

Lyrics: Roma Ryan

Who can say where the road
goes,
Where the day flows
Only time...
And who can say if your
love grows,
As your heart chose
Only time...

(chants)
Who can say why your heart
sighs,
As your love flies
Only time...
And who can say why your
heart cries,
When your love dies
Only time...

(chants)

Who can say when the
roads meet,
That love might be,
In your heart.
And who can say when the
day sleeps,
If the night keeps all your
heart
Night keeps all your heart...

Who can say if your love
(extended chants)
grows,
As your heart chose
Only time...
And who can say where the
road goes,
Where the day flows
Only time...
Who knows
Only time...
Who knows
Only time...



时光



- 谁能说出，
道路伸向何方，
岁月流逝何处，
——唯有时光。
又有谁能说出，
是否爱之成长，
如心之所愿，
——唯有时光。

- 谁能说出，
当爱已飞走，
你的心何以叹息，
——唯有时光。
又有谁能说出，
当爱已成谎言，
你的心为何哭泣，
——唯有时光。



- 谁能说出，
当道路在此汇聚，
爱，
或许已生于你心。
又有谁能说出，
当白昼睡去，
夜晚是否占据，
你的整个心灵。

- 谁能说出，
是否爱之成长，
如心之所愿，
——唯有时光。
谁能说出，
道路向何方延伸，
岁月向何方流逝，
——唯有时光。

谁能明了——唯有时光。
谁能明了——唯有时光。

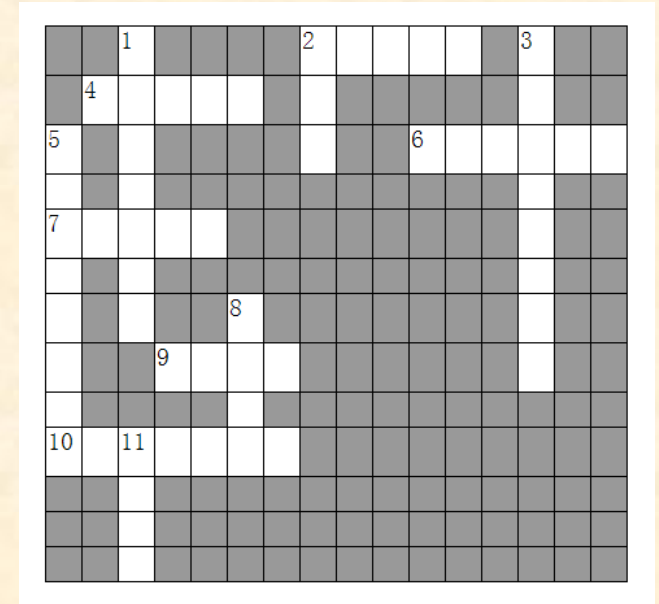
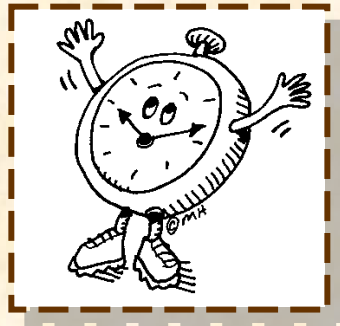


