

Listening Practice

听力训练

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Lesson One

A Typical Day in My Life

Key Words

plug in: *make a connexion with a plug*

lotion: *(kind of) medicinal liquid for use on the skin*

grapefruit: *large, round fruit of the grapefruit, having a yellow rind and juice, somewhat acid pulp*

scramble: *cook (eggs) by beating them and then heating them in a saucepan with butter and milk*

jazz [dʒæz]: *any of several types of music originated by black Americans, usu. with a strong beat and some free playing by each musician in the band*

go off: *begin to ring or buzz*

My alarm clock rings at seven o'clock every morning and I usually get up at once. I jump out of bed and do physical exercises for ten minutes. Then I am ready either to get back into bed or to take a quick cold shower. After my shower,

I plug in my electric razor and shave. Then I plug in my electric toothbrush and brush my teeth. Next, I comb my hair, wash my face again, and put on after-shave lotion. After that, I pick out my suit, shirt, and tie for that day. I get dressed and then I eat breakfast. For breakfast, I usually have grapefruit juice, scrambled eggs, toast, and coffee. After breakfast, I sometimes smoke a cigarette and listen to the news on the radio. At 8:00 A.M., I put on my coat and leave for school.

I generally go to school by subway. The subway is always crowded and I don't often get a seat. In the subway, on my way to school, I look at the signs on the walls of the car, watch the faces of the other passengers, and read the newspaper headlines over someone's shoulder. It takes me about half an hour to get to school. My first class begins at nine o'clock and my last class ends at three. After school hours, I sometimes go to the Student Center or to a coffee house with my friends for an hour or so. Afterwards, I go home.

As soon as I get home from school, I sit down and do my homework and study my lessons for the next day. At seven o'clock, I eat dinner with my brother. Then I relax. Some nights I watch television for an hour or two, read, or write letters. Other nights I listen to my jazz records or work on my stamp collection. Sometimes I take a walk in the evening, or visit a friend, or go out on a date. I usually get home by midnight because by twelve o'clock I am generally rather tired. I take off my clothes, get into bed, and fall asleep

immediately. I sleep until the alarm clock goes off again the next morning.

Comprehension Questions

1. What time does your alarm clock ring?
2. What do you do after your shower?
3. What do you sometimes do after breakfast?
4. What time do you leave for school?
5. How do you generally go to school? Do you usually get a seat?
6. What do you do in the subway?
7. What time does your first class begin? And what time does your last class end?
8. Where do you sometimes go after school hours?
9. What do you do some nights? What do you do on other nights?
10. What do you do when you get home at midnight? Until when do you sleep?

* * * * *

** Suggested steps for listening:*

First, listen to the text (recorded on the tape) and see how much you can catch.

Next, listen to and familiarize yourself with the key words and the questions to be answered.

Then, listen to the text and the questions a second time, and answer them. Listen to the correct answers and check your answers.

Finally, listen to the text a third time.

A Day's Activities

—Short Dialogues (for Role-play)

Key Words

Paul's 指保罗的家

feel like: (*Colloq.*) *have an inclination or desire for*

Listen to the tape three times and then two students are asked to act as A and B each time:

A: How do you usually spend your day?

B: I usually get up at seven. I take a shower and dress and then I have breakfast at seven-thirty. I leave the house at eight. I work from nine to five. I have dinner at six-thirty, watch some television, and go to bed.

A: How do you usually spend your weekends?

B: In the summer, I usually sit in the park. At other times of the year, I like to do odd jobs around the house or paint. Painting is my hobby.

A: What do you do for exercise?

B: I play ball every weekend (walk about a mile a day—to and from my job).

* * * * *

A: What's your hobby?

B: I like to play the guitar.

A: Do you enjoy watching television?

B: Yes, very much. (But I don't have a television set.)

* * * * *

A: What are you doing after school?

B: Nothing.

A: Let's go to Paul's.

B: What will we do there?

A: We can listen to records (or just talk).

B: I hear their record player is broken.

A: That's too bad. Maybe I can fix it.

* * * * *

A: Do you feel like going to the cinema?

B: That sounds like a good idea. Thank you.

A: Let's make it 6:30 at your place.

B: That'll be OK by me.

Lesson Two

Which Do You Prefer, Country Life or City Life?

Key Words

congested [kən'dʒestɪd]: *overcrowded*

take one's life in one's hand: *put one's life in danger*

teem with: *have in great number*

out of: *because of*

let alone: *to say nothing of; not to mention*

I am sure most of you will agree that life in the countryside is far preferable to city life. Country life is quiet and peaceful. People can sleep well at night, without being disturbed by the din of traffic, and do not even need to bolt their doors against robbers. During the day they work hard and at night they can enjoy themselves with simple amusements. What need have they of nightclubs or exciting entertainments? Moreover, country folk live in a village community, where every man knows his neighbours. As a result, crime is absent and there is no need for fear.

Life in the city, on the other hand, is both noisy and

frightening. Our roads are not only noisy with the incessant roar of traffic but also so congested that we take our lives in our hands every time we cross the street. Our dwellings too are as congested as our streets. We live crowded together in towering apartment blocks, like ants in an anthill. Indeed, we may not even know the tenants living on the floor above our heads, let alone the people passing in the street.

When people live in a city teeming with so many millions, how can they feel that they belong to a community? Consequently, criminals may walk the streets freely and attack people while others stand by and watch but do nothing to help. Witnesses of a crime will often not even report to the police, out of fear of the consequences. Each man cares only to protect himself. Since this is so, clearly we must agree that country life is infinitely preferable to life in the city.

Yes No Questions

Refer to the reading and supply short answers with yes and no. If the answer is no, add the correct information.

