

EASY DOES IT

美国英语听力入门

陈萍、叶国强 编译



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序 言

本书是直接根据美国原版录音《Easy Does It》记录而成，文字材料完成后又经美国专家 Jeannette R. Asling 女士全面核对，文字和录音完全相符。

全书共四十二篇短文，词汇量不超过 1500 个单词，简洁明了地表述了美国社会各阶层阅历不同、爱好各异的种种人物。内容健康有趣、语言生动活泼、文字地道优美。每篇文章均附有注释和译文，供读者参考学习。

此书配有录音带一盒，其发音为标准的美国音，语速慢，每篇短文均连续朗读两遍，便于反复聆听和摹仿地道的美式发音，是听力训练的理想教材。

本书承蒙美国专家 Jeannette R. Asling 女士在百忙中抽空审阅，谨在此致以衷心的感谢。

限于水平，译注中如有疏漏之处，欢迎读者不吝指正，以便修订时改正。

编译者

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1. Chef

Jean Rivers is a chef in a large hotel. He prepares foods for important people. The restaurant of the hotel is famous for its excellent food. Jean prepares special dishes for kings, queens, presidents, movie stars and many well-known people. He is the best chef in the city, they say.

Notes

1. chef [ʃef] *n.* [法] 厨师
2. Jean Rivers [dʒi:n rivəz] 琼·里弗斯
3. movie star ['məʊvi stɑ:] 电影明星
4. dish [diʃ] *n.* 盘中的食物, 菜

[参考译文]

1. 厨 师

琼·里弗斯是一家大旅馆的厨师, 为达官显贵们准备饭菜。该旅馆的餐厅以美味佳肴闻名遐迩, 琼专门给国王、皇后、总统、电影明星以及许多要人做各种名菜。大家认为他是这座城里最高级的厨师。

2. Bus Driver

John Berns drives a bus on weekends or holidays. He works part-time for a large bus company in the city. During the week John is an auto-mechanic. He works part-time to earn extra money. He and his wife want to buy a house. John takes tourists on special trips to visit historic places.

Notes

1. John Berns [dʒɒn bɜ:nz] 约翰·伯恩斯
2. part-time [pɑ:t taim] *a & ad.* 一天或一周中工作一部分时间的(地);部分时间的(地)
3. auto-mechanic ['ɔ:tou-mi'kænik] *n.* 汽车机修工、技工

[参考译文]

2. 公共汽车司机

每逢周末或节假日,约翰·伯恩斯开公共汽车;平时他在城里一家大公共汽车公司工作,当汽车修理工。他额外工作是为了挣外快,他和他的妻子想买一栋房子。约翰专门带旅客去游览各个历史名胜。

3. Boy Scout Leader

Steve Landers is a boy scout leader in his spare time. It is his favourite hobby. He likes to hike and go camping. He also likes to work with young boys. During the week Steve is a teacher. After a week in the school-room, he is eager to be outside in the fresh air.

Notes

1. Steve Landers [sti:v lændəz] 史蒂夫·兰德斯
2. boy scout leader 童子军团团长或教练
3. hobby ['hɒbi] *n.* 嗜好
4. hike [haɪk] *v. & n.* 长途散步, 作长途徒步旅行

[考参译文]

3. 童子军团长

史蒂夫·兰德斯在业余时间当童子军团团长——他的爱好。他喜欢徒步旅行和野营,还喜欢与小男孩们一块干活。史蒂夫平时当教师,学校工作完成后,他总是到野外去度周末,换换空气。

4. Circus Fat Lady

Emma Le Grande is the fat lady in a circus. Emma Le Grande is not her real name. She is very famous. Many people come to the circus to see Emma. Emma weighs nearly two hundred fifty kilos and is only twenty-eight years old. She has to eat a lot to stay fat. Her job is to be fat.

Notes

1. Emma Le Grande ['emə 'lə grænd] 埃玛·勒格兰德
2. circus ['sə:kəs] *n.* (圆形的)马戏场, 杂技场
3. kilo ['ki: ləu] *n.* 公斤, 千克
4. fat [fæt] *a.* 胖的

[参考译文]

4. 马戏团的胖女人

埃玛·勒格兰德是马戏团的胖女人, 可她的真名实姓并非叫埃玛·勒格兰德。她胖得远近闻名, 许多人来马戏团看她的演出。埃玛才二十八岁, 而体重近二百五十公斤; 每天她都得吃大量食物以维持体重——这就是她的任务。

5. Student

Stan Brown is a high school student. He needs money to buy a motorcycle. So after school and on Saturdays, he cuts grass to earn money. He has a lawn mower with a motor. He goes from house to house to ask for a work. So far he has two hundred dollars. He needs fifteen hundred dollars.

Notes

1. Stan Brown [stæn braun] 斯坦·布朗
2. motorcycle ['məʊtəsaɪkəl] *n.* 摩托车
3. lawn [lɔ:n] *n.* 草地; 草坪
4. mower ['məʊə] *n.* 割草机

[参考译文]

5. 学 生

斯坦·布朗是个中学生,由于需要钱买一辆摩托车,每逢放学和星期六他就去割草挣钱。他有一台电动割草机,经常挨家挨户上门找活干。迄今已挣得二百美元,但他需要一千五百美元。

6. Waiter

Ernesto Pierce works in the restaurant. He is a waiter. His job is to show people to their tables. He then gives them a menu. Customers choose their food from the menu. Ernesto takes the order and gives it to the chef. Afterwards he takes the food to the customers.