Time

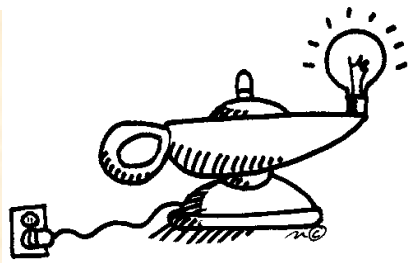
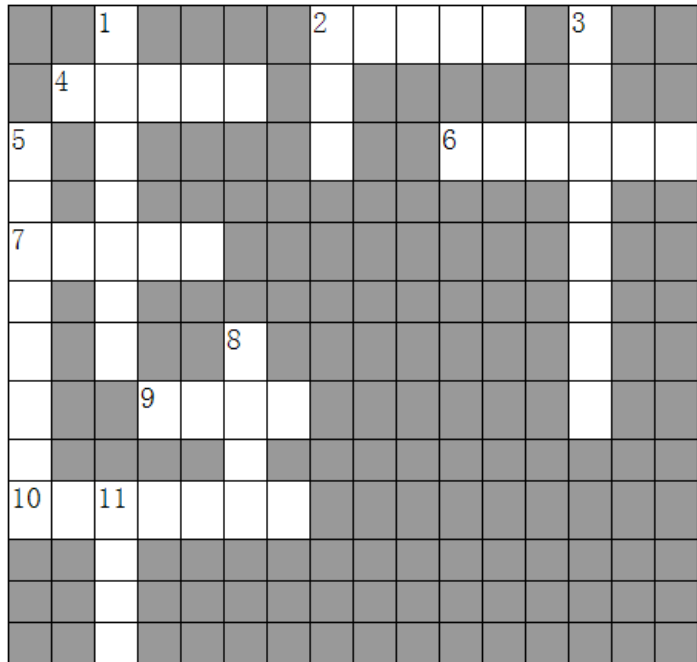
Book 4, Unit 8

Word Game

- Crossword
 - Sayings on “time”
 - Group work
 - 3-4 min



Crossword



across

2. Time works wonders.
4. Time is the father of truth and experience is the mother of science.
6. Time brings everything to those who can wait for it.
7. Time is money. (一寸光阴一寸金)
9. Time and tide wait for no man.
10. Everything has its time and that time must be watched (万物皆有时, 时来不可失)

down

1. Time tries friends and fire tries gold.
2. Time lost cannot be won again.
3. To save time is to lengthen life.
5. Never put off till tomorrow what may be done today. (今日事, 今日毕)
8. Time is life and when the idle man kills time, he kills himself.
11. Time will tell. (时间能说明问题)

Be Punctual for What?

class

test

date

work

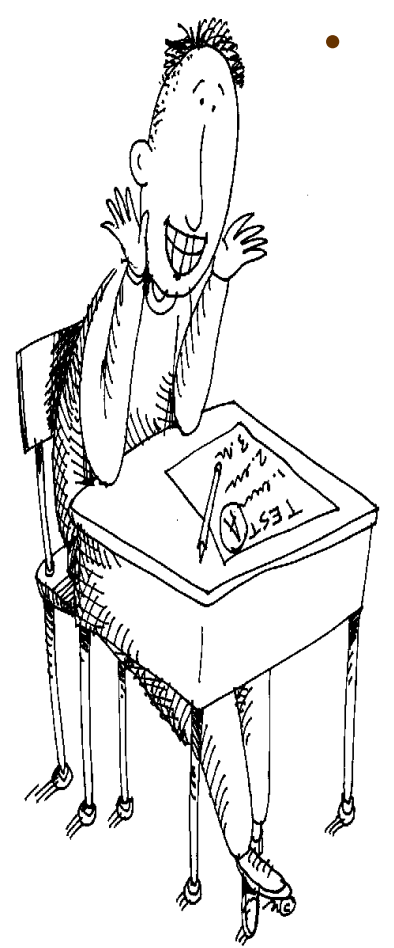
interview

Be Punctual for Your Interview

- A video clip “Never be Late for an Interview”.
 - Get the main idea.
 - Compound dictation.



Compound Dictation



- Hi, I'm Scarts Sargious. Thanks for tuning in. This week's job tip is: never be late for an interview. It sends the wrong message. ① It says that you are not a true professional. Instead, I ② recommend you should arrive at least fifteen minutes early for an interview. ③ It allows you to relax and gather your thoughts. The way that you can avoid being late for an interview is the one that you look at the map quest and ④ travel the route one or two days before the interview. This will allow you to better gauge your ⑤ travel time. Remember, never be late for an interview. It sends the wrong message. ⑥ Thanks for watching, and please tune in next week for another ⑦ valuable job tip.



Brainstorming: What is time? **(What does time mean to you?)**

- ◆ Work in groups to come up with some sentences related to time.
- ◆ Choose two best sentences to be read to the class.



