

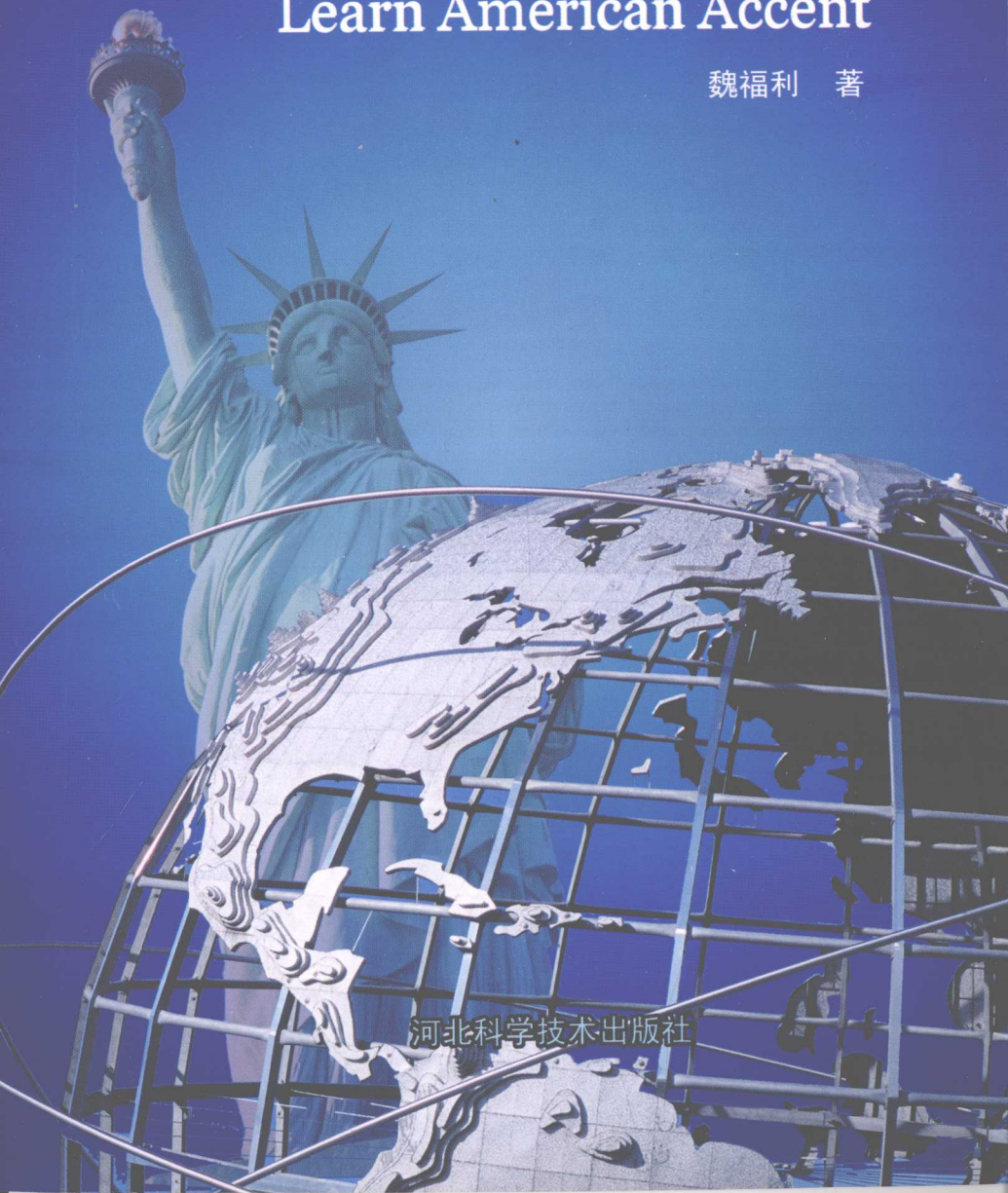
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学会美国语音

