



阅 读 版

考研英语词汇

词根 + 联想 + 语境

— 记忆法 —



王长喜 主编

中国和平音像电子出版社



考研英语



-25

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主编：王长喜

副主编：赵丙银

杜占叶

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《考研英语考试词汇·词根+联想+语境记忆法(阅读版)》

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作者的话



考研英语，词汇是一个基础，如果词汇不过关，会影响你读、译、写、听各方面的能力，让你考试中处处卡壳。

但对词汇，不少考生很困惑，不知道如何去记，觉得词汇记忆太枯燥、太单调，干脆放松学习到最后影响成绩。

这本书里，我们着眼于应试，以“词根、联想记忆法”为核心，给你一个活泼、轻松的词汇记忆学习平台。

打开本书，词汇不再会枯燥，活泼的语言环境、轻松的记忆方法、真实的试题例句、清新的版面让你心情愉悦。

一、放进文章里面，语境活记

每课开始，先给出一篇文章，文中含有本课要学习的词汇，这样，深入学习每个词汇前，先在文章里熟悉一下。

每篇文章，均选自题源报刊，经过润色、优化，难度适中，适合考生一面轻松阅读，一面理解词汇，寓记于读。

文章里面，每个词汇是活的，文中熟悉，更易体会、理解每个词汇的用法、含义，词汇学习得更鲜活、更真实。

二、词根加上联想，轻松巧记

每个词汇，文章里面熟悉后，我们带你进入词根记忆、联想记忆、谐音记忆的记忆乐园，开始体验记忆的乐趣。

词根记忆，给你展示一个词汇是如何衍生、构成的，含义是如何延伸、演化的，让你学会举一反三，事半功倍。

联想记忆，启发你看到一个词，去展开联想，通过联想到的一些有趣的事物、想法，一下记住词汇，印象深刻。

谐音记忆，读音，是词汇学习的一环，读音中，恰恰蕴含着不少的记忆方法，往往会心一笑间词汇已经记住了。

这一部分，熟词生义、高频词汇、常用词汇，我们分开讲解、略有不同，以利于一些考生针对学习，选择学习。

三、大量真题例句，面对考试

每个词汇，都会跟着一个例句，而这些例句，大部分都是真题例句，让你在真实考试语境里学

习、理解每个词。

真题例句，或者选自完形填空，或者选自阅读文章，或者选自作文范文，各有标注，让你直接面对鲜活的考试。

四、给出考点考题，有效学习

很多考生，不清楚记词汇到底记什么，抓不住学习的重点、核心。我们给出每个词汇的关键考点让你瞄准学习。

一些词汇，还给出了真实考题，多是完形，在题目里给你讲解这个词汇的含义、用法，或者其他词区别辨析。

我们衷心希望，打开本书，你可以一扫词汇记忆、学习的彷徨，和我们一起，畅游在词汇记忆和学习的快乐里。

受其本國之法律

语境活记：词汇放进文章里，一边悦读，一边记词，寓记于读。

文章均选自最新题源报刊，经润色、优化，难度适中。

Lesson 7

文中语境活记



Kids Who Get Spanked May Have Lower IQs

The debate over *spanking* (打屁股惩罚) goes back many years, but the essential question often evades discussion: Does spanking actually work? In the short term, yes. You can **correct immediate** misbehavior with a slap or two on the rear end or hand. But what about the long-term impact? Can spanking lead to permanent, hidden scars on children years later?

On Sept. 25, a sociologist from the University of New Hampshire, Murray Straus, presented a paper at the International Conference on Violence, Abuse and *Trauma* (创伤) in San Diego suggesting that physical punishment does leave a long-lasting mark — in the form of lower IQ. Straus, who is 83 and has been studying physical punishment since 1969, found that kids who were physically **punished** had up to a five-point lower IQ score than kids who weren't — the more children were spanked, the lower their IQs — and that the effect could be seen not only in **individual** children but across **entire** nations as well. Among 32 countries Straus studied, in those where spanking was **accepted**, the average IQ of the survey population was lower than in nations where spanking was rare, the researcher says. ...

受过体罚的孩子可能智商低

The New York
Times
2009

对体罚的争论可追溯到很多年前，但最关键的问题往往被回避：体罚真的起到作用吗？短期而言，是的。你可以迅速纠正一些不好的行为，通过打一两下屁股或手掌。但长期的作用又如何呢？体罚会否在孩提时代之后留下永久的、隐藏的伤痕？

在周五，来自新罕布什尔大学的社会学家默里·斯特劳在圣迭哥“暴力，虐待和创伤”国际会议上发表一篇报告，提出体罚确实会给孩子留下长久的烙印——以低智商的形式。83岁的斯特劳，自1969年以来一直在研究体罚，他发现被体罚的孩子智商比没受体罚的低5分之多——孩子被打得越多，他们的智商越低——并且这种情况不只出现于个别孩子身上，而是遍及所有国家。在斯特劳研究的32个国家里，那些体罚可被接受的国家里，受调查人口的平均智商低于那些鲜有体罚的国家，研究人员声称。

