

新航道突围英语丛书



新航道—语言教育创新者

根据教育部最新《大学英语课程教学要求》

大学英语

四级词汇

21天速听速记

曲冰 编著

听、说、读、写、译全方位，多层次循环记忆，词汇量狂增！

本书配
纯正美音磁带

中国广播电视出版社

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前 言

《大学英语四级词汇 21 天速听速记》严格按照教育部高等教育司于 2004 年 6 月颁布的《大学英语课程教学要求》（试行）编订而成，收录单词近 1400 条，词组 550 条，其主要特点是：

1. 编者曾任教于北京新东方国内考试部，教授大学英语四级考试词汇与结构部分，长期的授课经验累积成本书的创作精神，即坚决不重复高中阶段已熟悉的单词、词组，重点放在四级考试中经常出现的精品词和词组上；

2. 配有美国专家朗读的录音带，不仅可以使学习者在潜移默化中掌握单词的固定用法，同时还可以提高英语听力水平；

3. 本书在以往四级词汇书籍的基础上，仔细斟酌、筛选例句，每个单词和词组的每层含义都配有精选的句式以及例句的中文译文，很多例句非常贴近历届四级考试的原题；

4. 本书以科学的学习方法为依据进行谋篇，设计为 21 个单元，其设计理念源于风靡全球的书籍《从优秀到卓越》*Being Better Than Your Best*，其中专门谈到一项诸多专家研究的结果，待引用如下：

“习惯——让同样的行为重复上 21 天，你就会看着它变成一种习惯。研究者们说，3 个星期是养成一种习惯所需的最小平均时间，不管这习惯是好还是坏。你希望超越自己的最佳表现吗？那就开始培养与之相称的习惯吧。”

“Habit—Repeat the same thing for 21 days and watch it become a habit. Researchers say three weeks is the average minimum time required to create a new habit, good or bad. Do you want to be better than your best? Start the habit of being more fit.”

综上，无论从谋篇还是从内容安排上看，本书对大学英语四级考试都更加具有针对性，对提高学生的英语水平以及应试水平都更有帮助。

本书使用方法：

1. **读：**阅读本书精选出来的例句，领会其精彩部分、学会其精彩的表达形式；

2. **听：**听磁带，从听力角度加强对每个单词的记忆，同时伴有听写词汇、例句等练习，为听力的提高打下坚实的基础；

3. **说：**一边听磁带、一边跟读，以期尽快矫正发音；

4. **写：**每天背诵典型例句，适时应用在写作当中；

5. **译：**对例句进行中英文互译，以检查自己对词汇的理解程度，并以此来对照中英文两种语言的异同，提高翻译水平。

相信通过听、说、读、写、译全方位、多层次的循环记忆，既可以帮助你扩大词汇量，又能逐步培养建立你对英文的感觉，使原来枯燥乏味的单词背诵变得生动有趣。

曲 冰

2004 年 10 月北京

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UNIT 1

abandon	acknowledge	alert
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absorb	acute	allowance
abstract	adapt	ally
abundant	addition	alphabet
abuse	adequate	alter
academic	adjust	alternative
academy	administration	altitude
accelerate	admission	amateur
accent	adolescence	amaze
access	adopt	ambassador
accidental	advanced	ambition
accommodation	advertisement/ad	ambulance
accompany	advisable	amuse
accomplish	advocate	amusement
accord	aeroplane	amusing
accordingly	affection	analyze
account	agency	ancestor
accountant	agenda	anchor
accumulate	aggressive	ancient
accuracy	aid	angle
accuse	airhostess	ankle
accustomed	airline	anniversary
acid	alcohol	

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abandon [ə'bændən]

vt. ① 离弃、丢弃 You are not supposed to abandon your car on the motorway. 你不应该把汽车丢弃在高速公路上。② 放弃、抛弃 Martin abandoned his wife and went off to live in Zimbabwe. 马丁抛弃了他的妻子，径自到津巴布韦居住了。

abroad [ə'brɔ:d]

ad. ① 到国外、在国外 Jessica and her family have gone to live abroad. 杰西卡和她的家人已经去国外定居。② 在传播、在流传 There is clearly a new spirit abroad. 到处呈现一片新的气象。

absence ['æbsəns]

n. 缺席、不在 I am responsible for your welfare in your parents' absence. 你父母不在跟前的时候，我负责照顾你。

absolute ['æbsəlu:t]

a. ① 十足的、地道的 The script is an absolute mess. 那个剧本简直是一团糟。② 绝对的、完全的 The Prime Minister had absolute control of his cabinet. 总理对他的内阁拥有绝对的控制。

