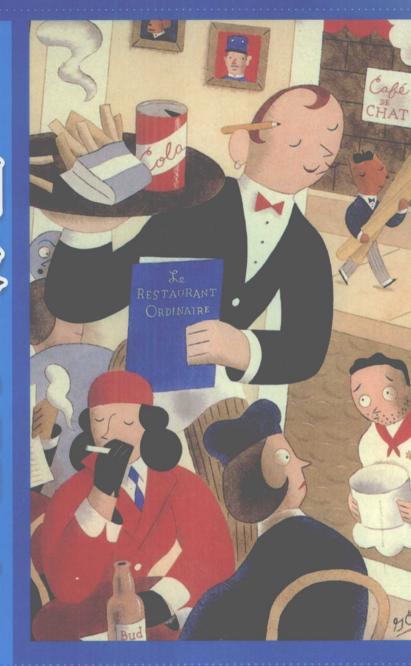
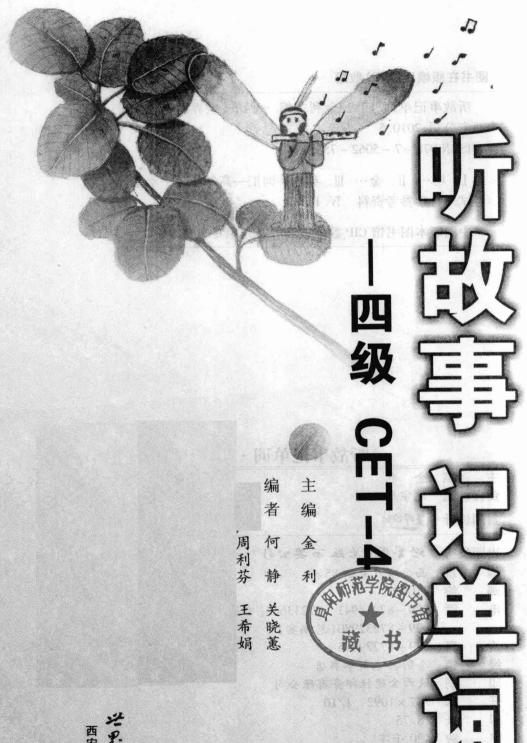
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前言

你是不是还在疑惑,为什么背过的英文单词用起来却一头雾水,为什么学习英语会因为背单词而变成了一件枯燥、乏味的事情?

众所周知,词汇是学习英语的基础,词汇量的大小以及词汇掌握的熟练程度在一定程度上决定了能否学好英语,顺利通过考试。很多考生试图通过阅读来背单词,但是可供阅读的英文篇章可谓数不胜数,要想找到一些能够囊括考试大纲词汇的篇章,真是难上加难!看着单词书上密密麻麻的单词,考生的眼睛也难免会感到疲劳。不难看出,考生所需要的是一本实用有趣的单词书。鉴于此,我们希望通过"听故事记单词"这种形式帮助考生找到学习英语的乐趣,提高大家记忆单词的效率。因此,我们为大家打造了一本开启记忆之门的单词书——《听故事记单词》。

本书为考生精选了难度适宜的故事,通过这些幽默有趣的小故事,考生可以掌握考试大纲所要求的四级核心词汇,让考生在快乐中轻轻松松攻克词汇难关,顺利通过考试。

解放眼睛,打通耳朵

看书久了眼睛会又疼又涩,这应该是大部分考生在备考阶段都会遇到的问题吧,其实这是眼睛在抗议:"为什么一直使用我,而不去用别的器官呢?"确实如此,视觉疲劳会大大降低考生记忆单词的效率。可是不看书又不行,那要怎样记忆单词呢?有心理学家指出过,人的记忆25%来源于视觉,15%来源于听觉,两者结合则可以达到65%的效果。看来,耳朵是可以帮助眼睛一起记忆单词的,就让我们听听故事,解放一下眼睛,练练耳朵,走到哪里听到哪里,不让时间在等待中白白溜走。记忆单词之余,还可以练习听力,可谓一举两得!