在美国，斯特劳和他的同事太平洋研究与评价协会的麦莉·帕斯凯尔(Mallie Paschall)，观察了1,510名儿童——806个孩子年龄在2至4岁，704个年龄在5至9岁——根据和孩子母亲的交谈，发现大约四分之三在过去两个星期里遭受了一些形式的体罚。研究人员测量了儿童的最初智商，然后在4年后再测一次。那些在最初调查期间没有被打过的孩子，在理解能力和完成能力测试中所取得的成绩明显好于那些被打过的。其中2至4岁儿童，智商差异是5分，年长的孩子中...

raise vt. 举起，提升	<input type="checkbox"/>
essential a. 必不可少的，本质的	<input type="checkbox"/>
evade vt. 逃避	<input type="checkbox"/>
correct vt. 纠正	<input type="checkbox"/>
slap vt. 掴	<input type="checkbox"/>
scar n. 伤疤	<input type="checkbox"/>
up to 高达	<input type="checkbox"/>
individual a. 个别的	<input type="checkbox"/>
intelligence n. 智力	<input type="checkbox"/>
gap n. 缺口	<input type="checkbox"/>
take...into account 把...计算在内	<input type="checkbox"/>
fright n. 恐惧	<input type="checkbox"/>
occupation n. 工作	<input type="checkbox"/>
cognitive a. 认知的	<input type="checkbox"/>
reason v. 推断	<input type="checkbox"/>

文章均配优美译文，方便准确理解。

文中词汇简单列出，方便快速熟悉。

不同词汇，分频学习，
区别讲解，更有针对。

联想巧记：看到一个词汇时，
由此及彼，展开联想，一下记住。

Lesson 7 词根联想巧记

熟词生义

present

- 【熟】a. ①出席的，到场的②现在的，目前的 n. ①现在，目前②礼物，赠品
【生】vt. ①提出，呈交②介绍，陈述③赠(送)，呈献
【例】They presented a petition to the governor. 他们向总督递交了一份请愿书。

pressure

- 【熟】n. 压(力)，压强；强制，压迫
【生】vt. 对...施加压力(或影响)，迫使，说服
【例】You want to enjoy food, not to be pressured into eating the right things. 你想要的是享受食物，而不是被迫吃正确的东西。

discipline

- 【熟】n. 纪律；训练，训导；惩罚；学科
【生】vt. ①训练，训导②惩罚，处罚做
【例】That government is best which governs the least, because its people discipline themselves.(Jefferson) 统治最少的政府是最好的，因为它的人民自我治理。(杰弗逊)

author

- 【熟】n. 著作家，作者
【生】vt. 创造，写作
【例】He authored two best-sellers. 他写过两部畅销书。



下面我们
学习文中划线的
高频词

高频词汇

predict

vt. 预言，预测，预告

【记】同根兄弟词：

- predict: pre (before)+dict → 提前说
→ 预言
[根] condition: con(一起)+dit+ion → 一起说
di(c)t(说) →
→ 条件
dictionary: dict+ion+ary(表示集合体)
→ 语法的集合体 → 字典

【例】Transportation in the future won't be limited to the ground; many people predict that traffic will quickly move to the sky. 将来的交通将不仅仅限于在地上，很多人预言说交通将很快可以移到天空。

【题】One of the federal government's studies _____ that the number of the homeless will reach nearly 19 million by the end of this decade. [06 完形]
[A] predicts [B] displays [C] proves [D] discovers
【解】选[A]。该题所在句中的 "...will reach..." 和 "...by the end of this decade" 表示将来要发生

的事，所以答案为 predicts “预测”。题意：联邦政府的一项研究预测，在这个十年结束之前，无家可归者的数量将接近 1900 万。

accompany

vt. ①陪同②伴随，和...一起发生③为...伴奏(或伴唱)

【记】联想记忆：ac(表加强)+company(公司；陪伴) → 陪伴，陪同

【考】不能用 accompany sb to do... 结构。如：陪她去教堂不能译为 “accompany her to go to the church” 而应译为 “accompany her to the church”。

【例】The singer was accompanied at/on the piano by her sister. 那位演唱者的姐姐用钢琴给她伴奏。

constrain

vt. ①限制，约束②克制

【记】词根记忆：con(一起)+strain(拉紧) → 紧紧拉在一起 → 限制

【考】①注意近形词的用法区别：refrain from impulses=constrain impulses=restrain impulses 克制冲

词根助记：利用词汇构词法，
举一反三，一学一串，事半功倍。

节选一些真实题目，让你
试题里更真实理解、学习。

大量真题例句，营造真实考试语境，真实学习。

谐音妙记：借用词汇的读音，由音及义，会心一笑，印象深刻。

动。②动名词之间的特殊转化：

抱怨 complain v. → n. complaint

强迫，强制 constrain v. → n. constraint

抑制，制止 restrain v. → n. restraint

【真题例句】A lack of formal education, however, doesn't constrain the ability of the developing world's workforce to substantially improve productivity for the foreseeable future. 然而，正规教育的缺乏并不能限制发展中国家的劳动力在可预见的未来大规模提高生产力。[09 阅读]

irritate

vt. ①使恼怒，使烦躁②使(身体某部分)不适，使疼痛

【记】谐音记忆：“一日志忑”→志忑不安一天了→使烦躁

【考】区别 annoy, irritate

The lady seemed annoyed because I had dialed the wrong number. The second time, she seemed irritated. 因为我拨错了电话号码，那位女士似乎有些生气。我第二次拨错时，她似乎被惹火了。

