胡敏事记制

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本书另配磁带5盘 录音: Darlene Lee

老界图出出版公司

胡敏读故事记单词

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老界图出出版公司

北京・上海・广州・西安

图书在版编目 (CIP) 数据

胡敏读故事记单词. 托福 (TOEFL) 词汇/胡敏主编; 托姆 (Thomm, R.), 约翰逊 (Johnson, J), 马库斯 (Marcus, J.) 著. -北京: 世界图书出版公司北京公司, 2003.8
ISBN 7-5062-6129-4

I. 胡... □ .①胡... ②托... ③马... □ .英语-词汇-高等教育-自学参考资料 Ⅳ.H313 中国版本图书馆 CIP 数据核字 (2003) 第 068809 号

胡鮫该故事记单词——托藹(TOEFL)词汇

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译 校: 杨伟钧 责任编辑: 阿 敏

版: 世界图书出版公司北京公司 **发** 行: 世界图书出版公司北京公司

(北京朝内大街 137 号 邮编 100010 电话 64077922)

销 售:各地新华书店和外文书店

印 刷:北京市兆成印刷有限责任公司

开 本: 787×1092 毫米 1/16 印张: 30

字 数: 573 千字

版 次: 2003 年 8 月第 1 版 2003 年 8 月第 1 次印刷

ISBN 7-5062-6129-4/H·624

定价: 48.00元

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我的"托福"情结

——代前言

1995年,我进入新东方,成为一名兼职托福阅读老师。时间一晃过去九年,现在我担任新东方教育集团总裁,行政事务缠身,为了新东方更广阔的未来我已很少有时间再走上挚爱的讲台。尽管如此,每次路过新东方的教室,特别是我曾经上过课的教室,也总有一种强烈的冲动想冲进教室重拾教本激情奉献。虽然我在新东方教过许多种课,诸如四级、六级、考研、托福、雅思等等,特别是前几年致力于雅思考试的研究,有很多学生叫我"胡雅思",但在我内心深处,却有一个浓浓的托福情结,我也始终都关注着托福考试和新东方托福培训的发展。不论现在和将来我在新东方担任什么职务,我都不会忘记站上托福阅读课程的讲台是我迈进新东方的第一步。

没有时间到讲台上去和学生分享英语学习的快乐,并不意味着我会放弃对这些课程的研究。这几年,利用空闲的时间,我总想为那些对未来抱有梦想的学生们做点事情,回想起几年前讲授托福阅读课的情形,学生最大的障碍就是词汇,词汇量的大小决定着阅读的速度和做题的准确程度,在其他部分也是一个决定因素,因此迅速提高词汇量就成了学生们面临的最大挑战。

传统背单词的方式都是以词汇表的形式出现,好一点的词汇书会加上例句。我曾经编写过两本词汇书,一本是去英国做访问学者前编写的新东方第一本托福词汇书《最新托福词汇精选》,另一本是回国后以托福阅读试题为依据编写的《托福阅读词汇笔记》,这两本书还都没有跳出传统框架,每每看到有学生捧着厚厚的枯燥乏味的词汇手册,就觉得有点内疚,总想帮助他们更好地解决词汇问题。

结合以往的教学经验,经过两年多的悉心研究,这本《胡敏读故事记单

词——TOEFL词汇》可以算是对我的托福情结作了一个交待。研究表明,机械背诵与主动记忆的效果相差甚远,这本书在这一方面有较大的突破,书中所有的单词分组后被编写成单独的小故事,学生通过阅读故事记忆单词,变机械背诵为主动记忆,大大提高了记忆的效率和准确率。

我邀请了三位英美语言专家根据所给托福高频单词进行创作,他们写出的故事趣味性强、可读性强、语言地道、原汁原味,除了可以帮助学生快速高效地记忆单词外,还可以让学生在潜移默化中提高英语阅读能力和写作能力,这是以往的词条式词汇书无法做到的。

