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第4辑



中山大学出版社

**Voice Of America**

编者的话.....

**VOA 慢速英语听力**

步步高

**步步高**

**Special English**

**Step by step**



**4**

# VOA 慢速英语听力 步步高④

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# 编者的话……

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当今社会，英语已成为一种国际语言，它无时无刻不以口头或书面的形式在社会生活中发挥着巨大的作用。表现在我国，英语已经逐渐成为人际交流的一个重要手段，甚至成为影响一个人职业与人生发展的重要制衡因素。但我国的传统英语教育一向偏重于读、写能力的培养，造成学习者听、说能力欠缺，使他们学成了“聋子英语”、“哑巴英语”。当广大英语学习者在实际使用中发现自己的薄弱环节后，纷纷开始寻找途径以训练提高自己的听说能力，其中，收听收看英语新闻广播和电视逐渐凸显成为一条非常有效而又非常实际可行的捷径。

英语新闻用词量大，用得活，非常有利于扩大词汇量，尤其是可以学到一些新出现的词汇；新闻题材广泛，适合各类人员的口味，在学习英语的同时还能学到很多别的知识，寓学于乐，容易引起兴趣。为适应这一趋势，我们精心推出《VOA慢速英语步步高》系列丛书，旨在帮助广大英语学习者进行专门的听力技能训练，有计划地提高听力水平，同时丰富自己的口语语汇。

本丛书所选内容均为美国之音广播中的 Special English 原声录音，选材广泛，涵盖美国的文化、经济、政治、科技等几大方面。本书共分为 43 篇，并且每一篇均配有各种练习，听者可“听练”兼顾，同步测试听音效果。每篇所附相关用语，有助于听者扩展词汇，融会贯通，在提高听力的同时，也加深了对美国及美语的理解。

## 英语听力的瓶颈

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一般而言，中国人都比较重视词汇、语法知识，而忽视最基础的英语语音知识，尤其是对句子中的语音现象不熟悉，以致听得懂单词、听不懂句子，听得懂中国人说的英语、听不懂英美人的原声，听得懂课堂上的录音、听不懂原版电影

电视与广播。所以，对大多数中国的英语学习者而言，提高听力的关键就在于加强对真实环境下英语语音语调的学习，熟悉英语口语中的特殊发音现象。

以英语为母语的人在日常会话中会有大量的连读、弱读等音变现象，中国人习惯于按字典标注的音标来发音，听到这些口语中的特殊发音现象，往往会觉得陌生，而造成理解上的障碍，所以这些音变现象就成了中国人提高听力的瓶颈。这里我们把常见音变现象总结如下：

**连读** 前一个词以辅音收尾，后一个词以元音开头，并且两个词处于同一个意群或者说话者语速较快时，两词发生连读。例如：as it is → [ə si tɪz] 三个单词因连读而分割，重组为三个不同的发音组合。击穿轻辅音 [h] 的连读。在英语发音中，处于单词开头的轻辅音 [h] 好像永远都不能阻挡连读的发生。如果前一个单词以辅音收尾，则该辅音几乎必然地要击穿后一词开头的轻辅音 [h]，直接下 [h] 后面的元音发生连读。例如：Larry is taking a lot of art, isn't he? → [lærɪz, teɪkɪŋ, lɒt, fɑ:r tɪz n tɪ]

**弱音** 一个单词处于一个连贯性句子中又非该句子主要意思所在，因而不被重读时，它的发音常以弱式读法读出。这种弱式读法就是我们说的元音的弱化，亦即弱音。词典或课本等一般不标注单词的弱音或只标注单词的少数几个弱音形式，但人们的听觉实际听到的总是经过变化的弱音，而不是书本上的标准读音。弱音可以说是听力最基本、最普遍的问题之一。

