

职称C

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 游程

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

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



谁还在
背单词？

职称C

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

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4个单元的模拟阅读,以适应阅读考试环境,然后给出17个部分44个单元不同难易程度的阅读,题材涉及社会生活的方方面面。在题材上,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C高效阅读记单词 / 游程主编. —北京:机械工业出版社, 2009.1

(谁还在背单词)

ISBN 978-7-111-25936-7

I. 职… II. 游… 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007616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:洪汉军

三河市宏达印刷有限公司印刷

2009年4月第1版·第1次印刷

169mm×239mm·19.5印张·468千字

0 001—5 000册

标准书号:ISBN 978-7-111-25936-7

定价:29.80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，本丛书与其他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 C 级考试（综合类）只考查词汇和阅读，考生无须练习听力和写作。

词汇题型只有 1 种，共 15 分。如果掌握了考纲词汇，做此类题没有难度；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（备选项的 4 个单词），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。因此，考生想要通过考试，至少应掌握大部分职称 C 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 C 级的人员应认知 4000 个左右的单词和一定数量的短语。我们选取了 C 级词汇 3949 个，其中增补了一些简单词汇（如：am, an, are 等），同根词加以合并，这样整理下来，正好形成 4000 词，这就是比较准确的职称 C 考纲词汇。本书内容涵盖了 98% 的职称 C 词汇。

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/分以上才能做完。靠查词典显然不行。而且，如果平时没有阅读训练，即便句子中的每个词都认识，也不一定能正确理解。因此，要通过考试首先要认得考纲词汇；其次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，然后再找些英文读物。但是，背词表太枯燥，坚持不了多久。一般的读物里包含的考纲词汇也不多。过去 5 年（2003~2007）的考试真题里也只包含考纲词汇的 53%。

本书即为解决上述问题而著。本书的特点是以最小的篇幅，精选有趣的文章和短文、短句，基本上覆盖考纲词汇。

读者可以在快乐的阅读中轻松地掌握考纲词汇。本书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。



目 录

丛书序

前言

Part 1 真题模拟阅读

Unit 1 / 2

Unit 2 / 6

Unit 3 / 9

Unit 4 / 14

Part 2 论道说理

Unit 5 / 20

Unit 6 / 27

Unit 7 / 33

Unit 8 / 39

Unit 9 / 46

Unit 10 / 53

Part 3 科学常识

Unit 11 / 61

Part 4 社会调查

Unit 12 / 67

Part 5 历史记忆

Unit 13 / 73

Part 6 综合知识

Unit 14 / 81

Unit 15 / 87

Part 7 笑是良药

Unit 16 / 95

Unit 17 / 102

Unit 18 / 110

Unit 19 / 119

Unit 20 / 127

Part 8 亲朋邻里

Unit 21 / 135

Unit 22 / 140

Part 9 家长里短

Unit 23 / 146

Unit 24 / 152

Part 10 真情实意

Unit 25 / 159

Part 11 人在旅途

Unit 26 / 167

Unit 27 / 172

Part 12 生活趣闻

Unit 28 / 177

Unit 29 / 182

Unit 30 / 186

Part 13 职场事情

Unit 31 / 193

Unit 32 / 198

Unit 33 / 203

Part 14 生意经

Unit 34 / 209

Part 15 经典引用

Unit 35 / 216

Unit 36 / 222

Unit 37 / 228

Unit 38 / 235

Unit 39 / 242

Unit 40 / 248

Unit 41 / 253

Unit 42 / 258

Part 16 童真童趣

Unit 43 / 265

Part 17 校园喜剧

Unit 44 / 274

Unit 45 / 278

Part 18 词语游戏

Unit 46 / 283

Unit 47 / 290

Unit 48 / 298



真题模拟阅读

Part 1

“真题模拟阅读”有 4 个单元。文章的长度都在 300~450 词之间。这个长度与真题长度相同，难度也近似。根据考试时间和考题篇幅推算，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 C 重点词: 24 个

本单元词汇: 838 个

超纲词汇: 9 个

1 What is Love?

A group of **professional**¹ people **posed**² this question to a group of 4 to 8 year-olds: "What does love mean?" The answers they got were **broad**³ and deeper than anyone could have **imagined**⁴. See what you think.

