

职称B

谁还在
背单词？

高效阅读记单词

一 读就会 一的单词书

学会单词 读 一 准 一 文章

○ 主编 何田



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

谁还在
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高效阅读记单词

三读就会记的单词书 学会单词读三篇文章

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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15部分30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。

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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:

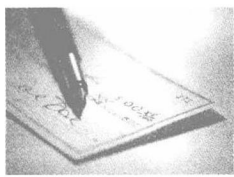
1. 精心选编文章的内容,内容比较精彩、时尚、新颖,适合年轻人阅读。
2. 用相对较小的篇幅覆盖 99% 以上的考纲词汇。

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](http://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 B 级考试（综合类）只考词汇和阅读，考生无需练习听力和写作。

词汇题型只有 1 个，15 分题。如果掌握考纲词汇，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 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，考生要通过考试至少应掌握大部分职称 B 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 B 级的人员应认知 5000 个左右的单词和一定数量的短语，这 5000 词中包含 C 级的 4000 词汇。我们筛选出了 B 级词汇 975 个，同根词加以合并，这样整理下来，形成 672 词，这就是比较准确的职称 B 词汇。本书内容涵盖了 99% 的职称 B 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/分以上才有做完。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 15%。

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。

编者



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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。根据考试时间限制和考题篇幅推算，阅读速度应在 50 词/分钟左右，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: 1.3%

职称 B 重点词汇: 12 个

本单元词汇: 956 个

超纲词汇: 9 个

职称 C 词汇: 935 个

① Helping Others

Christmas in America means different things to different people. To some people, Christmas means brightly wrapped packages under a decorated tree. To others, it means family reunions and a wonderful meal together. To **Christians**¹, it means Jesus' birthday. Christmas also means lending a helping hand to people in need. Along with all the hubbub (吵闹声) of shopping for presents and sending Christmas cards, many people in America take time to help others.

In America and around the world, Christmas offers many opportunities to spread "peace on earth, good will toward men." For example, **Salvation**² Army bell ringers are a familiar sight to most Christmas shoppers. They stand outside **malls**³ and stores collecting money for the needy. Many churches and other organizations collect toys and clothes as Christmas gifts for

4. **terminally** /'tɜːmɪnəli/ *adv.* 末尾, 一定时期地

【联想】terminal *n.* 终点站, 终端, 接线端

adj. 末期, 每期的, 每学期的

terminate *v.* 停止, 结束, 终止

termination *n.* 终止

5. **habitat** /'hæbɪtæt/ *n.* (动植物的) 生活环境,

产地、栖息地, 居留地, 自生地, 聚集处

【联想】habitation *n.* 居住, 生活环境, 住所

1. **Christian** /'krɪstjən/ *n.* 基督徒, 信徒 *adj.* 基督教的, 信基督教的

【联想】Christ *n.* [基督教] 救世主 (特指耶稣基督)

Christianity *n.* 基督教

2. **salvation** /sæl'veɪʃən/ *n.* 拯救, 救助

【联想】salvage *n.* 抢救财货, 获救的财货, 救难的奖金, 海上救助, 抢救, 打捞 *vt.* 海上救助, 抢救, 打捞, 营救

3. **mall** /mɔːl/ *n.* 购物商场, 商业街, 林荫路

poor families. Going caroling is another traditional way to bring cheer to neighbors—especially the elderly and people who can't get out much. The Christmas spirit encourages people to help each other in many large and small ways.

The spirit of helping others isn't limited to Christmas, however. Americans help others year-round. Civic (市民的) clubs such as the

Lion's Club, the Elk's Club and the Rotary (旋转的) Club take part in local community projects. Many organizations exist just to help others. The Make a Wish Foundation gives **terminally**⁴ ill children a chance to have their dream come true. **Habitat**⁵ for Humanity helps

poor people build their own houses. And besides supporting worthy causes with their money, thousands of Americans donate (捐赠) their time by serving as volunteers in hospitals, homeless shelters and schools.

