



全国普通高等学校优秀教材一等奖 **第一版**
普通高等教育“十一五”国家级规划教材

总主编 虞苏美 黄源深

Integrated Skills of English

综合英语教程

第三版

主 编 邹为诚



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Student's Book
学生用书



高等教育出版社
HIGHER EDUCATION PRESS



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Zonghe Yingyu Jiaocheng

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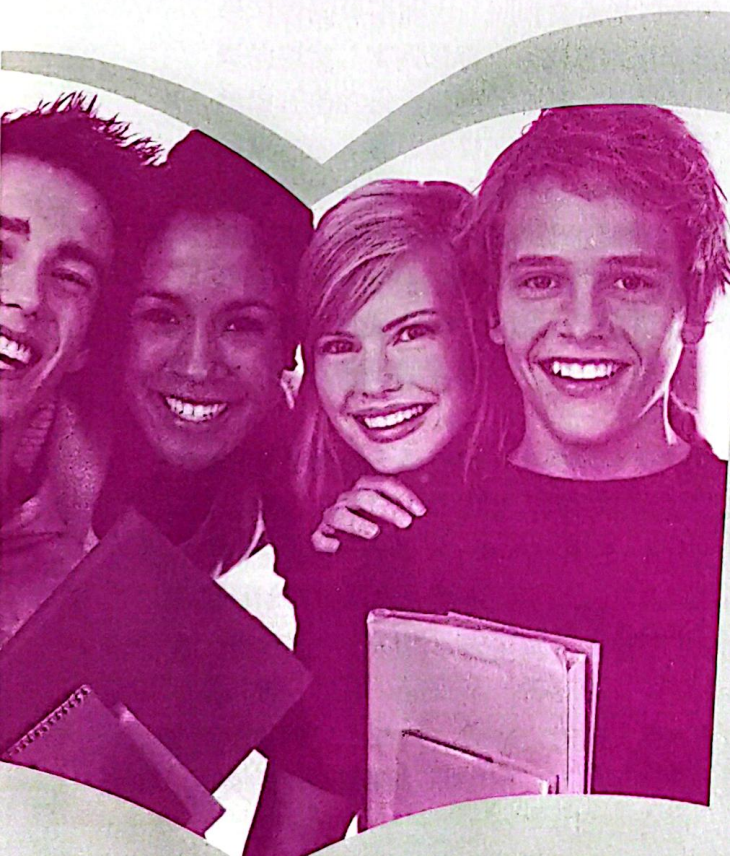
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Units	Titles	Functions and Communication
1	I Wandered Lonely as a Cloud	<ul style="list-style-type: none"> ▶ Talking about the poem <i>I Wandered Lonely as a Cloud</i> by Wordsworth ▶ Discussing the heritages of the Lake District in the UK ▶ Talking about features of local cultures such as Bali
2	Mr. Boggis's Secret	<ul style="list-style-type: none"> ▶ Talking about less educated, and less informed people and their beliefs ▶ Talking about business tricks and strategies ▶ Analyzing characters in literary works
3	Time to Stop Excuses for Lateness	<ul style="list-style-type: none"> ▶ Talking about work ethic and employment related expressions ▶ Observing rules or disciplines in a work place ▶ Discussing bureaucracy in government or agencies
4	Hummingbird Winter	<ul style="list-style-type: none"> ▶ Talking about life of animals ▶ Talking about relationships between human beings and animals ▶ Interpreting parody of conventional literary works
5	The Power of a Good Name	<ul style="list-style-type: none"> ▶ Talking about lessons of life ▶ Talking about personal dignity, reputation, and value systems in general ▶ Discussing the views and concepts of education

