

职称A

谁还在
背单词？

高效阅读记单词

三读就会三的单词书

学会单词读三篇文章

○主编 刘实



最少篇幅涵盖最新大纲全部词汇及短语

最系统的分析摒弃阅读中所有超纲词汇

最精准段落的选取减少不同层级阅读量

听读结合，多重环境配合记单词
为购书者提供实实在在的在线答疑
超值售后服务——经典影片、名家名言、幽默小品……

- 1 系统选取规定字数内的阅读内容，以最少的阅读量涵盖全部考试词汇
- 2 阅读内容涉及叙述文、说明文、议论文、小故事、小幽默、名人名言等，选材广泛
- 3 电脑筛选适合不同考试的阅读内容，严格控制词汇范围并摒弃超纲词汇
- 4 特色标注考试词汇在文章中的覆盖率，使考生清晰认识所学词汇



机械工业出版社
CHINA MACHINE PRESS

职称A

谁还在
背单词？

高效阅读记单

一 读就会了的单词书

学会单词读准文章

最少篇幅涵盖最新大纲全部词汇及短语

最系统的分析摒弃阅读中所有超纲词汇

最精准段落的选取减少不同层级阅读量



机械工业出版社
CHINA MACHINE PRESS

本书通过软件选取精辟短文,涵盖大纲词汇,以最系统的分析将超纲词汇的出现率降到最低。本书在第一部分,模拟真题的阅读量以及阅读时间,给出了2个单元的模拟阅读,以适应阅读考试环境,然后给出11部分29个单元不同难易程度的阅读,题材涉及社会生活等方方面面。在选材上,本书更是兼顾了文章、段落、语段、句等的阅读,使考生在有效地阅读本书的同时,增加对内容的理解,便于考生有效地记住词汇。

学会单词,读“准”文章。在传统背诵单词之上,通过高效阅读记住单词,并学为所用是本书的目的,预祝考生顺利通过考试。

图书在版编目(CIP)数据

职称 A 高效阅读记单词 / 刘实主编. —北京:机械工业出版社, 2009.1
(谁还在背单词)

ISBN 978-7-111-25937-4

I. 职… II. 刘… III. 英语-词汇-职称-资格考核-自学参考资料 .IV. H313

中国版本图书馆 CIP 数据核字 (2009) 第 011697 号

机械工业出版社 (北京市百万庄大街 22 号 邮政编码 100037)

责任编辑:唐绮峰

版式设计:张文贵

责任印制:杨 曦

三河市宏达印刷有限公司印刷

2009 年 3 月第 1 版·第 1 次印刷

169mm×239mm·12.25 印张·286 千字

0 001—8 000 册

标准书号:ISBN 978-7-111-25937-4

定价:22.80 元

凡购本书,如有缺页、倒页、脱页,由本社发行部调换
销售服务热线:(010) 68326294

购书热线:(010) 88379639 88379641 88379643

编辑热线:(010) 88379354

封面无防伪标均为盗版



丛书序

我们为什么要编写这套丛书？

广大考生在备考过程中对于背诵考纲词汇感到枯燥乏味，大部分人都难以坚持到底，虽然考生都做了一些历年考试真题，但在未能充分掌握考纲词汇的条件下就匆匆进入考场，结果考分常常不理想。有许多考生阅读和听力的训练不够，也是导致考试失败的最主要原因。为此，我们将考纲词汇纳入语境中，根据语境充分记忆，达到学为所用的效果。这样既提高了阅读水平，又掌握了词汇，起到一箭双雕的目的。

本丛书结构：

根据我们的研究，一般来说，覆盖 1000 词的词汇表，如果采用 1000 词长度的文章，至少需要 50 篇文章，总篇幅达到 50000 词；如果采用 500 词长度的文章，至少需要 80 篇文章，总篇幅是 40000 词；如果采用 100 词长度的文章，则需要 300 篇文章，总篇幅为 30000 词。因此我们发现，用文章来覆盖考纲词汇的效率和文章长短有关，文章越短，覆盖既定词汇表的总篇幅就越小，效率就越高。因此要多采用较短文章。本丛书的结构在前面若干单元基本上都是采用与考试真题相同长度的文章，为了能够在一本书里面覆盖考纲词汇，后面我们采用了较短的文章，甚至格言、警句、引语。

