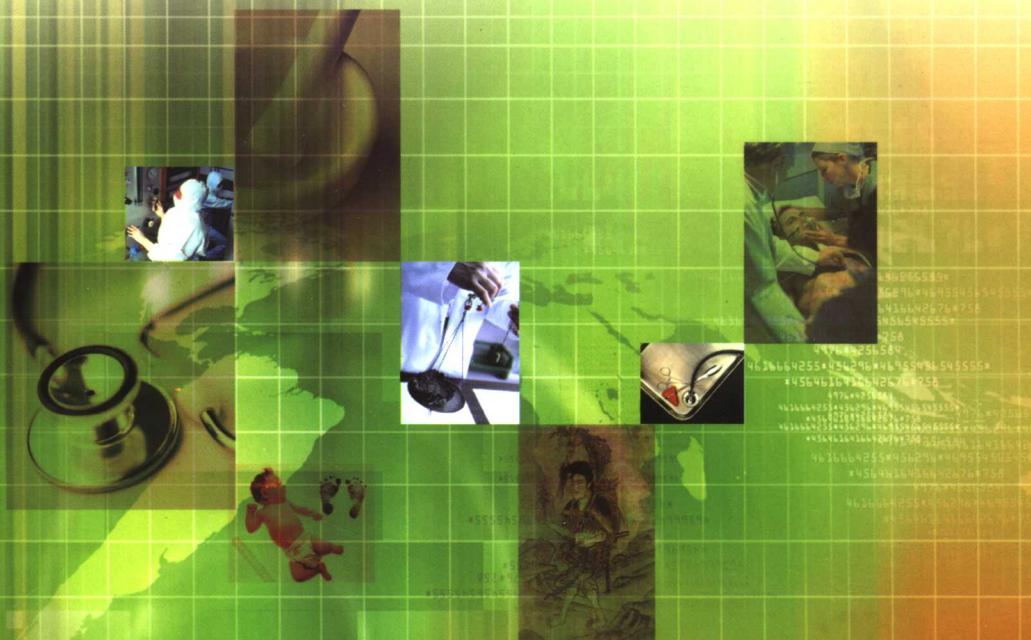




21世纪高职高专教材

PRACTICAL ENGLISH STEP BY STEP (3)

实用阶梯英语(3)

赵雪丽 主编 

科学出版社
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实用阶梯英语 (3)

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内 容 简 介

本书为 21 世纪高职高专教材,分 3 册。该册目的是给同学们提供提高英语综合应用水平的机会。全书分为 10 个单元,均为涉及医学各科知识的文章。内容包括保健护理、中医基础知识、中药知识、针灸推拿知识、医药信息、常见疾病等。

每一单元包括课文 A(TEXT A)、课文 B(TEXT B)、阅读技能三部分。

课文 A 与 B 为精读材料,内容广泛,语言真实、规范,并配有相关练习。因此,学习者在阅读理解课文时,应加强对课文内容、课文结构的理解,同时进行词汇的上下文猜测。课后练习针对性强,可以加深对原文的理解和记忆。其他实用练习则加强对本课相关句型、词汇和结构的操练和运用。

阅读技能这一项目侧重各种段落类型,理解语篇中的具体信息,如根据上下文猜测词义、理解暗示含义、推理等。每一单元后另配备四篇阅读训练小短文,供学生利用所学的阅读技巧,培养阅读技能,提高阅读速度,增强阅读理解力。

一般来说,每一单元的讲解时间约为 6 学时。本册可在第三学期使用。具体做法参见教师参考书和相关课件。

本书适于高等中医药院校、西医院校高职高专学生学习英语使用,也可供英语爱好者参考使用。

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前 言

《实用阶梯英语》根据教育部颁发的《普通高等专科英语课程教学基本要求》(简称《基本要求》),同时结合医学类院校高等职业教育的实际需要编写,供高等职业技术学校医学、药学和护理学等专业英语教学使用。《基本要求》规定:普通高等专科英语课程教学的目的是,培养学生掌握必须的、实用的英语语言知识和技能,具有阅读和翻译与本专业有关的英文资料的初步能力,并进一步提高英语的应用能力打下一定的基础。

