

三友工作室



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Accelerated Learning 丛书

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# 强化阅读

三友工作室





西安交通大学出版社

西安。

#### 内容提要

但凡学习英语的人,都有这样的体会,即当语法掌握到一定的程度后,词汇量便成为进一步学习的最大障碍。如何灵活、牢固地掌握 6 级词汇就成为学生面临的一大难题。为此编者以 1999 年新颁布的大学英语教学大纲(5~6级)通用词汇为选材依据,编成该套书。该套书采用了最新的电脑与人工查询相结合的方法,确保词汇的覆盖率及重复率。另外,还有精心编写的词汇练习题供阅读后加强对词汇的掌握,再辅以超纲词及难点解释。

本套丛书共包括 3 册。

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### 前 言

我们几个编者是大学同窗 4 年的好友,现又在不同的学校从事英语教学。因此我们相聚一起时,常谈到教学中的体会及对教学法、现行教材等等的一些思考。去年早春恰巧交大出版社有意出版一套旨在通过阅读扩大词汇的丛书,于是我们几个便欣然答应下来。因为我们一直认为,在充分的语言环境中扩大词汇,培养语感是最为有效的一条学习语言的途径。尽管眼下市场上云集着各类四、六级阅读和词汇的书籍,但我们相信这套丛书能够拥有自己的一席之地,因为它遵循的原则是上下文中的词汇学习,不同语境的多次重复以及对 5~6 级词汇的全方位覆盖。

整套丛书的立体结构编排如下:每课由一篇文章及相应的词汇练习组成。文章选材广泛,内容丰富,题材新颖,并兼顾了知识性与趣味性。练习题的形式主要有三种:第一是多项选择,使读者在内涵丰富的句子中掌握大纲要求词汇并能区分同义词、近义词、反义词及干扰项。第二为词性转换练习,目的在于通过对同根词的不同词性的了解做到对词汇的灵活运用。第三是英文释义练习。此题罗列了该文中出现的所有5~6级词汇,在方便查阅的同时使读者通过英文解释,从而加强对词汇的理解和记忆。另外一点需要说明的是在许多文章后面我们还对一些专有名词、超纲词汇,难句及背景加以注释,以帮助读者对文章准确理解。丛书分为3册,每册由50到60篇体裁各异的文章组成。我们在编书过程中始终强调的是阅读中的词汇积累和活学活用。

从着手收集文章,筛选文章到设计习题,再到反复斟酌定下稿

子,中间经历了两番寒暑。我们力争编出一套有自己风格的把词汇学习与阅读相结合的书籍。但凡事难以做到尽善尽美,因此书中疏漏之处还请读者及同行指正。在编写过程中,我们参阅了大量有关书籍和报刊,对有关作者,在此一并致以诚挚的谢意。同时我们也希望此套丛书能够成为广大英语学习者掌握学习5~6级词汇的一条捷经,这将是我们最大的欣慰。

编者 于 1999 年隆冬

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### Take Care

Nowadays, when Americans part from each other they often say: "Take care".

This is also my advice to you before going to America, for the cost of medical care in the United States is **staggering**.

You are, after all, a machine. Like any machine, you need proper care. You need sufficient, **nutritious** food, enough sleep and enough rest and relaxation. If you don't eat properly, if you don't sleep enough hours or relax now and then, you could become ill, and that wastes lots of time and enormous amounts of money.

My advice to you is this: first, have a thorough medical and dental check-up several months before you leave China. This will leave you sufficient time, if something is wrong, to have it taken care of before you leave. Second, takes good care of your machine and don't let it get run down.

Health insurance: Most universities and institutes have a health insurance plan (usually Blue-Cross, Blue-Shield) for students, faculty and staff. It generally costs around \$150 a year now. You can hope this is money down the drain, but if you have even a small medical problem the insurance can give you a fighting chance to pay the bills.

Private doctors are the standard form of medical care in the U.S., but here are also university **clinics**, public and private clinics, hospital emergency **wards**, etc. The quality of medical care var-

① 黑体字为6级词汇。

ies considerably, so you should always ask an American friend or colleague for advice before obtaining medical care. You need to carefully weigh the **contradiction** between cost and quality of care, and only experienced people can help you make good judgements on these matters.

You should take your personal and family health record abroad with you. This should include the following: **immunizations**, child-hood disease; blood type, allergies; and hospitalizations.

But remember: keep your machine running well, get enough good food, enough sleep and enough "R & R".