本丛书特色：

在市场上我们还没有看到提高阅读同时又覆盖考纲词汇的书籍。我们丛书最主要的两个特点是：

1. 精心选编文章内容，内容比较精彩、时尚、新颖，适合年轻人阅读。
2. 用相对较小的篇幅覆盖 99% 以上的考纲词汇。

总之，本丛书与其它同类备考书籍的最大不同是要使考生在快乐的阅读过程中，不仅提高阅读水平，还记熟了考纲词汇，这样就大大提高了解题能力。

本丛书的超值服务可登录 www.cmpbook.com 注册下载。

本丛书在编写过程中，全体编者付出了很大努力，但是错误在所难免，希望读者给予指正。

编者



前言

概括地说，职称英语 A 级考试（综合类）只考查词汇和阅读，考生无需练习听力和写作。

词汇题型只有 1 个，总分 15 分题。如果考生掌握考纲词汇，做此类题应该没有难度；没有掌握考纲词汇，现场查词典，就要费一些时间。按照考试总时间 2 小时 120 分钟计算，比照总分 100 分来分配时间，此类题应占总时间的 $15/100 = 3/20$ 即 18 分钟，做 15 道题，平均每题 1.2 分钟，即 72 秒。在 72 秒内查 4 个词，每个词平均占 18 秒。这是不可能做到的。可见，如果不掌握考纲词汇，全靠查词典，势必要挤占后面阅读类题目的时间，而词汇题最容易，理应为后边的题省出一些时间才好。所以我们建议，考生至少应掌握大部分职称 A 的考纲词汇。

怎样确定考纲词汇范围？根据职称英语考试说明的要求：申报 A 级的人员应认知 6000 个左右的单词和一定数量的短语，这 6000 词中包含 B 级和 C 级的 5000 词汇。我们筛选了 A 级词汇 980 个，同根词加以合并，这样整理下来，形成 676 个职称 A 级考试词汇。本书内容涵盖了 99%。

阅读类题型有 4 种，总分 85 分。答题时间 102 分钟。总阅读量大约在 2500 词，因此，读题的速度至少应在 25 词/分以上才有做完。总查词典显然不行，而且，如果平时没有经过阅读训练，即便句子中的每个词都认识，也不一定能正确理解。因此我们建议，考生既要认得考纲词汇，还要有一定的阅读训练。

过去考生想要做到这两条，首先要背考纲词汇，然后再看些英文读物。但是，背词表太枯燥，考生坚持不多久就放弃了。而且，一般的读物里所包含的考纲词汇也不多。经过软件分析，过去 5 年（2003 年～2007 年）的考试真题里只包含考纲词汇的 11%。

本书即为解决上述问题而著。以最小的篇幅，精选有趣的短文、短句和文章，基本上覆盖了考纲词汇。

读者可以在快乐的阅读中轻松地掌握考纲词汇。不仅有利于考生顺利通过考试，还能帮助读者提高英语水平。

读 者



目 录

丛书序

前言

Part 1 真题模拟阅读

Unit 1 / 2

Unit 2 / 7

Part 2 论道说理

Unit 3 / 13

Unit 4 / 18

Unit 5 / 23

Part 3 科学常识

Unit 6 / 31

Unit 7 / 35

Unit 8 / 39

Part 4 综合知识

Unit 9 / 45

Unit 10 / 49

Unit 11 / 54

Unit 12 / 58

Unit 13 / 63

Part 5 笑是良药

Unit 14 / 71

Unit 15 / 79

Part 6 人在旅途

Unit 16 / 89

Part 7 生活趣闻

Unit 17 / 95

Unit 18 / 99

Unit 19 / 103

Unit 20 / 108

Part 8 职场事情

Unit 21 / 114

Unit 22 / 118

Part 9 经典引用

Unit 23 / 124

Unit 24 / 130

Unit 25 / 137

Unit 26 / 144

Unit 27 / 152

Part 10 校园喜剧

Unit 28 / 162

Part 11 诗 歌

Unit 29 / 168

Part 12 词语游戏

Unit 30 / 178

Unit 31 / 183



真题模拟阅读

Part 1

“真题模拟阅读”有两个单元。文章的长度都在 300 词~450 词之间。这个长度与真题相同，难度也相近。根据考试时间限制和考题篇幅推算，阅读速度应在 50 词/分左右，因此，本部分每个单元的阅读用时应在 20 分钟左右。

Unit 1

大纲词汇覆盖率: 2.9%

职称 A 重点词汇: 30 个

本单元词汇: 1022 个

超纲词汇: 20 个

职称 B 词汇: 9 个

职称 C 词汇: 963 个

① The Pickle (咸菜) Jar¹

The pickle jar as far back as I can remember sat on the floor beside the dresser in my parents' bedroom. When he got ready for bed, Dad would empty his pockets and toss his coins into the jar.