1. Is country life restful?
2. Can country folk have a sound sleep at night?
3. Are they always in fear of being robbed?
4. Is city life peaceful?
5. Are the roads in the city deserted at the dead of night?
6. Are citizens' dwellings not so crowded as the streets?
7. Do citizens know quite well the people passing in the street?

8. Do citizens feel that they belong to a community?
Why or why not?
9. Does each man care to protect others who are being
attacked by criminals?
10. Does the speaker prefer to live in a big city?

Lesson Three

Seal Hunting

Key Words

flutter: *wave or vibrate rapidly and irregularly*

recalibrate [ri'kælibreit]: *determine or correct the calibre or scale of (a thermometer, gauge, or other graduated instrument) again*

rifle ['raɪfl]: *gun with a long rifled barrel*

bull's-eye: *vi. hit accurately*

blind: *place of concealment, as for a hunter; ambush*
(狩猎时的)埋伏处; AmE: *hide* 遮蔽(布, 帘等物)

rectangle [rek'tæŋɡl]: *plane four-sided figure with four right angles, esp. one with adjacent sides unequal* 方形; (尤指)长方形, 矩形

sledge [sledʒ]: *vehicle with runners (long, narrow strips of wood or metal) instead of wheels, used on snow* 雪橇

lash [læʃ]: *vt. & i. fasten tightly with rope, etc.*

We, three, were looking for a seal as we travelled on the ice. Just as I was about to give up, Jens, a young hunter, spied

one some three miles away.

Jens pulled a hair from his sealskin trousers and watched it flutter in the wind: He had to approach the seal from downwind. He recalibrated his rifle's telescopic sight, firing several shots at a small target until he bull's-eyed. He would have one shot.

He moved off quickly, running low behind a hunting blind, a rectangle of white cloth with a hole in the middle for his rifle, and set on a tiny sledge. In a few minutes, he appeared as a tiny figure in the distance. He lay down and crept forward, pushing the blind. The seal's head went up, down, up. I saw the flash of the shot. Before the sound reached us, Jens was racing across the ice to grab the seal before it fell into its hole.

We had hoped for more, but were satisfied. We headed back toward the village, the seal lashed beside us.

True-False Questions

1. I gave up looking for seals when Jens detected one some three kilometers away. T F
2. Jens had to come near to the seal in the direction in which the wind blows. T F
3. When he neared the seal, Jens got down on his hands and knees, and crept along quickly. T F
4. The seal kept moving its head up and down. T F
5. We hunted three seals. T F

The Eskimos

(for Dictation)

Key Words

igloo ['iglu:]: *dome-shaped winter hut made of blocks of hard snow and used by the Eskimos*

sled [sled]: *vehicle mounted on runners used for carrying people or loads over ice or snow*

reindeer: *large deer used in Lapland (拉普兰) for transport and kept in herds for its milk, flesh, and hide 驯鹿*

Listen to the teacher / tape and write at his dictation. Then correct each other's mistakes and hand in your dictations: Modern ideas are beginning to influence the Eskimos, but not enough to make much difference to their way of life. They still spend the winter in igloos, the round huts that are built of snow frozen hard. They still travel on sleds that are pulled by dogs. The winter is too cold for hunting, so during that season they live on the stores of seal meat that they have killed in the summer. But seal meat is not the only kind of food that they eat. In summer they hunt reindeer and bears. They also fish all the year round. The Eskimos who are hunters in summer are fishermen in winter. In winter they make holes in the ice and catch their fish through the holes that they have made.

The Eskimos live in very difficult conditions. There is not

enough wood for furniture and there is no metal for tools. They use bone, therefore, for their fish hooks and for the tips of their arrows. Only adaptable workmen can live in these conditions. The Eskimos are adaptable. That is why they are able to live in the Arctic lands.

The Champion Sharpshooter

(for Reproduction)

Key Words

Ohio [əu'haiəu] 美国俄亥俄州

trap: *device for catching animals, etc.*

Listen to the tape three times and then retell the story:

About one hundred years ago, a poor little girl named Annie lived in the woods of Ohio. Her father died when she was a little child. She had to work for her living, although she was very young. When she was only seven years old, she began trapping birds for food. At nine she had to work as a baby-sitter earning fifty cents a week, while other girls went to school to study. Annie had no opportunity to attend school.

When Annie was eleven years old, again unlike other girls, she learned how to handle a gun. One day she found an old rifle which her father had used, and tried shooting birds. She was surprised to find herself a very good shot. Soon after, besides laying traps in the woods, she started shooting animals and birds. She also started doing trick shooting just for fun. After years and years of training with Frank

Butler, the man who became her husband, she came to be able to do many wonderful tricks in the circus ring of the Wild West Show.

This is the story of Annie Oakley, the famous sharpshooter in Buffalo Bill's Wild West Show.

Lesson Four

Agriculture in the United States

Key Words

protein ['prəuti:n]: *body-building substance essential to good health, in such foods as milk, eggs, and meat*

acre ['eikə]: *measure of land, 4,840 sq. yds., or about 4,000 sq. meters* 英亩, 亩

hectare ['hekta:] = 2.471 acres 公顷

migrant ['maigrənt]: *adj. migrating; migratory
n. person, bird, or animal that migrates*

As the population of the world keeps on growing, it gets more and more difficult to feed everyone. The United States is one of the lucky countries because it grows enough food for itself and still has enough to export to other parts of the world. One reason for this is that the United States is a large country with a variety of climates. Most of the central part of the country is especially suitable for raising grain. Wheat and corn are the most important crops in this region. The United States exports millions of tons of grain every year. Wheat is used to make bread, a basic food throughout the world. Most of the corn is used to feed animals, which in turn be-