

# 全国英语等级考试 标准教程 学习指导

第四级

○ PETS 研究小组

全新版

Public

English

Test

System



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# 前 言

《全国英语等级考试标准教程（全新版）第四级》（以下简称《教程（全新版）第四级》）是教育部考试中心专门为参加全国英语等级考试的考生设计和组织编写的考试教材。为了帮助广大考生理解教材，抓住考试重点，解决学习中的疑难问题，使考生能够更加全面、系统和有效地复习备考，我们组织全国英语界的专家和高等院校的英语教学骨干编写了《全国英语等级考试标准教程学习指导（全新版）第四级》一书，奉献给参加全国英语等级考试的广大考生朋友，愿该书能为各位考生顺利通过全国英语等级考试助一臂之力。

## 编写原则

1. 《全国英语等级考试标准教程学习指导（全新版）第四级》一书严格依据《教程（全新版）第四级》的内容和结构编写。
2. 本书语言点详解严格以《全国英语等级考试考试大纲（全新版）第四级》（以下简称《大纲（全新版）第四级》）规定的单词和短语为依据进行取舍。超“纲”词汇不作为语言重点处理，力求做到辅导有针对性，不增加考生的额外学习负担。
3. 讲解体现语言的实践性特点。举一反三，用语言实例导出语言规律。
4. 既辅导语言，又介绍文化。增加介绍与课文内容相关的文化背景知识，扩大考生知识面。
5. 坚持细致、全面、实用的原则。语言重点不遗漏，语言难点都讲透。总结语言学习中带规律性的东西，增强该书的实用性。

## 主要内容

全书分为24个单元，每个单元由5个部分组成，编排体例及内容要点如下：

1. **课文导读与背景知识：**本部分用全英文写作，主要介绍学习课文时需要特别注意的文化差异、背景知识以及表达方面的一些问题，旨在帮助考生更好地理解课文，扩大知识面，提高跨文化交际能力。
2. **重点词汇学习：**从《教程（全新版）第四级》每个单元词汇表中选出15个左右《大纲（全新版第四级）》内的核心词汇、短语进行全面详细的讲解。每个单词都严格依据《大纲（全新版）第四级》取舍词义，词义采用英汉双解的形式，使学习者达到准确理解词义之目的。每个词条针对学习难点和考点给出了例句，切实有效地帮助考生全面掌握词汇。
3. **课文疑难详解：**本部分立足于英语学习者的实际，针对学习中可能遇到的困难，从对话和课文中选出一定数量的疑难或重点句子进行详细解释。采用英汉双解的形式，旨在培养英语学习者的语感，使其准确理解句子意思；对于重点难点，编者不吝篇幅；对于一般问题则点到为止；用法、举例、说明均详略得当。
4. **阅读答案参考：**本部分给出了《教程（全新版）第四级》中有关对话和课文理解问题的答案，目的是帮助考生检查自己是否正确理解和回答了问题。
5. **课后练习答案与详解：**主要包括英语知识运用、阅读理解等部分，在给出正确答案的同时，对每道题都做了详细的解析，帮助学习者解决做练习时可能遇到的实际困难，达到使

学习者不仅知其然，而且能知其所以然的目的。其次，在Speaking部分，给出了练习口语的参考答案，为学习者模仿训练提供了有益的参考。另外，还对补充阅读文章中的疑难句给予了详细解释，帮助学习者扫清语言与文化方面的障碍。

#### 使用说明

本书是供参加全国英语等级考试（第四级）的考生复习备考时，自学《教程（全新版）第四级》一书所使用的配套辅导用书。使用该书时，读者可以：

1. 先浏览“课文导读与背景知识”，对课文主要内容做到心中有数后再系统学习《教程（全新版）第四级》。
2. “重点词汇学习”中的词汇用法应通过学习英文释义，准确理解、全面掌握，并做到反复练习，融会贯通。
3. 在学习《教程（全新版）第四级》的课文的过程中，遇到疑难问题时，先参考“课文疑难详解”部分各个难句的英文解释，仔细体会、琢磨，最后参考汉语解释，确保自己真正理解和掌握。
4. 不要先看课后练习答案。先自己独立做完《教程（全新版）第四级》的课后练习，然后核对答案。这样会收获更大。