When the jar was filled, we would take the coins to the bank. Each and every time, as he slid the box of coins across the counter at the bank toward the cashier, he would grin proudly. "These are for my son's college fund. He'll never work at the mill all his life like me."

The years passed, and I finished college and took a job. Once, while visiting my parents, I noticed that the pickle jar in my parents' bedroom was gone. A lump rose in my throat as I stared at the spot beside the dresser (梳妆台) where the jar had always stood. My dad was a man of few words, and never lectured me on the values of determination, **perseverance**², and faith. The pickle jar had taught me all these virtues far more **eloquently**³ than the most flowery of words could have done.

1. **jar** /dʒɑː/ *n.* 震动, 刺耳声, 震惊, 争吵, 罐, 广口瓶 *vi.* 震惊, 冲突, 发刺耳声, 不一致 *vt.* 震动, 刺激

2. **perseverance** /ˌpɜːsiˈvɪərəns/ *n.* 坚定不移

【联想】persevere *v.* 坚持

3. **eloquently** /ˈeləkwəntli/ *adv.* 善辩地

【联想】eloquent *adj.* 雄辩的, 有口才的, 动人的, 意味深长的

eloquence *n.* 雄辩, 口才, 修辞

4. **mist** /mɪst/ *n.* 薄雾

When I married, I told my wife San about the significant part the lowly pickle jar had played in my life. In my mind, it defined, more than anything else, how much my dad had loved me. No matter how rough things got at home, Dad continued to doggedly (固执地) drop his coins into the jar.

The first Christmas after our daughter Jessica was born, we spent the holiday with my parents. After dinner, Susan carried the baby into my parents' bedroom to diaper⁴ (给……换尿布) her. When Susan came back into the living room, there was a strange **mist**⁴ in her eyes. She took my hand and leading me into the room.

"Look," she said softly, her eyes directing me to a spot on the floor beside the dresser.

To my amazement, there, as if it had never been removed, stood the old pickle jar, the bottom already covered with coins. I walked over to the pickle jar, dug down into my pocket, and pulled out a fistful of coins.

With the strong emotion **choking**⁵ me, I dropped the coins into the jar. I looked up and saw Dad who is carrying Jessica. Our eyes locked, and I knew he was feeling the same emotions I felt.

Neither one of us could speak.

5. **choke** /tʃəʊk/ v. 窒息, 哽住, 使呼吸困难; 阻塞 n. 窒息; 阻气门

咸菜坛子

在我记忆的深处, 那只咸菜坛子就放在父母卧室梳妆台的旁边。每当爸爸准备睡觉的时候, 他总是把衣兜里面的硬币都拿出来扔到坛子里面。

当坛子装满的时候, 我们就会把硬币存到银行去。每次当爸爸把装满硬币的盒子贴着柜台推给银行职员的时候, 他总是骄傲地咧嘴笑着: “这是给我儿子上大学准备的基金。他永远都不用像我这样一辈子在这个工厂里工作。”

许多年过去了, 我大学毕业找了一份工作。一次, 我回家看望父母, 我发现父母卧室里的那个坛子不见了。我盯着梳妆台旁曾经放坛子的地方, 喉咙一阵哽咽。爸爸不善言语, 从来不会给我讲决心、毅力和信仰这些大道理。咸菜坛子教会了我所有的美德, 它比那些华丽的辞藻更有说服力。

结婚的时候, 我给妻子讲了那只不起眼的咸菜坛子在我生命中所起的重要作用。在我心里, 它比任何东西都更能表达我父亲对我的爱。无论家里过的多么艰难, 爸爸总是坚持把他的硬币投进坛子里。

我们和父母一起度过了我女儿杰西卡出生后的第一个圣诞节。晚饭过后, 苏珊把孩子抱进父母的卧室换尿布。当苏珊再次回到起居室的时候, 奇怪的是, 她的眼睛湿湿的。她拉着我的手来到父母的卧室。

“看,” 她轻声说, 顺着她眼神, 我向梳妆台边望去。让我惊讶的是, 就在那儿, 放着那口旧咸菜坛子, 就像从来没被拿走一样, 坛子底部已经放满了硬币。我走近坛子, 从衣兜里掏出一大把硬币来。