**缩略** 所谓缩略即在书写时将两个或多个相邻的单词省略某些字母而连接起来，在口头说出时则省略相应的某些音后读做一个单词。我们把缩略的书写形式称为缩略式，把因缩略产生的音变称为缩略音。例如：that would → [ðæt wud] you have [ju: hæv] → you've [ju:v]

**失爆** 书面上极为熟悉的单词、词组、短语，由于失爆的发生，在听力中成了生词。如“good girl”听成了搜索网站“google”在此建议对付失爆的基本方法——朗读、跟读、多次反复，直到被自己的听觉自然而然地接受。失爆的基本类有：如有两个爆破音或同一爆破音 ([p], [b], [t], [d], [k], [g]) 连贯出现在同一单词或连贯出现在前一单词尾与后一单词首，前一音只按其发音部位形成阻碍，但不爆破，稍作停息后立即过渡到后一个音的发音部位并爆破。这种现象称为失爆。如 sit down → si (t) down，似乎听不到任何人会把 sit 的 [t] 音完完整整地发出来，这个音几乎必然地永远失掉。有时后一单词词首不是爆破音，而是其他的辅音，也同样可以造成前一单词词尾爆破音的失掉。如 Good night → Goo (d) night, contact lens → conta (ct) lens。w 失爆现象不仅仅发生在两个单词之间，也可以发生在一个单词

的内部。例如：English → En(g) lish, friedly → frien(d)ly 等等。

**节奏** 常有人抱怨听力材料上说的英语速度太快，还没来得及听清楚前半，后半就溜过去了，顾此失彼。一大原因是英语句子发音遵循着与中文截然不同的节奏：英语的节奏为重音计时单位；而汉语为音节。计时，每个汉字一般为一个音节。就如同在队列中行进，踏准节拍就不会慌乱；要训练自己能跟上说话人的讲话节奏，听起来就轻松多了。

## 听力训练的技巧

**要有良好的情绪** 听英语时最重要的是一定要保持自己情绪的的稳定。很多人一旦有一、两个词或有一、两句话听不懂，千头万绪立刻涌上心头。这种情绪必须要克服，一定要保持情绪的的稳定，听不懂就听不懂，没有关系的，它们不会影响你对整体意思的理解。

**克服走神，聚精会神** 很多人在听英语的时候，其中一个通病就是走神。这是一个致命的问题，尤其对听力水平高的学习者而言。听不懂文章内容，很多时候并非实力原因，而是状态问题。有些人说，状态可以调整，到考试或关键的时候，状态会自然提高。不要有这样的想法。状态不可能自然提高，但是走神问题是可以克服的，关键还是训练。如何训练？唯一的办法就是以毒攻毒，每次训练的时间都应该在30分钟以上，并且要能够逐渐延长，一直延长到50分钟，记住这是指一次训练的时间，而不应该是一天训练的总量。只有这样，才能解决走神的问题。

**注意培养记忆力** 毋庸置疑，在听力中，是需要有一定的记忆力的，训练和培养记忆力最重要的是每听完一遍之后，就去回忆刚才听了什么，而不是去回忆刚才听到了什么词。这就会有利于记忆力的培养，只要这么坚持做下去，你的听力定会进步很快。

**抓住主题要素** 听一篇听力材料时，做到有目的地去听，切忌主次不分，顾此失彼。如听新闻时，可针对新闻要素——事件、时间、地点、人物、原因、结果等重点精听，同时注意表达重要信息的关键词、句。

**边听边记** 在听较长的文章时，除了把握中心思想外，还需记住细节和内容要点。如“John F. Kennedy was the 35th President of the United States.”可记为“JFK 35 Pre. U.S.”

