Unit 5 Section A

Choose to Be Alone on Purpose
1. Lead-in Activities
2. Intensive Reading
3. Expressions and Patterns
4. Writing
I. Lead-in Activities: Listen, Look & Say

- **Background Information**
  Acquaint yourself with some relevant information.

- **Compound Dictation**
  Listen to a passage and fill in the missing words.

- **Watch & Discuss**
  Watch the video and discuss the given topics.
Henry David Thoreau: U.S. thinker, essayist, and naturalist (1817—1862). Born in Concord, Mass., Thoreau graduated from Harvard University and taught school for several years before deciding to become a poet of nature. Back in Concord, he came under the influence of R. W. Emerson and began to publish pieces in the Transcendentalist magazine *The Dial*. 
In the years 1845 — 1847, to demonstrate how satisfying a simple life could be, he lived in a hut beside Concord’s Walden Pond; essays recording his daily life were assembled for his masterpiece, *Walden* (1854). His *A Week on the Concord and Merrimack Rivers* (1849) was the only other book he published in his lifetime. He reflected on a night he spent in jail protesting the Mexican-American War in the essay *Civil Disobedience* (1849), which would later influence such figures as M. Gandhi and M. L. King.
In later years his interest in Transcendentalism waned and he became a dedicated abolitionist. His many nature writings and records of his wanderings in Canada, Maine, and Cape Cod display the mind of a keen naturalist. After his death his collected writings were published in 20 volumes, and further writings have continued to appear in prints.
John Milton: English poet (1608 — 1674). Milton attended Cambridge University (1625 — 1632), where he wrote poems in Latin, Italian, and English; these included *L’Allegro* and *Il Penseroso*, both published later in *Poems* (1645). During 1632—1638 he engaged in private study—writing the masque *Comus* (1637) and the extraordinary elegy *Lycidas* (1638)—and toured Italy.
Concerned with the Puritan cause in England, he spent much of 1641—1660 pamphleteering for civil and religious liberty and serving in Oliver Cromwell's government. His best-known prose is in the pamphlets *Areopagitica* (1644), on freedom of the press, and *Of Education* (1644). He lost his sight in the year of 1651, and thereafter dictated his works. His disastrous first marriage ended with his wife’s death in 1652; two later marriages were more successful. After the Restoration he was arrested as a noted defender of the Commonwealth, but was soon released.
In *Paradise Lost* (1667), his epic masterpiece on the Fall of Man written in blank verse, he uses his sublime “grand style” with superb power; his characterization of Satan is a supreme achievement. He further expressed his purified faith in God and the regenerative strength of the individual soul in *Paradise Regained* (1671), an epic in which Christ overcomes Satan the tempter, and *Samson Agonistes* (1671), a tragedy in which the Old Testament figure conquers self-pity and despair to become God’s champion.
Considered second only to W. Shakespeare in the history of English-language poetry, Milton had an immense influence on later literature; though attacked early in the 20th century, he had regained his place in the Western canon by mid-century.
William Wordsworth: English poet (1770—1850). Orphaned at 13, Wordsworth attended Cambridge Univ., but remained rootless and virtually penniless until 1795, when a legacy made possible a reunion with his sister D. Wordsworth. He became friends with S. T. Coleridge, with whom he wrote *Lyrical Ballads* (1798), the collection often considered to have launched the English Romantic Movement.
William Wordsworth (B)

Wordsworth’s contributions include “Tintern Abbey” and many lyrics controversial for their common, everyday language. Around 1798 he began writing the epic autobiographical poem that would absorb him intermittently for the next 40 years, The Prelude (1850). His second verse collection, Poems, in Two Volumes (1807), includes many of the rest of his finest works, including Ode: Intimations of Immortality. His poetry is perhaps most original in its vision of the almost divine power of the creative imagination reforging the links between man and man, between humankind and the natural world.
William Wordsworth (C)

The most memorable poems of his middle and late years were often cast in elegiac mode; few match the best of his earlier works. By the time he became widely appreciated by the critics and the public, his poetry had lost most of its force and his radical politics had yielded to conservatism. In 1843 he became England’s poet laureate. He is regarded as the central figure in the initiation of English Romanticism.
Compound Dictation

Directions:
You will hear a passage. It will be read twice. Listen carefully and supply the missing words.
The United Nations officially came into existence on 24 October 1945, when the UN Charter had been ratified by a majority of the original 51 Member States. The purpose of the United Nations is to bring all nations of the world together to work for peace and development, based on the principles of justice, human dignity and the well-being of all people. It affords the opportunity for countries to balance global interdependence and national interests when addressing international problems. There are currently 185 members of the United Nations. They meet in the General Assembly, which is the closest thing to a world parliament.
I. Lead-in Activities: Listen, Look & Say

Watch & Discuss
Directions:
Watch the pictures and listen to the song, then discuss the topics as follows:

1. Why are we eager for interacting with each other?
2. What do we need to be likable in social life?
陕西国际商贸学院基础课部外语系
In addition, our modern social life requires more of our interaction with each other. Faced with growing heat of competition in every field of our life, we need more frequent interactive activities between us to improve our competence in struggle for survival and meanwhile separate the superior from the inferior. In reality, however, we count much more on cooperation for a better existence of our nation. All-round interplay between areas of study in science and technology makes more and more room for coordination between us.
Another attribute of the likable person is optimism. There is an old saying, “The pessimist sees the difficulty in every opportunity and the optimist sees the opportunity in every difficulty.” If you are optimistic about life, others like to turn to you for help when they are stuck in straits.

