



看美文 狂背六级单词

王彦波 主编

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看美文 狂背六级单词

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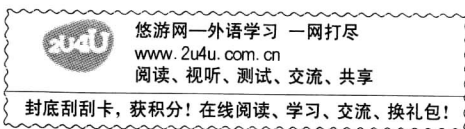
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前言

全国大学英语六级考试在不断改革：2005年6月起，从传统旧题型变为新题型，总分变为710分，阅读分值从占总分的40%改为35%，听力分值则从以前的20%扩大到35%。2008年12月开始实行大学英语六级机考试点。在不远的将来，机考可能逐步取代每年两次的纸质考试，采用随到随考的方式，在考试时间上对考生进行适当分流。在考试题型上，机考增加了“跟读”环节：机器读一句，考生就要跟读一句，以此考查考生的英语口语是否标准。采用机考后，题型将发生很大变化，以听力为基础的考题占六级考试的70%，其中包括25%的听力理解题和45%的综合听力题，后者主要为跟读、听写、拼写及写作等。

鉴于上述改革趋势，本书在编写过程中本着满足710分新题型考试和机考需求的原则和思路，让读者进入到一个崭新的世界——在训练听、说、读、写、译中的听、读、译三项技能的同时，强化大学英语六级词汇的学习。

词汇的重要性毋庸置疑。虽然大学英语六级考试取消了词汇题，但命题时仍然依据《大学英语课程教学要求》中《大学英语参考词汇表》和《大学英语词组表》所规定的各层次要求的词汇量为试题难度把关，所以掌握词汇仍然是六级考试成功的首要条件之一。

既然如此，如何学习词汇更有效？本书将文章着色词与词汇表及译文着色词对照，达到复现大学英语六级高频词汇的目的。词汇表中的所有词汇及文章都配有MP3录音。读者借助文章和录音学习词汇，既培养了语感又培养了认知能力和记忆能力，以省时、高效的方法增加了词汇量。

根据《大学英语参考词汇表》，本书共收录较高要求和更高要求规定的近3000个单词，并将《大学英语词组表》的部分词组编入书内，以满足大学英语六级考生的迫切需求。

本书以全新的理念为基础，含有8个主题，收录40篇文章，内容新颖，通俗易懂，贴近生活，引领读者融入各种不同语境，旨在帮助读者速记六级词汇：通过欣赏这些美文并听其地道的英语录音，实现全新的词汇记忆模式。

本书所选文章的主题和风格实现了多样化：经典篇章、文

化习俗、重大发现、健康指南、名人演讲和新闻报道，不一而足，无不散发着时代的气息，使读者与大千世界接轨，领略各领域词汇的魅力。为了便于考生记忆，本书将生词收录到“六级考试词汇”中（分成单词和表达两块），置于文章之前，使读者得以借助词汇读懂文章，同时也借助文章学词汇。这样主次分明的编写方式起到了潜移默化的强化作用和互动作用。每篇文章后都设有“词汇用法”栏目，包括“词汇搭配”和“活用”，扩展了词汇用法与相关语法；“词汇辨析”部分详尽讲解“意相近形相远”的词汇。

