

Around Us

• 中英文对照 详细注释 •

# 耳闻目见

——英语综合知识阅读

沈尧年 余国慧 编著

吴沛超 插图

- 提供百科新知识
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● 中英文对照 详细注释 ●

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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. Disease*

### Passage

### 1

### Disease

You know it is no fun to be ill. You miss school, and you miss many other things that you enjoy. However, no one can promise that you will never be ill.

You know some diseases are caused by germs. But did you know there are many diseases that are caused in other way? Fortunately, you are not likely to get most of these diseases.

For example, children who eat only certain foods may become ill. They develop what are called deficiency diseases such as scurvy and rickets. These diseases are caused by a deficiency, or lack, of certain vitamins and minerals.

Nowadays such deficiency diseases are rare. That is because we can eat many kinds of food. We have no reason for not giving our bodies the vitamins they need.

#### New words and expressions

1. promise *v.* ['prɒmɪs] 答应
2. fortunately *adv.* ['fɔ:tʃənətli] 幸运地
3. deficiency *n.* [di'fɪjənsi] 缺陷, 短缺  
deficiency disease 营养缺乏症
4. rickets *n.* ['rɪkɪts] 佝偻病
5. rare *adj.* [rɛə] 稀少的

## I. 疾病

### 1 疾 病

你知道生病是很辛苦的。你不能上课，你不能参加许多你喜欢参加的活动。但是谁也不能保证你永远不生病呀。

你懂得有些病是细菌引起的。但是你是否知道还有许多疾病是因为其他的原因而造成的？幸运的是，今天，大多数这类疾病已经与我们无缘相会了。

举例说，偏食的孩子很可能得病。他们得了名字叫做营养不良症的疾病，例如坏血病或者佝偻病等。缺乏某些维生素或者微量元素的不足是这些疾病的起因。

当今时代，这类因营养缺乏而引起的病症已经十分罕见了，因为我们可以吃到各种各样的食物。我们没有理由拒绝进食我们躯体所需要的各种维生素，不是这样的吗？

*The doctor said that vitamin B<sub>1</sub> would cure his disease, beriberi.*

医生说维生素B<sub>1</sub>可以治疗他的脚气病。



## *I. Disease*

### **Passage**

#### **Spreading diseases**

Diseases that can be carried from one person to another are called infections. How are such diseases spread? That depends on the disease, some diseases are spread in one way, some in another.

Some disease germs are carried by insects, such as flies and mosquitoes. These diseases can be controlled by getting rid of the insects that carry them. The germs that cause colds can travel from one person to another with a cough or sneeze. That is why it is important to use your handkerchief when you do so. It is a good idea to stay away from people who have colds, too.

People can get diseases from rabbits, parrots, even dogs. At one time many people got tuberculosis by drinking milk from cows that had that disease. Today cows' milk is made safe to drink. This is because the milk is heated then chilled. The tuberculosis germs are killed in the process.

#### **New words and expressions**

1. fly *n.* [flai] 苍蝇
2. mosquito *n.* [mə'ski:təu] 蚊子
3. sneeze *n.* [sni:z] 打喷嚏
4. parrot *n.* ['pærət] 鹦鹉
5. at one time 从前
6. handkerchief *n.* ['hæŋkətʃif] 手帕

# I. 疾病

## 2. 疾病的传播

一个人生了病，另一个人也跟着病倒了，这叫做传染。疾病是怎样传播的呢？因病而异，有的这样传播，有的那样传播。

有些致病细菌是由昆虫传播的，例如苍蝇和蚊子。这些疾病容易控制，只要消灭这些昆虫就行了。引起感冒的病菌是由人传播的，人通过咳嗽和打喷嚏传播致病细菌。所以，如果你咳嗽和打喷嚏的话，用手帕捂着是很重要的。和感冒患者保持一定距离，这个意见也是正确的。

兔子、鹦鹉，甚至狗都可能传播疾病。从前不少人因为喝了患结核病牛的奶而感染了肺结核。现在，牛奶都经过了加工，所以可以安全饮用。这是因为牛奶先加热后冷却，结核菌在加工过程中都被消灭殆尽了。

*The girl is coughing.*

这位姑娘正在咳嗽。



**Germ**

Most people are ill one time or another. One reason people become ill is that there are diseases, or illnesses, that are caused by tiny creatures called germs. Have you ever heard measles, mumps, or chicken pox? All these diseases are caused by germs.

A germ is a tiny living thing that can be seen only under a microscope. Disease germs are microbes that can hurt you. There are many kinds of microbes. They are not all harmful. In fact, we could not live if there were none of these tiny living things. But some microbes are harmful. These are the microbes that we call germs.