强烈的感情让我哽咽地说不出话, 我把硬币扔进坛子里, 抬头时看见了抱着杰西卡的爸爸, 我们目光相对, 我知道他此刻和我有着同样的感受。

我们都激动得说不出话来。

② 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



6. **hurricane** /'hʌrɪkən, -kɪn/ *n.* 飓风, 狂风

Raymond. Sharp sent Ashcraft below deck and clipped (夹住) himself in to a lifeline. Moments later, the boat rolled over, then flipped (抛) 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 (折断桅杆), 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**⁷ her, Ashcraft was on the **verge**⁸ of a mental **breakdown**⁹ and wouldn't eat. **Mourning**¹⁰ 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**¹¹ 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. Today, Ashcraft, who told her story in the 2000 book *Red Sky in Mourning*, lives in Washington State's San Juan Islands, where she continues to sail.

north of the storm but soon were battling 50-foot seas in the heart of Category 4 **Hurricane**⁶

7. **sustain** /sə'steɪn/ *vt.* 支撑, 撑住, 维持, 持续

8. **verge** /vɜːdʒ/ *v.* 濒临 *n.* 边缘

9. **breakdown** /'breɪkdaʊn/ *n.* 崩溃, 衰弱, 细目分类

10. **mourn** /mɔːn/ *v.* 哀悼, 忧伤, 服丧

11. **rig** /rɪɡ/ *n.* 索具装备, 钻探设备, 钻探平台, 钻塔 *v.* 装上索具, 配备, 装配

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。第一个星期里, 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——直到脑海里有一声音命令她应该开始采取行动。“呆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, 然后支起临时的船帆, 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。如今, 艾什克莱夫特居住在华盛顿州的圣胡安岛上, 继续她的航海事业, 在2000年的《血色天空》一书中, 她讲述了自己的故事。

③ Three passions

Three passions, simple but **overwhelmingly**¹² strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These

12. **overwhelmingly** /ˌəʊvə'welmiŋli/

adv. 压倒性地, 不可抵抗地

《联想》overwhelming adj. 压倒性的, 无法抵抗的

overwhelm vt. 淹没, 覆没, 受打击, 制服, 压倒

13. **rim** /rim/ n. 边, 轮缘, 栏框 vt. 镶边, 为……装边, 沿……边缘滚动 vi. 形成边状

passions, like great winds, have blown me hither (这里) and thither (那里), in a wayward (任性的) course, over a deep ocean of anguish (痛苦), reaching to the very verge of despair. I have sought love, first, because it brings ecstasy (入迷)—ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness—that terrible loneliness in

which one shivering (颤抖的) consciousness looks over the **rim**¹³ of the world into the cold unfathomable (深不可测的) lifeless abyss (深渊). I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring (预示) vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what—at last—I have found. With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have tried to apprehend (领会) the Pythagorean (毕达哥拉斯的) power by which number holds **sway**¹⁴ above the flu. A little of this, but not much, I have achieved.

14. **sway** /swei/ v. 摇摆, 摇动

15. **famine** /'fæmin/ n. 饥荒, <古>饥饿, 严重的缺乏

16. **oppressor** /ə'presə(r)/ n. 压迫者

《联想》oppress vt. 压迫, 压抑

oppression n. 压迫, 镇压, 压抑, 苦恼

17. **alleviate** /ə'li:vieit/ vt. 使(痛苦等)易于忍受, 减轻

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate (反响) in my heart. Children in **famine**¹⁵, victims tortured by **oppressors**¹⁶, helpless old people a hated burden to their sons, and the whole world of loneliness,

poverty, and pain make a mockery of what human life should be. I long to **alleviate**¹⁷ the evil, but I cannot, and I too suffer. This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me. (编者注:《三种激情》是选自《伯特兰·罗素自传》的一篇优秀散文。它既是作者心灵的抒发,也是生命体验的总结。作者以深刻的感悟和敏锐的目光,分析了人生中的三种激情,即对爱的渴望、对知识的追求和对人类苦难的同情。对爱的渴望,使人欣喜若狂,既能解除孤独,又能发现美好的未来。对知识的追求,使人理解人心,了解宇宙,掌握科学。爱和知识把人引向天堂般的境界,而对人类的同情之心又使人回到苦难深重的人间。作者认为这就是人生,值得为此再活一次的人生。这篇散文似乎信手拈来,但却耐人寻味。充满激情,充满感慨,充满智慧,逻辑性和感染力极强。)

