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A Course



for



主编 吴昊 副主编 陈海
主审 王大为



同济大学出版社

活力英语

A Course for English Listening

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前 言

听力作为语言输入的一个重要途径,历来受到广大师生的关注,而在日益强调听、说领先的教学大环境下,听力更是倍受教师和学生的重视。众所周知,听力是一种综合性的语言能力,要真正提高它,必须培养准确感知语音、语调的能力,并在熟练掌握系统的英语语言知识的基础上,了解相关的文化背景知识。收听国外电台的英语节目无疑可以让英语学习者最直接地接触到最鲜活的语言和文化背景知识。

《活力英语》旨在通过由浅入深、由易至难渐进式的听力技能训练,逐步提高英语学习者“听”的能力。因此,本教程既可作为英语专业学生听力训练的补充材料,又可作为广大非英语专业大学生、研究生以及同等学力研究生课外加强听力训练的辅助材料,为他们开扩视野、丰富和巩固课堂所学的知识提供最佳素材。

本书编写过程中得到了王大伟教授和许瑞芳副教授的大力支持和帮助,在此向他们表示衷心的感谢!

尽管我们在本书的编写和编辑加工上尽了很大的努力,但由于时间仓促,水平有限,不尽如人意之处在所难免,恳请同行们批评指正。

编者

于上海海事大学

2004 年 6 月

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Special English

Unit 1 Taking the Fifth

VOCABULARY

senate *n.* 参议院, 上院

legal *a.* 合法的

constitution *n.* 宪法

huge *a.* 巨大的

savings *n.* 储蓄

lawmaker *n.* 立法者

imaginary profit 预期利益

the Fifth Amendment 第五修正案

earnings *n.* 所得, 收入

unfairly *a.* 不公平地

bill *n.* 法案, 议案

grand jury 大陪审团

agent *n.* 代理商

deny *v.* 否认, 拒绝

property *n.* 财产

the House 上议院

I Spot Dictation

The _____ 1 chairman of the _____ 2 energy company Enron. Kenneth Lay, refused to answer questions at a Senate _____ 3 this week. The Senate committee is investigating the company's _____ 4 .

Mr. Lay used _____ 5 legal right provided by the Fifth Amendment _____ 6 the United States Constitution. That amendment says people do not have to _____ 7 information that may be used _____ 8 them in court. Several other _____ 9 officials of the huge energy company also have used this right to _____ 10 .

Last year, Enron became the largest company in the United States to _____ 11 legal protection _____ 12 its debts. Thousands of Enron employees lost their jobs and their retirement savings _____ 13 the company's failure. Lawmakers suspect Enron _____ 14 false businesses to create imaginary profits and _____ 15 losses in earnings. Lawmakers believe top officials of Enron unfairly _____ 16 this.

Enron used the Arthur Andersen company as its independent financial _____ 17 . Arthur Andersen also _____ 18 wrongdoing. A company official also used his Fifth Amendment _____ 19 to refuse to answer questions before the Senate committee. The Fifth Amendment is _____ 20 of the United States Constitution's Bill of Rights. The Bill of Rights _____ 21 ten amendments that



became law in _____ 22 .

The Fifth Amendment has several parts. The first says a person cannot _____ 23 for a crime unless a grand jury _____ 24 the person. A grand jury is a special group of people _____ 25 to decide if there is acceptable _____ 26 against a person to _____ 27 . There are a few limited _____ 28 to this rule. The second part of the Fifth Amendment says no person can be tried _____ 29 the same crime two times. However, there are exceptions _____ 30 this rule also.

The third part of the Fifth Amendment is the part used by Enron and Arthur Andersen _____ 31 . It says no person can be _____ 32 forced to speak against himself or herself. This includes answering questions in court, by police or by other government agents. Using this right is _____ 33 called “Taking the Fifth” .

This part of the Fifth Amendment became _____ 34 in Congressional hearings during _____ 35 . The House Un-American Activities Committee was investigating possible treason in the United States. The Committee ordered many _____ 36 , writers and other people to answer questions. Committee members asked these people about their possible _____ 37 the Communist party. Many refused to answer. Some _____ 38 called these people “Fifth Amendment Communists.”

The Fifth Amendment also says the government may not deny a person his or her life, freedom, or property without the _____ 39 of law. And it says the government may not take a person’s _____ 40 for public use without _____ 41 payment.

II Questions

1. What is the Senate committee doing ?
2. What does the third part of the Fifth Amendment say ?
3. What do the lawmakers suspect about Enron ?
4. Why did some lawmakers call some filmmakers and writers “Fifth Amendment Communists” ?

III Interpretation

1. 这个国家有法律禁止在街上吐痰吗？(against)
2. 除非天气不好,我每天都出去散步。(unless)
3. 未来是我们难以预料的。(hide)
4. 这条语法规则有例外。(exception)
5. 他否认知悉他们的计划。(deny)



Unit 2 Sunflower Rubber

VOCABULARY

sunflower *n.* 向日葵

rubber *n.* 橡胶

latex *n.* 乳胶

particle *n.* 小粒子

substance *n.* 物质; 实质

genetic engineering 遗传工程

gene *n.* 基因

tissue *n.* 组织

cell *n.* 细胞

identify *v.* 识别; 鉴别

I Spot Dictation

Many farmers grow sunflower ____1____. The tall plants produce beautiful flowers and ____2____ that are good to eat. They also produce a high quality oil for cooking.

