

● 中英文对照 详细注释 ●

Around Us

耳闻目见

——英语综合知识阅读

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前 言

为了方便读者阅读，本系列英语课外读物以初中英语教学大纲列出的 600 个常用词为基础，不在此范围之内的均作为单词或词组列在短文后面以求节省读者查词典的时间。课后附有译文和插图，帮助理解。力求图文并茂，知识性和趣味性兼容。

本读物选编了 244 篇短小精悍的文章。分 18 个题目：Attitude, Growth, Vitamins, Posture, Sense of organs, The earth, The sun, Nourishment, Smoking and drinking, Living things, Clothing, Safety, Air, Weather, Environment, Disease, Satellite, Concepts in science and technology. 每个题目都有若干篇短文从不同角度予以阐述，内容贴近生活，涉及待人处事、健康成长、衣服饮食、科技常识等。词汇和句子结构都是生活中常用的。对提高英语听说读写能力起到很好的作用。通读长篇大论的英语文章费时费力，常常半途而废。培养英语阅读技能和兴趣是一个积累的过程，从短小精悍的短文开始不失为一个好办法。

本读物定名为 AROUND US(耳闻目睹)。

本读物增选了 1900 多个单词和词组。高中英语教学大纲列出了 1950 个英语单词，因此达到初中英语水平以上的人都可以通过阅读得到收获和培养兴趣。相信这个水平的英语读者是国内数量最大的读者群体。

为了提高词汇的重现率，词汇量的出现逐渐递减。第一册 53 课，共出现单词和词组 640 多个，平均每课 12 个，第二册 51 课，第三册 52 课，平均每课 7.5 个，第四册 46 课，第五册 42 课，平均每课 6 个。如果读者坚持读下去，相信读者的感受好比从羊肠小道渐渐地踏上康庄大道一般，越读越来劲。

在编写过程中参考了多本国外出版的书，书目列在书后。美籍教师 Mr. John Andrews 给予审阅并指导。编者在此谨向他们一并致以衷心感谢。

沈尧年
余国慧

I. Posture

Passage 1

Your posture

Posture is the way you hold yourself. A person with good posture looks elegant. He/she always holds his/her body well. Have you ever seen dancers or ice skaters? They have good control of their muscles. Most stars have good posture, when they stand, sit or move. This is one reason why it is fun to watch them.

Posture is how you move your arms and legs. Posture is how you sit and stand up. Posture is how you walk, run, jump, dance, and do other things. You will get tired more easily with poor posture. You walk with a hump or sit with a slump. You can see that posture and health are related closely.

Good posture is usually a habit. A habit is something we do without thinking about it. To have a good posture you must keep doing physical exercises every day. If you have strong muscles, you are able to control your posture. Your posture will be improved. The time may indeed come that you look as elegant as the stars.

New words and expressions

1. elegant *adj.* ['elɪɡənt] 优雅的
2. dancer *n.* ['dɑːnsə] 舞蹈演员
3. ice skater 滑冰运动员
4. reason *n.* ['riːzn] 理由
5. get tired (变得)累
6. slump *n.* [slʌmp] 下降, 消沉, 萎靡
with a slump 萎靡不振地

7. weak *adj.* [wi:k] 虚弱的
8. patient *n.* ['peɪʃənt] 病人
9. relate *v.* [ri'leɪt] 有关
be related 和...有关

These facts are related to the problem.
这些事实均与这个问题有关。

I. 优美的体态

1 你的体态

体态是指你举手投足的姿态。体态良好的人看上去非常优雅。他一举一动都非常得体。你曾见过舞蹈演员和花样滑冰运动员吗？他们都能很好地控制自己的肌肉。大多数明星，无论站着、坐着或者走着都保持优雅的体态。人们喜欢观看明星，他们姿态优雅是其中的一个原因。

体态讲的是如何摆动双臂和双腿。体态讲的是怎样站、怎样坐、怎样走、怎样跑、怎样跳、怎样舞和怎样做其他一切事情。如果不能保持良好的姿态，你很容易感到疲惫不堪。你走路时有气无力，你坐下时精疲神怠。你的肌肉没有丝毫力量，你好像已病入膏肓一样。你可以看到优雅的体态和强健的体魄息息相关。