每篇文章都配有译文，文章里的生词（英汉对照）以不同颜色标出，便于读者对照记忆。每单元的“趁热打铁做练习”中的两种练习可帮助读者复习本单元出现的生词和表达。

本书有两个附录，将文章中未出现的常用六级词汇收录到附录一，将对六级考试仍然实用的四级词汇收录到附录二。

成书仓促，疏漏或不足之处在所难免，敬请读者不吝指正。

编者

2010年6月

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1 Unit 1

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1. Two Truths to Live by

By Alexander M. Schindler

六级考试词汇



clench /klentʃ/ *v.* 握紧（拳头等）；咬紧（牙齿等）；紧紧握住
pore /pɔ:(r)/ *n.* 角落；毛孔；孔隙
sparkling /'spɑ:klɪŋ/ *a.* 闪闪发光的；耀眼的；灿烂的
relish /'relɪʃ/ *v.* 享受（某事物）；（从某事物中）获得乐趣 *n.*（食物等特有的）风味，滋味；嗜好，爱好，兴趣
grandeur /'grændʒə(r)/ *n.* 伟大；高贵；庄严；壮丽
preoccupy /pri:'ɒkjupaɪ/ *v.* 使全神贯注，使人入神；抢先占据，抢先占有
petty /'petɪ/ *a.* 小的，渺小的；小规模
commonplace /'kɒmənpleɪs/ *a.* 平凡的，普通的；陈腐的
awe /ɔ:/ *n.* 敬畏，惧怕 *v.* 使害怕，使敬畏
passionate /'pæʃənət/ *a.* 热情的；激昂

的；猛烈的
finite /'faɪnaɪt/ *a.* 有限的；有限制的
relentless /rɪ'lentləs/ *a.* 不停的，不间断的；严酷的，残忍的，不留情面的
perish /'perɪʃ/ *v.* 毁灭，灭亡，死去；使（某物）腐烂；使（橡胶）失去弹性，老化
wither /'wɪðə(r)/ *v.* 干枯，枯萎；衰弱；消亡；破灭
righteousness /'raɪtʃəsni:s/ *n.* 正义；正直；正当
sanctuary /'sæŋktjuəri/ *n.* 圣所，圣殿；礼拜堂
redeem /rɪ'di:m/ *v.* 使某人获得自由；解救某人；赎回；买回
strife /straɪf/ *n.* 冲突，争斗；努力奋斗
radiant /'reɪdɪənt/ *a.* 光芒四射的；光辉灿烂的



emerge from 从…出现，露出
to and fro 来回地，往复地
live on 继续生活，延续生命；以…为主

食；靠…生活
for all time 永远

看文章记单词

一、人生的两条真理

亚历山大·M. 辛德勒

The art of living is to know when to hold fast and when to let go. For life is a

人生的艺术就是要懂得适时地收与放，因为人生其实就是这样矛盾

paradox: it enjoins us to cling to its many gifts even while it ordains their eventual relinquishment. The rabbis of old put it this way: "A man comes to this world with his fist clenched, but when he dies, his hand is open."

Surely we ought to hold fast to life, for it is wondrous, and full of a beauty that breaks through every pore of God's own earth. We know that this is so, but all too often we recognize this truth only in our backward glance when we remember what it was and then suddenly realize that it is no more.

We remember a beauty that faded, a love that waned. But we remember with far greater pain that we did not see that beauty when it flowered, that we failed to respond with love when it was tendered.

A recent experience re-taught me this truth. I was hospitalized following a severe heart attack and had been in intensive care for several days. It was not a pleasant place.

One morning, I had to have some additional tests. The required machines were located in a building at the opposite end of the hospital, so I had to be wheeled across the courtyard on a gurney.

As we emerged from our unit, the sunlight hit me. That's all there was to my experience. Just the light of the sun, and yet how beautiful it was—how warming, how sparkling, how brilliant!

I looked to see whether anyone else relished the sun's golden glow, but everyone was hurrying to and fro, most with eyes fixed on the ground. Then I remembered how often I, too, had been indifferent to the grandeur of each day, too preoccupied with petty and sometimes even mean concerns to respond to the splendor of it all.