携带方便,边走边记

在打通耳朵之余,你是不是也因为上学路上、公交车上、地铁里的无聊时光而苦恼呢?在互联网日益发达的今天,你还泡在自习室、图书馆里背单词记例句吗?本书搭配的电子书既为你解决了上述的苦恼,也节省了学习时间。在生活的间隙中,看完故事,背完单词,轻轻松松考四级。

故事有趣,难度适宜

本书中所选故事以实用有趣为原则,给读者营造轻松愉快的学习氛围。故事阅读难度适宜,译文权威地道,精确优美,全面涵盖四级大纲核心词汇,让考生在听故事的过程中就将单词轻松拿下,实现了听、读结合,词汇、阅读、听说三位一体,英语各个方面的水平同步提高。 另外,本书在每个故事之后"大纲拾遗",将大纲中的其他单词为考生列出,以方便全面复习。

词汇注解,阅读双赢

本书对每一篇选文中的生词、重点词汇进行详尽说明,让考生在阅读和听故事的过程中学习和记忆单词,最终做到一册在手,阅读理解能力和词汇量共同提高。同时,在每篇故事前面都设有一个"短语热身"的环节,列出故事中出现的一些常见搭配,帮助考生做好预习,也可在听故事的过程中加深印象,将所讲单词和实用短语全部吸收。

还等什么呢,就让我们一起拿上MP3,听故事、记单词,轻轻松松突破四级词汇大关吧!

度型企業與有差易立立某企業大多數立之。 實際的股票表示。。美国對立一人科技的政治主持與第三 2010年6月 10

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芝、路冰来得于听费,有崇适会则可以达到65%的效果。希米,年来是可以协

机果实到哪里,不证时间在等待中台台指走,这化单行之企,还可以练习

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in full swing 十分活跃,正在全力进行中 attitude toward (s) 对……的看法、态度 respond to 作出反应,响应:反应,回报 think about 考虑,思索

Today Is the Best Day

We sat on the swing enjoying the warm summer air, truly without a care in the world. Cody, my 6-year-old nephew laughed, as he swung higher than me. His laugh made me smile.

Afterwards, we went for a walk, looking at the gardens. As we were walking, Cody looked up at me and said, "Today is the best day!" I smiled at him and responded, "Yes, it is a great day." . 14 . A

I then started thinking about what we had done that day? We didn't really do anything special; there was nothing that we did that cost any money. It was a simple day...one where we talked, went for walks, and swung on the swing.

So often, we wait for our "best days" without realizing that "today is our best day". Or we say, "when I get this", or, "if only this", or, "when I have more money, I will", and we forget to live every day, enjoying today.

We should be more like children; they truly live in the moment! They don't need luxurious things to make them happy; they don't use the phrases, "if only", or, "when I get this", or, "when I have more money". 10

There is a saying, "Carpe Diem" which means, "Seize the Day". As we get older, we need to remember this saying and enjoy each and every day. Keep your childlike attitude of "living each moment to its fullest"!

- ⇒ swing [swin] v. (使)摇摆,(使)摇荡;回转,旋转;(使)突然转向 n. 摆动,摇摆;秋千 in full swing 十分活跃,正在全力进行中
 - I have no idea why Jim swung around and shouted at me. 我不知道吉姆为什么 突然转过身对我大声叫嚷起来。
- □ truly ['truxli] ad. 真正地;忠实地

The overseas students are now truly American, both in their clothes and lifestyle. 无论从穿着还是生活方式上来看,现在这些留学生真正美国化了。

四级

- □ nephew ['nevjux] n. 侄子,外甥
 That little cute boy in green is my nephew. 那个穿绿衣服的可爱小男孩是我的外甥。
- → afterwards ['a:ftəwədz] ad.以后;后来

 Shortly afterwards Bill was seen in a grocery store in the country. 不久之后,有人在乡下的一家杂货店见到了比尔。
- ⇒ phrase [freiz] n. 短语,词组,用语 v. 用语言表达,叙述
 Lily phrased her refusal of not going to the party politely. 莉莉婉言谢绝了去那个聚会的邀请。
- → attitude ['ætitjuːd;'ætituːd] n. 态度,看法;姿态,姿势
 attitude toward(s) 对……的看法、态度

 Helen takes a maternal attitude toward the little girl she adopted. 海伦像母亲一般对待她领养的小女孩。
- □ respond [ri'spond] v. 回答,答复;作出反应,响应 respond to 作出反应,响应;反应,回报 Has our teacher responded to your e-mail yet? 老师有没有回过你的电子邮件? respondent(n. 回答者 a. 回答的); response(n. 回答;反应)
- luxurious [lag'3juəriəs] a. 奢侈的,极舒适的;爱好奢侈的;放纵的 The tourists stayed in luxurious hotels all through the journey. 旅游者们在整个旅程中都住在豪华的旅馆里。
- → think about 考虑,思索
 You are such a self-centered person. Don't you ever think about other people? 你这个人太自私了,你从来就不考虑别人吗?