And the most weighty quality is the ability to make others comfortable. The likable people prefer to keep their emotions under control but put others’ at ease. Underlying this ability is the sense of humor that fills others’ life up with joy.
Intensive Reading

TEXT A

Structure Analysis

New Words

Passage Reading
Main Idea & Structure

- Main Idea
- Structure

Main Idea of Each Part

- Part I
- Part II
- Part III
- Part IV
| solitary  | poetry    | humble   |
| deer     | handwriting | absent   |
| wolf     | dictate    | apology  |
| tame     | kettle     | soak     |
| pond     | priest     | pint     |
| inspiration | hut     | waterproof |
| solitude | axe        | slippery  |
| sunlight | saucer     | choke    |
| benign   | laundry    | parcel   |
| cushion  | ego        | supreme  |
New Words

- justice
- steak
- noodle
- sportsman
- skate
- skater
- ski
- skier
- niece
- powder
- powdered
- princess
- seal

Phrases and Expressions

- on purpose
- on the other hand
- cast out
- speak highly of
- seek out
- put on
- set forth
- write down
- stretch out
- fill up
- stay up late
- rise and fall
- back up
<table>
<thead>
<tr>
<th>New Words</th>
<th>Proper Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>• at length</td>
<td>• Thoreau</td>
</tr>
<tr>
<td>• in line</td>
<td>• Dorothy</td>
</tr>
<tr>
<td>• be fond of</td>
<td>• Wordsworth</td>
</tr>
<tr>
<td>• settle down</td>
<td>• William</td>
</tr>
<tr>
<td>• after all</td>
<td>• Milton</td>
</tr>
<tr>
<td>• for the time being</td>
<td>• Walden Pond</td>
</tr>
<tr>
<td>• might as well do sth.</td>
<td>• Melissa</td>
</tr>
</tbody>
</table>
Choose to Be Alone on Purpose

Para. 1  Here we are, all by ourselves, all 22 million of us \textit{by recent count, alone} in our rooms, some of us liking it that way and some of us not. Some of us divorced, some widowed, some never yet committed.
Loneliness may be a sort of national disease here, and it’s more embarrassing for us to admit than any other sin. On the other hand, to be alone on purpose, having rejected company rather than been cast out by it, is one characteristic of an American hero. The solitary hunter or explorer needs no one as they venture out among the deer and wolves to tame the great wild areas. Thoreau, alone in his cabin on the pond, his back deliberately turned to the town. Now, that’s character for you.
Para. 3  Inspiration in *solitude* is a major commodity for poets and philosophers. They’re all for it. They all speak highly of themselves for *seeking it out*, at least for an hour or even two before they hurry home for tea.
Para. 4  Consider Dorothy Wordsworth, for instance, helping her brother William put on his coat, finding his notebook and pencil for him, and waving as he sets forth into the early spring sunlight to look at flowers all by himself. “How graceful, how benign, is solitude,” he wrote.

Para. 5  No doubt about it, solitude is improved by being voluntary.
Para. 6  Look at Milton’s daughters arranging his cushions and blankets before they silently creep away, so he can create poetry. Then, rather than trouble to put it in his own handwriting, he calls the girls to come back and write it down while he dictates.
Para. 7  You may have noticed that most of these artistic types went outdoors to be alone. The indoors was full of loved ones keeping the kettle warm till they came home.

