

★★★双博士—牛津·淘金式词汇系列丛书★★★



双博士系列

大学英语六级考试

牛津·淘金式

30 篇文章贯通词汇

6级

主 编 北京大学英语系 李培 肖克

编 写 双博士大学英语课题组

支 持 双博士网校 www.bbdd.cc

总策划 胡东华

购满36元获一本赠书
四六级命题教授编写
定价远远低于同类书
免费下载音频文件

 科学技术文献出版社



目录 *Contents*

Preface 前言

Directions 使用说明

Unit 1 1

Unit 2 31

Unit 3 59

Unit 4 89

Unit 5 117

Unit 6 143

Unit 7 171

Unit 8 199

Unit 9 227

Unit 10 251

Appendix 附录 278

Index 索引 336

UNIT



Nature gave men two ends — one to sit on and one to think with. Ever since then man's success or failure has been dependent on the one he used most.

自然交给人们两个目标：一个让人止步不前，一个让人心有所想。从此后，一个人能否取得成功就要看他选择哪个目标。

——乔治·科克帕特里克





As a wise man once said, we are all ultimately alone. But an increasing number of Europeans are choosing to be so at an ever earlier age. This isn't the stuff of gloomy philosophical contemplations, but a fact of Europe's new economic landscape, embraced by sociologists, real-estate developers and ad executives alike. The shift away from family life to solo lifestyle, observes a French sociologist, is part of the "irresistible momentum of individualism" over the last century. The communications revolution, the shift from a business culture of stability to one of mobility and the mass entry of women into the workforce have greatly wreaked havoc Europeans' private lives.

Europe's new economic climate has largely fostered the trend toward independence. The current generation of home-aloners came of age during Europe's shift from social democracy to the sharper, more individualistic climate of American-style capitalism. Raised in an era of privatization and increased consumer choice. Today's tech-savvy workers have embraced a free and temperamentally independent enough to want to do so.

Once upon a time, people who lived alone tended to be those on either side of marriage — twenty something professionals or widowed senior citizens. While pensioners, particularly elderly women, make up a large proportion of those living alone, the newest crop of singles are high earners in their 30s and 40s who increasingly view living alone as a lifestyle choice.



一位智者曾言道,我们最终都会是形单影只。但有越来越多的欧洲人年纪轻轻地就这样生活。这可不是为了进行晦涩艰深的哲学沉思,而是因为欧洲经济面貌的根本改观;社会学家,房地产开发商,广告商也持有类似观点。一位法国的社会学家认为,这意味着从家庭生活向单身独居的转变,但这只不过是百年以来那股“不可抵挡的个人主义潮流”的一部分。通信革命,商业文化由稳定型向流动型的转变以及大批女性涌入就业市场,极大地撼动了欧洲人的私生活。

欧洲的新经济氛围造就了这股自主风潮。欧洲当代独居者跨入老年时,正值欧洲从社会民主政体转向更加严苛、个人主义色彩更加浓厚的美式资本主义。成长在私有化时代的他们面临着越来越多的选择。因此,对技术了如指掌的年轻一代走上独居之路也就不足为奇。

过去,选择独居的人要么是结婚已二十多年的专业人士,要么是丧偶的老年人。其中,靠养老金生活的人,特别是年老女性占大多数。而如今的独居者则是那些三四十岁的高薪一族,他们倾向于独居的生活方式。



Living alone was conceived to be negative — dark and cold, while being together suggested warmth and light. But then came along the idea of singles. They were young, beautiful, strong ! Now, young people want to live alone.

The booming economy means people are working harder than ever. And that doesn't leave much room for relationships. Pimpi Arroyo, a 35-year-old composer who lives alone in a house in Paris, says he hasn't got time to get lonely because he has too much work. . "I have deadlines which would make life with someone else fairly difficult." Only an Ideal Woman would make him change his lifestyle, he says. Kaufmann, author of a recent book called "The Single Woman and Prince Charming," thinks this fierce new individualism means that people expect more and more of mates, so relationships don't last long — if they start at all. Eppendorf, a blond Berliner with a deep tan, teaches grade school in the mornings. In the afternoon she sunbathes or sleeps, resting up for going dancing. Just shy of 50, she says she'd never have wanted to do what her mother did — give up a career to raise a family. Instead, "I've always done what I wanted to do :live a self-determined life. "

【2005年6月】



独居者曾被认为消极、阴险、冷酷;如今,却是热情、开朗的象征。现在有独居想法的是那些活力十足的年轻人,他们很向往单身生活。

欣欣向荣的经济意味着人们比以前更努力地工作,因而挤掉了各种社会联系应有的空间。作曲家皮姆丕·阿洛伊现年 35 岁,独居巴黎。“从未觉得孤独寂寞,因为工作实在是太多了,”他说:“这种生活方式使得很难与他人共同生活,或许一位梦想中的女人才能使我改变这种生活方式。”《单身女人和白马王子》一书的作者考夫曼认为,这种过激的个人主义驱使人们寻找更多的性伴侣;因而一段恋情根本不会持续很长时间。爱本德居于柏林,她是一名肤色黝黑的金发女郎。上午,她在学校授课;下午,要么享受日光浴,要么倒头大睡,然后便去跳舞。年届五十的她常为年龄而苦恼,她言道:“我不会像母亲那样为家庭而放弃职业;相反,我一直在做我想做的事,过着凡事均由我做主的生活。”