保持优雅的姿态，通常是一种习惯，习惯是一种不假思索的动作。为了具有优雅的姿态，你必须天天锻炼。如果你有强有力的肌肉，就能够保持优雅的姿态。你的体态会改善的。毫无疑问，你看上去和明星一样优雅的时刻很可能将会到来。

A good posture

优美的身姿



I. Posture

Passage

Nice posture and attractiveness

Whether you believe it or not, people often accept you by the way you stand, sit, or walk. A straight back and a firm step suggest self-confidence and enthusiasm. A curved body gives the impression of exhaustion, laziness, and lack of confidence.

Make good posture a habit. The pictures on next page will show you good standing posture, sitting posture, and posture of walking.

You will note his head, shoulder, and hip are in a straight line. When this happens, the man looks lively. His body is erect without seeming stiff.

When reading, writing, or working at your desk, lean forward from your hip, keeping your back straight. A certain distance between your eyes and the paper you are working on is always kept to protect your eyes from being near-sighted.

In walking, keep each foot pointed straight ahead. Put it down firmly. Transfer your weight from the heel to the ball of the foot as your body moves forward.

New words and expressions

1. attractiveness *n.* [ə'træktivnis] 魅力

2. whether...or not 是...还是不...

We don't know whether it is right or not.

我们不知道它是对还是不对。

3. ...accept you by the way you stand, sit or walk.

...根据你的站相,坐相和走路的姿势来决定是否接受你这个人。

4. enthusiasm *n.* [in'θju:ziæzəm] 热情

5. a curved body 佝偻的身躯

6. impression *n.* [im'preʃən] 印象

7. exhaustion *n.* [ig'zɔ:stʃən] 筋疲力尽

8. laziness *n.* ['leizinis] 懒散

9. confidence *n.* ['kɒnfidəns] 信任

10. note *v.* [nəut] 注意到

11. lively *adv.* ['laivli] 充满生气地

12. stiff *adj.* [stif] 僵硬的

13. distance *n.* ['distəns] 距离

14. ...the paper you are working on.

...你正在工作的文件。

you are working on 是定语从句。

15. near sighted *adj.* ['niə'saitid] 近视的

II. 优美的体态

2. 优美体态和魅力

不论你是否相信，人们常常根据你的站相、坐相和走路的姿态对你作出评价。腰背挺直，步履坚定，说明这个人热情洋溢，满怀信心。而拱肩缩背则给人以精疲力尽、懒懒散散和萎靡不振的感觉。

要养成保持优美体态的习惯。下页的图上向你展示一个人应该具有的站姿、坐姿和走路的姿态。

你会注意到他的头、肩和臀部都处在一条直线上。他这样站着，看上去精神抖擞、身板挺拔而灵活。

在读书、写字或伏案工作时，请保持腰背挺直，上身自臀部开始向前倾斜。在眼睛和作业或文件之间始终保持一定的距离，从而避免了近视眼的产生。

在走路时，每一步都把脚尖向正前方伸出去。步履坚定，随着身体的前移，全身重量由脚跟向脚弓转移，一步一步地平稳地走下去。

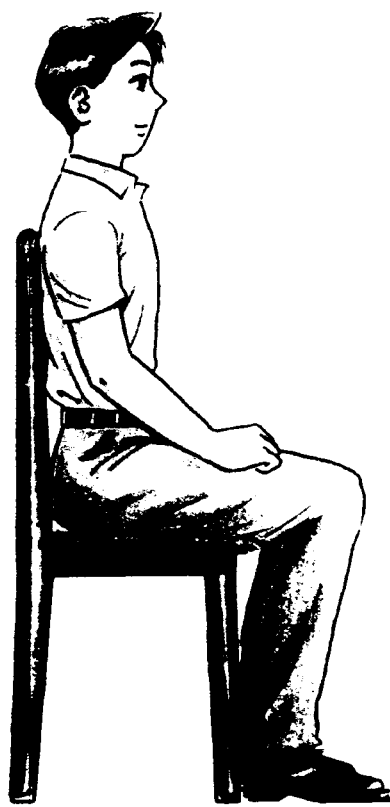
Good standing
优美的站姿



Good walking
优美的走姿



Good sitting
优美的坐姿



16. ahead adv. [ə'head] 在前

17. transfer v. [træns'fɜ:l] 转移

18. heel n. [hi:l] 脚后跟

19. ball of the foot 脚掌和后跟之间凹进去的那个部位)