"When my grandmother got arthritis (关节炎), she couldn't bend over and paint her **toenails**⁵ anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." —Rebecca, age 8

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth." —Billy, age 4

"Love is when you go out to eat and give somebody most of your French **fries**⁶ without making them give you any of theirs." —Chris, age 6

6. **fry** /frai/ *n.* 油炸食物, 油炸锅, 鱼苗, 鱼秧
v. 油炸, 油煎

7. **daddy** /'dædi/ *n.* 爸爸
【联想】*dad n.* 爸爸, 爹爹

1. **professional** /prə'feʃənl/ *n.* 自由职业者, 专业人员, 职业运动员, 职业艺人 *adj.* 专业的, 职业的

【联想】*profession n.* 职业, 专业, 表白, 宣布

2. **pose** /pəʊz/ *n.* 姿势, 姿态 *v.* (使……) 摆好姿势, 形成, 引起, 造成 *vi.* 摆姿势, 佯装, 矫揉造作

3. **broad** /brɔ:d/ *adj.* 宽的, 阔的, 广泛的, 明朗的, 露骨的, 显著的, 主要的 *adv.* 宽阔地 *n.* 宽阔部分

4. **imagine** /i'mædʒɪn/ *vt.* 想象, 设想
【联想】*imaginary adj.* 假想的, 想象的, 虚构的
imagination n. 想象, 空想, 想象的事物, 想象力, 听觉 *imaginative adj.* 想象的, 虚构的

5. **toenail** /'təʊneɪl/ *n.* 脚趾甲, 斜钉下去的钉子
【联想】*toe n.* 趾, 脚趾, 足尖 *vi.* 以趾踏触, 用脚尖走 *v.* 动脚尖

"Love is when someone hurts you. And you get so mad but you don't yell (大叫) at them because you know it would hurt their feelings." —Samantha, age 6

"Love is what makes you smile when you're tired." —Terry, age 4

"Love is when my mommy makes coffee for my **daddy**⁷ and she takes a sip (吸吮) before giving it to him, to make sure the taste is OK." —Danny, age 7

"Love is what's in the room with you at Christmas if you stop opening presents and listen." —Bobby, age 5

"Love is hugging. Love is kissing. Love is saying no." —Patty, age 8

“When you tell someone something bad about yourself and you're **scared**⁸ they won't love you anymore. But then you get surprised because not only do they still love you, they love you even more.” —Matthew, age 7

8. **scare** /skeə/ v. 惊吓, 受惊, 威吓 n. 惊恐, 恐慌, 恐惧

【联想】scary adj. 引起惊慌的

“There are two kinds of love. Our love. God's love. But God makes both kinds of them.” —Jenny, age 4

“Love is when you tell a guy you like his shirt, then he wears it everyday.” —Noelle, age 7

“Love is like a little old woman and a little old man who are still friends even after they know each other so well.” —Tommy, age 6

9. **piano** /pi'ænəu, 'pjɑ:-/ n. 钢琴

【联想】pianist n. 钢琴家, 钢琴演奏家

10. **sweaty** /'sweti/ adj. 出汗的, 吃力的

【联想】sweat n. 汗 v. (使)出汗

11. **handsome** /'hænsəm/ adj. 英俊的, 大方的, 慷慨的, 美观的, 堂皇的

“During my **piano**⁹ recital (独奏会), I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.” —Cindy, age 8

“My mommy loves me more than anybody.

