Unit 6 Going Offline

Reading 1: My Smartphone: A Letter of Hate, Love and Balance

课后练习完整解析 **(题目+答案+翻译+解析)**

| Part I Comprehension Check for Reading 1 阅读理解 (T/F)

Decide whether the following statements are true (T) or false (F), based on the article.

1. The writer's smartphone has dominated her thoughts and actions and she is grateful about it.

Ans: F

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析: 作者的智能手机确实主导了她的思想和行动，但她对此并不感恩——她说"So hey, to hell with you."。

2. The writer finds it easy to sit through a show uninterrupted by her smartphone.

Ans: F

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析: 恰恰相反，作者说"I can no longer sit through a show, maintain an uninterrupted conversation"。她无法不中断地看完一场演出。

3. While attending a weekly conference call with her boss, the writer wrote this letter of complaint.

Ans: T

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析: Para.2 提到她可以同时参加 5 岁孩子的即兴派对和与老板的每周电话会议，写这封信时也在山中躺椅上。

4. The writer feels a sense of guilt for trying to be a professional and a parent at the same time.

Ans: T

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析: Para.2 原文："the deep, intricate sense of guilt that comes with trying to be a professional and a parent at the same moment"。

5. The writer's smartphone practically lets her lead her professional life and personal life simultaneously.

Ans: T

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析: Para.2 原文："You practically let me lead two lives at once."。智能手机让她同时过两种生活。

6. With her smartphone, the writer can capture the sweet moments she spends with her sons.

Ans: T

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析: Para.3 原文："I can capture life's brief sweetness to relive with my husband"。她可以捕捉与儿子们的甜蜜瞬间。

7. The writer believes that it is almost impossible for her smartphone to let her go.

Ans: F

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析: 作者要求手机如果爱她就放她走："if you love me, let me go"。她认为手机应该放她走，而非不可能。

8. Instead of being dominated by the smartphone, the writer believes that she should be the boss to make decisions.

Ans: T

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析: Para.6 原文："Smartphone, you are now my servant. Welcome."。她宣布自己才是主人。

9. The writer hopes that her smartphone will get away from her life once and for all (彻底地).

Ans: F

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析: 作者不是要彻底抛弃手机，而是要达成协议：手机继续服务她，但她要每天有段时间离开手机。

10. The writer holds that her relationship with her smartphone should be a give and take, a two-way traffic.

Ans: F

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析: Para.6 原文："from now on, this relationship is a one-way street"。她认为关系应该是单向的——她拥有手机，而非互相。

| Part II Translation 翻译

Translate into Chinese the underlined sentences in the article.

1. But on the other hand, I'm writing this complaint from a lounge chair in the mountains, watching the fireflies show off while my dogs snore at my feet.

Ans: 但另一方面，我正坐在山中的躺椅上写这封抱怨信，看着萤火虫炫耀般地飞舞，我的狗在脚边打鼾。

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析: lounge chair = 躺椅。fireflies show off = 萤火虫展示（飞舞）。snore = 打鼾。翻译注意画面感。

2. Instead of yelling at you, I should be marveling at the fact that, because you remember everything, I don't have to crowd my brain with things like contact numbers and birthdays.

Ans: 我不该对你大喊大叫，而应该惊叹于这样一个事实：因为你记住了所有事情，我不必用联系人号码和生日之类的东西塞满我的大脑。

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析: instead of = 而不是。marvel at = 惊叹于。crowd my brain = 塞满大脑。contact numbers = 联系电话。

3. No should mean no, I should turn you off when I walk in the door, and I should stop basing my sense of self worth on how much you're blowing up.

Ans: "不"就应该意味着不，我进门时应该关掉你，我不该再把自己的自我价值感建立在你的消息爆炸程度上。

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析: No should mean no = 说不就是不。base...on... = 把...建立在...上。blow up = （手机）消息爆炸/疯狂响。

4. For my part, I will look up. I will take notice. I will stop. I'm going to breathe, savor, touch, feel and live without you for several stretches a day.

Ans: 就我而言，我会抬头看。我会留意。我会停下。每天要有几段时间，我要在没有你的情况下呼吸、品味、触摸、感受和生活。

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析: for my part = 就我而言。look up = 抬头看（也暗指放下手机）。savor = 品味。stretches = 一段段时间。

| Part III Vocabulary 词汇

Key Words from Reading 1:

Word/Phrase	Meaning	Example from Text
dominate	v. 主导，控制	dominate my thoughts and actions (主导我的思想和行动)
concentration	n. 专注力	take my concentration away (夺走我的专注力)
complaint	n. 抱怨，投诉	writing this complaint (写这封投诉信)
simultaneously	adv. 同时地	simultaneously attend (同时参加)
impromptu	adj. 即兴的	impromptu party (即兴派对)
intricate	adj. 复杂的	intricate sense of guilt (复杂的负罪感)
marvel	v. 惊叹	marveling at the fact (惊叹于这个事实)

awesome	adj. 了不起的	how awesome my kids are (我的孩子们多棒)
strike a deal	phrase. 达成协议	let's strike a deal (我们达成协议吧)
savor	v. 品味	breathe, savor, touch, feel (呼吸、品味、触摸、感受)
give and take	phrase. 互相让步	a give and take (公平交换)
in return	phrase. 作为回报	you don't own me in return (你不能反过来拥有我)