I. Posture

Passage

Running in place

You know the importance of posture. The key to have a good posture is making yourself strong and healthy. Here are some exercises you can choose for practice everyday.

This is an easy exercise to help make your body move more easily. Stand tall and run without moving forward. Raise your knees high as you run. Count every time when your left foot touches the floor. Do this exercise for twenty counts the first time you try it. Increase the number of times you do it by five every day until you reach the count of fifty.

New words and expressions

1. in(own)place 原地
running in place 原地跑步
2. stand still/tall 静静地/挺直站
3. count *v. n.* [kaʊnf] 点数
4. touch *v.* [tʌtʃ] 接触
5. increase *v.* [in'kri:s] 增加
6. Increase the number of times you do it by five every day.

你每天增加原地跑步 5 次。

you do it 是定语从句, 说明 the number of times.

A is by four feet longer than B.

A 比 B 长 4 英尺。

by 引导的是净增或净减的数字。

1. 优美的体态

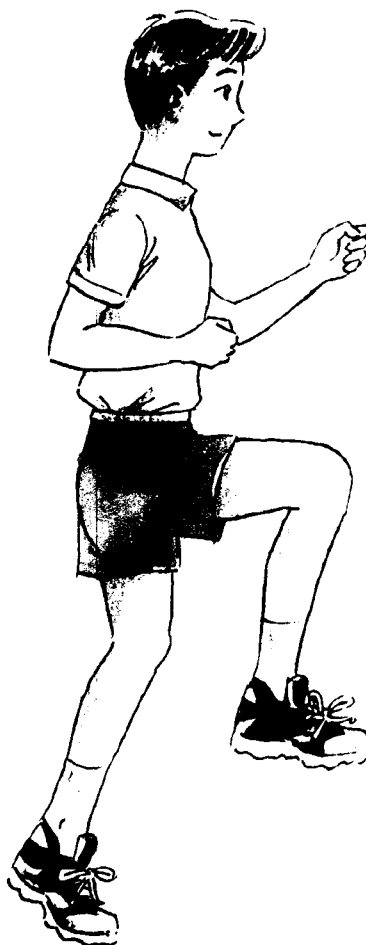
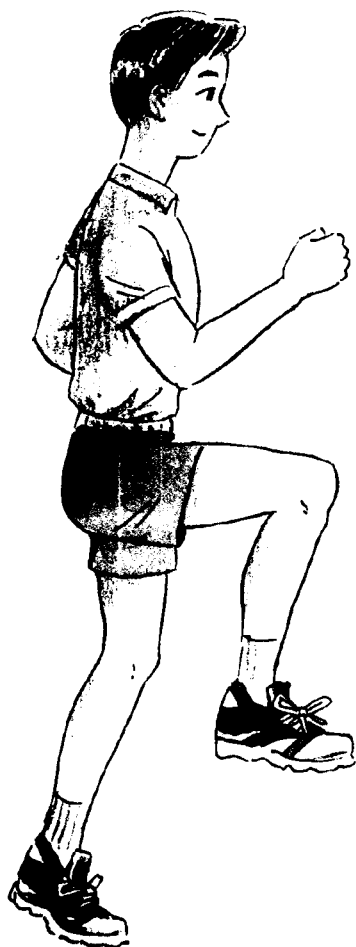
3 原地跑步

你已经懂得保持体态优雅的重要性了。使自己健康和强壮是取得优雅体态的关键。这里介绍一些你可以选择用来天天锻炼的体操动作。

这是一个非常容易做的体操。它能使你的行动更灵活。立正，原地跑步。把膝盖抬到跑步的高度。每当左脚踏地的时候就喊数。你第一次做的时候要数到 20。以后每天你增加 5 次，直至增加到 50 为止。

Running in place

原地跑步



I. Posture

Jumping Jack

This exercise warms up the body and strengthens your heart and lungs. Stand very tall. On the count of one, bring your arms out to the side and over your head, touching your hands together. At the same time jump up and spread your feet apart to each side. On the count of two, bring your hands back to your sides while jumping up and bring your feet together. This exercise should be done ten times without stopping.