As the old saying goes, "Charity begins at home" — but it doesn't stop there. Americans are concerned about helping needy people in other countries as well. The U. S. is often one of the first countries to provide relief to areas of the world in severe need. Many American organizations reach out to suffering people in other countries. Some of them have programs by which **donors**⁶ can sponsor needy children. For a certain amount per month, people can provide these children with food, clothing and education.

Americans not only give money to help people in other countries; often they give themselves, as well. Many people serve as volunteers with the Peace Corps (美国和平队) for two years to provide

6. **donor** /'dəʊnə/ *n.* 捐赠人 *n.* [化] 原料物质

7. **orphanage** /'ɔ:fənɪdʒ/ *n.* 孤儿院, 孤儿身份
 【联想】**orphan** *n.* 孤儿, 失去双亲的幼小动物 *adj.* 无双亲的, 孤儿的 *vt.* 使成孤儿

assistance in some needy part of the world. They dig wells, help people improve farming techniques, build medical clinics and teach English. In addition, thousands of missionaries (传教士) from America and other countries have devoted their lives to helping people. They have built schools, hospitals, **orphanages**⁷ and churches in order to share God's love with those in need.

As long as there are people in need, helping others will remain an important task. Americans are not the only ones who believe in helping others. People in every culture recognize that being helpful is one of the greatest virtues in life, as well as one of the sweetest joys. The Christmas season is a great time to renew our commitment to help people in need. We never know when we might need a little help ourselves.

帮助他人

在美国, 圣诞节对不同的人具有不同的意义。对某些人而言, 圣诞节意味着装饰好的圣诞树下那些包装得色彩鲜艳的盒子。对另一些人而言, 它意味着家人团聚、共享一顿美餐。对基督徒来说, 它意味着耶稣的诞生。圣诞节还意味着, 向需要帮助的人伸出援手。伴着采购礼物和寄送圣诞卡的喧嚣声, 美国有很多人会花时间去帮助他人。

在美国及世界各地, 圣诞节提供了很多宣扬“平安与世, 善意与人”的机会。例如, 对大多数圣诞节的购物者而言, 救世军的摇铃者是一个熟悉的景象。他们站在购物中心和商店外面, 为穷人募钱。很多教会和其他组织会收集玩具和衣服, 作为圣诞礼物送给穷苦家庭。报佳音是将欢乐带给邻舍——尤其是老人和无法常出门者的另一种传统方式。圣诞节的精神鼓励人们在许多大大小小的方面互相帮助。

然而, 助人的精神并不仅限于圣诞节。美国人一年到头都在帮助他人。像狮子会、角鹿社、扶轮社这样的市民会社, 都参与了地方社区计划。很多组织的存在本身就是为了助人。许愿基金会给身患不治之症的孩子们一个美梦成真的机会。仁爱之家则帮助穷人修建属于他们自己的房子。除了以金钱支持有意义的事业, 成千上万的美国人也献出自己的时



间，在医院、流浪者之家和学校做义工服务。

俗话说：“慈善始于家中。”——但慈善并没有在那里止步。美国人很注重去帮助其他国家中有需要的人们。美国经常是首批向世界上急需援助的地区提供救济的国家之一。很多美国机构向其他国家的苦难人民伸出援手。捐献者可以通过某些机构的一些计划去资助贫困儿童。人们只需每月捐献特定的数额，就可以为这些孩子们提供食物、衣服和教育。

美国人不仅捐钱去帮助其他国家的人，他们常常也会自我奉献。很多人志愿在“和平队”服务两年，向世界上一些穷困的地方提供援助。他们打井、帮助人们改善农业技术、修建医疗诊所、教英文。除此之外，成千上万名来自美国及其他国家的传教士已经献身于帮助他人。为了与身处困境的人们分享上帝之爱，他们修建了学校、医院、孤儿院和教堂。

