

英语阅读词汇

双突破

3000 词

徐 筠 等 编 著
华中科技大学出版社

● *Reading Comprehension*

● *Vocabulary*

● *Note*

● *Key*



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内 容 提 要

本书是为提高理工科大学生课外阅读技能、扩大词汇量而设计编写的。全书共 27 个单元。

每单元分五大部分:英语原文、注释、练习、练习答案、参考译文。英语原文均选自近年出版的英文报刊杂志。内容新颖,题材广泛,语言地道,富有时代气息,融趣味性和知识性为一体。注释主要针对原文难词、难句、背景知识;同时对于相关形似词、同义词、派生词、词缀的意义与用法等均有注明,以达到触类旁通的效果。练习分阅读练习与词汇练习两部分。练习答案不仅给出了每道习题的答案,而且对大部分答案进行了解释,还拓展讲解了相关知识。参考译文有助于读者深入透彻地理解原文。

本书主要适用于理工科大学生,亦有益于英语专业学生及自考生;或许大学英语教师们亦可由此“砖”而引“玉”入课堂,使学生接触富有时代感的语言材料。

本书是为提高理工科大学生课外阅读技能、扩大词汇量而设计编写的。翻开此书,犹如一位老师在循循善诱地指导你去读、去想、去记。全书共 27 个单元。编写过程中,既注意每个单元的独立性,又考虑到全书的整体效果,以达到阅读词汇双突破的目的。

每单元分五大部分:英语原文、注释、练习、练习答案、参考译文。下面就各部分作些说明。

英语原文 均选自近年出版的英文报刊杂志。内容新颖广泛,既包括计算机病毒、克隆人、爱滋病、彩票、电子邮件等热门话题,也涉及旅游须知、健康长寿等大众话题。既有科普文章、广告、书评,也有独特人物、异地习俗、特别法律,不一而足。总之,选文语言地道,富有时代气息,注重趣味性和知识性融为一体;力求有助于读者获得愉悦的阅读体验,提高阅读能力。

注释 一般认为,学习者的输入性语言材料应稍超出其现有水平,所以部分选文偏难。但我们对于难词、难句、背景知识等进行了注释。目的在于扫清阅读障碍,提高可读性。读者可以边读边参考注释。当然,在参考注释之前,先根据语境或构词法猜测含义,再与注释相比较,则收获会更大。我们的注释并不仅限于原文,对于相关形似词、同义词、派生词、词缀的意义与用法等均有注明,以达到触类旁通、举一反三的效果。例如,有关 *humble* 的注释中就提及 *tumble*, *mumble*, *rumble* 的不同意义。

练习 针对每篇原文精心设计了练习,形式不拘一格;分阅读练习与词汇练习两部分。这些练习能够帮助读者透彻理解原文,巩固扩大词汇量。

练习答案 此部分不仅给出了每道习题的答案,而且对大部分答案进行了解释,使读者知道为什么。另外,拓展讲解了某些相关知识。

参考译文 译文忠于原文。在传其“神”的前提下,力求用汉语表达得简洁明了,有助于读者深入透彻地理解原文,提高翻译技能。

本书主要适用于理工科大学生,亦有益于英语专业学生及自考生;或许大学英语教师们亦可由此“砖”而引“玉”入课堂,使学生接触富有时代感的语言材料。

限于时间与水平,错误疏漏之处,敬请广大读者批评指正,我们非常感谢。

编著者

2000年2月

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Change Your Bad Habits to Good

改掉坏习惯, 养成好习惯

*A*t the University of California, my students and I surveyed more than 2 000 years of self-change techniques—perhaps most of the major self-change methods that have ever been proposed by religious leaders, philosophers, psychologists and psychiatrists. We also reviewed the scientific research literature on self-change.

Here is what we found: Of the hundreds of self-change techniques that have been suggested over the centuries, perhaps only a dozen are distinctly different. Many have now been subjected to¹ scientific study, meaning that researchers have tried to see which ones work best.

Three deserve special mention: they're powerful², simple and easy to learn. What's more, individuals who have made successful changes in their lives—changes in eating habits, exercise regimens³, career paths, and so on—often relied on one or more of these methods.

To get yourself started in a new direction, try the Three M's:

Modify Your Environment

People who have never tried this are astounded by the enormous effect it often has. One of my students got herself bicycling every day simply by putting her bicycle in her doorway before she left for school.