Language Knowledge and Skills	Read More	Read for Interest	Cultural Information
<ul style="list-style-type: none"> Describing the geographical, historical and cultural characteristics of a place Replacing the previous learned expressions for descriptions Writing about tourist attractions that students are familiar with 	Get Yourself Lost	Bali	The Canterbury Tales and Medieval Pilgrimage 1
<ul style="list-style-type: none"> Arguing for one's beliefs Describing a business transaction in situational, and psychological terms Analyzing characterization in the story 	Bargaining	A Dream Deal	Buffalo in the US 20
<ul style="list-style-type: none"> Employment, and job-search related fields Disciplines, concepts of time in Eastern and Western cultures Bureaucracy in agencies 	Yes, You Can Get That Raise	The British Museum Is Falling Down	Sorry! I'm Late! 43
<ul style="list-style-type: none"> Describing movements, appearance, and manners of animals Talking about emotional attachments between human beings and animals Parodies of conventional views of animals 	The Tortoise and the Hare	Tom Edison's Shaggy Dog	The Cowboy and Cattle Drives 62
<ul style="list-style-type: none"> Personal traits and qualities Concepts of education Teaching and learning in general 	Judgment in the Cornfield	Teeth	Thomas Alva Edison 87

Units	Titles	Functions and Communication
6	Chinese Food	<ul style="list-style-type: none"> ▶ Talking about food and cuisine ▶ Discussing health issues related to exercise and food ▶ Discussing cultural differences in food and exercise
7	They Will Not Be Forgotten	<ul style="list-style-type: none"> ▶ Discussing history ▶ Talking about events in the past ▶ Arguing about historical lessons
8	The Invisible Japanese Gentlemen	<ul style="list-style-type: none"> ▶ Talking about social prejudices ▶ Discussing irony in story <i>The Invisible Japanese Gentlemen</i> ▶ Talking about how to judge young people
9	In a Manner of Speaking	<ul style="list-style-type: none"> ▶ Talking about cultural differences ▶ Cultural misunderstandings, and misconceptions ▶ Discussing related concepts of cross-cultural communication
10	The Dream of an Hour	<ul style="list-style-type: none"> ▶ Talking about personal conflicts in life ▶ Expressing personal beliefs and wishes ▶ Expressing loneliness, solitude, and companionship

Language Knowledge and Skills	Read More	Read for Interest	Cultural Information
<ul style="list-style-type: none"> Types of food, cuisine, and cooking Related concepts of diseases and treatment Culture-related concepts of food, health, and lifestyle 	Running for Your Life	What's for Dinner	Come to Dinner! 106
<ul style="list-style-type: none"> Past events, and the past tense Telling stories of the past Expressing memories, reminiscences, and responses to the past 	The Hiding Place	Ancient Rome: Republic to Empire (509 BC — 180 AD)	Police Force in Britain 124
<ul style="list-style-type: none"> Talking about common prejudices against women, old, poor, rich, and successful or unsuccessful people Talking and writing about self-confidence, personality, pragmatic and unrealistic thoughts of young people based on literary analysis of a short story Describing personal characters 	Lifting the Veil	Fabric Crafts	British Folk Heroes 145
<ul style="list-style-type: none"> Describing attitudes and behaviors in cross-cultural communication Different expressions in cross-cultural communications Some Chinese and Western cultural differences 	Straddling Cultural Divides with Grace	When Silence Is Not Golden	The New England Yankee 171
<ul style="list-style-type: none"> Ability and inability Loneliness, solitude, and wishes for companionship Feelings about conflicts, and frustration 	Cat in the Rain	Sonia Plays a Record	D. H. Lawrence 192

Units	Titles	Functions and Communication
11	The Poets and the Housewife	<ul style="list-style-type: none"> ▶ Talking about fantasy, realities, imaginings, and perceptions ▶ Talking about impressions of people and their appearance ▶ Talking about dreams, emotions and troubles in life
12	Science and Art	<ul style="list-style-type: none"> ▶ Talking about power of science such as biotechnologies and its influence on human life ▶ Talking about art, especially in European culture ▶ Talking about life stories of well-known artists
13	The Power of Beliefs	<ul style="list-style-type: none"> ▶ Talking about personal beliefs, predictions, and superstitions ▶ Arguing for or against the value of personal beliefs and superstitions in everyday life ▶ Discussing biographical accounts of two great musicians — Beethoven and Mozart
14	Package Design	<ul style="list-style-type: none"> ▶ Talking about the relationship between appearance and content ▶ Describing objects, animals and people ▶ Talking about the use of small objects in life
15	Hong Kong	<ul style="list-style-type: none"> ▶ Talking about features of cities ▶ Describing views of metropolis ▶ Describing landscape and architectural features in modern cities like Hong Kong, London, and Shanghai

