



Listen

(Student's Book)

This Way

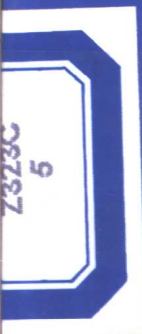
5

英语听力教程

(学生用书)

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高等教育出版社

内容提要

《英语听力教程》(Listen This Way)主要适用于高等院校英语专业高年级学生,同时适合师专、教育学院、广播电视大学、成人高校英语专业学生及相当水平的英语学习者。

全套教材共分6册,每册配有教师用书和6盒录音带。前4册以单项技能训练为主,配有一定量的综合训练,题材接近生活和工作实际,由近及远,涉及的面较宽;后两册以综合技能训练为主,同时针对中国学生在英语听力学习中的难点、重点进行反复训练,题材以反映社会、科技领域的新发展为主。教师用书的内容包括教学提示、练习答案和全部录音带内容的材料。

本书为第五册,共包括12个单元,每单元分为6个部分。内容主要包括准备性练习、单项技能和相关微技能训练、与本单元内容相关专题领域内的热门话题或科技新发展介绍,以及挑战性较强的真实录音材料练习。通过每单元的综合训练,全面提高学生的英语听力水平。

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前 言

听是语言交际的重要方面。在对外交往中，听力水平的高低直接影响着人们的相互理解和工作效率。随着国际交流的日渐频繁和电讯技术的迅猛发展，提高英语听的能力显得尤为重要。本教材正是为了适应时代的发展和英语教学的需要而编写的。在编写中，我们努力借鉴国内外近年来英语听力教学的研究成果，在总结几十年教学经验的基础上，遵循本课程的教学理论和原则，针对中国学生英语听力学习的特点，进行了新的尝试。本教材可供高等学校英语专业高年级的学生使用，同时适合师专、教育学院、广播电视大学、成人高校英语专业的学生及社会上广大英语自学者使用。

本教材在编写中努力体现以下两点：

1. 以培养听力技能为主线。通过系统的听力专门技能的单项训练及综合训练，培养学生的快速反应、准确辨别、分析推理、归纳总结、信息处理及记录和记忆等能力；
2. 力求听力材料的语言真实性、典型性和实际应用性。由于听力理解与学习者的知识水平，特别是与他们的语言和社会文化知识的水平密切相关，因此本教材注重在不同阶段选择既与技能训练匹配又与学生求知兴趣相称的素材。

全套教材共分6册。每册配有教师用书和6盒录音带。前4册以单项技能训练为主，配有一定量的综合训练，题材接近生活和工作实际，由近及远，涉及的面较宽；后两册以综合技能训练为主，同时针对中国学生在英语听力学习中的难点、重点进行反复训练，题材以反映社会、科技领域的新发展为主。教师用书的内容包括教学提示、练习答案和全部录音带内容的材料。

“标”、“本”兼治，以“标”求“本”是本教材的努力方向和目标。这里的“标”指的是教材及磁带中的全部教学内容与练习；这里的“本”指的是完成全部教学内容与练习之后留存于学生的那种内在智慧与能力。

本书为第五册，共包括12个单元，内容主要为当今科技发展的一些侧面，希望教师在教学过程中注重帮助学生扩展知识视野，对一些科技性的术语和词汇予以灵活处理。听能训练重点为强化前四册中出现过的诸项单项听力技能，特别是关键词选择、提纲拟列、大意归纳和对数字和数词的快速反应。希望学生通过第五册的训练，增强独立思考和独立学习的能力。每单元由6个部分组成：

第一部分为准备性练习，列出了每个单元中生词较多的典型语句，以帮助学生在语境中猜测词义和听力材料的内容，从而使学生进入积极思维和听的状态；

第二和第三部分为每个单元的重点部分，贯穿某项技能和微技能的训练。为了降低学习难度，这两个部分的听力内容有时采用两种语速，目的是试图在半真实与较真实的语言材料之间架设学习和过渡的桥梁。同时，也为教师因材施教提供一些条件；

第四部分听力材料多为相关领域的一些话题或科技新发展介绍，内容新，生词量大，学习者可以将听与阅读结合起来，以增加语言输入量，扩大知识面；

第五部分将培养学生独立学习的习惯作为主要目标，所设计的听力练习一般只给予引导性和框架性的指导；

第六部分对本单元的生词和词组进行归纳，以帮助学生复习巩固，克服听力教学中由于强调瞬时记忆而忽视词汇积累和语言应用的倾向。教师可围绕本部分内容适当进行一些读、讲、听、说的综合练习。

本教材主要供课内精听使用，每单元约需3学时左右。但是提高听力仅靠精听是远远不够的。希望教师针对各个学生的实际情况，有计划地指导并组织好课外泛听及其它相关的学习活动。只有精与泛、质与量的科学结合才可望实现英语听力水平的飞跃。