### ····Notes

- 1. money down the drain 被浪费掉的钱
- 2. fighting chance 原意指经过努力获得成功的机会。本文中指即使在医疗上有小小的麻烦,该保险都会帮你支付医疗费

### Exercises

- I. Choose the one which is closest in meaning to the underlined word.
- 1. A balanced diet gives one the proper nutrition.
  - a. nourishment
- b. food
- c. protein
- d. fat
- 2. He has an appointment with the dentist.
  - a. a person trained to treat the ear
  - b. a person trained to treat the nose
  - c. a person trained to treat the teeth
  - d. a person trained to treat the throat
- 3. The clinic is near the station.
  - a. a place where people go to buy medicine
  - b. a place where people go to take a rest

c.	a place	where	people go	to i	have a	drink
1	1	1	4		14	

1		1	1	1	•	1. 1	1 .	
<b>a</b> .	а	place	where	people	receive	medical	advice or	treatment
<b>~</b> ·	•	prace	******	Pcobic	TCCCITC	meaten	advice or	creatificate

Ⅱ.	Fill in the blank with the proper form of the given word. M	lake
	changes where necessary.	

1.	contradict, contradiction, contradictory
	a. The government had made two promises.
	b. It's difficult to someone politely.
	c. I hate to admit all these in myself.
2.	immune, immunize
	a. One attack of measles usually gives a person to that
	disease for a number of years.
	b. Income from certain shares may be from taxation.
	c. I have been against measles.
3.	nutrition, nutritious
	a. Good is important for good health.
	b. The diet is but low in calories.
4.	dentist, dental
	a. Our does not hurt when he pulls out teeth.
	b. We go to the clinic when our teeth need attention.
5.	clinic, clinical
	a. The ear, nose, and throat is not far from the school.
	b. Doctors are hoping to start tests next month.
II	. Match the words in column ( $\boldsymbol{I}$ ) with the corresponding expla-
	nations in column ( $II$ ).
	(II)
1.	. nutrition a. free; secure

- 2. ward
- b. to be opposite in nature or character to
- 3. contradict
- c. the process of supplying and receiving nourishment -
- 4. immune
- d. division of a local government area; division of, separate room in, a building, esp. a prison or a hospital

### Feminine Politeness

The code of **feminine** politeness, instilled in girlhood, is no help in dealing with the unwanted approaches of strange men. Our mothers didn't teach us to tell a man to get lost; they told us to smile and hint that we'd be just delighted to spend time with the gentleman if we didn't have other **commitments**. The man in the Oak Room bar would not be put off by a demure lowering of eyelids; he had to be told, roughly and loudly, that his presence was a nuisance.

Not that I am necessary against men and women picking each other up in public places. In most instances, a small amount of sensitivity will tell a woman or a man whether someone is open to approaches.

Mistakes can easily be corrected by the kind of **courtesy** so many people have abandoned since the "**sexual** revolution." One summer evening, I was whiling away a half hour in the outdoor bar of the Stanhope Hotel. I was alone, dressed up, having a drink before going on to meet someone in a restaurant. A man at the next table asked, "If you're not busy, would you like to have a drink with me?" I told him I was sorry but I would be leaving shortly. "Excuse me for disturbing you," he said, turning back to his own drink. Simple **courtesy**. No insults and no hurt feelings.

One friend suggested that I might have avoided the incident in the Oak Room by going to the Palm Court instead. It's true that the Palm Court is a traditional meeting place for unaccompanied ladies. But I don't like violins when I want to talk. And I wanted to sit in a large, comfortable leather chair. Why should I have to hide among the potted palms to avoid man who think I'm looking for something else?

### Notes

- 1. instil v. 慢慢灌输
- 2. get lost (美俚)走开! 别打扰我!
- 3. a demure lowering of eyelids 低垂的眼睑显示出端庄娴静的神态。本文中意指单靠眼神是摆脱不了男人的纠缠 demure:娴静的,拘谨的
- 4. Not that I am necessary against men and women picking each other up in public places:并不是说我一定反对在公共场所男女之间交朋友。Not that:并不是…;pick up:(和偶然碰到的人)成为相识
- 5. while away 消磨时间
- 6. palm n. 棕榈树

### Exercises.

#### I. Multiple choice.

- (I) Choose the one which is closest in meaning to the underlined word.
- 1. I cannot say that I was particularly anxious to speak to him; I only did so out of courtesy.
  - a. ego
- b. politeness
- c. anger
- d. excitement
- 2. There are few feminine members of the committee.
  - a. women
- b. athlete
- c. spy
- d. commonwealth
- (  ${\rm I\hspace{-.1em}I}$  ) Choose the one that correctly completes the sentence.