Para. 8  The American high priest of solitude was Thoreau. *We admire him, not for his self-reliance, but because he was all by himself out there at Walden Pond, and he wanted to be.* All alone in the woods.
Actually, he lived a mile, or 20 minutes’ walk, from his nearest neighbor; half a mile from the railroad; three hundred yards from a busy road. He had company in and out of the hut all day, asking him how he could possibly be so noble. Apparently the main point of his nobility was that he had neither wife nor servants, used his own axe to chop his own wood, and washed his own cups and saucers. I don’t know who did his laundry; he doesn’t say, but he certainly doesn’t mention doing his own, either. Listen to him: “I never found the companion that was so companionable as solitude.”
Para. 10  Thoreau had his own self-importance for company. Perhaps there’s a message here. The larger the ego, the less the need for other egos around. The more modest and humble we feel, the more we suffer from solitude, feeling ourselves inadequate company.
Para. 11a  If you live with other people, their temporary absence can be refreshing. Solitude will end on Thursday. If today I use a singular personal pronoun to refer to myself, next week I will use the plural form. While the others are absent you can stretch out your soul until it fills up the whole room, and use your freedom, coming and going as you please without apology, staying up late to read, soaking in the bath, eating a whole pint of ice cream at one sitting, moving at your own pace.
Para. 11b Those absent will be back. Their *waterproof* winter coats are in the closet and the dog keeps watching for them at the window. But when you live alone, the temporary absence of your friends and acquaintances leaves a *vacuum*; they may never come back.
The condition of loneliness rises and falls, but the need to talk goes on forever. It’s more basic than needing to listen. Oh, we all have friends we can tell important things to, people we can call to say we lost our job or fell on a slippery floor and broke our arm. It’s the daily succession of small complaints and observations and opinions that backs up and chokes us. We can’t really call a friend to say we got a parcel from our sister, or it’s getting dark earlier now, or we don’t trust that new Supreme Court justice.
Para. 13a Scientific surveys show that we who live alone talk *at length* to ourselves and our pets and the television. We ask the cat whether we should wear the blue suit or the yellow dress. We ask the parrot if we should prepare *steak*, or *noodles* for dinner. We *argue with ourselves over* who is the greater *sportsman*: that *figure skater* or this *skier*. 
There’s nothing wrong with this. It’s good for us, and a lot less embarrassing than the woman in front of us in line at the market who’s telling the cashier that her niece Melissa may be coming to visit on Saturday, and Melissa is very fond of hot chocolate, which is why she bought the powdered hot chocolate mix, though she never drinks it herself.

It’s important to stay rational.
Para. 15 It’s important to stop waiting and settle down and make ourselves comfortable, at least temporarily, and **find some grace and pleasure in our condition**, not like a self-centered British poet but like a patient princess **sealed up** in a tower, waiting for the happy ending to our fairy tale.

Para. 16 After all, here we are. It may not be where we expected to be, but **for the time being** we **might as well** call it home. Anyway, there is no place like home.
solitary a. 
alone; lonely; without companions

For Example

一位孤独的旅行者/孤苦伶仃的生活
a solitary traveler /a poor and solitary life

这年轻人生性相当孤僻。
The young man is rather solitary by nature.

她时常一人独处，但从不感到孤寂。
She is often alone but never solitary.

孤舟在大海上显得很渺小。
The solitary boat looked tiny in the sea.

n. solitude 独居，独处
humble a.

1. having a low opinion of oneself; not proud
2. not great or important

For Example

Why were you so humble in the manager's office?
在经理办公室里你为什么那样卑躬屈膝？
他的谦虚给我留下了深刻的印象。
He strikes me as a very humble person.

我在医院从事很普通的工作。
I do quite a humble job at the hospital.

我们住在一个普通的小村庄里。
We live in a humble little village.
We had 450 members **at the last count**.

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She likes being alone in the house.
She decided to climb the mountain alone.

Compare: lonely a.

Without being together with their relatives for ages, the women have felt particularly lonely and isolated.

假期的校园显得格外地冷清。
The campus is immensely lonelier during vacations.
Was it an accident or did you do it on purpose?

Was it an accident or did you do it on purpose?

Did you tell him about it on purpose?
The poor fellow was cast out by the landlady when his last penny had gone.

那可怜的穷人花掉最后一个便士之后，就被房东太太赶了出去。

After the scandal, he was cast out of the company.

For Example

(literary) get rid of; drive out or away; expel, esp. by using force; make sb. leave a place or refuse to accept sb. as part of a group
I'd rather not venture out in pouring rain if I don't have to!
如果不是非出去不可，我可不愿冒着倾盆大雨出去。

Today's the first time I've ventured out of doors since my illness.
今天是我病后第一次冒险出门。
tame: v.

1) make sb. or sth. easy to control
2) train an animal or bird not to be afraid of humans and to be obedient

For Example
tame

征服大自然  tame nature

A group of policemen was called out to tame the crowds.

tamed birds

He is taming tigers in the circus.

他在马戏团驯虎。
He turned his back and walked away.
他转身走开了。

For Example
He turned his back and walked away.
他转身走开了。

I'm going to get dressed now — please turn your back.
我要换衣服了——请你转过身去。
The minority of people present were for the chairman's plan.

"I'm all for sexual equality but I don't want my wife to work," said the man.
The dirty clothes are soaking in soapy water.
脏衣服都在肥皂水里泡着呢。

他把脏衬衫浸在热水里了。

He soaked his stained shirt in hot water.

The rain had soaked through his coat.

雨把他的大衣淋透了。

He soaked himself in the atmosphere of the place.

他尽情沉浸在环境的气氛之中。
She speaks highly of the new teacher.
她对这位新教师评价很高。
学生高度评价他们的历史老师。
The students speak highly of their history teacher.

Compare:
speak ill /well of: express a bad /good opinion of

Don't speak ill of the dead. 别说死者的坏话。
How can we seek out a really good person for the job?
我们如何才能寻找到真正适合这项工作的人?