**使用英美思维** 英美人思维习惯是一般特殊型模式，即通过先概括、总结、整体、总述、结果，后举例、讲解、分解、叙事及修饰、说明、叙述、举例，从词组到简单句到长句到段落到文章都如此。而汉语正好相反，遵循特殊到一般型思维的

模式，按照时间顺序和事情发展由先到后，由因到果，由举例到结论进行表述。因此要逐步学会用英美人思维习惯听说英语。

**注意养成良好的听音习惯** ① 切忌读后听音。即先将听力材料读一遍，然后再听。这样做表面上似乎听懂了，实际上靠脑子里储存的阅读记忆来理解声音信息。长此以往，阅读反而束缚和制约了听力的发展和提高。② 切勿边听边读。有些人习惯在听音时一边翻看文字材料一边听，他们认为一来不会听不懂，二来可以进行视觉、听觉同步的训练。殊不知陷入了听力误区，导致不能将大脑的思维活动集中在声音信息上，听觉、视觉交替进行，结果是精力分散，无法专心致志地听。

**反复训练眼、耳、手、脑协调同步** 眼、耳、手、脑不能同步的深层原因是学习者大脑思维过程中，进行英汉两种语言的翻译转换，导致听、读、写出现滞后反应。唯一的解决办法只能反复通过声音对听觉器官和思维器官的刺激，强化对语言的反应，培养对声音信号和文字信号的快速接收和产出能力，逐渐形成自觉的条件反射，最终建立直接的英语思维。为什么在听语流很快的母语时可以进行判断而不累呢？这是听话的重要特征——自动性。实验证明，听母语时，不需要意识的作用，注意力只集中在语义和说话目的的判断上。自动性来自反复，反复是通过听觉神经的反复刺激，增强语感是泛听所要达到的目的。这只有通过“量”的积累促成从量变到质变，一举突破英语听力。

最后祝愿所有有志于学好英语听力的听者们取得成功。

编者

2003年11月

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# Helios Aircraft

## "太阳神号"飞船试飞再创新高

### Studying and Practising

### 边听边练

请打开你的录音机,你将会听到一篇短文,请依据短文内容给出你认为最正确的答案。加油!

### Exercise One

### 选择

1. How many pilots are there in Helios aircraft?

- A. No.                      B. One.                      C. Two.                      D. Three.

2. Where does the energy source come from?

- A. The battery.            B. The atoms.            C. The sunlight.            D. The explosives.

3. What is the passage mainly about?

- A. A successful flight.                      B. A real flight.  
C. A flight with two pilots.                D. A test flight and its significance.

### Exercise Two

### 听写

NASA research scientists say (1) \_\_\_\_\_ will have many uses in the future. They hope that a future Helios aircraft will be able to fly (2) \_\_\_\_\_ for several weeks or months. These aircraft could serve several (3) \_\_\_\_\_. These might include new and advanced methods of telling what the weather will be. For example, Helios could be used to observe the movement of (4) \_\_\_\_\_. It could fly high above their (5) \_\_\_\_\_ winds. It could also be used as an advanced method of communications. It might also be used to observe the environment.

### Exercise Three

### 问答

- ? 1. What does the Helio aircraft look like?  
? 2. What's the purpose could the aircraft serve?

## HOST:

If you wanted to fly to the very (1) edge of space, how would you do it? Once you got there, how long do you think you could stay? An (2) aircraft powered by the sun might be able to stay near the edge of space for several days or maybe several months. Shep O' Neal has more.

## ANNCR:

On August Thirteenth, an unusual looking aircraft of Project (3) Helios set a new record during a test flight above the American state of Hawaii. It flew higher than any other aircraft in the world. It reached an (4) altitude of twenty-nine-thousand-four-hundred-thirteen meters.

The Helios aircraft is an American space agency support project built by the Aerovironment Company of Monrovia, California. It has no pilot. It is controlled from the ground by radio. It looks like a huge wing without a tail. The wing is a little more than seventy-five meters long. That is longer than the wings on most large (5) passenger airplanes. Fourteen electric motors turn fourteen (6) propellers. The motors are powered by sixty-six-thousand solar cells that make electricity from sunlight.