只要有人有困难，帮助他人就仍将是一项重要任务。并不是只有美国人才信仰帮助他人。每种文化中的人们都会承认，乐于助人是生命中最伟大的美德之一，也是最甜美的喜悦之一。圣诞节是一个绝佳时机，让我们重新承诺去帮助有困难的人。我们永远不会知道，自己在什么时候可能也会需要一点帮助。

② A Lesson in Life

Sometimes people come into your life and you know right away that they were meant to be there, they serve some sort of purpose, to teach you a lesson or help figure out who you are or who you want to become. You never know who these people may be—your roommate, neighbor, professor, long lost friend, lover or even a complete stranger who, when you

8. **profound** /prə'faund/ *adj.* 深刻的，意义深远的，渊博的，造诣深的

【联想】*profoundly adv.* 深深地，衷心地

9. **utterly** /'ʌtəli/ *adv.* 完全地，绝对地，彻底地

【联想】*utter adj.* 全然的，绝对的 *vt.* 发出，发声，发表，发射，流通

10. **betray** /bi'trei/ *vt.* 出卖，背叛，泄露（秘密），露出……迹象

11. **forgive** /fə'giv/ *vt.* 原谅，饶恕，宽免（某人）之债务

【联想】*forgiveness n.* 宽恕，宽仁之心

lock eyes with them, you know that very moment that they will affect your life in some **profound**⁸ way.

And sometimes things happen to you and at the time they may seem horrible, painful and unfair, but in reflection you realize that without overcoming those obstacles, you would have never realized your potential, strength, will power or heart. Everything happens for a reason. Nothing happens by chance

or by means of good or bad luck. Illness, injury, love, lost moments of true greatness and sheer stupidity—all occur to test the limits of your soul. Without these small tests, if they be events, illnesses or relationships, life would be like a smoothly paved, straight, flat road to nowhere. Safe and comfortable but dull and **utterly**⁹ pointless.

The people you meet who affect your life and the successes and downfalls（衰败）you experience—they are the ones who create who you are. Even the bad experiences can be learned from. Those lessons are the hardest and probably the most important ones.

If someone hurts you, **betrays**¹⁰ you or breaks your heart, **forgive**¹¹ them for they have

helped you learn about trust and the importance of being cautious¹² to whom you open your heart to. If someone loves you, love them back unconditionally,

12. **cautious** /'kɔːʃəs/ *adj.* 谨慎的, 小心的
【联想】caution *n.* 小心, 谨慎, 警告
vt. 警告

not only because they love you, but because they are teaching you to love and opening your heart and eyes to things you would have never seen or felt without them.

Make every day count. Appreciate every moment and take from it everything that you possibly can, for you may never be able to experience it again.

Talk to people you have never talked to before, and actually listen. Let yourself fall in love, break free and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, no one else will believe in you either. You can make of your life anything you wish. Create your own life and then go out and live it.

"People are like tea bags—you have to put them in hot water before you know how strong they are."

生活的一课

有时候, 某些人一进入你的生活, 你马上就会知道他们理应在那儿, 有着某种目的: 或给你一个教训, 或帮助你弄清你是谁或者想要成为谁。你永远不会知道这些人可能是谁——你的室友、邻居、教授、久违的朋友、爱人, 甚至一个完全陌生的人。当你与他们四目相对, 就在那一刻, 你便知道他们会以某种深远的方式影响你的生活。

有时候, 一些事情发生在你身上, 当时可能看起来很可怕、痛苦和不公, 但细想一下你就会明白, 如果不克服这些障碍, 你永远也不会知道自己的潜能、力量、意志力和内心。任何事情的发生都是有原因的, 没有什么事会偶然发生, 或是因由好运或厄运而发生。疾病、伤害、爱情、真正伟大的消逝和完全的愚蠢——这一切的发生都是对你灵魂极限的考验。无论这些小考验是事件、疾病还是关系, 没有它们, 生活就会像一条顺畅铺设, 却不会通往任何地方的笔直坦途: 安全舒适却很单调, 完全没有意义。

