

# 英语阅读助读词典

席玉虎 主编

清华大学出版社

## 内 容 简 介

为了帮助大、中学生排除英语阅读障碍,提高英语阅读能力,英语周报社组织国内有影响的学者和专家编辑出版了这本《英语阅读助读词典》(A Dictionary for Removing Obstacles in English Reading),专供大、中学生和英语教师参考使用。

本词典是《英语阅读四功能系列词典》之一,有以下功能:排除阅读障碍,欣赏对照读物,提供语言背景,介绍西方文化,本词典较侧重于第一项功能。本词典具有词条内容丰富,释义详尽准确、文章可读性强、语言生动流畅等特点。它既是一部全面的资料信息集锦,又是一本绝好的英语泛读教材。

版权所有,翻印必究。举报电话:010-62782989 13501256678 13801310933

### 图书在版编目(CIP)数据

英语阅读助读词典/席玉虎主编. —北京:清华大学出版社,2004.9

ISBN 7-302-08976-0

.英... .席... .英语 - 词典 . H316

中国版本图书馆 CIP 数据核字(2004)第 064678 号

出 版 者:清华大学出版社

<http://www.tup.com.cn>

社 总 机:010-62770175

地 址:北京清华大学学研大厦

邮 编:100084

客户服务:010-62776969

责任编辑:徐梦非

印 装 者:三河市春园印刷有限公司

发 行 者:新华书店总店北京发行所

开 本:140×203 印张:25.625 字数:961千字

版 次:2004年9月第1版 2005年10月第2次印刷

书 号:ISBN 7-302-08976-0/H·584

印 数:9001~10000

定 价:48.00元

## 主要编写人员

策 划 席玉虎 高正心

主 编 席玉虎

执行主编 高正心

副 主 编 孙志勇 冯向平 班健民 师传宝 刘永俊

编 者 罗炳宽 郭满栋 孟 飞 杨行胜 孙卫东

韩美竹 陈淑芬 蒋建平 耿志华 王俊平

秦 杰 于海江 张振梅 刘维仲 郜 刚

杜雅丽 彭荣华 夏惠敏 曹爱民 高兰香

董红琴 段建敏 路明华 王 嵘 高洪山

韩长青 李 军 高文军 杨建华 张师大

高兰英 薛冬青 陈燕红 李昭夏 张周国



## 前 言

阅读是吸收信息的重要渠道。为了提高英语阅读能力,必须阅读大量内容广泛的文章,但在阅读过程中会遇到各种各样的障碍,如外国地名、人名、历史事件、国际组织以及高科技词汇等等,这些障碍妨碍了阅读的速度和对内容的理解。为了帮助学生清除这些障碍,提高英语阅读能力,《英语周报》社组织国内有影响的专家和学者编写出版了这本《英语阅读助读词典》(*A Dictionary for Removing Obstacles in English Reading*),专供大、中学生和英语教师参考使用。

本词典是《英语阅读四功能系列词典》之一,有以下功能:排除阅读障碍,欣赏对照读物,提供语言背景,介绍西方文化。本词典虽四项功能俱备,但更侧重于第一项功能,即排除阅读障碍。

本词典对每个英语词条的解释,不是只给一个英语等同词,而是用一篇完整的英语短文对其内容进行详解,而且在短文后附有言简意赅、语言流畅的汉语译文。所以每个词条就是一篇英汉对照读物。

本词典收入各类词条 2000 余个,其中社会科学领域的词条约占 80%,自然科学领域的约占 20%。这些词条涉及当代世界政治、经济、文化发展的方方面面,反映了当代世界发展的大趋势。

全书结构分为三大板块:

词典条目篇(Dictionary entries):这是词典的主体部分,占全书篇幅的 90%,供读者查阅有关信息,排除阅读障碍。

阅读欣赏篇(Enjoyment of reading):这部分精选了 17 篇内容丰富、生动有趣、可读性强的英汉对照读物,供读者阅读欣赏。

附录部分(Appendixes): 这部分收集了 15 个附录, 包括内容广泛的世界知识。

本词典的词条按英语字母顺序排列, 每个词条英语在前, 汉语在后, 如 ABC 美国广播公司, acid rain 酸雨, Aeolus 风神; Baltic Sea 波罗的海, ballet 芭蕾, the Bible《圣经》等。

