

1

A friend of mine at U.C.L.A. constantly complains about the girls there. They are either "too silly, too frivolous, too dumb, too argumentative" — too this, too that. One day he announced that he had found the one, the only, perfect woman in the world. When he broke the great news, however, he lacked the joy that should accompany the culmination of such a long search. "What's wrong?" I asked, "You found the perfect woman, didn't you?" "Yes," he admitted, "but she is looking for the perfect man."

我在加州大学的一个朋友经常抱怨那里的女孩。她们要么“太愚蠢、太轻佻”，要么“太不苟言笑、太能言善辩”——太这个、太那个。一天他宣布发现了一个世界上独一无二的完美的女人。当他公布这个伟大的消息时，他却并没有表现出苦苦寻觅终于有了结果所应有的快乐。“怎么了？”我问，“你终于找到了完美的女人，不是吗？”“是的，”他承认，“但是她在寻找完美的男人。”

argumentative

[ɑ:gju'mentətɪv] **a.** 好辩的，争论的
[联想] argue, argument, argumentation, argumentatively, argumentativeness

dumb

[联想] culminate

[dʌm] **a.** 哑的，无说话能力的，不说话的，无声音的

constant

[kɒnstənt] **n.** [数、物]常数，恒量 **a.** 不变的，持续的，坚决的

[联想] dumber, dumbest, dumbfound, dumbstruck, dumbwaiter, dummy

frivolous

[联想] constantly, constancy, inconstant

[frɪvələs] **a.** 轻薄的；轻浮妄动的；琐屑的，无意义的

culmination

[kʌlmɪ'neɪʃ(ə)n] **n.** 顶点

[联想] frivolity, frivolousness

2

A notice in the Adams county, Wisconsin, *Times and Friendship* reporter reads: "I want to thank all you good people who took the time to vote for me. My wife was pleased with the outcome and wants to thank all of you who didn't vote for me."

《时代与友谊》杂志的记者在威斯康星州的亚当斯郡看到这样一张告示：“我想感谢所有投我票的好人。我妻子对结果很满意，并想感谢所有没有投我票的人。”

county

[kaunti] **n.** 县，郡

reporter

[rɪ'pɔ:tə] **n.** 记者，通讯员

outcome

[aʊtkʌm] **n.** 结果，成果

[联想] report, reportage, reportorial

真题句

simplistic level, experience, abilities, effort and other obvious inputs should explain differences in pay, responsibility and other obvious outcomes. [第六册学术类3阅读]

3

After an exhausting day at work, I stopped at the supermarket on the way home. Finished, I drove to the grocery pickup spot and honked my horn at the teenager lazily leaning against the post. Motioning to my two full carts, I shouted, "I want everything in the back of my station wagon." He pushed the carts over and began putting my groceries in the car. "You're doing it wrong," I snapped. "I want the bags standing upright." He did as I asked, and then came up to the driver's window. "I just want you to know that I don't work here, lady," he told me, smiling. "I'm waiting for my grandmother."

一天筋疲力尽的工作之后，我在回家途中的超市停了下来。购物完毕，我驶向食品杂货的装车地点，冲着那个懒懒地倚在柱子上的少年，按响了汽车喇叭。我一边朝我那两辆满载的手推车打手势，一边喊：“我需要把所有东西都放进我客货两用车的后车厢。”他将两辆手推车推了过来，开始把我的杂货放进汽车。“你做错了，”我厉声说，“我想让这些包竖着放。”他按我要求做了，而后走到我的车窗前。“我只是想让你知道，小姐，我并不在这里工作，”他微笑着告诉我，“我在等我奶奶。”

exhausting

[ɪg'zɔ:stɪŋ] **a.** 使用尽的，令人疲乏不堪的

leaning

[li:nɪŋ] **a.** 倾斜的 **n.** 倾斜；倾向

[联想] exhaust, exhaustion, exhaustive, exhaustiveness, exhaustively

motion

[联想] lean, leaner, leanness

grocery

[grəʊsəri] **n.** <美>食品杂货店，食品，杂货

[məʊʃən] **n.** 运动，动作 **v.** 运动

[联想] grocer

[联想] motility, motionless, motiveless, motive

honk

[hɒŋk] **n.** 雁叫声，如雁叫的声音，机动车辆的喇叭声 **vt.** 使（喇叭）鸣响

snap

[snaep] **v.** 猛地吸住；突然折断；使噼啪地响；猛咬 **n.** 猛咬；突然折断；噼啪声 **a.** 突然的

[联想] honker

[联想] snapper, snappily, unsnapping, snapshot

horn

[hɔ:n] **n.** (牛、羊等的)角，喇叭，触角 **v.** 装角

wagon

[wæɡən] **n.** 四轮马车，货车 **v.** 用运货车运输货物

[联想] horner, horny

[联想] wagonload, bandwagon

4

After encountering severe turbulence aloft, the plane on which I served as a flight attendant made an abrupt landing, shaking doors and panels throughout the cabin. As the deplaning passengers filed past the captain and crew, one grandmotherly-looking woman left us with no illusions about her opinion of the flight. "Did we land," she asked without breaking stride, "or were we shot down?"

2

在汉密尔顿麦马斯大学我们上的一堂令人难以忍受的课，我们的数学教授为解释一个数学算法，一遍又一遍地重复运用一个方程以得出期望的结果。为了帮助我们想象我们所做的工作，他提出这就像是剥一个洋葱。“将每一层用同样的方式剥去，”他说，“最后你就能到达洋葱的中心。”

一个坐在前排的明显很痛苦的学生很快地赞同说：“是像剥洋葱一样，老师，两个过程都会让你流泪。”

distress	[di'stres] <i>n.</i> 悲痛，穷困，不幸，危难，忧伤 <i>v.</i> 使悲痛，使穷困，使忧伤
equation	[i'kweɪʃən] <i>n.</i> 相等，平衡，综合体，因素，方程式，等式 [联想] <i>equate</i>
fashion	[fæʃən] <i>n.</i> 样子，方式，流行，风尚，时样 <i>vt.</i> 形成，造，作，把……塑造成，使适应，使适合，改革，改变 [联想] <i>fashionable</i>
gruel	[gruəl, gruɪl] <i>n.</i> 稀粥 <i>vt.</i> 使极度紧

manipulate	张，（用重罚或逼供等）使筋疲力尽 [mə'nɪpjuleɪt] <i>vt.</i> （熟练地）操作，使用（机器等），操纵（人或市价、市场），利用，应付，假造 <i>vt.</i> （熟练地）操作，巧妙地处理 [联想] <i>manipulation</i>
peel	[pi:l] <i>v.</i> 剥，削，剥落
visualize	[vɪʒuəlaɪz, 'vɪz-] <i>vt.</i> 形象，形象化，想象 <i>vi.</i> 显现 [联想] <i>visual</i>

真题句

History of human civilisation is entwined with the history of the ways we have learned to manipulate water resources. [第七册学术类1阅读]

13

One of the longest piano compositions is "Vexations" by Erik Satie—the whole performance lasts 18 hours 40 minutes. The first reported public performance in September 1963 in New York City's Pocket Theatre, required a relay of ten pianists. A New York Times critic fell asleep at 4 a.m. and the audience dwindled to six. At the conclusion, a sadomasochist shouted, "Encore (再来一个)!"

最长的钢琴曲是埃里克·萨蒂所作的《厌烦》——全部演奏持续18小时40分钟。据报道第一次公开演奏于1963年9月在纽约市的“口袋剧场”举行。10个钢琴家轮流演奏。一位纽约时报的评论员于凌晨4点睡着，听众减至6人。在演奏结束时，一个受虐狂大喊，“再来一个。”

audience	[ɔ:dʒəns] <i>n.</i> 听众，观众，接见，拜见
critic	[kɪtɪk] <i>n.</i> 批评家，评论家，吹毛求疵者 <i>a.</i> 文学（上）的，从事写作的，文艺的，精通文学的，书本的 [联想] <i>critically</i>
uncritical	<i>a.</i> 不加批判的，无批判力的，不严厉的
dwindle	[dwaɪndl] <i>v.</i> 缩小

performance	[pə'fɔ:məns] <i>n.</i> 履行，执行，成绩，性能，表演，演奏 [联想] <i>perform, performer</i>
require	[rɪ'kwaɪə] <i>vt.</i> 需要，要求，命令 [联想] <i>requirement</i>
sadomasochist	[seɪdəu'mæsəukɪst, sæ-] <i>n.</i> [心] 受虐狂者 [联想] <i>sadism, sadist, sadistic</i>

真题句

Frightened audience could not accept that they were watching a mere picture. [第六册学术类3阅读]

14

Stunned by the beauty of their new secretary, two executives resolved to make her adjustment to their personal business. "It's up to (该由……) us to teach her the difference between right and wrong," said the first. "Agreed," exclaimed the second, excitedly. "You teach her what's right."

由于被新来的女秘书的美貌搞得神魂颠倒，两位执行总裁决定安排她来处理他们的个人事务。“该由我们来教会她正误之间的区别，”第一个说道。“你说得太对了，”第二个兴奋地说道。“你来教她什么是对的。”

adjustment	[ə'dʒʌstmənt] <i>n.</i> 调整，调节，调节器 [联想] <i>adjuster, adjust, adjustable</i>
executive	[ɪg'zekjʊtɪv] <i>a.</i> 实行的，执行的，行政的 <i>n.</i> 执行者，经理主管人员 [联想] <i>execute, execution, executor, CEO</i>

resolve	[rɪ'zɒlv] <i>n.</i> 决心 <i>v.</i> 决定，决心（要），（使）分解，溶解，解决 <i>vt.</i> 解决 [联想] <i>solve, resolute, resolution</i>
stun	[stʌn] <i>vt.</i> 使晕倒，使惊吓，打晕 <i>n.</i> 晕眩，打昏，惊倒

真题句

The only practicable ways to resolve this problem in the longer term are economic pricing in conjunction with conservation measures. [第六册培训类A阅读]

15

"The wind that gave our grandfather his first breath also receives his last sigh." Seattle, Chief of the Duwamish, Suquamish and allied Indian tribes wrote this sentence in a letter to President Franklin Pierce in 1854. The letter, in which Seattle pleaded that his name should die with the ceding of the Washington State territories, was shown in 1992 to have been largely a forgery, devised by television scriptwriter Ted Perry for an historical epic in 1971.

真题句

The 17th century was thus a formative period in the establishment of scientific English. [第五册学术类2阅读]

29

As a radio operator for the Canadian Coast Guard based on the St. Lawrence River, I handle numerous calls of distress from pleasure craft during the summer. One evening I heard a shaky voice indicating he was out of fuel and drifting. I responded, "Roger, sir. What is your position?" After a lengthy pause, the unsettled voice replied, "Well...I'm head sales clerk at..."

作为一名圣劳伦斯河畔加拿大海岸警卫队的无线电报务员，我在夏季会处理无数个来自游艇的求救电话。一天傍晚，我听到一个颤抖的声音，说他燃料耗尽，正在漂泊。我回答：“收到了，先生。您在什么位置？”一段长时间的停顿后，那个不稳定的声音答道：“嗯……我是销售员主管，就职于……”

(注：position有位置、方位、地点之意，也有地位、身份之意。)

numerous
craft

[nju:merəs] **a.** 众多的，许多的，无数的
[kra:ft] **n.** 工艺，手艺，船舶，飞机，飞船

drift

[drift] **n.** 冲洗，漂流物，观望，漂流
v. (使)漂流

真题句

Although there is a wealth of early views of the bridge by numerous artists, this is the only one which actually shows it under construction. [第七册培训类B阅读]

30

At the circus, four-year-old Bob was admiring a woman aerialist who appeared in the spotlight (聚光灯) wearing a plumed headdress and a flowing robe. Overwhelmed by the costume, Bob exclaimed, "Mom! Is she ever beautiful!" The woman then shed her headpiece and flowing robe and approached her ladder in a brief sequined costume. Again Bob gasped. "Wow!" he said. "And her insides are beautiful too!"