When she returned home, that was the first thing she saw, and that's all she needed to start pedaling⁴ away. I've known several people who have overcome nail-biting simply by buying 50 nail files and distributing them everywhere: in their pockets, their desks and their bedrooms. With a nail file always within reach, they tended to groom⁵ rather than bite.

My children have used this simple technique many times. Justin, my 17-year-old, often places small fluorescent⁶ reminder notes at eye level on the inside of the frame of his bedroom door. A recent one read "Remember to shampoo⁷ the dog on Saturday or Dad will kill you." (Here he was using exaggeration to good effect⁸.)

The power of rearranging one's space has been well demonstrated in studies since it was first reported in the 1960s. Psychologist Israel Goldiamond taught this technique to patients with a variety⁹ of personal problems. For example, a young woman who had difficulty studying made dramatic¹⁰ strides¹¹ when she got a better desk lamp and moved her desk away from her bed.

Psychologist Richard Stuart showed in the 1960s that overweight women could lose pounds by modifying both their eating behavior and "stimulus environment"—for example, eating from smaller plates and confining all food to the kitchen. To change yourself, change your world¹².

Monitor Your Behavior

I've been reading research studies on self-monitoring for 20 years, and I've conducted some myself. To be honest, I still don't fully understand why this technique works, but it does, and remarkably well for most people. The fact is, if you monitor what you do, you'll probably do better.

Weigh yourself regularly and you may well start to lose weight. Keep a record of what you eat and you'll probably start eating more wisely.

Use gizmos¹³. If you say "you know" too much, wear a golf counter on your wrist, and press the count button whenever you catch yourself saying "you know." I'll bet you say it less frequently in just a few days. If a wrist counter is embarrassing, then make a small tear in a piece of paper in your pocket each time you say "you know." The result is the same: you become more aware of what you're doing, and that makes you perform better.

If techniques like this sound silly, keep in mind that the power of self-monitoring has been demonstrated by a variety of research conducted over the last four decades. In a study I published in 1978 with Clair Goss, for example, we taught a disruptive¹⁴ ten-year-old boy to rate¹⁵ his own classroom behavior twice a day. He simply checked off¹⁶ a score for himself, indicating how well-behaved he had been in the morning or afternoon. With his awareness increased, he stayed in his seat more than usual, completed more assignments and rarely got in trouble.

A similar study by Canadian researchers Thomas McKenzie and Brent Rushall showed that teenagers arrived more promptly¹⁷ at a swim practice when they were given an attendance sheet to record their arrival times. Working with emotionally disturbed¹⁸ children, Sonya Carr of Southeastern Louisiana University and Rebecca Punzo, a New Orleans teacher, reported that self-monitoring improves academic performance in reading, mathematics and spelling. Recent research even demonstrated that students will compose better stories given a simple checklist¹⁹ that includes elements of good writing. Dozens of studies have similar results, all spurred²⁰ by heightening our awareness of our behavior.

Make Commitments

When you make a commitment to another person, you establish what psychologists call a contingency²¹ of reinforcement; you've automatically arranged for a reward if you comply and a punishment if you don't. It puts some pressure on you, and that's often just what you need.

For instance, if you want to exercise more, arrange to do it with a friend. If you don't show up, your friend will get angry, and that may be just the ticket²² to keeping you punctual. Decades of research have demonstrated the power of this strategy. For example, in 1994 Dana Putnam and other researchers at the Virginia Polytechnic²³ Institute and State University showed that patients who made written commitments were far more likely to take prescribed medicine than patients who hadn't. Mary Lou Kau and Joel Fischer of the University of Hawaii reported a case of a woman who got herself to jog²⁴ regularly²⁵ by setting up²⁶ a simple arrangement with her husband: he paid her 25-cent coins and took her out on weekends whenever she met her jogging goals.

THERE'S GOOD NEWS HERE for all of us. We can meet many of the demands and overcome many of the challenges of life with simple skills-straightforward²⁷ practices that anyone can master and that don't require will power—in other words, with skill, not will.