本词典具有词条内容丰富, 释义详尽准确, 文章可读性强, 语言生动流畅等特点, 不失为一本较为理想的工具书。但由于我们学识与水平有限, 疏漏与差错之处在所难免, 恳请广大读者批评指正。

席玉虎

2003.8.1



## 目 录

前言 .....	
第一部分 词典条目篇 .....	1
第二部分 阅读欣赏篇 .....	719
第三部分 附录 .....	749
附录 1 国际奥委会历任主席 .....	750
附录 2 联合国历任秘书长 .....	751
附录 3 世界节日和纪念日 .....	752
附录 4 世界地理集锦 .....	759
附录 5 历届奥运会举办城市 .....	764
附录 6 英国桂冠诗人 .....	765
附录 7 美国总统一览表 .....	766
附录 8 世界各国面积、人口及首都 .....	769
附录 9 美国各州面积、人口及首府 .....	777
附录 10 美国州名缩写及俗称 .....	779
附录 11 重要国际组织一览表 .....	781
附录 12 美国历史大事年表 .....	784
附录 13 常用英语电信词汇 .....	790
附录 14 常用多媒体、电脑英语词语 .....	796
附录 15 英语常用缩略语 .....	803

# 第一部分 词典条目篇

# A

## ABC 美国广播公司

American Broadcasting Company(ABC) is one of the three major American television networks .It is the last of the three major networks to come into existence .ABC pioneered programming for young adult audiences .This began in the 1950s .It broadcast TV s first miniseries, *QB* , in 1974 .

Traditionally, ABC has had a strong station group .Through the years, ABC has also been strong in its daytime lineup and in sports .It has broadcast more Olympics than either of the other networks .

美国广播公司是美国三大电视网之一,它是最后一个成立的。其在为年轻的成年观众制作节目方面是开拓者。这开始于 20 世纪 50 年代。1974 年,它在电视上播出第一部小型系列剧《QB 七世》。

从传统来看,ABC 有强大的电台组。若干年以来,白天专题节目和体育节目一直是 ABC 的强项。它比另外两家电视网转播了更多的奥运会节目。

## ABC, The 澳大利亚广播公司

The ABC stands for the Australian Broadcasting Corporation, a non-commercial national radio and television service founded mostly by the Government .The ABC has domestic network of offices in all capital cities and major regional cities as well as an international network of bureaus .In addition to the regular news and current affairs programmes, it also provides a variety of programmes on children and education ,arts ,sport and documentaries and other programmes .Radio Australia is its overseas service .

ABC 是澳大利亚广播公司(The Australian Broadcasting Corporation)的简称。它主要由政府资助,是非商业性的服务全国的电台和电视广播。ABC 不仅在各州府及各地主要城市拥有国内网络的办公室,而且拥有国际网办公署(处)。除了正常的新闻和时事节目,它还播出有关儿童、教育、艺术、体育节目、纪录片和其他的节目。ABC 对海外的广播是澳大利亚广播电台。

## Abidjan 阿比让

Abidjan, the former capital and the biggest harbor of Cote d'Ivoire, is the national economic, cultural and traffic center .It is one of the biggest deepwater ports in Africa .There are two million people in this city and the Ivory Hotel is

more than thirty stories .The best-known “ Ivory Market ” is there, too .Eighty-five percent of the industrial population and two thirds of the industrial products are concentrated there .There are many industrial departments such as oil refinement, automobile assemble, processing of agricultural product, food, textile and building materials .

阿比让是科特迪瓦原首都和最大港市,是全国经济、文化和交通中心,是非洲最大的深水港之一。人口 200 万。市内有高 30 多层的“象牙旅馆”和闻名遐迩的象牙市场。阿比让集中了全国 85% 的工业人口和 2/3 的工业产值,有炼油、汽车装配、农产品加工、食品、纺织、建材等部门。

#### ABM Treaty( Anti-Ballistic Missile Treaty) 《反弹道导弹条约》

*The Anti-Ballistic Missile ( ABM ) Treaty* is an agreement on keeping world peace that the politicians between the USA and the former Soviet Union made their great efforts to reach .The American President and the former Soviet Union leader signed *the ABM Treaty* in Moscow on May 26, 1972 .The treaty states that the two sides make sure that they don t develop, test and arrange the motorized anti-ballistic missile system and its parts on the bases of ocean, air, space and land .