为了体现上述教学目的,在编写《实用阶梯英语》的过程中我们注意吸收现代外语教学理论中适合我国英语教学实际的某些观点,又采纳传统外语教学理论中某些合理部分,结合我们外语教学中行之有效的理论和方法,力求处理好语言基础和语言应用的关系、英语语言和专业特点的关系,突出英语实践能力的培养。

本套教材分为两个阶段:第一阶段重视语言基础,培养基本的语言技能,为学生积累基本的语法和词汇,尤其针对英语基础薄弱的学生;第二阶段为提高阶段,强调阅读和英语运用技能的提高,并结合医学、药学和护理学专业的特点,强调基本的阅读和翻译技能在本专业的实际运用。

本教材共分三册,每册 10 个单元。第一册为基础阶段,每单元有课文、词汇、课文习题、语法知识和语法练习题。课文内容均为日常公共英语常用交流语言。第二册和第三册则选择涉及医学、药学和护理学各科知识的科普文章,课后附词汇表、语法知识、翻译技巧以及相应的练习题。文章涵盖文化教育、社会习俗、交通运输、资源利用、信息网络、保健护理、中医基础知识、中药知识、医药信息、常见病症、医学史等方面。

本教材旨在通过教师的“精讲”和学生的“多练”,通过读、听、说、写、译全方位的各种形式的课堂内外的实践,培养学生具有较扎实的英语语言基础和较强的英语综合应用能力。我们主张选用当代英语的常见语体或文体的典型样本作为素材,供阅读的主课文,不仅语言规范,而且富有文采、引人入胜、增长知识、给人启迪;要求选题广泛,以反映现实生活为主,医学科普读物占有一定比重。

目前,我国正在大力发展高等职业技术教育,外语教学是高等职业技术教育的重要组成部分,如何能使学生在毕业后将所学的知识应用于实践是很重要的。中国加入 WTO 之后,国人与外界接触的机会越来越多,学生用外语交流将给其

创造很多就业和深造的机会。目前许多外语教材只是注重公共英语知识提高,并没有着眼于公共英语和专业知识的结合,教材中没有专业词汇和表达方法,以及介绍本专业英语表达的特殊性等内容。学生学过之后仍旧不能用英语进行本专业的交流,而多数高等职业技术学校没有开设专业英语课程。本套教材旨在寻找解决这一问题的方法,将公共英语和专业英语列入一套教材,将专业与英语结合,学生既掌握了英语知识,又巩固了专业知识,同时获得了专业知识的英语交流能力,为他们今后的工作、深造和科研打下了必要的基础。

本书适用于医学、药学、护理学等相关学科高等职业技术学院或中等职业技术学校的学生,或有初、高中以上英文水平的英语爱好者。本书也可作为基层医疗、护理工作英语培训用教材。

本教材由山西省高校外语教学指导委员会会长、山西大学外语学院王正仁教授,山西大学外语学院院长聂建中教授审定,美籍专家 John Loman Wynne 审阅。

由于时间仓促和编者水平有限,不妥之处恳请师生提出宝贵意见。

编 者

2006 年 3 月

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UNIT 1

TEXT A

Passage

Obesity and Risk in Driving



[1] Heavier people are more likely to be killed or seriously injured in car accidents than lighter people, according to new research.

[2] That could mean car designers will have to build in new safety features to compensate for the extra hazards facing overweight passengers. In the US, car manufacturers have already had to redesign air bags so they inflate to lower pressures, making them less of a danger to smaller women and children. But no one yet knows what it is that puts overweight passengers at extra risk.

[3] A study carried out in Seattle, Washington, looked at more than 26,000 people who had been involved in car crashes, and found that heavier people were at far more risk. People weighing between 100 and 119 kilograms are almost two and a half times as likely to die in a crash

as people weighing less than 60 kilograms.

[4] And importantly, the same trend held up when the researchers looked at body mass index (BMI), a measure that takes height as well as weight into account. Someone 1.8 metres tall weighing 126 kilograms would have a BMI of 39, but so would a person 1.5 metres tall weighing 88 kilograms. People are said to be obese if their BMI is 30 or over.

[5] The study found that people with a BMI of 35 to 39 were over twice as likely to die in a crash compared with people with a BMI of about 20. It is not just total weight, but obesity itself that's dangerous.

