

Unit 5

Know Your Place

I. Words & Expressions

| | | |
|-----------------|-----------------|--------------------|
| 1. cease | [si:s] | vt. 停止; 结束 |
| 2. drift | [drift] | vi. 漂流, 漂移; 漂泊 |
| 3. drown | [draun] | vi. 淹死; 溺死 |
| 4. embody | [im'bɒdi] | vt. 体现, 使具体化 |
| 5. endure | [in'djuə] | vt. 忍耐; 容忍 |
| 6. pop | [pɒp] | vt. 抛出; 伸出; 突然行动 |
| 7. pound | [paund] | vt. 捣烂; 敲打; 监禁, 拘留 |
| 8. undo | [ʌn'du:] | vt. 取消; 解开; 破坏; 扰乱 |
| 9. cabin | ['kæbin] | n. 小屋; 客舱; 船舱 |
| 10. cafeteria | ['kæfi'tiəriə] | n. 自助餐厅 |
| 11. capacity | ['kə'pæsəti] | n. 能力; 容量; 资格 |
| 12. citizenship | ['sitizənʃɪp] | n. 公民身份; 公民权 |
| 13. connection | ['kə'nekʃən] | n. 连接; 关系; 连接件 |
| 14. controversy | ['kɒntrə,vɜ:si] | n. 争论; 论战; 辩论 |
| 15. heel | [hi:l] | n. 脚后跟; 踵 |
| 16. incidence | ['insidəns] | n. 发生率; 影响; 入射 |
| 17. isolation | ['aɪsə'leɪʃən] | n. 隔离; 孤立 |
| 18. mainland | ['meɪnlənd] | n. 大陆; 本土 |
| 19. nightmare | ['naitmɛə] | n. 恶梦; 梦魇般的经历 |
| 20. notion | ['nəʊʃən] | n. 概念; 见解; 打算 |
| 21. pond | [pɒnd] | n. 池塘 |

| | | |
|---------------------------|------------------|------------------|
| 22. possession | [pə'zeʃən] | n. 拥有; 财产; 领地 |
| 23. refugee | [ˌrefju'dʒi:] | n. 难民, 避难者; 流亡者 |
| 24. resident | ['rezɪdənt] | n. 居民 |
| 25. retreat | [ri'tri:t] | n. 撤退 |
| 26. submission | [səb'mɪʃən] | n. 屈服, 屈从 |
| 27. suffering | ['sʌfərɪŋ] | n. 受难; 苦楚 |
| 28. telescope | ['telɪskəʊp] | n. 望远镜 |
| 29. tide | [taɪd] | n. 趋势, 潮流; 潮汐 |
| 30. considerate | [kən'sɪdərɪt] | a. 体贴的; 考虑周到的 |
| 31. demanding | [dɪ'mɑ:ndɪŋ] | a. 苛求的; 要求高的 |
| 32. disgusting | [dɪs'gʌstɪŋ] | a. 令人厌恶的 |
| 33. diverse | [daɪ'vɜ:s] | a. 不同的; 多种多样的 |
| 34. ecological | [ˌi:kə'lɒdʒɪkəl] | a. 生态的 |
| 35. external | [ɪk'stɜ:nəl] | a. 外部的; 表面的 |
| 36. immune | [ɪ'mju:n] | a. 免疫的; 免除的 |
| 37. indignant | [ɪn'dɪgnənt] | a. 愤怒的, 愤慨的 |
| 38. juvenile | [dʒu:vənəl] | a. 青少年的, 幼稚的 |
| 39. passive | ['pæslv] | a. 被动的, 消极的 |
| 40. protective | [prəu'tektɪv] | a. 防护的; 保护贸易的 |
| 41. ridiculous | [rɪ'dɪkjʊləs] | a. 可笑的; 荒谬的 |
| 42. successive | [sək'sesɪv] | a. 连续的; 依次的; 接替的 |
| 43. swift | [swɪft] | a. 快的; 迅速的; 敏捷的 |
| 44. theoretical | [θiə'retɪkəl] | a. 理论的; 理论上的 |
| 45. given | ['gɪvən] | prep. 考虑到, 如果 |
| 46. to begin with | | 首先, 第一 |
| 47. a case in point | | 一个合适的例子 |
| 48. a rising tide of sth. | | 数量增加, 势力增强 |
| 49. be/feel left out | | 被忽视; 被冷落 |
| 50. make it | | 到达, 赶上 |

II. Sentences

1. You may be more **considerate** of other people.
你应该多为他人着想。
2. We are not **immune** to the influences around us.
我们不能不受周围环境的影响。
3. They used to be friends, but now they've **drifted apart**.
他们原本是朋友，但是现在已经疏远了。
4. I have to **drop by** the bank to get some money.
我需要顺道到银行取一下钱。
5. He regretted having **been caught up** in the affair.
他后悔当初卷进这件事中。
6. Everyone welcomes newcomers and you won't **feel left out**.
每个人都欢迎新会员，你不会被冷落的。
7. **To begin with**, we ought to know what we study for.
首先，我们应该知道为什么学习。
8. **A rising tide of** man-made noise is disrupting the lives of marine animals.
人造噪音的上升趋势正影响海洋生物的生活。
9. Success lies in diligence; Dr. Nolen is **a case in point**.
成功在于勤奋，诺兰医生就是一个很好的例证。
10. The train goes at 10:15. I think we shall **make it**.
火车十点一刻开，我想我们能赶上。

III. Conversation

W: What kind of training does one need to get into this type of

job?

M: That's a very good question. I don't think there is any that is necessary.

W: For example, in your case, what was your educational background?

M: Well, I received a degree in French at **Nottingham**. After that, I did **careers guidance** work in secondary schools.