美国语言专家专门为这本书录制了磁带,学生通过听磁带记忆单词,不知不觉中听力水平也可以有所提高。这样看来,编写这本书应该算是件一举 多得的好事情。

书稿送到出版社后,隔几天我就会打电话过去催他们,我想出版社也会原谅我的急切,毕竟,一个有着深厚的托福情结的人,想要让仍旧受词汇问题困扰的托福考生们早一点见到这本书,早一点减轻他们的痛苦,这样的急切应该不算太过分吧。

最后要感谢所有的学生,感谢一直以来你们给予我的信任和支持,希望我永远是你们可以信赖的老师和朋友。

祝所有的考生好运!

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HAVING FAITH

abandon - abrupt

You can call me A.J., which is an **abbreviation** of my full name, Alexander Justice. I like to **abbreviate** my name because it's easier for people to remember. I work for a museum that collects **aboriginal** artifacts.

I would like to tell you why I have an **abiding** faith in the legal system. The story you're about to read has been **abridged** to reduce its length.

I used to live in an area where criminals **abounded** and where the legal system seemed powerless. One day, my daughter was **abducted**. Although I **abided** by the kidnapper's monetary demands, they refused to release her. I had no choice but to put my faith in the legal authorities. The Police responded immediately and searched the area. Despite their lack of success, they refused to **abandon** their search or to call an **abort** to their mission. They knew that any **abortive** action would surely result in my daughter's death.

The investigation eventually led the police to conduct an **abrupt** search at the home of a local official who was **abashed** when he learned of the search. My daughter was found in his basement. She had **abrasions** to her wrists where the **abrasive** rope had scraped her. The official was arrested along with his body-guard who **abetted** him in the kidnapping.

The official was forced to **abdicate** his position and was sent to prison for life. The judge told him that he was lucky that capital punishment had been **abolished** and that it was only due to this **abolition** that he would not be executed. The swift apprehension and strict punishment of these criminals helped to **abate** my lack of faith in the legal system. These days, I truly believe in "justice", and it's not because of my name!

4 4

你可以叫我 A.J.,这是我的全名 Alexander Justice 的**缩写**。我喜欢**缩写**我的名字,因为这样人们更容易记住。我在一家收藏**土著**手工艺品的博物馆工作。

我要告诉你为什么我会始终不渝地信任法制。下面你将读到的故事已被删减,以免冗长。我曾住在一个罪犯**多如牛毛**而法律又软弱的地区。一天,我的女儿遭到绑架。尽管我遵从了绑架者的金钱要求,他们仍然拒绝释放她。我别无选择,只好寄希望于法律机构。警察部门立刻行动,全面搜查该地区。虽然徒劳无获,但他们不愿中止行动、放弃搜查,因为他们知道任何失败都将导致我女儿的死亡。

调查到最后,警察部门决定**出其不意**地搜查当地一名官员的家。那名官员得知要被搜查时,**羞愧**难当。警察在他的地下室找到了我女儿。她的手腕有**多处磨伤**,那是被**粗糙的**绳子擦伤的。那名官员连同**睃使**他绑架的保镖双双被捕。

那名官员被迫**辞职**,判处终生监禁。法官告诉他,他该庆幸极刑已被**废除**,并且由于该项刑罚的废除,他将免遭处决。迅速抓获罪犯并对其严加处置的做法**减少**了我对法制的不信任感。现在,我真正信任"司法"(Justice),但并不是因为我的名字叫 Justice!