I spent several weeks seeking out the information I wanted.
我花了好几个星期才找到我要的资料。

After the meeting he sought out the person who had spoken about the plans.
会后他设法找到了那个发言谈论计划的人。

For Example
seek out: find (sth. or sb.) by looking hard
They set forth on their hike immediately after breakfast.
他们早饭后马上启程开始徒步旅行。

He set forth on a three-month trip around the world.
他启程开始为期三个月的周游世界的旅行。

The President set forth his views in a television broadcast.
总统在电视中阐明了自己的观点。

In his preface the author set forth his reasons for writing the book.
在他的前言中这位作者阐述了写这本书的理由。
benign a.  (fml.) kind and gentle

She is beautiful and benign and the embodiment of all the finest qualities of a loyal and loving wife.
dictate v.

1) speak (sth.) aloud for another person or for a machine to record the words said, so that they may be written down.
2) tell sb. what to do, esp. in an annoying way.

For Example

教师每隔一周给这班学生听写一次单词或短文。
The teacher **dictates to the class words or a passage every other week.**

Conscience **dictates truthfulness.**

【考点】
- **dictate sth. to sb.** 读出来让某人听写，向某人口授;
- **give a dictation to** 让……听写；
- **take the dictation of** 记录……的口授；
- **dictate to sb.** 对某人发号施令；
You may refresh yourself with a cup of coffee.
喝杯咖啡可以帮你提神。

They stopped at a pub to refresh themselves.
他们在一家酒馆前停了下来，喝几杯酒。

refreshing a. strengthening; giving rest and relief
使人心旷神怡的微风/恢复体力的睡眠
The roads are slippery after rain.

开车要特别小心，道路又湿又滑。

Drive very carefully; the roads are wet and slippery.

Once you've given in to temptation for the first time you've on the slippery slope.
slippery a. 2. (infml.) not to be trusted, shifty

For Example

Don't lend any money to that slippery person.
不要借钱给那个狡猾的家伙。

他像鳝鱼般难以捉摸——你永远不可能从他口里得到直接的回答。
He's as slippery as an eel — you can never get a straight answer out of him.
absent:  
a. not in a place because of illness, etc.

For Example

He arrived home to find his wife still absent.  
他回到家发现妻子还没回来。
I will be absent from work tomorrow.  
明天我不上班。
Love was totally absent from his childhood.  
他的童年没有一点爱。

【考点】 absent-minded  心不在焉的
be absent from  …未出席；
be absent in  外出在；
be absent on business  因事缺席；
The rubber band can be stretched out to twice its length.
这条橡皮筋可被拉长两倍。
Some of the members tried to stretch the meeting out.
一些会员想延长会议时间。
He stretched himself out on the sofa and fell asleep.
他伸展着身子躺在沙发上睡着了。
He stretched out in front of the fire.
他在炉火前舒展了一下四肢。

For Example

**stretch out:**

1) make or become wider or longer, lengthen (sth.) by pulling
2) lie down, usu. in order to relax or sleep

**For Example**

The rubber band can be stretched out to twice its length. 这条橡皮筋可被拉长两倍。
Some of the members tried to stretch the meeting out. 一些会员想延长会议时间。
He stretched himself out on the sofa and fell asleep. 他伸展着身子躺在沙发上睡着了。
He stretched out in front of the fire. 他在炉火前舒展了一下四肢。
Research work and lectures filled up his time.
研究工作以及演讲占满了他的时间。

She filled up all the buckets she could lay her hands on.
她把所有能找到的提桶都装满了。
He asked his son not to stay up late.
他要儿子不要熬夜。

We stayed up late to watch TV.
我们看电视看到很晚才睡。

For Example

stay up late:  remain late out of bed, as at night

stayed up late to do sth.
**choke v.**

1. (make sb.) become unable to speak
2. stop or partly stop breathing

**For Example**

The surprise farewell party left them all choked up.
这一意外的告别聚会令他们激动得说不出话来。
她气得说不出话来。
She was choked with anger.

The smoke almost choked the fireman.
消防队员几乎被烟熏得透不过气来。
昨天一个老人在家因窒息而死。
An elderly man choked to death in his home.
We encourage all students to work at their own pace.

他更喜欢按照自己的节奏工作。

He prefers to work at his own pace.
All the air is removed from a can of food before it is sealed.
食品罐头密封之前，里面的空气已除尽。

These windows have been sealed up for years.
这些窗户都已经密封了许多年了。

They sealed up the cracks in the window to stop the icy wind from blowing in.
他们封住窗户上的缝隙，阻挡冰冷的寒风。

For Example

1. close an entrance or a container with sth. that stops air, water, etc. from coming in or going out

seal v.

Back

Go ahead

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Make sure the parcel of examination scripts is properly sealed up.
确保装考卷的袋子密封好了。

He sealed the envelope and put a stamp on it.
他封上信封，然后贴上邮票。
**supreme a.** 1. highest in rank or position
2. highest in degree

**For Example**

He was the supreme commander of the armed forces.
他是武装部队的最高指挥官。

In the Chinese feudal society, the emperor was the supreme ruler of China.
在中国的封建社会，皇帝是国家的最高统治者。

Emperor was the supreme ruler of China in feudal society.