Notes

1. subject to 使经历
2. powerful 有效的
3. regimen 养生法; 生活规则 比较: regiment 一大群, 大量
4. pedal 骑(脚踏车)

5. groom 修饰 对比: room 房间, doom 恶运, bloom n. 花; v. 开花
6. fluorescent (发)荧光的
7. shampoo 洗(毛发)
8. to good effect 产生良好结果或印象
9. a variety 种种
10. dramatic 戏剧性的
11. stride 大步, 阔步 (对比: strife 纷争, 倾轧)
12. To change yourself, change your world. 意为 In order to change yourself, you should change your world.
13. gizmo 玩意儿, 小发明
14. disruptive 引起混乱的, 捣乱的
15. rate 评估
16. check off 在一张表的项目上作记号表示经查无误
17. promptly 准时地
18. emotional disturbed 情绪不正常
19. checklist 清单(以供查对)
20. spur 刺激, 激励
21. contingency 偶然性, 不确定性, 可能性
22. the ticket 适当的事情, 合乎需要的事情 例如: All packed up and ready to go? That's the ticket. 都收拾好了, 准备要走了? 该那样做。
23. polytechnic 理工学院, 工业大学 poly- 表示“多”, 又如: polyatomic 多原子的, polysyllable 多音节字
24. jog 慢跑锻炼(对比: run, jog, race, trot, gallop, sprint. run 最常用, 为比赛或赶时间“跑”。jog 为锻炼身体而“缓慢跑步”。race 暗指有快跑的必要, 如赛跑或其他。She raced to the window to stop the child jumping out. Trot 指快步小跑。He trotted

up the stairs to tell me the news. gallop 快速跑。He came galloping the road. Sprint 尽快地跑,通常距离短。He had to sprint to catch the bus.)

25. regularly 有规律地,经常地,定期地

26. set up 建立,产生

27. straightforward 易懂的,易做的,简明的,明确的

Exercises

I. Exercises on Reading Comprehension

Match the following names with what he/she does .

(1) Richard Stuart

(2) Israel Goldiamond

(3) Dana Putnam

(4) Sonya Carr

(5) Clair Goss

(6) Brent Rushall

(A) showed that patients who made commitments were far more likely to take medicine.

(B) taught a disruptive boy to rate his own classroom behavior.

(C) showed that one could lose weight by modifying his eating environment

(D) showed that teenagers arrived more punctually by recording their arrival times.

(E) reported that one can improve one's academic performance by self-monitoring

(F) taught his patients the technique of rearranging one's space

II. Exercises on Vocabulary

1. *Translate the following sentences into Chinese, paying special attention to the meanings of the word "rate".*

- (1) At the rate he works, he can finish the task in time.
- (2) At any rate, have a day off tomorrow.
- (3) BingXin is highly rated as a writer.
- (4) We owe our high pass rate in CET4 to our English teacher.

2. *Fill in the blanks with reference to words given in the brackets.*

- (1) He comes out first in the drama (dramatic).
- (2) His students were stimulated (stimulus) into new efforts.
- (3) He suffered from an emotional disturbance (disturbed)
- (4) Meeting in Progress—Do Not disturb (disturbed)
- (5) Our travel plan is contingent (contingency) on the weather.
- (6) A few disrupted (disrupt) students failed in disrupting (disrupt) the class.
- (7) His friends admired his straightforwardness (straightforward).

3. *Write out words or expressions according to the following meanings. All these words or expressions can be found in our Notes.*

- (1) to take care of the appearance
- (2) mentally ill
- (3) punctually
- (4) causing disruption
- (5) to cause to experience

- (6) having a strong effect
- (7) a long step in walking
- (8) a fixed plan in order to improve one's health
- (9) easy to understand or do
- (10) the correct or desirable thing
- (11) to run slowly and steadily for physical exercise

Key to Exercises

I.

- (1) C (2) F (3) A (4) E (5) B (6) D

II.

1.

- (1) 按这个工作速度,他能按时完成任务。(rate 速度)
- (2) 无论如何,明天休假一天。(at any rate 无论如何)
- (3) 人们对作家冰心的评价很高。(rate 评价)
- (4) 我们把四级考试的高及格率归功于英语老师。(rate 率)

2.

- (1) dramatis (n. 剧中人物表)/ drama (dramatic adj.)
- (2) stimulated (受到激励,作进一步努力)(stimulus n. 其 pl. 为 stimuli)
- (3) disturbance (他患情绪紊乱症。)(disturbed adj.)
- (4) Disturb (正在开会 — 请勿打扰!)
- (5) contingent (adj. 视情况而定;取决于)(contingency n.)
- (6) disruptive (adj.); disrupting (disrupt v.)(几个捣乱的学生没有扰乱课堂教学。)
- (7) straightforwardness (n.)(straightforward adj.)(他的朋友们赞赏他