abandon [ɔ'bændən] vt. 抛弃;放弃 abide [ə'baid] vi. 遵守 放纵,沉溺于 n. 忍受 vt. abash[ə'bæ[] vt. 使羞愧 abiding [ə'baidin] adj. 持久的 abate [a'beit]v. (数量、程度等)减 abolish [jəˈbəlif] vt. 废除,取消 少,减轻,缓解 abolition [$_{i}$ æbə $_{i}$ li] $_{n}$. 废除,革除 1. 缩短 aboriginal 2. 缩写 [abe'ridzen(e)l] adj. 土著的,原来的; abbreviation 土著居民的 缩写,缩写词 **abort** $[a^{\dagger}bart] n$. 中止计划(任务) abdicate ['æbdikeit] v. 1. 让位,辞职 abortive[ə'bo:tiv] adj. 失败的,无结果的 2. 放弃(权利或 **abound** [ϑ 'baund] vi. 充满;富于 责任) abrasion [a'breig(a)n] n. 表面磨损 abduct[æb'dAkt] vt. 绑架,拐走 abrasive [ə'breisiv] adj. 研磨的 abet[a'bet] vt. 帮助;教唆,唆使; **abridge**[a'brid $_3$] v. 缩短,删节 煽动,怂恿 abrupt [ə'brʌpt] adj. 突然的,意外的

LOVE OF NUMBERS

absenteeism -

As an academician, I think Mathematics is an intriguing and absorbing science. However, many of my students consider it an abstract science and they hate it because the equations are too difficult to absorb and to remember. I think my students would laugh if they knew how I became so interested in Math.

When I was a freshman in college, I also believed Math was a mere abstraction. Studying it was like falling into a spinning abyss of numbers and symbols. Just thinking about it seemed like an abuse of my brain. However, my entire tuition was financed by an academic scholarship, so I had to maintain high marks in all of my classes, including Math.

My most abstruse class was Advanced Calculus Mathematics. It was taught in a large lecture hall which abutted the North access gate of the University. Unlike the many absentees in my class who often abstained from attending the boring lectures, I dared not absolve myself from this responsibility. Any degree of absenteeism would probably cause me to fail Math and to lose my scholarship. I was so afraid of failing that I even pledged abstinence from my abundant supply of alcohol.

It wasn't until the fourth week of Math class that I met the wonderful person who would accelerate my interest and understanding of this absurd subject. She was a foreign exchange student from Beijing. She was also a brilliant mathematician. She would come to class everyday in a colorful silk scarf that accentuated her lovely smile.

It was so nice to meet someone from my home country. She inspired me to love Math. Although we now live and teach in different countries, I still see her smiling face between every number I write!

热爱数字

作为一名**学者**,我认为数学是一门既有趣又**引人入胜的**科学。然而,我的许多学生则认为 这是一门**抽象**科学,他们憎恨数学,因为数学公式太难**理解**又太难记住。我想如果我的学生知 道我是如何对数学产生兴趣的,一定会哄堂大笑。

上大一时,我也觉得数学无非是一种抽象,学数学就好像掉进了数字和符号那令人眩晕的 深渊。仅仅是思考数学问题似乎都在滥用大脑。但由于我的学费全靠学院奖学金,因此我不 得不每门功课都拿高分,这自然也包括数学。

最**深奥难懂的**课非微积分莫属。当时在一个大讲堂上课,这个讲堂**紧靠**学校北门的**入□**。 班里诸多缺课者常常是**刻意回避**那些无聊的讲座,我却不敢自作主张地**免除**听课的责任。**旷** 课次数无论多少都可能导致我数学不及格,继而丢掉奖学金。我非常害怕不及格,甚至还发誓 要对自己**充裕**的酒类供应加以**节制**。

数学课上到第四周,我才遇到了那位**促使**我对这门**荒谬**学科产生兴趣继而理解它的好人。 她是从北京来的交换生,又是一位卓越的数学家。每天,她都会系着一条色彩鲜艳的围巾来上 课,那条围巾更衬出了她的笑靥。

能遇到同胞真是太好了。她激起了我对数学的热爱。尽管我们现在在不同的国家生活和 教学,我仍能在我写下的各个数字间看到她微笑的脸庞!