注：annoy 与 irritate 都表示“使恼怒”，在程度上，后者比前者语气强。

【例】Please do not be irritated by his offensive remarks since he is merely trying to attract attention. 请不要因为他无礼的言语生气，那只是他想吸引别人的注意罢了。

scale

vt. 攀登 n. ①大小，规模②等级③[pl.] 天平④比例(尺)⑤刻度⑥(鱼等的)鳞

【记】联想记忆：商场里正在出售(sale)天平(scale)

【考】注意动词的用法：We are going to scale down the number of trees being felled. 我们要减少砍伐树的数量。

【真题例句】In dealing with a challenge on such a scale, it is no exaggeration to say, “United we stand, divided we fall.” 在应付一个规模如此之大的挑战过程中，我们可以毫不夸张地说，“团结，我们就会站起来；分裂，我们就会倒下去。”[05 翻译]



下面我们
学习文中标黑的
常用词

常用 词汇

minimum

a. 最低的，最小的 n. 最低限度，最小量

【记】词根记忆：mini(小)+m+um(…的)→最小量

【例】He says it would only take him a few minutes to teach a person how to steal a car, using a bare minimum of tools. 他声称自己可以花几分钟就能教会一个新手用最少量的工具偷到一辆车。

commission

n. ①委员会②佣金，回扣③授权，委托 vt. 委任，委托

【记】联想归类词：

委员会

board 董事会

jury 陪审委员会

committee 委员会

Congress (美) 国会

Parliament (英) 国会

commission (专门) 委员会

【考】阅读中经常考到其动词用法，如：commission an artist to paint a picture 委托画家画一幅画。

【例】Today, insurance salesmen can get considerable commission on their successful sales. 现在，保险推销员可从成功销售中获得可观的佣金。

troublesome

a. 令人烦恼的，讨厌的，麻烦的

【记】联想归类词：

[动] trouble (麻烦) → [形] troublesome 麻烦的

[动] burden (烦扰) → [形] burdensome 烦人的

[动] tire (使厌倦) → [形] tiresome 讨厌的

【例】The problems appears to be more troublesome in newly constructed homes rather than old ones. 对于新建的房子来说，问题似乎比老房子更麻烦。

face

v. ①面向②面临 n. ①面孔，面部表情②外表③表面

【记】联想记忆：褪色(fade)的记忆如何面对(face)

【考】[译]英国面临着严重的失业问题。

[误] Britain faces the serious problem of unemployment.

[正] Britain is faced with the serious problem of ...

注：face 用于主动语态有“面对，正视”的意思，含有主观意愿和主动性；be faced with 是“面临着，遭遇到”的意思，并不表示主观意愿。如：Faced with the serious problem of juvenile delinquency, the government is going to take effective measures...

给出词汇关键考点，让你瞄准学习，抓住重点。

不同词汇，分频学习，区别讲解，更有针对。

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给出词汇关键考点，让你瞄准学习，抓住重点。

Lesson 1

中文 课程 第 1 课

Are Fat Friends Bad for Each Other?

胖人在一起会互相影响吗?



A new study finds that overweight kids eat more when they eat with other overweight kids. While Washington policymakers debate how best to stem the obesity epidemic across the nation, many of us are struggling with how to deal with the obesity epidemic in our own homes. A third of all youngsters are now overweight or obese, well on their way to joining the two thirds of adults whose weight also tips the scales at unhealthy levels. Potential solutions are at least as controversial in America's kitchen as the single-payer plan is on Capitol Hill. Should we ration chips and soda? Or kick the kids outdoors so they get at least a minimum level of physical activity every day? Do we clear the pantry (食品储藏室) of junk food? Or all of the above?

Now a new study by researchers at the University of Buffalo suggests an even more radical idea: banning fat friends from eating together. An assistant professor of pediatrics (儿科学) at the university's School of Medicine and Biomedical Sciences, and her colleagues found that fat kids consume significantly more calories when

er. Sarah-Jeanne Salvy, an assistant professor of pediatrics (儿科学) at the university's School of Medicine and Biomedical Sciences, and her colleagues found that fat kids consume significantly more calories when