On December 13, 2001 ,the United States announced that it got out of *the ABM Treaty* made in 1972 for its own security .

《反弹道导弹条约》是美苏两国政治家费尽千辛万苦达成的一项维护世界和平的协议。1972 年 5 月 26 日,美国总统和前苏联领导人在莫斯科签署了《美苏关于限制反弹道导弹系统条约》。条约规定双方保证不研制试验或部署以海洋、空中、空间以及陆地为基础的机动反弹道导弹系统及其组成部分。

美国为了它自己的安全利益,于 2001 年 12 月 13 日宣布退出《反弹道导弹条约》。

#### Abraham Lincoln 林肯(1809—1865)

Abraham Lincoln, 16th president of the United States, was born in a poor American peasant family in 1809 .He attended school from time to time for only about one year and he mainly taught himself .When he was 27 years old, he passed the examination and became a lawyer .

Lincoln was ordinary-looking, but his amiable appearance suggested kindness .He was very intelligent, patient and sympathetic .He was elected as President in 1860 .At that time the Civil War broke out and Lincoln led the North towards the victory .He declared the abolishing of slavery system .Since Lincoln played a very important role in winning the war, in 1864, he was

## A

re-elected as President for a second term .But on Thursday night, April 13, 1865, this outstanding American president was assassinated in a theatre .

亚伯拉罕·林肯,美国的第16位总统,1809年出生于美国一个贫穷的农家。他断断续续上过不到一年的学,学问主要靠刻苦自修。在他27岁那年,林肯通过考试取得当律师的资格。

林肯虽然其貌不扬,但他慈祥的面庞使人有一种亲切感,他非常的聪颖,极富耐心和同情心。1860年林肯当选为美国总统。当时正值美国的南北战争,林肯领导北方获得胜利。他宣布废除了奴隶制度。由于林肯对战争的胜利起到了非常重要的作用,在1864年,他又一次当选为总统。然而,1865年4月13日星期四的晚上,这位杰出的美国总统却在戏院里被刺丧生。

### absolute entropy 绝对熵

Absolute entropy (of a substance): The increase in the entropy of a substance as it goes from a perfectly ordered crystalline form at 00 (where its entropy is zero) to the temperature in question .

Absolute zero: The zero point on the absolute temperature scale: 273 .15 or 00 ; theoretically, the temperature at which molecular motion ceases .

绝对熵:当物体在00时从完整排列的晶体状态(此时它的熵为0)转化到我们关注的温度时,它的熵必定增加。

绝对零度:是绝对温度单位中的零点: - 273 .15 或 00 ;理论上,处于绝对零度时分子的热运动停止。

### absolute threshold 绝对阈限

We can feel it only when the stimulation gets to some extent .The dust in air can not be felt when it flies to people s skin because this stimulation is too weak .We call the amount of the weakest stimulation that can justly be felt absolute threshold .

刺激只有达到一定的程度才能被我们觉察到,像空气中的尘埃由于是过弱的刺激,因此当它落到人的皮肤上时是不能被觉察到的。我们把那种刚刚能够觉察到的最小刺激量称为绝对阈限。

### Abu Simbel 阿布辛波

Abu Simbel is an old temple .It lies on the west shore of Nile in Egypt and it is about 1,227 kilometres away from the south of Cairo .Abu Simbel includes two god palaces built in 1250 BC .They look down at the river .Four symmetric gigantic stone statues stand in front of main entrance to god palaces .Someone once described the stone statues like this,“ If you stand on the lip of the stone

statue, you can't touch its eyebrow .”

When people built big dam in the 1960s, the two old buildings might be drowned .So the UNESCO made a plan to save the old temple .