在马戏场里，四岁的男孩鲍伯羡慕地看着聚光灯下的一位高空杂技师，她头戴羽毛做的头饰，身穿轻飘飘的罩衫。鲍伯被这种装束深深打动，他大叫，“妈！她多漂亮啊！”女演员摘下头饰，脱掉罩衫，穿着饰有金属片的紧身服装走向梯子。鲍伯又一次呼吸急促，大叫，“喔！”他说，“她的里面也很漂亮！”

circus

[sə:kəs] **n.** 马戏团，杂技团；马戏场，杂技场；耍马戏似的活动

aerialist

[æəriəlist] **n.** 高空杂技师
[联想] aerial, aero, aerobatic,

overwhelm

[əuvəwel] **vt.** 淹没，覆没；受打击；制服，压倒

headdress

[联想] overwhelming
[heddres] **a.** 饰头巾，头发编梳的式样

costume
exclaim

[联想] headband, headgear
[kɒstju:m, -'tju:m] **n.** 装束，服装；戏装
[iks'kleim] **v.** 呼喊，惊叫，大声叫
[联想] exclamation, exclamatory

plume
sequin

[plu:m] **n.** 羽毛
[si:kwin] **n.** 作衣服饰物用的小金属片，古威尼斯金币

gasp
wow

[gɑ:sp] **vi.** 喘息，气喘 **vt.** 气喘吁吁地说
[wau] **n.** 叫声 **vi.** 发出叫声 **vt.** 使叫绝

真题句

Nobody ever has enough money, so there is an overwhelming temptation to go for the cheapest property. [第七册培训类A阅读]

31

At the end of his shift, my husband, Ron, dropped his RCMP cruiser off to the next Mountie on duty. Ron noticed a realistic-looking two-metre-long pencil, which his colleague's wife had carved out of wood, leaning against a wall in their home. He admired the workmanship and to his surprise was presented with the pencil.

Walking home through our small town, pencil over his shoulder, Ron was greeted by two local women. "Looks like a busy weekend, Ron," they chuckled. But he was next stopped by an out-of-towner, who eyed him in amusement. "By the size of your pencil," he said, "I'd sure hate to see the guy carrying your ticket book!"

轮班即将结束时，我丈夫罗恩把他加拿大皇家骑警的巡逻警车，顺路送到了下一个值班的骑警那儿。在他们家中，罗恩注意到了一根两米长的铅笔，形态逼真，倚靠在一面墙上，那是他同事的妻子用木头雕刻的。罗恩很佩服这项手艺。让他想不到的是，主人竟将这铅笔送给了他。

罗恩把铅笔扛在肩上，穿过我们的小镇走回家时，两个当地妇女同他打招呼。“看来周末很忙啊，罗恩。”她们轻轻地笑了。但是随后，他被一个外乡人拦住了，那人风趣地看着他，说道：“从你铅笔的大小来看，我真的不愿意见到那个扛着你的罚款本子的家伙。”

chuckle

[tʃʌkl] **n.** 吃吃的笑声 **vi.** 吃吃地笑，咯咯叫

colleague
mountie
cruiser

[kəli:g] **n.** 同事，同僚
[maunti] **n.** 加拿大骑警
[kru:zə] **n.** 巡洋舰
[联想] cruise

realistic

[riəlistik] **a.** 现实(主义)的
[联想] realist

shift

[ift] **n.** 移动，轮班，移位，变化，办法，手段 **vt.** 替换，转移，改变，移转，推卸，变速 **vi.** 转换，移动，转变，推托，变速
[联想] shifty, manual / automatic shift, stick shift=gear lever

towner

[taunə] 城镇居民

workmanship

[we:kmenʃip] **n.** 手艺，技艺，做工，技巧

10

hostility

[hɒs'tɪlɪti] *n.* 敌意, 恶意, 不友善, 敌对, 对抗, 反对
[联想] hostile

sympathy

[sɪmpəθi] *n.* 同情, 同情心
[联想] sympathetic, sympathize

真题句

Mining ceases in one section of the open-cut, the disturbed area is reshaped. [第三册培训类A阅读]

43

High-school girls find our son Tim irresistible. Since my husband works an early shift, he arrives home in the afternoon in time to take numerous phone calls from Tim's female admirers. Scrawled notes on the family bulletin board tell Tim to call a Susan, a Sally, a Jane, etc. To my surprise, my no-nonsense husband continued doing this for a long time. Then one day I arrived home to find this message, in bold print: "Tim, Please call the entire female student body of Northview High School!"

高中女生们无法抗拒我儿子蒂姆的魅力。我丈夫上早班, 所以他下午到家后, 正好赶上接无数电话, 都是蒂姆的女崇拜者打来的。他总会在家里的记事板上潦草地写着让蒂姆给苏珊、莎莉、珍妮等回电话。令我惊讶的是, 我那严肃的丈夫做这事居然坚持了很长时间。终于有一天, 我回到家里, 看到用粗体字写的留言: “蒂姆, 请给诺斯威尔高中的所有女生回电话。”

bulletin
nonsense

['bulɪtɪn] *n.* 公告, 报告
['nɒnsɒns] *n.* 胡说, 废话

scrawl

[skrɔ:l] *vt.* 乱涂, 潦草地写 *vi.* 乱写
n. 潦草的笔迹

44

I enjoyed wintering over in an isolated West Coast logging camp where my husband, Charles, was camp watchman. The loggers return in spring, and their arrival one year coincided with the spring salmon run. The bay was thick with leaping silver fish when the loggers' boat docked. As Charles stood talking with the men, one fish misjudged its leap and landed on the dock at their feet. One fellow reacted quickly and delivered the coup de grace. There was astonished laughter that ended suddenly as I approached, and the loggers scrambled into the boat and sped away. I asked Charles why there was such a sudden departure. He looked at the abandoned fish and said, "I told them you'd spent all winter training that fish to jump onto the dock and eat from your hand." We had a lovely dinner that night.

我很喜欢在与世隔绝的西海岸的一个伐木场里过冬, 我的丈夫, 查尔斯, 是那儿的守营者。伐木者在春天的时候回来, 有一年他们到达的时间恰好是大马哈鱼春天回潮的时候。当伐木者的船靠岸的时候, 水湾里满是跳动的银鱼。查尔斯站在那儿和伐木者交谈时, 一条鱼不小心跳上了甲板上, 落到了他们脚旁。其中的一个人反应迅速, 立即给了这条鱼致命的一击。他们惊讶的笑声在我到达后戛然而止, 伐木者们匆匆钻进小船然后划走了。我问查尔斯为什么他们走得这么急。他看着那条被扔在地上的鱼对我说, “我告诉他们你花了整个冬天的时间训练鱼儿跳上甲板然后吃你手中的食物。”那天晚上我们吃了美味的一餐。

coincide

[kəʊɪn'saɪd] *vi.* 一致, 符合
[联想] coincidence, coincident, coincidental, coincide with

coup de grace

[ku: də 'grɑ:s; (US) 'græs] *n.* 致命一击, 决定性一击

dock

[dɒk] *n.* <美> 码头, 船坞, 被告席, 尾巴的骨肉部分 *vt.* 靠码头, 引入坞, 剪短 *vi.* 入船坞

isolate

['aɪsəleɪt] *vt.* 使隔离, 使孤立, 使绝缘, 离析 *n.* 隔离种群

leap

logger

salmon

scramble

[联想] isolation

[li:p] *v.* 跳, 跳跃 *n.* 跳跃, 飞跃

[lɒgə] *n.* 樵夫, 圆木装车机

[联想] logging

[sæmən] *n.* 鲑鱼, 大马哈鱼, 三文鱼, 鲜肉色

[skræmbəl] *n.* 爬行, 攀缘, 抢夺, 混乱
vi. 攀缘, 杂乱蔓延, 争夺, 拼凑, 匆忙
vt. 攀登, 搅乱, 使混杂

真题句

The destruction of the rainforests is the direct result of logging activity. [第四册学术类1阅读]

45

I have always tried to be open and honest with my children whenever they came to me with questions, but six-year-old Peter caught me off guard one evening when he bounced in at dinner time and ask, "Mom, when you get married, does that make you pregnant?" "No," I answered, "Getting married is not what makes you pregnant." "Well," he persisted, "how do you get pregnant then?" Not wishing to get into such a serious discourse just before dinner, I answered, "Peter, it's a sort of a long story." Within an impish look on his little face, he cocked his head and replied, "You don't know, do you?"

每当孩子们问我问题时, 我总是试图坦诚相告。可是, 有天晚上, 我那六岁的儿子彼得把我难住了。他在晚饭时冲回家来, 突然问道: “妈, 结婚会使人怀孕吗?” “不,” 我说, “结婚不一定会使人怀孕。” “那么,” 他追问道, “你是怎么怀孕的?” 我不想在吃饭前讨论如此严肃的话题, 于是答道: “彼得, 这事儿一时半会儿说不清楚。” 彼得的小脸上一副调皮模样, 他歪着头说: “你也不知道, 是吗?”

bounce

[baʊns] *v.* (使) 反跳, 弹起, 弹跳, (指支票) 被银行退票 *n.* (球) 跳起, 弹回
[联想] bouncy

discourse

[dɪs'kɔ:s, 'dɪskɔ:s] *n.* 演讲, 论述, 论文, 讲道, 谈话, 谈论 *vi.* 谈论, 演说
[联想] intercourse

impish
persist

pregnant

[ˈɪmpɪʃ] *a.* 顽童似的, 似顽童的, 顽皮的
[pə(:)ˈsɪst] *vi.* 坚持, 持续

[联想] persistence, persistent

[ˈpregnənt] *a.* 怀孕的, 重要的, 富有意义的, 孕育的

[联想] pregnancy

14

46

I knew I was burning the candle at both ends. Between my full-time job, my volunteer commitment as chairman of the United Way of Cambridge campaign, my household and family obligations, things were getting hectic. But I knew I had stretched myself too thin the evening my husband drove up to our house and found me sitting in my car. He asked what I was doing. As I sat there, confused, surrounded by briefcase, notes and purse, I looked up at him. "I don't know if I've just arrived or if I'm on my way out."

我知道我在过分地消耗精力。夹在我的全职工作（担任剑桥联合之路主席的志愿工作）和家庭责任之间，事情变得忙乱起来。但是我知道自己已经忙得晕头转向是在那个晚上，我的丈夫开车回家时发现我正坐在我的车里。他问我在干什么。我坐在那里，困惑着，被公文包、纸条、钱包包围着，我抬头看着他说，“我不知道我是刚回来，还是正要出去。”

briefcase ['brifkeis] *n.* (扁平的、柔韧的、装文件、书报的) 公文包

commitment [kə'mitment] *n.* 委托，交押，承担义务，赞助

hectic ['hektik] *a.* 脸上发红，发热的，兴奋的，狂热的，肺病的，忙乱的 *n.* 脸红，患肺结核

household ['haushəuld] *n.* 一家人，家庭，家族，王室 *a.* 家庭的，家族的，家属的，普通的，平常的

obligation [ˌɒbli'geɪʃən] *n.* 义务；责任

stretch [stretʃ] *v.* 伸展；拉紧；延伸 *n.* 伸展，延伸，延续；一段时间，一段路程，一段水域

真题句

The state has no obligation to provide a health-care system itself, but to ensure that such a system is provided. [第四册学术类4阅读]

47

I took my future wife to a nice spot on a hill, made casual conversation and hinted that I was going to propose to her. After a while, my planned surprise arrived, a plane trailing a banner that read Natalie Morgan, will you marry me?