Language Knowledge and Skills	Read More	Read for Interest	Cultural Information
<ul style="list-style-type: none"> Describing one's perceptions of realities, fantasy, daydreaming, and imaginings Commenting on one's appearance and impressions Reporting speeches Expressing one's emotions, dreams, and troubles 	Hannah	A Talk in the Park	Dracula the Vampire 215
<ul style="list-style-type: none"> Describing development of science, especially biotechnologies Talking about the roles of science and art in human life Talking about the lives of two well-known European artists, Vincent van Gogh, and Leonardo da Vinci 	The Life of Vincent van Gogh	Leonardo da Vinci: Life and Work	Impressionism 238
<ul style="list-style-type: none"> Expressing believing, disbelieving, and superstitions in Chinese and Western cultures Discussing some ridiculous beliefs and religious superstitions in Western culture Talking about life stories of Beethoven and Mozart 	The Life of Ludwig van Beethoven	The Life of Wolfgang Amadeus Mozart	Post-Impressionism 256
<ul style="list-style-type: none"> Size, color, shape, and material Objects such as trees, flowers, packages, and commodities Origins, use, and related emotional reflections about package designs 	Wrappings	Classified Ads	Do They Look Smart or Natural? 278
<ul style="list-style-type: none"> Places, architectures of cities Physical characteristics such as architecture, landscapes in Hong Kong, London, and Shanghai Comments, and emotional responses to the views in cities 	Green London	In Tune with the Times	Globalization and English Speakers 294

2. Expressions of being ill:

be ill, come down with (flu)

3. Expressions of treatment (medical / non-medical):

take medicine

4. Expressions of keeping fit:

do exercise

2 Listening

Listen to the recording and answer the following questions.



1. What is the modern new theory concerning human illness?
2. What are the Seven Healthy Life Habits?
3. What does the notion of Seven Healthy Life Habits reveal about public attitudes toward disease and dying?
4. Does the author completely accept the latest grand theory explaining all of human disease?

3 Speaking

Staying fit.

With your classmates discuss the Seven Healthy Life Habits. Which ones of the seven habits do you practice / do you not practice? Do your classmates know anyone who practices all or most of the seven habits but still suffers from poor health? How do you account for this?



PART 2 Reading and Language Activities

Text Chinese Food

► Pre-reading Task Discussion

1. Do you prefer Chinese food or Western food? What is your favorite dish?

2. Do you think cuisine reflects the cultural characteristics of people?

"Few things in life are as positive as food, or are taken as intimately and completely by the individual. One can listen to music, but the sound may enter in one ear and go out through the other; one may listen to a lecture or conversation, and day-dream about many other things; one may attend to matters of business¹, and one's heart or interest may be altogether elsewhere ... In the matter of food and eating however one can hardly remain completely indifferent to what one is doing for long. How can one remain entirely indifferent to something which is going to enter one's body and become part of oneself? How can one remain indifferent to something which will determine one's physical strength and ultimately one's spiritual and moral fibre and well-being²?"

— Kenneth Lo³

This is an easy question for a Chinese to ask, but a Westerner might find it difficult to answer. Many people in the West are gourmets and others are gluttons, but scattered among them also is a large number of people who are apparently pretty indifferent to what goes into their stomachs, and do not regard food as having any ultimate moral effect on them. How, they might ask, could eating a hamburger or drinking Coca Cola contribute anything to making you a saint or a sinner? For them, food is quite simply a fuel.

