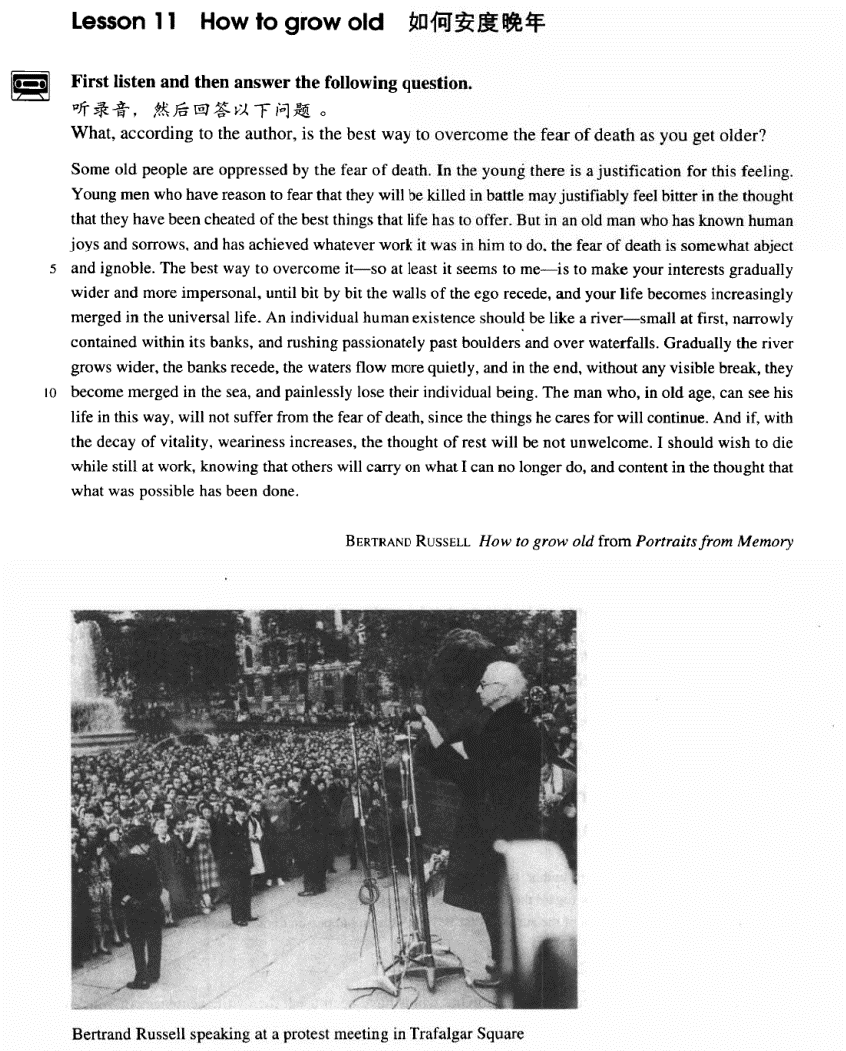
Book



课文

Some old people are oppressed by the fear of death.

有些老年人因为怕死而感到烦恼。

In the young there is a justification for this feeling.

青年人有这种感觉是情有可原的。

Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer.

有理由害怕自己会死在战场上的年轻人，想到自己被剥夺了生活所能给予的最美好的东西时，感到痛苦，这是可以理解的。

But in an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do, the fear of death is somewhat abject and ignoble.

可是老年人已经饱尝了人间的甘苦，一切能做的都做了，如果怕死，就有点儿可怜又可鄙。

The best way to overcome it -- so at least it seems to me -- is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life.

克服怕死的最好办法 -- 至少在我看来是这样 -- 就是逐渐使自己的兴趣更加广泛，逐渐摆脱个人狭小的圈子，直到自我的围墙一点一点地倒塌下来，自己的生活慢慢地和整个宇宙的生活融合在一起。

An individual human existence should be like a river -- small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls.

个人的存在应该像一条河流，开始很小，被紧紧地夹在两岸中间，接着热情奔放地冲过巨石，飞下瀑布。

Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being.

然后河面渐渐地变宽，两岸后撤，河水流得平缓起来，最后连绵不断地汇入大海，毫无痛苦地失去了自我的存在。

The man who, in old age can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue.