For me, dieting requires a supreme effort of will.
对我来说，节食需要极大的毅力。
at length (L. 56)
1) for a considerable time; fully
2) after some time; eventually

For Example

He talked at length about his work and family.
他详细地谈了他的工作和家庭。
他们已详细讨论过这件事了。
They have already talked over this matter at length.

我们终于到达了目的地。
At length we arrived at our destination.
最后,我们总算弄清楚她到底要什么。
At length, we began to understand what she wanted.
The correspondence has been backing up for several days.
待处理的信件已积压了好几天。

Many vehicles were backed up at the crossroads because of the accident.
由于事故，很多车辆被堵在十字路口。
Harries will **back me up** wholeheartedly as he used to.
哈里斯会像过去一样全心全意地支持我。

如果你当时不支持我，警察是不会相信我的。
The policeman wouldn't have believed me if you hadn't **backed me up**.

**For Example**

**back up**
2. support, esp. in an argument
For the time being, however, the drug is still in its experimental stages.

For Example

For the time being, however, the drug is still in its experimental stages.
不过，目前这药还在试验阶段。

让我们暂时合住一个房间吧！
Let's share the room for the time being.
As a sort of US national disease, lots of people are living alone, some divorced, some widowed and some never yet committed. But to be alone on purpose is of American hero. Solitude is liked by poets and philosophers for inspiration, and improved by being voluntary. Although those living with others may enjoy temporary solitude, those living in solitude may suffer from the need to talk, thus behaving strangely and talking at length to themselves or to their pets. The best cure for this is to stay rational, settle down and find grace and pleasure in one’s own condition.
How is the text organized?

The passage falls into four parts. The author begins with the brief description of being alone in USA. Next, two different views on solitude are presented. Then, three examples are given to illustrate why and how some personages choose to live in solitude. Finally, the author gives comments and advice on living in solitude.
Choose to Be Alone on Purpose

Part 1 (Para. 1)
As a social trend, lots of people are living alone.

Part 2 (Para. 2)
Loneliness: a sort of social disease but a characteristic of an American hero.

Part 3 (Paras. 3-10)
Poets & philosophers prefer living alone. Examples?

Part 4 (Paras. 11-16)
The author’s comments & advice on living in solitude
Main idea?

Living alone is a common social phenomenon in USA.

Devices for developing it?

Explanation (解释法)

Part I (Para. 1)

Part II

Part III

Part IV

For details
(S1) Here we are, all by ourselves, all 22 million of us by recent count, **alone in our rooms**, some of us liking it that way and some of us not.

(S2) Some of us **divorced**, some **widowed**, some **never yet committed**.
Main idea?

While many people think living in solitude may be a sort of national disease, others take it as a characteristic of an American hero.

Devices for developing it?

Contrast (对比法)

Part I

Part II (Para. 2)

Part III

Part IV
Loneliness may be a sort of national disease here, and it’s more embarrassing for us to admit than any other sin. (A sentence of concession) On the other hand, to be alone on purpose, having rejected company rather than been cast out by it, is one characteristic of an American hero. (A sentence of emphasis)
Main idea?

Poets and philosophers are for inspiration in solitude, which is improved by being voluntary. Some artists go outdoors to be alone, with loved ones at home, which suggests that the more confident we are, the less we desire to keep company with others.

Devices for developing it?

Exemplification (举例法)

For details

Part I

Part II

Part III (Paras. 3-10)

Part IV
**Point 1:** Inspiration in solitude is a major commodity for poets and philosophers.

**Example 1:** Dorothy Wordsworth

**Point 2:** Solitude is improved by being voluntary.

**Example 2:** John Milton

**Point 3:** The artists choose to go alone by themselves while their loved ones prepare comforts for them at home.

**Example 3:** Henry Thoreau
Living with others, one enjoys the advantages of occasional solitude. But living alone, one is stricken with it. Without the need to talk fulfilled, one may even get into some embarrassing situations. Thus, the author advises people to stay rational, settle down and enjoy grace and pleasure at home.
But it is different when you live alone: **the temporary absence of your friends and acquaintances leaves a vacuum**.

**Supporting details:** It is human that we need to talk to others. **We can tell our friends important things or complain about losing jobs, falling on a slippery floor, …** (Para. 12)

**Supporting details:** People who live alone will behave ridiculously: **talking at length to themselves and their pets and the television, asking the cat and the parrot what to do, …**. (Para. 13)
III. Expressions & Patterns

A. Expressions

1. by recent count
2. to cast out sb.
3. to be a major commodity for sb.
4. to seek out sth.
5. to set forth
6. No doubt about it, ...