I pointed up to it, and Natalie turned to me with a broad smile. "Look, honey," she exclaimed. "Somebody in that plane wants to marry me!"

我把未来的老婆带到山上一个风景秀丽的地方，闲扯了两句后，我暗示说要向她求婚。片刻之后，我安排的惊喜出现了，一架拖着横幅的飞机飞过，上面写着“纳塔利·摩根，你愿意嫁给我吗？”

我指着天上的飞机，纳塔利回过头来，满脸堆笑。“看，亲爱的，”她呼喊道，“飞机上有人想要娶我！”

banner ['bæne] *n.* 旗帜，横幅，标语

casual ['kæʒjuəl] *a.* 偶然的，不经意的，临时的

hint [hint] *n.* 暗示，提示，线索

propose [prə'pəuz] *vt.* 提议，建议，主张；推荐，提（名）；打算，计划；求（婚）*vi.* 打

trail

算，计划；求婚（to）

[联想] proposal, proposition

trail [treɪl] *n.* 踪迹，痕迹，形迹 *vt.* 跟踪，追踪，拉，拖，拖拉，（指植物）蔓生，蔓延，（指人）没精打采地走

[联想] trailer

真题句

range from a carefully planned, intensive field investigation in a foreign country to a casual intro-spection about one's mother tongue carried out in an armchair at home. [第四册学术类3阅读]

48

I was out on police patrol (巡逻) on a miserable December night in Grand Falls, Nfld, and the streets were extremely slippery because of the freezing rain. As I approached the middle of the overpass that crosses the highway, I saw a station wagon in my lane, stopped on the downward slope. Because of the oncoming traffic I was unable to drive around the parked vehicle, and as I applied my brakes, the police car seemed to accelerate on the icy surface. I rammed (猛击，撞) into the back of the wagon, setting it in motion down the hill. It slid right through a red light and over a curb and into a parking lot. I drove down and parked behind the wagon. As I approached, a young lady rolled down the driver's window and exclaimed: "Thank God you're here, officer! Somebody just ran into me!"

十二月一个天气恶劣的夜晚，我正驾驶警车在纽芬兰大瀑布地区巡逻。因为雨水冰凉的缘故，路面变得很滑。在接近高速公路过街天桥中段的时候，我看到车道前方有一辆顺着斜坡向下停靠的旅行车。因为迎面而来的车流不断，我无法借道绕过那辆停着的旅行车。我就踩了刹车，可是警车似乎在结冰的路面上加速起来。我猛地撞进了旅行车的车尾，把它撞下了坡。那车恰好穿过红灯，越过路缘，冲进了停车场。我随后开车跟下去，停靠在旅行车的后面。正当我走近那辆车的时候，一位年轻女士摇下车窗大声叫道：“谢天谢地你在这，警官！刚刚有人撞我！”

accelerate [æk'seləreit] *v.* 加速，促进

curb [kɜ:b] *n.* 路边

miserable ['mɪzərəbl] *a.* 痛苦的，悲惨的，可怜的

motion ['məʊʃən] *n.* 运动，动作 *v.* 运动

patrol [pə'trəʊl] *v.* 巡逻，巡邏 *n.* 巡邏

ram

[ræm] *n.* 公羊，撞锤 *vi.* 猛击，撞 *vt.* 猛击，填塞，灌输 *n.* [计] 随机存取内存，随机存取（存储）器

slope [sleɪp] *n.* 斜坡，斜面，倾斜

vehicle ['vi:kl] *n.* 交通工具，车辆，媒介物，传达手段

wagon ['wæɡən] *n.* 四轮马车，货车 *v.* 用运货马车运输货物

15

53

In Uruguay I was visiting my aunt in the seaside resort of Punta del Este. One evening at a crafts market, I heard loud, rhythmic clapping break out. "It's a lost child," my aunt explained. "When a youngster is found wandering in a public place, passers-by crowd around and clap until a parent or guardian shows up."

我到乌拉圭的一个海边度假胜地旁塔底依斯特看望姑妈。一天晚上，在一个工艺品市场上，我听到一阵响亮而有节奏的掌声。“那是一个孩子走丢了，”姑妈解释说：“当人们发现小孩子在公共场所独自闲逛时，过路人就会聚拢来，拍巴掌，直到孩子的家长或监护人出现。”

guardian [gɑ:dʒən] *n.* 护卫者，保护人，监护人
a. 守护的
passer [pɑ:sə] *n.* 过路人；旅客；考试通过的人
resort [ri'zɔ:t] *vi.* 求助，诉诸，采取（某种手段等），常去 *n.* 凭借，手段，常去之

rhythmic [riðmik] *a.* 节奏的，合拍的
[联想] rhyme, rhythm
wander [wɒndə] *vi.* 漫步，徘徊；迷路，迷失方向；离题

54

It was apparent from my lunch order at the convenience store—two ounces of chicken and a sugar free soda—that I was dieting. The owner commented, "I just purchased an audio cassette that guarantees weight loss if you listen to it regularly. It's subliminal. You hear nothing but ocean waves, and it's supposed to change your eating habits." "How much did you lose?" I asked. "Thirty five dollars," he said.

从我在便利店点的午餐——两盎司鸡块，一杯无糖苏打水——就能明显地看出我在节食。店老板对我说：“我最近刚买了一盒磁带。如果经常听，保证能减肥。这是潜意识的。你听到的只有海浪声。人们认为这能改变你的饮食习惯。”“你减了多少？”我问。“35美元，”他说。

apparent [ə'pærənt] *a.* 显然的，外观上的
[联想] apparently
audio [ɔ:'diəu] *a.* 音频的，声频的，声音的

cassette [kɑ:'set] *n.* 盒子，盒式磁带
ounce [auns] *n.* 盎司，少量；[动]雪豹
subliminal [sʌb'liminl] *a.* 下意识的，潜在意识的

真题句

The object in the sky apparently had wings far too short and wide for a bird. [第七册学术类4阅读]

55

It was Sunday, a football game was about to begin, and the TV was dead! All my Frantic twisting of knobs was to no avail. "We can't do anything about it today, honey," my wife said gently. "I'll fix a picnic lunch, and we can drive up in the mountains. It was a beautiful, romantic day, and I congratulated myself on having chosen such a thoughtful mate. Then we returned home. "Now wasn't that better than any old football game?" my wife asked. Going to the utility closet, she turned the circuit breaker back on.

那是一个星期天，橄榄球比赛即将开始，可是我们家的电视却坏了。无论我怎样发疯似的一通捣鼓，都无济于事。“亲爱的，咱们今儿个可没辙了不是，”我媳妇温柔地说，“我去准备午饭，咱俩开车上山去野餐去得了。”那天的天气不错，充满着浪漫的气息，我庆幸自己找了个这么体贴人的老婆。等野餐完回到家之后，媳妇问我：“怎么样，野餐比看什么破橄榄球更好是不是？”说完就去电力设备间，把断电器的开关又重新合上了。

avail [ə'veil] *vi.* 有益于，有帮助，有用，有利
vt. 有利于 *n.* 效用，利益
[联想] available
breaker ['breikə] *n.* 断路器
[联想] breakneck, breakwater
frantic ['fræntik] *a.* 狂乱的，疯狂的
knob [nɒb] *n.* (门，抽屉等的)球形捏手，节，瘤，旋钮，球形突出物，(煤，砂糖等的)

小块 vt. 使有球形突出物 *vi.* 鼓起
[twist] n. 扭曲，盘旋，曲折，歪曲，手法，螺旋状 *vt.* 拧，扭曲，绞，搓，捻，使苦恼，使转动，编织 *vi.* 拐弯，扭曲，缠绕，扭动，使呈螺旋形
utility [ju:'tiliti] *n.* 效用，有用钱所收买的人，帮佣；公用事业（如电力、水和公共交通）
[联想] utilize, utilization

56

It's a "factual reality" that beans make you break wind, says South Africa's advertising watchdog. A TV advert for sweet onions showed a rugby player eating beans that made him smell "stinky." The advert claims that "with sweet onions there are no tears, no burn and definitely no stink."

The country's Dry Bean Producers Organization complained about the advert on the basis that the "stinky" charge was untrue but the Advertising Standards Authority threw out the charge and said it was widely known that beans produce gas. "It plays on an objectively determinable factual reality which cannot be denied..." the ASA said on its Web site.

南非广告管理部门日前做出了如下表示，吃豆子会使人放屁，这是一个“实实在在的事实”。

这是一个为甜洋葱做的广告，画面上一个橄榄球运动员在大嚼豆子，而他身上则散发出一阵阵臭气。广告词是：“吃甜洋葱，没有眼泪，不会烧心，而且绝对不会让你臭烘烘。”

该国的干豆生产者联盟马上对此表示抗议，认为该广告有关“臭烘烘”的告诫根本不真实。对此，该国广告标准管理部门则做出了本文开头的那番表示，说吃豆子会使人放屁是众所周知的事情。广告标准管理部门还在其网站上说：“这则广告是基于一个客观事实拍摄的，这一点是不能否认的……。”

(注：rugby指英式橄榄球；美式橄榄球用American Football。)

distract [dis'trækt] **v.** 转移

[联想] distraction

embrace [im'breis] **vt.** 拥抱, 互相拥抱; 包含; 收买; 信奉 **vi./n.** 拥抱intimate ['intimit] **a.** 亲密的, 融洽的; 隐私的**vt.** 宣布, 明白表示 **n.** 熟友

[联想] intimacy, intimation

[pæ'ɒnɪt] **a.** 充满热情的

[联想] passion, passionately, passionless, impassioned, impassive, dispassionate

真题句

It was found that children from the noisy schools had higher blood pressure and were more easily distracted than those who attended the quiet schools. [第七册学术类4阅读]

68

My mother works in a hospital and occasionally evaluates new equipment. Once a handsome young salesman was in her office demonstrating a patient restraining device. After half an hour they emerged from her office. "Okay," said my mother, within hearing range of other staff members, "we've tried it standing up and we've tried it sitting down, so let's go upstairs and try it on the bed."

我的母亲在一家医院工作, 偶尔会评估新仪器。一次, 一个英俊的年轻推销员正在她的办公室里, 演示一台约束病人的装置。半个小时后, 他们从办公室出来了。在其他工作人员都能听到的范围内, 我母亲说道: “好了, 我们已经站着试过了, 坐着也试过了, 那就再让我们上楼, 去床上试试吧。”

demonstrate ['demonstreɪt] **vt.** 示范, 证明, 论证 **vi.** 示威

[联想] demonstration, demonstrative

device [di'vais] **n.** 装置, 设计, 图案, 策略, 发明物, 设备

[联想] devise

emerge [i'me:dʒ] **vi.** 显现, 浮现, 暴露, 形成, (由某种状态) 脱出, (事实) 显现出来

[联想] emergence, emergency, emergent

occasionally [ə'keɪʒənəli] **ad.** 有时候, 偶尔

[联想] occasion, occasional

restrain [ris'trein] **vt.** 抑制, 制止

真题句

argument is quite easy to follow and a range of devices is used to connect the ideas. [第六册写作样本]

69

My nine-year-old son tended to do everything in a rush so he'd have more time to spend on fun and friends. When I picked him up after a week of camp, I noticed he had quite a tan, almost a burn. "Honey," I said, "didn't you use your sunscreen every day?" "Sure, Mom," he replied. "I put it on every night before I went to bed."