Quotes on time:

- ♦ What then is time? If no one asks me, I know what it is. If I wish to explain it to him who asks, I do not know. ~Saint Augustine
- ♦ Time is like the wind, it lifts the light and leaves the heavy. ~Doménico Cieri Estrada
- ♦ Time is a dressmaker specializing in alterations. ~Faith Baldwin
- ♦ Time is the wisest counsellor of all. ~Pericles
- ♦ Time is the only thief we can't get justice against. ~Astrid Alauda



Quotes on time:



- ◆ Time is the longest distance between two places. ~Tennessee Williams
- ◆ Time is but the stream I go a-fishing in. ~Henry David Thoreau
- ◆ Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes every day. Rich people can't buy more hours. Scientists can't invent new minutes. And you can't save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you've wasted in the past, you still have an entire tomorrow. ~Denis Waitley
- ◆ Time is a great teacher, but unfortunately it kills all its pupils. ~Louis Hector Berlioz

There are three main ways we relate to time on a day-to-day basis:

- ◆ The first is chronological. This is time as measured by a clock. It follows the physical equations of Newton, modified slightly by Einstein.
- ◆ The second is biological. This is time as measured by the body. It follows the principles of physiology.
- ◆ The third is psychological. This is time as measured by the mind. It follows the laws of human perception.



Read the following poem and tell in which way we relate to time in this poem.

Time is too slow for those who wait,
Too swift for those who fear,
Too long for those who grieve,
Too short for those who rejoice,
But for those who love,
Time is eternity.

Occasions when time seems to pass very slowly:

Occasions when time seems to pass very quickly:



Life with Time Pressures

Viewing, Understanding and Speaking

New Words

- **relativity** *n.* state of being relative 相对性
 - Einstein's theory of relativity shows that time passes more slowly for objects moving very swiftly.
- **pressing** *adj.* urgent 紧急的
 - Survival is the most pressing concern of any new company.
- **squeeze something into** manage to do something although you are busy 为（做某事）设法挤出时间
 - He managed to squeeze so much into one morning.
- **prioritize** *v.* decide in what order you should do things, based on how important or urgent they are 按优先顺序列出，确定（事项、问题等）的优先顺序
 - Identify all the tasks you have to do, then prioritize.
- **terminal** *adj.* a terminal illness cannot be cured and will cause someone to die, usually slowly 晚期的，不治的，致命的
 - His illness is terminal and he was sent to the terminal ward.
- **self-discipline** *n.* (power of) controlling one's own desires, feelings, etc. so as to improve oneself 自律，自我约束
 - I don't know if I've enough self-discipline to work full-time and go to night school.



Viewing: Life with Time Pressures

Questions and good lines:

1. Why is Einstein's theory of relativity mentioned in the video?
2. What is time pressure? Give examples.
3. Do you envy people who lived a long time ago and had more leisure time? Why or why not?



• The more pressed I seem to be, the more pressing everything seems to get.

4. What can drive a person crazy?

5. How can we cope with time pressure?

- **We have to learn to give up something when there are loads of choices facing us.**
- **I really think people have to prioritize their time.**

6. What do you think of the successful businessman in the example?
7. What happened to one of Mike's former classmates?

- **People seldom pause to think what's really important in their lives.**
- **It's not a matter of time, but of his priorities.**
- **To him, making money is more important than family values.**

8. What do we tend to do when we don't have much time?

- **Sometimes, what we really lack is not actually time, but self-discipline and efficient planning.**

Key to Exercise 3

1. That's Einstein's theory of relativity! When you're suffering, time goes really slowly. Next time, when you're with a beautiful girl, time will really fly!
2. I often find myself under a lot of pressure for lack of time.
3. I just couldn't find time to memorize all the new words. It takes ages to memorize all the words.
4. We have so much to do every day, so much to learn, so many things we're supposed to do.
5. You know, sometimes I envy people that lived a long time ago. They had so much more leisure time than us.
6. The pace of life is a lot faster now. We have many more choices to make. No wonder we feel we don't have the time to do everything we want to do.