阿布辛波是一座古庙。它位于埃及尼罗河西岸,在开罗以南大约 1 227 千米处。阿布辛波包括两座神殿,大约建于公元前 1250 年。神殿俯瞰河水,在神殿正门前方矗立着四个对称的巨大石像。有人曾对石像做过这样的描绘:“如果你站在石像的嘴唇上,你还摸不到他的眉毛。”

20 世纪 60 年代,当人们兴建大坝时,这两座古建筑有可能被淹没。因此,联合国教科文组织作出了拯救古庙的计划。

**acceleration** 加速度

The speed's quantity of change in unit time is called acceleration .

单位时间内速度的改变量叫加速度。

**accelerator** 加速剂

Any substance that speeds up the rate of a reaction .In photography, an accelerator speeds the action of a developer .In structural engineering, an accelerator speeds the setting of concrete .In the manufacture of plastics, an accelerator is used to speed up the curing of epoxy and other resin-type plastics .

加速剂(催化剂),是加速反应速度的物质。摄影术中,采用催化剂可以加快显影速度。在建筑工程中,催化剂可以加快混凝土成形。在塑料生产中,某种催化剂能加速环氧和其他树脂塑料的加工成形。

**accessory** 辅助设备

Accessory is an extra, add-on device, such as a mouse or printer, which is attached to or used with a computer .

辅助设备是指连到计算机或与计算机一起使用的额外附加设备,如鼠标器或打印机。

**Accra** 阿克拉

Accra is the capital and largest city of Ghana .In history, it was the headquarters that western colonialists plundered gold and trafficked slaves . With a population of 950,000, it is the centre of politics, economy and culture of the country and the largest distribution centre of cocoa, aluminum nail, gold and diamond .The Science City nearby is the national scientific research centre, including one science palace and fifteen scientific research centres .

阿克拉是加纳的首都和最大城市。在历史上,这里是西方殖民主义者掠

## A

夺黄金和贩卖奴隶的大本营。阿克拉人口 95 万,是全国政治、经济、文化的中心,是全国最大的可可、铝锭、黄金、钻石的集散地。附近的科学城是全国的科研中心,包括一个科学宫和 15 个科研中心。

## acetaldehyde 乙醛

$\text{CH}_3\text{CHO}$ , a colourless, flammable liquid .This is a fairly simple aldehyde that is found in the atmosphere as a result of emissions from the manufacture of acetic acid, plastics, raw materials, and as a product in some polluted air oxidation reactions .It is used to manufacture acetic acid, perfumes, and drugs .

乙醛  $\text{CH}_3\text{CHO}$  是一种无色、易燃的液体。这是一个相当简单的醛,由于在乙酸、塑料、原料的生产加工过程中释放以及某些污染空气的氧化反应而存在于大气中,它可用于生产乙酸、香水和麻醉药。

## acetic acid 醋酸

$\text{CH}_3\text{COOH}$ , a colourless liquid with a sharp, irritating odour and sour taste In aqueous solution, it functions as a weak acid .Pure acetic acid, because it freezes at slightly below ordinary room temperature, is called glacial acetic acid .Acetic acid can be prepared by the action of air on solutions of alcohol in the presence of certain strains of bacteria .Dilute solutions (4 to 8 percent) prepared in this way from wine, cider, or malt are called vinegar .

Acetic acid is used in the production of acetate rayon, plastics, photographic film, paint solvents, and pharmaceuticals such as aspirin .Acetic acid boils at 118 (245 ) and melts at 17 (62 ) .

或乙酸,  $\text{CH}_3\text{COOH}$ , 具有强烈刺激气味和酸味的无色液体。在水溶液中呈现为弱酸。纯乙酸, 由于在略低于通常室温的情况下就冻结, 所以也叫做冰醋酸。含有某类细菌的酒精, 在溶入空气后可以产生醋酸。醋酸用于生产醋酸纤维、塑料、照相胶片、油漆溶液以及医药品如阿司匹林。其沸点为 118 (245 ), 熔点为 17 (62 )。

## acetic anhydrite 无水醋酸

colorless, volatile, mobile ( free-flowing ) liquid,  $(\text{CH}_3\text{CO})_2\text{O}$ , with an irritating odour It is primarily employed as an intermediate in the manufacture of industrial chemicals, pharmaceuticals, perfumes, plastics, synthetic fibers, explosives, weed killers, and other chemical products .It is manufactured by the dehydration of acetic acid or by the oxidation of acetaldehyde .Acetic anhydrite produced is mainly used for the manufacture of cellulose acetate and aspirin . Acetic anhydrite melts at - 73 ( - 99 .4 ), boils at 139 .6 (283 .3 ), and

has a density of 1.082g per ml .

