

Around Us

● 中英文对照 详细注释 ●

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. Attitude

Passage 1

Being a good student

Good students know the importance of their health. They study very hard and try their best to keep strong and healthy. They get the right amount of food, sleep and physical activity. This keeps them strong and healthy.

By being friendly and thoughtful, they can make new friends. Working and playing in groups also helps them to know each other. They get along with others very well. By doing this, so they can do their best.

In this way, parents, teachers, schoolmates, and all his friends say, "What a good student!"

New words and expressions

1. importance *n.* ['im'pɔ:tns] 重要(性)
2. health *n.* [helθ] 健康
3. healthy *adj.* ['helθi] 健康的
4. physical *adj.* ['fizikəl] 身体的, 物质的
5. activity *n.* [æk'tiviti] 活动
6. friendly *adj.* ['frendli] 友好的
7. thoughtful *adj.* [θɔ:tfəl] 体贴的, 考虑周到的
8. schoolmate *n.* ['sku:lmeit] 同学
9. get along with... 和...和睦相处

We don't get along with Jim's family.

我们和杰姆一家相处得不好。



I. 态度

1 做一位好学生

好学生懂得健康的重要性。他们勤学苦练，努力使自己身强体壮。他们饮食得当，睡眠充分和保持一定的体力活动。这使他们健康又强壮。

他们宽厚待人，体贴周到能广交朋友，他们和同学们一起工作和游戏，彼此之间增进了解。他们和同学们相亲相爱，所以总是能够取得最好的成绩。

正因为此，父母、老师、同学和朋友们无不称赞他说“多么好的学生呀！”

This is my attitude toward being a good student.

我向往着做一位好学生。



Passage 2

Making friends

“If you want a friend, be one.”

This saying means that you can make friends by doing the things that a friend does.

Begin to make a friend.

1. Smile pleasantly at him.
2. Tell him your name and ask him to tell his.
3. Invite him to join you on the way to school.
4. Invite him to join in a game.
5. Introduce him to your friends.

If you do all these things you should be able to make friends.

New words and expressions

1. saying *n.* ['seiɪŋ] 言论, 格言
2. mean *v.* [mi:n] 意味, 指的是
3. pleasantly *adv.* ['plezntli] 令人愉快地
4. invite *v.* [in'vait] 邀请
5. introduce *v.* [intrə'dju:s] 介绍
6. on the way 在…途中

Bill is on the way to New York.

比尔在去纽约的途中。

1. 态度

2 交朋友

“如果你想得到朋友，你自己首先要与人为友。”

这句话的意思指的是只有你的所作所为够得上朋友，你才能交到朋友。

开始交朋友：

1. 对他愉悦地微笑。
2. 向他通报自己的姓名并且询问他的姓名。
3. 邀请他同路上学。
4. 邀请他一起参加游戏。
5. 将他介绍给自己的朋友。

如果做到了这些，你开始交新朋友了。

They are on the way to school.

他们在上学的路上。



I. Attitude

age

Accepting difference

your

other

You will never find that anyone who thinks, acts and looks exactly as you do. In choosing friends you must realize that people are different from each other.

Your life would be boring if all your friends were alike. Because a person looks or acts differently from you, you might make up your mind that you don't like him. If you do so, you aren't being fair to yourself. You may miss the chance of knowing a fine person and having a true friend. There is much to be learned from being with different kinds of people. It is best to look for the good traits in other people. You should like people for what they are and the way they are.

New words and expressions

1. accept *v.* [æk'sept] 接受
2. difference *n.* ['difrəns] 不同
3. differently *adv.* ['difrəntli] 不同地
4. act *v.* [ækt] 行动
5. exactly *adv.* [ig'zæktli] 确切地
6. choose *v.* [tʃu:z] 选择
7. realize *v.* ['riəlaiz] 实现
8. boring *adj.* ['bɔ:riŋ] 令人厌烦的
9. alike *adj.* [ə'laik] 相象的
10. fair *v.* [feə] 美丽的, 公平的
11. miss *n.* [mis] 未得到, 失去
12. chance *n.* [tʃa:ns] 机会
13. trait *n.* [treit] 品质, 特性
14. make up one's mind 决定, 下定决心
15. There is much to be learned from being with different kinds of people.
和各种不同的人打交道, 可以学到很多知识。
16. ...like people for what they are and the way they are
to be learned 是被动态,
being with... 和...打交道
...喜欢他们的品格和为人(而不是...)
17. learn from... 向...学习

They made up their minds to sell the house.

