspired her passion for humanitarian work. She devoted most of her later life to UNICEF, visiting famine-stricken villages in Latin America, Africa, and Asia, until shortly before her death from cancer in 1993.

2 UNICEF

UNICEF (United Nations Children's Fund), originally known as the United Nations International Children's Emergency Fund, is an organization that helps children in the world who are suffering from disease, hunger, etc. It was created by the United Nations General Assembly on December 11, 1946, to provide emergency food and health care to children in countries that had been devastated by World

War II. UNICEF became a permanent part of the United Nations system in 1953, when its name was shortened to the United Nations Children's Fund. However, it still bears the popular acronym based on its original name.

Headquartered in New York City, UNICEF is now a world leading organization working to protect and improve the lives of children in over 190 countries and territories. UNICEF's programs emphasize developing community-level services to promote the health and well-being of children.

3 UNICEF Goodwill Ambassador

The role of Goodwill Ambassador allows celebrities with a demonstrated interest in UNICEF issues to use their talent and fame to draw attention to important issues. They may give public talks, visit troubled regions, or use their social influence to advocate UNICEF causes, all of which have the power to draw attention from the media and to create public awareness. Danny Kaye pioneered the role of Ambassador-at-Large in 1954; it was taken on by Audrey Hepburn and others, building up into the current distinguished roster of international, regional, and national goodwill ambassadors.

4 Gregory Peck

Gregory Peck (1916-2003) was one of the world's most popular film stars from the 1940s to the 1960s. He is best known for his performance in the 1962 film *To Kill a Mockingbird*, which earned him the Academy Award for best actor. In 1968 Peck received the Jean Hersholt Humanitarian Award. Always politically progressive, Peck was active in causes such as anti-war protests, workers' rights, and civil rights.

5 Billy Wilder

Billy Wilder (1906-2002) was an Austrian-born American director, screenwriter, and producer. His career spanned more than 50 years. He

is regarded as one of the most brilliant and versatile filmmakers of Hollywood's golden age. During his career, Wilder gained more than 20 Academy Award nominations and won 6. He received the Life Achievement Award from the American Film Institute in 1986.

Detailed study of the text

- 1 Audrey Hepburn thrilled audiences with starring roles in **noteworthy** films ... (Para. 1)

Meaning: Audrey Hepburn played leading roles in many extraordinary films, and such roles gave great pleasure to people who watched the films.

★ **noteworthy:** *a.* important or interesting enough to deserve your attention 值得注意的; 显著的

These scientists have stepped out of their fields and contributed something noteworthy to the popular literature. 这些科学家们已经走出了自己的研究领域, 为通俗文学作出了显著贡献。

- 2 Despite her success in the film **domain**, the roles she most preferred **portraying** were not in movies. (Para. 2)

Meaning: Although Audrey Hepburn was a successful actress, the roles she most preferred playing were not in movies.

★ **domain:** *n.* [C] (*fml.*) an area of activity, interest, or knowledge, esp. one that a particular person, organization, etc. deals with (活动、兴趣或知识的) 领域, 范围, 范畴
They follow the latest developments within the domain of English studies. 他们关注英语研究领域的最新进展。

★ **portray:** *vt.*

- 1) act the part of a character in a play, film, or television program 扮演 (角色)

It was said that Portman studied dance to portray her character better. 听说波特曼学习舞蹈是为了更好地扮演她的角色。

- 2) (~ **sb. / sth. as sth.**) describe or show sb. or sth. in a particular way, according to your opinion of them 把某人 / 某物描写 (或表现) 成某种样子

They say he is innocent, and not the man he has been portrayed as in the media. 他们说他是无辜的, 并不是媒体所描述的那样。

- 3 She was an **exemplary** mother to her two sons and a UNICEF (the United Nations International Children's Emergency Fund) Goodwill Ambassador serving victims in war-torn countries. (Para. 2)

Meaning: She was an excellent mother to her two sons and also a UNICEF Goodwill Ambassador providing services to people whose countries were suffering from the destruction of war.

★ **exemplary:** *a.* excellent and providing a good example for people to follow 模范的; 可作楷模的

Mary had proven to be an exemplary educator to her students and a trusted and cherished friend to her colleagues. 玛丽对学生而言是一位模范教师, 对同事而言是一位值得信任和珍视的朋友。

- 4 ... Audrey Hepburn was aware of the **brutality**, death, and destruction of war. (Para. 3)

Meaning: ... Audrey Hepburn knew clearly that war is cruel, deadly, and destructive.

★ **brutality:** *n.* [C, U] cruel and violent behavior, or an event involving cruel and violent treatment 残暴行为; 残暴事件
The ruler's brutality forced unarmed citizens to defend themselves. 统治者的残暴行径迫使手无寸铁的市民进行自卫。

- 5 She was **malnourished**, as her family was bankrupted as a result of the **invasion**. (Para. 3)

Meaning: Because of the Nazi invasion, her family became so poor that she did not have enough food to eat and became physically weak as a result.

★ **malnourished:** *a.* weak or ill because sb. does not eat enough or does not eat enough of the right foods 营养不良的
He is particularly interested in raising money to help malnourished children around the world. 他尤其热衷于筹集资金去帮助世界各地营养不良的儿童。

★ **invasion:** *n.* [C, U] when the army of one country enters another country by force, in order to take control of it 侵犯; 入侵; 侵略
News of the enemy invasion spread panic among the citizens. 敌人入侵的消息在市民中引起了一片恐慌。

- 6 One day, Audrey was grabbed off the street by the Nazis and placed in line to be sent to a work camp. (Para. 3)

Meaning: One day, the Nazis arrested Audrey on the street, and placed her together with other people to be sent to a work camp.

- 7 When the guards glanced away she **darted** off, barely escaping, and **huddled** in a cold, **foul** basement full of rats. (Para. 3)

Meaning: When the guards took their eyes off her, she quickly ran away and had a narrow escape. Then she hid in a cold dirty basement full of rats.