本教材的编写得到了教育部有关司处及许多兄弟院校的热情关心和指导。华东师大外语学院和英语系给予了经常性的支持和帮助。黄源深教授和虞苏美教授就本教材的编写提出了宝贵意见。英国籍教师 Frank Tonge 审阅了第五册全部书稿。参加录音的朋友有 Frank Tonge、Rob Mackie、Ron Reive、Cecilia Kaltenborn、Paul W. Kinnis、Belinda Ketley、Carol Laderoute、Michael Sawyer、Henning Kristoffersen 等。录音合成赵金士、刘申。徐卫列老师为第五册的编写做了大量工作。在编写过程中，我们还参阅过国内外一些有关书籍和教材，参阅书目详见 Acknowledgments。

编者谨向一切关心和帮助过本教材编写的同事和朋友致以衷心的感谢，并感谢高等教育出版社在整套教材的编写、插图、版式设计等方面所提出的宝贵意见和所做的大量工作。

由于水平有限，时间匆促，疏漏和不妥之处，敬请指正。

编者
2000年5月

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1

New Concepts of Health



Part I Getting ready

The following sentences will appear in this unit. Listen carefully and pay special attention to the italicized parts.

1. I'm here to tell you how the patient should *wrest control of* their health away from *the practitioners of medicine* and take charge of their own medical destiny.
2. Your *exercise regime* should be *a pleasure, not a penance*.
3. Many sports programs are now encouraging players to use *cross training techniques*, that is, *to borrow training techniques from other sports*.
4. *Subhealth*, also called *the third state or gray state*, is defined as *a borderline state between health and disease*.
5. Nutrition experts point out that it is not good to eat too much at one meal because it may cause unhealthy changes in *the digestive tract*.
6. A professor of *pediatric psychiatry and psychology* of the University of Miami Medical School, Dr. Field noticed that *preemies* who regularly *sucked on pacifiers* grew faster than *their incubator mates* who did not.
7. Natural killer cells are part of *the immune system* and their role is usually associated with *warding off virion kinds of illnesses*.
8. *Vitamin A deficiency* affects more than 100 million children around the world.
9. *Prevention is the only defense*.
10. Keep your child from becoming *a statistic*. Fight *the AIDS epidemic* through education and counseling.



Part II Preventative medicine



A In this part you are going to hear a lecture in which Dr. Pat Parker talks about preventative medicine, especially about how we young people should take care of ourselves. While listening, focus on the major points and do not forget to take notes. Then complete the following outline.

Notes

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Outline



I. Factors affecting our health

A. self-destructive things

1. drinking too much _____
2. _____
3. having diets heavy in _____
4. _____

B. _____ factors

1. _____ pollution
2. _____ pollution
3. too much _____

II. Ways to improve our fitness

A. healthy lifestyle choices: making it _____ to keep fit

B. reducing sports injuries

1. two kinds of sports injuries
 - a. _____ injuries
 - b. _____ injuries
2. ways to reduce them
 - a. _____ adequately
 - b. borrowing _____ from other sports



B Now listen to the lecture again and answer the following questions.

1. Which group in the survey is at higher risk of early death?

2. According to the Surgeon-General of the US, how much of our illness could be avoided?

3. What's the purpose of doing stretching exercise?

4. Is it true that warm-up exercises are only needed on cool days?

5. What cross training techniques do different sportsmen use? Complete the following chart.

Sportsmen	Cross training techniques	Purpose
boxers	doing _____ and _____	building up _____
table tennis players	running and _____	improving _____
footballers	doing _____ exercises	helping _____ _____ better



Part III Subhealth



A The following passage you are going to hear is a talk on subhealth. While listening, focus on the major points and do not forget to take notes. After that, complete the following chart.

Notes



People most likely to be subhealthy	Subhealth symptoms	The key to preventing and recovering from subhealth
1. _____ people	1. lack of _____	1. forming good _____
2. _____ people	2. depression	_____
3. people in _____ position	3. slow _____	2. alternating work with _____
4. students at _____	4. _____	3. exercising _____
	5. agitation	4. taking part in _____ activities
	6. poor _____	5. having a _____ diet
	7. shortness of _____	
	8. _____	
	9. _____ in waist and legs	
	10. cardiovascular diseases	



B Now listen to the talk again and fill in the blanks with proper words.

- Synonyms of subhealth:** a. _____
b. _____
- Definition of subhealth:** a _____ state between _____
- Clinical names of subhealth:** _____ syndrome, endocrinopathy, neurasthenia, climacteric _____
- Food rich in nutritional elements:** fresh vegetables, _____, _____ and aquatic products



Part IV More about the topic: Touch Therapy



A In this section you are going to hear a passage about touch therapy. Before listen-

ing, think about the pre-listening questions below. While listening, focus on the major points and do not forget to take notes. Then fill in the gaps in the summary.