absenteeism		abstruse[əbˈstruːs] adj.	难懂的,深奥的
[$_{1}$ æbsən'ti:izm] n .	旷课,旷工	absurd [əb'sə:d] adj.	荒谬的,可笑的
absentee		abundant [əˈbʌndənt] adj.	丰富的,充裕的;
[ˌæbsənˈtiː]n.	缺席者		大量的
absolve [$ ab^{\prime}zalv $] v .	1.(宗教上的)宽	abuse $[a'bjuxs] n$.	(权利等的)滥用;
	恕		(物品的)不精心
	2. 赦免(罪行、过		使用
	失等),解除(责任	abut [ə'bʌt] vi.	邻接,毗邻
	等)	abyss $[\theta' bis] n$.	深渊,深坑
absorb $[ab'sa:b] vt$.	1. 吸收(液体、知	academic [aækə'demik] adj.	学术的;学院的;
	识等)		理论的
	2. 理解,掌握	academician	
absorbing[əb'sə:biŋ] adj.	吸引人的,引人人	$[\ni_i k \text{æd} \ni' \min \{(\ni) n \} n.$	学会会员;院士;
	胜的		学者
abstain[∂b 'stein] v .	自制,自动放弃,	accelerate [$ ak^{t} selareit] v.$	1. 加快,加速
	戒绝,有意回避		2. 促进,促使…
abstinence ['æbstinens] n .	自制,节制(禁欲、		早日发生
	戒酒)	accentuate	
abstract ['æbstrækt] adj.	1. 抽象的	[æk'sentjueit] v .	突出,强调
	2. 难解的,深奥的	access ['ækses] n.	1. 接触,接近(的
abstraction			机会)
$[ab'stræk \int (a)n] n$.	抽象(概念)		2. 入口,通道

A WRITERS METHOD

accessible - accumulate

For the last ten years, I have written novels for a living. Through my work, I have been able to **accumulate** a fair amount of wealth. I have been lucky because many of my books have received **acclaim** from literary critics.

My latest accomplishment is a mystery novel. It is a fictional account of how a clever and accomplished thief, posing as an accountant, gains access to the computer system of a large bank. Having extensive knowledge of accounting, he and a woman accomplice use the bank's computer system to accomplish the biggest theft in history.

To be a good writer, I think you must find a quiet environment where you can think, preferably one with limited **accessibility**. Some of my most **acclaimed** work was written at an isolated island hotel off the coast of China. I highly recommend this place.

The island is **accessible** only by boat and the hotel is **accredited** by the Asian Resort Association as a five - star **accommodation**. Upon arrival, the manager will **accompany** you to your room and show you how everything works. The staff is trained to **accommodate** your every need. Any errors in service are purely **accidental**. The security is excellent and there's little chance of being **accosted** by strangers.

Each room has a balcony with a view of the ocean. On the balcony you will find a large leather chair and a sturdy writing desk. The bathroom is very modern and contains many unique accessories. The most useful bathtub **accessory** is their mini-desk, which allows you to write while soaking in a tub of hot water.

To continue being a good writer, you must find a way to relax your mind after a long day of writing. What's my secret method of relaxation? Playing the accordian!

一位作家的法子

过去十年,我以写小说为生。我的写作为我**积累**了不少财富。我实属幸运,因为我写的许多书都得到了文学评论家的**赞赏**。

我最近的**成果**是一本侦探小说。其内容纯属虚构,**讲述**一个聪明又**老练的**小偷如何假扮成一名**会计**、进入一家大银行计算机系统的故事。由于在**会计学**方面知识渊博,那名小偷和他的女**帮凶**运用银行的计算机系统**完成**了历史上最大一桩盗窃案。

要成为一名好作家,我想你必须找到一处你能思考的安静环境,最好是一处**通达**有限的地方。我有几本最受**赞赏的**小说就是在中国海岸边一个孤岛上的酒店里创作出来的。我极力推荐此地。