★ **dart:** *vi.* (always + *ad.* / *prep.*) move suddenly and quickly in a particular direction 猛冲; 飞跑
A deer suddenly darted out into the street from inside the forest. 一只鹿突然从森林里冲出来, 跑到街上来了。

★ **huddle:** *vi.* (always + *ad.* / *prep.*) lie or sit with your arms and legs close to your body because you are cold or frightened (因寒冷或恐惧而) 蜷缩着身体

The cat came inside from the rain and huddled behind the heater. 猫从雨中进到屋里, 蜷缩在暖炉后面。

★ **foul:** *a.* very dirty, or smelling or tasting unpleasant 肮脏的; 难闻的; 难吃的
Even perfume cannot mask the foul smell of the room. 即使是香水也无法掩盖这个房间难闻的味道。

- 8 The little girl who would become one of the world's most magical actresses began as an **anonymous refugee confronting** life's horrors and **fragility** firsthand. (Para. 4)

Meaning: Though later one of the most attractive actresses in the world, in the very beginning, she was just an unknown person forced to face the terrible reality and an unstable life.

★ **anonymous:** *a.* unknown by name 无名的; 不署名的
We are grateful for the generous gifts of three anonymous donors. 我们感谢三位匿名捐赠者慷慨的礼物。

★ **refugee:** *n.* [C] a person who has been forced to leave their country or home, because there is a war or for political, religious, or social reasons 避难者; 逃亡者; 难民
International law requires that assistance to refugees be carried out in a strictly humanitarian manner. 国际法要求对难民的救助必须以严格的人道主义方式进行。

★ **confront:** *vt.*

1) deal with sth. very difficult or unpleasant in a brave and determined way 勇敢地面对; 正视
The longer you neglect a potential problem and refuse to confront your fear, the more devastating the situation can

become. 你越是忽视潜在问题并拒绝直面恐惧, 局面就可能变得越糟。

- 2) (of problems or a difficult situation) appear and need to be dealt with by sb. (问题或困境) 使...无法回避; 降临于
While we must pay attention to technological developments, the real problem confronting us is the market development. 我们必须关注技术发展, 但我们面临的真正难题是市场开发问题。

★ **fragility**: *n.* [U] the state of being easily damaged, broken, or harmed 脆弱; 不稳定
The doctor said that the girl still suffers sleepless nights and emotional fragility and is easily startled. 医生说这个女孩仍然失眠, 情绪不稳定, 且很容易受到惊吓。

- 9 She refused to allow her spirit to be **afflicted** by the desperate reality of her childhood. (Para. 4)

Meaning: Hopeless as her childhood was, she did not allow this to damage her spirit.

★ **afflict**: *vt. (fml.)* affect sb. or sth. in an unpleasant way, and make them suffer 使受痛苦; 折磨
Afflicted by an unexplained illness, he missed school for the next two weeks. 由于遭受不明疾病的折磨, 他接下来两周都没上课。

- 10 Instead, she **transcended** those challenges but never forgot what it felt like to suffer, to be hungry, alone, and helpless. (Para. 4)

Meaning: Instead, she overcame those difficulties but always remembered the feeling of pain, hunger, loneliness, and helplessness.

★ **transcend**: *vt. (fml.)* go beyond the usual limits of sth. 超越; 超过; 超出
We need to innovate to transcend our past and shape the future. 我们需要创新以超越过往, 塑造未来。

- 11 Her dream of becoming a prime dancer drove her into a **rigorous** schedule at a famous ballet school. (Para. 5)

Meaning: To realize her dream of becoming a leading dancer, she went to a famous ballet school where the training was intense.

★ **rigorous**: *a.*

- 1) very severe or strict 严酷的; 严厉的
A medical student needs to take years of rigorous training to become a qualified doctor. 医学生需要经过多年严格的培训才能成为一名合格的医生。
2) careful, thorough, and exact 严格的; 缜密的; 精确的
The journalists had to gather rigorous evidence to confirm the authenticity of the document before publishing it. 在该文件发布前, 记者们必须收集确凿的证据来确认其真实性。

- 12 Later, she was spotted by a producer and eventually landed a role in the film *Roman Holiday* starring Gregory Peck, one of Hollywood's top leading men. (Para. 5)

Meaning: Later, a film producer noticed her, and she finally got a chance to play a role in the film *Roman Holiday* together with the great Hollywood actor, Gregory Peck.

Note

Students have learned the word *land* before, but now it might be worthwhile to review the word used as a verb:

vt. (infml.) succeed in getting a job, contract, etc. that was difficult to get 谋得 (难得的工作、合约等)

In his final year of college, he successfully landed a job on Wall Street. 在大学最后一年, 他成功在华尔街找到一份工作。

- 13 Soon, Audrey was transformed from a malnourished girl into an internationally famous movie star. (Para. 6)

Meaning: Soon, Audrey grew from a girl who was physically weak because of not having enough food to eat to a world-known actress.

- 14 ... Audrey felt that her most significant work was **humanitarian** work for those in need, and as the mother to her two sons. (Para. 6)

Meaning: ... Audrey thought her most important work was to help people in need and to be the mother of her two sons.

★ **humanitarian:** *a. (only before noun)* concerned with improving bad living conditions and preventing unfair treatment of people 博爱的; 人道主义的
The hospital knew they couldn't charge the patients any money, but provided their services for humanitarian reasons. 这家医院知道他们无法向这些病人收取任何费用, 但是出于人道主义原因, 还是提供了医疗服务。

- 15 She suffered through two **divorces** and from her memories of the war. (Para. 6)

Meaning: She experienced two divorces and struggled with terrible memories of the war.

★ **divorce:**
n. [C, U] the legal ending of a marriage 离婚
After the divorce, he still maintained close contact with his children. 离婚后, 他仍然与孩子们保持着密切联系。
v. end your marriage to sb. legally (与...) 离婚
Why would these two people once deeply in love divorce each other? 这两个曾经深爱的人为什么会离婚呢?