absorb [əb'sɔ:b]

vt. 把…并入、同化 Small businesses are absorbed by larger ones. 小企业为大企业所兼并。

abstract ['æbstrækt]

a. 抽象的 The arguments of contemporary science are so abstract that they are no longer understandable. 当代科学的论据抽象深奥，不再是明白易懂的了。**n.** 摘要、梗概 You are asked to hand in an abstract of around 100 words. 你们要交一篇一百字左右的摘要。

abundant [ə'bʌndənt]

a. 大量的、充足的 The abundant crops would feed the village through the winter. 大量的农作物够全村人整个冬天的消费。

abuse [ə'bjʊz]

n. ① 滥用、妄用 This book is about uses and abuses of power. 本书讨论权利的使用和滥用。② 虐待、伤害 Her parents were found guilty of gross neglect and abuse. 她的父母被判犯有严重疏忽和虐待罪。③ 辱骂、毁谤 The girl shrieked abuse at the prosecuting lawyer. 那个女孩尖声辱骂检察官。[ə'bjʊz] **vt.** ① 滥用、妄用 It is important not to abuse your position as the boss's wife. 重要的是你不能滥用老板娘的身份。② 虐待、伤害 Those patients are either physically abused or drugged. 那些病人不是遭到肉体上的虐待就是被乱施麻醉。③ 辱骂、毁谤 Most of the foremen abused the workmen in the foulest language. 大多数工头总用最难听的脏话辱骂工人。

academic [ækə'demik]

a. ① 学校的、学院的 The whole academic system is unfair. 整个学校制度有欠公平。② 学术的 The course is a combination of academic and practical work. 这门课程是课堂教学和实际训练的结合。③ 纯理论的、不切实际的 The matter was one of only academic interest. 此事纯属不切实际的空谈。**n.** 大学教师 He was rather happy that an English academic should be planning a book about him. 有位英国学者竟然打算为他写一本书,这件事使他感到很高兴。

academy [ə'kædəmi]

n. 研究院、学会 She was accepted by the Royal Academy of music. 她被皇家音乐学院接收。

accelerate [æk'seləreɪt]

vt. (使)加快、(使)增速 His college gave him accelerated promotion to Associate Professor. 他那所学院破格提拔他当副教授。

accent ['æksənt]

n. ① 口音、腔调 She spoke with an Irish accent. 她说话带爱尔兰口

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音。② **重音(符号)** He changed a word or two and put in an accent he had missed. 他换掉了一两个单词,又加上了一个漏加的重音符号。[æk'sent] **vt. 重读、加重** The choir claps and taps to accent the swing of the music. 唱诗班既拍手又跺脚,以加重音乐的节奏。

access [ˈækses]

n. 接近、进入 They attempted to gain access through a side entrance. 他们试图从边门进入。**vt. 存取(计算机文件)** The main problem was the time they took to access the information. 主要问题是他们存取信息要花多少时间。

accidental [æksi'dentl]

a. 意外的、偶然(发生)的 Her death was completely accidental. 她的死纯属意外。

accommodation [əˌkɒmə'deɪʃən]

n. [常用复数]住处、膳宿 There is a shortage of on-campus accommodation in this university. 这所大学校内住宿匮乏。

accompany [ə'kʌmpəni]

vt. ① 陪伴、陪同 She asked me to accompany her to the church. 她要我陪她去教堂。**② 伴随、和...一起发生** His words were accompanied by exclamations from the audience. 他的演讲引起听众的阵阵惊叫。**③ 为...伴奏(或伴唱)** Sarah sings and Bill accompanies her on the guitar. 莎拉唱歌,比尔弹吉他为她伴奏。

accomplish [ə'kɒmplɪʃ]

vt. 达到(目的)、完成(任务)、实现(计划、诺言等) I never seem to accomplish anything. 我似乎永远一事无成。

accord [ə'kɔ:d]

n. ① 一致、符合 There are few issues on which the two are in perfect accord. 很少有双方意见一致的问题。**② (尤指国与国之间的)**