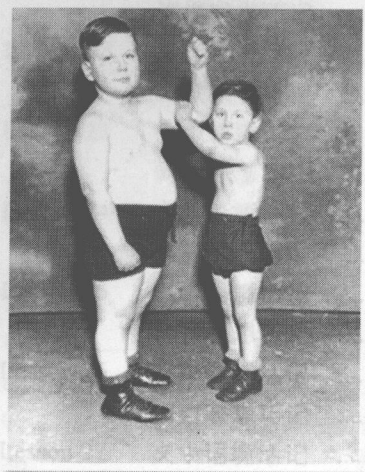
现在，和我们一起，踏上词汇学习的快乐之旅。

In the study, published in the August issue of *The American Journal of Clinical Nutrition*, researchers randomly paired 23 overweight and 42 normal-weight children between the ages of 9 and 12. Each pair of kids spent 45 minutes in a room that contained puzzles, games, and bowls of both healthy snacks (like raisins, grapes, carrots and grapes) and calorie-rich treats (like potato chips and cookies). The kids could eat as much as they wanted, but only from their own bowls. The researchers monitored the youngsters on closed-circuit TV. At the end of the session, the researchers asked the kids how many calories they had consumed. The results showed that in general, friends who ate together took in more calories than youngsters who were unfamiliar with their partner. That was true for both fat and thin kids. Not surprisingly, overweight kids ate more than lean kids, whether or not they were paired with a friend. And they ate even more when they were paired with another overweight youngster. The greatest number of calories was consumed by two overweight friends eating together in what Salvy described as a kind of "synergistic" (协同作用) effect. "Being friends increased food intake, being overweight and eating with an overweight person increased eating, and when you combined those, the overweight friends were eating about 700 calories," Salvy says. (The lean kids consumed fewer calories.) And, she points out, this is snack food, which means they were consuming a good chunk of their daily calories in that one sitting. The effect of friends on food intake is an increasingly interesting subject to researchers. In 2007, a high-profile study in *The New England Journal of Medicine* found that when a person becomes obese, his or her friends increase their own risk of obesity by 57 percent. The greatest influence was among close friends. If one became obese, another had a 171 percent increased chance of also becoming obese. This epidemiological study, which used data over a 32-year span, made the growth of obesity seem like a virus spreading among social circles—a finding that Salvy thinks is not far off the mark. But she says, the contagion (传染) is spread not by an infecting organism but by a form of social conditioning. As Americans get fatter,

Lesson 1

文中语境活记

Are Fat Friends Bad for Each Other?



A new study finds that overweight kids eat more when they eat with other overweight kids.

While Washington policymakers debate how best to stem the *obesity* (肥胖) epidemic across the nation, many of us are struggling with how to deal with the obesity epidemic in our own homes. A third of all youngsters are now overweight or obese, well on their way to joining the two thirds of adults whose weight also tips the scales at unhealthy levels. Potential solutions are at least as controversial in America's kitchens as the single-payer plan is on Capitol Hill. Should we ration chips and soda? Or kick the kids outdoors so they get at least a minimum level of physical activity every day? Do we clear the pantry (食品储藏室) of junk food? Or all of the above?

Now a new study by researchers at the University of Buffalo suggests an even more radical idea: banning fat friends from eating together. Sarah-Jeanne Salvy, an assistant professor of *pediatrics* (小儿科) at the university's School of Medicine and Biomedical Sciences, and her colleagues found that fat kids consume significantly more calories when they dine with friends who are also overweight than when they eat with lean friends.

In the study, published in the August issue of *The American Journal of Clinical Nutrition*, researchers randomly paired 23 overweight and 42 normal-weight children between the ages of 9 and 15 with either a friend or a kid they did not know. There were 26 friend pairs and 39 stranger pairs. Each pair of kids spent 45 minutes in a room that contained puzzles, games, and bowls of both healthy snacks (in this case, baby carrots and grapes) and calorie-rich treats (potato chips and cookies). The kids could eat as much as they wanted, but only from their own bowls. The researchers monitored the youngsters on closed-circuit TV. Afterward they weighed the uneaten snacks to figure out how many calories the kids had consumed.

The results showed that in general, friends who ate together took in more calories than youngsters who were unfamiliar with their partner. That was true for both fat and thin kids. Not surprisingly, overweight kids ate more than lean kids, whether or not they were paired with a friend. And they ate even more when they were paired with another overweight youngster. The greatest number of calories was consumed by two overweight friends eating together in what Salvy describes as a kind of *synergistic* (协同作用的) effect. "Being friends increased food intake, being overweight and eating with an overweight person increased eating, and when you combined those, the overweight friends were eating about 700 calories," Salvy says. (The lean kids consumed several hundred fewer calories.) And, she points out, this is snack food — which means they were consuming a good chunk of their daily calories in that one sitting.

The effect of friends on food intake is an increasingly interesting subject to researchers. In 2007, a highly publicized study in *The New England Journal of Medicine* found that when a person becomes obese, his or her friends increase their own risk of obesity by 57 percent. The greatest influence was among close friends. If one became obese, another had a 171 percent increased chance of also becoming obese. This epidemiological study, which used data over a 32-year span, made the growth of obesity seem like a virus spreading among social circles — a finding that Salvy thinks is not far off the mark. But, she says, the *contagion* (传染病) is spread not by an infecting organism but by a form of social conditioning. As Americans get fatter,

胖人在一起会互相影响吗?

一项新的研究发现,肥胖小孩在一起吃东西时,比平常吃得更多。

当华盛顿的政策制定者在商讨如何最有效地制止肥胖在全国范围内蔓延时,我们很多人在为肥胖在自己家中蔓延而发愁。现在有1/3的年轻人超重甚至肥胖,他们正在加入成人肥胖大军——2/3的成年人体重超标达到了不健康水平。肥胖问题可能的解决方案在美国厨房引起的争议不亚于单一保险支付人计划在美国国会引起的争议。我们应该定量供应薯片和碳酸饮料吗?还是将小孩踢出户外,让他们至少每天能进行一点体育活动?要清理储藏室里的垃圾食品吗?还是以上全部执行?