大纲拾遗 ***

abandon [ə'bændən] v. 丢弃,放弃 with abandon 放纵地,放任地;纵情地

abroad [əˈbrɔːd] ad. 到(在)国外

go abroad 出国; at home and abroad 国内外

absence [ˈæbsəns] n. 缺席;缺乏

in the absence of 缺乏……

absent ['æbsənt] a. 缺席的,不在场的 be absent 缺席的,不在的

absorb [əb'sɔːb] v. 吸收;吸引……的注意 absorb in 沉浸于

abstract ['æbstrækt] n. 摘要,梗概 abuse [ə'bjuːz]/[ə'bjuːs] v./n. 滥用;虐待 alcohol abuse 酗酒; drug abuse 滥用药物
academic [iækə'demik] a. 学术的
academic achievement 学术成就
accent ['æksənt] n. 口音, 腔调
access ['ækses] n. 通道;接近(或进入,享用)的机会
have access to 可以到达;可以使用;有接近……的机会
accommodation [əikəmə'deifən] n. 房屋,膳宿
accompany [ə'kʌmpəni] v. 陪同;伴随,和……一起发生
accuse [ə'kjuzz] v. 指控,控告
accuse sb. of sth. /doing sth. 控告某人
accustomed [ə'kʌstəmd] a. 习惯的
be/get accustomed to 习惯于

参考译文

最佳乃今日

我们坐在秋千上,尽享温暖的夏日气息,全无尘世的烦扰。我6岁的侄子 (nephew) 科迪笑了,因为他比我荡 (swing) 得高。看着他笑,我也笑了。

后来 (afterwards),我们去散步观赏花园。走着走着,科迪仰起头看着我说,"今天真是最棒的一天!"我向他笑了笑,回答 (respond) 说,"对啊,今天很不错。"

于是我开始想(think about)那天我们都做了什么。我们并没有真正做什么特别的事;我们分文未花。就是简简单单的一天,我们聊天、散步、荡秋千。

我们常常在等待"最美好的日子",却没有意识到"今天就是我们最美好的一天"。或者我们会说"当我得到这个……"或者"要是这……"或是"当我有了更多的钱,我会……"我们忘记了活在每一天,享受今天。

我们应当更像孩子。他们真正地 (truly) 活在当下! 他们无需昂贵 (tuxurious) 之物使其快乐; 他们不说"要是"或者"当我得到这个", 或是"当我有了更多的钱。", 诸如此类的话语 (phrase)。

俗话说,"及时行乐",意思是"把握今天"。随着我们年岁愈长,我们需要记住这句话,享受每一天。保持你童心般的态度(attitude)"充分享受每一刻"!

短语热身

resolve into 分解为(归纳为,成为) be proud of 为……而自豪,为……而骄傲 give in 屈服,投降,退让;交(呈)上 take no interest in... 对……不感兴趣

be willing to 愿意 (做某事) be afraid of 害怕 play a trick 捉弄,愚弄

が故事と単词

First Woman Doctor in the World

In early days no medical college took a woman student. Elizabeth Blackwell, was **resolved** to become a doctor. The young American wrote again and again to a number of medical colleges, asking if she could be admitted, but each time the answer was No.

Then one day, to her surprise, she got a letter from the president of a college in Geneva, which said Yes.

At first Geneva College, like other colleges, was not willing to accept Liza. But later the important people of that college learned that Liza's application had the support of a distinguished doctor, and they were afraid to offend that.

So the president decided to **play a trick** by turning the matter over to the students general meeting of the college, thinking that the students would be the last to agree to take Liza.

When the student body met, most students **took no interest in** the matter. Of the rest, some considered the young American's idea interesting and some thought by having Liza they would **be proud of** their college training the world's first woman doctor. Very soon the students all agreed to accept Liza.

The president of Geneva College was of course very sorry to learn this. Seeing that he could do nothing to Elizabeth, he gave in.