New words and expressions

1. jack *n.* [dʒæk] (机)千斤顶
2. jumping jack (体)原地跳跃
3. strengthen *v.* ['streŋθən] 增强
4. spread *v.* [spred] 展开

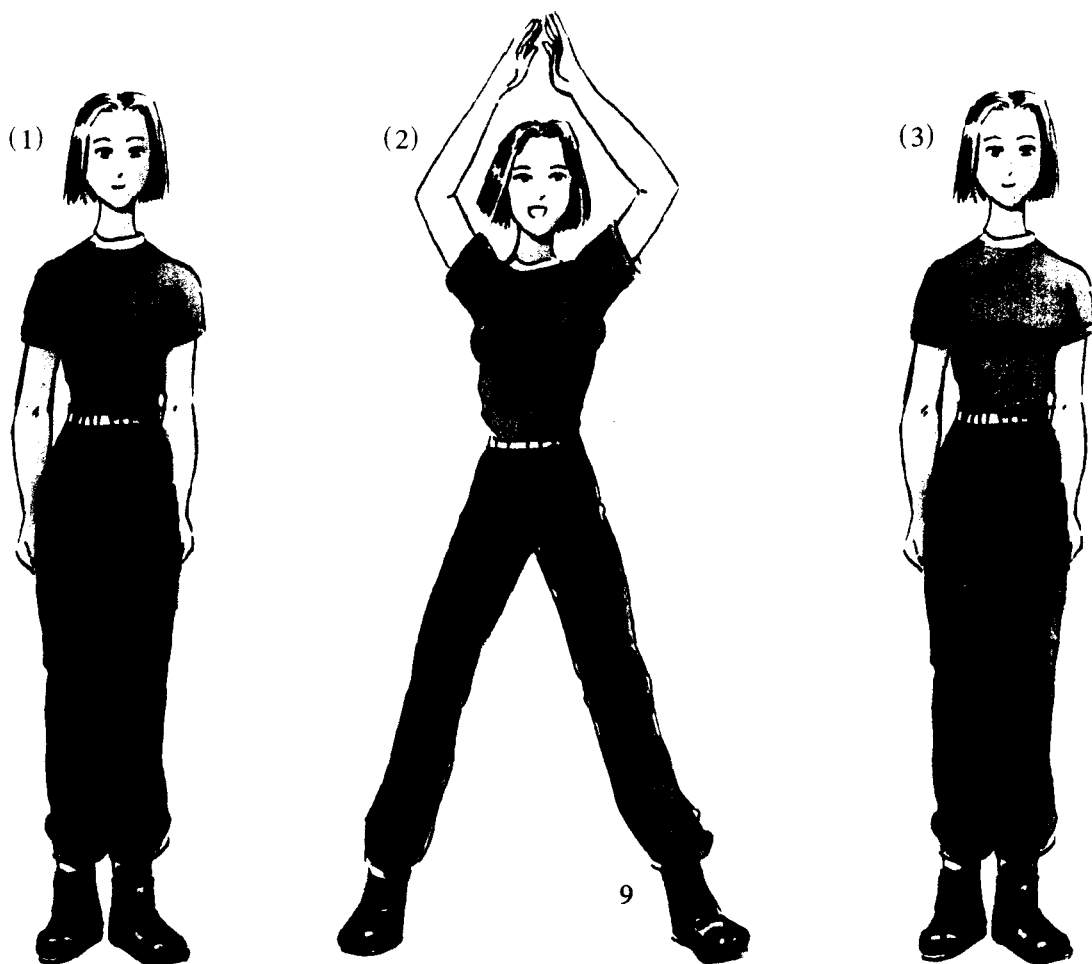
I. 优美的体态

4 原地跳跃

这项体操可以热身，增强心肺功能。立正站好，喊一的时候，向两侧伸展双臂，高举过头，击掌，与之同时，全身跃起，双脚向两侧分开。喊二的时候，两手收回靠紧两侧，两脚并拢，落地。