现在,布法罗大学的研究人员有了一个新的发现,他们提出了更为极端的观点:禁止肥胖的朋友在一起吃东西。该校的医学和生物医学学院的儿科副教授萨拉·珍妮·赛尔维和她的同事们发现:胖孩子跟胖孩子在一起吃东西时,比和瘦孩子在一起摄取的热量明显更多。

这项研究结果发表在八月份的《美国临床营养学杂志》,研究人员将9至15岁之间的23位超重和42位体重正常的小孩随机配对,他们有的相互认识,有的不认识。其中有26对朋友,39对陌生人。每一对小孩在一个房间里待45分钟,房间里有谜题、游戏、几碗健康小吃(小胡萝卜和葡萄)及高热量的食物(薯片和饼干)。小孩可以尽情地吃,但是只能吃自己碗里的东西。研究人员在闭路电视上监控这些小孩。然后测量剩下的食物,计算出他们摄入了多少热量。

结果发现,总体上而言,一起吃的朋友摄取的热量比一起吃的陌生人要多。这一结论不管小孩胖瘦都适用。不出所料,超重的小孩比瘦小孩吃得更多,不管他们是和朋友还是陌生人组队。而且如果他们的搭档也超重,他们吃得更多。两个彼此是朋友的超重小孩一起吃东西时,摄取的热量最多,赛尔维称之为协同效应。“朋友一起吃东西能促进食欲,超重的小孩一起吃东西也能增进摄食量,当把这些因素结合在一起时,超重的朋友消耗了约700卡路里热量,”赛尔维说。(瘦小孩消耗的热量要少几百卡路里)。而且,她指出,这只是小吃——这意味着,他们一次就摄入了一天所需的大部分热量。

朋友对摄取食物的影响越来越成为研究者们感兴趣的问题。2007年,《新英格兰医学杂志》的一项广为流传的研究发现亦称:如果一个人肥胖,他的朋友患肥胖的几率增加57%,亲密朋友之间的影响最大。如果一个人肥胖,其密友也变得肥胖的几率增加171%。这项流行病学研究引用的数据时间跨度32年,使得肥胖似乎变成了社交圈里的流行病毒,赛尔维认为这一发现并不离谱。但是,她说,这种传染不是由传染性机体造成的,而是社交环境作用的一种形式。她说,随着美国人变得越来越肥,我们对正常体型的观念会扭曲。“我认为人们不再认为别人超重,”她说。“如果有什么变化的话,那就是人们会认为正常体重的人过于消瘦。”

体重超标也许已经成为司空见惯的事,但是对肥胖者的羞辱也在加剧。这就使得整个问题复杂化——如何应用赛尔维的研究。《新英格兰医学杂志》的研究表明,超重的成年人在多年内,对朋友有不利影响,但是这并不一定说明肥胖的小孩会使瘦小孩比正常情况下吃更多。事实上,赛尔维认为一个正常体重的小孩更有可能对肥胖小孩产生积极影响,而不是相反。“超重的小孩和瘦

- stem vt. 遏制 ☐
- epidemic n. 流行病 ☐
- scale n. 称 ☐
- potential a. 潜在的 ☐
- controversial a. 引起争论的 ☐
- outdoors ad. (在)户外的 ☐
- minimum a. 最低的 ☐
- radical a. 极端的 ☐
- ban vt. 禁止 ☐
- assistant a. 助理的 ☐
- consume vt. 消耗 ☐
- dine v. 进餐 ☐
- lean a. 瘦的 ☐
- issue vt. 发表 ☐
- contain vt. 包括 ☐
- chip n. 碎片 ☐
- monitor vt. 监视 ☐
- weigh vt. 称 ☐
- in general 总体来说 ☐
- take in 摄取 ☐
- combine v. (使)结合 ☐
- in/at one sitting 坐下来一气呵成地 ☐
- increasingly ad. 日益 ☐
- publicize/-ise v. 宣传(某事物) ☐
- span n. 跨度 ☐
- far off the mark 不着边际 ☐
- size n. 大小 ☐
- distort vt. 歪曲 ☐
- if anything 如果有什么的话 ☐
- norm n. 标准 ☐
- grow vi. 增长 ☐
- apply vt. 应用 ☐
- negative a. 负面的 ☐
- likely a. 很可能的 ☐

our ideas of what is a normal body **size** can become distorted, she says. "I don't think people see others as being overweight anymore," she says. "If anything, they see people who are normal weight as being overly skinny."

Some **extra** pounds may have become the norm, but there is also a **growing stigma** (污名) against the obese. And that complicates the whole question of how to apply Salvy's research. The New England Journal study showed that overweight adults were a **negative** influence on their friends over a period of many years, but that doesn't necessarily mean that fat kids will make thin kids eat more than they should. In fact, Salvy thinks that a normal-weight child is more **likely** to be a positive influence on a fat youngster than the other way around. "The overweight kid who eats with the lean kid is going to eat less," she says, because such kids are aware of the stigma against obesity and "they are becoming more self-conscious. They don't want to be seen as a pig."

