

# 大学英语水平步步高

6000 单词记忆

与

阶梯阅读理解

高

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编著 姜德杰 李曦聪 主审 Lynn Godfrey Annette Godfrey

青岛海洋大学出版社

# College English Reading

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## 说 明

祝贺您,读者朋友!翻阅本书,证明您选对了学好英语的路子——通过阅读提高英语水平。本书定能使您的英语的综合水平有一个质的飞跃。

随着信息时代的来临、社会的日渐开放,世界也在某种程度上变成了地球村。在这个“村子”里,现在最通用的语言就是英语,因此越来越多的人都想学好英语,特别是有志青年更渴望能像 native speakers 那样掌握并运用英语。为迎合广大英语学习者的这种心态和要求,市面上出现了数不胜数的各类快速提高英语水平的书籍,如单词快速记忆、考试过关丛书等等;有相当数量的读者也认为只要词汇量大,英语水平就高,因此见到此类书籍就急急忙忙买回家,天天背单词,尽管枯燥乏味,坚持下来倒也记住不少,可是背完一本书后,却发现自己的听、说、读、写、译能力基本没有提高。为什么?这是因为,英语学习不是简单的词汇记忆,而是综合语言运用能力的培养。要培养语言运用能力,良好的语言环境和大量的阅读最新原版英语资料是非常重要的。不出国,想有一个真正的语言环境是不可能的,但是阅读可为你创造一个准语言环境。阅读最新原版英语资料对于中国人来说也不太容易做到,即使有条件接触英语原版报刊书籍,也因内容太繁杂而不知如何取

舍。本书则是您获得一个准英语环境,学习当代英语,有效提高英语水平的最好选择。

本书有以下几个特点:

### 一、选材广而新

《大学英语水平步步高——6000 单词记忆与阶梯阅读理解》共 30 课,文章均选自 1997 年后出版的英语原版杂志、报纸、书籍,内容涉及地理、历史、文化、体育、科技、政治、经济、社会、文学、探险等诸多领域,有很强的时代性、知识性、思想性、趣味性。

### 二、编纂形式新颖

每课第一部分,将课文中所有大学英语四级以上的词汇、词组注上汉语,部分专有名词及疑难句子给出了汉语译文。这样,读者在阅读时,不仅能省去查字典的时间,而且能在有限的时间内充分理解课文内容,维持并提高英语的学习兴趣。

每课词汇表中的单词按其在课文中出现的先后顺序排列,前一课出现的单词不再列入新课的词汇表内,大学英语五、六级词汇不加标志,六级以上的词汇用“★”表示,以便读者有重点地记忆。

每课第三部分为英语原文,读者在阅读了带汉语注释的课文、掌握了有关的新词后,可通过阅读英语原文,检验对所学新词的记忆程度,并加深对原文内容的理解。

### 三、练习形式灵活多样

本书练习有阅读理解、词汇填空、改错、完形填空等。这些练习不仅能帮助读者检验对所学课文内容的理解程度,巩固新学词汇,同时也能提高读者的应试能力,有一举两得之功效。

本书可供具有大学英语四级水平的读者使用,对于准备参加大学英语六级考试、研究生英语考试、TOEFL 考试、GRE 考试等的读者快速提高综合英语水平特别是阅读理解能力也有很大帮助。

不同水平的读者应采取不同的方法使用本书。水平较低的读者可按每课既定的顺序阅读,水平较高的读者可先读每课的第三部分,然后做第二部分阅读理解练习,再看第一部分,弄懂不理解或理解模糊的句子或短语,最后再完成其他练习。

本书由姜德杰、李曦聪编著,美国专家 Lynn Godfrey 和 Annette Godfrey 担任主审,魏红伟负责文字输入。本书的编写还得到了美国专家 Gary Adair, Beverly Adair, Richard Snow 和 Narda Snow 以及许多同行的帮助,在此一并表示衷心的感谢。

欢迎读者使用本书,并提出宝贵建议。



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# 1

## Our Pursuit of Happiness

Condensed from REDBOOK by Lynn Peters

我们到处在寻求幸福, 其实幸福就在我们身边。

### I. Read the text quickly and then tell the main idea to yourself or someone else.

"Are you happy?" I asked my brother, Ian, one day. "Yes. No. It depends on what you mean," he said. 1

"Then tell me," I said, "when was the last time you thought you were happy?" 2

"April 1967," he said. 3

*It served me right* (答由自取) for putting a serious question to someone who has *joked his way through life* (玩世不恭). But Ian's answer reminded me that when we think about happiness, we usually think of something extraordinary, a pinnacle (极点) of sheer (完全的) delight—and those pinnacles seem to get rarer the older we get. 4