You don't see anyone else kissing me to sleep at night.” —Clare, age 5

“Love is when mommy sees daddy smelly and **sweaty**¹⁰ and still says he is **handsomer**¹¹ than Robert Redford.” —Chris, age 8

“Love is when your puppy (小狗) licks (舔) your face even after you left him alone all day.” —Mary Ann, age 4

“I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.” —Lauren, age 4

“When you love somebody, your eyelashes (睫毛) go up and down and little stars come out of you.” —Karen, age 7

“You really shouldn't say ‘I love you’ unless you mean it. But if you mean it, you should say it a lot. People forget.” —Jessica, age 8

爱的诠释

一组专业人士向一群4~8岁的儿童提出一个问题:“爱是什么?”得到的答案的广度和深度超出了所有人的想象。来看看孩子们的这些答案吧。

“我的祖母患了关节炎,无法弯下腰涂脚指甲油,因此一直都是我的祖父帮她做这件事,虽然他的手也有关节炎。这就是爱。”——丽贝卡(8岁)

“如果有人爱你,那么你的名字对他来说便与众不同。你会感觉你的名字从他们嘴里说出来很安全”——比利(4岁)

“爱是当出去吃饭时,你把大部分的炸薯条都给了某个人,而不需要他把自己盘子里的东西给你。”——克莉丝(6岁)



“爱是虽然他把你气得发疯，你也不会对他喊叫，因为你怕伤害到他。”——萨曼塔（6岁）

“爱是当你疲倦时让你微笑的东西。”——特里（4岁）

“爱是我妈妈为我爸爸煮咖啡，在递给他之前都要尝一口，试试味道是否很好。”——丹尼（7岁）

“爱是在圣诞节，如果你停下拆礼物的手去聆听，会发现它弥漫了整个房间。”——博比（5岁）

“爱是拥抱，爱是亲吻，爱是要懂得拒绝。”——帕蒂（8岁）

“当你告诉他们你的不好之后你害怕他们会不再爱你，但却发现他们不但还爱你，而且更爱你了。”——马修（7岁）

“有两种爱。我们的爱和上帝的爱，但这两种爱都是上帝所赋予的。”——詹妮（4岁）

“爱是你告诉一个男孩你喜欢他的这件衬衫，他就天天穿着它。”——诺艾尔（7岁）

“爱就像一位小老太和一位小老头，即使他们彼此非常熟悉，但仍然是朋友。”——汤米（6岁）

“在我的钢琴独奏会上，我在台上，心里非常害怕。我看了看台下那些盯着我的人，发现我爸爸向我招手并冲我微笑，他是唯一这么做的人，然后我就不再害怕了。”——辛迪（8岁）

“我妈妈爱我胜过任何人，其他人不会在临睡前给我晚安吻的。”——克莱尔（5岁）

“爱是当妈妈看见爸爸浑身汗臭、满身大汗的时候仍然说他比罗伯特·莱福德还帅。”——克莉丝（8岁）

“爱是即使你把你的小狗孤零零扔在家一天，它还会舔你的脸。”——玛丽·安（4岁）

“我知道我的姐姐很爱我，因为她把所有的旧衣服都给了我，自己还得再去买新的。”——劳伦（4岁）

“如果你爱某人，你的眼睫毛会上下跳来跳去，而且浑身会冒着小星星。”——卡伦（7岁）

“除非你是认真的，否则千万不要说‘我爱你’。但是如果你真的爱，就要经常说，因为人们会忘记的。”——杰西卡（8岁）

② There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug (拥抱) them for real!

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May¹² you have enough happiness to make you sweet, enough trials¹³ to make you strong, enough sorrow¹⁴ to keep you human, enough hope to make you happy.

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

12. may /mei, me/ aux. 可能，也许，可以，祝，愿

n. (May) 五月，能，可能

13. trial /'traɪəl/ n. 试验，考验，审讯，审判

14. sorrow /'sɒrəʊ/ n. 悲哀，悲痛

【联想】sorrowful adj. 悲伤的

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can **appreciate**¹⁵ the importance of people who have touched their lives. Love begins with a smile, grows with a kiss and ends with a tear. The brightest future will always be based on a forgotten **past**¹⁶, you can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying.

Please send this message to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really need it, to those that make you see the brighter side of things when you are really down, to those

17. opportunity /ˌɒpə'tju:niti/ *n.* 机会, 时机

who you want to let them know that you appreciate their friendship. And if you don't, don't worry, nothing bad will happen to you, you will just miss out on the **opportunity**¹⁷ to brighten someone's day with this message.