这项体操动作要连续不停地做 10 次。

Jumping Jack
原地跳跃



Wing stretcher

This exercise helps to strengthen your arms and shoulder muscles. It will also help you to improve your posture. Stand very tall. Clench your fists and lift your elbows to the side, shoulder high. Push your elbows back very hard and return them to the side, keeping them at shoulder height. Then lower your arms to your sides. Be sure to keep your head erect at all time. This exercise should be done ten times without stopping.

New words and expressions

1. wing *n.* [wɪŋ] 翼, 翅膀
2. stretcher *n.* ['stretʃə] 伸展
3. wing stretcher (体)扩胸(运动)
4. improve *v.* [im'pru:v] 改善
5. lift *v.* [lɪft] 提升
6. ...keeping them at shoulder height.
将它们保持在与肩一般高的位置上。
现在分词短语, 在句中作状语。
7. erect *v.* [i'rekt] 直立、竖起

I. 优美的体态

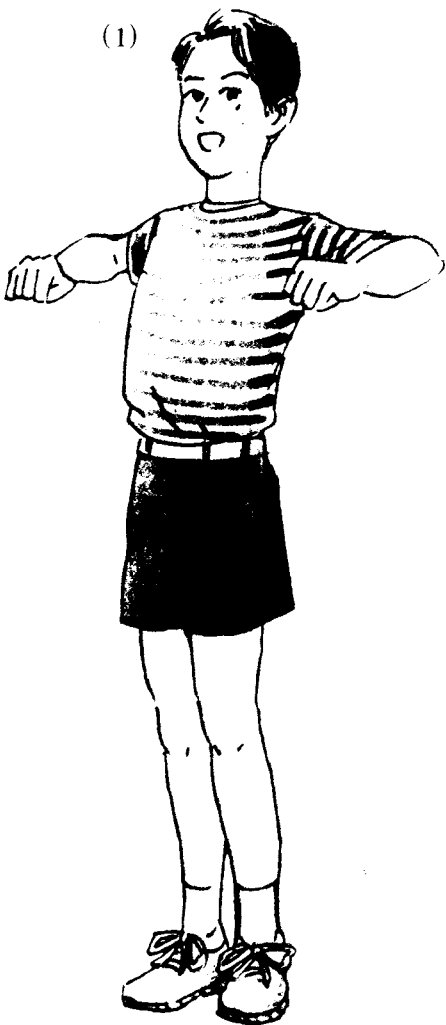
5 扩胸运动

这项体操可增强你双臂和肩膀的肌肉。它还可以改善你的体态。立正站好，握拳，将双肘向两侧抬起，与肩平。将双肘向后猛推，然后回到两侧，始终保持与肩水平的位置。然后垂下双臂，回到身体两侧。在做操时，始终都要昂首挺胸。这个体操动作应该连续不停地做十次。

Wing stretcher

扩胸运动

(1)



(2)



I. Posture

Passage

Pushup (1)

This exercise is very good to strengthen your arm and shoulder muscles. Kneel down with your hands on the floor and your fingers pointing forward. Your hands should be far enough apart so that they are just under your shoulders. Bend your knees and lift your feet off the floor. Only your hands and knees hold the weight of your body. Keep your body straight from head to knees. Bend your elbows and touch your chest to the floor. Straighten your arms and bring your body back. Can you do five pushups without stopping?