For a child, happiness has a magical quality. I remember making hide-outs (躲藏处) in newly cut hay, playing cops (警察) and robbers (强盗) in the woods, getting a speaking part in the school play. Of course, kids also experience lows, but their delight at such peaks of pleasure as winning a race or getting a new bike is unre-served (充分的). 5

In the teen-age years the concept of happiness changes. Suddenly it's conditional on such things as excitement, love, popularity (名望) and whether that zit (脓包) will clear up before prom (舞会) night. I can still feel the agony (痛苦) of not being invited to a party that almost everyone else was going to. But I also recall the ecstasy (狂喜) of being plucked (拉) from obscurity (糊里糊涂) at another event to dance with a John Travolta look-alike (相貌酷似的人). 6

In adulthood (成年) the things that bring profound (极度的) joy—birth, love, mar- 7





riage—also bring responsibility and the risk of loss. Love may not last, sex isn't always good, loved ones die. For adults, happiness is complicated.

My dictionary defines happy as “lucky” or “fortunate,” but I think a better definition of happiness is “the capacity for enjoyment.” The more we can enjoy what we have, the happier we are. It's easy to overlook the pleasure we get from loving and being loved, the company of friends, the freedom to live where we please, even good health.

*I added up* (合计) my little moments of pleasure yesterday. First there was sheer bliss (巨大的幸福) when I shut the last lunchbox and had the house to myself. Then I spent an uninterrupted morning writing, which I love. When the kids came home, I enjoyed their noise after the quiet of the day.

Later, peace descended again, and my husband and I enjoyed another pleasure—intimacy (亲密). Sometimes just the knowledge that he wants me can bring me joy. You never know where happiness will turn up next. When I asked friends what makes them happy, some mentioned seemingly (表面上) insignificant moments. “I hate shopping,” one friend said. “But there's this clerk who always chats (聊天) and really cheers me up.”

Another friend loves the telephone. “Every time it rings, I know someone is thinking about me.”

I get a thrill (兴奋) from driving. One day I stopped to let a school bus turn onto a side road. The driver grinned (咧嘴笑) and gave me a thumbs-up (翘拇指) sign. We were two allies (同盟者) in a world of mad motorists (驾驶汽车的人). It made me smile.

We all experience moments like these. Too few of us register them as happiness.

Psychologists (心理学家) tell us that to be happy we need a blend of enjoyable leisure time and satisfying work. I doubt that my great-grandmother (曾祖母), who raised 14 children and took in washing, had much of either. She did have a network of close friends and family, and maybe this is what fulfilled her. If she was happy with that she had, perhaps it was because she didn't expect life to be very different.

We, on the other hand, with so many choices and such pressure to succeed in every area, have turned happiness into one more thing we “gotta(=got to) have.” We're so self-conscious (自我意识的) about our “right” to it that it's making us miserable. So we chase it and equate (等同) it with wealth and success, without noticing that the people who have those things aren't necessarily happier.

While happiness may be more complex for us, the solution is the same as ever. Happiness isn't about what happens to us—it's about how we perceive what



happens to us. It's the knack (诀窍) of finding a positive for every negative, and viewing a setback (挫折) as a challenge. It's not wishing for what we don't have, but enjoying what we do possess.

## New Words and Expressions

- pursuit *n.* ①追求, 寻求 ②从事 ③追赶, 追逐 ④娱乐, 爱好
- serve sb. right 咎由自取, 给本人应得的报应
- ★pinnacle *n.* ①极点, 顶峰 ②尖顶, 山峰
- sheer *a.* ①完全的, 十足的 ②极薄的, 透明的 ③陡峭的, 垂直的 *vi.* 急转弯, 偏离
- ★hide-out *n.* 躲藏处
- ★cop *n.* 警察
- ★robber *n.* 强盗, 盗贼
- ★unreserved *a.* ①充分的 ②无限制的 ③无保留的
- ★popularity *n.* ①名望 ②普及, 流行 ③通俗性, 大众性
- ★zit *n.* 脓包
- ★prom *n.* (大学生等的)舞会
- agony *n.* (极度的)痛苦, 创痛
- ★ecstasy *n.* 狂喜, 心醉神迷
- ★pluck *vt.* 扯, 拉, 采, 摘, 拔
- obscurity *n.* ①糊里糊涂 ②模糊, 含糊
- ★look-alike *n.* 相貌酷似的人
- ★adulthood *n.* 成年

