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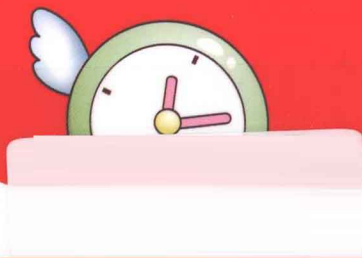
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英语四级词汇 高效串联记忆

主 编◎王彦波



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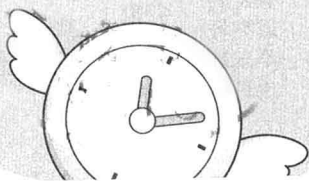
华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS



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联系我们:电子邮箱 press@ecust.edu.cn

官方微博 e.weibo.com/ecustpress

淘宝网 <http://shop61951206.taobao.com>



本书编委会

主 编：王彦波

副主编：王婷婷 杨丽娜 程 明

主 审：任铭静

编 者：祁 颖 康 璐

隋 颖 王 强

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前 言

无论全国大学英语四级考试题型如何变化,对于考生来说,词汇永远是必须跨越的一道难关。若想掌握四级词汇,学习单词的时候不仅要注重数量,还要注重质量。本着这条原则,本书以全新的理念及思路,针对特定的单词,编写对应的阅读文章,以科学的方式进行编写和加工,以适应考生的迫切愿望。

本书共 10 个单元,每个单元 5 个部分,每部分提供 20—40 个四级词汇,根据这些词汇,选择合适的文章,将这些词汇串联起来,所选文章,内容新颖、通俗易懂,贴近生活,从而帮助读者实现在语境中记忆词汇的目的。同时,此书配有录音光盘,读者可以通过欣赏这些从浩瀚的知识宝库中选编的时尚美文、反复听其地道的录音,实现“耳听、眼观、脑记”三位一体的记忆模式。

通过词频统计和排序核查,对词汇量进行了统计,本书文章中收录了四级考试词汇 2764 个,练习收录 524 个,共收录 3288 个(含中学应掌握的词汇),附录中补充了 1507 个,最终达到《大学英语课程教学要求》三个层次的英语能力要求中一般要求推荐的词汇量 4795 个,可达到四级考试要求掌握的词汇量。

本书特色鲜明,模式达到了多功能,在强化词汇的同时,又训练了听力和阅读两项技能;词表分成了多模块,为了便于记忆,将生词收录到词表中,分成四级词汇、六级词汇和参考词汇(超纲词),使读者在学四级词汇的同时,借助于参考词汇读懂文章,这样主次分明的编写方式起到了潜移默化的强化作用;练习面向多实践,旨在巩固本单元所学词汇。

本书在附录部分还提供了文章中未出现的四级词汇,以便考生掌握全部四级词汇。另外,本书附送 MP3 光盘一张,光盘中有录音文件及每个单元的巩固练习,录音文件包括本书所有文章的听力及每个单元巩固练习中的听写训练的录音。