体：它既要让我们抓住人生的各种恩赐，同时又迫使我们最终不得不放弃所有。正如先贤们所言：“人出生时是双拳紧握而来，过世时却是撒手而去。”

我们当然要抓紧生活，因为它美妙而神奇，它的美充满我们这片神圣土地的每个角落。我们其实都明白这一点，可是却常常在回顾往昔时才突然意识到这一真理，可惜为时已晚，一切都时过境迁。

我们深深铭记的是褪色的美，消逝的爱。但是这种记忆中却饱含苦涩，我们痛惜没有在美丽绽放的时候注意到它，没有在爱情到来的时候作出回应。

最近的一次经历再次令我悟出了这条真理。我因为严重的心脏病发作而住院，在特护病房呆了些日子。那可不是个好地方。

一天上午，我要接受几项附加检查。因为检查设备在医院另一头的一栋楼中，所以我只得躺在轮床上被推着穿过庭院去那里。

就在我们从病房里出来的一瞬间，阳光洒在我身上。我所感受到的就只有这阳光，它是如此美丽，如此温暖，如此璀璨和辉煌！

我看看周围是否有人也在享受这金色的阳光，而事实是大家都来去匆匆，多数人双眼只顾盯着地面。继而我就想起我也经常对身边的壮美景致漠然待之，太过沉湎于琐碎俗务，甚至有时是卑劣的行径而对此无动于衷。

The insight gleaned from that experience is really as commonplace as was the experience itself: life's gifts are precious—but we are too heedless of them.

Here then is the first pile of life's paradoxical demands on us: Never too busy for the wonder and the awe of life. Be reverent before each dawning day. Embrace each hour. Seize each golden minute.

Hold fast to life... but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: we must accept our losses, and learn how to let go.

This is not an easy lesson to learn, especially when we are young and think that the world is ours to command, that whatever we desire with the full force of our passionate being can, nay, will, be ours. But then life moves along to confront us with realities, and slowly but surely this second truth dawns upon us.

At every stage of life we sustain losses—and grow in the process. We begin our independent lives only when we emerge from the womb and lose its protective shelter. We enter a progression of schools, then we leave our mothers and fathers and our childhood homes. We get married and have children and then have to let them go. We face the gradual or not so gradual waning of our own strength. And ultimately, as the parable of the open and closed hand suggests, we must confront the inevitability of our own demise, losing ourselves, as it were, all that we were or dreamed to be.

But why should we be reconciled to life's contradictory demands? Why fashion things of beauty when beauty is evanescent? Why give our heart in love

我从这次经历中获得的认识实际上就像这次经历本身一样普通：生活的恩赐是珍贵的——但是我们对此关注太少。

那么，人生给予我们的第一条真理就是：不要由于太过忙碌而忽略了生活的神奇和对生活的敬畏。虔诚地迎接每个黎明的到来。把握每个时刻，抓住宝贵的每分每秒。

紧紧地把握人生，但是又不能抓得过硬，松不开手。这正是人生的另一面，也是矛盾的另一面：我们要接受失去的一切，学会如何放手。

感悟到这一点其实并不容易，尤其当我们还年轻时，自以为世界在我们的掌控之中；不论我们想要什么，只要我们满腔热情，全力以赴，心想能得到，就一定能得到！但是生活的脚步在继续，并且让我们面对现实，于是这第二条真理渐渐地也是必然地显现在我们面前。

在人生的每个阶段我们都会经历失去——同时也在这过程中成长起来。我们出生时失去了母体的保护，从那一刻起我们开始了独立的生活。而后我们上学了，并且不断升级，随后离开了父母和儿时的家。我们结婚、生子，然后看着他们离去。我们也会看到自己生命能量的消逝，这一过程可能是渐进的，也可能是突然的。而最终，就像攥拳和松手的比喻那样，我们必须面对自己不可避免的死亡。就这样我们失去了一切，包括我们自己的人生中已经拥有的以及尚未实现的。

但是我们为什么要服从于人生中这种矛盾的要求呢？为什么明知美是短暂的还要去创造美呢？为何明知自己所爱

when those we love will ultimately be torn from our grasp?

In order to resolve this paradox, we must seek a wider perspective, viewing our lives as through windows that open on eternity. Once we do that, we realize that though our lives are finite, our deeds on earth weave a timeless pattern.