我九岁的儿子倾向于匆忙地做各种事情, 这样他就有更多的时间玩儿以及和朋友在一起。当我把他从为期一周的露营中接回来的时候, 我发现他晒得很黑, 几乎是晒伤了。“亲爱的,”我说,“你没有每天都用防晒霜吗?”“当然了, 妈妈,”他回答道。“我每天睡觉前都用。”

tan [tæn] **n.** 日晒后的颜色, 棕褐色, 茶色 **a.** 棕褐色的, 茶色 **v.** 晒黑, 晒成褐色

70

My parents purchased a small car with a manual shift. Since my mother had driven only cars with automatic transmissions for 25 years, my father decided to give her a refresher course. In a letter to a friend who lived 30 miles away, mom described the lessons. "Mel's been teaching me to drive a stick shift," she wrote. "Perhaps you've heard him."

我的父母新买了一辆带手动变速器的小车。由于这25年妈妈只开带自动变速器的车, 爸爸决定给她补补课。妈妈在写信给她住在30英里外的朋友时描述了这些课。“梅尔一直在教我用变速杆开车,”她写到。“可能你已经听到过他的吼声。”

automatic [ɔ:tə'mætɪk] **n.** 自动机械 **a.** 自动的, 无意识的, 机械的

[联想] automatically, automat

manual ['mænjuəl] **n.** 手册, 指南 **a.** 手的, 手动的

transmission

[trænz'mɪʃən] **n.** 播送; 发射; 传动, 传送; 传输; 转播

真题句

Here human beings are in the minority as much of the work is done by automated machines controlled by computers. [第二册培训类B阅读]

71

My retired husband regularly finds things to do on our small rural acreage that prevent him from joining me on occasional shopping trips to the city. I enjoy his company and, on this particular morning, objected testily to his last-minute excuse. He tried to be helpful and gestured towards the gas tanks outside. "Well? Are you going? Shall I gas up the car for you?" "Yes," I snapped. Then, for effect, I added, "and I might never come back!" He looked shocked. "Oh, I can't put that much in," he said.

我已离休的丈夫总能在这一小小的乡村几亩地找到事情做, 这样他就可以不用与我一起偶尔去市里购物。我喜欢他陪着我, 所以在这个特别的早晨, 我恼火地对他临走时的借口表示了抗议。他试着帮点忙, 于是指着门外的油箱, 问道: “好了, 你要走了吧? 我帮你给车加满油?” “好啊,”我厉声说着。然后, 为了加强点效果, 我补充道: “我说不定不回来了呢!”他看上去挺震惊的。“哦, 那我不能加那么多。”他说。

90

Sir Walter Scott was riding one day in the neighbourhood of Abbotsford, his residence; he came to a field-gate through which he wanted to pass and which an Irish beggar, who happened to be near, hastened to open for him. Walter Scott wanted to give him a six penny piece to reward him for this service; but not finding any in his purse he presented him with a shilling saying, "You will owe me six pence, my good fellow." "God bless you!" said the beggar. "May your honor live until I pay you!"

一天, 沃尔特·斯科特爵士在他的住地阿博特斯福特附近骑马, 他来到一个篱笆门前, 想过去。一个刚巧在近旁的爱尔兰乞丐急忙为他打开了门。沃尔特·斯科特想奖赏给他一枚六便士的硬币, 但他在钱包里找不到便士, 于是他给了他一个先令, 说: “你将欠我六便士, 我亲爱的朋友。”乞丐说: “上帝保佑您! 愿阁下长寿, 直到我能还清债的那一天!”

hasten	[ˈheɪsn] v. 催促, 赶紧; 促进; 加速 [联想] haste, hastily, hastiness, hasty	residence	[ˈrezɪdəns] n. 居住, 住处 [联想] reside, resident, residential
penny	[ˈpenɪ] n. 便士, [美] 分 [联想] pennyworth	shilling	[ˈɪlɪŋ] n. 先令 (1971年以前的英国货币单位)

91

Some time ago, zoo officials in Kirby Misperton, England, had to pay visitors for articles stolen by monkeys. But what puzzled them was the favorite item the animals snatched: eyeglasses. An investigation revealed the reason. The monkeys grabbed the glasses when visitors leaned over to read a small sign on the wall of the cage. The sign said: "Beware! These monkeys steal spectacles."

前一段时间, 英格兰柯尔比米斯伯顿动物园的管理人员向游客赔偿被猴子盗窃的物品。但让他们大惑不解的是, 猴子们最爱抢的东西是眼镜。一次调查揭示了原因, 当游客们身体前倾去看清猴园墙上的小布告时, 猴子们就抢走他们的眼镜。布告上写着: “当心! 这些猴子偷眼镜。”

beware	[biˈweə] v. 小心, 谨防	item	[aɪtəm] n. (可分类或列举的) 项目; 条款; (消息、情报等的) 一则, 一条
eyeglass	[ˈaɪglɑːs] n. 镜片; [复] 眼镜	spectacle	[ˈspektəkl̩] n. 观赏物, 展览物, 公开展示; 奇观, 景象; 光景; (a pair of ~s) 眼镜
investigation	[ɪnˌvestɪˈgeɪʃən] n. 调查, 研究 [联想] investigate, investigative		

92

Somewhat sceptical of his son's newfound determination to become Charles Atlas, the father nevertheless followed the teenager over to the weight-lifting department, admiring a set of weights.

"Please, Dad," pleaded the boy, "I promise I'll use'em every day."

"I don't know, Michael. It's really a commitment on your part," the father pointed out.

"Please, Dad?" the boy continued.

"They're not cheap either," the father came back.

"I'll use'em Dad, I promise. You'll see."

Finally won over, the father paid for the equipment and headed for the door.

From the corner of the store he heard his son yelp, "What! You mean I have to carry them to the car?"

儿子最近决心要成为查尔斯·艾特勒斯, 对于这个决定, 父亲多少有点怀疑, 不过他还是陪着儿子去了举重器材商店, 在那里他们看上了一套举重器材。

“哦, 爸爸, 给我买一套吧,” 儿子恳求道, “我答应我一定每天都会用它们来锻炼的。”

“我也不知道, 迈克尔。这对你来说的确是一项承诺,” 父亲对儿子指出这一点。

“好不好嘛, 爸爸?” 男孩继续央求。

“而且这套器材可不便宜。” 父亲又说。

“我会用它们锻炼的, 爸爸, 我答应你。你会看到的。”

最后, 父亲被说服了, 他买了这套设备, 然后向门外走去。

就在这个时候, 他听到儿子在商店角落里尖叫着嚷道, “什么! 你的意思是我得一个人把这些东西扛到车上去?”

nevertheless	[ˌnevəðəˈles] conj. 然而, 不过 ad. 仍然, 不过	sceptical	[ˈskeptɪkəl] a. 怀疑论的, 怀疑的
newfound	[ˈnjuːfaʊnd] a. 新发现的; 新得到的	yelp	[jelp] v. 狗吠, (因痛而) 叫喊, 叫喊着说 [联想] yip

真题句

Nevertheless, one of the most important tasks for the archaeologist today is to know how to interpret material culture in human terms. [第四册学术类4阅读]

93

The day before our annual family golf tournament my sister-in-law asked if I'd be playing. "No, golf's just not my game. In fact, I hate it." "Oh, come on," she urged, "You just have to come. If you don't, I'll be the worst one out there!"

在我们全家每年一次的高尔夫锦标赛的开赛前一天, 我的弟媳问我是否上场。 “不, 我不擅长打高尔夫球。事实上, 我讨厌这项运动。” “噢, 别这样,” 她强烈地要求说: “你一定要来的。如果你不来, 我就会是那里打得最差的一个了。”

annual	[ˈænjʊəl] n. 一年生植物, 年刊, 年鉴 a. 一年一次的, 每年的, 一年生的	tournament	[ˈtuənəmənt] n. 比赛, 锦标赛, 联赛 [联想] annually
---------------	---	-------------------	---

我在一个交响乐团演奏时，我们乐团与一家大航空公司达成协议，哪些乐器可以带上飞机，哪些乐器要作为行李托运。一个大提琴手惊讶地发现他那精致的、昂贵的木质乐器竟要托运，经受行李舱内的低温以及野蛮的装卸。他干净利落地解决了这个问题。他手里拿着大提琴，走到门口的空中小姐跟前，问道：“我可以将我单簧管带上飞机吗？”她检视了一下单子，答道，“单簧管可以。祝你旅途愉快。”然后微笑着挥手让他进去了。

symphony	[ˈsɪmfəni] <i>n.</i> 交响乐，交响曲 [联想] symphonic
orchestra	[ˈɔ:kɪstrə, -kes-] <i>n.</i> 管弦乐队，乐队演奏处 [联想] orchestration
union	[juːnjən] <i>n.</i> 联合，合并，结合；联盟，协会
dismay	[dɪs'meɪ] <i>n.</i> 沮丧，惊慌 <i>v.</i> 使沮丧，使惊慌

cellist	[tʃelist] <i>n.</i> 大提琴演奏家
delicate	[ˈdelɪkət] <i>a.</i> 精巧的，精致的；病弱的，脆弱的；微妙的；棘手的；灵敏的，精密的 [联想] delicacy
consign	[kən'saɪn] <i>vt.</i> 托运，委托
solve	[sɒlv] <i>vt.</i> 解决，解答
clarinet	[klæ'rɪnɛt] <i>n.</i> [乐]竖笛，单簧管，黑管

真题句

Of the countries which developed and maintained distinctive national cinemas in the silent period, the most important were France, Germany and the Soviet Union. [第四册培训类A阅读]

114

When Jim arrived in Vietnam as a military adviser, he threw himself into learning as much as possible about the country. He enjoyed being exposed to a different culture, replete with new kinds of food, and he was impressed by the friendliness of the Vietnamese. Life suited him so well that he even seemed to be looking younger. In fact, his once-grayish hair was becoming dark again. Even his friends commented on it. Could it be the climate, or the exotic Oriental fruits? His fantasies quickly dissolved when he returned to his quarters one day to find the houseboy polishing his black shoes with his hairbrush.

当吉姆到越南做军事顾问的时候，他全身心地去了解这个国家。他喜欢处于一种异域文化的包围之中，饱食各种异国风味的食品，而且越南人的友好给他留下了很深刻的印象。他非常适应那儿的生活，以至于他显得年轻了。事实上，他花白的头发也开始重新变黑，甚至他的朋友也提到这一点。是因为气候呢，还是因为奇异的东方水果呢？一天，他回到住处，幻想便迅速破灭：他发现仆正在用他的发刷擦那双黑皮鞋。

dissolve	[dɪ'zɒlv] <i>v.</i> 溶解，解散 [联想] solvent, solve, dissolvable, dissolver
exotic	[ɪg'zɒtɪk] <i>a.</i> 异国情调的，外来的，奇异的
expose	[ɪks'pəʊz] <i>vt.</i> 使暴露，受到，使曝光 <i>v.</i> 揭露 [联想] exposure, exposition
hairbrush	[ˈheəbrʌʃ] <i>n.</i> 发刷
houseboy	[ˈhaʊsbɔɪ] <i>n.</i> 男仆，僮仆

orient	[ˈɔ:riənt] <i>n.</i> 东方，东方诸国（指地中海以东各国） <i>a.</i> 东方的，上升的，灿烂的 <i>vi.</i> 适应形势，向东 <i>vt.</i> 使朝东，使适应，确定方向 [联想] oriental, orientation
polish	[ˈpɒlɪʃ] <i>n.</i> 磨光，光泽，上光剂；优雅，精良 <i>vt.</i> 擦亮，发亮，磨光；推敲 <i>vi.</i> 发亮，变光滑
replete	[rɪ'pli:t] <i>a.</i> 充满的

真题句

With schooling beginning earlier and becoming increasingly exam-orientated, play is likely to get even less of a look-in. [第四册学术类2阅读]

115

When Louis XIV invaded Holland in 1672, the Dutch cut the dikes and allowed the waters of the North Sea to rush in over their land. Amsterdam became an island inaccessible to the powerful French army, which had to retreat from the flood.