- 16 Yet, Audrey never let her sadness overcome her or **jeopardize** her hope for a brighter future. (Para. 6)

Meaning: Yet, Audrey never allowed her sad feelings to defeat her or to spoil her hope for a better future.

★ **jeopardize:** *vt.* risk losing or spoiling sth. important 危及; 危害; 损害
She held her tongue, realizing that anger could only jeopardize their relationship. 她意识到生气只会损害他们的关系, 于是保持沉默。

- 17 Becoming famous never changed Audrey's generous and **compassionate** character. (Para. 7)

Meaning: Although she became famous, she was still a generous person filled with sympathy for people who were suffering.

★ **compassionate:** *a.* feeling sympathy for people who are suffering 充满同情心的; 怜悯的
They are very compassionate and always try to find a way to cheer people up. 他们非常具有同情心, 总是想方设法让人们振作起来。

- 18 She felt a deep sense of responsibility to **alleviate** the suffering of those in need, especially children. (Para. 7)

Meaning: She deeply felt that it was her responsibility to help those in need, especially children, so that their suffering might be reduced to some degree through her efforts.

★ **alleviate:** *vt.* make (suffering, deficiency, or a problem) less severe 减轻, 缓和 (痛苦、不足或问题)
While improving the look of urban cities, vegetation will also help alleviate the pollution caused by sand and dust storms. 除了改善城市面貌以外, 植物还将帮助减少沙尘暴污染。

- 19 Friends said Audrey had a complete lack of ego and accepted and appreciated others as they were. (Para. 7)

Meaning: Friends said Audrey didn't have any sense of self-importance and she accepted and appreciated what others were like.

Sentence structure note

as they are (*as* 此处用作连接词) 是一个固定结构, 常用在句尾, 表示“照现在的情形; 照现在的样子”, 如果是单数事物, 则需用单数人称代词和对应的动词。例如:

The wise person accepts things as they are. 智者接受事物当下的样子。

I learned long ago to face life as it is, not as I wish it to be. 我早就学会要面对生活的真实状态, 而不是我所期望的状态。

- 20 For Audrey it was a **paradise** where she could hide from the world with her beloved family, work in her garden, and take long walks in nature. (Para. 8)

Meaning: Home in Switzerland was a wonderful place for Audrey, where she could escape from the world to spend time together with her dear family, work in her garden, and take long walks in nature.

* **paradise:** *n.* [C, U] a perfect place or situation 乐土; 完美的境界; 天堂
I couldn't wait to be in Hangzhou, which Mother had described as a paradise on earth. 我迫不及待地想去杭州, 母亲曾把它描绘成人间天堂。

- 21 In 1988, Audrey was appointed a Goodwill Ambassador for UNICEF designed to provide emergency food and health care to children suffering as a result of war or other **catastrophes**. (Para. 9)

Meaning: In 1988, Audrey became a Goodwill Ambassador for UNICEF. The

job was to help children suffering from war or other disasters by providing them with emergency food and health care.

* **catastrophe:** *n.*

- 1) [C, U] a terrible event in which there is a lot of destruction, suffering, or death
灾难; 大祸; 重大不幸

Flooding is a major catastrophe, which tends to cause heavy loss of life. 洪水是一种重大灾难, 往往会引起大量人员死亡。

- 2) [C] an event which is very bad for the people involved 麻烦; 困境; 不利局面
The attempt to expand the business during this time of recession was a catastrophe for the firm. 在这种萧条时期尝试扩展业务对这家公司而言是个麻烦。

- 22 In that role, her lifelong passion for helping those in need found its greatest calling. (Para. 9)

Meaning: In that role, her lifelong passion for helping those in need became a sacred duty.

Note

In this sentence, *calling* is used as a noun, meaning “a strong desire or feeling of duty to do a particular kind of work, esp. work that helps other people”. For example:

Some people think teaching is a profession; but for me, it is a calling. 有些人认为教书是一种职业, 但对我来说, 这是一种使命。

- 23 She turned down three million dollars to write her autobiography and instead accepted one dollar a year for the more conscientious role as an ambassador for UNICEF. (Para. 10)

Meaning: She refused an offer of three million dollars to write the story of her life, but accepted the more demanding role as a UNICEF ambassador for one dollar a year.

24 For seven months out of each of her last five years, she and Robby left the peace and beauty in their **cozy** home to **embark on outreach** trips into some of the most difficult places on earth. (Para. 10)

Meaning: During the last five years of her life, for seven months each year, she and Robby would leave their comfortable home, which was peaceful and beautiful, to travel to some of the most difficult places in the world to provide help.

★ **cozy:** *a.* (*BrE cosy*) warm and comfortable, and making you feel relaxed 温暖舒适的; 温馨的

Coffee houses are typically cozy, which encourages communication amongst strangers. 咖啡馆通常很舒适, 可以促进陌生人之间的交流。

★ **embark:** *v.* go onto a ship or a plane, or put or take sth. onto a ship or plane (使) 上船 (或飞机); (把…) 装船 (或飞机)

The young couple will embark on a ship for Dalian next week. 这对年轻夫妇下周将乘船去大连。

★ **embark on / upon sth.:** start sth., esp. sth. new, difficult, or exciting 开始, 着手 (尤指新的、困难的或令人激动的事)

I have seen how she gathers courage to embark on a long journey all by herself. 我见过她是如何鼓起勇气独自开始一段长途旅行的。

★ **outreach:** *n.* [U] the practice of providing help or advice to people who would not otherwise get it easily 外展服务; 扩大范围的服务

An outreach program was started by the local university to help children in the community perform better at school. 当地的大学启动了一个扩展项目, 旨在帮助社区里的孩子在学校表现得更好。

25 ... Audrey Hepburn traveled representing UNICEF, making over 50 emotionally draining and physically dangerous missions into **bleak** destinations to raise world awareness of wars and **droughts**. (Para. 10)

Meaning: As an ambassador for UNICEF, Audrey Hepburn went to rough places and accomplished more than 50 tasks that were not only emotionally demanding but also physically dangerous. This helped draw international attention to the wars and droughts in those places.