American scientists are hoping that sunflowers soon will become ____3____ their rubber. The scientists ____4____ to improve the quality and amount of latex from sunflower plants. Latex is made of rubber particles, water and other plant substances. It is a ____5____ value product than ____6____ rubber.

The scientists believe that sunflowers could ____7____ America's dependence ____8____ imported natural rubber and rubber made ____9____ oil products. The United States imports more than 1 million tons of natural rubber each year. The Department of Agriculture says the rubber ____10____ cost about 1 000 million dollars a year.

Katrina Cornish is ____11____ on how plants produce rubber. She works ____12____ the United States government's Agricultural Research Service office in Albany, California.

Ms. Cornish notes that more than 2 500 kinds of plants produce natural latex. However, she says that ____13____ of the plants have the qualities ____14____ scientists want. Most plants are too small or ____15____ too slowly. Others do not produce enough latex, or the latex they produce is not good enough.

Ms. Cornish says sunflowers are large and grow quickly. ____16____, the quality and ____17____ of latex produced from sunflowers is not good enough to be used to make ____18____. However, scientists expect ____19____ through

methods of genetic engineering.

Ms. Cornish and her _____ 20 are _____ 21 several different kinds of sunflowers. She is working with scientists from Colorado State University and Oregon State University. They are interested in the kinds of plants that produce the highest amounts of latex in stems and _____ 22 . They are working with sunflower plants that grow in _____ 23 where most of the American sunflower crop _____ 24 .

Ms. Cornish plans to add _____ 25 genes for latex production to sunflower tissue. Next, she will test the tissue to _____ 26 if the new genes are working inside the sunflower's cells. Later tests will identify the _____ 27 plants that produce the highest amounts of the best quality latex.

II Questions

1. What will sunflowers soon become known for, according to some American scientists ?
2. What benefit could sunflowers bring to America ?
3. Why can't we use plants other than sunflowers to produce latex ?
4. What does Ms. Cornish plan to do ?

III Interpretation

1. 衣料由棉、毛、丝和其他原料组成。(make up of)
2. 良好的健康有赖于良好的食物、运动和充足的睡眠。(depend on)
3. 你已经到了懂事的年龄了。(enough)
4. 他的口音很难辨别是什么地方的。(identify)
5. 他比我们预期的早到了两小时。(expect)



Unit 3 Walking

VOCABULARY

intense *a.* 强烈的, 剧烈的

stroke *n.* 中风

diabetes *n.* 糖尿病

arthritis *n.* 关节炎

depression *n.* 忧郁(症)

cholesterol *n.* 胆固醇

muscle *n.* 肌肉

calcium *n.* 钙

osteoporosis *n.* 骨质疏松(症)

stretch *v.* 伸展

I Spot Dictation

Researchers _____ 1 that intense physical exercise is not the only way to gain better health. _____ 2 show that walking several times a week can lower the _____ 3 of many diseases. _____ 4 include heart disease, stroke, diabetes, bone loss, arthritis and depression. Walking also can help you lose weight.

Fast walking is good for _____ 5. It lowers the _____ 6. It raises the amount of good cholesterol in the blood. Researchers say walking can reduce the risk of _____ 7 a heart attack by as much as fifty percent.

Studies _____ 8 that walking for thirty minutes a day can _____ 9 and possibly prevent the development of Type Two Diabetes. It can prevent diabetes among people who are _____ 10 and _____ 11 the disease.

Walking _____ 12 the muscles and builds up the bones _____ 13 they are attached. Studies show that women who walked and took calcium decreased their risk of developing osteoporosis or thinning of the bones. Walking also helps _____ 14 of arthritis in areas where bones are joined by strengthening the muscles around the bones.

Walking several times a week is a good way to control your weight and even lose body _____ 15. Studies show it also helps _____ 16, feelings of extreme _____ 17.

Experts say walking is one of the _____ 18 ways to exercise. There is a _____ 19 risk of injuries. So it is good for people who are starting an exercise program for the first time and for _____ 20 people.

A walking program is easy to start. You should wear _____ 21 and good



shoes. Shoes _____ 22 walking are best.

You should stretch the muscles in your arms, legs, and back before _____ 23 you walk. Stretching is an important part of any exercise _____ 24. It helps prevent injury and _____ 25.

How fast should _____ 26 walk? You should be _____ 27 while you are walking. Yet, you should be able to talk. Let your arms move back and forward _____ 28 while you walk.

There are no rules to starting a walking program. You may walk _____ 29. Or you may walk _____ 30 to strengthen your leg muscles. Health experts say you can _____ 31 the most from a walking program if you walk about five kilometers an hour for thirty minutes a day. You should _____ 32 about five times a week.

II . Questions

1. What are the three benefits fast walking can bring?
2. What benefits can walking bring to muscles and bones?
3. What should you wear while walking?
4. How fast should you walk?