Life is never just being. It is a becoming, a relentless flowing on. Our parents live on through us, and we will live on through our children. The institutions we build endure, and we will endure through them. The beauty we fashion cannot be dimmed by death. Our flesh may perish, our hands will wither, but that which they create in beauty and goodness and truth lives on for all time to come.

Don't spend and waste your lives accumulating objects that will only turn to dust and ashes. Pursue not so much the material as the ideal, for ideals alone invest life with meaning and are of enduring worth.

Add love to a house and you have a home. Add righteousness to a city and you have a community. Add truth to a pile of red bricks and you have a school. Add religion to the humblest of edifices and you have a sanctuary. Add justice to the far-flung round of human endeavor and you have civilization. Put them all together, exalt them above their present imperfections, add to them the vision of humankind redeemed, forever free of need and strife and you have a future lighted with the radiant colors of hope.

之人最终会离我们而去却还要全心全意去爱呢?

要解开这个矛盾,我们必须把眼光放远,像透过可以通向永恒的窗户那样来审视我们的生活。一旦这样做,我们就会知道,虽然我们的生命是有限的,但是我们在地球上的作为却在造就永恒。

生活永远不仅仅是存在。它在不断变幻,是一股不间断的奔流。父母通过我们得以延续生命,然后我们的生命又通过子女得以延续。我们建立的制度将得以传承,而我们将随之长存。我们所创造的美不会因为我们的死亡而失色。我们的肉体会死去,双手会干枯,但是我们所创造的美、善和真是永远不朽的。

不要浪费你的生命去聚敛财物,它们只会变为尘埃,化为灰烬。追求理想而不是物质,因为只有理想才能赋予生命意义,也只有理想才会有恒久的价值。

房子有了爱便成为了家。城市有了正义就成为了社会。一堆红砖有了真理就成为了学堂。陋室有了宗教就成为了圣殿。人类漫长的努力有了公正就成为了文明。把这一切全放在一起,超越当前的不完美,使之升华,加上人类获得救赎后那永远没有贫穷和争斗的远景,我们将有一个闪耀着希望的绚丽光彩的未来。

词汇用法

搭配

■ awe

in/with awe 敬畏地

awe at 对…敬畏；惊叹于

hold sb. in awe 敬畏某人，对某人怀有敬畏之情

stand in awe of 对…望而生畏；对…感到害怕

■ petty

petty bourgeois 小资产阶级分子

petty minds 小心眼儿

petty theft 小偷小摸

■ redeem

redeem oneself 赎身

redeem sb. from 把某人从…中赎救出来

redeem sth. from 补救…（的缺点）

■ relish

have no relish for 不喜欢，对…不感兴趣

with relish 津津有味地，有兴趣地

■ sanctuary

seek sanctuary 寻求庇护

take sanctuary 避难

■ strife

at strife 不和，相争

during/in the strife 在冲突期间 / 之中

strife among/between 在…之间的冲突

■ wither

wither away 逐渐枯萎

wither under 在…下枯萎

活用

perish

Perish the thought! 让这种想法见鬼去吧！根本别存这种念头！（表示强烈厌恶或反对）

sparkling

sparkling drinks 起泡的饮料，碳酸饮料

词汇辨析

意相近形相远

■ commonplace, common, general, ordinary, universal 均含有“普通的，普遍的”之意。

commonplace 强调缺少新意。common 强调常见，不足为奇。general 语气强于 common，侧重表示大多如此，很少有例外情况。ordinary 用于形容事物时，指每天发生，十分平淡；用于形容人时，指无特别之处，很一般。universal 语气强于 general，有“全然没有例外”之意，常用于形容真理、原理等的普遍性。

■ perish 和 de cease, die, expire 均含有“死亡”之意。

perish 一般指夭折或不幸暴亡。de cease 为法律用语。die 指某人或某物失去生命而不再存在，为一般用语。expire 本意为“从肺部吐出来”，引申为吐出最后一