上了年纪的人这样看待生命，就不会有惧怕死亡的心情了，因为自己关心的一切事件都会继续下去。

And if, with the decay of vitality, weariness increases, the thought of rest will be not unwelcome.

再者，随着精力的衰退，老年人的疲惫会增长，有长眠的愿望未尝不是一件好事情，

I should wish to die while still at work, knowing that others will carry on what I can no longer do, and content in the thought that what was possible has been done.

我希望工作到死为止，明白了有人会继续我的未竟事业，想到能做的事都做了，也就坦然了。

词汇讲解

### oppress

* **oppress** [ə'pres] v. 使不开心，忧郁，别扭

**oppress** v. **英文解释：**make sb. feel unhappy, worried or uncomfortable

* The **nightmare** oppressed me.
* The patient **is oppressed by** the fear of death.

**【近义词】**表达“**使不开心，忧郁，别扭**”：

* I feel **blue** / **down in the dumps** / **depressed** / **dejected**.
* I’m **in low spirits**.

**oppress** 表示“**压迫；欺压；压制**”:

* In the society, the people were in the miserable position as the **oppressed**, the enslaved and the exploited.

### justification

* **justification** [7dʒʌstɪfɪ'keɪʃn] n. 正当理由

**【同根词】**

**justice** n. 司法，法律制裁；正义；法官，审判员

**justify** vi. 证明合法；整理版面; vt. 证明…是正当的；替…辩护

* How can we **justify** spending so much money on arms?
* The end **justifies** the means.

**justifiable** adj. 可辩解的，有道理的；可证明为正当的

= **reasonable** adj. 合理的，公道的；通情达理的

= **legitimate** adj. 合法的；正当的；合理的；正统的

* a **~~~** explanation / excuse

**justification** n. 理由；辩护；认为有理，认为正当；释罪

* There is no **justification for** holding her in jail.

### cheat

* **cheat** [tʃi:t] v. 作弊；欺骗
* You’re **cheating**!
* He **cheated** in the test by using a calculator.

**cheat sb. (out) of sth.** 骗走某人某个东西

* He **cheated me (out) of** $100. cheat on sb.

**cheat** **on** 对…不忠

* He **cheated on** his wife.

**【近义词】**表达**“欺骗”**：

**deceive** （中性词）

* The doctor **deceived** the patient by not telling him the truth.

**【近义词组】**表达**“欺骗”**：

**trick sb. out of sth.**

**swindle sb. out of sth.**

**defraud sb. of sth.**

### ego

* **ego** ['i:gəʊ] n. 自我；自负；自我意识

（该词由Sigmund Freud 提出，a pioneer in psychoanalysis）

**id** 自我

**ego** 思考、行动、感知

**super-ego** 超我

**【相关词汇】**

**egoism** n. 利己主义，自我主义

**egoist** n. 自我主义者；利己主义者

**altruism** n. 利他；利他主义

**altruist** n. 爱他主义者；利他主义者

**egocentric** adj. [心理] 自我中心的；利己主义的 n. 利己主义者

= **self-centered** adj. 自我中心的；利己主义的

### recede

* **recede** [rɪ'si:d] v. 后退
* The flood waters finally began to **recede**.
* He was in his mid-forties, with a **receding** hairline.

**【词根】**

“**cede**” / “**ceed**” = **to go**

**recede**: “**re**”(back) + “**cede**”

**cede**

* **cede** territory

**precede**: “**pre**”(before) + “**cede**”

* Oral language **precedes** written language.

**proceed**: “**pro**”(forward)+ “**ceed** ”

* Much to the aristocrat's amusement, the gaoler returned a few moments later with a pair of glasses and the usual copy of the letter which he **proceeded** to read to the prisoner.

**exceed**: “**ex**”(out of) + **“**ceed”

* **exceed** one’s expectations

**secede**: “**se**”(away) + “**cede**”

* Many in Quebec want to **secede** from Canada.

inter**cede**: “inter”(between) + “cede”

### passionately

* **passionately** ['pæʃənətlɪ] v. 激昂地，充满激情地

**【同根词】**

**passion (*for* …)** 做某事的激情

* religious / revolutionary **passion**
* his **passion for**the girl / music
* damp / dampen one’s **passion** 打击某人热情

**passionate** adj. 热情的；热烈的，激昂的；易怒的

* a **passionate** supporter / admirer

**【近义词组】**表达“热情、充满激情”：

**enthusiasm *(for …)***

**enthusiastic**

**ardor / ardour *(for …)***

**ardent**

**fervor / fervour *(for …)***

**fervent**

**zeal *(for …)***

**zealous**

**damp / dampen one’s ~**

### vitality

* **vitality** [vaɪ'tæləti] n. 活力，精力，生命力

**vitality** n. **英文解释：**energy and strength

* He was a small man with enormous **vitality**.
* economic **vitality**

**【同义词】**

**vigor** / **vigour** n. [生物] 活力，精力

* Despite her great age, Anna is **full of vigor**.