★ **bleak:** *a.*

1) (of a place) exposed, empty, or with no pleasant features (地方) 无遮掩的, 荒凉的, 索然无味的

The bleak landscape stretched on all sides as far as the eye could see. 目光所及之处, 荒凉的景观向四面延展开去。

2) (of a situation) without anything to make you feel happy or hopeful (状况) 没有希望的, 令人沮丧的

For him, the news in recent weeks has been rather bleak. 对他来说近几周的消息相当不好。

★ **drought:** *n.* [C, U] a long period of dry weather when there is not enough water for plants and animals to live 旱灾; 干旱
Drought and economic recession accelerated the pace of decline of this region. 干旱和经济衰退加速了这个地区的衰落。

26 Having been a victim of war, she understood the blessing of being the **beneficiary** of food, clothing, and, most of all, hope. (Para. 10)

Meaning: Since she once suffered from war, she understood how fortunate she was to have food, clothing, and the most important thing – hope.

★ **beneficiary:** *n.* [C] sb. who gets advantages from an action or change 受益者; 受惠者

We are absolutely delighted to be the beneficiary of this investment. 我们非常高兴能成为这项投资的受益人。

- 27 Audrey felt it was **wicked** that billions of children were **deprived** of simple joys and drowned in overwhelming **misery**. (Para. 11)

Meaning: Audrey thought it was very bad that so many children were unable to have the simple joys that they should have, and led a really miserable life.

- ★ **wicked:** *a.* morally wrong and deliberately intending to hurt people 缺德的; 邪恶的
It is necessary that we always pay attention to our hearts so that no wicked thoughts enter there. 我们有必要时时关注自己的内心, 以避免邪恶的想法进入其中。
- ★ **deprive:** *vt.* (~ **sb. of sth.**) prevent sb. from having sth., esp. sth. that they need or should have 剥夺
We don't want to deprive them of the Internet, but teach them how to use it responsibly. 我们并不是想剥夺他们使用互联网的权利, 而是想教会他们如何负责任地使用它。
- ★ **misery:** *n.* [C, U] great suffering that is caused e.g. by being very poor or very sick 痛苦; 困苦; 苦难
The heatwave has brought traffic misery to thousands. 这场热浪已经给成千上万人的出行带来了痛苦。

- 28 She believed deeply in the **ideology** that all people **share in** the duty to care for those in need. (Para. 11)

Meaning: She strongly believed that everyone has the responsibility to help those in need.

- ★ **ideology:** *n.* [C, U] a set of beliefs on which a political or economic system is based, or which strongly influence the way people

behave (作为政治或经济制度基础的) 思想体系; (强烈影响人们行为的) 观念
It was more accurate to describe his explanation as an ideology rather than a science. 把他的解释描述为一种观念比说它是一门科学更为准确。

- ★ **share in sth.:** be equally involved in sth. or responsible for sth. 共同承担; 分担
Together, they shared in each other's work and supported each other's dreams. 他们一起分担彼此的工作, 支持彼此的梦想。

- 29 Audrey was always ready to **lead by example**. (Para. 11)

Meaning: At any time, Audrey was ready to set a good example for others to follow.

- ★ **lead by example:** show the people you are in charge of what you want them to do by doing it yourself 以身作则
Good parents lead by example rather than by telling their children what to do. 好的父母会以身作则, 而不只是告诉孩子去做什么。

- 30 She saw UNICEF's work as an **integral**, sacred force in people's lives and said of UNICEF's results, "Anyone who doesn't believe in miracles is not a **realist**." (Para. 11)

Meaning: For her, UNICEF's work played an important and necessary role in people's lives. She said the results showed that dreams could become a reality.

Meaning beyond words: The sentence "Anyone who doesn't believe in miracles is not a realist" suggests that many people at that time disregarded the work of UNICEF by claiming that it was not realistic and didn't help much. On the contrary, in the eyes of Audrey, realists should believe in their strength to create miracles, and UNICEF's achievement was a good example.

★ **integral**: *a.* forming a necessary part of sth. (用于构成整体) 必需的, 不可缺少的
This kind of robots is on the brink of becoming an integral part of our everyday world. 这类机器人即将成为我们日常生活中不可缺少的一部分。

★ **realist**: *n.* [C] sb. who accepts that things are not always perfect, and deals with problems or difficult situations in a practical way 现实主义者; 务实的人
I am a realist and don't dream about things we cannot have. 我是一个现实主义者, 不去梦想我们无法拥有的东西。

31 In 1992, Audrey was **stricken** by cancer. (Para. 12)

Meaning: In 1992, Audrey became ill with cancer.

★ **stricken**: *a. (fml.)* seriously affected by an unpleasant feeling or disease or by a difficult situation 受煎熬的; 患病的; 遭受挫折的
She has been stricken with trouble and illness, and she hasn't a penny left to buy bread. 她遭受了挫折和疾病的打击, 穷得连面包也买不起。

32 Audrey's **cherished** friend, a world-famous fashion designer, spoke to her for the last time just before she died. (Para. 13)

★ **cherish**: *vt.*

1) love sb. or sth. very much and take care of them well 钟爱; 珍爱

Despite their ups and downs, she still cherished him as much as she did the day they married. 尽管他们历经起起落落, 她仍像当初结婚那天一样爱他。

2) think that sth. is very important and wish to keep it 珍爱; 珍视

You need to cherish every single day because every day is different. 你要珍视每一天, 因为每天都是不同的。

33 He said she was "... **serene** at the end because she knew she had achieved everything with perfection". (Para. 13)

★ **serene**: *a.* very calm or peaceful 宁静的; 安宁的; 平静的

The summer day by the lake in the countryside is serene and beautiful. 乡下湖边的夏日宁静而美丽。

34 Even as her life ended at 63 years of age, she remained a **gracious** woman who **perpetually signified** simplicity, charity, charm, and kindness. (Para. 14)

Meaning: Even at the end of her life, she was still a kind and generous woman, always representing simplicity, charity, charm, and kindness.