Pre-listening questions:

1. Have you ever been given a massage?
2. If you have been given a massage, how did you feel?
3. What good do you think massages will do to one's health?

Notes

Summary

In western countries, people depend on drugs and sometimes _____ to recover from illness, whereas human touch has been considered to be a matter of _____ or superstition. However, recent studies show that at least three kinds of people benefit from touch therapy.

First, _____ babies. Experts have noticed that babies regularly massaged grow _____ than those who are not, in spite of the fact that they have the same _____. Second, adult men _____ with HIV. A research study by the University of Miami shows that touch therapy not only helps HIV carriers reduce their _____ and _____ levels, but also does good to specific cells of the _____ system because natural killer cells, which are associated with _____ virion kinds of illnesses, are increased. Finally, _____ also seem to benefit from touch therapy. Experiments show that _____ and verbal support from another woman help the mother through _____.



B

Self-evaluation: if you want to be more confident about your comprehension of the material, here is a slower version to help you.



Part V Towards independent listening



A You are going to hear some informative advertisements. While listening, focus on the major points and do not forget to take notes. After that, complete the following one-sentence summaries with what you hear on the tape.

Notes

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Summaries



1. If possible, young mothers should choose _____, but if not, a _____ can help them _____ milk or even _____ more milk.
2. If necessary, please take _____ in order to make sure that both you and your child have good _____ and good _____.
3. If your child suffers from _____, try to replace the _____ in his body by giving him suitable _____ or go to a health worker for help.
4. In order to prevent your child from a _____, please familiarize yourself with the _____ of illness or go to your local health provider for help if necessary.
5. Make sure to take your child for _____ times before he is _____ year old so that he can be protected against some of the most serious childhood diseases.
6. Please go to a _____ together with your child so as to learn about the _____ disease AIDS and how to prevent it because prevention is the only _____.



B Self-evaluation: if you want to be more confident about your comprehension of the material, here is a slower version to help you.

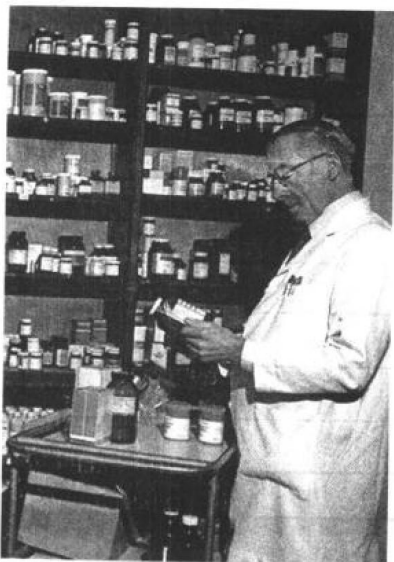


Part VI Reminder of key points in this unit

	Verb & Verb Phrase	Noun & Noun Phrase	Other
Part II	wrest control of take over saturate snorkel hone	practitioner regime insight optimist scuba diving penance strain squash parallel flexibility cross training techniques stamina reflex coordination well-being	preventative premature self-destructive accessible
Part III	alternate	subhealth borderline clinical name fatigue syndrome endocrinopathy neurasthenia climacteric syndrome insomnia agitation palpitation arrhythmia trace element tract	stressed subhealthy aquatic indispensable digestive cardiovascular
Part IV	suck massage ward off combat	therapy superstition psychiatry preemie pacifier incubator	pediatric opportunistic obstetric

8 Unit 1 *New Concepts of Health*

		stimulation virion pneumonia pediatrician c(a)esarean forceps	
Part V	breastfeed extract be drained of mature	breast pump jaundice nursing consultant surplus freezer deficiency supplement diarrhea immunization epidemic	maternal at stake devastating



2

New Developments in Medicine

Part I Getting ready

The following sentences will appear in this unit. Listen carefully and pay special attention to the italicized parts.

1. If you have a backache, *painkillers will take away the pain*, but there's still something wrong somewhere that caused the backache in the first place.
2. If *holistic medicine* doesn't *prescribe drugs*, how does it treat illness?
3. A good diet, with lots of fresh food, not *processed food with its preservatives and chemicals*, is essential.
4. The new drug is unlike other *anti-AIDS medications*, it attacks *HIV* before it has a chance to *infect other cells*.
5. Researchers say T-20 also may offer a second chance to patients who are unable to deal with the bad effects of *proteids inhibitors* and other *anti-AIDS drugs*.
6. *Tuberculosis is a disease* that kills as many as three million people each year.
7. However, *new versions of TB bacteria* are resistant to *antibiotic medicine* commonly used to fight the disease.
8. But today there is news of a development which may *spell the end of the drill*.

Part II Western medicine vs. holistic medicine



A Listen to a conversation about western medicine and holistic medicine. While