If they get into your body, germs can cause diseases in two ways. Some destroy body cells. Other germs make poisons that keep your organs from working as they should. Either way, germs can make you very, very sick.

**New words and expressions**

1. creature *n.* ['kri:tʃə] 造物

2. chicken pox *n.* ['tʃikin pɒks] 水痘

3. if there were none of...

如果没有...的话,虚拟条件句。

4. keep...from... 使...不能(doing...)

A unbalanced force keeps the object from going straight forward.

一股不平衡力的作用,使物体不能直线地向前运行。

5. either *pron.* ['aiðə] 或 ['iðə] 二个中的任何一个

She's bought a white shirt and a pair of trousers but either of them are not fit to her.

她买了一件白衬衫和一条裤子,但是哪一件都不合她穿。

6. one time or another 有时候



# I. 疾病

## 细菌

多数人都偶染微恙。人们之所以生病，就是因为存在着各种各样的传播疾病的微生物——病菌。你曾听说过麻疹、腮腺炎和水痘吗？所有这些疾病都是由病菌引起的。

细菌，是微生物，只有在显微镜下才能看见它们。病菌是对你有害的微生物。微生物的种类很多。它们并不都是有害的。事实上，如果没有这些微生物的话，我们就活不成了。但是有些微生物是有害的，我们管这些微生物叫做病菌。

病菌进入体内以两种方式致病。有的病菌毁灭体内的细胞，有的病菌制造毒素，使器官不能正常地工作。不论哪一种方式，病菌都能使你大病一场。

*Germs can be seen only under a microscope.*

只有用显微镜才能看到细菌。



## *I. Disease*

### **Passage**

#### **Keeping germs off**

There are microbes all around you. The harmful ones are called germs. With so many germs around you, you may wonder how you ever stay well. Your body is completely covered by skin. Your body openings have a lining of mucous membrane. Most germs cannot pass through these openings to get into your body.

However, many germs do come into your body. Since there are dust and germs in the air, you breath them in through your nose and throat. Fortunately, there are hair-like cilia in your nose and windpipe. They keep the dust off, and they keep the germs off as well.

You see, your nose, throat and windpipe are lined with mucous membrane. Large number of germs are trapped in the sticky mucous. When you blow your nose, cough, or sneeze, you get rid of these germs.

#### **New words and expressions**

1. defend *v.* [di'fend] (from, against) 保护
2. completely *adv.* [kəm'pli:ti] 完全地
3. mucous *adj.* ['mjʊ:kəs] 粘液的
4. membrane *n.* ['membrein] (生)膜  
mucous membrane 粘膜的
5. hair-like 毛发似的
6. cilia *n.* ['siliə] 纤毛
7. windpipe *n.* ['windpaip] 气管

## 4 将病菌拒之门外

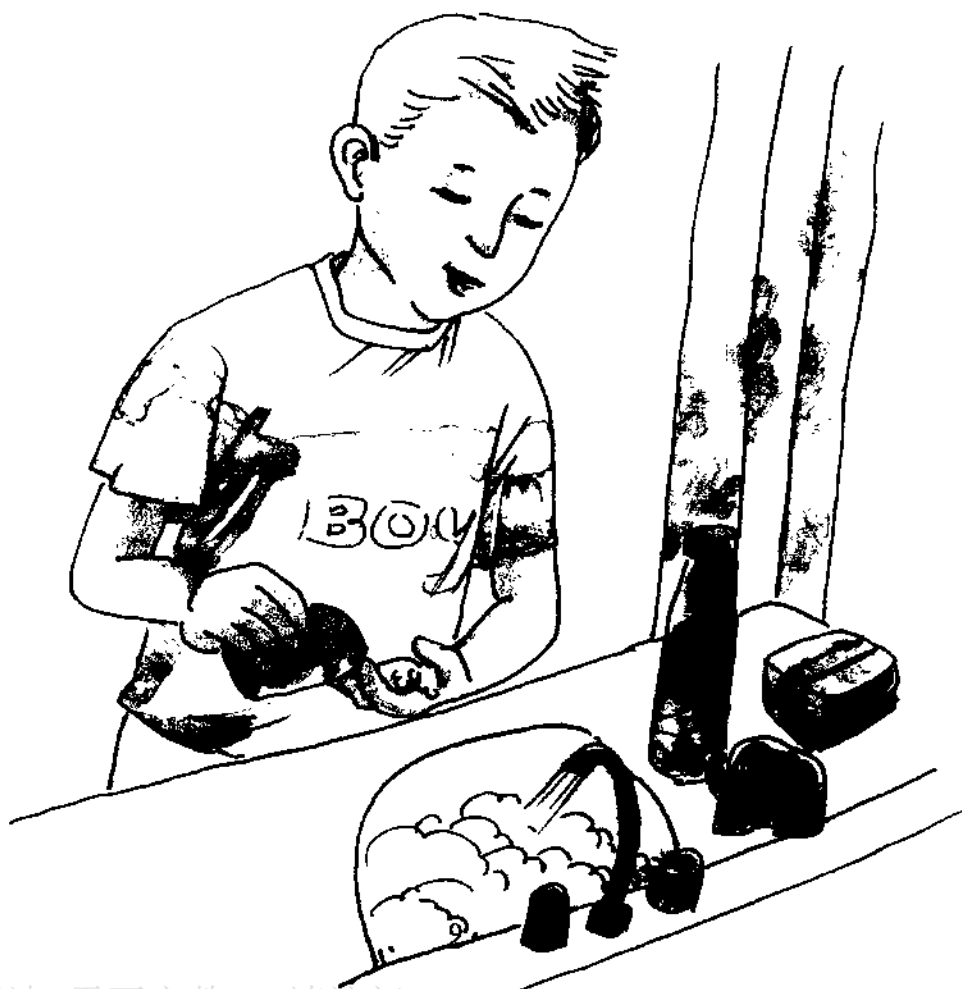
你的周围布满了微生物。有害的微生物被称为病菌。因为到处都是病菌，你可能百思不得其解，人们怎么能活得好好的呢？你的躯体完完全全地被皮肤覆盖起来了。身体上只有几个通往外界的口子，它们的内边都衬有一层粘膜。因为这些粘膜的作用，大多数细菌都不能通过这些口子侵入体内。