★ **gracious**: *a.* behaving in a polite, kind, and generous way, esp. to people of a lower rank 有礼貌的, 仁慈的, 和蔼的, 亲切的 (尤指对较低阶层的人们)

His gracious young wife greeted me at the door and invited me to have a seat. 他和善年轻的妻子在门口欢迎我, 邀请我入座。

★ **perpetual**: *a. (usu. before noun)* continuing all the time without changing or stopping 连续不断的; 无休止的

This country exists in perpetual darkness for most of the winter. 在冬天的大大部分时间里, 这个国家处于无尽的黑暗之中。

★ **perpetually**: *ad.* 连续不断地; 无休止地

He felt unsteady on his feet from hunger, and was perpetually thirsty. 由于饥饿他觉得脚步不稳, 而且一直口渴。

★ **signify**: *vt. (not in progressive)* represent, mean, or be a sign of sth. 代表; 表示; 象征; 意味着

During the Spring Festival, paper cuttings are put on windows, doors, and walls, which signifies wishes for good luck. 春节期间, 人们会把剪纸贴在窗户、门和墙上, 寓意着对好

运的期盼。

- 35 The **majesty** of Audrey Hepburn's spirit of social responsibility and dedication **lives on** in her words ... (Para. 15)

Meaning: The greatness of Audrey Hepburn's spirit of social responsibility and her dedication to helping those in need continues to exist in her words.

★ **majesty:** *n.*

- 1) [U] the impressive and attractive quality that sth. has 雄伟壮观; 庄严; 威严; 崇高
When he first visited the Forbidden City, he was deeply impressed by its majesty.
当他第一次参观故宫时, 故宫的庄严雄伟给他留下了深刻的印象。
- 2) [C] (**Your / Her / His Majesty**) used when talking to or about a king or queen 陛下 (对国王或女王的称呼)
They sang a song for Her Majesty's birthday party. 他们为女王的生日宴会唱了一首歌。

★ **live on:** continue to live or exist 继续活着; 继续存在
His legend lived on and was made into a popular film in 1973. 他的传奇故事流传了下来, 并在1973年被拍成了一部广受欢迎的电影。

- 36 Remember, if you ever need a helping hand, it's at the end of your arm. As you get older, remember you have another hand: The first is to help yourself, the second is to help others. (Para. 15)

Meaning: Remember, when you are in need, you should try to do yourself a favor. When you grow up, you should try your best not only to help yourself but also to help others.

- 37 For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for **poise**, walk with the knowledge that

you are never alone. (Para. 15)

Meaning: The eyes are beautiful only when you can find the good in other people. Lips are beautiful only when you speak kind words. You retain your grace when you walk knowing that you are never walking alone.

★ **poise:** *n.* [U]

- 1) a graceful way of moving or standing, so that your body seems balanced and not awkward 优雅的举止 (或体态、姿态)
He was dressed casually but neatly, and as always, his every movement and gesture showed poise and confidence.
他穿着随意但整洁, 他的一举一动都一如既往地透着优雅与自信。
- 2) a controlled and relaxed way of behaving, even in difficult situations 从容; 镇静
The team was 13 points behind, but the coach maintained his poise and confidence. 这支球队落后13分, 但教练仍保持着从容与自信。

Collocation

The theme of this unit is to discover the lives of legendary people around the world – their passion, achievements, and battles against obstacles down the road toward their goals and dreams. Through this unit, students will get better informed of the struggles of famous people and the contributions they have made to their countries and society.

The collocations used in this unit, *astonishing episode, vast realm, jeopardize one's hope, overwhelming misery*, just to mention a few, reflect the theme of the unit well. Before going over the collocations listed below, the teacher may have students underline all the collocations related to the theme in the two texts first. Based on what

they have found from the texts, the teacher can then involve them in the discussion of which collocations are more impressive. In this way, students' interest in learning collocations will be sparked.

Text A

surprising encounter, retain an echo, astonishing episode, unprecedented amount, long voyage, establish a tie, negotiate a trade pact, elaborate gift, spread the culture, vast realm, epic time

Text B

desperate reality, jeopardize one's hope, emotionally draining, physically dangerous, overwhelming misery, perpetually signify

Note

Among these collocations, there are quite a few containing an adverb with the suffix -ly, whose function is to modify or describe. Some of the adverbs precede a verb, while some precede an adjective. Let's take a look at these collocations:

- 1 *ad. + a.*
emotionally draining, physically dangerous
- 2 *ad. + v.*
perpetually signify

PART II

KEY TO EXERCISES

Section A

Pre-reading activities

1

1 B 2 D 3 A 4 C

2

Personally, I admire Li Shizhen most. I think I can learn a lot from him. First, he had high expectations for himself and for his career. He decided to be a doctor to help the sick and stuck to that dream until he finally made it come true. Second, he worked hard. His dedication greatly promoted the research and development of traditional Chinese medicine. It took him almost three decades to complete his masterpiece *Compendium of Materia Medica* (《本草纲目》), which has become known as “the ancient Chinese encyclopedia”. Finally, he devoted his whole life to serving the people. He was called “Sage of Medicine” because he saved a lot of people's lives by curing their illnesses. Li Shizhen sets a good example for me and prompts me to think about what I should do to shoulder my responsibility for society, and about the meaning of my life.

Reading comprehension

Understanding the text

1

1 They told him that they were descendants of Chinese sailors, who had traded with the local Africans and were shipwrecked on Pate several

centuries ago.