囿于编者水平,书中不妥之处在所难免,诚请广大同行和读者不吝赐教,以便今后进一步完善。

编 者

2013 年 7 月

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Unit 1

Unit 1



Part 1

Word Bank

四级词汇

merely ['mɪəli] <i>adv.</i> 仅仅, 只不过	outline ['aʊtlaɪn] <i>n.</i> 外形; 轮廓; 略图; 提纲
sympathetic [sɪmpə'tetɪk] <i>adj.</i> 同情的, 表示同情的, 感到同情的	tenderness ['tendənɪs] <i>n.</i> 嫩; 亲切; 柔和; 敏感
accomplish [ə'kʌmplɪʃ] <i>vt.</i> 完成, 实现, 达到(目的)	humanity [hju:'mænəti] <i>n.</i> 仁慈, 人道, 博爱; 人类
reveal [rɪ'vi:l] <i>vt.</i> 显露, 展现, 揭示	detect [dɪ'tekt] <i>vt.</i> 发现, 察觉
emotion [ɪ'məʊʃn] <i>n.</i> 情感, 感情, 情绪	personality [pə'sə'næləti] <i>n.</i> 个性, 人格
deny [dɪ'naɪ] <i>vt.</i> 否认, 否定	circumstance ['sɜ:kəmstəns] <i>n.</i> 情形, 情况; [<i>pl.</i>] 环境
fleeting ['fli:tɪŋ] <i>adj.</i> 飞逝的; 短暂的	phase [feɪz] <i>n.</i> 阶段; 状态; 方面; 部分
casual ['kæʒuəl] <i>adj.</i> 不熟悉的; 偶然的; 随便的	palm [pɑ:m] <i>n.</i> 手掌; 手心
essential [ɪ'senʃl] <i>adj.</i> 必需的; 基本的	quiver ['kwɪvə] <i>v.</i> 颤抖; 震动
muscle ['mʌsl] <i>n.</i> 肌肉	feature ['fi:tʃə] <i>n.</i> 特征, 特色; 容貌, 相貌
accurately ['ækjʊrətli] <i>adv.</i> 正确地, 精确地	confusion [kən'fju:ʒən] <i>n.</i> 疑惑(状态); 混乱, 紊乱, 无秩序
incidentally [ɪnsɪ'dentli] <i>adv.</i> 附带地, 顺便地	routine [ru:'ti:n] <i>n.</i> 常规; 惯例, 例行公事

startling ['stɔ:tliŋ] <i>adj.</i> 令人吃惊的	spectacular [spek'tækjələ] <i>adj.</i> 壮观的, 引人入胜的
eyewitness ['aɪwɪtnɪs] <i>n.</i> 目击者, 见证人	vision ['vɪʒən] <i>n.</i> 视力, 视觉; 景象; 洞察力, 想象力
outward ['aʊtwəd] <i>adj.</i> 外面的, 外表的; 公开的, 向外的	innocent ['ɪnəsnt] <i>adj.</i> 单纯的, 天真无邪的, 无辜的 <i>n.</i> 天真无邪的人
individual [ɪndɪ'vɪdʒuəl] <i>adj.</i> 个人的; 单独的; 个别的 <i>n.</i> 个人, 个体	consciousness ['kɒnfəsnɪs] <i>n.</i> 意识, 知觉, 感觉
conflict ['kɒnflikt] <i>n.</i> 冲突, 矛盾, 抵触 [kən'flikt] <i>vi.</i> 冲突, 争执, 抵触	loyal ['lɔ:ləl] <i>adj.</i> 忠诚的, 忠实的
grave [ɡreɪv] <i>adj.</i> 严肃的, 庄重的	intimate ['ɪntɪmət] <i>adj.</i> 亲近的, 亲密的; 熟悉的
rug [rʌɡ] <i>n.</i> 小地毯	trifle ['trɪfl] <i>n.</i> 小事, 琐事, 微不足道的东西
respectfully [rɪ'spektfʊli] <i>adv.</i> 尊敬地, 谦恭地	channel ['tʃænl] <i>n.</i> 渠道, 航道; 频道
desperately ['despəreɪtli] <i>adv.</i> 拼命地, 不顾一切地	plough [plau] <i>v.</i> 耕, 犁, 犁耕; 费力穿过
tractor ['træktə] <i>n.</i> 拖拉机, 牵引机	content [kən'tent] <i>adj.</i> 满足的, 满意的 [ˈkɒntent] <i>n.</i> 满意, 满足; 含量
glory ['ɡlɔ:ri] <i>n.</i> 光荣, 荣誉; 壮丽(观), 辉煌, 灿烂	dusk [dʌsk] <i>n.</i> 黄昏; 傍晚
artificial [ˌɑ:ti'fiʃl] <i>adj.</i> 人造的, 人工的	genius ['dʒi:niəs] <i>n.</i> 天才, 天赋, 才华, 天才人物
gaze upon 凝视; 看到, 望见	pray for 祈祷