有不少细菌的确闯入了你的躯体。因为空气中有灰尘和细菌，你呼吸的时候它们跟着进入了鼻腔和咽喉。幸好，在鼻腔和气管内部有毛发似的纤毛，它们将灰尘和细菌拒之门外。

你知道的，鼻腔、咽喉和气管的内边都衬有一层粘膜，大量的细菌被粘液沾住动弹不得。擤鼻涕、咳嗽和打喷嚏都是你把细菌排出体外的方式。

*Wash hands before meals, please.*

请饭前洗手。



## *L. Disease*

Passage

Killing Germs

You not only breathe in germs, you also swallow them. They are on your food. You take them into your mouth along with your food. They are on the hands that touch your food. If you put your fingers or pencils into your mouth, you put germs into your mouth as well. So it is important to keep your fingers and pencils out of your mouth. Another way is to wash your hands before your meals. You should also wash your hands after you use the toilet.

Your mouth has juices that help to digest your food. And these juices also kill many germs that you swallow with your food.

Some of the germs go down into your stomach. There, many of them are killed. Your stomach makes a kind of acid that helps to digest food. This acid also kills many germs.

### New words and expressions

1. toilet n. ['tɔɪlɪt] 厕所, 洗手间
2. juice n. [dʒu:s] 汁, 液

## II. 疾病

### 5. 杀死病菌

你不光吸入细菌，而且还吞食细菌。细菌停留在食物上，你吃食物的时候把细菌也吃进肚子里去了。细菌也停留在你拿取食物的手上，如果你把手指或者铅笔放入口内，你把细菌也送入口了。所以，不要把手指和铅笔送入口中是防止细菌入侵的一个重要方法。另一个重要的方法就是记住饭前和便后都要洗手。

你的口中含有唾液，这些唾液帮助你消化食物，也具有消灭混在食物中的细菌的功能。

有的细菌虽然可以入侵到你的胃中，但是，很多细菌在胃里也难逃覆灭的命运。胃制造胃酸，它既帮助消化食物，也具有灭菌的功能。

*Stomach acid also kills many germs.*

胃酸也有灭菌功能。



# I. Disease

## Passage 6

### Destroying germs

Some germs get through the body's defenses. They can come into your body through cuts and breaks in your skin. But the blood has a way of fighting them. If you look a drop of blood under a microscope, you may see both red and white cells in it. The white cells are germs killers. They can rush to the germs, surround them, and destroy them.

The white germs do not always succeed in killing all the germs that enter your body. These germs may make you ill. Even then, your body has ways of defending itself. For one thing, you may have a fever. Some kinds of bacteria can live only at certain temperature. When your body raises its temperature, these germs may die.

There is another way that your body fight germs. It forms antibodies and send them into your blood. Antibodies are chemical substances that kill germs. The antibodies stay in your blood after you get well. They keep you from getting the diseases a second time.