乙酸酐,无水醋酸,  $(\text{CH}_3\text{CO})_2\text{O}$ , 一种具有刺激性气味的无色,易流动的挥发性液体。主要用作中间媒介物以生产工业化学制品、医药品、香水、塑料、合成纤维、炸药、除草剂及其他化学产品。通过乙酸脱水或乙醛氧化可生产乙酸酐。乙酸酐主要用于生产醋酸纤维素和阿司匹林。其熔点为  $-73$  ( $-99.4$ ), 沸点为  $139.6$  ( $283.3$ ), 密度为  $1.082\text{g/ml}$ 。

#### acetone 丙酮

Also called dimethyl ketone,  $\text{CH}_3\text{COCH}_3$  a colourless, flammable liquid, the simplest of the organic chemicals are called ketones. Completely soluble in water and organic solvents, acetone itself is an important solvent and is used both in the laboratory and in industry. It has a mild, pleasant odour, boils at  $56$  ( $133$ ), and melts at  $-95$  ( $-139$ ). Enormous quantities are used as solvents for cellulose acetate in the production of rayon and as a gelatinizing agent for explosives. Acetone is also used as an ingredient in lacquer solvent and to dissolve gums and resins. It is the solvent in rubber cement and in some cleaning fluids. Acetone can be prepared in the laboratory by oxidation of isopropyl alcohol, by heating calcium acetate, or by fermenting sugar with certain bacteria. Currently, we use benzene and propene to produce acetone.

也称二甲基甲酮,  $\text{CH}_3\text{COCH}_3$ , 一种无色、易燃的液体。人们将最简单的有机化学制品称作酮。丙酮可完全溶于水和有机溶剂, 而它本身就是一种重要的溶剂, 应用于实验室和工业中。它有轻微的愉人的气味。沸点为  $56$  ( $113$ ), 熔点为  $-95$  ( $-139$ )。巨大数量的丙酮用作人造丝的生产中醋酸纤维素的溶剂和炸药的成胶剂, 也可用于漆用溶剂的一种成分, 溶解橡胶和树脂。它是橡胶胶水和一些清洁液的溶剂。实验室中, 可以通过异丙醇的氧化、加热乙酸钙或用某种细菌发酵糖得到。现在, 人们利用苯和丙烯生产丙酮。

#### acetylene 电石气

Also known as ethyne, colourless, odourless, flammable gas. As ordinarily prepared it has an unpleasant odour due to impurities. Acetylene can be prepared from any of various organic compounds by heating them, but it is produced commercially by the reaction of calcium carbide with water or as a by-product of the production of ethylene. Although acetylene can be liquefied at ordinary temperature with high pressure, it is violently explosive as a liquid. Acetylene gas is usually stored in metal tanks, under pressure, dissolved in liquid acetone.

## A

Acetylene burns in air with a hot and brilliant flame. It was formerly much used as an illuminant and is now mainly used in the oxyacetylene torch, in which acetylene is burned in oxygen, producing a very hot flame used for welding and cutting metal. Acetylene is also used in chemical synthesis, particularly in the manufacture of vinyl chloride for plastics, acetaldehyde, and the neoprene type of synthetic rubber. Acetylene has a melting point of  $-81$  ( $-113.8$ ) and a boiling point of  $-57$  ( $-70.6$ ).