B. Patterns for you to use as models

1. Typical patterns for exemplification
2. Typical patterns for preference for sth.
3. Typical patterns for explanation of doing sth.
4. Typical patterns for statement of one’s ideas

>more
III. Expressions & Patterns

7. to trouble to do sth.
8. to stretch out
9. to fill up the whole room
10. to stay up late to do sth.
11. at one sitting
12. a succession of

13. to back up
14. to talk at length
15. to argue with sb. over sth.
16. to find some grace and pleasure in our condition
17. to seal up sb. / sth.
18. might as well
III. Expressions & Patterns

1. 据最近的统计

by/according to recent count/statistics (L. 1)

For Example

根据最近的官方统计，中国的男女增长比例失调。

The population growth of males in China, by recent official count, is out of proportion to that of females.
2. 抛弃/驱逐某人

☞ to cast out/throw out/expel sb. (L. 6)

For Example

他可能会由于这次政治风波而被迫下野。

He is likely to be cast out of his office because of the political disturbance.
3. 是某人最有用的东西

to be a major commodity for sb. (L. 10)

For Example

对于一个健康的社会，最有价值的东西应该是才能和勤奋而不是漂亮的容貌和恭维的话。

The most valuable commodities for a healthy society should be talent and hard work rather than good looks and flatteries.
III. *Expressions & Patterns*

4. 找出/搜寻出……

 to seek/single out sth. (L. 11)

**For Example**

你的工作就是发现优秀学生的先进经验，并加以总结和推广。

*Your job is to seek out the advanced experience of the excellent students, sum it up and popularize it.*
5. 动身；阐述

锣 to set forth (L. 14)

For Example

如果在社会生活中人人都学会摆事实、讲道理，许多矛盾就很容易被化解。

If everyone learns to set forth facts and reason things out in social life, many of the contradictions are easy to resolve.
6. 毫无疑问, ……

No doubt about it,… (L. 17)

For Example

毫无疑问，友谊是一杯陈酿，其品味愈久愈浓。

No doubt about it, friendship is a cup of old wine whose flavor grows stronger with time.
7. (不)费神做某事

*to (not) trouble / bother to do sth.* (L. 22)

**For Example**

She flatly refused his woo, without even troubling to take a glance at the heap of gifts for her.
8. 放松; 伸出; 延长; 使满足需要

*to stretch out* (L. 43)

**For Example**

饭菜够吃吗？今晚我们多了5个客人吃饭。

Will the food stretch out? Tonight we’ve got five extra guests for dinner.
9. 充满整个房间

饱ball to fill up the whole room (L. 44)

For Example

充满和谐与温馨的婚姻不会有第三者插足。

There is no involvement of a third party in the marriage filled up with harmony and warmth.
10. 熬夜做某事

to stay up late to do sth. (L. 45)

For Example

即使熬一个通宵，我也要写一封措辞得当的推荐信。

I’ll write a properly-worded letter of recommendation, even if I have to stay up all night to do so (or for it).
11. 一口气（地）

at one sitting (go/stretch)/with one single effort /in one breath (move) (L. 45)

For Example

正如一口吃不成个胖子一样，成功不能一蹴而就。

Just as no one grows fat at one sitting, no success can be attained with one single effort.
III. Expressions & Patterns

12. 一连串的……

 perchè a succession of sth. (L. 53)

For Example

一连串的受挫使他认识到这样一条真理：伟业并非一日之功。

A succession of setbacks made him aware of the truth that Rome was not built in a single day.
13. 聚塞；支持；倒车；阻止住；证实

to back up (L. 53)

For Example

不论何事在心头长期积压，最好觅一知己一吐为快。

It is better to find a bosom friend to confide in whatever has long backed up on your mind.
14. 详细地说；唠叨不休

**to talk at length (L. 56)**

**For Example**

浪漫的婚姻就是和你一起变老，一路上收集点点滴滴的欢乐，待老得走不动时细细地聊。

The romantic marriage means aging all the way with you and picking up bits and pieces of joy for us to talk about at length when we are too old to walk.
III. *Expressions & Patterns*

15. 跟某人争论某事

*to argue with sb. over sth.* (L. 58)

*For Example*

他宁愿和明白人吵架，也不愿和糊涂人说话。

*Rather than have a word with the muddle-head, he would argue with the person of reason.*
16. 在自身条件下发现一些优雅和乐趣

*to find/discover some grace and pleasure in our condition (L. 66)*

**For Example**

大学教育的根本问题就是如何使每个学生能发现自身的才能并能扩展之。

The basic problem with college education is how to enable each of the students to find talent in himself/herself and extend it.
17. 把某人 / 物密封/封闭起来

♫ to seal up sb. / sth. (L. 67)

For Example

独立自主决不是闭关自守，孤立奋斗。

Self-reliance in no way means sealing oneself up from the outside world and working in isolation.
18. 不妨/还不如做某事

**might / may as well do sth.** (L. 70)

For Example

要教他懂礼貌，比赶鸭子上架还难。

You might just as well drive ducks onto a perch as teach him to behave.
1. Typical patterns for exemplification:

原句: Consider Dorothy Wordsworth, for instance, helping her brother William put on his coat, finding his notebook and pencil for him, and waving as he sets forth into the early spring sunlight to look at flowers all by himself. (L. 13)