- → learn [ləːn] v. 学,学习;获悉,得知,了解;记住;认识到
 My brother is learning French in a night school now. 我弟弟正在夜校里学法语。
- → application [iæpli'keiʃən] n. 申请,申请表;应用,实施,实用性;施用,敷用,涂抹 I have planned to buy my own house, so I made an application for a loan. 我想要买自己的房子,所以我申请了一笔贷款。
- → offend [ə'fend] v. 冒犯,得罪;伤害……的感情;使厌恶,使不舒服;违犯,违反 The teacher was offended by the boy's vulgar language. 老师被这个男孩的粗话所激怒。
 - offense(n. 犯规;冒犯);offensive(a. 冒犯的;攻击性的)
- → resolve [ri'zolv] ν. 解决,解答;决心,决定;决议;分解,溶解 n. 决心,决意;解
 决,解答;决议

resolve into 分解

The letter from the son resolved all his parents' doubts. 儿子的这封信消除了他父母的一切疑虑。

resolution(n.分辨率,清晰度)



② distinguished [dis'tingwist] a. 著名的,卓著的

Professor Green is distinguished for his knowledge of medicine. 格林教授因医药学方面的精湛学识而著称于世。

⇒ be willing to 愿意(做某事)

Who is willing to accept the responsibility of babysitting? 有谁愿意承担照顾孩子的责任吗?

⇒ be afraid of 害怕

Young people are full of vigor, and not afraid of cold nor hunger. 年轻人火气足,不怕冷也不怕饿。

⇒ play a trick on 捉弄,愚弄

Most people accepted that memory can play tricks on them. 大多数人相信记忆也会捉弄人的。

⇒ be proud of 为……而自豪,为……而骄傲

Mr. Brown was very proud of the fact that he was a self-made man. 布朗先生为自己白手起家而自豪无比。

⇒give in 屈服,投降,退让;交上,呈上

My father has given in to my views about my career choice. 我的父亲对于我的职业选择已经让步,接受了我的看法。

→ take no interest in... 对……不感兴趣

The boy takes no interest in mathematics. 这个小男孩对数学不感兴趣。

大纲拾选 ==

acknowledge [ək'nɔlidʒ] v. 承认,确认

acquaintance [ə'kweintəns] n. 认识,了解

make the acquaintance of sb. 结识某人

acquisition [ˌækwi'ziʃən] n. 获得,学会

actual ['æktʃuəl] a. 实际的,事实上的

actual value 实际价值

adapt [əˈdæpt] v. (使)适应

adapt oneself to sth. 使……适应……

add [æd] v. 计算……的总和;增添

add to 增添; add up to 合计达, 总括起来; 意味着

addition [əˈdiʃən] n. 增加的人(或物),附加物

in addition 另外; in addition to 除了

adequate ['ædikwət] a. 充足的,足够的

administration [ədˌmini'streifən] n. 管理,经营;管理部门,政府

admission [ədˈmiʃən] n. 准许进入,准许加入

admission to 进入

advantage [əd'vɑ:ntidʒ;əd'væntidʒ] n. 优点;利益

四级

have/give an advantage over 胜过,优于;take full advantage of 充分利用;to one's advantage 对某人有利;educational advantage 受教育的机会

advisable [əd'vaizəbl] a. 明智的

be advisable to 做某事是明智的

advise [əd'vaiz] v. 劝告,忠告

advise sb. to do sth. 建议某人做某事 advocate ['ædvəkeit] v. 提倡,主张 n. 拥护者,代言人

参考译文 ****

世界上第一位女医生

在过去,没有一所医科大学接受女学生。伊丽莎白·布莱克威尔却立志 (resolve) 成为一名医生。这位年轻的美国女孩给很多所医学院写信,不断地询问这些学校能否获准她入学,但是每次得到的答复都是"不可以"。

后来有一天,她很惊奇地收到一封来自日内瓦大学校长的信,信中说愿意接收她入学。

起初 (af first), 日内瓦大学像其他大学一样, 也是不愿意 (be willing to) 接收伊丽莎白。但是后来学校的重要领导听说 (learn) 伊丽莎白的申请书 (application) 得到了某位著名 (distinguished) 医生的支持, 而那位医生是他们不敢 (be afraid of) 得罪 (offend) 的。

所以校长决定耍个诡计 (play a trick),把伊丽莎白申请入学这件事交给学生大会去决定,因为他认为学生们是绝对不会同意接收伊丽莎白这样一个女学生入学的。

当学生大会召开的时候,大多数学生对这个事不感兴趣 (take no interest in)。其余的学生中,有些人觉得这个美国年轻人的想法很有趣,另外一些人则认为接收伊丽莎白入学会让学校自豪 (be proud of),因为这所学校将会培养出世界上第一位女医生。很快,学生们就都同意让伊丽莎白入学了。

听到这个消息,日内瓦大学的校长当然很不高兴。但他也明白自己没有办法对伊丽莎白做什么,最后只得让步(give in) 了。

短语热身 =

miss out 不包括;错过 (机会) in haste 急忙地,急速地,草率地 fill with 使充满;装满,填满 in a hurry 匆忙,急忙

before long 不久以后 duffel bag 粗呢包, 露营包 hind hoof 后蹄 make one's way toward 通过, 前进

The Nail

A merchant had done well at the fair. He had sold all his wares, and filled his moneybag with gold and silver. He now wanted to make his way toward home, and to be in his own house before nightfall. So he loaded his duffel bag with the money onto his horse, and rode away.