Kenneth Lo, however, expresses a point of view that is profoundly different and typically Chinese, deriving from thousands of years of tradition. The London restaurateur Fu Tong, for example, quotes no less an authority than Confucius⁴ (the ancient sage known in Chinese as K'ung-Fu-Tzu) with regard to the primal importance of food⁵. Food, said the sage, is the first happiness. Fu Tong adds: "Food to my countrymen is one of the ecstasies of life, to be thought about in advance; to be smothered with loving care throughout its preparation;⁶ and to have time lavished on it in the final pleasure of eating.⁷"

Lo observes that when Westerners go to a restaurant they ask for a good table, which means a good position from which to see and be seen. They are usually there to be entertained socially — and also, incidentally, to eat. When the Chinese go to a restaurant, however, they ask for a small room with plain walls⁸ where they cannot



be seen except by the members of their own party, where jackets can come off and they can proceed with the serious business⁹ which brought them there. The Chinese intentions “are both honorable and whole-hearted: to eat with a capital E.”¹⁰

Despite such a marked difference in attitudes towards what one consumes, there is no doubt that people in the West have come to regard the cuisine of China as something special. In fact, one can assert with some justice that Chinese food is, nowadays, the only truly international food. It is ubiquitous. Restaurants bedecked with dragons and delicate landscapes — serving such exotic dishes as *Dim Sin Gai* (sweet and sour chicken), and *Shao Shing soup*, *Chiao-Tzu* and *Kuo-Tioh* (northern style), and *Ging Ai Kwar* (steamed aubergines) — have sprung up everywhere from Hong Kong to Honolulu to Hoboken¹¹ to Huddersfield¹².

How did this come about? Certainly, a kind of Chinese food was exported to North America when many thousands of Chinese went there in the 19th century to work on such things as the US railways.¹³ They settled on or near the west coast, where the famous — or infamous — “chop suey joints” grew up, with their rather inferior brand of Chinese cooking. The standard of the restaurants improved steadily in the United States, but Lo considers that the crucial factor in spreading this kind of food throughout the Western world was population pressure in the British colony of Hong Kong, especially after 1950, which sent families out all over the world to seek their fortunes in the opening of restaurants. He adds, however, that this could not have happened if the world had not been interested in what the Hong Kong Chinese had to cook and sell. He detects an increased interest in sensuality in the Western world: “Color, texture, movement, food, drink, and rock music — all these have become much more part

Notes

1. attend to matters of business: take care of business matters
2. and ultimately one's spiritual and moral fibre and well-being: Food can determine whether a person is spiritually and morally strong and sound.
3. Keenth Lo, a Chinese British, is a well-known gourmet and successful restaurant owner. He wrote a number of books on food.
4. quotes no less an authority than Confucius ...: cites as important an authority as Confucius. *No less than*: as many as, e.g., *I paid no less than \$ 25 for the book*.
5. with regard to the primal importance of food: in relation to the supreme importance of food
6. to be smothered ... through its preparation: Great love and care are to be given to the preparation of food. *To smother ... with ...*: to give an excessive amount of something (such as love / attention / care, etc.) to ...
7. to have time lavished on it ... pleasure of eating: to spend plenty of time enjoying the food
8. plain walls: walls unadorned with paintings, pictures, etc.
9. proceed with the serious business: go on with the serious business of eating

and parcel of the average person's life¹⁵ than they have ever been. It is this increased sensuality and the desire for greater freedom from age-bound habits in the West, combined with the inherent sensual concept of Chinese food, always quick to satisfy the taste buds,¹⁶ that is at the root of the sudden and phenomenal spread¹⁷ of Chinese food throughout the length and breadth of the Western World."

There is no doubt that the traditional high-quality Chinese meal is a serious matter, fastidiously prepared and fastidiously enjoyed. Indeed, the bringing together and initial cutting up and organizing of the materials is about 90% of the actual preparation, the cooking itself being only about 10%. This 10% is not, however, a simple matter. There are many possibilities to choose from; Kenneth Lo, for example, lists forty methods available for the heating of food, from *chu* or the art of boiling to such others as *ts'ang*, a kind of stir-frying and braising, *t'a*, deep-frying in batter, and *wei*, burying food in hot solids such as charcoal, heated stones, sand, salt and lime.