三种激情——罗素

三种激情虽然简单，却异常强烈，它们统治着我的生命，那便是：对爱的渴望、对知识的追求、以及对人类苦难的难以承受的同情。这三种激情像变化莫测的狂风任意地把我刮来刮去，把我刮入痛苦的深海，到了绝望的边缘。我曾经寻找爱，首先是因为它能使我欣喜若狂——这种喜悦之情如此强烈，使我常常宁愿为这几个小时的愉悦而牺牲生命中的其他一切。我寻求爱；其次是因为爱能解除孤独——在这种可怕的孤独中，一颗颤抖的、有知觉的心在世界的边缘，注视着下面冰凉、毫无生气、望不见底的深渊。我寻求爱还因为在爱的融合中，我能以某种神秘的图像看到曾被圣人和诗人想象过的未来天堂里的景象。这就是我所追求的东西，虽然这似乎对于人类的生命来说过于完美，但这确实是我最终发现的东西。我怀着同样的激情去寻找知识，我曾渴望着理解人心，我曾渴望知道为何星星会闪烁，我还企图弄懂毕达哥拉斯所谓的用数字控制变化的力量，但在这方面，我只知道一点点。爱的力量和知识的力量引我接近天堂，但同情之心往往又把我拉回大地。痛苦的哭泣在我的心中回响，震荡。饥饿的儿童，被压迫、受折磨的人们，成为儿孙们讨厌的包袱的、无助的老人们，充斥着整个世界的孤独的气氛，贫穷和苦难，所有这一切都是对人类生活原本该具有的样子所作的讽刺。我渴望消除一切邪恶，但我办不到，因为我自己也处于苦难之中。这就是我的生活，我认为值得一过。而且，如果有第二次机会，我将乐意再过一次。

Unit 2

大纲词汇覆盖率: 2.5%

职称 A 重点词汇: 25 个

本单元词汇: 1013 个

超纲词汇: 12 个

职称 B 词汇: 8 个

职称 C 词汇: 968 个

① If I Had My Life to Live Over

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the **pink**¹ candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was **stained**², or the sofa faded.

I would have eaten the popcorn in the “good” living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather **ramble**³ about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been **teased**⁴ and sprayed.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime. Instead of wishing away nine months of pregnancy, I'd have **cherished**⁵ every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously (激烈地), I would never have said, “Later. Now go get washed up for dinner.” There would have been more “I love you's” ... More “I'm sorry's” ... But mostly, given another shot at life, I would seize every minute, look at it and really see it, live it, and never give it back.

Stop sweating the small stuff. Don't worry about who doesn't like you, who has more,

1. **pink** /pink/ *n.* 粉红色, 石竹花, 化身, 极致, 精华 *adj.* 粉红的 *vt.* 刺, 扎, 刺痛, 使变粉红色 *vi.* 变粉红色
2. **stain** /stein/ *n.* 污点, 瑕疵 *v.* 染污, 沾污
3. **ramble** /'ræmbəl/ *v.* 漫游 *n.* 漫游
4. **tease** /tiz/ *n.* 揶揄, 戏弄, 逗惹 *vt.* 取笑, 逗恼, 奚落, 欺负, 嘲弄; 强求, 梳理
5. **cherish** /'tʃerɪʃ/ *vt.* 珍爱, 怀抱 (希望等)

or who's doing what. Instead, let's cherish the relationships we have with those who do love us. Let's think about what God has blessed us with and what we are doing each day to promote ourselves mentally, physically, emotionally, as well as spiritually.

Life is too short to let it pass you by. We only have one shot at this and then it's gone. I hope you all have a blessed day.