就拿多萝西·华兹华斯来说吧，她帮她兄弟威廉穿上外衣，为他找到笔记本和铅笔，向他挥手告别，目送着他走进早春的阳光去独自对花沉思。
(Just) Consider/Look at sb., for example/instance, doing this, doing that, and doing…
就拿某人来说 / 为例吧, 他 / 她做……，做……
Consider Kong Fansen, for instance, always valuing the people’s interests above everything else, never bending the law for the benefit of his relatives, and earnestly practicing what he advocates. He is seen as the mirror of honesty and uprightness.
应用：b. 就拿他来说吧，他到处进行权钱交易，结党营私，侵吞公款。他是历代贪官的翻版。

Just look at him, for example, trading his office for money wherever he goes, ganging up for his own purposes, and helping himself illegally to the public funds. He is the very reflection of the corrupt officials in history.
Then, rather than trouble to put it in his own handwriting, he calls the girls to come back and write it down while he dictates. (L. 21)

原句：Then, rather than trouble to put it in his own handwriting, he calls the girls to come back and write it down while he dictates. (L. 21)

然而他并不自己费神将诗歌写下来，而是唤回女儿们，向她们口述，由她们写下来。
Rather than do sth., sb. does (would do) sth. else.
某人不愿意……，而愿意……
应用：a. 与其天天浑浑噩噩地活着，你还不如为社会做点儿力所能及的事。

Rather than muddle along every day, you do something within your ability for society.
应用：b. 他们不愿同床异梦，准备分道扬镳了。

Rather than share the same bed but hide different dreams, they are ready to part company with each other.
We admire him, not for his self-reliance, but because he was all by himself out there at Walden Pond, and he wanted to be. (L. 28)

我们钦佩他，并非因为他倡导自力更生精神，而是因为他孤身一人在瓦尔登湖畔生活，这是他自己想要这么做的。
Sb. does sth., not for…(短语), but because…（从句）
某人做某事，并非因为……, 而是因为……
应用：a. 一些人谋求学位，并非因为兴趣爱好，而是因为就业压力的影响。

Some people seek degrees, not for their interest, but because of the pressure of occupation.
I yearn for you, not for your charming looks, but because your arrival has invested my life with new meanings.
III. Expressions & Patterns

4. Typical patterns for statement of one’s ideas:

原句: It’s important to stay rational. (L. 64)

重要的是保持理性。

句型提炼

It is important/essential/desirable/better/advisable/difficult/…(for sb.) to do sth.

重要的是 / 至关重要的是 / 理想的是 / 最好是 / 明智的是 / 难的是做某事。
应用：a. 一辈子做一次好事并不难，难的是一辈子做好事，不做坏事。

It is easy for one to do good once in his life, but it is difficult for one to do good rather than evil all his life.
It is important to combat evil social trends, but it is more important to foster healthy trends and improve social environments.
V. Writing

How to Be... in Life / Future

1. 生活中/将来人们都想……
2. 要想实现这一愿望，你应具备什么素质？

（知识性说明文）

写作模式

参考范文
1) Whether you are climbing the career ladder or just endeavoring to get through collegiate courses, I bet you desire to... in life / future. 2) For example, sb. is eager to... whereas sb. else longs to... 3) To achieve this, however, you need to develop the qualities that the achievers share with one another.
4) First of all, you need to…  
5) The more..., the more… (进一步说明)
6) Secondly, you need to…
7) Such… can offer you more chances to…, thus… (进一步说明)
8) Thirdly, you need to…
9) The quality of… enables you to… (进一步说明)
10) Last, certainly not the least, you need to…
11) Underlying this is sth. else that… (进一步说明)
12) To sum up, the qualities of…, as mentioned above, will place you on the way to…

（划线部分可替换）
How to Be Likable in Social Life

1) In social life, everyone desires to be liked.

2) To be liked, what qualities do you need to possess?
1) Whether you are climbing the career ladder or just endeavoring to get through collegiate courses, I bet you desire to be likable in social life. 2) For example, a politician is eager to become the focus of the public worship whereas a student longs to be the center of others’ admiration. 3) To achieve this, however, you need to develop the qualities that the likable people share with one another.
4) First of all, you need to make a strong connection to your “best self”. 5) The stronger connection you have to your best self now, the greater attraction you will hold to others. 6) Secondly, you need to find in yourself as much grace and virtue in common with others as possible. 7) Such common ground can offer you more chances to share your expertise and talents with others, thus leaving more of your mark on them. 8) Thirdly, you need to breed optimism. 9) The quality of being optimistic enables you to seek opportunity for those stuck in straits.
10) Last, certainly not the least, you need to cultivate the ability to make others comfortable. 11) Underlying this ability is the sense of humor that fills up others’ world with happiness. 12) To sum up, the qualities of being at your best, sharing common ground with others, being optimistic, and keeping others comfortable, as mentioned above, will place you on the way to being the kind of person others enjoy being around.
有意选择独处