**vital** adj. 至关重要的；生死攸关的；有活力的

**vigorous** adj. 有力的；精力充沛的

* **vital** signs

**【近义词】**表达“**精力充沛的**”：

**energetic** adj. 精力充沛的；积极的；有力的

**dynamic** n. 动态；动力 adj. 动态的；动力的；动力学的；有活力的

**【近义词】**表达“至关重要的”：

**crucial** adj. 重要的；决定性的；定局的；决断的

**essential** n. 本质；要素；要点；必需品 adj. 基本的；必要的；本质的；精华的

### weariness

* **weariness** ['wɪərɪnəs] n. 疲惫，疲劳

**【近义词】**表达“**疲惫，疲劳**”：

**weariness** n. 疲倦，疲劳；厌倦

**weary** adj. 疲倦的；厌烦的；令人厌烦的

**fatigue** n. 疲劳，疲乏

**fatigued** adj. 疲乏的

I’m **weary** / **fatigued** / **exhausted** / **tired out** / **dog-tired** / **worn out** / **drained** / **beat** / **bushed**.

课文讲解

# （标题）

# How to grow old

知识点（1）

标题：How to grow old

**言下之意：**How to grow old with a positive attitude

知识点（2）课文作者介绍

**Bertrand Russell （British philosopher, mathematician and Nobel laureate）**

He developed new ideas connecting mathematics and logic. He was also known as a pacifist, and he was one of the leading members of the opposition to nuclear weapons.

He received the Nobel Prize for literature in 1950.

**主要作品：**

**The Principles of Mathematics** **数学原理**

**A History of Western Philosophy 西方哲学史**

# （第一段）

# Some old people are oppressed by the fear of death.

知识点（1）

**be oppressed by the fear of …** 因为怕……而烦恼

* Many people **are oppressed by the fear of** unemployment / inflation.
* Many girls **are oppressed by the fear of** getting fat.
* **造句**：很多中国人因为怕看不起病，上不起学，买不起房而烦恼。
* Many Chinese people **are oppressed by the fear of** being unable to afford the medical, educational and housing expenses.

# In the young there is a justification for this feeling.

知识点（1）

**in sb.** 在某人身上

In the young 在年轻人身上

* You can feel helpfulness and care even **in** these small children.
* **In** this tall lean man, you can see a leader of great modesty.

知识点（2）

**there is a justification for …** 做某事是正当合理的

* In this condition, **there is a justification for** intervention.

**there is no justification for …** 做某事是毫无合理的

* **There is no justification for** suicide bombing.

**【复习】**Lesson03-34、Lesson03-43

**there be +  无灵主语** （地道句式）

**there is always hope that …**               总是会有…的希望

**there is no denying that ...**  不可否认的是…

**there is no doubt/ question that ...**  毫无疑问的是…

**there is every likelihood that ...** 很有可能的是…

**there is little likelihood that ...**  不大可能的是…

**there is no shortage of ...** 有的是…

* Of course, New York is the ideal place for such an interesting study, because **there is no shortage of** tall buildings.

**there is an element of truth in ...**  有点道理…

* Perhaps **there is an element of truth in** both these pictures, but few of us have had the opportunity to find out.

**there is a good deal of truth in ...**  很有道理…

* Apparently, **there is a good deal of truth in** this idea.

**there is an element of truth in …** 有点道理

**there is a truth in** 有道理

* Perhaps **there is an element of truth in** both this pictures, but few of us have had the opportunity to find out.
* **There is probably an element of truth in** this argument, but they ignore a more basic fact that the freedom of the press is often abused.
* Albert Einstein once attributed the creativity in a famous scientist to the fact that he never went to school. **There is undoubtedly a truth in** his observation, but such a truth is not criticism of schools.

# Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer.