1672年，路易十四进攻荷兰时，荷兰人扒开了堤坝，让北海的海水涌进自己的国土。阿姆斯特丹成了孤岛，强大的法国军队无法前进，在洪水面前只好撤退。

retreat	[rɪ'tri:t] <i>vi./n.</i> 撤退，退却
----------------	--------------------------------

真题句

Clearly, certain diseases are beating a retreat in the face of medical advances. [第六册学术类2阅读]

116

When she was about two years old, I began taking my daughter, Sarah, fishing with me. Since she caught very little, I'd ask her if she'd like to reel in one of my fish. This, I felt, would give her the idea of how it was to be done, and keep her from getting disheartened and bored. Just before her 13th birthday, we were out in the canoe and she was pulling in fish after fish, while I couldn't hook even one. Finally, after about her 15th fish, Sarah turned to me and softly asked, "Would you like to reel in my next fish, Dad?"

女儿萨拉大约两岁时，我便开始带着她去钓鱼。由于她钓到的鱼很少，我便会问她是否想替我为一上钩的鱼收线。我觉得，这不仅会让她的明白该如何去做，而且能避免令她灰心和无聊。就在女儿13岁生日前，我们外出乘独木舟垂钓，她一条接一条地钓上鱼，而我却一条也钓不到。最终，在大概第15条鱼上钩后，萨拉转过身，轻声问我：“爸爸，你想替我为下一条鱼收线吗？”

120 While supervising the production line of the bottling plant where I was foreman, I noticed that the capping machine was out of caps. Unfortunately, in attempting to rectify the problem, I was careless, and the machine cut off part of one of my fingers. The senior operator, seeing what had happened, fainted. A second operator rushed to the scene. She fainted. A third operator found a bottle of aspirin and followed me as I headed toward the first-aid station. A fourth operator took a cup of water from the cooler and she, too followed. The rear was brought up by the first-aid man, with a bandage. A police car arrived and took me to hospital. The operation was minor and in less than two hours I was being driven home by my wife. She dropped me off at work so I could assure my friends all was well. But I need not have bothered. The others had all gone home sick.

当我担任领班，在一家灌瓶厂里监督生产线的时候，我注意到封盖机不出盖子了。我试图去纠正问题，但是很不幸，由于不小心，机器切掉了我一根手指的一部分。那位高级操作员看到所发生的事后，晕倒了。另一个操作员冲到现场。她也晕倒了。第三个操作员找到了一瓶阿司匹林，跟着我前往急救站。第四个操作员拿了一杯冰桶里的水，她也跟着去了。殿后的是一名急救人员，手拿一条绷带。一辆警车开来，将我送到医院。手术很小，不到两个小时，我妻子就开着车带我回家了。她让我在工厂下车，以便我去向朋友们保证一切都好。不过我本不必费心的。其他人全都生病回家了。

aspirin	[ˈæspərɪn] <i>n.</i> 阿司匹林（解热镇痛药）	rear	[rɪə] <i>n.</i> 后面，背后，后方；屁股 <i>a.</i> 后面的，背面的，后方的 <i>vt.</i> 培养，饲养；举起，树立；栽种 <i>vi.</i> 高耸；暴跳；用后腿站起
faint	[feɪnt] <i>n.</i> 昏晕，昏倒 <i>a.</i> 虚弱的，衰弱的，软弱的，无力的；微弱的，暗淡的；模糊的 <i>vi.</i> 昏过去，昏倒；变得微弱，变得没气力	rectify	[ˈrektɪfaɪ] <i>vt.</i> 矫正，调整；[化]精馏
foreman	[ˈfɔːmən] <i>n.</i> 领班，工头，陪审团主席		

真题句

It is a mistake that can take decades to rectify - and even threaten the future of a promising business. [第七册培训类A阅读]

121 William Herschel (1738-1822), the German-English astronomer who discovered the planet Uranus and became the most famous astronomer of his time, was a music teacher to begin with and entered astronomy as a hobby. Because he couldn't afford to buy good telescopes, he made his own—the best instruments in the world. He would sit grinding the lenses for hours and hours while his sister Caroline read aloud to him to distract him and fed him a mouthful at a time. Caroline went on to do astronomical work of her own, discovering eight comets, and lived to the age of 98.

出生于德国的英国天文学家威廉·赫歇尔（1738~1822）发现了天王星，成为他所处时代最伟大的天文学家。起初他是一名音乐教师，天文学只是他的业余爱好。因为买不起好的望远镜，他就自己磨制制成了当时世界上最好的望远镜。他常坐着一连磨上好几个小时，他妹妹卡罗琳就读书给他听，让他提提神，有时还喂他吃点儿东西。卡罗琳自己后来也从事天文学，发现了8颗彗星，一直活到98岁。

comet	[kəˈmɪt] <i>n.</i> 彗星	telescope	[ˈtelɪskəʊp] <i>n.</i> 望远镜 <i>v.</i> 压缩
grind	[graɪnd] <i>v.</i> 磨（碎），碾（碎），折磨	Uranus	[ˈjuːərənəs] <i>n.</i> 天王星
lensed	[ˈlenzd] <i>a.</i> 有透镜的		

真题句

It was during the latter part of this that he discovered Uranus. [第二册培训类A阅读]

122 With boot camp only a few months away, my newlywed daughter was trying to understand the challenges her husband would be facing during this rigorous training period. He told her there was some swimming involved, and she assured him that she'd teach him to swim in no time. Discovering that it was only a distance of about 50 metres, she was confident of her task, until he added, "...in full combat uniform."

离新兵训练营开营还有几个月，我新婚的女儿正在试着了解老公在严酷的集训期间会遇上怎样的挑战。他告诉她说，训练会有游泳的部分，女儿就向他保证可以立刻教会他游泳。在她发现训练只要游50米的时候，她对完成这个任务十分自信，直到老公补充说：“……要穿着全套作战服。”

combat	[kəmˈbæt] <i>n.</i> 战斗，格斗 <i>v.</i> 战斗，搏斗，抗击	rigorous	[ˈrɪɡərəs] <i>a.</i> 严密的；缜密的；严格的，严厉的
	[联想] combative		[联想] rigid, rigidity, rigor

真题句

Teachers continually complain about this problem and measures should be taken to combat the situation. [第四册写作样本]

123 Year after year the Canadian Forces budgets have been reduced, so cutbacks in flying hours at our Wing have been the norm, and we've become used to phrases like "Leaner and Meaner." The latest one is "Doing More With Less." This prompted one of my colleagues to say, "We've been 'Doing More With Less' for so long that soon we'll be 'Doing Everything with Nothing'."

真题句

The college offers a more mature environment in which to learn than a school. [第二册培训类A阅读]

128

Lost at Sea, Tami Oldham Ashcraft Wanted to Die

The human body can endure a lot of mistreatment; it's the mind that is truly fragile. In October 1983, Ashcraft, then 23, and her British boy friend, Richard Sharp, both California residents and long time sailors, accepted a job delivering a yacht from Tahiti to San Diego. The first week, they sailed the luxurious 44-foot Hazana east in calm seas. Then reports of a tropical depression off Central America came in over the radio. Ashcraft and Sharp tried to run north of the storm but soon were battling 50-foot seas in the heart of Category Hurricane Raymond. Sharp sent Ashcraft below deck and clipped himself in to a lifeline. Moments later, the boat rolled over, then flipped end over end.

When Ashcraft regained consciousness 27 hours later, the storm was over, but her head was covered in blood, and Sharp's tether trailed off into the dark ocean. The boat was dismantled, the engine and electronic equipment didn't work, and the cabin was partially flooded. Though there was enough food and water on board to sustain her, Ashcraft was on the verge of a mental breakdown and wouldn't eat. Mourning for Sharp and weak from blood loss, she did nothing for two days — until a voice in her head began demanding that she get to work. "Being on that boat was like solitary confinement," recalls Ashcraft. "The voice kept me on track. I just followed it."

Working with a sextant for two days, she figured out her bearings and rigged a sail to position herself in currents she hoped would take her to Hawaii. After 42 days, she sailed into the Big Island's Hilo Harbor.

在大海中迷失方向，达米·欧哈姆·艾什克莱夫特生不如死

人的身体可以忍受很多摧残，可精神却是极其脆弱的。1983年10月，23岁的艾什克莱夫特和她的英国男友理查德·夏普接受了一份在塔希提岛和圣地亚哥之间运送快艇的工作。两人一起居住在加利福尼亚，并长期出海。第一个星期，他们驾驶着这艘名叫哈泽纳的44英尺长的豪华游艇在平静的海面上向东航行。之后不久，广播里传来消息，热带低压正离开美洲中部，向他们逼近。艾什克莱夫特和夏普试图从北边绕开风暴，但是没过多久却进入了四级飓风雷蒙德的中心，与50英尺高的海浪搏斗。夏普把艾什克莱夫特送到甲板下面，然后把自己夹在救生索的中间。可是不一会儿，船就翻了，接着整个儿被掀了过去。

27小时后，艾什克莱夫特恢复了意识，这时风暴已经停歇了。她满头是血，而夏普的救生索在黑暗的大海中消失了踪影。船的桅杆折断了，发动机和电子设备坏掉了，而船舱也已经进了水。尽管甲板上有足够维持性命的水和食物，可艾什克莱夫特却在精神崩溃的边缘，吃不下任何东西。夏普的失踪让她悲痛欲绝，失血过多又使她的身体虚弱至极，两天来她什么事都做不了——直到脑海里声音命令她应该开始采取行动。“待在那艘船上就像是被关禁闭，”艾什克莱夫特回忆道，“那个声音让我向前走下去，我只有照着去做。”

在用六分仪工作两天后，她找到了自己所在的方位，然后支起临时的帆船，以便让湍流把她带到夏威夷。42天后，她终于抵达夏威夷大岛的希洛港口。

breakdown	['breikdaʊn] <i>n.</i> 崩溃，衰弱，细目分类		
cabin	['kæbin] <i>n.</i> 小屋，船舱		
clipper	['klipeɪ] <i>n.</i> 大剪刀，快速帆船修剪者	fragile	['frædʒail] <i>a.</i> 易碎的，脆的
	[联想] clip, electric, clipper		[联想] fragility
consciousness	['kɒnʃənsɪs] <i>n.</i> 知觉；意识，观念，觉悟；察觉，感觉	hurricane	['hʌrɪkən, -kin] <i>n.</i> 飓风，狂风
	[联想] conscious, unconscious	luxurious	['lʌkʒjuəriəs] <i>a.</i> 奢侈的，豪华的
confinement	['kɒnfəɪnmənt] <i>n.</i> 限：（被）禁闭；产期，分娩	resident	['rezɪdnt] <i>n.</i> 居民 <i>a.</i> 居住的，常驻的
dismast	[dis'mɑ:st] <i>vt.</i> 夺掉桅杆，折断桅杆	rig	[rɪg] <i>n.</i> 索具装备，钻探设备，钻探平台，钻塔 <i>v.</i> 装上索具，配备，装配
depression	[di'preʃən] <i>n.</i> 沮丧，消沉；低气压，低压；萧条	solitary	['sɒlɪtəri] <i>a.</i> 孤独的；单独的，唯一的
	[联想] depress, depressive	sustain	[sə'steɪn] <i>vt.</i> 支撑，撑住；维持，持续
endure	[ɪn'djuə] <i>v.</i> 耐久，忍耐	tropical	['trɒpɪkl] <i>a.</i> 热带的；热情的
	[联想] endurance		[联想] tropic
flip	['flɪp] <i>vt.</i> 掷，弹，轻击；（用鞭等）抽打；空翻 <i>vi.</i> 用指轻弹；抽打；翻动书页（或	tether	['teðə] <i>n.</i> 范围
		verge	[və:dʒ] <i>v.</i> 濒临 <i>n.</i> 边缘

真题句

Among the goods coming upstream were luxuries such as sugar, tea, coffee and wine. [第七册培训类B阅读]

129

Travelling on a crowded tube train, I was startled to see a girl thrust her arm in the air, grasping the hand of the man close behind her. The man looked really embarrassed.