本书由刘文俊主编，参加本书编写的有：翟琼、刘超、赵团结、高莉莉、雷丽娟、蒋雯燕等。

由于时间及编者水平所限，书中纰漏在所难免。恳切希望广大读者批评指正，以便再版时修正。

编者

2011年11月

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# CHAPTER 1

## *Chapter 1*

### **Health and Body Care**

Unit 1 Physical Health

Unit 2 Mental Health



# 1

## Unit

# P

## hysical Health

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## 身体健康

### 一、课文导读与背景知识

This is a brief explanation to illustrate a recent high-tech imaging study that helps the Western experts throw their suspicion about the effectiveness of traditional Chinese acupuncture. Before that, both Dr Lixing Lao's studies and the conclusion made by National Institutes of Health consensus statement prove that acupuncture is an acceptable treatment. Lao further explains how acupuncture works and mentions that there are four key theories. According to Lao, the biggest difference between drugs and acupuncture lies in their underlying mechanism of action. The relief of pain and the usage of one-time-only disposable needles make more people accept it. Many laws are set, such as receiving enough time of training before licenses are granted, etc., to guarantee the practice of acupuncture. At the end of the article, Lao again emphasizes his belief that more and more evidence would be found to prove the effectiveness of acupuncture.

#### 1. National Institutes of Health

The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency—making important discoveries that improve health and save lives. NIH is the largest source of funding for medical research in the world, creating hundreds of thousands of high-quality jobs by funding thousands of scientists in universities and research institutions in every state across America and around the globe.

NIH is made up of 27 Institutes and Centers, each with a specific research agenda, often focusing on particular diseases or body systems. NIH leadership plays an active role in shaping the agency's research planning, activities, and outlook.

NIH supports many innovative training programs and funding mechanisms that foster scientific creativity and exploration. NIH encourages and depends on public involvement in federally supported research and activities. NIH's wide-ranging public efforts include outreach and education, nationwide events, requests for public input on NIH projects, and special programs designed specifically to involve public representatives in clinical research.

#### 2. Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is idiopathic median neuropathy at the carpal tunnel. The pathophysiology is not completely understood but can be considered compression of the median

nerve traveling through the carpal tunnel. The risk factors for CTS are primarily genetic rather than environmental.

The main symptom of CTS is intermittent numbness of the thumb, index, long and radial half of the ring finger. The numbness usually occurs at night because we tend to sleep with our wrists flexed and is relieved by wearing a wrist splint that prevents flexion. Long-standing CTS leads to permanent nerve damage with constant numbness, atrophy of some of the muscles of the thenar eminence, and weakness of palmar abduction.

### 3. The National Certification Commission for Acupuncture and Oriental Medicine

The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) is a non-profit organization established in 1982. NCCAOM's primary mission is to protect the public by examining and certifying competence in the practice of acupuncture, Chinese herbology and Asian bodywork therapy. More than 13,000 practitioners have become Diplomates of the NCCAOM, and NCCAOM Certification is required for licensure in the majority of states. The Commission's Website contains a searchable directory of certified practitioners and detailed information on its certification programs, including eligibility requirements and exam schedules.