**语法分析：**

（解释上一句）

Young men who have reason to fear *that they will be killed in battle**（that… 宾语从句）* （who...定语从句，） may justifiably feel bitter in the thought（= because they think引导原因状语从句） ***that*** *（****that****... 同位语从句） they have cheated of the best things that life has to offer**（that ...定语从句，修饰things）*.

知识点（1）

**in battle** 在战斗中

= **in action**

* His father told everybody that Eric had been killed **in action**.
* Franz poured scorn on the idea, pointing out that his brother had been killed **in action** during the war.

知识点（2）

**bitter** adj. **英文解释：**painful; sorrowful 痛苦的

* shed **bitter** tears

知识点（3）Lesson03-53、Lesson03-56、Lesson03-58

**语法：**“**in the + 表示感觉的名词**”在句中作原因状语

**in the belief that …**

**= because sb. believe that …** 因为某人相信……

* The Swedes were the first to recognize that public officials like civil servants, police officers, health inspectors or tax-collectors can make mistakes or act over-zealously **in the belief that** ***(=because they believe that)*** they are serving the public.
* They leave unwanted objects in drawers, cupboards and attics for years, **in the belief that** ***(=because they believe that)***they may one day need just those very things.

**in the thought that …**

= **because sb. think that …**  因为某人认为……

* Young men who have reason to fear that they will be killed in battle may justifiably feel bitter **in the thought that *(=because they think that)*** they have cheated of the best things that life has to offer.

**in the discovery that …**

= **because sb. discover that …** 因为某人发现了……

* In the lift her thoughts were on lunch and a good rest; but when she got out at her own floor, both were forgotten **in her sudden discovery that *(=because she suddenly discovered that)*** her front door was open.

**in the hope of doing / that …** 有这样地希望…（引出同位语）

= **because sb. hope to do / that …** 因为某人希望……

**… in the hope that they would be able to …**

* Police are carrying out a house-to-house search **in the hope of** finding the missing girl.
* The men of our family waded down through our flooded meadows with boathooks, **in the hope of being** ***(=because they hope to be)*** able to grapple a corner of the raft and pull it out of the current towards our bank.

**【辨析】**Lesson03-23

**at the … of …** 【时间状语短语】一…就

* She screamed **at the** sight **of** the ghost. 一看到就…
* She trembled **at the** thought **of** the murder. 一想到就…
* She fainted **at the** news **of** her father’s death. 一 获得（消息）就…
* She wept **at the** mention **of** the accident.一提到就…
* On the other hand, your stomach would turn **at the idea of** frying potatoes in animal fat -- the normally accepted practice in many northern countries.
* Most of my friends live in the city, yet they always go into raptures **at the mere mention of** the country.

知识点（4）

**be cheated (out) of sth.** 被骗走某个东西

**cheat sb. (out) of sth.** 骗走某人某个东西

**【扩展】**表达“**抢走/剥夺某人某个东西**”：

**rob sb. of sth.**

**deprive sb. of sth.**

**strip sb. of sth.**

**divest sb. of sth.**

* **课文写法替换：**
* … they have **been robbed of** the best things...
* … they have **been deprived of** the best things…
* … they have **been stripped of** the best things…
* … they have **been divested of** the best things…

**【辨析】**

**confiscate sth.** 没收

* Miss Williams **confiscated** all our sweets.

# But in an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do, the fear of death is somewhat abject and ignoble.

**语法分析：**

But in an old man **who** has **known（“经历了”）** human joys and sorrows, and has achieved whatever work ***it（形式主语）*** *was in him* ***to do（真正主语）***（...定语从句，省略关系词，做to do的宾语）（**who**...定语从句，修饰old man）（逗号前整句话做状语）, the fear of death is somewhat abject and ignoble.

知识点（1）

**know** v. experience; see 经历

* China has **known** many wars.
* The city must have **known** prosperity.

**【近义词】**表达“**经历**”：

**see**

* He has **seen** better days.

知识点（2）

**joys and sorrows** 悲欢离合

= **ups and downs** 起起伏伏

知识点（3）

…and has achieved whatever work it was in him to do…

**句型分析：**

**… whatever work (that / which) it was in him*(=within his ability)* to do, …**

知识点（4）

**somewhat** 某种程度上

= to some extent / degree

# The best way to overcome it -- so at least it seems to me -- is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life.