"Does anyone own this?" she announced to all assembled. "I've just found it attached to my bottom."

有一次我坐一辆拥挤的地铁出行，车上的一幕让我惊讶：一个女孩奋力将她的手臂举在空中，手里抓紧挨着她身后的一位男士的手。那位男士看起来相当尴尬。“这手是谁的？”女孩向在场所有人问道，“我发现它黏在我的屁股上了。”

startle	['stɑ:tɪ] <i>v.</i> 震惊	
thrust	[θrʌst] <i>n.</i> 插，戳，刺；推力；猛推；口头攻击 <i>vt.</i> 力推；冲，插入；挤进；刺，戳；强加；延伸 <i>vi.</i> 插入，刺，戳；延伸；强行推进	
tube	['tju:b] <i>n.</i> 管子 <i>n.</i> 一桶（或一盆）的容量；一满桶（或盆）	

37

1

A full night's sleep? Not everyone needs it. The truism that all adults need at least eight hours of sleep a night for good health should be put to rest by mounting evidence that less may be better.

In the latest report from Japanese researchers, 104,010 adults were followed for about 10 years. At the start, the participants answered questionnaires about their sleep patterns, and about their health, mental health and lifestyle habits, which also can affect survival. After accounting for all of these factors, adults getting an average of seven hours had the lowest death rates. Surprisingly, less sleep, even as little as four hours a night, didn't significantly increase deaths for men and only lowered survival for women if they averaged less than four hours. But adults who slept longer than seven hours, particularly women, were more likely to die during the 10 years. Two other major published studies and a dozen smaller ones came to similar conclusions, says psychiatrist Daniel Kripke, a sleep researcher at the University of California-San Diego School of Medicine. Doctors shouldn't tell all of their patients to get at least eight hours of sleep, he says in an editorial in the journal. Hormonal changes triggered by darkness or other unknown biological effects from long sleep could be affecting survival, Kripke says.

Other small studies have found adults who sleep less than six hours may be at higher risk for diabetes and obesity. And sleep deprivation also causes car crashes, Dinges says. "People should get as many hours sleep as they need to feel rested," Kripke says, adding that there's no proof that shortening sleep will lengthen life. Sleep need is partly genetic and may be determined by other factors that also influence life span, he says.

睡上一整夜？并非所有人都需要。为了身体健康，所有成年人需要至少8小时的夜间睡眠——这条自明之理应当制止了，因为越来越多的证据表明，少睡些可能更好。在日本研究者的最新研究报告中，104 010名成年人在大约十年的时间里接受了跟踪观察。一开始，参与者回答了有关睡眠方式、健康状况、精神健康和生活习惯的问卷调查，这些因素同样可能影响存活。在考虑以上所有因素之后，平均睡7小时的成年人死亡率最低。令人惊讶的是，较少的睡眠，甚至每晚只睡4个小时，男性的死亡率并未显著上升；而对于女性，只有当平均睡眠少于4小时，其存活率才会降低。但是睡眠时间超过7小时的成年人，特别是女性，更有可能在10年内死亡。加州大学圣地亚哥分校医学院的睡眠研究者、精神病学家丹尼尔·克里普克说，另外两项已经发表的主要研究和十二项较小型研究都得出了类似结论。他在《睡眠》期刊上的一篇评论中说，医生不应该告诉所有病人都至少睡8小时。黑暗或其他由长时间睡眠引起的未知生物效应会引起激素变化，可能影响存活。

其他小型研究已发现，对于睡眠少于6小时的成年人，患糖尿病和肥胖症的风险可能更高。丁格斯说，睡眠不足也会引起撞车。克里普克称：“需要多少小时的睡眠才能感觉精力充沛，人们就应该睡多久。”他还补充道，没有证据表明缩短睡眠会延长寿命。睡眠需求部分与基因相关，也可能取决于同时影响寿命的其他因素。

biological

[baɪə'lɒdʒɪkəl] a. 生物学的

[联想] biologic, biologically, biologist, biology

deprivation

[dɪprɪ'veɪʃən] n. 剥夺

[联想] deprive

diabetes

[daɪə'bi:tɪz, -tɪs] n. [医]糖尿病，多尿症

editorial

[edɪ'tɔ:riəl] n. 社论 a. 编辑上的；主笔的；社论的

[联想] edit, edition, editor, edited, editorialist, editorially, editorialize

evidence

[eɪdəns] n. 明显，显著，明白，迹象，根据，[物]证据，证物

[联想] evident

genetic

[dʒi'netɪk] a. 遗传的，起源的

hormonal

[联想] genetically, geneticist

[hɔ:'məʊnəl] a. 荷尔蒙的，激素的

[联想] hormone

obesity

[əʊ'bisɪtɪ] n. 肥胖，肥大

[联想] obese

psychiatrist

[saɪ'kaɪətrɪst; (US) si-] n. 精神病医师，精神病学家

[联想] psychiatric, psychic, psychically

questionnaire span

[kwɛstɪ'neɪə, -tʃə-] n. 调查表，问卷

[spæn] n. 跨度，跨距，范围

v. 横越

trigger

[trɪɡə] vt. 引发，引起，触发 n. 扳机

[联想] triggermen

真题句

Monkeys were less likely to become diabetic. [第六册学术类3阅读]

The more serious stations and newspapers like to provide "so called" objective news reports with editorial comment aimed at analysing the situation. [第一册写作样本]

2

A big, black mane is hot, shaggy and attracts trophy hunters, but it makes a lion irresistibly sexy to the lionesses, researchers reported.

The bigger and darker the mane, the more mates a lion attracts, and the better his cubs survive, Peyton West and Craig Packer of the University of Minnesota wrote in Friday's issue of the journal Science.

A male with a long, dark mane intimidates other lions and for good reasons, they found. He has higher levels of testosterone and wins fights more often.

But he pays for this. He is hotter than lions with lighter manes, eats less in summer and produces more abnormal sperm, the researchers found.

"We suggest the mane's evolution is the result of sexual selection," said West, a doctoral candidate whose dissertation led to the paper.

Lions' manes vary from light blond to black and can be up to a foot long.

One big question about lions is why the males even have a mane, said West, who studied lions in Tanzania's Serengeti National Park.

Like a peacock's elegant but heavy tail, it signals biological fitness to females. Females choose mates with beautiful tails, or in the case of lions, with big, black manes, because it turns them on. Thus the trait is passed on.

West checked to see what good the mane does to a lion. Some people have suggested it protects the head and shoulders during fights or hunting, but West said their data didn't show the neck and head were a special target.

West set up pairs of model lions with short and long manes and watched to see which ones wild lions would approach. Males chose the short-maned dummy nine out of 10 times, she found, while females approached the darker-maned dummy, 13 out of 14 times.

West also found that the higher the testosterone level in the blood of male lions, the darker the mane. "Therefore, it isn't surprising that females would prefer darker manes and males would be intimidated," West said.

浓密乌黑的鬃毛虽然给雄狮带来不少的麻烦,除了夏天格外闷热之外,还会招来捕猎者的注意,不过研究人员发现,雄狮的鬃毛对母狮来说却具有无法抵抗的性吸引力。

明尼苏达州立大学的佩顿和克雷格·帕克在周五出版的《科学》杂志上写到,鬃毛越长越黑,雄狮吸引的配偶就越多,而且也有助于其幼狮的生存。

他们发现,有着一头又长又黑鬃毛的雄狮具备诸多良好的素质以胁迫其他狮子,这样的雄狮能够分泌出更多的雄性荷尔蒙,从而得以在争斗中保持常胜。

不过“常胜”是要付出代价的。研究者发现,同那些鬃毛稀少的同类相比,鬃毛浓重的雄狮会感觉更热,夏天的食量也少多了,而且排出异常精子的情况会更多。

著文指导该项研究的博士候选人瓦斯特说:“我们认为鬃毛的进化是性别选择的必然结果。”

狮子的鬃毛颜色从金黄色到黑色不等,而且长度可以达到一英尺。

曾在坦桑尼亚的塞伦盖蒂国家公园研究狮子的瓦斯特说,有待我们研究的一个重要问题是,为什么只有雄狮才有鬃毛。

正如孔雀优美厚重的雀屏,那是一种向雌性表明自己体魄强健的生理标志。雌性孔雀通常会选择有漂亮尾巴作为配偶,而母狮子则选择有浓黑鬃毛的雄狮,因为这样的鬃毛能刺激它们在交配过程中感到兴奋。因而这种雄性特征就这样遗传给了下一代。

瓦斯特研究了鬃毛对雄狮的确切作用。有些人认为鬃毛可以在争斗和猎捕时保护头部和肩部,但是瓦斯特说他们收集到的数据并未表明狮子的颈部和头部会受到特别的袭击。

瓦斯特制作了几对鬃毛长短不同的狮子模型,来观察野生狮子到底会接近哪一对。结果她发现,在对雄狮10次测试里,它们有9次会选择短鬃毛的狮子模型,而母狮则14次测试中有13次选择了长鬃毛的模型。

瓦斯特在研究中还发现,雄狮的鬃毛越黑,它血液中睾酮的含量就越高。瓦斯特说:“因此,鬃毛较黑的雄狮会得到母狮的青睐,而且让其他雄狮相形见绌也就不足为奇了。”

blond	[blɒnd] a. 金发的 n. 白肤碧眼金发的人 [联想] blonde, blondish	mane	[meɪn] n. 鬃毛
candidate	[ˈkændɪdɪt] n. 候选人, 投考者 [联想] candidacy	peacock	[ˈpiːkɒk] n. 孔雀 v. 炫耀
cub	[kʌb] n. 幼兽; 不懂规矩的年轻人	shaggy	[ˈæɡi] a. 毛发粗浓杂乱的; 蓬松的; 表面粗糙的 [联想] shag
dissertation	[ˌdɪsə(:)ˈteɪʃən] n. (学位) 论文, 专题论述, 学术演讲	sperm	[spɜ:m] n. 精液; 精子; 鲸蜡油
elegant	[ˈelɪɡənt] a. 文雅的, 端庄的, 雅致的; <口> 上品的, 第一流的 [联想] elegance	target	[ˈtɑːɡɪt] n. 目标, 对象, 靶子
evolution	[ˌiːvəˈluːʃən, eˈve-] n. 进展, 发展, 演变, 进化 [联想] evolve, evolutionary	testosterone	[ˈtesˈtɒstərəʊn] n. [生化][药] 睾丸激素 [联想] testicle
intimidate	[ˌɪnˈtɪmɪdeɪt] v. 胁迫 [联想] intimidation	trait	[treɪt] n. 显著的特点, 特性 [联想] traitor, traitorous, traitorously
issue	[ˈɪʃuː] n. 出版, 发行; (报刊等) 期、号; 论点, 问题; 结果; (水, 血等的) 流出 vi. 发行; 流出; 造成……结果; 进行辩护; 传下 vt. 使流出, 放出; 发行 (钞票等); 发布 (命令); 出版 (书等); 发给; [律] 子女, 后嗣	trophy	[ˈtrɒfi] n. 战利品, 奖品 vt. 用战利品装饰, 授予……奖品 [联想] trophies
		vary	[ˈvæəri] vt. 改变, 变更; 使多样化 vi. 变化, 不同, 违反 [联想] variety, variable, various

真题句

The main function of the hormone is to control the body's biological clock, so we know when to sleep and when to wake. [第五册培训类A阅读]

Here is the examiner's comment: Although the answer considers the main issues in the question, it deals much more with the aspect of "competition" than it does with "co-operation". [第五册写作样本]

3

Fizzy drinks, the scourge of healthy diet campaigners, can improve your memory, according to experts today.