NASA research scientists say this huge flying wing will have many uses in the future. They hope that a future Helios aircraft will be able to fly at extreme altitudes for several weeks or months. These aircraft could serve several purposes. These might include new and (7) advanced methods of telling what the weather will be. For example, Helios could be used to (8) observe the movement of huge ocean storms. It could fly high above their (9) fierce winds. It could also be used as an advanced method of (10) communications. It might also be used to observe the environment.

NASA scientists say this kind of aircraft will cost a great deal less than a satellite placed in space. And it will be able to do much of the same work. Scientists say this kind of aircraft might also be used to explore the planet Mars. They say it could fly long distances through the thin atmosphere and send pictures back to Earth.

## Notice

## 不可不记

- 1 **edge** [edʒ] *n.* 刀口, 利刃, 锋, 优势, 边缘, 优势, 尖锐 *vt.* 使锋利
- 2 **aircraft** ['ækrɑ:ft] *n.* 飞行器
- 3 **Helios** ['hi:liɔs] *n.* 太阳神
- 4 **altitude** ['æltitju:d] *n.* (尤指海拔)高度, 高处(海拔甚高的地方)
- 5 **passenger** ['pæsɪndʒə] *n.* 乘客, 旅客
- 6 **propeller** [prə'pelə] *n.* 推进者, 推进物, 尤指轮船, 飞机上的螺旋推进器
- 7 **advanced** [əd'vɑ:nst] *adj.* 高级的, 年老的, 先进的
- 8 **observe** [əb'zə:v] *vt.* 观察, 观测, 遵守, 评述, 说
- 9 **fierce** [fiəs] *adj.* 凶猛的, 猛烈的, 热烈的, 暴躁的 <美> 极讨厌的
- 10 **communication** [kə,mju:ni'keiʃn] *n.* 传达, 信息, 交通, 通讯

## Key to Exercise One

1. A 2. C 3. D

## Key to Exercise Two

- (1) this huge flying wing      (2) at extreme altitudes      (3) purposes  
(4) huge ocean storms      (5) fierce

## Key to Exercise Three

1. It looks like a huge wing without a tail. The wing is a little more than 75 meters long. That's longer than the wings on most large passenger airplanes.
2. These might include new and advanced methods of telling what the weather will be. It could also be used as an advanced method of communications. It might also be used to observe the environment.

## Life and Music of John Lennon

### 约翰·列农的艺术人生

#### Studying and Practising

#### 边听边练

请打开你的录音机，你将会听到一篇短文，请依据短文内容给出你认为最正确的答案。加油！

#### Exercise One

#### 选择

1. What is the main contribution of John Lennon?

- A. Jazz.
- B. Blue.
- C. Rock and roll.
- D. Soul.

2. Which topic is not in the theme of John's songs?

- A. Truth.
- B. Peace.
- C. Human rights.
- D. Enterprising.

3. Which song is chosed as the top song?

- A. In My Life.
- B. Help.
- C. Imagine.
- D. Nothing.

#### Exercise Two

#### 听写

Visitors can see hundreds of objects from Lennon's life. There are reports from his teachers when he was a boy about his school work. More than thirty (1) \_\_\_\_\_ he made (2) \_\_\_\_\_ his life. The (3) \_\_\_\_\_ he wore as a member of the Beatles. His (4) \_\_\_\_\_ and piano. And the handwritten words for twenty-five of his (5) \_\_\_\_\_.

## Exercise Three

## 问答

- ? 1. Why do many experts call John Lennon one of the greatest song writers in the history of rock and roll?
- ? 2. Why did the Rock and Roll Hall of Fame and Museum organize an exhibit about John Lennon?

## Script

## 录音原文

## HOST:

The Rock and Roll Hall of Fame and Museum in Cleveland, Ohio has a special show about a famous (1) musician. It tells about the life and music of John Lennon. Shep O' Neal tells us more.