你遇到的那些影响你生活的人和你所经历的成功或失败——正是他们造就了现在的你。即使是不好的经历, 你也能从中得到教训。那些教训是最残酷的, 但也可能是最重要的。

如果有人伤害了你、背叛了你、或让你心碎, 原谅他们吧, 因为他们帮助你懂得了信任, 也让你明白了对那些你敞开心扉交往的人保持谨慎的重要性。如果有人爱你, 那就无条件地回爱他们吧, 不仅因为他们爱你, 也因为他们正在教你去爱, 并使你打开心扉、张开眼睛, 去体验那些没有他们你便永远不会看见或感受的事物。

让每一天都过得有价值吧。享受每一刻, 尽你所能从中汲取一切, 因为你可能再也没有机会经历了。

与那些你从没打过招呼的人交谈吧, 并且去真正地倾听。让自己坠入爱河、挣脱束缚, 并定下更高的目标。抬起头来, 因为你有权这样做。告诉自己你是个了不起的人, 相信自己, 因为如果你不相信自己, 其他人也不会相信你。你能够按照自己的任何意愿去把握生活。创造你自己的生活, 然后走出来享受它吧。

"人就像茶叶袋——必须放到热水中, 才知道他们有多坚强。"

Unit 2

大纲词汇覆盖率: 1.3%
职称 B 重点词汇: 10 个
本单元词汇: 798 个
超纲词汇: 5 个
职称 C 词汇: 783 个

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. People who sleep about seven hours a night live the longest, three huge studies have found, the newest out in the February issue of the journal SLEEP. Still, many sleep experts say lots of adults get too little rest, and that can lead to dangerous health

1. **questionnaire** /ˌkwɛstʃəˈneə(r)/
n. 调查表, 问卷

problems. In the latest report from Japanese researchers, 104,010 adults were followed for about 10 years. At the start, the participants answered **questionnaires**¹ 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 (精神病学家) 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**² changes **triggered**³ by

2. **hormonal** /ho:'mæʊnəl/ *adj.* 荷尔蒙的, 激素的
【联想】hormone *n.* 荷尔蒙, 激素

3. **trigger** /'trɪgə/ *vt.* 引发, 引起, 触发 *n.* 扳机

darkness or other unknown biological (生物学的) effects from long sleep could be affecting survival, Kripke says. But short sleepers may suffer other bad effects. In his brief studies, those sleeping four to five and a half hours did poorly on tests that measure memory, clear thinking and the ability to pay attention, "and they did progressively worse as the week went on," says David Dinges of the University of Pennsylvania School of Medicine. Adults who slept about seven hours performed best, he says. Other small studies have found adults who sleep less than six hours may be at higher risk for diabetes (糖尿病) and obesity (肥胖).

And sleep deprivation⁴ also causes car crashes, Dinges says. “People should get as many hours

4. **deprivation** /depri'veiʃən/ *n.* 剥夺

【联想】deprive *vt.* 剥夺, 使丧失

5. **genetic** /dʒi'netik/ *adj.* 遗传的, 起源的

6. **span** /spæn/ *n.* 跨度, 跨距, 范围 *v.* 横越

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 genetic⁵ and may be determined by other factors that also

influence life span⁶, 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。三项大型研究已经发现, 每晚睡 7 小时左右的人寿命最长, 最新结果发表在二月的《睡眠》期刊上。尽管如此, 许多睡眠专家表示, 许多成人的休息时间过少, 这会导致危险的健康问题。在日本研究者的最新研究报告中, 104010 名成年人在大约 10 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 12 项较小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, 克里普克说道。不过, 短睡眠者也可能遭受其他不良影响。经过粗略研究, 宾夕法尼亚大学医学院的大卫·丁格斯表示, 在衡量记忆、清晰思维以及注意力能力的测试中, 睡眠时间在 4 到 5 个半小时的人表现很差, “而且随着一周时间过去, 他们做得越来越糟。”他还说, 睡 7 个小时的成年人表现得最好。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。克里普克也称: “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。