Key to Exercise 3, cont'd

7. And squeezing something into an already full schedule is just impossible. It can drive a person crazy.
8. And it's also up to us to decide which would be done first and which next. I really think people have to prioritize their time.
9. Everyone tends to get impatient at times. And we all expect instant service.
10. But I don't think he really couldn't afford just one hour a week visiting his parents. It's not a matter of time, but of his priorities.
11. You're right about that. And he may pay a high price for it.
12. These are just excuses to put off what we really have to do. Sometimes, what we really lack is not actually time, but self-discipline and efficient planning.



Listen for details

- In this part, you will hear John complaining about his performance in that 1500-meter-race.
- What was John's record for the race?
 - 4.5 minutes.
- How did he feel about the race?
 - I felt it endless.

Listen for details, cont'd

- In this part, Tom says when you are suffering, time goes really slowly; while you are enjoying something, time will really fly. But John disagrees.
- What does he say?
- When time goes by quickly, I don't have fun either.

Listen for details, cont'd

- 接下来他们讨论到生活的节奏。
- How do we say “生活的节奏” in English?
- The pace of life is a lot faster now.
- Jerry 说 I envy people that lived a long time ago. They had so much more leisure time than us.
- Mike 觉得这种想法 understandable, 他接着说, We have many more/loads of choices to make. No wonder we feel we don't have the time to do everything we want to do. Everyone is complaining that they don't have enough time these days.

Listen for details, cont'd

- 关于时间的管理，有人认为时间总是可以挤出来的。
- John 是比较温和的人。他认为
- It's true the life is going faster now, but
that doesn't mean we have to try to do everything faster.

Some people say that you can always manage to put something into your busy schedule. I don't think so. Time is limited. No one can deny that there are 24 hours in a day.
And squeezing something into an already full schedule is just impossible. It can drive a person crazy.

Listen for details, cont'd

- Jerry 深有同感。他说
- We can't take on too much. We have to learn to give up something when there are loads of choices facing us. It is also up to us to decide which would be done first and which next. I really think people have to prioritize their time. It's the people who can manage their time well who will be the most successful in life.

Listen for details, cont'd

- 说到成功， **Mike** 讲述了一个成功商人的故事。这个商人告诉他的父母
- He could buy them a big house, equip it with modern facilities, give them a lot of money, even hire someone to take care of them, but he couldn't afford to spend one hour a week talking with them.
- 对此， **John** 的评价是
- I don't think he really couldn't afford just one hour a week visiting his parents. It's not a matter of time, but of his priorities. To him, making money is more important than family values.

Listen for details, cont'd

- Tom 很有感触， What does he say?
- I think we all need a reevaluation of what's important in our lives every now and then.
- Jerry 将这个感触进一步提升
- When we don't have much time, we tend to pick and choose the things that are really important to us. And we make excuses for not giving enough time to the things we don't want to do.
- 对此 John 举了很多例子
- That's probably why we play computer games for relaxation, go to parties for enjoyment, and oversleep trying to stay healthy!

Listen for details, cont'd

- John 总结说
- These are just excuses to put off what we really have to do.
- Then, what do we really lack?
- Sometimes, what we really lack is not actually time, but self-discipline and efficient planning.
- 最后, Tom 发表总结
- Yeah, we don't appreciate many of the things we do have and we spend too much time complaining about the things that we don't.

Around the Corner

—by Henson

Towne

- Around the corner I have a 1) friend
In this great city that has no 2) end.
Yet the days go by and 3) weeks rush on,
And before I 4) know it, a year is gone.
And I never see my old friend's face,
For life is a swift and 5) terrible race,
He knows I like him just as well,
As in the days when I 6) rang his bell,
And he rang mine.

If we were 7) younger then,
And now we are busy, 8) tired men.
Tired of playing a foolish 9) game,
Tired of trying to 10) make a name.
"Tomorrow," I say, "I will call on Jim
Just to 11) show that I'm 12) thinking of him."
But tomorrow comes and tomorrow goes,
And 13) distance between us grows and grows.
Around the 14) corner —yet miles away.
"Here's a 15) telegram sir—Jim died today."
And that's what we get and 16) deserve in the end.
Around the corner, a vanished friend.