- 2 The navigation technology of the Ming Dynasty was much more advanced than that of Columbus' fleet.
- 3 Because the first Europeans were not really the first people to find the Indian Ocean. Zheng He's fleet had already been to the Indian Ocean, about half a century before those Europeans.
- 4 From a young age, he started reading books by great scholars, such as Confucius and Mencius.
- 5 The order was to establish ties with rulers all around the Indian Ocean.
- 6 Zheng He impressed the rulers with his diplomatic skills and the elaborate gifts he brought them.
- 7 Because of the war in the north.
- 8 Zheng He's seven expeditions challenged what humans could do at sea, pushing the limits of their boats' size, complexity, and capacity for long-distance travel.

Critical thinking

2

- 1 First, Zheng He's expeditions helped develop trade relations between China and the world. His fleet traded China's products for foreign luxuries as well as products for daily use. Second, Zheng He's crew shared Chinese culture with people in the countries and regions they visited. For example, they brought with them Chinese paintings and calligraphy works, and they also introduced the ancient China's dressing etiquette to the local people. Third, Zheng He's expeditions promoted the friendship between China and the world. He visited many countries and established friendly relations with their people.
- 2 As a college student, I think we should learn from other cultures, and meanwhile make efforts to better present China to the world. To achieve this, I will prepare myself in the following three ways. To begin with, I will

work hard to improve my English proficiency to ensure effective communication with people from other countries. In addition, I will improve my understanding of China with regard to its rich culture, long history, etc. so that I can tell accurate and engaging stories of China to friends abroad. Finally, I will learn more about cultural differences between countries to avoid misunderstanding during cross-cultural communication. To sum up, I believe everyone can do something for the cultural communication between China and the world.

- 3 Zheng He's life story indeed deepens my understanding of the meaning of life. His story illustrates to me that the meaning of life is to constantly challenge ourselves. Zheng He repeatedly challenged himself by spending about three decades sailing between China and the east coast of Africa, which pushed him beyond his limits and expanded his understanding of the world. The story also shows that the meaning of life lies in our endless exploration of unknown territories in search of possibilities, answers, and opportunities. Zheng He was a great explorer, whose adventurous spirit still inspires us today. Moreover, the story highlights that life becomes more meaningful if we make a contribution to our country while pursuing our personal dreams. Zheng He is the pride of China, because of his great contributions to China's progress and the advancement of human civilization. He is a brilliant role model for young people.

Language focus

Words in use

3

- | | |
|--------------|---------------|
| 1 dense | 2 appointed |
| 3 escorting | 4 patrolling |
| 5 complexity | 6 expansion |
| 7 vague | 8 maintenance |

9 realms

10 frail

Word building

4

1 normalize

2 familiarize

3 dictator

4 privatized

5 investigator

6 standardize

7 publicized

8 summarize

Banked cloze

5

1) E 2) O 3) C 4) F 5) G

6) N 7) A 8) H 9) J 10) M

Expressions in use

6

1 in charge of

2 viewed as

3 traded with

4 take place

5 loaded with

6 set off

7 curious about

8 along with

Structure analysis and writing

Structured writing

7

Zhang Qian was a Chinese explorer during the Western Han Dynasty. As a pioneer of the Silk Road, he greatly promoted economic and cultural exchanges between the Western Han Dynasty and the Western Regions on his diplomatic journeys in spite of difficulties and challenges.

Zhang Qian was born in present-day Hanzhong, Shaanxi, and he later went to the capital, Chang'an, to serve Emperor Wudi.

In 138 B.C.E., Zhang Qian was dispatched to the Western Regions by the emperor with a task of establishing relations with the Greater Yuezhi (大月氏) to counter the Xiongnu (匈奴). Unfortunately, on the way to the Greater Yuezhi, he was captured by the Xiongnu. Held

captive by them for about 10 years, Zhang Qian finally managed to escape. After that Zhang Qian continued his journey and eventually found the Greater Yuezhi. However, satisfied with their lives, the Greater Yuezhi refused to form an alliance against the Xiongnu. On his return journey, Zhang Qian was captured by the Xiongnu again, and it was not until 126 B.C.E. that he returned to Chang'an. Though he failed to form a military alliance with the Greater Yuezhi, he became well acquainted with the geography, peoples, customs, and cultures of the kingdoms in the Western Regions.

In 119 B.C.E., Zhang Qian was sent on another mission to the Western Regions, in order to form an alliance with the Wusun (乌孙), who lived in the Ili River Valley. In addition to traveling himself, Zhang Qian sent his assistants to visit more places in this area, bringing the Han Dynasty into contact with the kingdoms along the way. In 114 B.C.E., the year after he returned to Chang'an, Zhang Qian died of illness.

Zhang Qian's missions to the west led to the formalization of trade between the Western Han Dynasty and the Western Regions. As a great explorer and diplomat, Zhang Qian is respected for the key role he played in promoting the exchanges between the Han Dynasty and other regions and laying the groundwork for the Silk Road trade network that would flourish in later centuries.

Section B

Reading skills

1

1 F 2 F 3 O 4 O

5 O 6 F 7 F 8 O

Reading comprehension

Understanding the text

2

- 1 B 2 A 3 B 4 D
5 D 6 B 7 B 8 D

Critical thinking

3

- Experience.
• Determination.
• Opportunity.
• Hard work.
• Professionalism.
- For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others. Successful people know this better. They know that it is better to give than to receive. By serving those in need, they believe they can help more people and give these people an opportunity to move toward success. Seeing others succeed makes them happy. Thus, helping others is the foundation of their own happiness.
- It's been a tradition in Chinese culture for people to perform charitable deeds. In my opinion, Fan Li (范蠡) is one of the famous people who can represent the spirit of charity in Chinese history. He was a military strategist, economist, and politician best known for helping the king of the State of Yue to conquer the State of Wu during the Spring and Autumn Period. Fan accumulated immense wealth during different periods of his life, but he gave most of it away to the needy, the poor, widows, and orphans. Leaving sufficient money to meet his family's needs, Fan used up his great wealth to alleviate the suffering of the people during times of disasters. He also taught local residents business skills. Today, Fan Li is admired not only for his legendary success in business, but also for his selfless devotion to charity work.