这座小岛只有坐船才**能到达**,岛上的酒店被亚洲旅游景点协会**确定为**五星级**住所**,一到酒店,经理就会亲自**陪**你去房间,然后教你如何使用房间里的设施。酒店人员受过专门训练,能满足你的一切需要。服务上的任何差错都纯属**偶然**。此地安全性极高,几乎不会有陌生人上来**跟你搭讪**。

每个房间都有眺望大海的阳台。在阳台上,你会看到一把大皮椅和一张结实的书桌。浴室相当现代,里面有许多独特的摆设。其中,浴缸里最有用的**摆设**是一张迷你桌,有了它你就能一边泡热水澡一边写作了。

在写了一整天之后,要想继续做一名好作家,你还得有放松大脑的法子。我的放松秘方是什么? 拉**手风琴!**

accessible		accomplished		
$[\ni k' sesib(\ni) 1] adj.$	可接近的,可接触	[əˈkʌmpli∫t] adj.	精通的,熟练的	
	的;可得到的	accomplishment		
accessibility		[əˈkʌmpliʃmənt] n.	成就	
$[ak_i sesi'bilati] n.$	易接近;可到达	accordion [$ a^{\prime} k a dian $] $ n $.	手风琴	
accessory [$ ak'sesari $] $ n $.	附件,零件;小摆	$accost [e^t kost] v.$	向人搭话	
	设	account $[$	1. 记述,描述;报	
accidental			告,报道	
$[\alpha \text{ eksi'dent}(\theta)] adj.$	意外的,偶然的		2. 说明,解释	
acclaim $[\vartheta'kleim] n$.	赞誉,赞许		3. 户头;账目	
vt .	喝彩,欢呼;称赞		4. 理由,根据;考	
acclaimed adj.	受赞誉的		虑	
accommodate		accounting [θ kauntin] n .	会计学	
[a' k o m o d e i t] vt .	1. 容纳,包含;供	accountant [θ 'kaunt θ n.	会计(员),会计师	
	应(住宿)	accredit $[$	1. 委派官员到国	
	2. 使适应;迁就,		外,授权	
	满足		2. 鉴定 … 为合	
accommodation			格,确认…达到	
$[\partial_i k \partial m \partial^i dei \int (\partial) n] n$.	住处,膳宿		标准	
accompany $[$	陪伴,陪同;伴奏	accumulate		
accomplice [θ 'kAmplis] n .	同谋者,帮凶	[əˈkjuːmjuleit] vi.	堆积,积聚;积累	
accomplish $[\exists' k \land mpli \int] vt$.	完成,达到,实现			

THE ACCUSED

accusation - adamant

Bob is an excellent trial lawyer with a superior legal **acumen**. Unlike many other lawyers that need to use **acronyms** to remember certain legal principles, Bob simply uses his photographic memory. What makes Bob even more special is his **acute** sense for reading people's emotions, especially those of jurors.

Due to his reputation, he is able to **acquire** the most interesting cases. His jealous competitors often **accuse** him of being too **acquisitive** and of taking away their business. But I respect Bob for his many **achievements**. I remember the first trial he ever did.

Bob was hired by an **acquaintance** named Jim to defend him against a criminal charge. Jim was **accused** of intentionally throwing **acid** on another man's arm in a labor tory where they were both **activating** chemicals. Jim was **adamant** that the **accusation** was false. He claimed it was an accident that occurred during an argument. Being a contract lawyer, Bob was not **accustomed** to handling trials in front of a jury. However, he agreed to the **acquisition** of Jim's case because he strongly believed in Jim's innocence. The thought of an innocent man being convicted of a crime he didn't commit **actuated** Bob's hidden trial skills.

At the trial, Bob proved that the other man caused his own injury by pushing Jim while Jim was working with dangerous chemicals. Bob also proved that the man's claim of an **acute** injury was false. The **actual** injury was minor. Bob asked the jury to **acquit** Jim of all criminal charges. Amazingly, Bob **achieved** an **acquittal** for Jim.