他们决定出售这幢房子。



1. 态度

3 接受自己与他人之间的分歧

你不可能遇见一位与自己在思想上，行为上和外表上完全一模一样的人。在选择朋友时，你应该懂得人之间是互不相同的。

试想，如果你的朋友都一模一样，你的生活将变得多么单调！因为有的人在相貌上、在言谈上和你不一样，所以你认定自己不可能和他融洽相处。如果你这样做，未免对自己太不公平，因为你可能从此丧失了一个认识一位杰出人才和交结一位挚友的好机会。和各种各样的人打交道可以学到很多东西。你最好多看别人的长处。你应当喜欢他们的品格和为人而不是他们的相貌和言谈。

They've learned from each other.

他们互相学习。



Passage 4

Keeping friends

Being thoughtful is the best way to keep friends.

Friendship often ends because one of the friends is not thoughtful of the others. While it is important to make new friends, it is just as important to keep friends. You should treat others as you would like to be treated yourself.

About keeping friends, there are many sayings both in Chinese and English. They are golden rules that will help you keep friends.

Confucius, the Chinese philosopher, says "Do nothing to others you don't want done to you."

"Do unto others as you would have them do unto you." the Bible says.

New words and expressions

1. friendship *n.* ['frendʃɪp] 友谊
2. treat *v.* [tri:t] 对待
3. golden *adj.* ['gəʊldən] 金色的, 黄金般的
4. rule *n.* [ru:l] 规则
5. Confucian *n.* [kən'fju:ʃn] 孔子
6. philosopher *n.* [fi'ləsəfə] 哲学家
7. unto *prep.* ['ʌntu:] [古][诗] to 的同义词
8. Bible *n.* [baɪbl] 圣经
9. Do nothing to others you don't want done to you. 己所不欲, 勿施于人。
done 是 do 的过去分词。
10. Do unto others as you would have them do unto you.
如同你希望他人对待你自己一样地去对待他人。
Do unto him as he does unto others.
以其人之道还治其人之身。
11. keep friends 做(老)朋友, 保持友谊

II. 态度

4 保持友谊

体谅他人是保持友谊的最佳选择。

常常因为有位朋友不体谅，所以他们彼此之间的友谊就此嘎然而止。交结新朋友固然重要，保持老朋友也同样很重要。你应当像你希望别人怎样对待你一样地去对待别人。

关于保持友谊这个话题，不论在汉语中还是在英语中都有许多名言。它们都是帮助你保持友谊的金科玉律！

中国的一位先哲，孔夫子说过：“己所不欲，勿施于人。”

圣经是这样说的：“如同希望他人对待你自己一样地去对待他人。”

He helps her in maths.

他帮助她学数学。



I. Attitude

Passage

Your friends

Do you need friends?

You may think this is a silly question. Of course you need friends. Everyone does!

Your friends enjoy doing some of the things you like to do. Your friends listen when you tell them something you are interested in. Your friends are friendly with you.

You need friends when you play and when you work. You and your friends can work together to make study better to best. You and your friends can decide together what needs to be done and the best way to do it. One of the best ways to keep friends is working together.

New words and expressions

1. silly *adj.* ['sili] 愚蠢的

2. course *n.* [kɔ:s] 过程
of course 当然

Of course you know that girl; she's in your class.

你当然识那位女孩,因为她在你们班上读书。

3. interested *adj.* 感兴趣的
be interested in... 对...感兴趣

He is interested in music.

他对音乐感兴趣。

4. better to best 好上加好,锦上添花

They always want to do things better to best.