如果我能再活一次，一切都会不一样

生病的时候我就卧床休息，不会假装自己一天不工作，地球就会停止转动。

我要将雕成玫瑰花状的粉红蜡烛点上，而不让它在闲置中溶化。

我要自己少说话，多听别人说。

我要请朋友来家里吃饭，地毯弄脏了，沙发褪色了又何妨？

我要在“摆设讲究”的客厅里吃爆玉米花。倘若有人在壁炉生火，我不会那么担心会带出炉灰。

我要从从容容听爷爷讲他年轻时候的事情。

我决不会因为夏天头发刚刚梳理过、喷过发胶，就一定要把车窗玻璃摇起来。

我要和孩子们一起坐在草坪上，不担心衣服上会染上草渍。

看电视我要少哭一点，少笑一点，看生活我要多哭一点，多笑一点。

我买东西不会只看它很实用，不显脏，或能保证用一辈子。我不会再盼望9个月妊娠期快些过去，我要珍惜每一刻，要意识到体内生长的神奇是我今生帮助上帝创造奇迹的唯一机会。

孩子们毛手毛脚地亲我，我决不会说：“等等。先去洗手洗脸，准备吃饭。”我要更多地说“我爱你”……“对不起”……但总的来说，如果再让我活一回，我要把握好分分秒秒，留心生活，真正关注生活，品味生活，决不使岁月蹉跎。

不为小事烦心。不担心谁不喜欢我，谁比我富有，或者谁在干什么。让我们珍惜与真心关爱我们的人之间的那份感情。让我们多想想上帝赐予我们的福分，多想想我们每天做了哪些有益于自己思想、身体、感情和精神的事。

人生短暂，不可虚度。每个人只能活一回，然后生命就消失了。祝愿大家生活幸福。

② Obtaining Fresh water from icebergs⁶

The concept of obtaining fresh water from icebergs that are towed (拖) to populated areas and arid (干旱的) regions of the world was once treated as a joke more appropriate to cartoons than real life. But now it is being considered quite seriously by many nations, especially since scientists have warned that the human race will outgrow its fresh water supply faster than it runs out of food.

6. iceberg /¹aɪsbɜːɡ/ n. 冰山，冷冰冰的人

7. reservoir /¹rezəvwaː/ n. 水库，蓄水池

Glaciers (冰河) are a possible source of fresh water that has been overlooked until recently. Three-quarters of the Earth's fresh

water supply is still tied up in glacial (冰的) ice, a reservoir⁷ of untapped fresh water so immense that it could sustain all the rivers of the world for 1,000 years. Floating on the oceans

every year are 7,659 trillion metric (公制的) tons of ice encased (装入) in 10000 icebergs that break away from the **polar**⁸ ice caps, more than ninety percent of them from **Antarctica**⁹.

8. **polar** /'pəʊlə/ *adj.* [天] 两极的, 极地的, 南辕北辙的, 南极的, (北极星似的) 指引的, 极性的, 北极的 *n.* 极线, 极面

9. **Antarctica** /ænt'ɑ:ktikə/ *n.* 南极洲

10. **equator** /i'kweɪtə/ *n.* 赤道, 赤道似的圈。圆

Huge glaciers that stretch over the shallow continental shelf give birth to icebergs throughout the year. Icebergs are not like sea ice, which is formed when the sea itself freezes, rather, they are formed entirely on land, breaking off when glaciers spread over the sea. As they drift away

from the polar region, icebergs sometimes move mysteriously in a direction opposite to the wind, pulled by subsurface currents. Because they melt more slowly than smaller pieces of ice, icebergs have been known to drift as far north as 35 degrees south of the **equator**¹⁰ in the Atlantic Ocean. To corral them and steer them to parts of the world where they are needed would not be too difficult.

The difficulty arises in other technical matters, such as the prevention of rapid melting in warmer climates and the funneling (漏斗) of fresh water to shore in great volume. But even if the icebergs lost half of their volume in towing, the water they could provide would be far cheaper than that produced by desalinization (脱盐作用), or removing salt from water.

从冰山获取淡水

把冰山拖到世界上人口稠密的地区和干旱地带, 再从中获取淡水, 这个想法曾一度被认为是一个笑话, 更适合于卡通画, 而非现实生活。然而现在, 许多国家正在相当认真地考虑这件事情, 特别是在科学家们发出警告之后。科学家们认为人类将在耗尽粮食之前首先耗尽淡水资源。

冰川是一个以前一直被忽视的可能的淡水源, 直到最近才引起关注。全球四分之三的淡水还锁在冰川的冰块中。冰川就是一个蓄水池, 其中未开发的淡水量是如此巨大, 足够支持全世界的江河达一千年之久。每年有 7659 万亿公吨冰漂流在海洋中, 它们包含在一万座从极地冰帽中断裂出来的冰山, 90% 以上的冰山来自南极。