Learn American Accent

魏福利 著

河北科学技术出版社



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前 言

《学会美国语音》根据河北省科技厅软科学立项“优化多媒体网络外语教育的研究”(054572221)编写而成。《学会美国语音》在优化多媒体网络外语教育的研究中占有极其重要的地位,对于大力发展、优化多媒体网络外语教育有着极其深远的意义。

当今信息化时代,谁能首执现代化教育之牛耳,谁就赢得了先进的教学手段用之于教学的主动权,所培养的学生拥有标准的美语发音,讲一口流利的口语,就会冲出亚洲,走向世界,在商战及世界的政治舞台上尽显风采!目前我国传统教育体制和教学模式正面临前所未有的挑战,迫切需要进行改革。提倡多媒体网络英语教学,深入研究美语发音理论,精通美语发音技能技巧,就是对应此挑战的一种改革,从而为深化教育教学改革提供了广阔的空间。

《学会美国语音》运用现代美语发音理论,形象生动描述了美语发音技能技巧,深入研究中国人学英语语音难的原因,决意要改变中国人从小就学英语,直到大学、硕士、博士毕业,甚至成为教授、专家学者还是讲“哑巴”英语的可悲局面。

《学会美国语音》独辟蹊径,详尽阐明了说一口纯正流利的美式英语的方式方法。首先要深入研究现代美语发音理论,还要知道美式英语发音的位置和方法。英语的发音属“后部发音方法”,

形象地说就是“用底气发音”。中国人学英语语音难的原因是因为不知道和不会口腔的“后部发声”，只是以胸式呼吸为主，而美式发音是用腹式呼吸，就如同“用肚子说话”。美音学习的关键就是要掌握其元音的过度夸张和用腹部说话的特点，坚持元音“长短分明”，重音和非重音则“轻重分明”，如此地道流利的美式英语自然就可以发出来。

在《学会美国语音》的编写过程中，作者得到了河北经贸大学党委副书记、副校长纪良纲及河北省科技厅副厅长连小勇的亲切指导，美国华盛顿大学教育学院 *Bill McDiarmid* 教授的专业指导，河北省出版集团总经理杜金卿及河北省环境科学学会常务副秘书长杜金梅的及时援助，河北省政府副秘书长史玉强的热情鼓励，河北经贸大学科研处张晋武处长及外语部副主任王淑琴的帮助支持，河北师范大学外国语学院李正栓院长提出了许多宝贵建议，特此表示衷心感谢！

魏福利

2008 年 6 月

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PART I

HELPFUL TERMINOLOGY

The following is a list of helpful words and phrases you may want to refer to when using this system.

airflow — the process by which air flows up from the diaphragm and out of the mouth.

consonant — a pronounced sound that, when spoken with a vowel, constitutes a syllable. In English, there are 24 consonants.

final consonant — the consonant found at the end of a word.

glottal stop — the silence that occurs from quickly closing the vocal chords. Air cannot flow. Articulation of voiced sounds is prevented. A glottal stop is the sound made in the exclamation, “uh-oh.”

gum ridge — the area of the roof of the mouth just behind the upper teeth.

horseshoe position — the position of your mouth whereby your lower jaw protrudes like a horseshoe in shape. (U).

idiom — a phrase whose meaning cannot be directly translated, word-for-word, from one language to another.

initial consonant — the consonant found at the beginning of a word.

linking — the process of pronouncing two sounds or words without pausing or adding an additional syllable.

medial consonant — a consonant found in the middle of a word.

multi-syllabic word — a word with two or more syllables.

pitch — a term used to describe the tone of a sound. A sound or syllable's pitch is often described as being high or low.

protrude your jaw — to push your lower jaw forward.

purse your lips — when rounding the lips, to tighten the muscles at the corner of the mouth while pushing the lips forward.

roof of your mouth — the top part of the inside of your mouth; the hard and soft palette.