Notes

1. Ernesto Pierce ['ə:nistə 'piəs] 欧内斯特·皮尔斯
2. menu ['menju] *n.* 菜单
3. order ['ɔ:də] *n.* 订菜单
4. waiter ['weitə] *n.* 侍者、男招待
5. afterwards ['a:ftəwədz] *ad.* 后来,以后

[参考译文]

6. 男 招 待 员

欧内斯特·皮尔斯在餐馆工作,是个男招待。他领顾客一一就坐,递上菜单,请他们点菜,将订菜单交给厨师,然后把顾客所要的菜肴送上餐桌。

7. Ballet Dancers

Nancy Ollerer and Ted Gant are ballet dancers. They present special programs for schools. They teach children about the beauty of ballet with their dancing. They travel to all parts of the country and their program is very popular with the students. Some students want to become ballet dancers, too.

Notes

1. Nancy Ollerer ['nænsi əulərə] 南希·奥勒拉
2. Ted Gant [ted gænt] 特德·甘特
3. present [pri'zent] *v.* 上演
4. ballet [bæ'lei] *n.* 芭蕾舞

[参考译文]

7. 芭蕾舞演员

南希·奥勒拉和特德·甘特都是芭蕾舞演员，专为学校表演节目，用自己的舞姿给孩子们以芭蕾舞之美感教育。他们在全国各地巡回演出，节目深受学生欢迎，有不少学生也想当芭蕾舞演员。

8. Tennis Player

“Tennis is my game”, says Tom Odis. Tom is one of the best tennis players in the country. He is a professional and earns a lot of money every year. He plays in many tournaments. His best years, however, are behind him. Tom is getting old. Soon he is going to retire.

Notes

1. tennis ['tenis] *n.* 网球(运动)
2. Tom Odis [tɒm'əʊdis] 汤姆·奥迪斯
3. professional [prə'feʃənl] *n.* 专业人员,以某种职业为主的人
4. tournament ['tuənəmənt] *n.* 锦标赛,比赛
5. retire [ri'taɪə] *v.* 退休,引退
6. best years=when he can play the best 全盛之时;境况最佳之时

[参考译文]

8. 网 球 选 手

汤姆·奥迪斯说:“网球是我的爱好。”他是全国最佳网球选手之一,是个职业选手,每年赚很多钱。他参加过多次比赛,他的黄金时代已经过去。他年纪已大,不久准备引退。

9 Ranch

Calvin Pope is a rancher. He raises cattle for meat. His ranch is very big. It is bigger than some small states and countries. Calvin's daughter, Rita, helps him on the ranch. She is not a man but she works as hard as a man. Calvin is planning to sell some steers today.

Notes

1. ranch [ræntʃ] *n.* (北美州的)大牧场
2. Calvin Pope [kælvɪn pəʊp] 卡尔文·波普
3. Rita ['ri:tə] 丽塔
4. cattle ['kætl] *n.* 牛
5. steer [stiə] *n.* 菜牛,小公牛

[参考译文]

9. 大 牧 场

卡尔文·波普是个大牧场主,饲养牲畜。他的牧场很大,比某些小的州和国家还要大。卡尔文的女儿丽塔在牧场作他的帮手,她虽是个姑娘而干起活来却跟男人一样努力。眼下,卡尔文打算卖掉一些菜牛。

10. Motorcycle Fans

Ted Adams and his wife Ruth are motorcycle fans. They like to spend their weekends going places on their motorcycle. They often take short trips to the mountains or to the lake nearby. They carry equipment for camping with them. Sometimes they get together with friends and take long trips to other states or to the beach.

Notes

1. Ted Adams [ted 'ædəmz] 特德·亚当斯
2. Ruth [ru:θ] 鲁思
3. fan [fæn] *n.* (运动、电影等的)狂热爱好者,迷
4. equipment [i'kwipmənt] *n.* 设备,装备,器材
5. beach [bi:tʃ] *n.* 海滩

[参考译文]

10. 摩托车迷

特德·亚当斯和他的妻子鲁思是摩托车爱好者,喜欢骑车去各地度周末。他们经常去山里或附近的湖边作短途旅行;有时也跟朋友们一块随身携带着野营用品作长途跋涉,到其他州或去海滩。

11. Television Cameraman

Don Todd is a television cameraman. He works at television station in his hometown. He often has to work at night. He has to work with the director of the television program. Don knows how to use his camera effectively. He gets better every day, he says.

Notes

1. Don Todd ['dɒn'tɒd] 唐·托德
2. cameraman ['kæməɾəmən] *n.* 摄影师, 照相师
3. director [di'rektə, dai'rektə] *n.* (戏剧、电影等的) 导演
4. effectively [i'fektivli] *ad.* 有效地
5. television ['teli,vɪʒən] *n.* 电视(机)

[参考译文]

11. 电视摄影师

唐·托德是位电视摄影师, 在家乡电视台工作。他跟电视导演在一块工作, 常常在晚上上班。唐已掌握摄影机的使用窍门, 他说他的摄影技能正日臻完善。

12. Musician

Jay Smith is a musician. He plays the guitar. He and three of his friends have a rock music band. They play for dancers at high schools and colleges, and sometimes for television programs. They work hard and someday they expect to be rock music stars. They want to be rich and famous.

Notes

1. musician [mju:'ziʃən] *n.* 音乐家, 乐师
2. Jay Smith [dʒei smiθ] 杰伊·斯密史
3. guitar ['gita:] *n.* 吉它
4. rock [rɒk] *n.* 摇摆舞 = rock 'r' roll
5. band [bænd] *n.* 乐队

[考参译文]

12. 音 乐 家

杰伊·斯密史是个音乐家, 演奏吉它。他和三位朋友一起组成摇滚乐队, 为各大中学校舞会伴奏, 有时, 他们的演出还上电视荧屏。他们努力工作, 指望有朝一日成为摇滚乐明星, 名利双收。