[6] While they do not yet know why this is the case, the evidence is worth pursuing, says Charles Mock, a surgeon and epidemiologist at the Harborview Injury Prevention and Research Center in Seattle, who led the research team. He thinks one answer may be for safety authorities to use heavier crash test dummies when certifying cars as safe to drive.

[7] Crash tests normally use dummies that represent standard-sized males weighing about 78 kilograms. Recently, smaller crash test dummies have also been used to represent children inside crashing cars. But larger and heavier dummies are not used.

[8] The reasons for the higher injury and death rates are far from clear. Mock speculates that car interiors might not be suitably designed for heavy people. Besides, obese people, with health problems such as high blood pressure or diabetes, could be finding it tougher to recover from injury.

[9] Richard Kent, an expert in impact biomechanics at the University of Virginia, thinks the new research has established a legitimate connection between obesity and severe injury or death. Because the research used BMI data, it has not confused taller (and therefore heavier than average) people with those who are overweight.

[10] People who are obese might also be at risk because seat belts do not hold them as securely in a crash. "For example, a large amount of fat tissue between the restraint system and the bony thorax acts much like a winter coat; it introduces 'slack' into the restraint system and decreases its performance," Kent says.

New Words

obesity [əu'bi:siti:]

obese [əu'bi:s]

injure ['indʒə]

injury ['indʒəri]

feature ['fi:tʃə]

compensate ['kɒmpənsɪt]

extra ['ekstrə]

hazard ['hæzəd]

n. 肥胖; 肥大

adj. 肥胖的, 肥大的

vt. harm or hurt a person, an animal or part of the body 损害, 伤害

v. 伤害

n. 伤害, 侮辱

n. 特征; 特色

v. 赔偿; 报偿; 补偿; 报酬

adj. additional 额外的, 补充的, 附加的

adv. especially 特别地

n. additional thing or person 额外的人(或物)

n. danger 冒险, 危险, 冒险的事

inflate [in'fleɪt]	<i>vt.</i> 使膨胀;使充气
pressure ['preʃə(r)]	<i>n.</i> 压, 压力, 电压, 压迫, 强制, 紧迫
risk [risk]	<i>n.</i> 冒险, 风险
	<i>vt.</i> 冒……的危险
crash [kræʃ]	<i>n.</i> strike or fall suddenly, violently and noisily 猛撞; 坠落
trend [trend]	<i>n.</i> general direction or course of development 倾向, 趋势
mass [mæs]	<i>n.</i> 大量; 质量
index ['indeks]	<i>n.</i> [数学] 指数, 指标; 索引
BMI	body mass index 人体综合指数
measure ['meʒə]	<i>n.</i> 量度标准; 方法; 测量
compare [kəm'peɪ]	<i>v.</i> in comparison with 对比; 比较
evidence ['evidəns]	<i>n.</i> proof 证据, 证物
pursue [pə'su:]	<i>v.</i> to follow in an effort to overtake or capture; chase 追; 追求
surgeon ['sə:dʒən]	<i>n.</i> 外科医生
epidemiologist ['epi,dɪ:mi'ɒlədʒɪst]	<i>n.</i> 流行病学家
dummy ['dʌmi]	<i>n.</i> 假人, 假货
	<i>adj.</i> 虚拟的, 假的, 虚构的
certify ['sə:tɪfaɪ]	<i>v.</i> formally declare (sth.), esp. in writing or on a printed document 证明
represent [ˌrɪ:prɪ'zent]	<i>vt.</i> show; be a sign of; stand for; describe 代表; 表示, 表明
rate [reɪt]	<i>n.</i> 率, 比率
mock [mɒk]	<i>n.</i> 仿制品; 模仿
speculate ['spekjuːleɪt]	<i>vi.</i> 推测; 思索
interior [ɪn'tɪəriə]	<i>n.</i> 内部
	<i>adj.</i> 内部的, 内的
diabetes [ˌdaɪə'bi:tɪz,-ti:s]	<i>n.</i> [医] 糖尿病, 多尿症
impact ['ɪmpækt]	<i>n.</i> great influence or effect 碰撞, 冲击; 影响
	<i>vt.</i> 挤入, 撞击, 压紧, 对……发生影响
biomechanics [ˌbaɪəʊmə'kænɪks]	<i>n.</i> [生] 生物力学
legitimate [lɪ'dʒɪtɪmət]	<i>adj.</i> in accordance with the law or rules; lawful 合法的, 依法的; 法定的
belt [belt]	<i>n.</i> 带子, 地带
seat belt	安全带
securely [sk'juəli]	<i>adv.</i> 安心地, 安全地
confuse [kən'fju:z]	<i>vt.</i> make (sb.) unable to think clearly; puzzle; bewilder 使糊涂; 使迷惑
tissue ['tɪʃu:]	<i>n.</i> [生] 组织; 薄的纺织品
restraint [rɪs'treɪnt]	<i>n.</i> 抑制; 遏制; 管制; 约束