谅解、协议 The government expected a final accord before the end of the year. 政府希望在年底以前达成最后的协议。**vi. (with) 相符合、相一致、相和谐** I rewrote the article because it did not accord with our policy. 我重写了那篇文章,因为它不符合我们的政策。**vt. 授予、赠与、给予** Newsmen accorded her the kind of coverage normally reserved for film stars. 记者们为她作了通常只为电影明星才写的那种报导。

accordingly [ə'kɔ:diŋli]

ad. ① 照着、相应地 Sometimes the press went too far, and suffered accordingly. 有时候新闻界做得太过火而不免自作自受。**② 因此、所以、于是** She complained of stiffness in her joints. Accordingly, she was admitted to hospital for further tests. 她诉说自己的关节不灵活,因此留院作进一步检查。

account [ə'kaunt]

n. ① 记述、描述、报告 There were accounts of the incident in the paper. 报纸上有该事件的报导。**② 帐(户)** I would like to open an account with you. 我想在你们这儿开个帐户。**vi. (for) ① 说明…的原因、是…的原因** How do you account for the dent in the car? 你怎么解释车上的凹痕?**② (在数量、比例方面) 占** Computer software accounts for some 70 percent of our range of products. 计算机软件占我们产品的 70% 左右。

accountant [ə'kauntənt]

n. 会计人员、会计师 An accountant is a person whose job is to inspect or keep accounts. 会计师的工作是查账或者做帐。

accumulate [ə'kjʊ:mjuleit]

vt. 积聚、积累 We packed up the things I had accumulated over the last five years. 我们把我过去五年里所积聚的东西——打包。

accuracy [ə'ækjʊrəsi]

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n. 精确(性)、准确(性) I admired the speed and accuracy with which she typed. 她打字又快又准,我真佩服她。

accuse [ə'kju:z]

vt. 指控、控告、指责 He is accused of killing ten young women. 他被控杀害十名年轻妇女。

accustomed [ə'kʌstəmd]

a. ① (to) 习惯…的、适应…的 My eyes became accustomed to the dim lighting. 我的眼睛已能适应昏暗的灯光。② 通常的、惯常的 He was sitting in his accustomed chair. 他坐在他常坐的那把椅子

acid [æsid]

n. 酸、酸性物质 Strong acid corrodes metal. 强酸能腐蚀金属。

① 酸(味)的 These oranges are very acid. 这些橘子很酸。② 尖刻的、刻薄的 The critic's acid remarks hurt the director's feelings. 评论家的刻薄评论伤害了导演的感情。

acknowledge [ə'knɒlɪdʒ]

vt. ① 承认(…的权威) The state acknowledged the justice of their cause. 政府承认他们的事业合法。② 对…表示感谢、报偿 The president stood up to acknowledge the cheers of the crowd. 总统站起身答谢群众的欢呼。③ 告知收到、确认 You have to sign here and acknowledge receipt. 你得在这里签收。

acquaintance [ə'kweɪntəns]

n. ① 相识的人、熟人 Mr. Tang has hundreds of friends and acquaintances in California. 唐先生在加利福尼亚有数以百计的朋友和熟人。② 认识、相识 He got the job through his acquaintance with the president of the company. 他因为认识那个公司的总裁而获得了那份工作。

acquire [ə'kwaɪə]

vt. 获得、取得 I tried to acquire the information I needed. 我设法获得我所需要的信息。

acquisition [ækwi'ziʃən]

n. ① **获得、取得、习得** Ann is a student majoring in second-language acquisition. 安是个学生,专业为第二语言习得。② **获得物、增添的人(或物)** He invited me to inspect his latest acquisition. 他邀我去看看他最近新添的收藏品。

acute [ə'kjut]

a. ① **严重的、极度的** With acute anxiety they awaited the result. 他们万分焦急地等待结果。② **敏锐的** The acute observers in the West have foreseen this. 敏锐的西方观察家已经预见到了这一点。③ **(疾病)急性的** He suffered from an acute disease and was immediately taken away by an ambulance. 他急性病发作,马上被救护车带走了。④ **尖的、锐的** John drew a series of acute angles in his geometry class. 几何课上,约翰画了一系列的锐角。

adapt [ə'dæpt]

vt. ① **使适应、使适合** He cannot adapt himself to being free again. 他无法适应重获自由的生活。② **修改、改编** Her husband has adapted the play from Henry James' novel. 她的先生已经把亨利·詹姆斯的一部小说改编为电视剧。

addition [ə'dɪʃən]

n. ① **加(法)** The children start their education by learning English and addition. 儿童以学习英文和加法开始他们的教育。② **增加的人(或物)** This will be an admirable addition to London's contemporary architecture. 这将为伦敦的现代建筑大为增色。

adequate [ə'dɪkwɪt]

a. ① **充足的、足够的** This is a country with adequate, steady rainfall. 这个国家降雨量充足且降雨稳定。② **适当的、胜任的** She