At noon he made a rest stop in a town. When he was about to continue on his way, a servant brought him his horse and said, "Sir, a nail is **missing** from the shoe on his left **hind hoof**."

"Let it be," answered the merchant. "The shoe will certainly stay on for the six hours that I still have to ride. I am in a hurry."

That afternoon, when he **dismounted** once again and had his horse fed, a servant came into the inn and said, "Sir, a shoe is missing from your horse's left hind hoof. Shall I take him to the blacksmith?"

"Let it be," answered the man. "The horse can manage for the few hours that I still have to ride. I am in a hurry."

He rode on, but **before long** the horse began to limp. It did not limp long before it began to stumble, and it did not stumble long before it fell down and broke a leg. The merchant had to leave the horse where it was, and **loosen** the duffel bag, load it onto his shoulder, and walk home on foot, not arriving there until very late that night.

"All this bad luck", he said to himself, "was caused by that cursed nail." **Haste** makes waste.

故事烙印 ※==

- merchant ['məɪtʃənt] n. 商人
 - Lucy's father is a timber merchant, and he owns a large business. 露西的父亲是木材商,而且他的生意做得很大。
- → miss [mis] v. 未击中,未达到;未赶上,未遇到;惦念;未看到,未注意到;未明白;避免,逃脱 Miss.n. 小姐 miss out 省略;错过(机会)

The hunter fired at the bear twice but missed it. 猎人向熊开了两枪,但未打中。

⇒ curse [kəːs] v./n. 咒骂,诅咒;祸根,祸因

The old man cursed his enemies during the war. 那位老人在战争期间诅咒他的敌人。

cursed(a. 该诅咒的)

→ haste [heist] n. 急忙,急速,匆忙 v. 赶快;匆忙 in haste 急忙地,急速地,草率地

In my haste I forgot to lock the door, so I have to return. 匆忙中我忘了镇门,所以我得回去一趟。

hasten(vt. 催促,加速)

□ loosen ['lu:sn] v. 解开,松开;放松 Please loosen the nuts first, and then I will take off the wheel. 请先把螺母旋松, 我再卸下车轮。 四级

□ fill with 使充满:装满,填满

I'm filled with admiration for the soldiers' bravery during the flood. 我由衷钦佩战士们在洪水中的英勇行为。

⇒in a hurry 匆忙,急忙

In a hurry to leave for the airport, John forgot his passport. 约翰急急忙忙动身去机场的时候,忘了带护照。

⇒ before long 不久以后

The novel written by my sister will be published before long. 我妹妹的小说不久就要出版。

⇒ dismount [dis'maunt] v. 使下马;使掉下;下马;下车

The brave prince dismounted his enemy immediately. 勇敢的王子将敌人迅速打下马。

- → duffel bag 粗死包,奪管包
 Jack packaged his duffel bag and went to the desert alone. 杰克打起背包,只身去了沙漠。
- ⇒ hind hoof 后蹄

The horse broke its hind hoof and couldn't walk any more. 马伤了它的后蹄,不能再走了。

→ make one's way toward 通过,前进

Soldiers are making their way toward the battle field. 士兵们正走向战场。

大纲抢凌 ※==

affair [əˈfɛə] n. [pl.]事务,事件

agree [ə'gri:] v. 同意;一致

agree with 同意某人;与……一致;agree to 同意某观点;agree on 商定,达成协议 agreement [ə'gri:mənt] n. 一致

in agreement (with) 意见一致地; be in agreement on sth. 就某事达成一致意见 alert [ə'lə:t] a. 警觉的

ally [ə'lai] v. (使)结盟,(使)联合

alone [əˈləun] a. 单独的,唯一的 ad.单独地,仅仅

leave alone 不打扰,不惊动;let alone 不打扰,不惊动;更别提alter ['oːltə] v. 改变,变更;修改衣服

alternative [oːl'təːnətiv] n. 两者择一;选择余地;数种可能之一

ambition [æm'biʃən] n. 抱负,雄心

ambitious [æm'bifəs] a. 有抱负的,雄心勃勃的;有野心的

analyze ['ænəlaiz] v. 分析,解析

ancestor ['ænsestə] n. 祖宗,祖先

anniversary [ˌæni'vəːsəri] n. 周年纪念(日)