I'll never forget what Bob did for Jim, because I was there. I am Jim. In fact, I still remember the **adage** Bob used to explain why he took my case for free. He said, "In doing, we learn."

被告

鲍勃是一名出色的辩护律师,他拥有超群的法律**才智**。许多律师需要用**首字母缩写词**才能记住某些法律准则,鲍勃则不然,他只需用他那照相机般的记忆就足矣。鲍勃还有更特别的地方,他能**敏锐地**把握人们的思想感情,尤其是陪审员的思想感情。

他声名大噪,因此总能**获得**最有意思的案子。那些嫉妒的竞争对手常常**指责他贪得无厌** 地抢走他们的生意。但是我为鲍勃取得的众多**成就**而尊敬他。我还记得他出庭参加的第一次 审判。

鲍勃受雇于一个名叫吉姆的熟人,为他所遭受的刑事指控进行辩护。吉姆被指控在实验室里故意将酸泼到另一个人的胳膊上,当时二人正在激活某些化学物。吉姆坚信这项指控是假的。他声称这是在争执中出现的一场意外。作为一名合同律师,鲍勃不习惯在陪审团面前做辩护。但他还是答应接下吉姆的案子,因为他坚信吉姆是清白的。一想到一个无辜的人将因为莫须有的罪名而遭判处,鲍勃潜在的辩护能力就被激活了。

法庭上,鲍勃证实了那个人是在吉姆正在试验危险化学物时推搡了吉姆才弄伤自己的。 他还证实那个人所谓的重伤是假的,实际上只是轻伤,鲍勃要求陪审团宣告吉姆无罪。令人惊讶的是,鲍勃果真为吉姆赢得了无罪释放的判决。

我永远不会忘记鲍勃为吉姆所做的一切,因为当时我就在现场,我就是吉姆。实际上,我仍记得鲍勃在解释为什么为我免费辩护时所用的**格言:**"实践长才干。"

accusation			厌的	
[₁ækjuˈzeiʃən] n.	谴责;控告	acquit[e'kwit] v.	宣告无罪	
accuse [əˈkjuːz] vt.	指责,归咎	acquittal[θ 'kwit(θ)] n .	宣判无罪	
accustomed		acronym ['ækrənim] n .	用大写字母表示	
$[e^{t} k \wedge stemd] adj.$	习惯了的		的缩写词	
achieve $[\vartheta't fi:v] vt$.	完成,实现;赢得	activate [ˈæktiveit] vt.	刺激,使活动	
achievement		actual [ˈæktʃuəl] adj.	实际的,现行的	
[成就,功绩	actuate [ˈæktjueit] . vt	开动;促使	
acid ['æsid] n. 酸		acumen		
adj .	1. 酸的	[ˈækjumen,əˈkjuːmen] n	. 敏锐,聪明,才智	
	2. 尖酸的,刻薄	acute [əˈkjuːt] adj.	1. 灵敏的,敏锐	
	的		的	
acquaintance			2.(事情)剧烈的;	
[ϑ 'kweintons] n .	熟人		很严重的	
acquire $[$	获得,学到	adage['ædid $_3$] n .	格言,谚语	
acquisition		adamant['ædəmənt] adj.	固执的,坚定不移	
[$_{i}$ ækwi $'$ zi $_{j}$ ($_{9}$) $_{n}$] $_{n}$.	获得;收购;接受		的	
acquisitive[əˈkwizitiv] adj. 想获得的,贪得无				

ADAPTATION IS THE KEY

adapt - adobe

I must admit, I didn't like Tom in the beginning. He lived in the house that was adjacent to mine, and I knew he was addicted to painkillers. He had injured his back while building adobe houses in the countryside for the local government administration. The painkillers numbed his back pain and allowed him to continue performing his heavy construction work. However, it wasn't long before he got caught for failing to adhere to the drug laws.