真题再现 *Tests Once More*

1. More and more young Europeans remain single because _____.
 A) they have entered the workforce at a much earlier age
 B) they are pessimistic about their economic future
 C) they have embraced a business culture of stability
 D) they are driven by an overwhelming sense of individualism
2. What is said about Europeans society in the passage?
 A) It is getting closer to American-style capitalism.
 B) It has limited consumer choice despite a free market.
 C) It is being threatened by irresistible privatization.
 D) It has fostered the trend towards small families.
3. According to Paragraph 3, the newest group of singles are _____.
 A) negative and gloomy B) on either side of marriage
 C) healthy and wealthy D) warm and lighthearted
4. The author quotes Eppendorf to show that
 A) some modern women prefer a life of individual freedom
 B) most Europeans conceive living a single life as unacceptable
 C) some professional people have too much work to do to feel lonely
 D) the family is no longer the basic unit of society in present-day Europe
5. What is the author's purpose in writing the passage?
 A) To contemplate the philosophy underlying individualism.
 B) To examine the trend of young people living alone.
 C) To stress the rebuilding of personal relationships.
 D) To review the impact of women becoming high earners.

**核心词汇** *Key Words*

wise [waɪz] *adj.* 聪明的,明智的,有智慧的

【辨析】wise, thoughtful:

wise“明智的,聪明的”,指具有判断力,有见识、有经验等;

thoughtful“考虑周到的,善于思考的”,指思维细致,周密。

increase [ɪnˈkriːs/ˈɪnkriːs] *v. & n.* 增加,增进

【辨析】enlarge, increase:

enlarge“增大”,特别指在范围、大小和广度等方面的增大,不能用于指重量、速度、时间等;

increase“增加”,可以用于距离、面积、力量、程度、价值等方面的增加。

【词根】~ = in (towards) + crease (to grow)

stuff [stʌf] *n.* 材料,原料,质料,素材 *vt.* 装,把……装满,塞满,把……塞进

【关联】形近词:stiff 僵硬的,生硬的;staff 全体职员

gloomy [ˈɡluːmi] *adj.* ①阴暗的 ②(天气)阴沉的 ③(人)沮丧的 ④令人沮丧的

【考点】gloomy news 令人悲伤的消息

take a gloomy view of 对……悲观

feel gloomy 感情忧郁

【派生】gloom *n.* 悲哀(观);黑暗,阴暗

embrace [ɪmˈbreɪs] *vt.* ①拥抱,抱 ②包含,包括 *n.* 拥抱,怀抱

【辨析】embrace, comprise, contain, compose, consist:

embrace 与 include 同义,即“包括”;

comprise “包含,由……构成”,谓语用复数;

contain “包含,容纳”,它的宾语只是整体的一部分;



Every fall, like clockwork, Linda Krentz of Beaverton, Oregon, felt her brain go on strike, “I just couldn’t get going in the morning,” she says, “I’d get depressed and gain 10 pounds every winter and lose them again in the spring.” Then she read about seasonal affective disorder, a form of depression that occurs in fall and winter, and she saw the light literally. Every morning now she turns on a specially constructed light box for half an hour and sits in front of it to trick her brain into thinking it’s still enjoying those long summer days. It seems to work.

Krentz is not alone. Scientists estimate that 10 million Americans suffer from seasonal depression and 25 million more develop milder versions. But there’s never been definitive proof that treatment with very bright lights makes a difference. After all, it’s hard to do a double-blind test when the subjects can see for themselves whether or not the light is on. That’s why nobody has ever separated the real effects of light therapy from placebo effects.

Until now, in three separate studies published last month, researchers report not only that light therapy works better than a placebo but that treatment is usually more effective in the early morning than in the evening. In two of the groups, the placebo problem was resolved by telling patients they were comparing light boxes to a new anti-depressant device that emits negatively charged ions. The third used the timing of light therapy as the control.



俄勒冈比佛敦的琳达·克兰兹每年秋天都会毫无例外地遭受头痛的侵扰。“早上,我便无法行动,”她言道:“这令我心情郁闷,每年冬天体重会增加十磅,而次年春天就恢复原样。”为此,她查阅了有关季节性情绪紊乱的材料——一种发生于秋冬两季的抑郁症,从中看到了希望。现在,每天早上她都会打开一个特制的灯箱,静坐于前,心中默想还有长夏可享受。这一做法似乎很管用。

克兰兹并不孤单。科学家估计约有一千万美国人受季节性抑郁症的烦扰,另有约两千五百万美国人患有轻度季节性抑郁症。然而,并未发现可靠论据以证明那些亮光疗法能起作用。毕竟,当患者可以看到自己时,不管灯光存在与否,均难以进行双盲测试。这正是没人能区分光疗法的实际效果和安慰剂疗效的原因所在。

在上月发表的三个相互独立的研究中,研究人员不仅认为光疗法的效果比安慰剂的更佳,而且断言,清晨进行光疗的效果优于傍晚。在两个小组中,若告知患者他们正接受一种散射负离子的新抗抑郁仪器的治疗,就可以解决安慰剂的问题。第三小组则用定时光疗法控制病情。