thorax ['θɔːræks]

slack [slæk]

performance [pə'fɔːməns]

n. [解] 胸, 胸膛, 胸腔

n. 松弛; 松弛部分

adj. not tight or tense; loose 不紧的; 松弛的

n. 性能; 履行; 执行; 表演, 演奏

Phrases & Expressions

according to

at risk

carry out

involve in

hold up

look at

take... into account

根据

in danger of

complete or fulfil (one's promise, plan, etc.) 执行; 实行; 完成

cause (someone or something) to be part of, included in, mixed with, or deeply concerned in (something or doing something) 使……卷入、陷入

put sb./sth. forward as an example 举某人或某事物作为范例

think about, consider or study sth. 考虑或研究某事物

consider sth.; include sth. in one's assessment, etc. 计及; 斟酌; 考虑

Proper Names

Seattle [si'ætl]

the Harborview Injury Prevention and
Research Center

Virginia [və(:) 'dʒɪnjə]

西雅图(美国一城市名)

港景创伤预防与研究中心

弗吉尼亚(美国一州名)

Exercises

Checking your understanding of the text

I. Answer the following questions.

1. Who, heavier people or lighter people, are more likely to be killed or seriously injured?
2. What have car manufacturers, in the U. S., already had to do in order to make them less of a danger to smaller women and children?
3. What conclusion can be drawn from the study carried out in Seattle, Washington?
4. What kind of people are said to be obese?
5. What kind of people were over twice as likely to die in a crash compared with people with a BMI of about 20 according to a study?
6. What does Charles Mock suggest in order to know why obesity is dangerous?
7. What do dummies, normally used in crash tests represent?
8. What kind of people are found tougher to recover from injury besides obese people?

9. Why are obese people also at risk even if they wear seat belts according to Richard Kent?
 10. What caused people to become obese according to your opinion?

Drilling your words

II. Find the definition in column B which matches the word or phrase in column A.

A	B
1. legitimate	a. in danger of
2. take... into account	b. perform
3. evidence	c. great influence or effect
4. carry out	d. lawful
5. compensate	e. harm or hurt
6. extra	f. chase; be after
7. at risk	g. take... into consideration
8. injure	h. proof
9. impact	i. make up for
10. pursue	j. additional

III. Fill in the blanks with the given words and expressions. Change the form where necessary.

restraint	slack	evidence	rate	certify
confuse... with	involve in	at risk	compensate for	carry out
represent	trend	impact	legitimate	extra
according to	compare... with		look at	hold up
take... into account				

- I'm not sure that his business is strictly ____.
- The child's affections were kept under continual ____.
- When you decide that something is true, you come to this conclusion after considering the ____.
- Your grip on the bar is too ____.
- It is reported that the literacy ____ is very low in the rural areas.
- He ____ that it was his wife's handwriting.
- Students do not welcome ____ homework.
- There is a growing ____ in the United States to exercise regularly and eat wisely.
- He does not clearly ____ the stages of painting a picture.
- Warnings about the dangers of smoking seems to have little ____ on these young people.
- The committee wouldn't even ____ my proposal.
- You must have ____ the positive pole ____ the negative pole.
- Even the largest lake is small ____ an ocean.
- The police think that a large group of criminals is ____ the robberies.
- Before testing this method on patients, Sr. Smith ____ tests for two years on three hundred

dogs.

16. The whole future of the company is ____.
17. When judging his performance, don't ____ his age ____.
18. She was ____ by the insurance company ____ her injuries.
19. She's always ____ her children as model of behavior.
20. ____ the Bible, man was created by God out of clay.

IV. Word building

-ance (ancy) and -ence (ency) are noun suffixes added to adjectives ending in -ant and -ent with the meaning "the quality or condition of being and or ____ent".