他们总是想把事情做得好上加好。



I. 态度

你的朋友

你需要朋友吗？

你可能认为这是一个愚蠢的问题。当然你需要朋友，每个人都需要朋友。

你的朋友愿意做你喜欢做的事情，你的朋友倾听你的心声，分享你的乐趣，你的朋友对待你非常友好。

不论在你娱乐还是工作的时候你都需要朋友。你和你的朋友在一起可以让学习百尺竿头更上一层楼，你和你的朋友在一起可以决定你要去做什么以及如何去做得最好。保持友谊的最佳选择之一就是同心协力完成任务。

This is the best basketball team in our school.

这是我校最棒的篮球队。



Obeying the rules in life

Look at these boys and girls in the picture. They go to school with the sun in the east every morning. They are never late at school. They return home after school with the sun in the west. They do homework every evening. Each night they sleep at least for eight hours. They never stay up late watching TV. On weekends some help their parents with housework and others go to the zoo with their grandparents. They always do things at the right time. They live happily. They are strong and healthy.

Some students are always getting into trouble, because they insist on breaking the rules. Sometimes they don't understand what the rules are and sometimes they are just thoughtless. They don't lead a happy life.

New words and expressions

1. obey *v.* [ə'bei] 服从
2. east *adj.* [i:st] 东方
3. return *v.* [ri'tɜ:n] 返回
4. weekend *n.* ['wi:kənd] 周末
5. housework *n.* [hauswɜ:k] 家务劳动
6. grandparent *n.* ['grændpeərənt] 祖父母
7. happily *adv.* ['hæpili] 幸福地
8. insist(on) *v.* [insist] 坚持
9. thoughtless *adj.* ['θɔ:tlis] 无思想的, 轻率的
10. lead *v.* [li:d] 领导, 引导
lead a happy life 过着(幸福的)生活
11. stay up 不睡觉
Don't stay up very late, please. Tomorrow you are going to catch an early train.
请不要很晚才睡。明天你要赶早班火车。

12. help...with... 帮助...做...

Her sister often helps her with math.
她妹妹常常帮助她学习数学。

13. get into trouble 陷入麻烦

If you don't obey the rules, you'll surely get into trouble.
如果你不按规则办事, 你肯定会有麻烦的。



6 过有规律的生活

请看图中的那些孩子。清早，他们迎着朝阳上学，从不迟到。黄昏，他们披着晚霞放学回家。他们每天晚上都做功课。他们每天晚上至少睡眠 8 小时。他们从来不会看电视到深夜。周末，有的帮助爸爸妈妈操持家务，有的和爷爷奶奶到动物园去玩耍。他们过着有规律的生活。他们生活幸福，身强体壮。'

有的同学在生活中却麻烦不断，因为他们生活得没有规律。有时候他们不懂得生活规律为何物，有时候他们对生活规律不当回事，所以他们的生活过得一点也不快活。

They are never late for school.

他们上学从不迟到。



I. Attitude

Passage

Being friendly

There is only one good way. You make friends by being friendly.

Some people feel friendly, but they don't know how to show it. Are you like that? If you are, let me show you some ways of making friends.

Welcome a new friend. You can help a new classmate just by talking with him. You might say "Hi, some of us play basketball on Saturday morning. Do you want to join us?" You can tell him about the other classmates. Talk about his old class and the things he likes to do. You can also tell him about yourself and your family to make him feel that he has known you as an old friend. You do it by really wanting to be friends with him.

After such a talk, you may find that you like the new classmate very much. He may become one of your best friends.

New words and expressions

1. classmate *n.* ['klɑ:smeit] (同班)同学
2. basketball *n.* ['bɑ:skitbɔ:l] 篮球
3. hi *int.* [hai] 嗨(表示问候或用来引起对方注意)
4. Are you like that?