## ANNCR:

Music experts say John Lennon did not (2) invent rock and (3) roll. Yet he did more than anyone else to change it, move it forward and add social meaning to its songs. Many experts call him one of the greatest songwriters in the history of rock and roll.

The Rock and Roll Hall of Fame and Museum organized an exhibit about John Lennon. It opened in October. It honors the sixtieth (4) anniversary of John Lennon's birth in Liverpool, England, and the twentieth anniversary of his tragic death in New York City.

Visitors can see hundreds of objects from Lennon's life. There are

reports from his teachers when he was a boy about his school work. More than thirty paintings and drawings he made throughout his life. The suit he wore as a member of the Beatles. His (5) guitars and (6) piano. And the handwritten words for twenty-five of his most famous songs.

John Lennon helped form the (7) Beatles in the Nineteen-Sixties. The group changed the sound of rock and roll music. Here the Beatles sing John Lennon's song Help!

(CUT ONE: HELP!)

Later, John Lennon wrote songs that expressed his efforts for truth, peace and human rights. This one is called imagine

(CUT TWO: IMAGINE)

Recently, a British music (8) magazine asked several songwriters, producers and musicians to name the best songs of the last century. They chose John Lennon's In My Life as the top song.

(CUT THREE: IN MY LIFE)

HOST:

This is Bob Doughty. I hope you enjoyed our program today. And I hope you will join us again next week for AMERICAN MOSAIC ?VOA's radio magazine in Special English.

Notice

不可不记

- 1 **musician** [mju:'ziʃən] *n.* 音乐家
- 2 **invent** [in'vent] *vt.* 发明, 创造 *v.* 发明
- 3 **roll** [rəul] *adj.* 滚动, 滚转, (使)摇摆, (使)摇晃, 卷起, 卷拢  
*vt.* 辗, 轧 *n.* (一)卷, 卷
- 4 **anniversary** [æni've:səri] *n.* 周年纪念

- 5 **guitar** [gi'tɑ:] *n.* 吉他, 六弦琴 *vi.* 弹吉他
- 6 **piano** [pi'a:nəu, 'pjɑ:-] *n.* 钢琴
- 7 **Beatle** ['bi:tl] *n.* <美俚> 小妞, (有男子气概的) 独立摩登新女性
- 8 **magazine** [mæge'zi:n] *n.* 杂志, 期刊, 军火库, 弹药库, (枪、炮的) 弹仓

## Key to Exercise One

1.C 2.D 3.A

## Key to Exercise Two

- (1) paintings and drawings
- (2) throughout
- (3) suit
- (4) guitars
- (5) most famous songs

## Key to Exercise Three

1. Music experts say John Lennon did not invent rock and roll. Yet he did more than anyone else to change it, move it forward and add social meaning to its songs.
2. It honored the 60<sup>th</sup> anniversary of John Lennon's birth in Liverpool, England and the 20<sup>th</sup> anniversary of his tragic death in New York City.



## T-Ball at the White House

### 布什总统钟爱的运动项目 -- 棒球

#### Studying and Practising

#### 边听边练

请打开你的录音机，你将会听到一篇短文，请依据短文内容给出你认为最正确的答案。加油！

#### 选择

1. Which one is President Bush's favorite game?

- A. Basketball.                      B. Volleyball.  
C. Baseball.                          D. Tennis.

2. What is T-ball game?

- A. A children's kind of baseball.  
B. An adults' kind of baseball.  
C. A children's kind of basketball.  
D. An adults' kind of basketball.

3. Where will many of Washington area boys and girls have a chance to play T-ball?

- A. White House East Lawn.  
B. White House West Lawn.  
C. White House North Lawn.  
D. White House South Lawn.

4. Baseball influenced Bush's life in the following ways except:

- A. To develop a strong resistance against critics.  
B. To rise above minor problems.  
C. To work instead on long-term goals.  
D. To get to the goals quickly.