② The poor are very wonderful people. One evening we went out and we picked up four people from the street. And one of them was in a most terrible condition, and I told the sisters: “You take care of the other three. I take care of this one who looked worse.” So I did for her all that my love can do. I put her in bed, and there was such a beautiful smile on her face. She took hold of my hand as she said just the words “thank you” and she died. I could not help but examine my conscience⁷ before her and I asked what would I say if I was in her place. And my answer was very simple. I would have tried to draw a little attention to myself. I would have said I am hungry, that I am dying, I am cold, I am in pain, or

7. **conscience** /'kɒnʃəns/ *n.* 良心, 道德心

something, but she gave me much more—she gave me her grateful love. And she died with a smile on her face. As did that man whom we picked up from the drain, half eaten with **worms**⁸, and we brought him to the home. “I have lived like an animal in the street, but I am

going to die like an angel, loved and cared for.”

And it was so wonderful to see the greatness of that man who could speak like that, who could die like that without blaming anybody, without **cursing**⁹ anybody, without comparing anything.

Like an angel—this is the greatness of our people.

And that is why we believe what Jesus had said: I

was hungry, I was naked, I was homeless, I was unwanted, unloved, uncared for, and you did it to me.

I believe that we are not real social workers. We may be doing social work in the eyes of the people, but we are really contemplatives (默祷者) in the heart of the world. For we are touching the body of **Christ**¹⁰ twenty-four hours... And I think that in our family we don't need bombs and guns, to destroy, to bring peace, just get together, love one another, bring that peace, that joy, that strength of presence of each other in the home. And we will be able to overcome all the evil that is in the world.

穷人是非常了不起的人。一天傍晚，我们外出，从街上带回了4个人，其中一个情况最为糟糕。我告诉修女们：“你们照料其他3个，这个看上去更糟的人由我来照顾。”于是，我为她做了我的爱所能做的一切。我将她放在床上，她的脸上露着如此美丽的微笑。她握着我的手，只说了句“谢谢”，然后就死了。我情不自禁地在她面前审视起自己的良知来。我问自己，如果我是她的话，会说些什么呢？我的答案很简单，我会尽量为自己引来一点关注。我会说我饥饿难忍、奄奄一息、冷得发抖、痛苦不堪，诸如此类的话。但是她给我的却多得多——她给了我她的感激之爱，而且死时脸上带着微笑。我们从排水沟带回的那个男子也是如此。他都快被蠕虫吃掉了，而我们把他带到了家里。“在街上，我一直像动物一般地活着，不过我将会像天使一般地死去，有人爱，有人关心。”看到那个男子的伟大，真是太好了。他能够说出那样的话，能够那样地死去，不责怪任何人，不诅咒任何人，不与任何事物作比较，就像一位天使——这便是我们人民的伟大。也因如此，我们相信耶稣说过的话：我饥肠辘辘、衣不蔽体、无家可归，我不为人所要、不为人所爱、也不为人关心；而你却为我做了这一切。

我认为，我们并不是真正的社会福利工作者。在人们眼中，或许我们是在做社会福利工作，但我们其实是世界中心的默祷者。因为我们一天24小时里都在触碰着基督的圣体……我想，在我们的家庭里，我们不需要枪支和炮弹来破坏和平，或者带来和平。我们只需团结起来，彼此相爱，将那种和平、那种欢乐以及那种彼此存在的力量带入家中。这样，我们就能战胜世间的一切邪恶。

8. **worm** /wɜ:m/ *n.* 虫，蠕虫，蚯蚓，蜗杆，螺纹，小人物 *vi.* 蠕行，慢慢前进 *vt.* 使蠕行，慢慢地走，给（烟草作物）除虫

9. **curse** /kɜ:s/ *n.* 诅咒，咒语，祸根，祸因 *vt.* 诅咒，咒骂，降祸，使受罪

10. **Christ** /kraɪst/ *n.* [基督教] 救世主（特指耶稣基督）

Unit 3

大纲词汇覆盖率: 1.8%

职称 B 重点词汇: 14 个

本单元词汇: 778 个

超纲词汇: 6 个

职称 C 词汇: 758 个

① Three Things That Will Change Your life

Today our lives are changing faster than at any time in history. Here we report on three important changes that will have a big impact on our everyday lives in the future.