口气，断气而死。

- petty 和 trivial 均可表示“琐细的，不重要的”。

petty 指同类中最小、最微不足道的。trivial 指无特别价值或重要意义的。

- radiant, bright, brilliant, luminous 均可表示“明亮的”。

radiant 侧重指光线的亮度。bright 与昏暗相对应，侧重形容光线的强度。brilliant 指非常亮，多含闪耀或反光闪烁之意。luminous 指发出持续稳定的亮光。

- strife, argument, conflict, controversy, debate, dispute, quarrel 均含有“争执，不和”之意。

strife 一般指因不可缓和的矛盾而引起的争吵或斗殴。argument 强调各方用事实和理由来支持自己的论点并试图说服对方。conflict 指双方坚持己见、互不妥协且怀有敌意的争论，多暗示分歧极为严重，有时用语言无法解决，只得诉诸武力。controversy 一般指大批人而非个别人在观点上存在的分歧。debate 常指经过仔细组织和计划的个人或团体之间的辩论。dispute 强调由于涉及相互矛盾的观点而导致意见上的分歧，常常暗含敌意。quarrel 既可表示温和的争论，也可表示激烈的争吵。

2. Three Days to See (Excerpts)

By Helen Keller

六级考试词汇



doom /du:m/ *v.* 注定, 命定(死亡, 毁灭, 失败等) *n.* 厄运; 毁灭

condemn /kən'dem/ *v.* 宣告(某人)有罪, 判(某人)刑; 谴责

panorama /pə'nə'rɑ:mə/ *n.* (不断变化的一连串景象(事情); 全景

motto /'mɒtəu/ *n.* 箴言, 格言, 座右铭; 标语

blessing /'blesɪŋ/ *n.* 幸福; 祝福; 祈神赐福; 恩赐, 神恩, 幸事

impairment /ɪm'peəmənt/ *n.* 损害, 损伤; 故障; 缺陷; 减少, 削减

hazily /'heɪzɪli/ *ad.* 蒙眬地, 模糊地; 多烟雾地, 雾蒙蒙地

symmetry /'sɪmɪtri/ *n.* 对称; 调和; 匀称

velvety /'velvɪti/ *a.* 天鹅绒似的; 柔软的

texture /'tekstʃə(r)/ *n.* 质地; (材料等的)结构

brook /brʊk/ *n.* 溪流; 小河



set up 引起, 导致; 创立; 建起; 架起; 建造

take... for granted 认为...理所当然, 想当然

stretch out 展开, 延伸; 躺下

go about 着手(忙于)工作

lie in 位于, 在于

apply to 应用于

make the fullest use of 最大限度地利用

(be) accustomed to 习惯于

long for 渴望

看文章记单词

二、假如给我三天光明(节选)

海伦·凯勒

All of us have read thrilling stories in which the hero had only a limited and specified time to live. Sometimes it was as long as a year; sometimes as short as twenty-four hours, but always we were interested in discovering just how the doomed man chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not condemned

我们都读过一些震撼人心的故事, 故事里的主人公将不久于人世, 有的长达一年, 有的则不超过 24 小时。但是我们总是很想知道这个注定会离开人世的人决定怎样度过他最后的日子。当然, 我指的是那些有权作出选择的自由人, 不是那些活动范围受到严格限制的死囚。

criminals whose sphere of activities is strictly delimited.

Such stories set up thinking, wondering what we should do under similar circumstances. What associations should we crowd into those last hours as mortal beings? What happiness should we find in reviewing the past, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would emphasize sharply the values of life. We should live each day with a gentleness, a vigor, and a keenness of appreciation which are often lost when time stretches before us in the constant panorama of more days and months and years to come. There are those, of course, who would adopt the epicurean motto of "Eat, drink, and be merry," most people would be chastened by the certainty of impending death.

