

C 疯狂英语

CRAZY ENGLISH

国内的学生、老师以及家长都对英美国家的课本充满了好奇，希望能了解这些材料，借助它们来学好英语。本书就为你揭开国外课本的神秘面纱，让你足不出户就能与国外学生的学习保持同步。

取材地道

精选美国中学课本，囊括社会科学、自然科学、文学等各个科目，让你全面掌握国外的教材，学到地道的英语。

内容丰富

每篇文章后面都附有“‘美’事一桩”——相关的社会、文化知识，能开阔你的眼界，让你在紧张的学习之余放松心情，而且对于英语的学习也大有裨益。

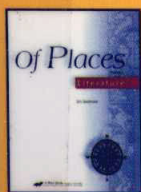
活学活用

难易适中的练习，让你不仅仅停留在了解的层面上，更能将其内化为自己的东西。

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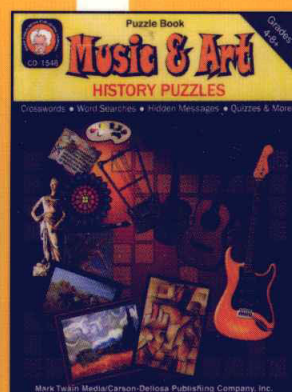
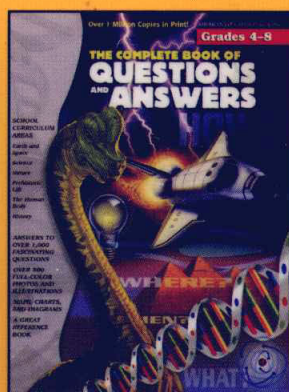
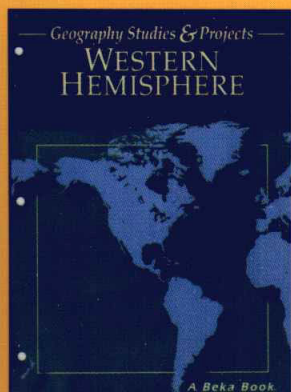
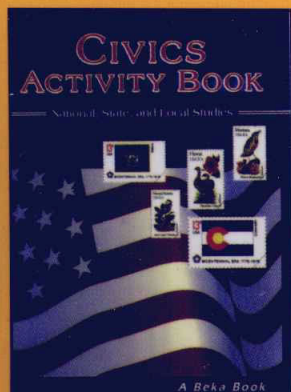
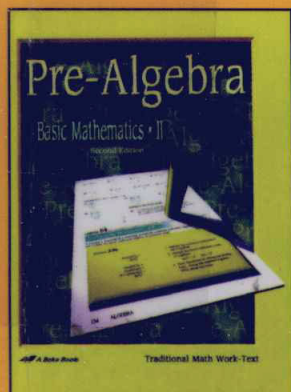
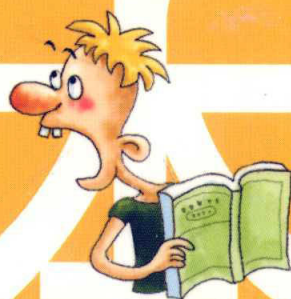
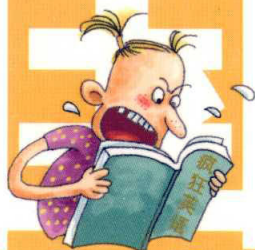
张 蕾 主编



跟美国学生一起学英语

中级版

美国各科课本



中山大学出版社



疯狂英语

CRAZY ENGLISH



精选的教材、详细的注解、巧妙的练习、精确的译文、丰富的文化，让你在了解国外课本的同时还能加深对国外文化的了解，同时提升你的英语水平。你还在等什么呢？现在就随我们一起开启不出国门的“留学之旅”吧！



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PREFACE 前言

目前,英语学习在中国仍然热度不减。然而,读者们可以选择的英语学习读物大多拘泥于对英语语言本身的学习,往往忽略语言背后所蕴涵的文化元素。与此同时,大多数的英语读物都趋于选择经典的文学作品,而忽略了其他文体中语言的特色。《疯狂英语:跟美国学生一起学英语·中级版》正是致力于填补这几方面的空白。

本书涉及内容广泛,所有材料均选自美国现行中等学校课本,包括社会科学、自然科学、文学等多学科领域。就阅读材料本身而言,文学方面文章的选择比较偏重于语言本身,在阅读中,读者可以尽情地领略和体味英语语言的魅力。自然科学的文章都非常有专业性,不仅为读者提供了大量的相关知识,更值得一提的是它们所涵盖的大量的专业阅读词汇。社会学科则是在介绍基本常识的基础上较为深入地挖掘了美国一些社会现象所产生的根源和发展趋势,为读者进一步详细了解美国社会提供了重要参考。

本书的每篇文章后都附有阅读所需的词汇和短语,并侧重于大学英语四、六级词汇的讲解。值得一提的是,在“语句荟萃”部分,所有短语的例句都经过精挑细选,通过学习,读者可以熟练地掌握相关短语的用法。此外,每篇文章后附带的课后练习也对文章中出现的词汇和短语进行了进一步讲解。同时,还考查了读者对文章内容的理解程度。文章所对应的参考译文更是为读者全面了解文章内容提供了方便,同时对于有翻译兴趣的读者来说,参考译文也可以作为检验自己翻译质量的范本。