But what about two fat kids? Should they stay away from each other just as **recovering** alcoholics tend to stay away from drinkers? No, says Salvy — basically because overweight youngsters have enough social problems without **adding** *ostracism* (排斥) to the **list**. A fat child "might have only a few friends, so I don't want to isolate those kids," she says. And research shows that isolation could **worsen** their bad eating habits. "We do have some data showing that overweight kids... eat more when they are alone than when they are with other people," she says (that's also true for women). Instead, Salvy **advises** parents to focus on the dynamic between the friends by helping their child be a good example for the other youngster. **Serve** healthy meals at home, and encourage your youngster to become more physically **active**. But be positive; **complaining** won't help. "If one of the kids starts changing," she says, "**chances** are the other kid is going to **model** those **behaviors**."

None of this is easy, of course. Getting kids to eat right and **exercise** is at least as complicated as finding the solution to the health-care **crisis** in Washington. Salvy is now studying how parents affect their youngsters' eating behavior. Carrots, anyone?

小孩一起吃东西时会吃得更少,"她说,因为肥胖小孩会意识到肥胖的羞耻,他们越来越有自知之明,他们不想被当成肥猪。"

但是两个胖孩子怎么办? 他们应该避开对方吗,就像正在戒酒的人倾向于远离酒徒? 并非如此,赛尔维说,主要是因为,即使不加上被排斥这一项,超重的少年已经有很多社会问题了。一个胖小孩"可能仅有几个朋友,所以我不想再孤立这些孩子。"她说。研究表明,孤立可能恶化他们原已糟糕的饮食习惯。"我们确实有一些数据证明,超重的小孩独处时比他们同别人在一起时吃得更多,"她说(女人们也是如此)。相反的是,赛尔维建议父母注重朋友之间的相互作用,帮助孩子成为别的小孩的榜样。在家里提供健康饮食,并鼓励孩子多做体育运动。但是要乐观一些,唠叨不起作用。"如果一个小孩开始改变,"她说,"有可能其他小孩也会效仿这些行为。"

当然,这些都不容易做到。让小孩子正常饮食和运动的难度绝不亚于找到解决华盛顿医保危机的办法。赛尔维正在研究父母们如何影响孩子的饮食行为。胡萝卜,谁要吗?

- positive *a.* 积极的 ☐
- the other way around 相反地 ☐
- conscious *a.* 意识到的 ☐
- recover *vi.* 恢复 ☐
- list *n.* 列表 ☐
- isolate *vt.* 使隔离 ☐
- worsen *v.* (使)变坏;(使)恶化 ☐
- serve *vi.* 服务 ☐
- dynamic *n.* 行为方式 ☐
- chance *n.* 可能性 ☐
- model *n.* 榜样 ☐

难句分析

Sarah-Jeanne Salvy, an assistant professor of *pediatrics* (小儿科) at the university's School of Medicine and Bio-medical Sciences, and her colleagues found that fat kids consume significantly more calories when they dine with friends who are also overweight than when they eat with lean friends.

【分析】多重复合句。主句的主干是 Sarah-Jeanne Salvy and her colleagues found that...。两个逗号间的内容是 Sarah-Jeanne Salvy 的同位语。that 引导宾语从句,该从句中有一个 than 连接的表示比较的并列结构,这个并列结构是两个 when 引导的时间状语从句。在第一个时间状语从句中,还含有一个 who 引导的定语从句修饰 friends。

Lesson 1

词根联想巧记

熟词生义

pair

[peə]

【熟】*n.* ①一双②一对夫妇

【生】*v.* (off, up) (使)成对, (使)配对

【例】Tian Liang was paired with Yang Jinghui and won the Men's 10-meter platform gold in the 2004 Athens Olympic Games. 2004 年在雅典举行的奥运会上,田亮和杨景辉配合赢得了男子 10 米跳台跳水比赛金牌。

condition

[kən'diʃən]

【熟】*n.* ①状况,状态②[*pl.*]环境,形势③条件,前提

【生】*vt.* ①训练,适应②调整…的状况,改善…的情况③对…有重要影响,决定

【例】People have become conditioned to expect superior quality from a man who wears a uniform. 人们一看到穿制服的人就条件反射似地期望较高的质量。



下面我们
学习文中划线的
高频词

高频词汇

stem

[stem]

vi. (from)起源于 *vt.* 堵住,抑止 *n.* ①茎,干②词干

【记】联想记忆:制定条款(item)阻止(stem)类似情况的发生

【考】注意及物动词的用法:Measures have been taken to stem inflation. 已采取措施抑制通货膨胀。

【例】Correct decisions stem from correct judgments. 正确的决定来源于正确的判断。/Wherever Kudzu grows, its thick wrestling stems are extremely hard to remove. 无论野葛长在哪里,它那厚而盘旋的枝干都极难清除。

bar

[ba:]

vt. ①阻止②阻塞③闩(门、窗等),在…设栅栏 *n.* ①酒吧间,售酒的柜台②条,块③闩,栅栏

【记】联想记忆:禁止(ban)进入酒吧(bar)

【考】bar 与 prohibit, forbid, ban 的区别:

forbid 要求后面跟动名词或名词作宾语,跟动词不定式作宾语补足语,不能接不定式作宾语,如 forbid smoking = forbid sb to smoke 禁止吸烟。forbid 一般用于 forbid sb to do sth, 而 prohibit, bar 与 ban 的用法相同,用于 prohibit/bar/ban sb from (doing) sth。

【例】She was barred from (entering) the competition because of her age. 她因年龄的关系而被禁止(参加)比赛。/Poverty bars the way to progress. 贫穷妨碍了

进步。

preclude

[pri'klu:d]

vt. 阻止,排除,妨碍

【记】词根记忆:pre(=before)+clude(关)→提前关闭→排除

【考】prevent, preclude 的用法区别:

【译】许多人认为势力均衡能防止战争。

【误】Many people believe that the balance of power will prevent war.