## 二、重点词汇学习

### 1. ■ **acupuncture** *n.*

a procedure used in or adapted from Chinese medical practice in which specific body areas are pierced with fine needles for therapeutic purposes or to relieve pain or produce regional anesthesia 针刺疗法, 针灸:

We all know that acupuncture originated in China. 我们都知道针灸起源于中国。

【派生词】 **acupuncturist** *n.* a doctor who perform acupuncture 针灸师:

It's difficult to find a suitable acupuncturist to treat the paralyzed old man. 很难找到一个合适的针灸师来治疗那位瘫痪老人。

### 2. ■ **stimulate** *v.* to rouse to activity or heightened action, as by spurring or goading; excite: 刺激, 促使激发, 激励:

The book was an attempt to stimulate the care of the problem of global warming. 此书试图激起对全球变暖问题的关注。

**stimulate sb./sth. (to sth.)**: make sb./sth. more active or alert; arouse sb./sth. 使某人[某事物]奋发起来; 刺激、激励某人[某事物]:

Praise always stimulates children to further efforts/to make greater efforts. 表扬能激励孩子们更加努力。

【派生词】 **stimulating** *adj.* tending to stimulate; arousing 刺激性的; 起激励作用的, 有启发性的:

It is a stimulating discussion about using sources of natural power, such as the sun and wind. 这是一个就使用诸如太阳能和风能之类的自然能源的问题而进行的有启发性的讨论。

【派生词】 **stimulation** *n.* action of stimulating 刺激, 激励, 促进:

Economists have suggested the government to give some kind of stimulation to the economy via reducing interest rates. 经济学家建议政府通过降低利率来刺激经济发展。

3. ■ **integrative** *adj.*

tending to combine and coordinate diverse elements into a whole; tending to consolidate 综合的, 一体化的:

A more integrative transport system would discourage the use of private cars and develop public transport. 更完整的交通体系应该让人少用私家车, 发展公共交通。

【派生词】 **integrate** *v.*

① combine sth. in such a way that it becomes fully a part of sth. else (将某事物与另一事物结合) 构成整体: integrate all European countries into the European Union 将所有欧洲国家纳入欧盟

② become fully a member of a community, rather than remaining in a separate (esp. racial) group (使某人) 与社区融合 (尤指种族间): a community that integrates black people into the white 将黑人融合进白人群体的社区

【派生词】 **integration** *n.* integrating or being integrated 结合; 综合; 融合: a successful integration of acting with song and dance 表演与歌舞的成功结合

4. ■ **consensus** *n.*

a generally accepted opinion or decision among a group of people 一致看法, 共识:

There is broad consensus in the government on the issue of improving the level of people's life. 对于提高人民生活水平这一问题, 政府取得了广泛一致意见。

【派生词】 **consensual** *adj.* (fml) (esp. in legal matters) with the willing agreement of all the people involved (法律) 经各方同意的, 两愿的:

No criminal charges were brought if the sexual acts were consensual. 如果性行为是两厢情愿的就不受刑事指控。

【派生词】 **consent** *v.*

(to give your) permission or agreement 同意, 准许:

Very reluctantly I've consented to take part in her party. 我勉强答应参加她的晚会。

5. ■ **acceptable** *adj.* worthy of being accepted; adequate to satisfy a need, requirement, or standard; satisfactory 可接受的, 合意的:

Clearly, we need to come to an agreement that is acceptable to both sides. 显然, 我们需要达成一个双方都能接受的协议。

【派生词】 **accept** *v.* to agree to take (sth.), or to take (sth.) as satisfactory, reasonable, true, etc. 接受, 认可:

The former minister refused to accept seven charges of accepting bribes. 前任部长拒绝接受七项受贿指控。

【派生词】 **acceptance** *n.* the act or process of accepting; the state of being accepted or acceptable 接受, 认可:

The idea of lowering the criminal rate rapidly gained acceptance in political circles. 降低犯罪率的想法很快得到了政界的认可。

【派生词】 **accepted** *adj.* widely encountered, used, or recognized 公认的, 为公众所接受的: an accepted treatment for pneumonia 治疗肺炎的公认方法

6. ■ **alternative** *adj.* (sth. that is) different from sth. else, esp. from what is usual, and offering the possibility of choice 可替代的, 可供选择的:

In the voting, the opposition parties have so far failed to set out an alternative strategy. 选举中, 反对党到目前为止没能制定出一种可选择的战略。