W: So in the first place, you did a French degree.

M: In my time, there wasn't a degree program available for **administration**. I think most of the administrators I've come across have degrees in all sorts of things.

W: Well, I know in my case, I did an English literature degree and I didn't really expect to end up doing what I am doing now.

M: I see.

W: But aren't you from Nottingham?

M: No. Nottingham was one of the universities I put on my list.

Notes

| | | |
|------------------|--------------------|------------|
| Nottingham | [ˈnɒtɪŋəm] | n. 诺丁汉市 |
| administration | [əd,mɪni'streɪʃən] | a. 管理; 行政 |
| careers guidance | | 就业指导, 择业辅导 |

IV. Reading Aloud and Memorizing

Passage 1

Never Give up Hope

Life doesn't always give us the joys we want.

We don't always get our hopes and dreams, and we don't always get our own way. But don't give up hope, because you can make a difference one situation and one person at a time.

Look for the beauty around you — in nature, in others, in yourself — and believe in the love of friends, family, and humankind. You can find love in a smile or a helping hand, in a thoughtful gesture or a kind word. It is all around, if you just look for it.

Give love. For in giving it you will find the power in life along with the joy, happiness, patience, and understanding. Believe in the **goodness** of others and remember that anger and **depression** can be **countered** by love and hope. Even when you feel as though there isn't a lot you can do to change unhappiness or problems, you can always do a little — and a little at a time **eventually** makes a big difference.

Notes

| | | |
|------------|---------------|-----------|
| counter | ['kauntə] | v. 反击, 反对 |
| depression | [di'preʃ(ə)n] | n. 沮丧, 抑郁 |
| goodness | ['gudnis] | n. 善良; 美德 |
| eventually | [i'ventʃuəli] | adv. 最终 |

【参考译文】

永远不要放弃希望

生活并非总是如你所愿。

希望有时会落空，梦想有时会破灭，我们不能一切随心所愿，但不要放弃希望。不同时间，不同场合，你会呈现出不同的面貌。

处处留心你身边的美吧——大自然中的，别人的，你自己的——请相信美来自朋友、家庭乃至全人类的融融爱意。一个微笑，一只援助之手，一个关心的举动，一句温馨的话语无不传达着爱意。如果你去寻找的话，就会发现爱无所不在。

奉献爱心吧，从中你会发现生活的力量，感受生活带来的幸福快乐，学会忍耐和理解。相信人性本善。记住：记住爱心和希望能化解一切愤怒和沮丧。哪怕生活中挥之不去的不快和困难将你重重包围，让你力不从心，但你仍然可以尽力而为。累积点滴努力，最终你将扭转乾坤。

Passage 2

On Achieving Success

To live with high expectations is a successful life. It is not what one does, but what one tries to do, that makes a man strong.

Unceasing effort is the price of success. If we do not work with our might, others will; and they will **outstrip** us in the race, and **pluck** the prize from our grasp.

Success grows less and less dependent on luck and chance.

Self-distrust is the cause of most of our failures.

The great and indispensable help to success is character. Character is a **crystallized** habit, the result of training and **conviction**. Every character is influenced by **heredity**, environment and education. But these apart, if every man were not an **architect** of his own character, he would be a **fatalist**, and an irresponsible creature of circumstances.

Instead of saying that man is a creature of circumstance, it would be more accurate to say that man is the architect of circumstance. From the same materials, one man builds palaces, another **hovels**. Bricks and **mortar** are mortar and bricks, until the architect can make them something else.

The true way to gain a lot is never to desire too much.

Wise men don't care for what they can't have.

Notes

| | | |
|-------------|---------------|--------------|
| crystallize | ['krisləlaiz] | v. 结晶, 使具体化 |
| outstrip | [aʊt'stri:p] | v. 超过, 胜过 |
| pluck | [plʌk] | v. 采摘 |
| architect | ['ɑ:kitekt] | n. 建筑师 |
| conviction | [kən'vikʃən] | n. 坚定的信仰; 信念 |
| fatalist | ['feitəlist] | n. 宿命论者 |
| heredity | [hi'rediti] | n. 遗传 |
| mortar | ['mɔ:tə] | n. 砂浆 |
| unceasing | [ʌn'si:siŋ] | a. 不停的, 持续的 |

【参考译文】

关于成功

生活中有崇高的理想便是成功。一个人是否强大，不在于他做什么，而在于他努力想做成什么。

不懈的努力是取得成功要付出的代价。倘若我们不全力以赴，而别人这样做了，他们便会超越我们，抢先摘取胜利的果实。

依靠运气和机会，成功的希望会越来越渺茫。

不自信是导致失败的主要原因。

成功不可或缺的得力助手是性格。性格是一种定型的习惯，是训练和信念的结果。每个人的性格都要受到遗传、环境和教育的影响。但除此之外，如果人不能在很大程度上塑造自己的性格，就会成为宿命论者，成为毫无责任感的随波逐流者。

与其说人是环境的产物，不如说是环境的建筑师。相同的材料，有些人拿来建造宫殿，有些人却只能盖起草屋。砖头砂浆只是砖头砂浆，而建筑师可以把它们变为其他东西。

永远不要奢望太多，这样你才会真正获得人生的丰收。

聪明的人不会关心他们得不到的东西。

V. Activity: Reciting

Do You Fear the Wind

— by Hamlin Garland

Do you fear the force of the wind,
The slash of the rain?
Go face them and fight them,

Be savage again.

Go hungry and cold like the wolf,

Go wade like the crane:

The palms of your hands will thicken,

The skin of your cheek will tan,

You'll grow ragged and weary and swarthy,

But you'll walk like a man!

东软电子出版社