【正】Many people believe that the balance of power will preclude war.

说明:preclude 是指事先防止某事发生,但不是出于人的有意识的行为,不能用人作主语,只能是事件、环境或决定等事物作主语;prevent 是常用词。

【例】The bad weather precluded me from attending the meeting. 糟糕的天气使我不能出席会议。

inhibit

[in'hɪt]

vt. 阻止,妨碍,抑制

【记】词根记忆:in(不)+hibit(拿住)→不让拿住→阻止,抑制

【考】与同义且同根词 prohibit(禁止)的用法相似,常用于:inhibit sb from doing sth 阻止某人做某事或 inhibit the growth of economy 妨碍经济增长。

【例】Industrial countries tend to support domestic pro-

duction and thereby inhibit imports and encourage exports. 工业国则倾向于支持国内生产,从而阻止进口和鼓励出口。

epidemic [ˌepɪ'demɪk]

a. 流行的,传染的 n. 时疫,流行病

【记】联想记忆:学校的(academic)学生都患了一种流行病(epidemic)

【例】Violent crime is reaching epidemic levels in some cities. 暴力犯罪案在一些城市里达到泛滥地步。

scale [skeɪl]

vi. 攀登 n. ①大小,规模②等级③[pl.]天平④比例(尺)⑤刻度⑥(鱼等的)鳞

【记】联想记忆:商场里正在出售(sale)天平(scale)

【考】注意动词的用法:We are going to scale down the number of trees being felled. 我们要减少砍伐树的数量。

【真题例句】In dealing with a challenge on such a scale, it is no exaggeration to say, "United we stand, divided we fall." 在应付一个规模如此之大的挑战过程中,我们可以毫不夸张地说,“团结,我们就会站起来;分裂,我们就会倒下去。”[05 翻译]

potential [pə'tenʃəl]

a. 潜在的,可能的 n. 潜力,潜能

【记】词根记忆:po + tent(伸展) + ial(…的)→无限伸展的潜能→潜能

【例】The practical conclusion is that if global warming is a potential disaster, the only solution is new technology. 比较切合实际的结论是:如果全球变暖是一个潜在的灾难的话,那么,惟一的解决办法就是依靠新技术。

latent [ˈleɪtənt]

a. 潜在的,隐伏的,不易察觉的

【记】联想记忆:一个人的才能(talent)是不易察觉的(latent)

【例】The virus remains latent in the body for many years. 病毒在身体里潜伏了很多年。

controversial [ˌkɒntroʊ'veɪʃəl]

a. 引起争论的,有争议的

【记】词根记忆:contro(相反) + vers(转) + ial(…的)→意见转向相反的方向→有争议的

【例】A newspaper reports that the Supreme Court has delivered its opinion in a controversial case. 一家报纸报道,高级法院宣布了它对一个有争议案件的意见。

【题】The communications revolution has influenced both work and leisure and how we think and feel both about place and time, but there have been views about its economic, political, social and cultural implications. [02 完形]

[A] competitive [B] controversial

[C] distracting [D] irrational

【解】选[B]。空格处所填词用来修饰views“观点”,所给四个选项的意思分别是[A]competitive“竞争性的”;[B]controversial“有争议的,可能引起争论的”;[C]distracting“转移注意力的”;[D]irrational“不理智的”,结合文章内容,只有[B]能修饰views。题意:交流方式的革新,对人们的工作、生活和思维方式,甚至是时空观念都有一定的影响,然而就其对经济、政治、社会和文化的影响,人们却颇有争议。

controversy [ˌkɒntroʊ'veɪsi]

n. 争论,辩论

【记】词根记忆:contro(相反) + vers(转) + y→意见转向相反的方向→争议

【例】They offer a new way to probe how the brain generates and understands language, and throw new light on an old scientific controversy. 手语为探索大脑如何产生和理解语言提供了一种新的方法,并为一个长期存在的科学争端提出了新的解释。

minimum [ˈmɪnɪməm]

a. 最低的,最小的 n. 最低限度,最少量

【记】词根记忆:mini(小) + m + um(…的)→最小量

【例】He says it would only take him a few minutes to teach a person how to steal a car, using a bare minimum of tools. 他声称自己只需花几分钟就能教会一个新手用最少量的工具偷到一辆车。

miniature [ˈmɪniətʃə]

a. 小型的,微小的 n. ①缩影②微型画,微型人物像

【记】词根记忆:mini(small小) + ature(名词后缀)→微小的模型

【例】This is a detailed miniature of the Titanic. 这是泰坦尼克号油轮的精细小模型。

minimize/-ise [ˈmɪnɪmaɪz]

vt. ①使减少(或缩小)到最低限度②极力贬低,对…作最低估计

【记】词根记忆:mini(小) + m + ize(动词后缀)→使缩小

【例】We've taken steps to minimize the losses. 我们已采取措施尽量减少损失。

maximize/-ise [ˈmæksɪmaɪz]

v. ①使(某事物)增至最大限度②最大限度利用(某事物)