六级词汇

companionship [kəm'pænjənʃɪp] <i>n.</i> 友谊, 交情, 友情	cherish ['tʃerɪʃ] <i>vt.</i> 珍爱, 爱惜
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compassion [kəm'peɪʃn] <i>n.</i> 同情, 怜悯	chronic ['krɒnɪk] <i>adj.</i> 长期的; 惯常的
precede [pri'si:d] <i>v.</i> 先于……, 在……之前	unfold [ʌn'fəʊld] <i>vt.</i> 打开; 显露; 开展; 阐明
serene [si'reɪn] <i>adj.</i> 宁静的, 平静的, 安宁的	decree [di'kri:] <i>vt.</i> 宣告, 颁布; 法令; 判决

参考词汇

countenance ['kauntɪnəns] <i>n.</i> 面部表情, 面容; 赞同, 支持	handclasp ['hændɪkloʊsp] <i>n.</i> 握手
subtlety ['sʌtlɪti] <i>n.</i> 细微之处, 微妙	canny ['kæni] <i>adj.</i> 灵敏的, 聪明的
stalwart ['stɔ:lwɜ:t] <i>adj.</i> 强壮的, 坚定的	playful ['pleɪfʊl] <i>adj.</i> 嬉戏的, 顽皮的
splendor ['splendə] <i>n.</i> 华丽, 壮丽; 辉煌	woodland ['wʊdlənd] <i>n.</i> 林地, 森林地
jaunt [dʒɔ:nt] <i>n.</i> 短途旅游	imprint upon/on 铭刻, 牢记

Three Days to See

Hellen Keller

On the first day, I should want to see the people whose kindness and gentleness and companionship have made my life worth living. First I should like to gaze long upon the face of my dear teacher, Mrs. Anne Sullivan Macy, who came to me when I was a child and opened the outer world to me. I should want not merely to see the outline of her face, so that I could cherish it in my memory, but to study that face and find in it the living evidence of the sympathetic tenderness and patience with which she accomplished the difficult task of my education. I should like to see in her eyes that strength of character which has enabled her to stand firm in the face of difficulties, and that compassion for all humanity which she has revealed to me so often.

I do not know what it is to see into the heart of a friend through that

"window of the soul" — the eye. I can only "see" through my finger tips the outline of a face. I can detect laughter, sorrow, and many other obvious emotions. I know my friends from the feel of their faces. But I cannot really picture their personalities by touch. I know their personalities, of course, through other means, through the thoughts they express to me, through whatever of their actions are revealed to me. But I am denied that deeper understanding of them which I am sure would come through sight of them, through watching their reactions to various expressed thoughts and circumstances, through noting the immediate and fleeting reactions of their eyes and countenance.

Friends who are near to me I know well, because through the months and years they reveal themselves to me in all their phases; but of casual friends I have only an incomplete impression, an impression gained from a handclasp, from spoken words which I take from their lips with my finger tips, or which they tap into the palm of my hand.

How much easier, how much more satisfying it is for you who can see to grasp quickly the essential qualities of another person by watching the subtleties of expression, the quiver of a muscle, the flutter of a hand. But does it ever occur to you to use your sight to see into the inner nature of a friend or acquaintance? Do not most of you seeing people grasp casually the outward features of a face and let it go at that?

For instance, can you describe accurately the faces of five good friends? Some of you can, but many cannot. As an experiment, I have questioned husbands of long standing about the color of their wives' eyes, and often they express embarrassed confusion and admit that they do not know. And, incidentally, it is a chronic complaint of wives that their husbands do not notice new dresses, new hats, and changes in household arrangements.

The eyes of seeing persons soon become accustomed to the routine of their surroundings, and they actually see only the startling and spectacular. But even in viewing the most spectacular sights the eyes are lazy. Court records reveal every day how inaccurately "eyewitnesses" see. A given event will be "seen" in several different ways by as many witnesses. Some see more than others, but few see everything that is within the range of their vision.

Oh, the things that I should see if I had the power of sight for just three days!