**语法分析：**

The best way to overcome it（后置定语,修饰way）—*so at least it seems to me* （插入语）— is *to （to … 不定式做表语）make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life**（时间状语从句）*.

知识点（1）

**overcome** v. **conquer** 克服；专指克服某种不良的情绪

* **overcome** / **conquer** fear / shyness

知识点（2）

**at least** 至少

= **at any rate**

* … and seriously believe—**at any rate**（至少） for short periods—that running, jumping and kicking a ball are tests of national virtue.

**so it seems** 看似是这样

* --‘So he’s not coming with us?’
* --‘**So it seems**.’

**结构总结：**

**—so at least it seems to me—** 至少在我看来是这样的

* **Gre写作范文：段落总结句**
* In sum, without due respect for personal welfare, not only would the motivations of a society’s citizens be weakened, but the philosophical underpinnings of democracy would be undermined as well. Therefore, notwithstanding the significance of a society’s overall success, the ultimate benchmark of the well-being of any society**―so at least it seems to me―**is the general welfare of all its people.

知识点（3）

**gradually** adv. **little by little**; **bit by bit**; **by degrees** 逐渐的

知识点（4）

to **make** your interests gradually **wider** and more impersonal

表达“**拓宽**”：同义替换

* to **broaden** / **expand** your interests gradually
* to **broaden** / **expand** your horizons 拓展眼界

知识点（5）

写作类似表达：**“超脱个人情感”**

to meet like-minded people 结识志同道合的人

Don’t indulge in solitude. 不要沉迷于孤独之中

Don’t be ego-centric. 不要过分以个人为中心

Make yourself liberal and sociable. 让自己越来越开明、外向

知识点（5）

**wall** 做“比喻”，起到障碍作用的东西

* tariff **wall** 贸易比例
* The years had built a **wall**（隔阂） between the two families.

知识点（6）本句话思想总结：生死

无我相，无人相，无众生相，无寿者相。

— 释迦牟尼佛

吾所以有大患者，为吾有身。及吾无身，吾有何患？

— 老子

The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.

— Albert Einstein

知识点（7）

**be merged in / into …** 被融化到、合并到一起

**= be joined in / into …**

* The three companies **were merged / joined in / into** one.

**merge into …** 融化到、合并到一起

* The remote hills gradually **merged into** the dark sky.

知识点（8）

**universal** 大众的

* In spite of national differences, certain funny situations have a **universal** appeal.

**cosmic** 宇宙的

* **cosmic** being

# An individual human existence should be like a river -- small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls.

**语法分析：**

An individual human existence should be like a river—（破折号，引出后面解释）（省略being）small at first, narrowly **contained** within its banks, and **rushing** passionately past boulders and over waterfalls. （非谓语动词做原因状语）

知识点（1）

写作：扩喻 extended simile；扩展的明喻，比喻后做详细的解释

* be **like a river** -- small at first, narrowly contained within its banks, and rushing passionately past boulders and over waterfalls.
* Laws are **like cobwebs**, where the small flies are caught and the great break through.

知识点（2）

**(being) small at first**

**言下之意：**when you are a baby/child

**narrowly contained within its banks**

**言下之意1：**carefully protected by your parents

**言下之意2：**one bank is family, the other society

**rushing passionately past boulders and over waterfalls**

**言下之意：**when you are in your youth difficulties and obstacles

# Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being.

**语法分析：**

Gradually the river grows wider, the banks recede, the waters flow more quietly, and（大并列） in the end, *without any visible(明显的) break（变化）*（状语）, they become merged in the sea, and（小并列） painlessly lose their individual being.

知识点（1）

Gradually the river grows wider, the banks recede, the waters flow more quietly

**言下之意：**

when you are in your middle age;

You have more mature personality;

You have more steady outlook on life;

You have a happy family.

You’ve been married and you have kids.

And your career goes smoothly.

in the end

**言下之意：**

when you are in old age

they become merged in the sea, and painlessly lose their individual being

**言下之意：**

方生方死，方死方生。 —庄子

知识点（2）

**visible** adj. **obvious** 明显的

* Any ship that crosses the Pacific is accompanied for many days by the smaller albatross, which may keep company with the vessel for an hour without **visible** or more than occasional movement of wing.

# The man who, in old age can see his life in this way, will not suffer from the fear of death, since the things he cares for will continue.