【派生词】 **alternate**

- ① *v.* (to cause two things) to happen or exist one after the other repeatedly 轮流:

The youngsters alternated between being excited and tired. 年轻人们时而兴奋时而疲倦。

- ② *adj.* happening or following in turns; succeeding each other continuously 轮流的, 交替的: alternate days 隔天

7. ■ **rehabilitation** *n.* rehabilitating or being rehabilitated 恢复; 复原: a rehabilitation centre 康复中心

【派生词】 **rehabilitate** *v.* to return (sb. or sth.) to a good or healthy condition, state or way of living 康复:

The prison service should try to rehabilitate prisoners so that they can lead normal lives when they leave prison. 监狱的作用应该是设法改造犯人, 好让他们出狱后可以过上正常的生活。

8. ■ **trigger**

*n.* ① lever that releases a spring, esp. so as to fire a gun (释放弹簧的) 扳柄; (尤指枪的) 扳机: have one's finger on the trigger 手指触及扳机

② cause 起因: a trigger for further violence 进一步发生暴力冲突的起因

*v.* to cause (sth. bad) to start 引发, 激发:

The racial killings of the troops have triggered off a wave of protests throughout the country. 军队的种族杀戮引发了全国性的抗议浪潮。

【派生词】 **trigger-happy** *adj.* (informal derog) ready to react violently, esp. by shooting, even when only slightly provoked 爱乱开枪的:

The police of that country are worryingly trigger-happy. 那个国家的警察爱乱开枪, 令人担忧。

9. ■ **circulation** *n.*

① movement of blood round the body from and back to the heart 血液循环: have a good circulation 血液循环良好

② (a) passing of sth. from one person or place to another; spread 流传; 传播: the circulation of rumors 谣言的传播

③ state of circulating or being circulated 流通:

Police say a number of forged banknotes are in circulation. 警方称市面上有一定数量的伪钞。

④ number of copies of a newspaper, magazine, etc sold to the public 报纸、杂志等售出的份数; 发行额; 销售量: circulation figures 销售数字

【派生词】 **circulate** *v.*

- ① (cause sth. to) go round continuously (使某物) 循环:  
Blood circulates through the body. 血液在体内循环。
- ② move about freely 流通: to allow the air to circulate 使空气流通
- ③ (cause sth. to) pass from one place, person, etc. to another (使某事物) 流传, 传播:  
circulate magazines 传阅杂志
- ④ inform (sb.) by means of a circular 发通知告知 (某人): circulate sb. with details of the conference 发通知告知某人会议详情

【派生词】 **circulatory** *adj.* of or relating to the circulation of blood 血液循环的; 有关血液循环的: circulatory disorders 血液循环失调

10. ■ **modify** *v.*

- ① change (sth.) slightly, esp. to make it less extreme or to improve it 修改, 更改, 改进, 改造:  
The union has been forced to modify its position. 工会被迫稍稍改变立场。
- ② (grammar) (esp. of an *adj.* or *adv.*) limit the sense of (another word) (尤指形容词或副词) 修饰, 限定 (另一词) 的意义:

In "the big tree" the adjective "big" modifies the noun "tree". 在“大树”这一词组中, 形容词“大”修饰名词“树”。

【派生词】 **modification** *n.*

- ① modifying or being modified 修改; 缓和; 改善; 修饰; 限定:  
The design of the submarine is undergoing extensive modification. 潜艇的设计正大加修改。
- ② instance of this; change or alteration 修改; 缓和; 改善; 修饰; 限定:  
The plan was approved after some minor modifications. 计划作了些许更动之后获得了批准。

【派生词】 **modifier** *n.* (grammar) word or phrase that modifies another word or phrase 修饰语:

In "the big tree" the adjective "big" is modifier. 在“大树”这一词组中, 形容词“大”是修饰语。

11. ■ **suppressive** *adj.* tending or serving to suppress 抑制的, 镇压的: a suppressive drug 抑制性药物