If you love someone, tell them.

Remember always to say what you 17) mean.

Never be afraid to 18) express yourself.

Take this 19) opportunity to tell someone what they mean to you.

Seize the day and have no 20) regrets.

Most importantly, stay 21) close to your friends and 22) family, for they have helped make you the person that you are today and are what it's all about anyway.

23) Pass this along to your friends.

Let it make a 24) difference in your day and theirs, the difference between expressing love and having regrets which may stay around 25) forever.

Listening I

Key to Exercise 2

1-5: friend, end, weeks, know, terrible

6-10: rang, younger, tired, game, make

11-15: show, thinking, distance, corner, telegram

16-20: deserve, mean, express, opportunity,
regrets

21-25: close, family, Pass, difference, forever



Listening II

Key to Exercise 1

a dozen fist-sized rocks

little stones

sand

water

Yes

probably not

No

/



Key to Exercise 2

- time management/ business students
- widemouthed/ produced/ at a time
- dumped/ work themselves down
- grabbed/ filled to the top/ illustration
- eager beaver/ how full your schedule is/ fit some more things
- get them in at all



Thank
you

In-Class Reading



How to Take Your Time

Pre-reading

- ◆ Do you usually wear a watch? Why or why not?
- ◆ What is a biological clock? Do you think there is a biological clock in you? If so, give evidence.
- ◆ Have you ever thought of the relationship between time and health? Can you tell in what way they are related?

Reading Comprehension

Table 1

Common Problem	Components	Feelings	Consequences
<u>time</u> <u>sickness</u>	a) time pressure	a) anxiety	a) stroke
	b) <u>hurry</u>	b) <u>tension</u>	b) <u>heart disease</u>

Table 2

	Animals	Humans
General Synchronization	Rhythms of Nature e.g. a) crab b) <u>mouse</u> c) <u>squirrel</u>	a) Rhythms of nature b) Another powerful synchronizer for humans: <u>other people</u>
Desynchronization		Isolation from a) light b) <u>temperature</u> c) <u>humidity</u>

Table 3

Statements on Time	Supporting Evidence
The mind can alter rhythms of time in many ways.	<p>a) Dying people recall <u>their entire life</u> in an instant.</p> <p>b) People in serious accidents see everything happen in <u>slow motion</u>.</p>
Cultures perceive time differently.	<p>a) Industrial countries value schedules highly.</p> <p>b) Hispanic countries of Latin America give priority to people <u>over schedules</u>.</p>

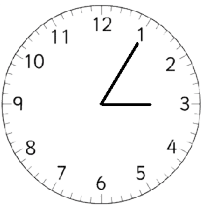
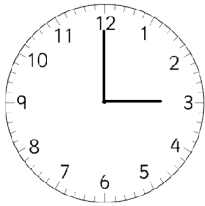
Table 4

Simple Techniques to Change and Master One's Own Time	Examples
a) <u>Unlock</u> your life.	Stop wearing a wristwatch.
b) Set your own inner <u>sense</u> of time.	Keep in mind that time is relative.
c) Tap your body's power to <u>change</u> time.	Dismiss disturbing thoughts and control one's <u>breathing</u> .
d) Synchronise yourself with <u>nature</u> .	Take time to enjoy the beauty of life, such as watching a sunset or <u>a cloud</u> crossing the sky.

Reading in details

Para 1

- Dr. Larry Dossey has two antique clocks. "One fast, the other slow," says Dr. Dossey. “它们提醒我，生活不是由时钟控制的，我可以选择按什么样的时间生活”



They remind me that my life is not ruled by clocks, that I can choose the time I live by.

Reading in details, cont'd

Para 2

- Find out the word that describes Dr. Dossey.
- Find out the words that describe chronobiology.

A pioneer in the emerging science of... 新兴学科的开拓者。

- What is “Time sickness”?