New words and expressions

1. pushup *n.* ['puʃ'ʌp] 俯卧撑(运动)

2. kneel *v.* [ni:l] 跪

kneel down 跪下

3. finger *n.* ['fɪŋgə] 手指

lift...off... 把...抬起,使之离开...

lift your feet off the floor

把你的脚抬起来,离开地板

4. straight *adj.* [streɪt] 笔直的

II. 优美的体态

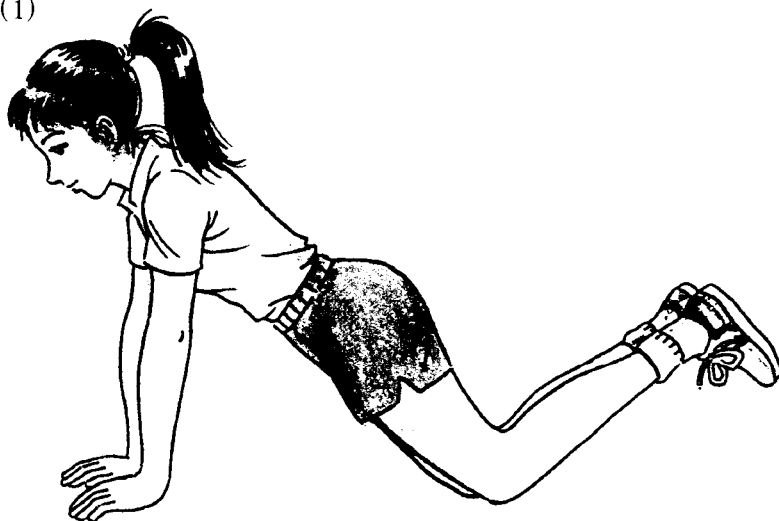
6 俯卧撑 (1)

这个体操动作能很好地增强你手臂和肩膀肌肉的力量。俯身下跪，双手放在地板上，手指向前，双手分开，刚好在肩的下方。弯曲膝盖，双脚抬起，离开地面。这时，只有手和膝盖支撑着全身的重量。从头到膝盖，整个身体都要挺直。弯曲双肘，使你的胸部接触地面。双臂再次挺直使身体回复到原来的位置。如此的俯卧撑你能连续不停地做五次吗？

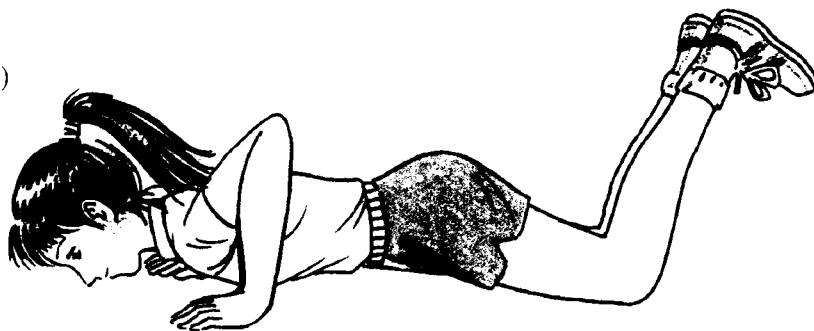
Pushups (1)

俯卧撑 (1)

(1)



(2)



I. Posture

Passage

Pushup (2)

We've talked about pushups. Here is another exercise for you. The difference between them is that your hands and toes touch the floor when you do the exercise. When you do pushups(1) your hands and knees touch the floor. Please look at the picture below.

Place your hands on the floor. Move your feet backwards until your body is straight. Only your hands and toes are touching the floor. Your body should be kept straight. Bend your elbows gradually until your body touches the floor.

If you do this exercise five times each day, your arms and shoulders will become stronger.