stress — the syllable that is pronounced louder, stronger, and harder than the others. Another term for stress is accent.

syllable — the smallest part of a word that constitutes one rhythmic beat.

tense — to flex or tighten specific muscles.

voiced consonants — consonants produced by using the voice. The vocal chords vibrate when making the sound. To feel this vibration, put your index and middle fingers on your throat. These consonants are: /z/ /b/ /v/ /w/ /ð/ /ʒ/ /dʒ/ /d/ /y/ /r/ /l/ /m/ /n/ /ŋ/ and /g/.

voiceless consonants — consonants produced without using the voice. The vocal chords do not vibrate when making the sound. These consonants are: /s/ /p/ /t/ /θ/ /ʃ/ /tʃ/ /l/ /h/ and /k/.

vowel — a sound that is produced without blocking the airflow with the teeth, tongue, or lips. In English, there are 15 standard vowels.

PHONETIC ALPHABET

This system uses the phonetic alphabet based on the International Phonetic Association (IPA) symbols.

Vowels	
/i/	eat, least, bead, seed
/ɪ/	it, list, build, symbol
/e/	taste, date, wait, shade
/ɛ/	test, fell, ready, pen
/æ/	cat, ran, sack, hat
/ɑ/	cot, drop, father, modern
/ʌ/	cup, color, love, flood, sudden
/ɔ/	all, boss, caught, dawn
/o/	hold, crow, toe, hope
/ʊ/	cook, could, woman
/u/	blue, too, do, flew
/ə/	girl, world, heard, shirt
/aɪ/	time, eye, nice, fine
/aʊ/	how, round, found, loud
/ɔɪ/	toy, enjoy, coin, broil

Consonants	
/p/	pine, pal, pat, pot
/b/	bail, bat, bird, bottle
/f/	fine, fun, laugh, father
/v/	vest, van, vine, volume
/w/	wind, won, wing, west
/s/	smile, sun, receive, system
/z/	zip, raise, dozen, husband
/θ/	thanks, third, author, truth
/ð/	then, their, other, smooth
/ʃ/	sure, nation, wish, fraction
/ʒ/	decision, pleasure, leisure
/tʃ/	choose, beach, picture, catch
/dʒ/	job, large, bridge, manager
/y/	you, university, familiar
/t/	two, test, attend, great
/d/	drive, did, send, I'd
/h/	happy, hold, his, who
/r/	red, right, correct, air
/l/	look, list, play, luck
/m/	money, man, moment, museum
/n/	next, new, when
/ŋ/	angle, getting, wing
/k/	keep, come, take
/g/	go, good, gift

PART II

VOWELS & CONSONANTS

UNIT 1 VOWELS

CHAPTER 1 VOWELS /i/ AND /ɪ/

What you should do:

To make the vowel sound /i/ do this:

- A. Stretch your lips horizontally.
- B. Your tongue should be high in your mouth, almost touching the roof of your mouth.
- C. Show both your top and bottom teeth.

To make the vowel sound /ɪ/ do this:

- A. Relax your tongue and cheeks.
- B. Keep your lips in a neutral, or only slightly spread, position.
- C. Your tongue should be a little lower than when making the vowel sound /i/.
- D. Show only your top teeth.

1. eat / it

Make sure to eat all of it.

2. least / list

Gary got the least of those on the list.

3. reach / ridge

Reach over the ridge.

4. peek / pig
Take a peek at the pig.
5. heels / hills
Don't wear high heels hiking up hills.
6. seat / sit
That's the seat that Jane sits in.
7. leaving / living
They're leaving the city where they've been living.
8. team, leaders / Tim, Jim
The team leaders are Tim and Jim.
9. field / filled
The field was filled with flowers.
10. seek / sick
Seek help if your child is sick.
11. cheap / chip
It isn't cheap to buy computer chips.