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could not think of an adequate answer. 她想不出适当的答案。

adjust [ə'dʒʌst]

vt. ① 校正、校准 He spent several minutes adjusting his tie. 他花了几分钟把领带整一整。② 调节、改变…以适应 We should adjust our approach to tackling this problem. 我们应该调整一下我们解决这个问题方法。

administration [ədˌmɪnɪstreɪʃən]

n. ① 管理、经营 They need to spend less on administration. 他们需要减少管理方面的开支。② 管理部门、行政机关 Peter is working in the administration building. 彼得在行政大楼里工作。

admission [ədˈmɪʃən]

n. ① 准许进入、准许加入 No admissions are permitted in the hour before closing. 结束前一小时不许再进入。② 入场费、入场券 They would charge fifty cents admission. 他们要收五角钱的入场费。

adolescence [ˌædəʊˈlesəns]

n. 青春期(一般指成年以前由 13 岁至 15 岁的发育期) She is a product of a French adolescence. 她的青春期是在法国度过的。

adopt [əˈdɒpt]

vt. ① 收养 Some people are willing to adopt handicapped children. 一些人愿意收养残疾儿童。② 采取、采纳 After the Revolution they adopted a more open policy. 革命之后,他们采取了比较开放的政策。

advanced [ədˈvɑːnst]

a. ① 超前的、先进的 Japan is rapidly becoming the most advanced country technologically. 日本正迅速成为技术最先进的国家。② 高级的、高等的 He is very good at advanced mathematics. 他的高等数学很好。③ 年迈的、后阶段的 A man of advanced years deserves re-

spect from the young. 年长者值得年轻人尊重。

advertisement/ad [əd'vɜ:tismənt]

n. 广告、公告、启事 Today's paper carries an advertisement for a computer programmer. 今天的报纸载有一则招聘计算机程序设计师的广告。

advisable [əd'vaizəbl]

a. 可取的、适当的、明智的 It is advisable to ring up first to make an appointment. 订约会之前最好先打个电话。

advocate ['ædvəkit]

n. ① 拥护者、提倡者 Joan and her friends are advocates of women's rights. 琼和她的朋友们是女权的拥护者。② **辩护者、律师** The suspected murderer's only advocate was his attorney. 这名谋杀嫌疑犯的唯一辩护者就是他的律师。['ædvəkeit] **vt. 拥护、主张、提倡** He advocated the creation of a permanent United Nations. 他主张创建永久性的联合国。

aeroplane ['ɛərəplein]

n. 飞机 She has her own private aeroplane. 她拥有自己的私人飞机。

affection [ə'fekʃən]

n. 喜爱、爱慕之情 She gazed with deep affection at his sleeping form. 她深情地凝视着熟睡中的他。

agency ['eidʒənsi]

n. ① 代理行、经销处 I nearly joined an advertising agency. 我差点儿进了一家广告代理公司。② **(政府等的)专业行政部门** The agency initially approved the cuts in 1974. 政府部门最初于1974年批准了这些削减计划。

agenda [ə'dʒendə]

n. 议事日程 The main point on the agenda was the election of a new

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chairman. 议程的重点是选举新的主席。

aggressive [ə'gresiv]

a. ① 侵略的、挑衅的 Women are not supposed to be as aggressive as men. 妇女不应该像男人那样挑衅好斗。② 敢作敢为的、有进取心的 U. S. business today finds itself challenged by aggressive overseas competitors. 当今的美国商界正面临着冲劲十足的外国竞争者的挑战。

aid [eid]

n. ① 帮助、援助 They are trying to get the government aid to privately owned firms. 他们试图获得政府对民营企业的援助。② 助手、辅助物 For those disabled or using a wheelchair, aids and adaptations within the home make life much easier. 对于那些患有残疾或坐轮椅的人来说,家中的辅助以及改制用具大大方便了他们的生活。

airhostess [ˌeə'həʊstɪs]

n. 客机女服务员、空中小姐 He met his wife when she was an airhostess in France. 他妻子在法国当空姐时和他相遇。

airline [ˈeəlaɪn]

n. [常用复数]航空公司 There were no other airlines doing a direct flight to London. 没有别的航空公司直飞伦敦。

alcohol [ˈælkəhɒl]

n. 酒精、含酒精的饮料 I never touch alcohol in any form. 我滴酒不沾。

alert [ə'leɪt]

a. 警觉的、留神的 Those mistakes are unnoticed except by the few people who were sufficiently alert to recognise them. 除了少数特别留神的人认出了那些错误之外,他们并未被注意到。