Collocation

4

- | | |
|-----------------|-----------------|
| 1) physically | 2) retains |
| 3) vast | 4) spread |
| 5) elaborate | 6) surprising |
| 7) overwhelming | 8) desperate |
| 9) jeopardize | 10) long |
| 11) emotionally | 12) perpetually |

Section C

Translation

The CCTV Spring Festival Gala, since it started in 1983, has become an indispensable cultural consumer product and a prominent cultural symbol in the lives of Chinese people. Although it's hard to satisfy everyone's taste, it should be admitted that the Spring Festival Gala has become a "new folk custom". It is more than a gala; it is a ritual and a symbol, a culture and a label, and an emotion and an event which people entrust their hearts to. With the emerging of new media, the Spring Festival Gala is also advancing with the times to satisfy the increasingly diversified demands of the people.

Unit project

Objectives

- Familiarize students with more influential Chinese people and their admirable achievements.
- Develop students' ability to select and organize appropriate details in writing.
- Improve students' ability to write a profile article.

Teaching steps

Step 1

Divide the students into small groups in class, and have them discuss how to write a profile of a famous person. Encourage them to pay close attention to people in Chinese history who have made special contributions to the country. Tell them to decide on the person and the theme to portray.

Step 2

Ask students to search the Internet for relevant information based on the discussion in Step 1, and encourage members in each group to share and evaluate the information collected.

Step 3

Tell students to decide the content of the article, including the person's accomplishments, and the way to make the story interesting to the reader. Ask them to make an outline during the discussion.

Step 4

Have students write the profile article following the outline discussed in Step 3.

Step 5

Invite one member from each group to make a presentation in class on the basis of their profile article. Ask the class to provide feedback on the profile article to improve it.

PART III

READING PASSAGE TRANSLATION

课文 A

郑和——中国古代伟大的探险家

- 1 1999年，一位美国记者报道了自己在肯尼亚海岸附近一个名叫帕泰岛的非洲小岛上的奇遇。在一个密林环绕、都是石头小屋的村子里，记者遇到了几个老人。他们介绍说自己是几个世纪前遭遇海难并受困于帕泰岛的中国水手的后代。他们的祖先与当地的非洲人开展贸易活动，当地人给他们长颈鹿带回中国，但船只后来在附近触礁了。记者注意到很多迹象似乎都能验证这些岛民的话，包括他们依稀可辨的亚洲人长相、家中的祖传古代瓷器以及海滩上的瓷器碎片。显然，这个遥远的非洲村庄印证了历史上的一段最令人惊叹的海上探索篇章。
- 2 大约六个世纪以前，一支强大的中国船队冒险西行至印度洋，到达锡兰、阿拉伯半岛和东非。这支船队包括巨型九桅中式帆船，由几十艘补给船、供水船、战马船以及巡逻艇护卫。船队的水手和士兵总人数超过27,000人。比较而言，哥伦布船队人数最多时也只有约1,500人，而且他第一次航行中最大的船“圣玛丽亚号”也远小于郑和船队中最大的帆船。
- 3 从1405年至1433年，中国船队七次启程前往未知世界。这些伟大的探险比最早一批欧洲人乘坐单薄的葡萄牙轻快帆船绕过非洲南端“发现”印度洋还早大约半个世纪。这七次航行都由同一个人统领，他就是郑和，中国历史上最伟大的探险家之一。
- 4 郑和于1371年左右出生在中国西南部的云南。他从小就对世界充满好奇。他的父亲和祖父去过遥远的地方，他就经常问起他们的旅行以及沿途遇

到的人和经过的地方。他年纪很小就开始阅读孔子和孟子这样的大学问家的书籍。后来在为朝廷效力的时候，他接受了军事训练，成为皇帝信任的助手和顾问。他还主管皇宫的建设和修缮，更加深入地了解了武器，并获得了更多关于船舶制造的知识。

- 5 1403年，皇帝下令建造宝船船队。这些宝船及支援船只——战舰、运载粮食和马匹的船只——都具备带有数个防水舱的分隔式船体。这种工程创举根植于中国古代航海实践。它可以让水手带上空前多的饮用水供远途航行使用，同时还可提升船只所需的压载效果、平衡性和稳定性。
- 6 1405年，皇帝下诏委派郑和率领由200多艘帆船组成的巨型船队与环印度洋国家的统治者建立联系。这是宝船船队七次伟大航行的开端。帆船满载中国的丝绸、瓷器以及漆器等，造访了印度洋沿岸的港口。郑和沿途用商品交换香料、象牙、药品、稀有木材、珍珠和异域动物，这些都是明朝朝廷想要的东西。
- 7 在担任船队指挥官时期，郑和商谈贸易协定，与海盗作战，还给中国带回了礼物。他与船员的航行目的地与贸易对象不仅包括现在属于印度尼西亚、马来西亚、泰国和印度的一些城市，也包括现在属于也门和沙特阿拉伯的一些阿拉伯港口。与他会面的统治者被他的外交才能和他带去的精美礼品所打动，同意派出外交使节到明朝去。
- 8 1431年，郑和与船队出发进行第七次环印度洋航行，一路前往肯尼亚东海岸的马林迪，沿路在贸易港口停靠。在1433年即将结束此次航行的时候，郑和病逝了。
- 9 郑和大范围地传播了中国文化并扩大了中国的影响。但由于北方的战事，明朝从船队维护费用中抽走了军事所需的部分，同时将注意力转移到长城的修筑与扩建上。船队不可避免地缩减了，所有较大规格的船只都被摧毁。这促使了恢宏的明朝航海时代终结。
- 10 郑和在中国和非洲东海岸之间的海域航行了多年，建立了重塑亚洲人生活的外交关系。他的七次航行挑战了人类的海上作为能力，突破了船只尺寸、复杂度和远航能力的极限，同时也对传播两