15. appreciate /ə'pri:ʃieɪt/ *vt.* 赏识, 鉴赏, 感激
vi. 增值, 涨价

【联想】**appreciation** *n.* 感谢, 感激, 正确评价, 欣赏, 增值

16. past /pɑ:st/ *n.* 过去, 往时 *adj.* 过去的, 结束的 *prep.* 越过, 晚于 *vbl.* pass 的过去分词

生命只有一次

生活中, 有时强烈的思念使我们恨不得一把将所爱的人从梦中抓出来, 真真切切地拥抱他们。

做自己想做的梦吧, 去自己想去的方地方吧, 做自己想做人吧, 因为生命只有一次, 机会只有一回。

愿你有足够的欢乐, 使自己甜蜜; 有足够的考验, 使自己坚强; 有足够的悲伤, 使自己富有人性; 有足够的希望, 使自己幸福。

要经常换位思考。一件事, 要是你感到对自己有伤害, 就很可能对他人也有伤害。

最幸福的人并不是那些拥有最好东西的人, 他们只是能够充分享用自己所有。

幸福属于那些会哭泣的人, 属于那些受过伤害的人, 属于那些探索的人, 也属于那些尝试过的人。只有他们才懂得对自己生活有影响的人们的重要性。爱以微笑开始, 在亲吻中成长, 以泪水终结。光明灿烂的明天建立在被遗忘的过去之上。只有让以往的失败和伤心随风而去, 你才能过得更好。

出生伊始, 哭啼的是你, 周围的人却在微笑。珍视生活, 好好地活着, 这样到死的时候, 周围的人哭啼, 自己却在微笑。

请把这些话送给那些你所关心的人, 那些在生活中这样或那样同自己打交道的人, 那些需要时能给你带来欢笑的人, 那些在逆境中依然能使你看到光明的人, 那些你珍视与他们之间友谊的人。即使你没有这样做, 也不要紧。没有什么大不了的事情, 你只是错过了用这些言语去照亮他人日子的机会。

Unit 2

大纲词汇覆盖率: 3.2%

职称 C 重点词: 25 个

本单元词汇: 775 个

超纲词汇: 4 个

① A Glass of Milk

One day, a poor boy who was trying to pay his way through school by selling goods door to door found that he only had one dime (一角硬 币) left. He was hungry so he decided to beg for a meal¹ at the next house.

1. meal /mi:l/ *n.* 一餐, 一顿饭, 膳食, (谷类的) 粗饭 *vi.* 进餐

However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught me never to accept pay for a kindness." He said, "Then I thank you from the bottom of my heart." As Howard Kelly left that house, he not only felt stronger physically, but it also increased his faith in

God and the human race. He was about to give up and quit² before this point.

2. quit /kwit/ *vi.* 离开, 辞职, 停止 *vt.* 离开, 放弃, 解除, 停止

3. critically /'kritikəli/ *adv.* 批评地, 用钻研眼光地, 精密地, 危急地
【联想】critic *n.* 批评家, 评论家, 吹毛求疵者
critical *adj.* 评论的, 鉴定的, 批评的, 危急的, 临界的

4. local /'ləukəl/ *adj.* 地方的, 当地的, 局部的, 乡土的 *n.* 当地居民, 本地新闻, 慢车, 局部

5. rare /reə/ *adj.* 稀罕的, 杰出的, 珍贵的, (肉类) 半熟的 *adv.* 非常
【联想】rarely *adv.* 很少地, 罕有地

6. consultation /'kɒnsəl'teɪʃən/ *n.* 请教, 咨询, 磋商, [医] 会诊
【联想】consult *v.* 商量, 商议, 请教, 参考, 考虑

7. rose /rəʊz/ *n.* 蔷薇属, 玫瑰, 玫瑰红 *vbl.* rise 的过去式

8. request /rɪ'kwest/ *vt.* 请求, 要求 *n.* 请求, 要求, 邀请

Years later the young woman became critically³ ill. The local⁴ doctors were baffled (困惑). They finally sent her to the big city, where specialists can be called in to study her rare⁵ disease. Dr. Howard Kelly, now famous was called in for the consultation⁶. When he heard the name of the town she came from, a strange light filled his eyes.