#### New words and expressions

1. defense *n.* [di'fens] 防卫, 防线

2. a drop of blood 一滴血

3. red cell 红细胞, 红血球

4. white cell 白细胞, 白血球

5. germ killer 细菌杀手

6. succeed(in) *v.* [sək'si:d] 成功

He succeeded in starting the engine.

他成功地启动了这台发动机。

7. fever *n.* ['fi:və] 高烧

8. antibody *n.* ['æntibodi] 抗体

9. get well 恢复健康

10. a second time 下一次

He promised me that he wouldn't do it a second time.

他答应我下次他再也不这样干了。



## 6 消灭病菌

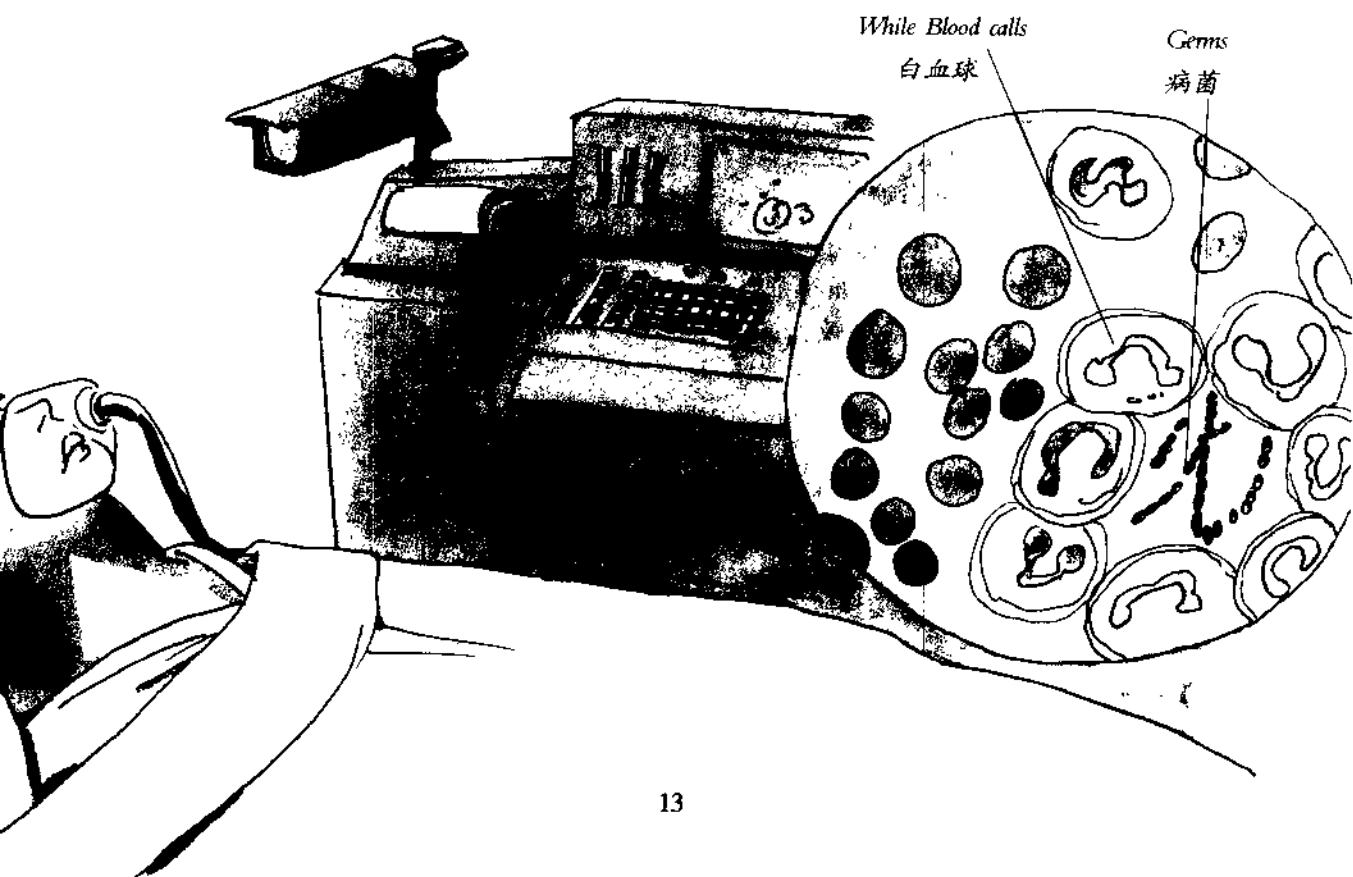
有些细菌突破了身体的防线。它们通过皮肤上的伤口或裂口进入体内。但是血液也有办法对付它们。如果你在显微镜下观察一滴血的话，你可以看到血液中有红血球和白血球。白血球是细菌杀手。它们向着细菌一拥而上，围而歼之。