又名乙炔,无色、无味、易燃的气体。普通生产的乙炔有一种讨厌的气味是由混杂物引起的。所有类型的有机化合物在空气中燃烧都可产生乙炔,商业生产乙炔是通过电石和水的反应或生产乙烯时作为副产品而产生。尽管乙炔在高压常温下可以液化,但液态的乙炔易于猛烈的爆炸。通常把乙炔气溶于丙酮中,加压后储存在金属罐中。

乙炔在空气中燃烧产生热和明亮的火焰,早期被用来照明,现在主要用于氧乙炔炬,在氧气中燃烧,产生极热的火焰以焊接或切割金属。乙炔也用于化学合成中,尤其是生产塑料用的氯乙烯,乙醛和氯丁橡胶类合成橡胶。乙炔熔点为  $-81$  ( $-113.8$ ),沸点为  $-57$  ( $-70.6$ )。

## acid 酸

A chemical substance that is capable of joining with a base to form water and salt. An acid can turn blue litmus paper red. Acid has a sour taste, but many acids cause burns. It should not be tasted or touched.

酸是一种化学物质。酸碱反应能形成盐和水。酸能使蓝色石蕊试纸变红。它有酸味,许多种酸能引起燃烧,所以酸不能口尝或用手触摸。

## acid rain 酸雨

The rain mixes in the air with pollution from burning fossil fuels—particularly in power stations, factories and motor vehicles—and brings down sulphuric acid.

Acid rain is killing fish and other water life and corroding buildings, including some of the world's most important ancient monuments. It may also damage forests and croplands, and possibly pose a substantial threat to health.

Lakes and rivers are the first victims of acid rain. Hundreds of lakes have turned acid. As the water becomes more acid, the amount of aluminium in it starts to increase rapidly. Large-scale fish kills have been recorded in some lakes, and these have been attributed to aluminium poisoning rather than too high acidity alone.

Acid rain is likely to occur wherever fossil fuels are intensively used.

雨水在空气中与矿物燃料燃烧时所产生的污染物相混合,特别是与发电厂、工厂和汽车所产生的污染物混合,把硫酸带到地面。

酸雨正在杀害鱼类和水中其他生命,并侵蚀建筑物,其中包括一些世界上最重要的古迹。它还能破坏森林、农田以及严重威胁人类健康。

首先受酸雨之害的是湖泊和河流。许多湖泊已变酸。由于水越来越酸,水中铝的含量也开始迅速增长,某些湖中大量鱼类死亡已有记录,这主要是因为铝中毒,而不是由于酸度高。

凡大量使用矿物燃料的地方,都可能降酸雨。

### acids and bases 酸和碱

acids and bases:two classes of chemical compounds that display generally opposite characteristics .Acids taste sour, turn litmus(a pink dye derived from lichens)red, and often react with some metals to produce hydrogen gas .Bases taste bitter, turn litmus blue, and feel slippery .When aqueous(water) solutions of an acid and a base are combined, a neutralization reaction occurs .This reaction is characteristically very rapid and generally produces water and salt .

酸和碱是两类呈现出相反特性的化合物。酸,味酸,使石蕊(从地衣中提取的粉红色染料)变红,一般可同一些金属发生反应产生氢气。碱,味苦,使石蕊变蓝,触感光滑。当酸和碱混合于水溶液时,就会发生中和反应。这种反应的特点是反应迅速,通常产生水和盐。

### acoustic coupler 声耦合器

Acoustic coupler is the device that connects to a telephone handset, converting binary computer data into sound signals to allow data to be transmitted down a telephone line .The acoustic coupler also converts back from sound signals to digital signals when receiving messages .It is basically the same as a modem but uses a handset on which a loudspeaker is placed to send the signals rather than direct connection to the phone line .One major advantage of an acoustic coupler is that it is portable, and clips over both ends of a normal telephone handset It can be used even in a public phone booth .