It is a sense of time pressure and hurry that causes anxiety and tension. (压力, 紧迫性; 焦虑, 紧张)

time sickness → heart disease and strokes, two of the most frequent causes of death

Reading in details, cont'd

Para 3

- What is the expression for “由压力引发的” ?
stress-induced
- What is the word for “治疗” ?
treat

Reading in details, cont'd

Para 4

- Many patients insisted on having watches with them in the hospital, even though they had no schedules to keep.
- Why?
 - They were all time addicts. 时间瘾君子
 - They were taught so since childhood to schedule their lives by society's clock. 按社会的时钟安排自己的生活
 - They felt lost without the security of a timepiece. 离开计时器就没有安全感，就怅然若失。

Reading in details, cont'd

Para 4

- Time is money, to be saved and spent wisely, not wasted or lost.



Reading in details, cont'd

Para 5

- What are typical of biological clocks?
 - Carried by almost all living creatures.
 - Synchronized with the rhythms of nature.
 - Adjust to changes in the environment. / Not accurate in any robot-like mechanical sense.

Para 6

- What is the most powerful synchronizer in most living things?
 - Light.
- In humans?
 - other people.

Reading in details, cont'd

Para 6

- The pioneering study:

Preparation

- People were put together in groups.
- People were isolated from external time cues (light, temperature and humidity).

Result

- Their own complex internal timekeeping rhythms became desynchronized. 他们自身内部复杂的时间节奏无法（与外部因素）同步了。

Out of synchronization with clock time. (*Para.9*)

- They resynchronized in unison. 他们的生物钟随后又恢复了相互间一致的同步节奏。

Reading in details, cont'd

Para 6

Example

- Body temperatures started to fall and rise together, a sign that subtle biochemical changes in each body were now happening together.

… 这表明，每个人体内的一些微妙的生物化学变化现在也都同步了。

Conclusion

- The experiment may have discovered one of the mysterious forces that reshape individuals into members of a team, cult or mob.
- 这个实验也许揭示了一种神秘力量，一种把个人改变为群体（团队，异教或乌合之众）成员的神秘力量。

Reading in details, cont'd

Para 7

- The mind can alter rhythms of time in various ways. People brought back from the brink of death often recall their entire lives flashing before them in an instant. Those who have been in a serious accident often report that, as it occurred, everything happened in slow motion; apparently this is a survival tool built into the brain, an ability to accelerate to several times normal perceptual speed, thereby "slowing down" the world and giving the victim "time" to think how to avoid disaster.

Para 8

Cultures differ in how they perceive time.
(Well illustrated in *After-class Reading Passage 1*.)

Reading in details, cont'd

Para 9

- Each view of time has advantages and disadvantages. But the costs can be great.
- Why?
stress → heart disease and related ills → death

Reading in details, cont'd

Para 9

- Each view of time has advantages and disadvantages. But the costs can be great. When our natural inner rhythms are out of synchronization with clock time, stress results. Under the tyranny of clock time, Western industrialized society now finds that heart disease and related ills are leading causes of death. However, such "time illnesses" ~~can be~~ treated and prevented _____ by changing the way we think about time, according to Dr. Dossey. He applies simple techniques ~~that you can master~~ to _____ your own time:

Para 2

Two of our most frequent causes of death.
time-sickness

Reading in details, cont'd

Para 10-14

Useful expressions

- 时间不再让我们如此时时关注了。
 - Time becomes much less a concern.
- 我们都天生具有使自己放松的能力。
 - We all possess an inborn ability to relax.
- 排除杂念（忘记恼人的想法）
 - dismiss disturbing thoughts
- 被我们称为时间的文化模式是后天学来的。
 - The cultural pattern we call time is learnt.

Reading in details, cont'd

The clock/ mechanical time

Para 1

- They remind me that my life is not ruled by clocks, that I can choose the time I live by."

Para 14

- We created the mechanical time around which our society operates, and we have the freedom to choose whether we will be its slave or its master.