Consuming the equivalent of two cans of soft drink can boost memory retention by a fifth and combat dementia in older people, found neuroscientists (神经科学家) from Glasgow Caledonian University. Psychology lecturer Dr Leigh Riby, who led the research, said people studying for exams could benefit from

increasing the amount of sugar in their diet.

He focused on an area of the brain known as the hippocampus, which creates new memories but declines with the onset of dementia.

Dr Riby used a series of memory tests and brain-imaging techniques to assess how volunteers responded after guzzling sugary drinks. He found the hippocampus lit up with activity after participants had a sweetened drink and they were able to recall per cent more than without a drink.

He said: "It is widely accepted that when humans face a stressful situation they experience a natural rise in glucose in the body, particularly in the hippocampus. "They also tend to remember these dangerous or scary occurrences more clearly than other memories".

"This glucose-memory system has evolved to help humans survive. Unfortunately, it is compromised in old age." (to be continued)

英国专家日前表示，碳酸饮料虽然备受健康饮食提倡者指责，但其实它具有改善人们记忆力的功效。

英国格拉斯哥格里多尼亚大学的神经学家们发现，每天喝下约两罐碳酸饮料就能使记忆力提高五分之一。心理学讲师莱比博士是此项研究的负责人。他说，增加饮食中含有的糖分能够给那些为应试而苦读的人带来好处；喝碳酸饮料同时还有助于预防老年痴呆症的发生。

莱比等人的研究重点是一个名为海马状突起的脑部区域。海马状突起主要由灰白质构成，在泛记过程中起主要作用。海马状突起可以产生新的记忆，但是当痴呆症发作时，其功能就会受到影响并减退。

莱比博士使用一系列的记忆力测验和脑部成像技术来评估志愿者喝下含糖饮料后，其脑部会做何反应。他发现，当志愿者们喝下甜饮料后，其海马状突起活性增强，与没喝饮料时相比，他们能多记住17%的东西。

对此，莱比博士表示：“当人们面对一种很大的压力时，其体内（特别是在海马状突起内）的葡萄糖量就会自然增加。而且他们还趋向于更清楚地记住那些危险的或是使人惊慌的事情。”

“这种葡萄糖记忆力系统不断进化发展，以有助于人们的生存。但不幸的是，到老年它会受到损害。”

boost	[bu:st] v. 推进，改善 [联想] booster	onset	['ɒnsət] n. 攻击，进攻；有力的开始；肇端 n. [医]发作 [联想] outset, setback
campaigner	[kæm'peɪnə] n. 从军者，出征者；竞选者；推行运动的人士 [联想] campaign	psychology	[saɪ'kɒlədʒi] n. 心理学，心理状态 [联想] psycho, psychoanalysis, psychoanalyst, psychoanalytic, psychoanalyze, psychobabble, psychodrama, psychodynamics, psychological, psychologically, psychologist, psychopath, psychopathic, psychosis, psychosocial, psychotherapeutic, psychotherapist, psychotherapy, psychotic
compromise	[kɒmpraɪz] n. 妥协，折中 v. 妥协，折中；危及……的安全 [联想] compromiser, uncompromising	retention	[ri'tenʃən] 保持力 [联想] retentive, retentiveness
dementia	[di'menʃiə] n. [医]痴呆	scourge	[skɔ:dʒ] n. 鞭子；苦难的根源；灾祸 vt. 鞭打；痛斥；使痛苦
evolve	[ɪ'vɒlv] v. (使)发展，(使)进展，(使)进化 [联想] evolution, evolutionary, evolutionist, evolutionary	series	['sɪəri:z] n. 连续的同类事物，系列；串联 [联想] serial
fizzy	['fɪzi] a. 嘶嘶作响的，起泡沫的 [联想] fizz, fizzle		
glucose	[glu:kəʊs] n. 葡萄糖		
guzzle	[gʌzl] v. 狂饮，暴食，喝酒花掉(钱) [联想] guzzler		
hippocampus	[hɪpə'kæmpəs] n. [希神][罗神]马头鱼尾的怪兽；[鱼]海马		

真题句

Some people think that the advertising boosts the sales of goods and it encourages people to buy things unnecessarily. [第六册写作样本]

Lack of sleep, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety and encourage irritability. [第五册培训类A阅读]

4

Flowering Phone Is Environmental Wake-Up Call

British scientists seeking to protect the environment have designed a biodegradable mobile phone cover that breaks down in soil when discarded and sprouts a flower from a seed embedded inside the case. Researchers at the University of Warwick in central England said the novel device, made from a specially designed polymer, is a boon for the environmentally sensitive. Millions of mobile phones are thrown away every year as the industry churns out new models. "It's a real novelty in the phone industry and consumers are happy because they feel they are doing something for the local environment," said Kerry Kirwan from the University of Warwick. Designers have reassured the wary user that the seed, implanted in a tiny transparent window, only germinates when the phone cover is discarded. "We put sunflower seeds into the prototype covers, but we are working with horticultural researchers to identify which other flowers would perform best. Maybe we could put poppies or roses next time," Kirwan added.

开花的手机

致力于保护环境的英国科学家们设计了一款生物可降解手机外壳，这款手机外壳被丢弃之后会在土壤中分解，其中内置的一粒种子还会长出花苗来。英格兰中部华威大学的研究人员说，这款由特制聚合材料制成的新奇装备为注

重环保的人们带来了福音。由于手机厂商不停推出新款，每年有数以百万计的手机被人丢弃。华威大学的克里·基尔万说：“这是手机行业的一个全新事物。消费者们为此感到高兴，因为他们觉得自己为本地环境做了一件事情。”手机外壳的设计者们让那些有所顾虑的用户尽管放心，因为封在一个微型透明窗里的种子只有在手机外壳被弃置后才会发芽。基尔万补充道：“外壳样品里放的是向日葵种子，不过我们正在跟园艺研究人员一起研讨还有哪些花最适合放到手机外壳里。说不定，下一次我们会在里面放上虞美人或是玫瑰花的种子。”

biodegradable	[baɪəʊdɪ'greɪdəbl̩] a. 生物所能分解的
boon	[bu:n] n. 恩惠，实惠，福利
churn	[tʃə:n] n. 搅乳器 v. 搅拌，搅动，churn out 大量产出
discard	[dɪs'kɑ:d] vt. 丢弃，抛弃 v. 放弃
embedded	[em'bedɪd] a. 植入的，深入的，内含的
germinate	['dʒɜ:mɪneɪt] v. 发芽，发育，使生长 [联想] germination
horticultural	[hɔ:'tɪkʌltʃərəl] a. 园艺的 [联想] horticulture, horticulturist
novelty	['nɒvəltɪ] n. 新颖，新奇，新鲜，新奇的事物 [联想] novelty

polymer	[pɒlɪmə] n. 聚合体 [联想] polymerization
prototype	[prəʊtətaɪp] n. 原型，样板，样品 [联想] prototypical
reassure	[ri:'eʃuə] vt. 使……安心，再保证，使……恢复信心，打消……的疑虑 [联想] reassuringly, reassurance
sprout	[spraut] v. 萌芽 n. 苗芽
transparent	[træns'pæərənt] a. 透明的，显然的，明晰的 [联想] transparency
wary	['weəri] a. 谨慎的，机警的 [联想] unwary

真题句

Those confined to particular geographical areas, such as countries bordering the Mediterranean or the Nordic countries therefore had to be discarded. [第七册学术类3阅读]

The way rewards are distributed should be transparent so that employees perceive that rewards or outcomes are equitable and equal to the inputs given. [第六册学术类3阅读]

5 Heart-healthy omega-3 fatty acids, like those found in fish, may give a boost (推进) to behavior, mood and personality, new research suggests. University of Pittsburgh researchers found that volunteers with lower blood levels of omega-3 polyunsaturated fatty (脂肪的) acids were more likely than others to be impulsive, to have a more negative outlook, and to report mild or moderate symptoms of depression. Study participants with higher blood levels of omega-3 fatty acids were found to be more agreeable, however. The findings were presented Friday at the American Psychosomatic Society meeting, in Denver. "A number of previous studies have linked lower levels of omega-3 to clinically significant conditions such as major depressive disorder, bipolar disorder, schizophrenia, substance abuse and attention-deficit disorder," Sarah Conklin, a post doctoral scholar with the psychiatry department's Cardiovascular Behavioral Medicine Program, said in prepared statement. "However, few studies have shown that these relationships also occur in healthy adults. This study opens the door for future research looking at what effect increasing omega-3 intake, whether by eating omega-3 rich foods like salmon, or taking fish-oil supplements, has on people's mood," Conklin said.

最新公布的一项研究结果显示，通常存在于鱼肉中的omega-3脂肪酸不仅有益于人体心脏健康，还可能改善个人行为方式，并对心情与性格产生激励作用。美国匹兹堡大学研究人员近日研究发现，在参加研究的志愿者中，血液中omega-3多不饱和脂肪酸含量较低的人比较容易冲动，他们对未来的看法更消极，更多地呈现出轻度或中度的抑郁症状。然而，那些血液中omega-3含量较高的参与者却显得更加心平气和。这项研究成果是周五在丹佛召开的美国家身心健康协会年度会议上被公之于众的。正在匹兹堡大学从事心血管行为药物研究工作的博士后莎拉·康克林表示，通过此前多次研究，科学家认为血液中omega-3脂肪酸含量较低与严重抑郁症、两极性精神紊乱（特点为躁狂与抑郁并发）、精神分裂症、滥用药物以及注意力不集中等临床症状有关。“但此前很少有研究显示上述联系（omega-3脂肪酸含量低与临床病症有关）也会发生在健康的成年人身上，”康克林说，“此项研究结果为将来同类研究提供了线索，有利于进一步探索omega-3脂肪酸摄入量的增加（不管是通过吃如三文鱼等富含omega-3脂肪酸的食物或通过食用鱼肝油之类的补品）到底会对一个人的情绪产生何种影响。”

abuse	[ə'bu:z;ə'bju:s] n. 滥用，虐待，辱骂，陋习，弊端 v. 滥用，虐待，辱骂 [联想] abusive, abusiveness	impulsive	[ɪm'pʌlsɪv] a. 冲动的 [联想] impulsively, impulsiveness
acid	['æsɪd] n. [化]酸，<俚>迷幻药 a. 酸的，讽刺的，刻薄的 [联想] acidly, acidity, acidic	intake	['ɪnteɪk] n. (水管、煤气管等的)入口，进口，通风口，(在一定期间的)引入的量
bipolar	[baɪ'pəʊlə] a. 有两极的，双极的	moderate	[ˈmɒdərɪt] a. 中等的，适度的，适中的 v. 缓和 [联想] moderately, moderation, moderator, moderato
cardiovascular	[kɑ:diəʊ'væskjʊlə] a. 心脏血管的 [联想] cardiologist, cardiopulmonary, cardiology	mood	[mu:d] n. 心情，情绪，语气，状态 [联想] moody
deficit	['defɪsɪt] n. 赤字，不足额 [联想] deficient, deficiency		
depressive	[dɪ'presɪv] a. 郁闷的		

7

On a frigid winter day Susan pondered (沉思) the paradox of the seasons. She had just read in a book that the earth is closer to the sun in January than in July. Then why, wondered Susan, isn't summer colder than winter? a. The sun burns more brightly than in winter. b. The earth's tilt on its axis has more influence on the seasons than does its distance from the sun. c. The book is wrong. The earth is actually farther from the sun in winter. Answer: b. The earth's orbit (轨道) is slightly elongated, which puts our planet some three million miles closer to the sun in January than in July. However, the difference in warmth is negligible.