【巧】词根记忆:maxim(最大的) + ize/ise(动词后缀,使)→使增加到最大限度

【例】We must maximize profits, 我们必须尽量增加利润。

maximum [ˈmæksɪməm]

a. 最高的,最大的,顶点的 *n.* 最大限度,最大量,顶点

【记】联想归类词:

maximal 最大的→maximize 使增到最大

→maximum 最大量

minimal 最小的→minimize 使减到最小

→minimum 最小量

【真题例句】Genetic maximums can change, but don't expect this to happen soon. 遗传极限可以改变,但是不能期望其很快改变。[08 阅读]

radical

[ˈrædɪkəl]

a. ①根本的,基本的②激进的 *n.* 激进分子

【记】词根记忆: radi(光线) + cal(…的)→光是生物生长之本→根本的

【例】Newspapers in Britain are said to be neither very conservative nor very radical. 都说英国的报纸既不非常保守也不太过激进。

drastic

[ˈdræstɪk]

a. ①严厉的,极端的②激烈的,迅猛的

【记】词根记忆: dra(看作 drama 戏剧) + stic(…的)→戏剧性的→激烈的

【例】A drastic reformation of the present housing system has been carried out. 目前的住房制度正在彻底改革。

ban

[bæn]

vt. ①取缔,查禁②(from) 禁止 *n.* 禁止,禁令

【记】联想记忆: 禁止(ban) 那辆面包车(van) 通行

【例】Four months later, Pania reluctantly but courageously decided to try to educate the public and to fight for laws to ban drivers from using cell phones while a car is moving. 四个月后,潘尼虽不情愿但还是勇敢地决定来教导公众,并疾呼通过法令禁止司机开车时使用移动电话。

prohibit

[prəˈhɪbɪt]

vt. 禁止,不准

【记】词根记忆: pro(前,向前) + hibit(拿住)→提前拿住→禁止,阻止

【例】Therefore, cheating on exams is a dishonest behavior and students should be prohibited from cheating. 因此,考试作弊是一种不诚实的行为,应该禁止学生作弊。

forbid

[fəˈbɪd]

vt. 不许,禁止

【记】联想记忆: 为了(for) 私利去投标(bid) 是禁止(forbid) 的

【考】表示“禁止,阻碍”的词,如 stop/prevent/hinder/prohibit/restrain 等常用“动词+宾语+from doing”的结构,只有 forbid 用于“动词+宾语+to do”的结构。

【例】He was forbidden to leave the house, as a punishment. 作为惩罚,他被禁足在家。/Brazil's constitution forbids the military use of nuclear energy. 巴西的宪法严禁核能军用。

consume

[kənˈsju:m]

vt. ①(with) 使着迷,充满②吃完③消耗,花费④烧毁

【记】词根记忆: con(wholly) + sume(to take)→全部拿走→消耗,花费

【考】注意“花费”之外的其他释义: consume one's fortune 耗尽财产; be consumed with curiosity/hate 充满好奇/憎恨。

【例】He was consumed with guilt after the accident. 那次事故之后,他心中充满了负罪感。/A candle lights others and consumes itself. 蜡烛照亮别人,却毁灭了自己。

exhaust

[ɪɡˈzɔ:st]

vt. ①详尽论述②用光③使筋疲力尽 *n.* ①排气装置

②(排出的)废气,废液

【记】谐音记忆: “一个揍死他”→一个人要把他揍死非得筋疲力尽不可

【考】注意动词第一项释义的用法: I think we've just about exhausted that subject. 我认为我们对这一问题已差不多是言无不尽了。

【真题例句】They worked until exhausted, lived with few protections and died young. 他们不停工作直到筋疲力尽,生活缺少保障,年纪轻轻就失去生命。[06 阅读]

drain

[dreɪn]

vi. 慢慢流掉,减少 vt. ①渐渐耗尽②排走,排去…的

水 *n.* ①耗竭②排水沟

【记】联想记忆: d + rain(雨)→排去雨水→排水沟

【考】注意动词的用法: drain off/away the dirty water 排掉脏水; be drained of one's energy 精疲力竭。

【例】You endlessly think it over. Having the decision hanging over your head is a huge energy drain. 没完没了的思索,犹犹豫豫拿不定主意,这是一个巨大的力量损耗。

lean

[li:n]

a. ①贫乏的,收益少的②瘦的 vi. ①倾斜,屈身②靠

vt. 使倾斜,使倚靠

【记】联想记忆: 学习(learn) 要靠(lean) 自己

【考】His wife was a source of constant support during the lean years. 在日子过得贫乏的那几年,他的妻子始终如一地支持着他。/We lean on our friends when we are in trouble. 我们遇到困难时依靠朋友帮助。

chip

[tʃɪp]

vt. 削(或凿)下(屑片或碎片) *n.* ①碎片②[常pl.] 炸土豆条(或片)③集成电路片,集成块④缺口,瑕疵