Words, Phrases and Grammatical Points

1. **chronobiology (L6)**

chrono- (在元音前也作 chron-) 借自希腊语 “时间”
用于构成合成词：

- ◆ chronology (年表, 年代学)
- ◆ chronological (按照年代顺序排列的)
- ◆ chronometer (精密计时器)

2. **desynchronise (L30)**

- ◆ de- 为常见动词前缀, 表示丧失、除掉、下降和分离等:
- ◆ deemphasize (不强调)
- ◆ depopulate (人口减少)

3. Under the tyranny of clock time...(L50)

tyranny: unfair and strict control over someone

e.g. He longed to escape from the **tyranny** of his aunt.

在用于词组 the **tyranny** of fashion/ the **tyranny** of the clock
等时 : the way that fashion/ the clock limits people's freedom
to do things the way they want to do.

4. Einstein observed that...(L59)

observed : said by way of comment; remarked (*a formal usage*)

e.g.

- ◆ He **observed** that it would probably rain.
- ◆ “Michael's looking very anxious,” I **observed**.

Dictation

- These symptoms can contribute to heart disease and strokes, two of our most frequent causes of death. (L L9-11)
- Time is money, to be saved and spent wisely, not wasted or lost. (LL19-20)
- A crab can sense when the tide is about to change. (LL22-23)
- A mouse wakes when night nears. (L23)
- To keep someone waiting is frowned upon. (LL44-45)
- Remember that there is a time far older than what humankind has created with clocks. (LL68-69)



Thank
you

After-Class Reading



Passage I

Social Time: The Heart beat of Culture

Words, Phrases and Grammatical Points

- ◆ strike a chord (*l.2*)
- ◆ the beat of a different drummer (*l.3*)
- ◆ pick up (*l.6*)
- ◆ drift out (*l.46*)
- ◆ kick off one's shoes (*l.48*)
- ◆ in all honesty (*l.50*)
- ◆ halting (*l.51*)
- ◆ casual (*l.54*)

After-Class Reading



Passage II

The Voices of Time

Words, Phrases and Grammatical Points

- ◆ come through (l.1)
- ◆ be subject to (l.2) (be subjected to...) (l.51)

*In recent years, she has **been subject to** attacks of depression.*

*"I didn't want to **subject him to** such a long journey", she said.*

- ◆ It can shout the truth where words lie. (l.3)
- ◆ be apt to (l.9)
- ◆ call on (l.15)
- ◆ to the effect that... (l.16)
- ◆ cool one's heels (l.30)
- ◆ in question (l.34)
- ◆ raise a storm (l.39)

Time Management Quotes

◆ Use your time wisely

Don't be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another man gets a full year's value out of a week.

— Charles Richards

◆ Check your priorities

It's not enough to be busy, so are the ants. The question is, what are we busy about?

— Henry David Thoreau

◆ **Focus on the present**

Never let yesterday use up today.

— Richard H. Nelson

◆ **Don't procrastinate**

What may be done at any time will be done at no time.

— Scottish Proverb

◆ **Don't excuse, you are in control.**

The bad news is time flies. The good news is you're the pilot.

— Michael Altshuler

Time Management Tips:

- ◆ **Costing Your Time** – Understand the real value of your time
- ◆ **Managing Interruptions** – Maintain focus. Keep control of your time.
- ◆ **The Art of Concise Conversations** – Stick to the point – humanely
- ◆ **Action Priority Matrix** – Make the most of your opportunities
- ◆ **Prioritization** – Make the best use of your time and resources
- ◆ **Treasure Mapping** – Visualize your goal for greater achievement
- ◆ **Pickle Jar Theory** – Make your schedule work. Leave time for fun!
- ◆ **New Year's Resolutions** – Plan for a year of achievement

Giving suggestions

- ◆ **One of your roommates is always late for an appointment or class. Work in pairs to come up with some suggestions for him/her.**

Sense of time: the Natural Gift Animals Have

- ◆ A crab can sense when the tide is about to change.
- ◆ A mouse wakes up when night nears.
- ◆ A squirrel knows when to prepare for its long nap.
- ◆ ...

Mini-speech time

You've read the three passages in this unit on Time, now you're given 5 minutes to prepare a speech on the topic of *Time*. Your speech may include:

- ◆ the relationship between time and health;
- ◆ cultural differences in the perception of time;
- ◆ ...



Thank
you