III Interpretation

1. 要作有计划的经常性努力,才能增强我们的竞争力。(strengthen)
2. 运动有益于健康。(good)
3. 我看见他在人群中。(among)
4. 他已经使生意兴隆起来了。(build up)
5. 麦克是个容易相处的人。(easy)



Unit 4 Pot-in-Pot Cooling Device

VOCABULARY

device *n.* 设备

spoil *v.* 破坏;腐坏

clay *n.* 土;黏土

preservation *n.* 保存

evaporate *v.* 蒸发

bacterium(*pl.* bacteria) *n.* 细菌

award *n.* 奖品;授予

well-being *n.* 福利

exploration *n.* 探索

Nigeria 尼日利亚

I Spot Dictation

In many developing countries, it is difficult to _____ 1 food _____ 2 . Most areas do not have electricity to _____ 3 devices to keep food cold, called refrigerators. Food often spoils, or becomes unsafe to eat _____ 4. This can cause _____ 5 and loss of money for farmers. However, in Nigeria, one man is working to change this.

Mohammed Bah Abba, a teacher, invented _____ 6 using two round containers made of clay. Mr. Abba's invention _____ 7 a Pot-in-Pot Preservation Cooling System. A small pot is _____ 8 inside a larger one. The _____ 9 between the two pots _____ 10 wet sand. The _____ 11 pot can be filled with fruit, vegetables or drinks. A wet _____ 12 covers the whole cooling system. The device keeps some foods _____ 13 for several weeks.

Food _____ 14 in the small pot _____ 15 through a simple evaporation process. Water in the sand between the two pots evaporates through _____ 16 of the larger pot where _____ 17 outside air is moving. The evaporation process creates _____ 18 of several degrees. This cools the inner container and helps _____ 19 harmful bacteria found in food.

Mr. Abba started producing his cooling device in _____ 20 . Since then, he has given more than 20 000 devices to people in villages in Nigeria. He _____ 21 that within five years, people all over the country will be using his _____ 22 . Mr. Abba also hopes to _____ 23 his Pot-in-Pot cooling system to other hot, dry nations facing _____ 24 problems.

The Rolex Watch Company of Switzerland has also _____ 25 of this cooling



system. Two years ago, Mr. Abba received the Rolex Award for Enterprise. _____ 26 is given every two years. _____ 27 people trying to develop projects _____ 28 improving human knowledge and well-being. _____ 29 receive _____ 30 to help develop and extend their projects. An international committee considers _____ 31 in science and medicine, technology, exploration and discovery, the environment and cultural history.

You can learn more about the Rolex Awards for Enterprise _____ 32 , w-w-w-dot-rolexawards-dot-com. Or you can write to the Rolex awards committee _____ 33 P-O-Box one-three-one-one, one-two-one-one Geneva, twenty-six, Switzerland.

II Questions

1. What is the structure of the Pot-in-Pot Cooling Device ?
2. What can the evaporation create ?
3. When did the teacher start producing his cooling device ? And how many devices has he given to the villagers in Nigeria since then ?
4. What kind of people is the Rolex Award for Enterprise given to ?

III Interpretation

1. 在赤道附近,太阳蒸发掉更多的水分。(evaporate)
2. 听到这些侮辱性的话,我无法保持平静。(keep)
3. 经济衰退导致集装箱运量下跌。(drop)
4. 他估计修理此机器的代价为 300 美元。(estimate)
5. 他的技术创新获得三等奖。(award)



Unit 5 Children and Sleep

VOCABULARY

target *v.* 瞄准

astronaut *n.* 宇航员

campaign *n.* 运动

hyperactivity *n.* 活动过度

academy *n.* 学院

pediatrics *n.* 儿科学

I Spot Dictation

For many years, officials of the National Institutes of Health (NIH) have told Americans that they need to get enough sleep to _____ 1 and _____ 2 . In the past, the NIH targeted special groups, like drivers, soldiers and astronauts.

Now, health officials have begun a campaign to _____ 3 children to get enough sleep. The officials say children need at least nine hours _____ 4 sleep every night. They say research shows that children who get this much sleep perform better in school, _____ 5 fewer accidents and are less likely to become too fat.

Studies show that lack of sleep causes _____ 6 and problems with _____ 7 . People who do not get enough sleep become angry easily and have trouble controlling _____ 8 .

_____ 9 children, problems that _____ 10 lack of sleep often _____ 11 more serious disorders. Unlike adults, _____ 12 children seem to have _____ 13 energy. Some doctors mistakenly _____ 14 this _____ 15 hyperactivity.

Experts say many American _____ 16 are not getting enough sleep. Teenagers _____ 17 later for several reasons, including schoolwork, after-school activities and _____ 18 . Many high school students in the United States _____ 19 very early in the morning.

Four years ago, education officials in Minneapolis, Minnesota changed the _____ 20 of seven high schools. The officials _____ 21 the starting time _____ 22 almost ninety minutes.

A University of Minnesota study found that _____ 23 at the high schools improved after the starting time was changed. However, the _____ 24 start did