- profound *a.* ①深邃的, 很深的 ②深奥的, 渊博的
- ★bliss *n.* 巨大的幸福, 狂喜, 极乐
- ★intimacy *n.* 亲密, 密切, 熟悉
- seemingly *ad.* 表面上, 看来
- chat *n. / vi.* 聊天, 闲谈
- thrill *n.* ①兴奋, 激动 ②引起激动的事物
- v.* (使)非常兴奋/激动
- grin *vi. / n.* 咧嘴笑
- ★thumbs-up *n.* 翘拇指(满意或赞同的表示)
- allies *n.* ①同盟者, 同盟国 ②支持者
- ★motorist *n.* 驾驶汽车的人
- ★psychologist *n.* 心理学家
- ★great-grandmother *n.* 曾祖母, 外曾祖母
- ★gotta = got to [俚语]必须
- ★self-conscious *a.* ①自我意识的, 自觉的 ②忸怩的
- ★equate *v.* ①(使)等同, (使)相等 ②同样对待
- ★knack *n.* ①诀窍, 窍门 ②妙法, 花样 ③癖
- ★setback *n.* ①挫折, 失败 ②倒退, 逆流

## II. Reading Comprehension: Circle the best answer to each question according to the text.

- What is happiness according to the author?
  - Happiness is something extraordinary, a pinnacle of sheer delight.
  - The concept of happiness changes as one grows old.
  - Happiness refers to things that bring profound joy.
  - Happiness is the ability to enjoy.
- Why did the author talk about her little moments of pleasure yesterday?



- A) To show how happy she was.
  - B) To explain that happiness is "the capacity for enjoyment."
  - C) To show that she and her husband loved each other very much.
  - D) To tell us that we should enjoy every moment of happiness.
3. Which of the following statements may the author support?
- A) Driving is exciting and dangerous.
  - B) Most motorists are friendly and considerate.
  - C) Many motorists don't drive carefully.
  - D) Many motorists are mad men.
4. The author's great-grandmother was happy because \_\_\_\_\_.
- A) she enjoyed what she had and couldn't ask for anything more
  - B) she had enjoyable leisure time and satisfying work
  - C) she had a lot of friends and a large family
  - D) all of the above
5. What is the main idea of the second to last paragraph?
- A) We are happier than the author's great-grandmother.
  - B) Why we are happy.
  - C) Why we are unhappy.
  - D) We should not pursue happiness.

**III. Read the text again to see how well you understand it now and how many new words and expressions have become familiar to you.**

### **Our Pursuit of Happiness**

"Are you happy?" I asked my brother, Ian, one day. "Yes. No. It depends on what you mean," he said.

"Then tell me," I said, "when was the last time you thought you were happy?"

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It served me right for putting a serious question to someone who has joked his way through life. But Ian's answer reminded me that when we think about happiness, we usually think of something extraordinary, a pinnacle of sheer delight—and those pinnacles seem to get rarer the older we get.

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My dictionary defines happy as "lucky" or "fortunate," but I think a better definition of happiness is "the capacity for enjoyment." The more we can enjoy what we have, the happier we are. It's easy to overlook the pleasure we get from loving and being loved, the company of friends, the freedom to live where we please, even good health.

I added up my little moments of pleasure yesterday. First there was sheer bliss when I shut the last lunchbox and had the house to myself. Then I spent an uninterrupted morning writing, which I love. When the kids came home, I enjoyed their noise after the quiet of the day.

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While happiness may be more complex for us, the solution is the same as ever. Happiness isn't about what happens to us—it's about how we perceive what happens to us. It's the knack of finding a positive for every negative, and viewing a setback as a challenge. It's not wishing for what we don't have, but enjoying what we do possess.

#### **IV. Fill in the blanks with the missing words. Don't refer to the text until you**

**finish the exercise.**

1. \_\_\_\_\_ served me right \_\_\_\_\_ putting a serious question \_\_\_\_\_ someone \_\_\_\_\_ has joked his way \_\_\_\_\_ life.
2. It's easy to overlook the pleasure we get \_\_\_\_\_ loving and \_\_\_\_\_ loved, the company of friends, the freedom to live \_\_\_\_\_ we please, even good health.
3. Sometimes just the knowledge \_\_\_\_\_ he wants me can bring \_\_\_\_\_ joy.
4. We all experience moments \_\_\_\_\_ these. Too few of us register them \_\_\_\_\_ happiness.
5. It's the knack of finding a positive \_\_\_\_\_ every negative, and viewing a setback \_\_\_\_\_ a challenge.

