

句子**重音**标注 意群**停顿**划分

CEB
长喜英语

大学英语**4**级考试

晨读

精选美国之音

For Morning
Reading **100篇**

主编：赵丙银



四级考试
重新录音
听力主播



710分
新题型

CET-4

中国和平音像电子出版社

常选美国之音

Voice of America

大学英语 ④ 级考试

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晨读

每天开口一刻钟 提高口语和听力

一群啼鸟噪晨风，诸生齐放好喉咙。

晨读，每天开口一刻钟，用清新愉悦的听音唤醒惺忪的大脑，用抑扬流畅的朗读迎来欢快的黎明。一天的好心情，从此时开始，一天的好时光，在此时把握。

每天晨读好处多



练肌肉



练语音



培养语感



强化记忆

只需一份坚持，只需一个习惯，每天听读结合，边听边读，数天过去，你会发现，不知不觉间，自己的听力水平已经大大提高，自己的口语水平已经产生飞跃，曾经颇为头痛的听力录音自己已可陶醉其中，曾经颇觉仰止的妙语佳句自己也能脱口而出。

晨读，不知不觉、潜移默化间，让你的听力和口语脱胎换骨。

《晨读—精选美国之音100篇》——“长喜英语”送给广大学子的一份精美早餐，四、六级各一册，本册为四级，带您领略异域风情斑斓画卷。

美国之音，语言纯正、信息丰富，四级考试听力短文，多次选自美国之音，四级考生备考听力，不可忽视美国之音。

美国之音，地道贴切、原汁原味，也是在校读者练习口语、提高表达、熟悉美国文化、了解异域生活的最佳之途径。

题材选择，吻合考试 100篇美国之音，按照四级考试听力短文常考题材选辑，涉及人物故事、学校教育、文化习俗、工作生活、卫生环境、交通旅游、经济现象、科普知识8大主题，有的放矢、避免泛泛。

实考主播，重新录音 100篇美国之音，特邀四级考试听力实考主播倾情朗读，标准语速，标准听音。

重音标注，意群划分 100篇美国之音，每篇文章都在句中需要重读的单词前标上“|”，在不同意群之间标上“|”。这些符号，连同各种标点一起，使学习者听音时熟轻重缓急，朗读时知抑扬顿挫，自我规范。

图文并茂，全文翻译 100篇美国之音，每篇文章均配上了贴切的图片，活泼自然，令人赏心悦目，同时，每篇文章均给出了中文译文，加深您的理解。

好句佳句，赏析临摹 100篇美国之音，每篇文章中均用彩线画出比较好的句子，在文后专门讲解、赏析，并学着仿写、临摹。

每日口语，天天积累 100篇美国之音，每篇文章后均给出一则口语小对话，让您在每天晨读美文后，轻松一下，掌握一个地道的口语用法。

窗外，缕缕阳光已经洒满美丽的校园，让我们迎着初升的太阳走出宿舍，走向校园，翻开清爽的一页，呼吸一下新鲜的空气，开始晨读吧！

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1 Helen Keller: I Try to Make the Light in Others' Eyes My Sun



All of Helen Keller's knowledge reached her mind through her sense of touch and smell, and of course her feelings.

To know a flower was to touch it, feel it, and smell it. This sense of touch became greatly developed as she got older.

She once said that hands speak almost as loudly as words.

She said the touch of some hands frightened her. The people seem so empty of joy that when she touched their cold fingers it is as if she were shaking hands with a storm.

She found the hands of others full of sunshine and warmth.

Strangely enough, Helen Keller learned to love things she could not hear, music for example. She did this through her sense of touch.

When waves of air beat against her, she felt them. Sometimes she put her hand to a singer's throat. She often stood for hours with her hands on a piano while it was

played. Once, she listened to an organ. Its powerful sounds made her move her body in rhythm with the music.

She also liked to go to museums.

She thought she understood sculpture as well as others. Her fingers told her the true size, and the feel of the material.

What did Helen Keller think of herself? What did she think about the tragic loss of her sight and hearing? This is what she wrote as a young girl:

“Sometimes a sense of loneliness covers me like a cold mist — I sit alone and wait at life’s shut door. ^① Beyond, there is light and music and sweet friendship, but I may not enter. Silence sits heavy upon my soul.” ^②

“Then comes hope with a sweet smile and says softly, ‘There is joy in forgetting one’s self.’ And so I try to make the light in others’ eyes my sun ... The music in others’ ears my symphony ... The smile on others’ lips my happiness.” [333 words]

译韵袅袅

海伦·凯勒：我把别人看见的光明当作我的太阳

海伦·凯勒所有的知识都是通过触觉和嗅觉获得的，当然也通过她的感觉。

对于海伦·凯勒来说，要认识某种花，就是去触摸它，感受它，嗅它的味道。这种触觉随着她年龄的增长得到了极大的发展。

她曾经说，手会说话，几乎和言语一样。

她说，某些人的手触摸起来让她感到害怕。这些人似乎如此缺乏快乐，她摸着他们冰冷的手指时，感觉好像在与暴风雪握手。

她发现另外一些人的手充满了阳光和温暖。

令人不可思议的是，海伦·凯勒学会了怎样喜欢她所不能够听见的事物，例如音乐。她用触觉来享受音乐。

当气浪袭在她的身上，她会感受到。有时她会把手放在歌者的喉咙上。当有人弹起钢琴的时候，她经常会用手摸着钢琴，在旁

边一站就是站好几个小时。有一次,她听着风琴,强劲的风琴声竟然令她和着音乐的节奏摇摆起来。

她还喜欢去博物馆。

她认为她和别人同样懂得雕塑。她的手指告诉她雕塑的真实大小,和材料的质地。

海伦·凯勒是如何看待自己的呢?对于她视力和听觉的无情丧失,她是怎么想的呢?下面是海伦·凯勒年少时写下的文字:

“有时候一种孤独感会如冷霜般笼罩着我——我独自坐着,等候在紧闭的生命之门旁边。门里面有光明,有音乐,有美好的友谊,但是,我却不得而入。寂静沉重地压迫着我的灵魂。”

“然后,希望带着甜美的微笑来到我身边,轻柔地说,‘忘记自我就会快乐。’于是,我就尽力把别人眼睛看见的光明当作我的太阳…他人耳中的音乐成为我的交响曲…他人嘴角的微笑成为我的快乐。”

词汇露珠

■ organ /'ɔ:ɡən/

n. 风琴;器官;机构

■ rhythm /'rɪðəm/

n. 韵律,节奏

■ sculpture /'skʌlptʃə/

n. 雕塑,雕刻

■ tragic /'trædʒɪk/

a. 悲惨的,悲剧的

* symphony /'sɪmfəni/

n. 交响曲,交响乐

(注:单词前加注*符号的,表示该词不在要求掌握范围内。)

佳句如风

①【赏析】该句使用了比喻的修辞手法,把 a sense of loneliness (孤独感) 比作 a cold mist (冷霜),是比较经典贴切的。

【临摹】I felt my heart frozen at the tragic news. 听到这一噩耗,我的心寒如冰霜。

②【赏析】本句是典型的拟人加移觉修辞手法的运用, Silence (寂静) 是一个抽象的,无生命的词汇,这里却和动词 sit (坐) 搭配,乍一看似乎不合情理,实际上形象至极。

【临摹】Tranquility walks leisurely like an old man in the evening sun. 平和就像夕阳下散步的老人。



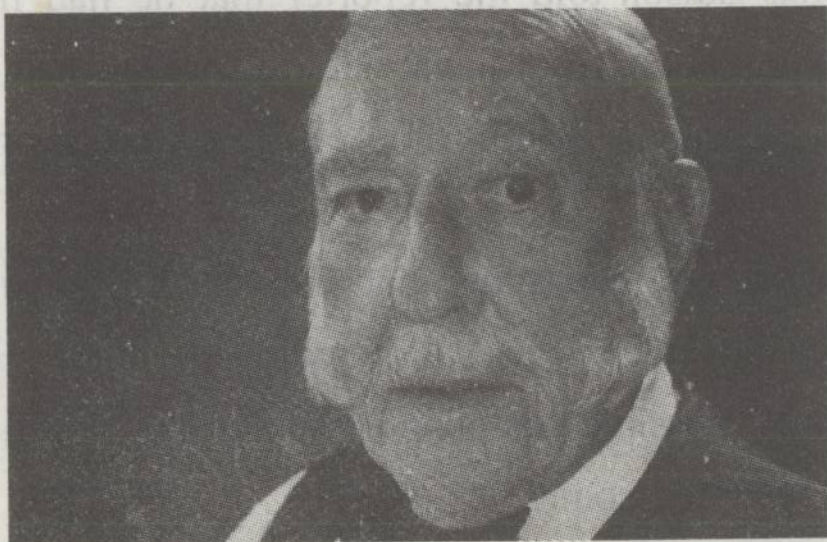
A: I think we should tell her how rude she's being! Someone should tell her.

我认为我们应该告诉她她有多么粗鲁! 应该有人告诉她!

B: You just can't do that in this day and age—we have to think of something a little more tactful.

现在还不能——我们必须想出一个得体的办法。

2 Thomas Edison: America's Great Inventor



Thomas Edison's major inventions were designed and built in the last years of the 'eighteen hundreds. However, most of them had their 'greatest effect in the 'twentieth century. His inventions made possible the progress of technology. ①

It is extremely 'difficult to find anyone living 'today who has 'not been 'affected in some way by Thomas Edison. 'Most people on Earth have 'seen some kind of 'motion 'picture or 'heard some kind of 'sound 'recording. And almost 'everyone has at least 'seen an electric 'light.

These are only 'three of the 'many devices|Thomas Edison 'invented|or helped to 'improve. People living in 'this century|have had 'easier and more 'enjoyable lives|because of 'his inventions.

Thomas Edison did 'not 'enjoy talking to 'reporters. He thought|it was a 'waste of 'time. However, he 'did talk to a 'reporter|in nineteen seventeen. He was 'seventy years old at the time|and still working on 'new 'devices and 'inventions.

The 'reporter asked Mister Edison|'which of his 'many inventions|he 'enjoyed the 'most. He answered quickly, the 'phonograph. He said|the phonograph was 'really the 'most interesting. He also said|it took 'longer to develop a machine to 'reproduce 'sound|than any 'other of his inventions.

Thomas Edison told the reporter|that he had listened to many 'thousands of 'recordings. He especially liked music by 'Brahms, 'Verdi|and 'Beethoven. He also liked 'popular music.

'Many of the recordings|that Thomas Edison listened to in 'nineteen 'seventeen|can 'still be enjoyed 'today. His invention|makes it 'possible for people around the 'world|to enjoy the 'same recorded sound.

In nineteen thirteen, a popular 'magazine at the time|called Thomas Edison the most 'useful man in America. In nineteen twenty-eight, he received a 'special 'medal of 'honor|from the Congress of the United States.

Thomas Edison 'died on January sixth, nineteen thirty-one. In the months 'before his death|he was still 'working very 'hard. He had asked the government for 'legal 'protection|for his 'last invention. It was patent number 'one 'thousand 'ninety-three.

[344 words]