【派生词】 **suppress** *v.*

- ① put an end to (sth.), esp. by force; crush 制止 (尤指凭借武力); 镇压; 平定: suppress an uprising 镇压起义
- ② (usu. derog) prevent (sth.) from being known or seen 防止 (某事物) 被人知道或看到; 查禁或禁止发表 (某事物): suppress the truth 隐瞒真相
- ③ prevent (esp. one's feelings) from being expressed 抑制, 压抑 (尤指感情): suppress one's anger 抑制愤怒

【派生词】 **suppressible** *adj.* that can be suppressed 可制止的; 可禁止的; 可抑制住的: barely suppressible anger 难以抑制的愤怒

【派生词】 **suppression** *n.* suppressing or being suppressed 制止; 镇压; 查禁; 抑制: the suppression of a revolt 对叛乱的镇压

【派生词】 **suppressor** *n.*

- ① person or thing that suppresses 制止者; 镇压者; 查禁者; 起抑制作用的事物:  
That medicine plays a role of suppressor. 那种药起抑制作用。
- ② device fitted to an electrical apparatus to stop it causing interference on radio or television sets 干扰抑制器 (安装在电器上, 可防止用电器对收音机或电视机产生干扰): put the suppressor by the window 把干扰器放在窗户旁

12. ■ **certify** *v.*

- ① formally declare (sth.), esp. in writing or on a printed document (尤指书面) 证明 (某事物):  
He certified (that) it was his wife's handbag. 他证明那是他妻子的手袋。
- ② [esp. passive] officially declare (sb.) to be insane 正式证明 (某人) 精神失常:  
The accused has been certified to be insane and sent to a mental hospital. 被告被书面证明为精神失常而送往精神病院。

【派生词】 **certificate** *n.* official written or printed statement that may be used as proof or evidence of certain facts 证 (明) 书; an examination certificate 合格证书

【派生词】 **certificated** *adj.* having been awarded a certificate; qualified 授予证明书的; 合格的: a certificated teacher 合格的教师

【派生词】 **certification** *n.* action of certifying or state of being certified 证明: export certification 出口证明

13. ■ **disposable** *adj.*

- ① [esp. attrib] made to be thrown away after use 用完即可丢弃的; 一次性的: disposable chopsticks 一次性的筷子
- ② (finance) available for use 可动用的: disposable assets 可支配的资产

【派生词】 **disposal** *n.*

- ① action of getting rid of sth. 清除; 处理; 处置:  
The safe disposal of nuclear waste causes the attention of the public. 安全处置核废料引起了大家的关注。
- ② (idm) at one's/sb's disposal: available for one/sb. to use as one wishes 供任意使用; 可自行支配

【派生词】 **dispose** *v.*

- ① (fml) place (sb./sth.) in a suitable way; arrange 安排, 编排 (某人[某事物]); 布置:  
dispose the troops 部署军队
- ② (fml) make (sb.) willing or ready to do sth. 使 (某人) 愿意做某事物:  
His behavior does not dispose me to trust him. 他的举止让我不能轻易相信他。
- ③ get rid of sb./sth. that one does not want or cannot keep 去除、处理、舍弃某人[某物]:  
dispose household waste 清除家中的垃圾
- ④ deal or finish with sb./sth. that presents a problem 应付、解决、了结某人[某事物]: Xie Jun disposed of the champion in straight sets. 谢军一盘未输战胜了冠军。
- ⑤ (no passive) (fml) have sb./sth. available for use 随时可使用或支配某人[某事物]: dispose