annual ['ænjuəl] a. 每年的,一年一次的 annual report 年度报告

一颗钉子

在集市上,有一个商人 (merchant) 生意做得很好。他卖完了所有的货物,钱袋里都装满 (fill with) 了金币和银币。现在他准备回家 (make one's way toward) 了,他要在夜幕降临前赶回他自己的住所。于是他把装满钱的粗呢包 (duffel bag) 放上马背,然后骑上马走了。

中午,他在一个小镇停下来休息。正当他打算继续上路时,马仆把他的马牵过来,告诉他说:"先生,这匹马左边后蹄 (hind hoof) 的铁掌上掉 (miss) 了一颗钉子。"

"就这样吧",商人回答,"我还要骑6个小时,铁掌肯定能在马蹄上撑过这段时间的。我急着 (in a hurry) 赶路。"

到了下午,他又下马 (dismount) 休息并给马喂食。一位仆人走进客栈,对他说,"先生,你的马左后蹄上的铁掌掉了。要不要我把马牵到铁匠那里去?"

"别管了",商人回答,"我还要骑几个小时,我的马能撑到那个时候。我急着赶路呢。" 商人跨上马背继续赶路,但是不久(before long)这匹马就开始一跛一跛地跑了,又过了一小 会儿,它只能蹒跚前行,不多久它就摔倒了,还摔断了一条腿。商人只好将受伤的马留在原地, 解下(loosen)马背上的帆布袋背到自己的肩上步行回家,直到深夜才赶到家。

"所有这些噩运,"他对自己说,"都是由那颗该死的 (curse) 钉子引起的。" 这则故事告诉我们,欲速 (haste) 则不达。

短语热身

be under treatment 正在治疗中 have an abortion 流产, 堕胎

lap up 欣然接受 red tape 繁文缛节

Common Sense

Today we mourn the passing of a **beloved** old friend by the name of Common Sense who has been with us for many years.

No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having **cultivated** such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair.

Common Sense lived by simple, sound financial **policies** (don't spend more than you earn) and **reliable** parenting **strategies** (adults, not kids, are in charge).

His health began to rapidly deteriorate when well intentioned but overbearing

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regulations were set in place.

Reports of a six-year-old boy charged with **sexual harassment** kissing a classmate; teens **suspended** from school for using mouthwash after lunch; and a teacher fired for **reprimanding** an unruly student, only worsened his condition.

It **declined** even further when schools were required to get parental consent to administer aspirin to a student; but, could not inform the parents when a student became **pregnant** and wanted to **have an abortion**.

Finally, Common sense lost the will to live as the *Ten Commandments* became **contraband**; churches became businesses; and **criminals** received better **treatment** than their **victims**.

Common Sense finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot, she spilled a bit in her lap, and was awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust, his wife, Discretion; his daughter, **Responsibility**; and his son, Reason.

He is survived by two stepbrothers: My Rights and I Am Whiner.

Not many attended his funeral because so few realized he was gone. If you still know him, pass this on; if not, join the **majority** and do nothing.

故事烙印 ※■■……………

- ⇒ beloved [bi'lavid] a. 所钟爱的,所爱戴的
 - Mary's beloved watch was nowhere to be found. 玛丽心爱的手表找不到了。
- → cultivate ['kʌltiveit] v. 种植;向……讨好;陶冶,发展
 Only half of the land on our farm can be cultivated. 我们农场只有一半的土地可以耕种。

cultivation(n. 耕种;培养);cultivated(a. 培养成的,养成的,有教养的)

- → policy ['pɔləsi] n. 政策,方针;保险单
 One of the new government's policy is to cut taxes on wage. 新政府的政策之一是削減工资税。
- → reliable [ri'laiəbl] a. 可靠的,可信赖的
 I found this to be a reliable brand of refrigerator. 我觉得这是一种品牌可靠的冰箱。
- ⇒ strategy ['strætidʒi] n. 谋略,战略,策略
 Nick's grandfather is an expert in military strategy. 尼克的祖父是军事战略专家。
- ⇒ adult ['ædʌlt] n. 成年人(或动物) a. 发育成熟的;智力及情感上已成熟的;已成人的

In this sense, children and adults have equal rights. 从这个意义上说,儿童和成人