CHAPTER 2 VOWELS /e/ AND /ɛ/

What you should do:

To make the vowel sound /e/ do this:

- A. Stretch your lips horizontally as in the vowel / i /
- B. Lower your jaw slightly.
- C. Place your tongue in the middle of your mouth.

To make the vowel sound /ɛ/ do this:

- A. Do not stretch your lips. Keep them in a neutral position.
- B. Lower your jaw slightly so that it's in the same place as when making the vowel / e /.
- C. Keep the position of your mouth neutral.
- D. Keep your tongue relaxed and in the middle of your mouth.

1. taste / test
Taste the soup. Test it to see if it's done.
2. trained / trend
He's trained to understand current trends.
3. later / letter
Later he'll open the letter.
4. shade / shed
That shade of green is perfect for the shed.
5. sail / sell
Sail the boat before you sell it.
6. tailor / tell
The tailor will tell me when the suit is ready.
7. date / debt
He set a date to clear his debt.
8. wait / wet
We had to wait in wet weather.
9. fail / fell
She failed to see the ice and fell to the ground.
10. pain / pen
Your pain comes from using a heavy pen.

CHAPTER 3 VOWELS /æ/ AND /ɑ/

What you should do:

To make the vowel sound /æ/ do this:

- A. Stretch your lips horizontally.
- B. Drop your jaw lower than when making the vowel sound /ε/.
- C. Place the tip of your tongue near the floor of your mouth, pressing up against your lower teeth.

To make the vowel sound /ɑ/ do this:

- A. Open your mouth very wide.
- B. Do not round your lips.
- C. The front of your tongue should be low, near the floor of your mouth, but pulled away from your lower front teeth.

1. cats / cots

Cats like to sleep on cots.

2. ran / Ron

Who ran against Ron?

3. hat / hot

That hat kept her hot.

4. stacking / stocking

Stores are stacking Christmas stockings.

5. Dan / Don

Does this book belong to Dan or Don?

6. sack / sock

Fill the sack with socks.

7. cap / cop

Did you see the cap on the cop?

8. impassable / impossible

The trail was impassable. It was impossible to walk on.

CHAPTER 4 PRACTICE WITH /ɑ/

Pronouncing /ɑ/ when spelled with 'o'.

stop

Please stop talking.

popular

Sushi has become popular.

modern

We live in modern times.

economy

The economy is slow.

doll

Little children play with dolls.

borrow

Can I borrow your car?

rock

Move the rock.

doctor

Go see a doctor.

problem

We have a problem.

dollar

That costs one dollar.

college

Do you go to college?

copy / document

Please copy the document.

operate

He'll need to operate.

body shop

My car is in the body shop.

CHAPTER 5 VOWEL /ʌ/

What you should do:

To make the vowel sound /ʌ/ do this:

- A. Part your lips slightly.
- B. Keep your mouth and jaw very relaxed.
- C. Keep your tongue in a position that is slightly lower than when making the vowel /ɪ/.
- D. Place your tongue in the center of your mouth.

NOTE: This is the sound Americans make for hesitation ("uh") and for distress ("ugh").

A) Pronouncing /ʌ/ when spelled with 'o'

color

What's your favorite color?

mother / tongue

My mother tongue is Spanish.

love

You are the love of my life.

some / money

I'd like to invest some money.

government

A healthy economy requires good government.

other

Could I please use the other office?

wonder

It's no wonder it's snowing. It's January!

of

I often think of you.

B) Pronouncing /ʌ/ when spelled with 'u'

sudden

The talking stopped suddenly.

much

I love you so much!

but / study

I wish I could join you, but I have to study.

cup

Could I please have a cup of coffee?

buddy

We're friends. He's my buddy.

shut

Please shut the door behind you.

just / begun

I've only just begun my work.

buzzer

Please ring the buzzer and I'll let you in.

C) Pronouncing /ʌ/ when spelled with 'ou'

enough

I can never have enough chocolate.

country

Korea is a beautiful country.