of considerable influence 随时可施加很大的影响

#### 14. ■ commission

*n.*

- ① action, task or piece of work given to sb. to do 行动、任务或工作；委托：to receive many commissions 接受多项委托
- ② (often commission) (a) group of people authorized to carry out a task (受权执行任务的) 委员会：the Civil Service Commission 公务员委员会
- ③ group of people officially set up to make an inquiry and write a report 考察团；调查团：to set up a Royal Commission 建立一个皇家调查团
- ④ (fml) doing (sth. wrong or illegal) 做(坏事或不法的事)：the commission of a crime 犯罪
- ⑤ payment to sb. for selling goods which increases with the quantity of goods sold 佣金；回扣；酬劳金：  
You can earn 10% commission on everything you sell. 你可从售出的每种货物中得到10%酬劳金。
- ⑥ (document signed by the monarch appointing sb. to the) rank of an officer in the armed services (帝王签署授予某人的) 军官资格(的委任状)：to resign one's commission 辞去军职

*v.*

- ① give a commission to (sb.) 交付(某人)任务或工作；委托：commission a lawyer to charge 委托律师起诉
- ② give sb. the job of making (sth.) 交付某人制作(某物)的工作：  
He commissioned a picture of his wife. 他请人制作他妻子的画像。
- ③ [usu. passive] appoint sb. officially by means of a commission 正式授予某人军官资格(的委任状)：to commission the woman as a lieutenant in the Women's Army Corps 委任这名妇女为陆军妇女队的中尉
- ④ bring (machinery, equipment, etc.) into operation 使(机器、设备等)开始使用：  
The Sanxia Dam is expected to be commissioned recently. 三峡大坝预计在最近运行。

#### 15. ■ oriental

- ① *adj.* of or from the Orient 东方国家的；来自东方国家的：oriental painting 来自东方的绘画
- ② *n.* (sometimes offensive) person from the Orient, esp. Japan or China 东方人；(尤指)日本人，中国人

【派生词】**orientalist** *n.* person who studies the language, arts, etc. of oriental countries 研究东方国家语言、艺术等的人；东方学学者

【派生词】**orient** *n.* [sing] (fml or rhet) countries of the (Far) East (e.g. Japan, China) 东方国家(如日本、中国)：perfumes and spices from the Orient 来自东方国家的香水和香料

### 三、课文疑难详解

- 1. According to practitioners of traditional Chinese acupuncture, inserting a tiny needle into the little toe can help heal eye problems because the toe and eyes are connected via the same “meridian”.** (Lines 1-4, Paragraph 1): *As stated by practitioners of traditional Chinese acupuncture, it is helpful to insert a tiny needle into the little toe in healing eye problems because the toe and eyes are interrelated through the same “meridian”.* 根据中国传统针灸行医者的观点, 在小趾头上插入一根银针就能帮助治愈眼科疾病, 因为趾头和眼睛通过同一经脉相连。
  - 1) **practitioner** *n.* someone involved in a usually skilled job or activity 从业者, 从业者:  
例: general practitioner 全科医师
  - 2) **insert** *v.* to put or set into, between, or among 插入, 嵌入:  
例: insert the key into the lock 把钥匙插入锁孔中
  - 3) **via** *prep.* by means of 通过:  
例: send the card by airmail 通过航空邮件寄送贺卡
  - 4) inserting a tiny needle into the little toe 是现在分词短语作主语。because 引导的是一个原因状语从句。本句的主干是 inserting a tiny needle into the little toe can help heal eye problems.
- 2. Not surprisingly, Western experts cast their own suspicious eye upon such a claim — until a recent high-tech imaging study supported the ancient theory.** (Lines 4-6, Paragraph 1): *It is not surprising that Western experts don't believe the function of Chinese acupuncture. Until recently, a high-tech imaging study proves the possibility of the theory of Chinese acupuncture, and Western experts begin to accept it.* 毫不诧异的是, 西方专家对如此断言持怀疑态度——直到最近一项高科技成像研究支持了这一古老原理。
  - 1) **cast** *v.* to throw with force, hurl 投, 抛:  
例: waves cast the boat far up on the shore 海浪将小船抛向岸边  
**cast on:**  
例: The lack of specific timetable has cast doubts on the whole of the redevelopment scheme. 整个重建计划缺乏明确的时间表, 这使人们对此计划产生了怀疑。
  - 2) **suspicious** *adj.* arousing or apt to arouse suspicion, questionable 怀疑的, 可疑的:  
例: suspicious-looking bank notes 看起来有疑问的钞票
  - 3) **claim** *n.* a statement of sth. as a fact, an assertion of truth 声称, 断言, 主张:  
例: Anybody has no claim on my sympathies. 任何人无权要求得到我的支持。
- 3. “Those researchers found that activity in the visual cortex in the brain was actually stimulated by this acupuncture occurring in the toe,” said Dr Lixing Lao, a licensed acupuncturist who is also fully trained in Western medicine.** (Lines 1-3, Paragraph 2): *“The researchers who did high-tech imaging study found that the acupuncture happening in the toe stimulated the activity in the visual cortex of human's brain.” said Dr Lixing Lao. Dr Lixing Lao is accredited acupuncturist and he accepts all the training of Western medicine.* “那些研究人员发现, 大脑中视觉皮层的活动实际上受到了脚趾上的针灸刺激,” 劳力新博士说道。