The first day would be a busy one. I should call to me all my dear friends and look long into their faces, imprinting upon my mind the outward evidences of the beauty that is within them. I should let my eyes rest, too, on the face of a baby, so that I could catch a vision of the eager, innocent beauty which precedes the



individual's consciousness of the conflicts which life develops.

And I should like to look into the loyal, trusting eyes of my dogs — the grave, canny little Scottie, Darkie, and the stalwart, understanding Great Dane, Helga, whose warm, tender, and playful friendships are so comforting to me.

On that busy first day I should also view the small simple things of my home. I want to see the warm colors in the rugs under my feet, the pictures on the walls, the intimate trifles that transform a house into home. My eyes would rest respectfully on the books in raised type which I have read, but they would be more eagerly interested in the printed books which seeing people can read, for during the long night of my life the books I have read and those which have been read to me have built themselves into a great shining lighthouse, revealing to me the deepest channels of human life and the human spirit.

In the afternoon of that first seeing day, I should take a long walk in the woods and intoxicate my eyes on the beauties of the world of Nature, trying desperately to absorb in a few hours the vast splendor which is constantly unfolding itself to those who can see. On the way home from my woodland jaunt my path would lie near a farm so that I might see the patient horses ploughing in the field (perhaps I should see only a tractor!) and the serene content of men living close to the soil. And I should pray for the glory of a colorful sunset.

When dusk had fallen, I should experience the double delight of being able to see by artificial light, which the genius of man has created to extend the power of his sight when Nature decrees darkness.

In the night of that first day of sight, I should not be able to sleep, so full would be my mind of the memories of the day.



假如给我三天光明

海伦·凯勒

第一天,我希望见到那些人,他们的善良、温柔和友情赋予了我生命的意义。首先,我要久久地凝视我亲爱的老师安妮·沙利文·梅茜夫人的面容。我还是一个小孩子时,她就走进了我的生活,为我打开了解外部世界的心灵之窗。我不仅仅要看清她脸的外部轮廓,以便能把它珍藏在记忆的深处,我还要研究它,以便能发现她在完成对我培养教育的艰难任务过程中,出于同情而生的温柔和耐心是怎样在脸上活生生地表现出来的。我要在她的眼中找到使她能够勇敢地面对困难的那种人格力量,找到她常常向我表现出来的那种对全人类的怜悯之心。

我不知道通过“心灵之窗”——眼睛，看到朋友的内心深处是什么意思。我只能通过指尖“看见”脸部的轮廓。我可以察觉到欢笑、悲伤，还有许多其他明显的情绪。我通过触摸朋友的面庞来了解他们，但是仅仅依靠触摸我无法真正地在心中描绘出他们的鲜明个性。当然了，我能够通过其他的方法来了解他们的个性：通过他们向我表达的思想，通过他们向我展现的各种行为。然而，我无法更深刻地了解他们，我确定这种了解的实现是要通过亲眼所见，通过观察他们对各种表达出的思想及周围环境所作出的反应，还要通过注意到他们眼神及面部表情的直接和瞬间的反应。

我了解周围的朋友，因为长年累月他们让我了解到了他们各方面的情况；但对于不熟悉的朋友的了解，我只是凭借着不全面的印象：这些印象来自于握手，来自于通过我的指尖触摸他们的嘴唇得知的语意或是通过他们在我的掌心里轻轻敲出的文字。

对于你，一个看得见光明的人来说，能够通过观察表情的细微之处、肌肉的颤抖、手的摆动便能够迅速了解另一个人的本质，这一切有多么容易、多么令人满足啊！但是你有没有想过，要用你的视觉透过朋友或相识的人的外在表情探测他的内心呢？你们多数看得见光明的人难道不都是仅仅随意地理解了一张面孔的外在特征而不再深思吗？

例如，你能准确地描述五位好朋友的面容吗？有些人可以，但多数人则不能。我曾做过一个实验，我问过长期相守的丈夫们，他们妻子的眼睛是什么颜色，他们时常表现出尴尬的疑惑并承认他们不知道。顺便提一句，妻子们也经常抱怨她们的丈夫不注意她们的新衣服、新帽子以及家庭装饰品的变化。