Para. 1  事实如此，我们孤独无伴地生活着。据最近的统计，共有2,200万人独自生活在自己的屋里。其中有些人喜欢这种生活，有些却不是。有些离了婚，有些鳏寡无伴，也有些从未结过婚。
Para. 2  孤独或许是这里的一种民族弊病，它比起其他任何过错更加令人难以启齿。而另一方面，故意选择独处，拒绝别人的陪伴而非为同伴所抛弃，这正是美国式英雄的一个特点。孤独的猎人，孤独的探险者，在鹿群和狼群中间冒险，去征服广袤的荒野，这时他们并不需要有人陪伴。梭罗独居在湖畔的小屋，有意抛弃了城市生活。现在，这成了你的个性。
独处的灵感是诗人和哲学家最有用的东西。他们都赞成独处，都因能够独处而自视甚高，至少在他们匆匆忙忙赶回家喝茶之前的一两个小时之内是如此。
Para. 4  就拿多萝西·华兹华斯来说吧，她帮她兄弟威廉穿上外衣，为他找到笔记本和铅笔，向他挥手告别，目送着他走进早春的阳光去独自对花沉思。他写道：“独处多么悠闲，美妙。”

Para. 5  毫无疑问，如果自愿独处，则感觉要好得多。
Para. 6  瞧瞧弥尔顿的女儿们：她们为他准备好垫子和毯子，然后蹑手蹑脚地走开，以便他能创作诗歌。然而他并不自己费神将诗歌写下来，而是唤回女儿们，向她们口述，由她们写下来。
Para. 7 也许你已经注意到，这些艺术家类型的人，大多是到户外独处，而家里则自有亲人们备好了热茶，等着他们回家。

Para. 8 美国的独处高士是梭罗。我们钦佩他，并非因为他倡导自力更生精神，而是因为他孤身一人在瓦尔登湖畔生活，这是他自己想要这么做的。他独居在湖畔的树林中。
Para. 9 实际上，他最近的邻居离他只有一英里，走路也就20分钟；铁路离他半英里；交通繁忙的大路距他300码。整天都有人进出他的小屋，请教他何以能够如此高洁。显然，他的高洁之处主要在于：他既没有妻子也没有仆人，自己动手用斧头砍柴，自己洗杯碟。我不知道谁为他洗衣服，他没说，但是他也肯定没提到是他自己洗的。听听他是这么说的：‘我发现没有任何同伴比独处更好。’
Para. 10 梭罗以自尊自重为伴。也许这里的启示是：自我意识越强，就越不需要其他的人在周围。我们越是感觉谦卑，就越受孤独的折磨，感到仅与自己相处远远不够。
Para. 11a 若与别人同住，你会在与他们小别时感觉耳目一新。孤独将会于星期四结束。如果今天我提到自己时使用的是单数人称代词，那么下星期我就会使用复数形式。其他人不在的时候你可以放飞你的灵魂，让它充满整个房间。你可以充分享受自由。你可以随意来去而无需道歉。你可以熬夜读书、大泡浴缸、坐下一口气吃掉整整一品脱的雪糕。你可以按自己的节奏行动。
Para. 11b  暂别的人会回来。他们的冬季防水大衣还放在衣橱里，狗也在窗边密切留意他们归来的身影。但如果你单独居住，那么朋友或熟人的暂时离别会使你感到空虚，也许他们永远也不会回来了。
Para. 12 孤独的感觉时起时落，但我们却永远需要与人交谈。这比需要倾听更重要。噢，我们都有朋友，可以把大事要事向他们倾诉。我们可以打电话对他们说我们丢了工作，或者说我们在湿滑的地板上摔倒了，跌断了胳膊。但是每日不断发生的琐碎抱怨，看到的和想到的琐事，却积在那儿，塞满了我们的心。我们不会真打电话给一位朋友，告诉他我们收到了姐姐的一个包裹，或者说现在天黑得比较早，或者说我们不信任最高法院新来的法官。
Para. 13a 科学调查表明，独居的人会对着自己，对着宠物，对着电视机唠叨不休。我们问猫儿今天该穿蓝色套装还是黄色裙装，问鹦鹉今天晚餐该做牛排还是面条。我们跟自己争论那个花样滑冰选手和这个滑雪运动员到底谁更了不起。
Para. 13b 这没什么不妥，也对我们有好处，而且不像有些人那么令人尴尬：在超市付款处，排在前面的女人告诉收银员，她的侄女梅莉莎星期六可能会来看她。梅莉莎非常喜爱热巧克力，所以她买了速溶热巧克力粉，虽然她自己从来不喝这东西。

Para. 14 重要的是保持理性。
Para. 15  重要的是不再等待，而是安顿下来，使自己过得舒服，至少暂时要这样。要在我们自身的条件下发现一些优雅和乐趣，不要做一个以自我为中心的英国诗人，而要像一个被关在塔楼里的公主，耐心地等待着我们的童话故事进入快乐的结局。

Para. 16  毕竟，事已至此，这或许不是我们所期望的局面，但眼下我们不妨称之为家吧。不管怎么说，没有什么地方比家还好。
And suddenly you’re flying down
The stairs into my arms, baby
Before I start going crazy (going crazy)
Run to me (run to me)
Cos I’m dying
I wanna feel you need me (feel you need me)
Just like the air you’re breathing (But you said)
I need you here in my life
Don’t walk away Don’t walk away
Don’t walk away, walk away (oh no)
Nobody wants to be lonely
Nobody wants to cry