He was Prime Minister \_\_\_\_ courtesy of an uneasy alliance

y	c. for	d. on	
th the prop	er form of t	the given wo	ord. Make
ecessary.			
IS			
at the	way in w	hich he addı	ressed her.
to people	by being po	olite and con	siderate to
ity, feminis	t		
lustry respo	nded to the	new mood o	f
regarded sc	ience or engi	ineering as _	oc-
of herself as	a		
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ve avoided	making any	•	
nt can't	any mo	re money to	improving
ealth Servic	е.		•
in column (	I) with the	e correspond	ling expla-
n ( <b>I</b> ).			
	( [	)	
a. faithful	promise		
b. of sex	or sexes		
c. of, like	, suitable fo	or, women	
d. polite l	ehaviour or	good manne	rs
	ith the propercessary.  Is at the to people ity, feminist lustry response regarded scient are avoided in can't ealth Service in column (n (I).  a. faithful b. of sex of a feet of a fe	ith the proper form of excessary.  Is at the way in way in way in way to people by being posity, feminist dustry responded to the regarded science or engine of herself as a and the can't any more ealth Service.  In column (I) with the main (I).  (II a. faithful promise b. of sex or sexes c. of, like, suitable for excessary.	ith the proper form of the given we excessary.  It is at the way in which he addraw to people by being polite and consity, feminist dustry responded to the new mood of regarded science or engineering as of herself as a  In the can't any more money to ealth Service.  In column (I) with the correspondent (II).  (II)  a. faithful promise

with the Liberals.

## S moke Signals

While working as a **volunteer** with the San Francisco Fire Department in 1980, Pamela McClaughlin noticed some interesting **statistics**: Of the roughly 2,000 fires started in San Francisco each year, more than half were started by boys under the age of 18. One boy set small fires in his grandmother's bedroom; another burned off all the sleeves of the shirts in his **closet**. An overweight **young-ster** had tried lighting fires in the family's refrigerator.

In most cases records indicated that the boys were without a strong father figure in their lives. McClaughlin wondered if the fires were signals for help and could be prevented by connecting the boys with friendly firemen on a one-to-one basis. The firemen could provide some needed guidance in more ways than one.

It took McClaughlin two months of traveling from fire station to fire station to get 20 **volunteers** who then underwent three training sessions with a psychologist before beginning their new responsibilities. The boys were referred by schools and social agencies.

Now a national foundation, the Firehawk program has had a 100 percent success rate: None of the 60 or so boys who have been paired with a fireman for a year or longer have been known to set fires again.

"Firehawk works because these kids need attention," says fireman Craig Brown. "The kid knows I'm serious. I call him, take him to ball games, and we talk about fire prevention at the firehouse where he can see what it takes to prevent fires. The first month we snap him to attention, and slowly a bond is created, and he starts calling me because he knows I want him to survive and do well in life."

Through their involvement with the firemen, the boys learn firsthand about the dangers of fire — especially in relation to someone they care about. One of Brown's charges, a 7-year-old who had been setting fires since he was 4, was very upset when Brown, after fighting a three-alarm fire, canceled a planned get-together. "I was groggy from the effects of carbon monoxide, and I had pneumonia," Brown says. "The boy had no idea what a fire could do to somebody, and it was me telling him. His mother said he worried for three days."

Dr. Jessica Gaynor, a family psychologist and executive director of Firehawk, maintains contact with all the boys even after they have outgrown their companion firemen.

"We are not working with child arsonists," she says. "We are working with children who are becoming involved in fire setting behavior. This is an important distinction because the juvenile justice system is ready to call them arsonists. We are an early **intervention** program that keeps kids out of the system."

- 1. connecting the boys with friendly firemen on a one-to-one basis 与友善的消防队员建立一对一的关系
- 2. arsonist n. (故意)纵火者
- 3. firehawk n. 合成词, 火警监控
- 4. grooggy a. (美口)头昏眼花

### EXPÍTICAS:

I. Multiple cl	hoice.
----------------	--------

1	. Multiple choice.		
( ]	) Choose the one which is clo	sest	in meaning to the underlined
	word.		
1.	Three people volunteered to he	elp	decorate the gym for the dance.
	a. offered	b.	refused
	c. skipped	d.	bunched
2.	Have you studied the recent d	ivo	ce statistics?
	a. state	b.	figure
	c. catalog	d.	stationery
3.	I suspect he's a closet fascist.		
	a. active	b.	brave
	c. underground	d.	ambitious
4.	Several youngsters were playir	ng f	ootball in the field.
	a. hooligans	b.	freshmen
	c. old fellows	d.	young persons
5.	He stretched the rubber band	till	it snapped.
	a. broke	b.	collapsed
	c. splashed	d.	ripped
6.	The two countries will not acc	ept	outside intervention.
	a. interruption	b.	interference
	c. interpretation	d.	intention
( <u>[</u>	[ ) Choose the one that correctly	у сс	mpletes the sentence.
	Eggs were on sale cheap, and	d cl	nopper snapped the bar-
	gain.		
	a. over b. down	c.	up d. into