The preparation is detailed, and the enjoyment must therefore match it. Thus a proper Chinese meal can last for hours and proceed almost like a religious ceremony. It is a shared experience

10. to eat with a capital E: to perform the ceremonial act of eating, i.e., *to eat really seriously*
11. Hoboken: a city in the eastern part of the US
12. Huddersfield: a town near Leeds, Bradford and Manchester in the UK
13. Certainly, a kind of Chinese food ... as the US railways: Many Chinese emigrated to America (especially to the western part of the US) in the 19th century to work on railway construction jobs and they brought with them some kind of Chinese food.
14. chop suey joints: small restaurants serving a Chinese-style dish of meat stewed and fried with bean sprouts, bamboo shoots, onions, and served with rice. *joint*: an informal term for a cheap restaurant or night club (usually in poor condition)
15. ... all these have become much more part and parcel of the average person's life: Sensual pleasures (colour, texture, movement, food, drink, rock music) have become an important part of people's lives in the West.
16. quick to satisfy the taste buds: (Chinese cooks are always) ready to satisfy people's desire for tasty food. *taste buds*: small points on the surface of one's tongue, sensitive to the flavor of food or drink
17. phenomenal spread: incredibly widespread, spread to a very large area
18. It is a shared experience ... others to contrast: Eating a Chinese meal in a restaurant is a communal experience of sharing many different kinds of dishes, painstakingly designed to create special effects.
19. ... all these and more challenge the palate: The rich variety of Chinese food will never fail to attract people.
20. In a Chinese meal that has ... as a kind of buffet: The Chinese have not changed their way of

for the participants, not a lonely chore, with its procession of planned and carefully contrived dishes, some elements designed to blend, others to contrast.¹⁸

Meat and fish, solids and soups, sweet and sour sauces, crisp and smooth textures, fresh and dried vegetables — all these and more challenge the palate¹⁹ with their appropriate charms.

In a Chinese meal that has not been altered to conform to Western ideas of eating, everything is presented as a kind of buffet,²⁰ the guest eating a little of this, a little of that. Individual portions as such are not provided.²¹ A properly planned dinner will include at least one fowl, one fish and one meat dish, and their presentation with appropriate vegetables is not just a matter of taste but also a question

of harmonious colors. The eye must be pleased as well as the palate;²² if not, then a certain essentially Chinese element is missing, an element that links this cuisine with that most typical and yet elusive concept Dao. Emily Hahn,²³ an American who has lived and worked in China, has a great appreciation both of Chinese cooking and the “way” that leads to morality and harmony. She insists that “there is moral excellence in good cooking,”²⁴ and adds that to the Chinese, traditionally, all life, all action and all knowledge are one. They may be chopped up and given parts with labels, such as “Cooking”, “Health”, “Character” and the like, but none is in reality separate from the other. The smooth harmonies and piquant contrasts in Chinese food are more than just the products of recipes and personal enterprise. They are an expression of basic assumptions about life itself.

eating to follow the Western practice. In a Chinese meal, food is presented as a kind of buffet, with each person helping himself to the individual dishes.

21. Individual portions as such are not provided: Separate servings of food are not given to each person. Instead, people share a variety of dishes by sampling a portion from each one.
22. The eye must be pleased ... the palate: Chinese food is pleasant to see as well as to taste.
23. Emily Hahn is an American woman writer who married a Chinese and came to settle in China in the 1930s.
24. ... there is moral excellence in good cooking: There is a spiritual dimension to Chinese cooking in that when eating one participates in the ultimate unity and interconnectedness of all life (food, animals, plants, fruits, human beings, water, etc.) that is, participates in Dao — the ultimate oneness and harmony of the universe.



Comprehension work

A Probe the text.

Discuss the following questions.

1. What is Kenneth Lo's view of food and eating?