Immediately, he rose⁷ and went down through the hospital hall into her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room and determined to do his best to save her life.

From that day on, he gave special attention to her case.

After a long struggle, the battle was won. Dr. Kelly requested⁸ the business office to

pass the final bill to him for approval. He looked at it and then wrote something on the side. The bill was sent to her room. She was afraid to open it because she was **positive**⁹ that it would take the rest of her life to pay it off. Finally she looked, and the note on the side of the bill caught her attention. She read these words... "Paid in full with a glass of milk." (Signed) Dr. Howard Kelly.

Tears of joy **flooded**¹⁰ her eyes as she prayed silently: "Thank You, God. Your love has **spread**¹¹ through human hearts and hands."

一杯牛奶

一天, 一个贫穷的小男孩为了攒够学费正挨家挨户地推销商品。饥寒交迫的他摸遍全身, 却只有一角钱。于是他决定向下一户人家讨口饭吃。

然而, 当一位美丽的年轻女子打开房门的时候, 这个小男孩却有点不知所措了。他没有要饭, 只乞求给他一口水喝。这位女子看到他饥饿的样子, 就倒了一大杯牛奶给他。男孩慢慢地喝完牛奶, 问道: "我应该付多少钱?"

年轻女子微笑着回答: "一分钱也不用付。我妈妈教导我, 施以爱心, 不图回报。" 男孩说: "那么, 就请接受我由衷的感谢吧!" 说完, 霍华德·凯利就离开了这户人家。此时的他不仅自己浑身是劲儿, 而且更加相信上帝和整个人类。本来, 他都打算放弃了。

数年之后, 那位女子得了一种罕见的重病, 当地医生对此束手无策。最后, 她被转到大城市医治, 由专家会诊治疗。大名鼎鼎的霍华德·凯利医生也参加了医疗方案的制订。当他听到病人所在城镇的名字时, 一个奇怪的念头霎时间闪过他的脑际。他马上起身直奔她的病房。

身穿手术服的凯利医生来到病房, 一眼就认出了恩人。回到会诊室后, 他决心一定要竭尽所能来治好她的病。从那天起, 他就特别关照这个对自己有恩的病人。

经过艰苦的努力, 手术成功了。凯利医生要求把医药费通知单送到他那里, 他看了一下, 便在通知单的旁边签了字。当医药费通知单送到她的病房时, 她不敢看。因为她确信, 她需要花费余生来偿还这笔费用。最后, 她还是鼓起勇气翻开了医药费通知单, 旁边的那行小字引起了她的注意, 她不禁轻声读了出来: "医药费已付: 一杯牛奶。"(签名) 霍华德·凯利医生。

喜悦的泪水溢出了她的双眼, 她默默地祈祷着: "谢谢您, 上帝, 您的爱已通过人类的心灵和双手传播了。"

② We Never Told Him He Couldn't Do It

My son Joey was born with club feet. The doctors **assured**¹² us that with treatment he would be able to walk normally—but would never run very well. The first three years of his life were spent in **surgery**¹³, casts and braces. By the time he was eight, you wouldn't know he had a problem when you saw him walk. The children in our neighborhood ran around as most

9. **positive** /'pɒzətɪv/ *adj.* 肯定的, 实际的, 积极的, 绝对的, 确实的 *adj.* [数] 正的 *adj.* [电] 阳的 *adj.* [语法] 原级的

【联想】**positively** *adv.* 断然地; 肯定地

10. **flood** /flʌd/ *n.* 洪水, 水灾, (因雨) 涨潮, [诗] 水 *vt.* 淹没, 使泛滥, 注满, 充满 *vi.* 被水淹, 溢出, 涌进, 喷出, 涌出