I still recall what the judge told him shortly before he **adjourned** the court. "You'll either have to **adapt** to a life without drugs or **adjust** to living in the prison that **adjoins** this courthouse."

I was **admittedly** upset when the judge asked me to help **administer** Tom's probation. I felt that the judge was making me an unwilling and unnecessary **adjunct** to the court system. But I had no choice. I thought to myself, "**Adaptation** is the key." So I changed my attitude towards Tom and I soon learned that Tom was just as **adaptable**.

Tom heeded the judge's warning. He quit his construction job and stopped using painkillers. He put all of his time and effort into inventing a new adhesive for constructing brick houses. His dedication was admirable. He became quite adept at chemistry and before long, he discovered a key additive that made his glue superior to all other adhesives.

Now, I greatly **admire** Tom and he has become a good friend. I guess adaptation really is the key!

我得**承认**,当初我并不喜欢汤姆。他住我**隔壁**,而且我知道他吃止痛药**成瘾**。他在乡下给当地**政府**盖**泥砖**房时伤了后背。止痛药麻木了他的背痛,这样他就能继续从事那些繁重的建筑工作。然而不久,他便因不**遵守**药品法被捕。

我还记得法官在**休**庭前对汤姆说的话:"你要么就得**适应**没有止痛药的生活,要么就去**适** 应与法庭**相邻**的监狱生活。"

不可否认,当法官让我协助执行汤姆的缓刑时,我很烦恼。我觉得法官是在把我变成法律制度下的一个既不情愿又不必要的附庸。但我别无选择。我想,"适应是关键。"于是改变了自己对汤姆的态度,而且我很快发现汤姆的适应能力极强。

汤姆没把法官的警告当做耳边风。他辞掉了建筑工作,不再使用止痛药,并将全部时间和精力投入到发明盖砖瓦房所需的新型**粘合剂**中。他全身心的投入**令人钦佩**。他搞起化学来**很有一手**,不久他找到了关键的**添加剂**,加入它以后,他的胶水就成了最好的粘合剂。

现在,我非常佩服汤姆,我们成了好朋友。我猜适应真的是关键!

adapt $[$	(使)适应,调整; 改编	adjoin [əˈdʒəin] vt. adjourn[əˈdʒəːn] v.	相邻,毗连 延期;休会
adaptable		adjunct [ˈædʒʌŋkt] n.	附件,附属,附庸
$[e^{t} dx pt e^{t} b(e) 1] adj.$	能适应的,适应性	adjust [əˈdʒʌst] vt.	调整,使适于
	强的	administer	
adaptation		[ad'minista(r)] vt.	管理
$[\alpha \text{adaep}' \text{tei} f(\theta) n] n$.	改编,改写;适应	administration	
	环境	[$ ad_i mini' strei (a) n] n. $	1. 管理,经营
addict $[o'dikt] vt.$	使沉溺,使上瘾		2. 当局,政府
additive [əˈditiv] adj.	加法的	admirable	
n .	添加剂	[ˈædmərəb(ə)l] adj.	值得称赞的,令人
adept [ə'dept] adj.	熟练的,擅长的,拿		钦佩的
	手的,有一手的	admire $[admaia(r)] vt$.	钦佩,崇拜;欣赏
adhere $[ad'hia(r)]$ vi.	1. 黏附,粘牢	admit $[ad'mit] vt$.	1. 准许进入
	2. 追随,坚持,遵		2. 承认
	守	admittedly	
adhesive $[adhisiv] n$.	粘着物	$[\Rightarrow d' \text{mitidli}] adv.$	公认地;诚然地,
adj .	粘着的		无可否认地
adjacent [əˈdʒeisənt] adj.	接近的,毗连的, 邻近的	adobe $[a'daubi, a'daub] n$.	泥砖,土坯(房)