一年四季里, 覆盖在浅层大陆架上的巨大冰川生成了众多冰山。冰山和海水的冰不同, 后者是海水自身结冰形成的, 而冰山则完全是在陆地上形成的。当冰川伸展到海水中时, 冰山就断裂下来。当漂离极地地区时, 冰山有时会在底层洋流的推动下颇为神秘地逆风移动。

由于冰山比小块的冰融化要慢, 因此有的冰山在大西洋中向北飘到了赤道以南 35 度的地方。把冰山蓄拦起来并拖到世界上需要它们的地方将不会太困难。

有困难的是其他的技术事宜。比如, 如何防止冰山在较暖的气候中迅速融化以及如何把大量的淡水收集到岸上去。但是, 即便在拖的过程中冰山失去了一半体积, 这样做也远比从海水中脱盐取得淡水便宜得多。



③ You may have heard the term “the American Dream”. In 1848, James W. Marshall found gold in California and people began having golden dreams. That 19th century “American Dream” motivated the Gold Rush and gave California its **nickname**¹¹ of the “Golden State”. The American Dream drove not only 1800s gold-rush prospectors but also waves of immigrants throughout that century and the next.

People from Europe, and a large number of Chinese, arrived in the US in the 19th century hoping that in America they would find gold in the streets. But most, instead, worked as railroad labourers. They created the oldest Chinatown, in San Francisco, and gave the city a Chinese name “the old gold hill”.

In the 20th century, some critics said that it was no longer possible to become prosperous through determination and hard work. Unfair education for students from poor families and racial **discrimination**¹² almost made the American Dream a nightmare.

Then, in the 1990s, California saw a new wave of dreamers in **Silicon**¹³ Valley. People poured their energy into the Internet. This new chapter of the American Dream attracted many business people and young talents from China and India to form start-ups and seek fortunes in America.

Better pay, a nice house, and a rising standard of living will always be attractive. However, the new American Dream is no longer just about money. It encourages Americans to consume **rationally**¹⁴ to protect the environment, enhance the quality of life, and promote social justice. The Governor of California, Arnold Schwarzenegger, has become the model of the new American Dream. After years of hard work, he grew from a poor young man from Austria into a movie superstar and then governor.

Many people hope his story can save the American Dream and give California a brighter future.

你或许听说过“美国梦”这个词。1848年，詹姆斯·W. 马歇尔在加利福尼亚州发现了金子，于是人们开始做起了寻金梦。19世纪的“美国梦”激发起淘金热，加利福尼亚州也由此得名“黄金之州”。寻梦而来的不仅仅有19世纪早期的淘金者，美国梦还掀起了19世纪乃至20世纪的移民热潮。

19世纪，欧洲人以及大批中国人涌入美国。在他们的心目中，美国是一个遍地铺满黄金的国度，但大部分移民却最终只能做铁路劳工。他们在圣弗朗西斯科建了最早的唐人街，还给这个城市取了一个中国名字，叫做“旧金山”。

到了20世纪，很多评论家指出，光凭坚强意志和勤奋工作已经不可能发大财了。贫困

11. **nickname** /'nikneɪm/ *n.* 诨号，绰号，昵称 *vt.* 给……取绰号，给……起浑名
12. **discrimination** /dɪ'skrɪmɪ'neɪʃən/ *n.* 辨别，区别，识别力，辨别力，歧视
【联想】discriminate *v.* 歧视，区别，区别待遇
13. **silicon** /'sɪlɪkən/ *n.* [化] 硅，硅元素
14. **rationally** /'ræʃənli/ *adv.* 讲道理地，理性地
【联想】rational *adj.* 理性的，合理的，推理的 *n.* [数] 有理数

生得不到公平的受教育机会，种族歧视盛行，美国梦几乎沦为—场噩梦。

而后，在 20 世纪 90 年代，加利福尼亚的硅谷涌现出了新的梦想家。人们对因特网激情高涨，美国梦由此揭开新的篇章。中国和印度的很多商界人士以及年轻精英来此创业，寻求发财致富之路。

优厚的薪金、舒适的房子和高标准的生活，这些都很有诱惑力。然而，这场新的美国梦却不仅仅只关乎金钱。它还促使美国人进行理性的消费，目地是注重环保、提高生活质量及促进社会公正。

加利福尼亚州的州长阿诺·施瓦辛格成为这场新的美国梦的典范。经过多年的辛苦工作，他终于从奥地利的一名穷小子成为电影明星，最终又成为州长。

很多人希望他的故事能够挽救美国梦，给加利福尼亚州带来一个光明的前景。