11. **spread** /spred/ *n.* 伸展, 展开, 传播, 蔓延, 酒席, 宴会, 桌布 *v.* 伸展, 展开, 铺, 涂, 敷, 摆, 传播, 散布

12. **assure** /ə'ʃʊə/ *vt.* 断然地说, 确实, 保证, 担保
【联想】**assurance** *n.* 确信, 断言, 保证, 担保

13. **surgery** /'sɜ:dʒəri/ *n.* 外科, 外科学, 手术室, 诊疗室

【联想】**surgeon** *n.* 外科医生



children do during play, and Joey would jump right in and run and play, too. We never told him that he probably wouldn't be able to run as well as the other children. So he didn't know.

14. **grade** /greɪd/ *n.* 等级, 级别 *vt.* 评分, 评级
v. 分等级

【联想】grader *n.* 分类机, 分级机

15. **potential** /pə'tenʃ(ə)l/ *adj.* 潜在的, 可能的,
(物) 势的, 位的 *n.* 潜能, 潜力, 电压

16. **score** /skɔː, skɒ/ *n.* 得分, 乐谱, 抓痕, 二十,
终点线, 刻痕, 账目, 起跑线 *vt.* 把……记下,
刻划, 画线, 获得, 评价 *vi.* 记分, 刻痕, 得分

In seventh **grade**¹⁴ he decided to go out for the cross-country team. Every day he trained with the team. He worked harder and ran more than any of the others—perhaps he sensed that the abilities that seemed to come naturally to so many others did not come naturally to him. Although the entire team runs, only the top seven runners have the **potential**¹⁵ to **score**¹⁶ points for the

school. We didn't tell him he probably would never make the team, so he didn't know. He continued to run four to five miles a day, every day—even the day he had a 103-degree

fever¹⁷. I was worried, so I went to look for him after school. I found him running all alone. I asked him how he felt. "Okay," he said. He had two more miles to go. The sweat ran down his

17. **fever** /'fi:və/ *n.* 发烧, 发热, 热病, 狂热, 高度兴奋 *v.* (使) 发烧, (使) 患热病, (使) 狂热

face and his eyes were glassy from his fever. Yet he looked straight ahead and kept running. We never told him he couldn't run four miles with a 103-degree fever. So he didn't know. Two weeks later, the names of the team runners were called. Joey was number six on the list. Joey had made the team. He was in seventh grade—the other six team members were all eighth-graders. We never told him he shouldn't expect to make the team. We never told him he couldn't do it. We never told him he couldn't do it... so he didn't know. He just did it.

从不说他做不到

我的儿子琼尼降生时, 他的双脚向上弯弯着, 医生向我们保证说, 经过治疗, 小琼尼可以像常人一样走路, 但像常人一样跑步的可能性则微乎其微。琼尼 3 岁之前一直在接受治疗, 在和支架、石膏模子打交道。七八岁的时候, 他走路的样子已让人看不出他的腿有过毛病。邻居的小孩子们做游戏的时候总是跑过来跑过去。毫无疑问, 小琼尼看到他们玩就会马上加入进去跑啊闹的。不过, 我们从未告诉过他很可能不能像别的孩子那样跑, 我们从不说他和其他孩子不一样。因为我们不对他说, 所以他不知道。七年级的时候, 琼尼决定参加跑步横穿全美的比赛。每天他和大伙儿一块训练。也许是意识到自己先天不如别人, 他训练得比任何人都刻苦。事实上, 只有训练队的前 7 名选手可以参加最后比赛, 为学校拿分。我们没有告诉琼尼: 他很可能参加不了比赛, 所以他不知道。他坚持每天跑 4~5 英里, 即使有一次发高烧到华氏 103 度, 也仍坚持训练。我为他担心, 于是去学校看他, 发现他一个人正跑着呢。我问他感觉怎么样, “很好。”他说。还剩下最后两英里。他满脸是汗, 眼睛因为发烧失去了光彩。然而他目不斜视, 坚持着跑下来。我们从没有告诉他发烧到华氏 103 度是不能去跑 4 英里的, 我们从没有这样对他说, 所以他不知道。两个星期后, 长跑队的名单被确定下来。琼尼是第六名, 他成功了。他才是个七年级生, 而其余的人都是八年级生。我们从没有告诉他不要去期望入选, 我们从没有对他说他做不到。是的, 从没说起过他做不到……所以他不知道, 所以他做到了!