New words and expressions

1. backwards *adj.* ['bækwəd] 向后的
2. gradually *adv.* ['grædjuəli] 逐渐地

II. 优美的体态

7. 俯卧撑 (2)

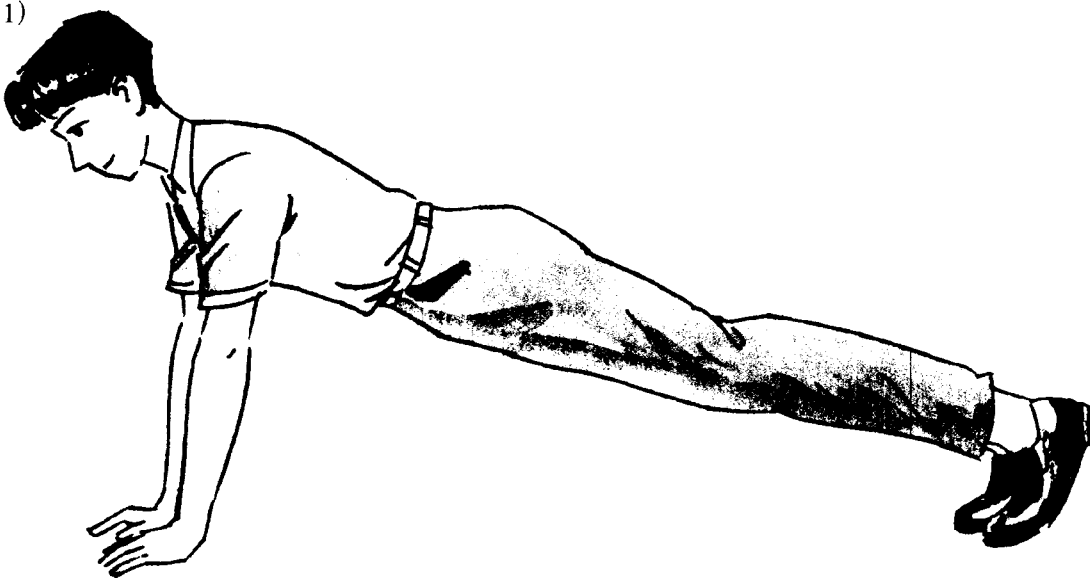
我们讲过俯卧撑这个体操动作。这是另一种形式的俯卧撑。它们的不同点在于：你做这项体操动作时，只有你的手和脚指接触地面；当你做前一个俯卧撑的时候，你的手和膝盖接触地面。请看下图。

将双手放在地板上，双脚向后伸，身体挺直，只有你的手和脚指接触地面。你的身体应当挺直，双肘逐渐弯曲，直到躯体接触地面。

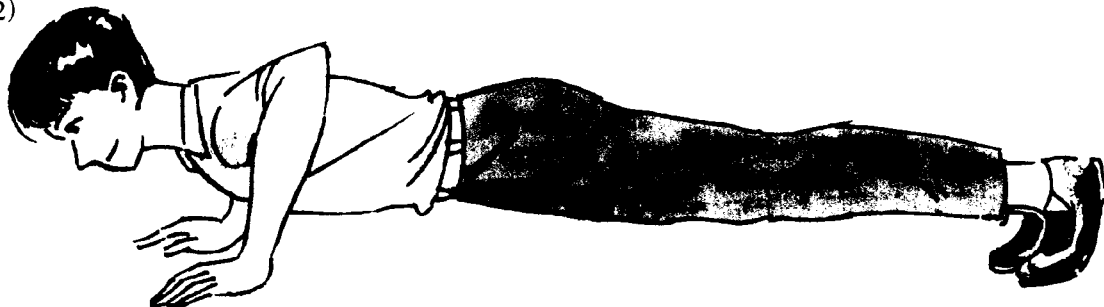
如果你每天做五次这个体操动作，你的双臂和双肩的肌肉将变得更坚强。

Pushup (2)
俯卧撑(2)

(1)



(2)



I. Posture

Passage

Treadmill

This exercise helps to strengthen the muscles in your legs and trunk. Place your hands on the floor. Stretch your right leg out behind you and bend your left leg so that the knee is under your chest. Then exchange the position of your legs. Bend your right knee and stretch out your left leg. This exercise should be done ten times without stopping. If your muscles ache or feel tired, it means your leg and trunk muscles need to be developed. Do this exercise every day.

New words and expressions

1. treadmill *n.* ['tredmil] (蹬)踏车(运动)
2. trunk *n.* [trʌŋk] 树干, 躯干
3. stretch *v.* [stretʃ] 伸展
4. ache. *v.* [eik] 痛