Most of us take life for granted. We know that one day we must die, but usually we picture that day as far in the future. When we are in buoyant health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same lethargy, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the manifold blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered impairment of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes

这一类故事会使我们思考在类似的处境下，我们自己该做些什么？在那临终前的几个小时里我们会产生哪些联想？回首往事我们会有多少欣慰，多少遗憾呢？

有时我想，把每天都当作生命的最后一天来度过也不失为一个很好的生活法则。这种人生态度使人非常重视生命的价值。每一天我们都应该以和善的态度、充沛的精力和高度珍惜的心情来度过，而这正是我们觉得岁月绵延不绝，来日方长时往往会失去的态度。当然，有这样一些人奉行享乐主义的座右铭——吃喝玩乐，但是大多数人却因死亡逼近的确定性而变得有所节制。

我们大多数人认为生命理所当然。我们知道总有一天我们将会死去，但是我们通常想象那一天是在遥远的将来。当我们身强力壮时，几乎想不到死亡。我们很少去考虑死亡。日子一天天延伸，好像没有尽头。于是我们忙于琐事，并没有意识到我们对待生活的冷漠态度。

我想我们在运用自己的感官时恐怕也是同样的冷漠。只有聋子才珍惜听觉，只有盲人才能认识到存在于光明中的种种幸福。这一评论尤其适用于那些在成年时失明或失聪的人。但是那些视力或听力从未遭受损害的人却很少充分利用这些天赐的能力，他们对所见所闻模模糊糊，不关注，也不欣赏。这与常说的

and ears take in all sights and sounds hazily, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound.

Now and then I have tested my seeing friends to discover what they see. Recently I was visited by a very good friend who had just returned from a long walk in the woods, and I asked her what she had observed. "Nothing in particular," she replied. I might have been incredulous had I not been accustomed to such responses, for long ago I became convinced that the seeing see little.

How was it possible, I asked myself, to walk for an hour through the woods and see nothing worthy of note? I who cannot see find hundreds of things to interest me through mere touch. I feel the delicate symmetry of a leaf. I pass my hands lovingly about the smooth skin of a silver birch, or the rough shaggy bark of a pine. In spring I touch the branches of trees hopefully in search of a bud, the first sign of awakening Nature after her winter's sleep. I feel the delightful, velvety texture of a flower, and discover its remarkable convolutions; and something of the miracle of Nature is revealed to me. Occasionally, if I am very fortunate, I place my hand gently on a small tree and feel the happy quiver of a bird in full song. I am delighted to have cool waters of a brook rush through my

不失去不懂得珍贵，不生病不知道健康的可贵是一样的道理。

我常想如果每个人在刚刚成年后不久尝一点苦头，瞎几天，聋几天，也不失为了一件幸事。黑暗将使他更珍惜光明；沉寂将教他欣赏声音的美妙。

有时我会试探我视力健全的朋友们，想知道他们都看见了什么。最近我的一位非常要好的朋友来看我，她刚刚从树林里远足归来，我问她看见了什么。“没什么特别的。”她回答说。如果不是我早已习惯了这样的回答，我或许会不相信，因为很久以前我就确信视力健全的人其实看不到什么。

我问自己，在树林中走了一小时，怎么可能什么值得注意的东西都没有看到呢？我这样一个盲人仅仅通过触摸就发现了数以百计有趣的东西。我感受到树叶的对称美，用手爱惜地抚摸白桦树光滑的树皮或是松树那又厚又粗糙的树皮。春天里我触摸着树枝满怀希望地寻找新芽，那是大自然从寒冬的睡梦中苏醒的第一个信号。我去感受花朵令人愉悦的天鹅绒般的质地，去发现它神奇的盘旋结构，大自然的神奇就展现在我面前。有时，如果幸运的话，当我把手轻轻地放在一棵小树上，还能感受到一只放声歌唱的小鸟在枝头欢快的颤动。我喜欢让清凉的溪