声耦合器是连接电话听筒的设备,它把二进制计算机数据转换成沿电话线传输的声音信号。在接收信息时,声耦合器还可把声音信号转换成数字信号。它基本上与调制解调器一样,但它使用装有扩音器的听筒发送信号,而不是直接连到电话线上。声耦合器的一个主要优点是便于携带,可以固定在普通电话机听筒的两端,甚至在公用电话间中也可以使用。

## A

**actinide series 锕系元素**

actinide series: a series of 15 radioactive elements in the periodic table with atomic numbers 89 through 103. Only the first four elements in the series have been found in nature in appreciable amounts; the remainder have been produced synthetically. Those elements with atomic numbers of 93 and above are called transuranium elements. The elements constituting the actinide series are, in order of increasing atomic number, actinium, thorium, protactinium, uranium, neptunium, plutonium, americium, curium, berkelium, californium, einsteinium, fermium, mendelevium, nobelium and lawrencium.

锕系元素是元素周期表中 15 种放射性元素, 其原子序号从 89 ~ 103。该系列中只有前四种以可感知的数量在自然中存在, 其余的是人工合成的。原子号为 93 或大于 93 的元素称为超铀元素或铀后元素。构成锕系元素的原子依其原子序号递增分别为: 锕、钍、镤、铀、镎、钚、镅、锔、锿、镆、锎、锇、钫、钷、铈和镧。

**acupuncture 针刺疗法**

A traditional Chinese method of treating illnesses or relieving pain by inserting a needle or needles at certain point(s) of the human body.

Acupuncture has been practised in China for more than 2,000 years, but its use in western world is still very new. The first foreigner to introduce acupuncture to the west was Georges Soulie de Moraut, the French consul in Shanghai at the beginning of the 20th century. Now acupuncture clinics have been set up in France, Canada, the United States, New Zealand and some other countries in the world.

How does acupuncture work? Now no very satisfactory answer has been given, but there are at least three theories: First, Acupuncture somehow produces an effect upon the central nervous system. Second, Acupuncture produces a chemical change in the body's fluids. Third, the needles make contact with an unknown system of energy in the body which travels along certain routes under the skin.

The true explanation may be one of these or a combination of more than one. Or it may be something entirely different.

针刺疗法是中国传统的治疗疾病和解除疼痛的方法。通过在人体某个(几个)点扎入一只或几只针而达到治疗目的。

针刺疗法在中国已使用了两千多年,但在西方还是很新鲜的事。把针刺疗法介绍到西方的第一个外国人是 20 世纪初驻上海的法国领事——乔治。

现在针疗所已在法国、加拿大、美国、新西兰以及世界其他国家建立起来。

A

针刺疗法是如何奏效的？目前还没有很满意的解答。但至少有三种理论：第一，它对中枢神经系统产生了效果；第二，它在人的流体中产生了化学反应；第三，针触及了身体中一个未知的能量系统，它在皮肤下面沿某种路径运行着。正确的解释可能是其中之一，也可能是几个的组合，或者是其他完全不同的东西。

#### Adam 亚当

The Lord God made the earth and the heavens, but every plant of the field before it was in the earth, and no herb of the field before it grew: for the Lord God had not caused it to rain upon the earth, and there was not a man to the ground. But there went up a mist from the earth, and watered the whole face of the ground. And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed.

耶和华创造了天地，但是野地还没有草木，田间百草还没有长起来，因为耶和华神还没有降雨在地上，也没有人耕地。但有雾气从地上腾起，滋润遍地。于是耶和华神用地上的尘土造人，把生气吹到他的鼻孔里，使他有了生命，并将他命名为亚当。耶和华神在东方的伊甸建造了一个花园，把所造的男人安置在伊甸园里。

#### Addis Abeba 亚的斯亚贝巴

Built over 100 years ago, Addis Abeba, the capital and largest city of the ancient African country Ethiopia, with a population of 2,350,000, is the political, economic and cultural centre and hub of communication in the whole country. More than half of the industries are gathered here, mainly in textile, building material, food, chemical engineering. There are a lot of historic sites in the city, which is the only city where there are no doorplates.

亚的斯亚贝巴是非洲古国埃塞俄比亚的首都和最大城市。人口 235 万。它建于百余年前，现为全国政治、经济、文化中心和交通枢纽。全国半数以上工业集中于此，以纺织、建材、食品、化工为主。市内古迹众多。它是世界上惟一没有门牌的城市。

#### additives 添加剂

Chemicals which have been added to food or drink during its processing or preparation. They are usually added for a particular purpose. For example,