Unit 3

大纲词汇覆盖率: 4.3%

职称 C 重点词: 30 个

本单元词汇: 695 个

超纲词汇: 3 个

① God didn't promise days without pain,
laughter without sorrow, sun without rain;
but He did promise strength for the day,
comfort¹ for the tears,
and light for the way.

Disappointments² are like road humps (峰丘),
they slow you down a bit,
but you enjoy the **smooth**³ road afterwards.
Don't stay on the humps too long.

Move on!

When you feel down because you didn't get what you want,
just sit tight and be happy,
because God is thinking of something better to give you.

When something happens to you, good or bad,
consider what it means.

There's a **purpose**⁴ to life's events,
to teach you how to laugh more or not to cry too hard.

You can't make someone love you;

4. **purpose** /'pɜ:pəs/ *n.* 目的, 意图, 用途, 效果,
决心, 意志 *vt.* 打算, 企图, 决心

5. **measure** /'meɪʒə/ *n.* 尺寸, 量度器, 量度标准,
方法, 测量, 措施 *vt.* 测量, 测度, 估量, 分派,
权衡, 调节 *vi.* 量

1. **comfort** /'kʌmfət/ *n.* 安慰, 舒适, 安慰者
vt. 安慰, 使(痛苦等)缓和

【联想】**comfortable** *adj.* 舒适的

2. **disappoint** /dɪsə'pɔɪnt/ *vt.* 使失望

【联想】**disappointment** *n.* 失望

3. **smooth** /smu:ð/ *adj.* 平滑的, 平坦的, 平稳的,
无毛的, 流畅的, 圆滑的, 安详的 *vt.* 使光滑,
烫平, 使优雅, 消除 *vi.* 变平滑, 变平静 *n.* 一
块平地, 平滑部分

all you can do is to be someone who can be
loved,

the rest is up to the person your worth.

The **measure**⁵ of love is when you love
without **measure**.

In life there are very rare chances
that you'll meet the person you love and loves you in return.
So once you have it don't ever let go,
the chance might Never come your way again.



It's better to lose your pride to the one you love,
 than to lose the one you love because of pride.
 We spend too much time looking for the right person to love,
 or finding fault with those we already love,
 when instead we should be perfecting the love we give.
 When you truly care for someone,
 you don't look for faults,
 you don't look for answers,
 you don't look for mistakes.
 Instead,
 you fight the mistakes,
 you accept the faults,
 and you **overlook**⁶ the excuses.
 Never **abandon**⁷ an old friend.
 You will never find one who can take his place.
 Friendship is like wine;

6. **overlook** /ˌəʊvə'luk/ vt. 俯瞰, 耸出, 远眺, 没注意到 n. 眺望, 俯瞰中的景色

7. **abandon** /ə'bændən/ vt. 放弃, 遗弃 n. 放任, 狂热

it gets better as it grows older.

Remember the five simple rules to be happy:

1. Free your heart from hate.
2. Free your mind from worries.

3. Live simply.

4. Give more.

5. Expect less.

No one can go back and make a brand new start.

Anyone can start from now and make a brand new ending.

上帝从来都没有承诺过人生是没有痛苦的,

没承诺过只有快乐而没有悲伤,

没承诺过天天都阳光普照, 永不下雨。

然而, 他却承诺给予我们生活的力量,

他会安慰伤痛的心, 他会指引迷路的人。

失望就好像路拱一样, 会使人走得慢一点。

但随之而来的, 是更平坦的道路。

请别待在路拱上太久呢!

永不放弃!

每当你为想要却得不到的东西感到沮丧的时候,

请稍安毋躁,