但是，白血球在围歼入侵细菌的战斗中并非永远取得胜利。于是，这些细菌能够使你大病一场。即使在那样的情况下，你的身体也还有办法来保护自己。其中的一个办法就是发高烧。有些细菌只能在一定的体温下生活，当体温升高时它们就活不成了。

你的身体还有另外一种办法来对付细菌。体内能产生抗体并且把抗体输入到血液中去。恢复健康之后，抗体就留在血液中。它们发挥预防的作用，使你下次不再感染这种疾病。

*The white blood cells are surrounded and destroying the germs.*

白血球正围歼细菌。



## I. Disease

### Passage

#### What is a vaccine?

A vaccine contains one kind of germs. These germs have been killed or weakened so that they will not hurt us. Do you know how they help us? They cause our body to produce antibodies, just as the disease itself does. These antibodies keep us from getting many serious diseases.

The first vaccine was developed by Dr. Edward Jenner nearly two hundred years ago. It was a smallpox vaccine. Today we have different kinds of vaccine to protect us from diseases such as measles, whooping cough and polio. Polio once was a terrible disease. It not only killed some children, but crippled many more.

A few years ago, Dr. Jonas Salk and Dr. Albert Sabin were successful in making polio vaccines. Because of their work, many thousands of our children are now safe from polio.

#### New words and expressions

1. vaccine *n.* ['væksɪn] 疫苗
2. smallpox *n.* ['smɔːlpɒks] 天花
3. whooping cough *n.* [hʊˈpiŋ kɔːf] 百日咳
4. polio *n.* ['pəʊliəʊ] 小儿麻痹症
5. cripple *v.* ['krɪpəl] 使…跛





# I. 疾病

## 7. 什么是疫苗

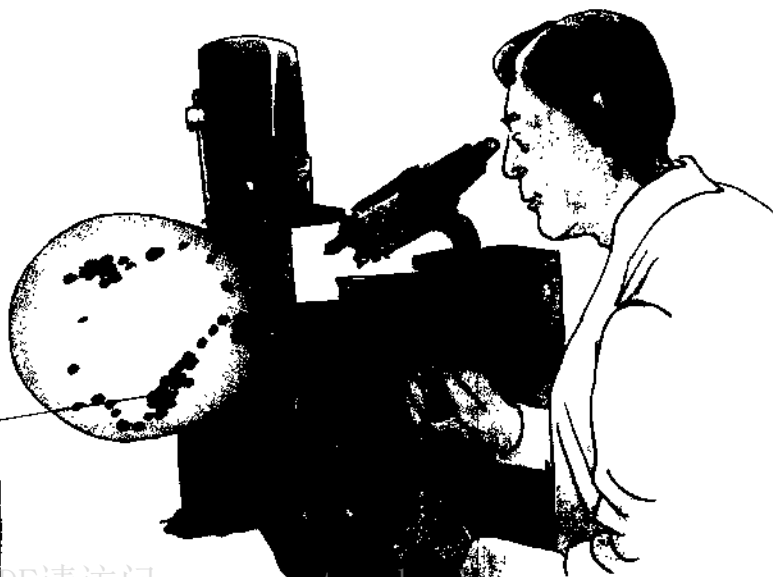
疫苗含有某种病菌。这是一些曾被杀死过的或者其活力被大大削弱了的病菌，因此注射疫苗不可能对我们造成伤害。你知道这些病菌怎样帮助我们吗？它们和那些真正的病菌一样，使我们的体内产生抗体，而这些抗体保护我们不再感染许多严重的疾病。

大约在 200 年前，爱德华·杰纳医生发明了第一支疫苗。它是预防天花的疫苗。今天我们有许多不同种类的疫苗，我们不再感染像麻疹、百日咳和小儿麻痹症等许多严重疾病了。小儿麻痹症曾经是一种可怕的疾病。它不仅使许多儿童致死，而且令更多的儿童终生致残。

在几年前，乔纳·索克和阿伯特·萨宾医生成功地制造出第一支预防小儿麻痹症的疫苗。由于他们的努力，现在成千上万的儿童能够安全地生活，避免了小儿麻痹症的侵扰。

*Vaccines protect our children from getting many serious diseases.*

疫苗保护了我们的孩子，使他们免遭许多严重疾病的侵扰。



Polio Vaccine  
小儿麻痹症疫苗