It is the tilt of the earth on its north south axis that determines the seasons. In winter, when the Northern Hemisphere is angled away from the sun, solar energy is diluted because it is dispersed over a larger area. In summer, when the Northern Hemisphere tilts toward the sun, solar energy is concentrated over a smaller area. You can visualize this by shining a flashlight on a book. When the top of the book is slanted away from the flashlight, the beam spreads out and is weaker. When it is tilted toward the light, the beam becomes a concentrated circle.

一个寒冷的冬日, 苏珊在沉思着季节的悖论。她刚刚在书上读到, 地球在一月份时比七月份离太阳更近。她想, 那为什么夏天不比冬天更冷呢? a. 太阳在夏天燃烧更炙热明亮。b. 地球地轴的倾斜度对季节的影响比距日距离的影响更大。c. 是书错了。实际上地球在冬天离太阳更远。答案: b. 地球的轨道略微拉长, 呈椭圆形, 这使我们的星球在一月份时离太阳的距离比七月近了大约三百万英里。但是它造成的热量上的差异却是可以忽略不计的。

地球贯穿南北的地轴的倾斜度决定了季节。冬天北半球没有朝向太阳, 太阳的能量被冲淡了, 因为它分布到了一片更广阔的区域。夏天北半球朝向太阳, 太阳的能量分布在一个较小的区域内, 因而比较集中。你可以自己用手电筒照一本书来演示一下。当书的顶部朝远离光的方向倾斜时, 散射在书上的光就比较微弱。当书朝向光源时, 光束就在书上形成一个集中的圆圈。

axis	[æksɪs] <i>n.</i> 轴 [联想] axes, axle, axletree	negligible	[ˈneglɪdʒəbl̩] <i>a.</i> 可以忽略的, 不予重视的 [联想] negligence, negligent
dilute	[daɪˈlu:t, diˈl-] <i>v.</i> 冲淡, 变淡, 变弱, 稀释 <i>a.</i> 淡的, 弱的, 稀释的 [联想] dilution, undiluted	north	[nɔ:θ] <i>n.</i> 北, 北方, 北部 <i>a.</i> 北方的 <i>ad.</i> 在北方, 向北方 [联想] northeast, northwest, northward, northwestern, northerly, northeastern, northern
disperse	[disˈpɜ:s] <i>v.</i> (使) 分散, (使) 散开, 疏散 [联想] disperse, dispersal, dispel, dispersion	paradox	[ˈpærədɒks] <i>n.</i> 似非而是的论点, 自相矛盾的话 [联想] paradoxical, paradoxically
elongate	[iːlɒŋeɪt] <i>v.</i> 拉长, (使) 伸长, 延长 <i>a.</i> 伸长的 <i>n.</i> 拉长, 伸长 [联想] elongation	slant	[slɑ:nt] <i>v.</i> (使) 倾斜, 歪向 <i>n.</i> 倾斜
frigid	[ˈfrɪdʒɪd] <i>a.</i> 寒冷的; 冷淡的; (妇女) 缺乏性感的 [联想] frigidity	solar	[ˈsəʊlə] <i>a.</i> 太阳的, 日光的 [联想] solarium
hemisphere	[ˈhemɪsfɪə] <i>n.</i> 半球	tilt	[tɪlt] <i>v.</i> (使) 倾斜; (使) 翘起; 以言词或文字抨击

真题句

Some 30 per cent have right hemisphere language. [第一册学术类2阅读]

A variety of tape-recording procedures have thus been devised to minimise the 'observer's paradox' (how to observe the way people behave when they are not being observed). [第四册学术类3阅读]

8

Over half Chinese say premarital sex ok, the Xinhua news agency said on Tuesday, citing results of a recent poll.

A survey, initiated by the Renmin University of China, collected 5,951 responses from people of different age groups, professions and education in 10 provinces and municipalities 16 including Beijing and Shanghai. The results showed 32.7 percent said premarital sex should not be condemned as long as the couple loved each other, while almost 29 percent regarded premarital sex as a private matter. While 12.8 percent said premarital sex was immoral, they also said it was understandable.

"Only 15.26 percent said premarital sex was immoral and should be firmly opposed, and less than 7 percent in the 20 to 29 age group believed premarital sex was immoral," Xinhua said.

Wanyan Hua, a doctoral candidate at Renmin University, said young Chinese were more open towards premarital sex than previous generations.

"But over-indulgence in sex will not only harm young people, but also weaken the concept of marriage and family," she warned.

Chinese attitudes towards sex have relaxed in recent decades, triggering a boom in extramarital relationships

本周二, 新华社在报道中援引近期的一项调查结果称, 中国有一半以上的人认为婚前性行为可以接受。

此项由中国人民大学发起的调查在北京、上海等10个省和直辖市开展, 共收集了5 951份不同年龄段、不同职业和不同教育背景的人的回馈。调查显示, 32.7%的调查对象认为只要双方相爱, 婚前性行为为无可厚非, 而29%的人则认为婚前性行为是个人的私事。12.8%的人认为婚前性行为不道德, 但可以理解。

新华社报道说: “仅有15.26%的人认为婚前性行为不道德, 应该坚决反对; 在20岁至29岁的调查对象中, 不到7%的人认为这一行为不道德。”

人民大学博士研究生完颜华说，中国的年轻一代对于婚前性行为的态度比过去几代人开放得多。她告诫说：“但过分沉溺于性不仅会对年轻人造成伤害，而且会削弱婚姻和家庭的观念。”近几十年来，中国人对于性的态度开放了很多，这也造成了婚外恋现象的增长。

boom	[bu:m] <i>n.</i> 激增，繁荣，迅速发展，隆声 <i>v.</i> 发隆隆声，兴隆，大事宣传	initiate	overindulge, boverindulgences [i'niʃieit] <i>vt.</i> 开始，发动，传授 <i>v.</i> 开始，发起
candidate	[kændidit] <i>n.</i> 候选人，投考者 [联想] candidacy		[联想] initiation, initiative, initiator, uninitiated
cite	[sait] <i>vt.</i> 引用，引证，提名表扬 [联想] citation	municipality	[mju:nisi'pæliti] <i>n.</i> 市政当局；自治市
condemn	[kən'dem] <i>vt.</i> 判刑，处刑，声讨，谴责 [联想] condemnation	poll	[pəul] <i>n.</i> 选举之投票，民意测验 <i>v.</i> 投票，获得选票，选举中获得；对……进行民意测验
extramarital	[ek'strə'mæritəl] <i>a.</i> 私通的		[联想] pollen, pollinate, pollination
immortal	[i'mɔ:tl] <i>a.</i> 不朽的 [联想] mortal, mortality, mortally, immortality, immortalize	premarital	[pri:'mæritəl, pri:'mæritəl] <i>a.</i> 结婚前的 [联想] marital
indulgence	[in'dʌldʒ(ə)ns] <i>n.</i> 放任 [联想] indulge, indulgent, indulgently,		

真题句

28 is cited as famous in the field of psychology. [第二册学术类1阅读]

Indeed AHI is progressively rolling out these initiatives in other hotels in Australia, whilst numerous overseas visitors have come to see how the program works. [第二册学术类2阅读]

9

Researchers at Queen's University in Belfast hope to complete the 10m euro project for an emotion-sensitive computer within four years. The aim is to enable computers to think and behave more like humans. The European-wide project is being coordinated from the university's School of Psychology and involves 160 researchers from institutions. The university's researchers developed the proposal and negotiated the contract with the European Commission.

The academics said the work would build upon attempts to create "multi-modal interfaces" which allow machines to sense and respond to the moods of the user. Programme coordinator Professor Roddy Cowie said while it sounded like science fiction, computers which responded to human emotion would emerge. "At the moment, our use of computers is limited by the fact that we need a keyboard and a screen to access them," he said. "It would make an enormous difference if we could interact with them by speaking normally—perhaps through a microphone and a transmitter in a 'Star Trek' (《星际迷航》) badge." But emotion is part of normal speech, and experience has shown that most users are deeply uncomfortable with speech interfaces that ignore it—too uncomfortable to use them very much. "If we can make computers more intuitive (直觉的) and expressive, and also less challenging to use, there is enormous potential to let people make fuller use of information technology." The emotion-sensitive computer would have its own "personality" and establish a social relationship with the user. "It's a fair bet that in 30 years' time, emotion-sensitive interfaces will be as much part of life as windows and mouse interfaces are now," said Professor Cowie.

贝尔法斯特女王大学的研究者们希望四年内、花费一千万欧元能够研制出这种具有感知情感功能的电脑。其目的就是让电脑像人一样思考和活动。这项遍及整个欧洲的研究项目由女王大学心理学院协调安排，来自27个研究机构的160位研究人员参与了这项工作。女王大学的研究人员制定了一份方案，并就此与欧盟执行委员会进行了商议。

研究人员们说这项工作试图创建“多种模式的界面”，这种“多种模式的界面”能够使机器感应使用者的情绪。项目协调人罗迪·考伊教授说虽然这项工作听起来像科幻小说，但对人类情感做出反应的电脑终将出现。他说：“目前，我们使用电脑是受到客观限制的，即我们只能通过键盘和显示器才能使用电脑。如果我们正常说话就可以和电脑沟通，也许是通过类似《星际迷航》中的徽章里隐藏的麦克风和发射器，结果就大不一样了。”“然而情感是正常说话的一部分，经验显示，大多数使用者对那种忽视情感的语言界面都会深感不舒服，以致都不愿经常使用它们。如果我们能让电脑更直观、更善于表达，使用起来也不觉得太难的话，那么人们更加充分利用信息技术的潜力是巨大的。

“能够感知情感的电脑会有它自己的‘个性’，并且能与使用者建立一种社会关系。”考伊教授说：“很可能在未来30年的时间里，能够感知情感的界面将会像目前的视窗与鼠标界面一样成为我们日常生活的重要部分。”

allow	[ə'laʊ] <i>vt.</i> 允许，承认；给予；认可 [联想] allowable	enormous	整理 [联想] uncoordinated, coordinator, coordination
badge	[bædʒ] <i>n.</i> 徽章，证章		[i'no:məs] <i>a.</i> 巨大的，庞大的；<古>极恶的，凶暴的
Commission	[kə'miʃən] <i>n.</i> 委任，委托；代办(权)，代理(权)；犯(罪)；佣金 <i>vt.</i> 委任，任命；委托，委托制作；使服役 [联想] commissary, commissaries, commissar, commissioner, commissionable	establish	[is'tæbliʃ] <i>vt.</i> 建立，设立，安置，使定居，使人民接受，确定 <i>v.</i> 建立 [联想] establishment, antiestablishment
coordinate	[kəu'ɔ:dini:t] <i>n.</i> 同等者，同等物，坐标(用复数) <i>a.</i> 同等的，并列的 <i>vt.</i> 调整，	interact	[intə'rækt] <i>vi.</i> 互相作用，互相影响 [联想] interaction