项助力现代世界形成的中国技术——火药和指南针——具有重要意义。

- 11 今天，无论人们把郑和视为中国外交的标志，还是这个国家冒险精神和勇气的象征，有一点是肯定的：郑和是世界历史上最伟大的探险家之一，他的航行是航海史上的伟大奇迹，对人类文明的进步作出了巨大贡献。

课文 B

奥黛丽·赫本——真正的人间天使

- 1 奥黛丽·赫本在《蒂凡尼的早餐》《龙凤配》《罗马假日》《窈窕淑女》《战争与和平》和《直到永远》等优秀影片中主演的角色让观众为之陶醉。
- 2 尽管在电影界获得成功，但她最愿意塑造的角色却不在影片中。她是两个儿子的模范母亲，也是联合国儿童基金会亲善大使，为饱受战争蹂躏的人们服务。
- 3 作为一名在纳粹占领下的荷兰生活的小女孩，奥黛丽·赫本清楚战争所带来的残酷、死亡和破坏。由于受到侵略而家庭破产，奥黛丽营养不良。一天，奥黛丽在大街上被纳粹分子抓走，编入押往劳役营的队伍中。趁卫兵不注意，她飞快地跑开，惊险逃脱了，蜷缩着躲在一个又冷又脏、满是老鼠的地下室里。
- 4 这个日后将成为世界上最具魅力的女演员之一的小女孩刚开始是一个无名难民，她直面生命中的恐怖和动荡。她并没有让自己的精神受到幼年生活中残酷现实的影响。相反，她战胜了种种挑战，而又从没忘记那种挨饿、孤独和无助的痛苦感觉。
- 5 战后，奥黛丽和母亲离开荷兰，到达英国。奥黛丽梦想成为一名一流的舞蹈家，这促使她去了一所著名的芭蕾舞学校，接受严苛的训练安排。后来，她被一位制片人发现，并最终得到机会在好莱坞顶级男演员之一格利高里·派克主演的电影《罗马假日》中出演一个角色。
- 6 很快，奥黛丽就从营养不良的女孩变成了国际知名影星。导演比利·怀尔德称赞她说：“奥黛丽行

- 姿优美，谈吐优雅。”尽管她获得了许多演艺奖项，奥黛丽觉得自己最重要的工作还是为那些需要帮助的人提供人道主义服务以及当好两个儿子的母亲。她经历了两次离婚，并忍受着关于战争的记忆带给她的痛苦。然而，奥黛丽从不让这些悲伤支配自己，或者打破自己对美好未来的向往。最终，奥黛丽遇到了她的灵魂伴侣，罗伯特·沃尔德斯，并和他一起度过了人生的最后12年。
- 7 成名从没改变奥黛丽慷慨大方、慈悲为怀的性格。她怀有一种强烈的责任感，要减轻需要帮助的人——特别是儿童——的痛苦。朋友们说，奥黛丽一点都不自我，并且接受和欣赏别人本来的样子。
- 8 尽管奥黛丽变得十分富有，但她只有一套在瑞士的住房。对奥黛丽而言，它是一片乐土。在那里，她可以和心爱的家人一起避开尘世，在花园劳作，在大自然里悠然散步。
- 9 1988年，奥黛丽被任命为联合国儿童基金会亲善大使。这个基金会专门为受到战争或其他灾难伤害的儿童提供紧急食品援助和卫生保健。亲善大使这个角色让她毕生帮助有困难的人的热情化为了神圣的使命。
- 10 有人出300万美金请她写自传，她拒绝了。但她却接受了每年1美元报酬的联合国儿童基金会亲善大使这个更费心力的角色。在生命的最后五年里，每年她和罗比都会有七个月的时间离开他们安静而美丽的温馨居所，启程到地球上最困难的一些地方去提供帮助。从孟加拉国、苏丹、越南、肯尼亚、埃塞俄比亚、中南美洲到索马里，奥黛丽·赫本代表联合国儿童基金会四处奔走，承担了50多项消耗情感、危及人身安全的任务，深入到荒凉之地，唤起世界人民对战争和旱灾的关注。因为自己曾经也是战争受害者，她理解得到食品和衣物的援助，尤其是获得希望，是多大的幸福。
- 11 奥黛丽觉得，太多的儿童被剥夺了简单的快乐且陷入无边的痛苦之中，这是一种罪恶。她坚信一个理念：所有人都有责任去关心那些需要帮助的人。奥黛丽始终都身为表率。她说：“当你否认童年，你就否认了生命。”她将联合国儿童基金会的工作看作人们生活中不可缺少的、重要的力量。谈到其成果时，她说：“任何不相信奇迹的人都不
- 是一个现实主义者。”
- 12 1992年，奥黛丽患了癌症。她、罗比和两个儿子回到他们在瑞士的家，一起度过了最后一个圣诞节。
- 13 奥黛丽珍视的朋友——一位世界著名的时装设计师，在她去世前最后一次和她说话。他说她“……最后是安详的，因为她知道自己已经完美地实现了一切”。
- 14 奥黛丽·赫本对服务他人的热情是持久的。即使在她63岁生命终止的时候，她仍然是一位和蔼可亲的女性，永远象征着纯朴、仁爱、魅力和善良。
- 15 奥黛丽·赫本的社会责任感和甘于奉献的伟大精神在她的话语中得以留存：“记住，如果你在任何时候需要一只手来帮助你，你可以在自己手臂的末端找到它。随着你的成长，记住你还有一只手：一只手用来帮助自己，另一只手用来帮助他人。”“要想拥有美丽双眸，就要善于发现他人优点；要想双唇动人，只说和善之辞；要想举止优雅，就谨记自己始终与他人同行。”