劳博士是位有行医执照的针灸师，他也接受了全部的西方医学培训。

1) **visual** *adj.* concerned with or used in seeing 视觉的；用于视觉的：

例：visual effect 视觉效果

2) **occur** *v.* come into being as an event or a process; happen 发生：

例：When did the car accident occur? 车祸是什么时候发生的？

3) **licensed** *adj.* accredited 得到许可的，领有执照的

例：a licensed dealer 特许经销商

4) that activity in the visual cortex in the brain was actually stimulated by this acupuncture occurring in the toe是宾语从句，作found的宾语。who引导定语从句，用于修饰先行词acupuncturist。而a licensed acupuncturist又是同位语，用于补充说明Dr Lixing Lao的身份。

4. **Lao, an associate professor at the Center for Integrative Medicine at the University of Maryland in Baltimore, said those findings are just one of many instances where modern science is proving the effectiveness of a millennia-old technique.** (Lines 1-4, Paragraph 3): *Dr Lao is an associate professor at the Center for Integrative Medicine at the University of Maryland in Baltimore. He said that those findings are only one of many examples and those examples prove that the effectiveness of acupuncture is being proved by modern science.* 劳博士是位于巴尔的摩市的马里兰大学综合医学中心副教授，他说这些发现只是现代科学证明一个千年的古老技术成效的众多实例之一。

1) **instance** *n.* particular occurrence of sth. that happens generally or several times; example; case 例子；实例；事例：

例：It's easy to quote you several instances of her being deliberately rude. 很容易举出她故意粗暴待人的几个例子。

2) **effectiveness** *n.* sth. works well and produces the results that were intended

例：Good diction improved the effectiveness of his speech. 措辞得当提升了他的演说效果。

3) **millennia** *n.* period of 1,000 years 千年期，一千年：

例：the first millennium AD 公元第一千年

4) an associate professor at the Center for Integrative Medicine at the University of Maryland in Baltimore是插入语，用于补充说明句子主语Lao的身份。said后面是一个省略了引导词that的宾语从句，而在此宾语从句中由含有一个用where引导的定语从句修饰instances。

5. **The panel concluded acupuncture to be an acceptable treatment for the relief of a wide variety of conditions, either when used in conjunction with regular medical treatment or as an acceptable alternative therapy** (Lines 3-5, Paragraph 5): *The panel drew the conclusion that acupuncture could be a kind of acceptable treatment for various kinds of diseases. It could be used combining with regular medical treatment. It could be also used as an independent medical treatment.* 专家小组得出结论，针灸是一种可以接受的用于治疗各种疾病的手段，要么与常规治疗手段结合使用，要么作为一种可以接受的替代疗法。

1) **panel** *n.* a group of people gathered to plan or discuss an issue, judge a contest, or act as