对于看得见光明的人来说，他们的眼睛很快习惯于周围日常平淡的环境，实际上他们仅仅关注那些惊人的、引人入胜的事物，但即便在观看最壮观的景象时，他们的眼睛也会是懒洋洋的。法庭记录每天都表明“目击证人”目睹的事件有多么不准确。许多证人可以从几个不同的角度来“看待”一个事件，有些人看到的多些，但是没有几个人会在视野范围内一览无余。

啊，如果我拥有三天的光明，我会看见多少我渴望看见的事物啊！

第一天将是繁忙的一天。我会把所有的好朋友都邀请来，久久凝视他们的面庞，我要把他们外在的表情铭记在心，因为他们蕴藏了内在的美。我还要把视线停留在一个婴儿的脸上，以便我能在这个人感悟到生活的种种矛盾冲突之前，捕捉到他对生命热切的渴望、纯真无邪的美。

我要看看我的狗，看看它们忠诚而又信任的眼睛——威严又聪明的小斯科蒂达基，强壮而又善解人意的大丹犬赫尔加，它们给予我的热情、温顺而又顽皮的陪伴对我是巨大的安慰。

在如此繁忙的第一天，我还会看看家中的简单小物品。我想看看脚下地毯温暖的颜色，看看墙壁上的绘画，看看那些熟悉的小摆设，是它们把一间房屋变



成了家。我的目光会停留在我读过的盲文书上,眼中饱含着敬意,但目光很快又被那些看得见光明的人所读的印刷书籍强烈地吸引住,因为在我生命的漫长黑夜中,我读过的以及人们读给我的书籍已经筑成了一座闪闪发光的灯塔,向我揭示了人类生活以及人类精神的最深渠道。

在看见光明的第一天下午,我希望在林中长久地漫步,让目光陶醉于自然世界的美丽之中。在数小时之内,我会不顾一切地欣赏自然界慷慨展示给能看见光明的人无尽壮丽的景色。在我结束森林之旅回家的路上,我要走在农场附近的小路上,以便能看见坚忍的马儿在犁地(也许我只能看见拖拉机),看见贴近土地生活的人们,他们宁静而又心满意足。我要为华美绚丽的落日光辉祈祷。

当黄昏降临后,我要经历只有借助人造灯光才能够看见事物的双重喜悦,人类的天赋创造了它,就是为了当大自然宣告黑夜到来时,能够延长他们自身的视力。

在第一个能看见光明的夜晚,我应该无法入睡,因为在我的心中充满了对这一天的记忆。

Part 2

Word Bank

四级词汇

conventional [kən'venʃnl] <i>adj.</i> 惯例的,常规的;习俗的;传统的	conviction [kən'vɪkʃn] <i>n.</i> 坚信,信念,确信
render ['rendə] <i>vt.</i> 给予;致使;造成;演出;呈递	trumpet ['trʌmpɪt] <i>n.</i> 喇叭,小号
merit ['merɪt] <i>n.</i> 优点;价值;功绩	dismiss [dɪs'mɪs] <i>vt.</i> 不考虑;摒弃;解雇,开除
reject [rɪ'dʒekt] <i>vt.</i> 拒绝,不接受	affecting [ə'fektɪŋ] <i>adj.</i> 有影响的;令人感动的,动人的
spontaneous [spon'teɪniəs] <i>adj.</i> 自然的;自发的,自然产生的	inflexibility [ɪn'fleksɪbɪləti] <i>n.</i> 不屈性;顽固;不变性
shame [ʃeɪm] <i>n.</i> 羞愧,羞耻,惭愧	envy ['envɪ] <i>n.</i> 羡慕,嫉妒
ignorance ['ɪgnərəns] <i>n.</i> 无知,愚昧	suicide ['su:saɪd] <i>n.</i> 自杀