Now give the noun forms of the adjectives below and then complete each of the following sentences with one of the nouns:

absent	independent	important	present	constant
efficient	confident	competent	emergent	patient
frequent	permanent	evident	distant	silent

1. The first operation that the surgeon performed was a life-and-death ____ case.
2. The police were delayed by the ____ of information about the crime.
3. While George hadn't much experience in business, he went at it with enough ____.
4. It is reported that traffic accidents are happening in that city with increasing ____.
5. A straight line is the shortest ____ between points.
6. When the fire started in the kitchen, Nancy had the ____ of mind to turn off the gas.
7. India gained ____ from Britain in 1947.
8. The police cannot arrest any suspect without firm ____.

Translation

V. Translate the following sentences into Chinese.

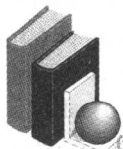
1. Heavier people are more likely to be killed or seriously injured in car accidents than lighter people, according to new research.
2. People weighing between 100 and 119 kilograms are almost two and a half times as likely to die in a crash as people weighing less than 60 kilograms.
3. The study found that people with a BMI of 35 to 39 were over twice as likely to die in a crash compared with people with a BMI of about 20.
4. Mock speculates that car interiors might not be suitably designed for heavy people.
5. People who are obese might also be at risk because seat belts do not hold them as securely in a crash.

VI. Translate the following sentences into English.

1. 没有人知道是什么使胖人面临额外的危险。
2. 研究者通过观察人体综合指数(BMI),即将身高和体重综合考虑的一种算法,验证了这一趋势。
3. 在华盛顿州西雅图进行的一项研究对遇过车祸的 2.6 万多人进行了调查,结果发现胖人

的危险远远超过正常人。

4. 人们在进行撞击测试时使用的假人通常是按照体重为 78kg 左右的男性标准体型制作的。
5. 没有可靠的证据,警察不能逮捕嫌疑人。



TEXT B

Passage

Better Some Exercise than Nothing



[1] You may never win gold in the marathon but experts say you could at least walk toward better health.

[2] Researchers say it may take far less exercise than people had thought to lower the risk of heart disease especially for the highest risk group, middle-aged men. They want to encourage people to literally take the first step.

[3] “Doing something is better than doing nothing,” says epidemiologist Steven N. Blair of the Institute for Aerobics Research in Dallas. “Standing is better than sitting, moving around is better than standing.”

[4] “Lower intensity exercise brisk walking on a regular basis—provides a fair amount of benefits,” says Dr. William L. Haskell, deputy director of the Stanford Center for Research in Disease Prevention, in California.

[5] Blair and Haskell agree that the highest-risk men are those who do virtually nothing.

[6] Haskell says the men he studied changed their risk factors in key areas—lowering their

body weight and blood pressure, while raising their HDL (High Density Lipoprotein) cholesterol, the so-called 'good' cholesterol that's associated with a decreased risk of heart disease.

[7] Haskell says his subjects did it with a program of brisk walking 30 to 40 minutes at 3.5 to 4.5 miles per hour (5.6 to 7.2 kilometers per hour) every other day. This much exercise should put your rate in the 110-125 beat per minute range or 60 percent of capacity.

[8] That's significantly below what experts have considered the minimum thresholds for a training benefit to kick in 70 to 80 percent of capacity. Haskell says this range is based primarily on studies of comparatively more fit college students by researchers who wanted to detect improvement over comparatively shorter time periods.

[9] Blair and Haskell say the training threshold concept may be misleading, because smaller doses of exercise can produce some improvement. And, says Haskell, the prospect of having to gasp and strain their way to better health at a 70-80 percent target range has kept a lot of people from trying.

[10] "When you look at the population over age 45, using current guidelines on exercise 30 to 40 minutes at 70 to 80 percent of capacity, three times a week no more than 20 percent of men and ten percent of women meet that criteria," he said.

[11] The public may be thinking, "How little can I do and still get away with it?" Blair says. He says they may need less than they think. And if you can't spare 30 to 40 minutes in a lump, Haskell says you can break it into 10-minute segments. He says that his research indicates you'll still get health benefits, and they may be nearly as great.

[12] However, neither researcher suggests that people who are doing more should cut back. Both say there is more benefit in being more fit.