**V. Fill in the blanks with the proper forms of the words or phrases given. Some of them can be used twice.**

**obscene** *a.* 淫秽的, 下流的      **obscurity** *n.* 模糊, 含糊, 朦胧  
**obscure** *a.* 不出名的, 费解的, 模糊不清的

1. The causes of earthquakes are still hidden in \_\_\_\_\_.
2. He was taking part in some \_\_\_\_\_ feast.
3. It was not that those causes were so \_\_\_\_\_ that it required exceptional (杰出的) intelligence to perceive them.
4. Do you think, because I am poor, \_\_\_\_\_, plain, and little, I am soulless and heartless?

**intimacy** *n.* 亲密, 密切, 熟悉      **imitate** *vt.* 模仿, 仿效, 仿制, 伪造  
**intimate** *a.* 亲密的, 个人的, 私下的      **imitation** *n.* 仿制, 模仿, 赝品, 仿制品  
**intimidate** *vt.* 恐吓, 威胁      *a.* 人造的, 仿制的

1. If they came in unarmed, they could be \_\_\_\_\_.
2. This was one of several \_\_\_\_\_ and private conversations I had with Mr. Roosevelt during the war.
3. It can simulate (模仿), or \_\_\_\_\_ different measurements by electronic means.
4. \_\_\_\_\_ also came into the cheese business.
5. Since Seth had been a boy there had been a half expressed \_\_\_\_\_ be-

tween him and the maiden (少女).

**agony** *n.* 痛苦, 创伤      **misery** *n.* 痛苦, 苦恼, 苦难, 贫苦  
**misfortune** *n.* 不幸, 厄运, 不幸事故, 灾难

1. He suffered \_\_\_\_\_ from his broken arm.
2. Her baby died and, to add to her \_\_\_\_\_, her husband deserted her.
3. His failure in business was not due to \_\_\_\_\_, but to his own mistakes.

### *Keys*

II. 1. D 2. B 3. C 4. A 5. C

IV. 1. It, for, to, who, through 2. from, being, where 3. that, me  
4. like, as 5. for, as

V. 1. obscurity 2. obscene 3. obscure 4. obscure

1. intimidated 2. intimate 3. imitate 4. Imitations 5. intimacy

1. agonies/miseries 2. misery/agony/misfortune 3. misfortune



## A Cheaper Way to Phone

By Deborah Branscum

国际互联网长途电话服务可使你节省大笔电话费。

### 1. Read the text quickly and then tell the main idea to yourself or someone else.

Step aside, geeks (书呆子). Internet (因特网) telephony (电话术) is looking for Joe Six-pack (指一般人). It's no longer necessary to wrestle (全力对付) with a personal computer in order to make low-cost calls over the Internet. You can easily use the Web (网络) for dialing Granny (奶奶) in Omaha or Osaka, thanks to several new Internet Protocol (IP) phone (IP 电话) services. But don't expect to save big in every case—and don't expect good quality every time.

The quality won't be questionable (有问题的) forever as competition and innovation (革新) spur better products. AT & T, for example, begins technical trials in May for an IP-based service that will have domestic rates of 7.5 to 9 cents per minute. And Sprint is expected to join the fray (竞争).

The shift from traditional telephony began in 1995, when a company called VocalTec (公司名) developed the first program to let users speak over the Internet. Suddenly, hobbyists (有业余爱好者) using PCs, microphones, speakers and VocalTec software (软件) could chat with each other much like the ham-radio (业余无线电) fans of an earlier era. *It might have remained a hobbyist's pursuit if not for a regulatory quirk that allows Internet providers to escape several fees that saddle (强加于) telephone companies* (如果不是因为有关规章制度中没有涉及到的意外现象——国际互联网服务商可逃避电话公司必须承担的某些费用, 网上电话可能会继续成为业余爱好者的追求). That gives IP-based calls a built-in (内在的) cost advantage over traditional telephone calls. There's also a hitch (障碍): lower quality, because the voices that sound so clear across standard switched-circuit telephone lines must be converted from analog (模





拟的) waves to digital data and back again.

At least four companies tout (兜售) low-cost IP services, including IDT Corp. of Hackensack, N. J., Qwest of Denver and RSL Communications and its subsidiary (子公司) Delta Three of New York. IDT and Delta Three sell prepaid (预先付讫的) IP cards; Qwest and RSL bill (给...开账单) customers monthly. All send calls over private networks.

Using any of the services is like using a standard calling card. Once an account is established, you simply dial a local or toll-free (免费的) access number, punch (打) in an ID code and then dial the number you wish to reach. The access number connects the call to a computer system that acts as a gateway (途径) between the standard telephone network and the Internet (or a private data network). The gateway translates analog calls into digital information that is broken into data packets, which are compressed and transmitted over the Internet. Close to their destination, another gateway decompresses (使减压) the packets, converts them back into an analog signal and hands off the call to the local phone network for delivery.