你像那样的吗?本句中的 like 是介词。be like 像……。

7 待人友好

要结识新朋友只有一个好办法：待人友好。

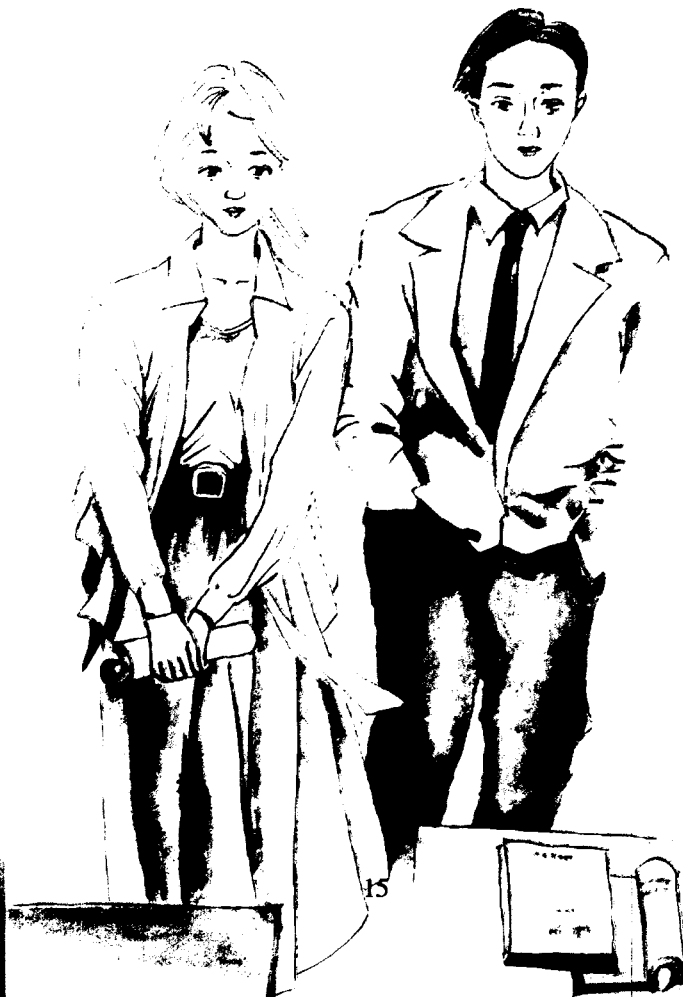
有的人虽然有待人友好之心，但不知道如何去表示这种心情。你是不是也像那样呢？如果是这样的话，让我教你一些表示友好的办法吧。

欢迎一位新朋友。你只是和他交谈就可以达到帮助新同学的目的。你可以说“喂，我们几个人每星期六上午都一起打篮球，你也和我们一起玩好吗？”你可以和他谈谈其他同学的情况，和他谈谈老班的情况以及他喜欢做的事情等，你也可以和他谈谈你自己和自己家庭的情况。如果你这样做，一下子就把你和他之间的距离拉近了，你们仿佛已经认识很久了。你这样做都是出于和他交朋友的真诚。

经过这样的交谈之后，你可能发现你很喜欢这位新同学，并且他可能成为你的一位好朋友。

Making a new friend.

交新朋友



Being in a new class

You yourself are new in a class. Do you feel lonely when you are new in a class? You knew all the boys and girls in your old class. Now you have new friends to meet. You wonder whether these boys and girls will like you. Everyone feels this way at first in a new place. But you don't have to wait for people to make friends with you. You can try to make friends with them.

A friendly person is interested in other people. He wants to know them. He wants to be helpful if he can.

When you talk to your new classmates, do you talk about your old class? It is better to talk about things you like about the new class. If you try, you can find many things to like about the new class. Try telling yourself, "I like this class, even though I miss the old one." If you think so, you will make many friends. It won't be long before you stop being lonely.

New words and expressions

1. lonely *adj.* ['ləʊnli] 孤独的
2. wonder *v.* ['wʌndə] 惊异
3. helpful *adj.* ['helpfəl] 有帮助的
4. at first 起初

At first the job looked good to Bob, but later it became tiresome.

起初这份工作对鲍伯好像很好,但是后来他感到厌烦了。

5. It is better to talk about things you like about the new class.

it 是形式主语, to talk... 是真正的主语。故可以译成“你最好谈一些你喜欢的关于新班的事情。”

6. It won't be long before... 不用多久就……

It won't be long before you stop being lonely.

不用多久你就不再感到孤独了。

It won't be long before they find out the truth.

不用多久他们就会查出事情的真相。