[13] Blair says vigorous exercise can relieve stress and make you better able to enjoy other kinds of outdoor sports.

[14] He defines high fitness in men as jogging two miles (3.2 kilometers) in less than 20 minutes, and high fitness in women as doing the same in 20 to 24 minutes.

[15] And he says that, if walking or jogging doesn't appeal to you, then you might find some other form of aerobic exercise that can make you at least moderately fit.

[16] The goal, he says, is to live to enjoy something.

New words I

win[win]

n. be victorious in (a battle, contest, race, etc.); do best 赢;获胜

marathon ['mærəθən]

n. [体] 马拉松赛跑(全长 42 1954 米)

literally ['lɪərəli]

adv. 实际地;真正地;照字面意义,逐字地

intensity [in'tensiti]

n. 强烈,剧烈,强度,亮度

brisk [brɪsk]

adj. 轻快的;敏锐的;活泼的

basis ['beɪsɪs]

n. foundation 基础;根据

provide [prə'vaɪd]

v. offer 供应,供给

fair[fɛə]

adj. quite large, long, etc. 相当大的,相当长的等

benefit ['benɪfɪt]

n. 利益,好处

virtually [ˈvɜ:tjuəli]	<i>adv.</i> 事实上, 实质上
HDL	High Density Lipoprotein 高密度脂蛋白
cholesterol [kəˈlestərəʊl, -rɒl]	<i>n.</i> 胆固醇
associate [əˈsəʊʃieɪt]	<i>vt.</i> connect or bring together in one's mind 使发生联系, 使联合
subject [ˈsʌbdʒɪkt]	<i>n.</i> 研究对象, 实验对象
capacity [kəˈpæsɪti]	<i>n.</i> 容量; 才能, 能力
threshold [ˈθreʃhəʊld]	<i>n.</i> 开始; 开端; 极限
primary [ˈpraɪməri]	<i>adj.</i> first, as in order, time or place; main; first in importance 首先的, 起初的; 主要的, 根本的
primarily [ˈpraɪməri]	<i>adv.</i> 首要的; 根本的
detect [dɪˈtekt]	<i>vt.</i> discover or recognize that (sth.) is present 察觉, 发觉, 侦查, 探测
detection	<i>n.</i>
concept [ˈkɒnsɛpt]	<i>n.</i> something formed in the mind; a thought or idea 观念, 概念
mislead [mɪsˈli:d]	<i>vt.</i> lead wrongly 误导
prospect [ˈprɒspekt]	<i>n.</i> 景色, 前景, 前途, 期望
gasp [gæsp]	<i>vi.</i> 喘息, 气喘
strain [streɪn]	<i>n.</i> 喘气
target [ˈtɑ:ɡɪt]	<i>n.</i> 过度的疲劳; 紧张; 张力
current [ˈkʌrənt]	<i>vt.</i> 扭伤, 损伤; 拉紧, 扯紧; (使) 紧张, 尽力
guideline [ˈgaɪd, laɪn]	<i>n.</i> 目标, 对象, 靶子
criterion [kraɪˈtɪərɪən]	<i>adj.</i> of the present time 当前的; 通用的, 流通
(pl. criteria)	<i>n.</i> 涌流, 趋势, 电流, 水流, 气流
spare [spɛə]	<i>n.</i> 指导路线; 方针
lump [lʌmp]	<i>n.</i> standard sth. is judged (评判的) 标准,
segment [ˈseɡmənt]	<i>v.</i> be able to afford to give (time, money, etc.) (to sb. for a purpose) (为某人或某目的) 提供(时间; 钱等); 匀出; 分出
vigorous [ˈvɪɡərəs]	<i>n.</i> hard or compact mass, usu without a regular shape 堆, 块, 团
relieve [rɪˈli:v]	<i>n.</i> any of the parts into which something may be divided 段, 节, 片段
stress [stres]	<i>adj.</i> 精力旺盛的, 有力的, 健壮的
define [dɪˈfaɪn]	<i>vt.</i> make less or easier 减轻, 解除, 援救, 救济
	<i>n.</i> demands or worry (resulting from mental or body problems, difficult situations, etc.); special pushing or importance (由于精神、体力不适或困境等造成的) 压力; 忧虑; 紧张强调; 重视
	<i>vt.</i> state the meaning of (something such as a word) 定