The cashless society

Cash and bank-notes will disappear almost completely. They will be replaced by smart cards—**plastic**¹ cards with **microchip**² processors “loaded” with some money. When we pay for goods, the retailer will **insert**³ our smart card into a payment **terminal**⁴ and money will be transferred from our card to the retailer’s card. When all the money is used up, we will be able to “reload” it by inserting it into a telephone, dialing our bank account and transferring money to the card from the account. If we want to transfer money from our card to a bank account, we will use the same method. Smart cards will be able to hold several different currencies at the same time, so if we go aboard, we will use our smart cards in the same way.

Interactive (交互式的) telephones

Human telephone operators will be sharply replaced by talking computers. These computers will recognize speech, ask us what information we need, access the information from a database, and convert it to speech. If we want to book a flight or pay a bill by phone, we will interact with a talking computer to do so. Of course, this won’t happen until all the technology is in place, but when it is we will soon get used to interacting with computers in this way. Human telephone operators will be used only for more complex operations such as dealing with complaints or solving concrete problems.

Intelligent cars

Traffic congestion (拥塞) in cities will be reduced because drivers will use electronic

1. **plastic** /'plæstɪk, plæstɪk/ *n.* 塑胶, 可塑体, 塑料制品, 整形 *adj.* 塑胶的, 塑造的, 有可塑性的, 造形的, (外科) 整形的
2. **microchip** /'maɪkrəʊtʃɪp/ [计] 微芯片
3. **insert** /ɪn'sɜ:t/ *vt.* 插入, 嵌入 *n.* 插入物
【联想】insertion *n.* 插入
4. **terminal** /'tɜ:mɪnəl/ *n.* 终点站, 终端, 接线端
adj. 末期, 每期的, 每学期的
【联想】termination *n.* 终止

route maps to find the quickest route to their destination and avoid traffic jams. Congestion will also **decrease**⁵ when electronic systems start changing motorists for driving in cities. As soon as motorists have to pay to drive in cities, they will stop using their cars and use public transport instead. Speed control systems will be built into cars. These systems will automatically regulate the speed of the car to take account of traffic and weather conditions and prevent accidents. It will be many years before these changes bring results but when they do, there will be a titanic improvement in road safety.

5. **decrease** /diˈkri:s/ *n.* 减少, 减少之量 *v.* 减少

将改变你生活的三件事

现今, 我们的生活变化得比历史上任何时候都快。下面我们报道的是未来将对我们日常生活产生重大影响的三个重要变化。

无现金社会

现金和纸币将几乎完全消失。取代它们的将是智能卡——“载有”一定金额的内置微芯片处理器的塑料卡片。当我们为商品付款时, 零售商会把我们的智能卡插入一个付账终端机, 钱将从我们的卡转入零售商的卡。当所有金额用完后, 我们将可以“重载”智能卡——将卡插入一台电话机, 然后拨打我们的银行账号, 把钱从账户转到智能卡中。假如我们想把钱从智能卡转入银行账户, 可以用同样的方法。智能卡将能够同时存入若干不同的币种, 所以如果出国, 我们仍将以同样的方式使用智能卡。

交互式电话

人工电话接线员将大量为语音计算机所取代。这些计算机能够识别言语, 询问我们需要何种信息, 并从数据库中获取信息, 再将其转换为言语。假如我们希望通过电话订机票或支付账单, 我们将与一台执行此业务的语音计算机进行交流。当然, 这只有在一切技术就绪后才会发生, 不过一旦技术准备好了, 我们很快便将习惯与计算机以此方式交流。将来只有在诸如处理投诉或解决具体问题等更为复杂的操作中, 才会用到人工接线员。