If all goes well you shouldn't be able to tell much difference between an IP call and a standard call. *And I couldn't during most of the calls I made using these services* (我通过这种服务所打的多数电话,都听不出与普通电话有什么不同). Occasionally the words of a speaker were clipped (剪辑), and in one call using IDT's service, the person I spoke to sounded fuzzy (失真的). The international calls I made weren't as clear as the domestic ones, but overall the quality of IP calls was surprisingly (出人意料地) good.

Ready to sign up (签约)? Not so fast. You'll probably need an atlas (图表集), a spreadsheet (空白表格程序) and a long afternoon to calculate if any of the services make sense for you. That's because IP charges and offerings (服务) are at least as confusing as standard calling plans. IDT's Net2Phone Direct service is the most flexible of the four, because you can call from anywhere in *the lower 48 states* (美国本土相连的 48 个州) to many countries. Qwest offers domestic calls within 48 states from nine Western cities (with more to come). For now, RSL and Delta Three offer international calls from the United States to five areas: Cali and Bogota, Colombia; Sao Paulo, Brazil; Hong Kong, and Israel.

Businesses, which generally pay higher phone rates than residential (住宅的) customers, can certainly benefit from 5 (IDT) to 7.5 (Qwest) cent-per-minute domestic rates all day, every day. Ditto (同样地) for folks calling Hong Kong at AT&T's 61 cents per minute when they can use Delta Three for 29 cents. But it's not automatic that consumers will get a good deal. Despite IDT's claims that it provides "significant savings" over traditional calls, for example, MCI meets IDT and beats Qwest with a five-cent rate on Sundays—if you don't mind paying more the

rest of the week. AT&T's international-calling plan to the United Kingdom is 12 cents per minute (plus a \$3 monthly fee), while IDT's ranges from 9 to 23 cents per minute.

The upshot (结果)? It's no snap (容易的事) to determine which IP plan, if any, saves you money over traditional calling programs. 9

Analysts (分析者) estimate that up to 30 percent of all phone calls may go over the Internet within five years, but *the promise of the technology is not in lower rates* (该技术的前景不在于低费用). In the long term, "this is not about cheap phone calls," says analyst Hilary Mines, senior vice president for Probe (探索) Research. "This is about marrying the voice and data networks so that people can have access to all kinds of new applications." 10

Someday soon, that may mean conference calls between buddies (伙伴) as they surf (冲浪) the Net together, or sharing (共享) electronic snapshots (快照) via computer while chatting (聊天) on the phone. But that's in the future. For now, IP services are about cheap phone calls—especially for businesses. 11

## New Words and Expressions

★geek *n.* (巡回杂耍团等中)做低级滑稽表演的人, 本课指书呆子

★internet *n.* 互连网络, 因特网

★telephony *n.* 电话术, 电话

★wrestle *vi.* ①全力对付, 斗争 ②角力 ③深思

web *n.* ①(蜘蛛等的)网 ②网络, 错综复杂的事物

★granny *n.* 奶奶, 外婆

★protocol *n.* 草约, 草案, 议定书

★questionable *n.* 有问题的, 不可靠的, 可疑的

innovation *n.* ①新方法, 新事物 ②革新, 创新

★fray *n.* 竞争, 争论, 辩论, 吵架

vocal *a.* ①直言不讳的 ②发声的, 噪音的  
*n.* 【pl.】声乐节目

★hobbyist *n.* 有业余癖好者

software *n.* 软件

★ham-radio *n.* 业余无线电

★regulatory *a.* 受规章限制的, 规章的

★quirk *n.* 突然的弯曲, 诡辩, 乘僻

★built-in *a.* 内在的, 内装的

★hitch *n.* 障碍, 故障, 急拉, 蹒跚

★analog *a.* 模拟的 *n.* 类似物

★tout *v.* 兜售, 招徕顾客, 侦查

subsidiary *n.* 子公司, 附属机构 *a.* 辅助的, 次要的, 附设的

★prepaid *a.* 预先付讫的

bill *vt.* 给...开账单

★toll-free *a.* 免费的

punch *vt.* 打上, 猛击, 打出

★gateway *n.* 途径, 入口, 门口

★decompresses *v.* 使减压

clip *vt.* 剪辑, 剪, 修剪; *n.* 剪报

★fuzzy *a.* 失真的, 模糊的

★surprisingly *ad.* 出人意料地, 惊人地

sign up 签约, 签约参加工作等, 签约雇用

