

<<成人高等教育英语>>

图书基本信息

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### 内容概要

本教材的编写充分考虑到了成人学习英语的困难与特点，严格掌握英语学习和教学的规律性和教材编写的科学性，同时编者充分注意循序渐进，删繁就简，突出重点，注重操练，以使学生在较短的时间内掌握必要的、最为常用的语音、词汇和语法项目。

学生通过学习掌握必需的、实用的英语语言知识和技能，具备阅读和翻译与本专业有关的英文资料的初步能力，并为进一步提高英语应用能力打下较扎实的基础。

本教材的编写力求做到集科学性、知识性和趣味性于一体。

全书内容丰富、题材广泛、体裁多样。

包括学校生活、风土人情、科普常识、政治经济、新闻广告等，编者尤其注意教材的时代性，注意选辑反映当代科技发展、社会变化等方面的语言材料，便于学生将外语学习和了解飞速发展的社会现实结合起来，由此可进一步提高英语学习的兴趣，促进英语水平的提高。

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书籍目录

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章节摘录

Reading Practice Why Stop Smoking? The biggest contribution you can make to your future health is to stop smoking. As soon as you stop, your risk of getting cancer, or having a stroke or heart attack, starts going down. You will also breathe better, have fewer coughs and your clothes will smell fresher. Research has shown that smoking can make your skin more wrinkly and make you look older, so stopping will help your appearance.

Facts and Figures. Smoking-related illnesses kill 100,000 people a year—that is 5 times-as many as road accidents. The good news is that millions upon millions of people in the world have stopped smoking in the last 15 years. Also about 150 large trees are cut down to make 1 acre of tobacco. The average smoker gets through 1 tree every 2 weeks. So if you stop you will also be helping to save the environment.

Hints on Smoking. People who stop smoking at once are most likely to stay stopped. Set a "quit date" in your diary and stop completely on that date. Keeping a diary for a week before stopping, listing every cigarette smoked and why, may help you realize that you do not really need to smoke. Tell family and friends and get their support. Giving up smoking is also much easier if couples and friends try together. Create no-smoking areas at home and work. Remove all ashtrays from the immediate environment. Where possible, avoid situations where you might be tempted to smoke.

Take up exercise or a hobby to replace smoking. If stopping at once does not work, try cutting down slowly. You can do this in several ways, for example : Smoking only a part of the cigarette Cutting cigarettes in half Smoking herbal cigarettes Buying smaller packets Stopping for one day a week and gradually increasing the smoke-free period. Collect the money otherwise spent on cigarettes in a glass jar. Keep the jar on a shelf within easy view. Some people carry an unopened packet with them so that they do not panic when they "give in". This works to relieve their anxiety—the person often finds they never open the packet.

Withdrawal effects are rarely severe and usually pass in a month or so. Notes to the Passage

contribution	贡献	wrinkly	由
皱纹的,易起皱纹	acre	英亩	tobacco
烟草	ashtray	烟灰缸	withdrawal
戒毒(脱瘾)过程	keep a diary	记日记	
within easy view	能看的见的	cut down	
减少	give in	让步; 屈服	Comprehension of the

passage Decide whether the following statements are true or false: 1. A non-smoker never gets cancer or has stroke or heart attack. 2. Smoking is not only harmful to your health, but also bad for your appearance.

3. Smoking is likely to cause coughs. 4. We have to cut one tree to grow tobacco for one smoker to smoke every two weeks. 5. To some degree, we may say that smokers are environment destroyers. 6.

Smokers may easily find that they do not really need to smoke if they ask themselves when they take up a cigarette.

7. It is no good telling your family or your friends that you are going to stop smoking. 8. Remove all ashtrays from the immediate environment because they look dirty. 9. One possible way to quit smoking is to cut down slowly. 10. Exercise and hobbies help you give up smoking. ....

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### 编辑推荐

成人高教的英语教学，其目的在于英语的实际应用；而英语教学，应当始终与英语实用直接联系起来。

本书的编排格式与教材基本一致，对课文难点作了更为详细的说明与解释，配有详实的例子，以便于学生巩固掌握。

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