**语法分析：**

The man who, in old age（插入语）, can **see（看待）** his life in this way（who...定语从句，修饰）, will not suffer from the fear of death, *since（因为） the things he cares for**（定语从句） will continue（**since... 原因状语从句）*.

知识点（1）

**suffer (from) …** 苦于某事

**【近义词组】**表达“苦于某事”：

**be afflicted by / with …**

* He is **afflicted by / with** diabetes / a sense of inferiority.

**be racked / tormented / tortured + by / with …** （语气更重）痛不欲生

* God almighty, where are you when the world **is racked / tormented / tortured by** war.

知识点（2）Lesson03-21

**since** 做连词，表“因为”

**since** 做介词，表“自从”

表示“**因为**”介词：

**because of** …

**by reason of**…

**due to** …

**owing to** …

**thanks to** …

**on account of**…

* **听力真题：**

A. She doesn’t like the professor very much.

B. She doubts class will be canceled.

C. She doesn’t want to attend the conference.

D. She wonders whether the professor is an accountant.

* M: Do you think professor Smith will cancel class **on account of** the special conference?
* W: Not likely.
* Q: What does the woman mean?
* Answer: (B) She doubts class will be canceled.

**【扩展】【复习】**Lesson03-52

**语法：介词 + 名词 + 同位语从句 = 普通从属连词**

**引导让步状语从句：**

**despite the fact that ...** (fml.) **尽管**

= **in spite of the fact that ...** (fml.)

= **tough / although / even though / while ...**

* **Despite the fact that** the bottle is tinted a delicate shade of green, an observant visitor would soon notice that it is filled with what looks like a thick, grayish substance.

**引导原因状语从句：**

**for the reason that …** (fml.)

**because of the fact that …**  (fml.)

**due to the fact that …** (fml.)

**on account of the fact that …** (fml.)

= **because** / **since** / **as…**

* People who work in offices are frequently referred to as ‘white-collar workers' **for the simple reason that** they usually wear a collar and tie to go to work.

知识点（3）

**care for …** 喜欢

**【辨析】**

**care about …** 关心，在乎，介意

# And if, with the decay of vitality, weariness increases, the thought of rest will be not unwelcome.

**语法分析：**

And if, with the decay of vitality（插入语）, weariness increases（if... 条件状语从句）, the thought of rest（后置定语） will be not unwelcome.

知识点（1）

**decay** 腐烂；（派生意）衰退、衰败

* Old civilization may fall into **decay**.
* The power of the Roman Empire was **decaying** at the time of Nero.
* Each civilization is born, it culminates, and it **decays**.

知识点（2）

**unwelcome** adj. **unwanted**; **undesirable** 不想要的

# I should wish to die while still at work, knowing that others will carry on what I can no longer do, and content in the thought that what was possible has been done.

**语法分析：**

I should wish to die while still at work（时间状语从句）, **knowing** ***that***（**that**… 宾语从句）*others will carry on what I can no longer do（what… 宾语从句）*（**knowing**… 非谓语动词做原因状语，表示“因为我知道”）, and (省略 being 非谓语) content *in the thought that (what was possible （主语从句）) has been done*（that... 同位语从句）.（being content… 非谓语动词做原因状语，表示“因为…而满意”）

知识点（1）

**I should …** 表达一种不太成熟的看法、意见；表达“我倒是希望这样”

* **I should** imagine it will take about 3 hours.

知识点（2）Lesson03-05、Lesson03-60 **状语从句的省略**

while still at work

**语法**：**状语从句的省略**，状语从句中如果满足以下两个条件：

1．状语从句的主语与主句主语一致。

2．状语从句的谓语包含 be 动词。

3．（例外）如果状语从句的主语是虚指的主语it，那这个时候就可以把be动词和主语it同时省略，可以不考虑主句主语统一

* He is therefore forgiven if (he is) late for a dinner party.
* Metals expand when (they are) heated and contract when (they are) cooled.
* Francis Preston Blair Jr., although (he was) born in Kentucky, lived and practiced in Missouri.
* Judges, however wise or eminent (they are), are human and can make mistakes.
* While (he was) on a walking tour with his wife, he stopped to talk to a workman.
* We’ll resolve the Vladivostok issue with peaceful means when (it is) ever possible, with force when (it is) necessary.

知识点（3）

…, and content in the thought that…

**句型分析：**

…, and (being) content / satisfied in the thought *(=because I think)* that …