智能汽车

城市交通拥挤将得以减少, 因为司机将使用电子地图找到去目的地的最快路线, 并避开交通堵塞。当电子系统开始改变市内驾驶的汽车司机的行为时, 拥堵也将减少。一旦汽车司机们必须付款才可在市内驾驶, 他们将停止使用自己的汽车, 改用公共交通工具。汽车中将装有速度控制系统。这些系统将根据交通和天气状况, 自动调节车速, 防止事故。这些变化将需要很多年才能带来成效, 但是当其获得成效时, 道路安全将有巨大改善。

② Is the health hazard⁶ from cell phones real

The claim: Cell phones cause brain cancer. One Swedish study published last year found a link between long-term use of the older **analog**⁷ cell phones and brain cancer: research in rats has

6. **hazard** /ˈhæzəd/ *n.* 冒险, 危险, 冒险的事
vt. 冒……的危险, 赌运气, 使遭危险
7. **analog** /ˈænələg/ *n.* 类似物, 相似体

shown a link between cell-phone radiation and potentially cancer-causing DNA damage.

The counterclaim: Cell phones are safe. The largest study to date, published last February in the Journal of the National Cancer Institute, surveyed 420,000 cell-phone users from 1982 and 1995 and concluded there was no evidence of a brain-cancer link. Two smaller studies, published last December in the Journal of the American medical Association and the New England Journal of Medicine, came to similar conclusions.

Expert analysis: Cancer experts feel that cell phones are safe for short-term use—but note that more long-term research is needed. “Studies show that using cell phones for ten or fifteen years doesn’t seem to increase brain cancer risk, but we don’t have any research that goes beyond that,” says Gansler. He points out that the analog phones in the Swedish study **emit**⁸ much more radiation than today’s digital ones. And as for laboratory studies, “Results

8. **emit** /i'mit/ vt. 发出, 放射, 吐露, 散发, 发表, 发行

9. **precaution** /pri'kəʊʃən/ n. 预防, 警惕, 防范

are much different in a test tube or a rat than they are in humans,” he adds. But other experts are more cautious. “Brain tumors (肿瘤) grow slowly and may not be detected for more than a

decade,” warns Henry Lai, Ph. D., professor of bioengineering (生物工程学) at the University of Washington, in Seattle.

The bottom line: Until 20-or 30-year studies are available to demonstrate cell-phone safety, take some **precautions**⁹. Start with a hands-free headset, which may minimize exposure to radiation. Keep your phone away from your body when you’re not using it. Joshua Muscat, Ph. D., of the American Health Foundation in Valhalla, New York, also recommends using the newer digital phones, which have less radiation than analog. Don’t use it when signal strength is poor, since that means the phone has to work harder, causing it to **emit** more radiation. And keep your kids off cell phones, since researchers don’t know how radiation affects a developing brain. As for devices that claim to protect against radiation, “There’s no evidence that they work,” says Muscat.

使用手机真的对健康有害吗?

正方: 手机引发脑癌。一项去年公布的瑞典研究发现, 长期使用老式模拟手机与脑癌有所联系; 在老鼠身上进行的研究表明, 手机辐射与可能致癌的 DNA 破坏有关。

反方: 手机是安全的。去年二月, 《国立癌症研究所杂志》上发表了迄今为止规模最大的研究。该研究在 1982 至 1995 年间调查了 42 万手机用户, 断定不存在与脑癌相关的证据。去年 12 月发表在《美国医学协会学报》和《新英格兰医学杂志》上的两项较小型研究也得出了类似的结论。

专家分析: 癌症专家认为, 短期使用手机是安全的——不过指出这需要更多的长期研究。甘斯勒说: “研究表明, 使用手机 10 到 15 年似乎不会增加患脑癌的风险, 但我们没有超过此期限的任何研究。”他指出, 与今天的数字手机相比, 瑞典那项研究中的模拟手机会发出更多的辐射。而对于实验室研究, 甘斯勒补充说: “在试管内或老鼠身上得出的结果与