本书的另一亮点就是与每篇文章内容相关的扩展板块——“美”事一桩。这一板块致力于配合文章本身,扩充读者对相关话题的了解,尤其侧重于与现实生活的联系,期望读者在阅读之后能够更多地体会美国及西方社会的历史背景和人文文化,同时也帮助读者更为深刻地理解前面所阅读的文章。

由于本书涉及学科跨度很大,因此适合有不同兴趣的英语学习者选读,这也打破了普通英语读物多限于文科材料的束缚。学科的侧重点不同,文章的阅读难度对于不同读者来说感受也不同。因此,本书适合各类读者选择。

祝大家阅读快乐!

编者

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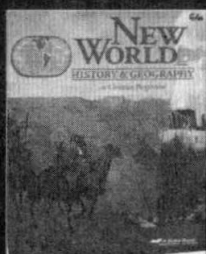
Social Studies

社会科学

1

The First Americans and the Land They Found

第一批美洲人及美洲的发现



“美洲”在西半球，位于大西洋与太平洋之间，北濒北冰洋，南隔德雷克海峡与南极洲相望，由北美和南美两个大陆及其附近许多岛屿组成。巴拿马运河一般作为南北美洲的分界线。在政治地理上则把墨西哥、中美洲、西印度群岛和南美洲统称为拉丁美洲，北美洲仅指加拿大、美国、格陵兰岛、圣皮埃尔和密克隆岛、百慕大群岛。面积4200余万平方公里，人口6.47亿（1983年）。

THE FIRST AMERICANS AND THE LAND THEY FOUND

History is the record of what has happened to mankind. It is the true story of what man has done with the time and other resources God has given him. Geography is the study of the earth, including all the continents, islands, oceans, rivers, mountains, and plains that God created. The study of animals and their habitats¹, as well as, people and their cultures, is also part of geography. Learning about our planet's history and geography helps us to understand what is happening around us.

During this study we will be learning about the New World—the continents and

islands of the Western Hemisphere². North America, South America, and the many islands rising up out of the Caribbean³ Sea are all part of the New World.

The Greatest Migration⁴ in History

Over four thousand years ago, after the great Flood of Noah's⁵ day, God caused the people of the world to speak many different languages and scattered⁶ them from the Tower of Babel⁷ “upon the face of all the earth.”

Some people stayed in the Middle East, near the site of the Tower of Babel. Others journeyed west and south into Africa, north

and west into Europe, or east into Asia. Some went southeast and eventually⁸ reached what is today called Australia.

The ancestors⁹ of the native Americans (who would eventually speak around 1,000 different languages) left the Tower of Babel to begin what was the greatest migration in history. (A migration is the movement of a group of people or animals from one part of the world to another.) They eventually arrived in North America and South America, the area of the earth that we call the Western Hemisphere, or the New World. During their great migration, these Indians probably became the first people to discover America.

A Land Bridge

How did these Indians get to America? Most people think that they walked over from Asia! This may be surprising if you look at a map or globe¹⁰ and see the lands of the Western Hemisphere separated from Asia by the Pacific Ocean. But if you look more closely, you can find one possible answer to the difficulty. Far to the north, Asia and North America are separated only by a distance of about fifty miles. On the Asian side is Russia, and on the North American side is Alaska, which is part of the United States. The narrow body of water that links the Arctic¹¹ Ocean to the Pacific's Bering Sea and separates Russia from Alaska is called the Bering Strait¹². A *strait* is a narrow body of water that connects two larger bodies

of water. Many people think that what is now the Bering Strait was dry land many years ago. If so, the first Americans could have used the land as a bridge. Scientists have found evidence—such as campfire¹³ remains¹⁴ and the bones of land mammals¹⁵—that supports the idea that the Bering Strait was once dry land.

The Animals Came First

The people who first came to the New World were probably skilled hunters. They may have followed the trails¹⁶ of the animals that had begun to multiply¹⁷ and spread out over the whole earth immediately after the Flood. The animals that left the Ark¹⁸ went north, south, east, and west, producing the infinite¹⁹ variety of animal life that now exists on the earth's continents. Some probably traveled east across the vast Asian continent and the Bering Strait as they made their way to North America. Many of these animals, drawn by strong instincts, were not content to stay in the north. They continued their migration until they reached Mexico, Central America, or South America, where the climate was suited to their physical²⁰ characteristics²¹ and habits.

Other animals that left the Ark may have walked, galloped²², trotted²³, slithered²⁴, crept²⁵, or run west across the African continent to South America. It might have taken many generations to complete the migration. How could they have walked from Africa to South America? They could not today, because 2,000

miles of ocean separate the two continents. Some people believe, however, that South America and Africa were at one time a single landmass²⁶. If you check a world map, you can see how the two continents could have fit together almost like pieces of a puzzle²⁷. The continents could have been divided during the days of Noah's great-great-great grandson Peleg, who was born 101 years after the Flood. Peleg's name means "divided," and the *Bible*

says that in his days the earth was divided (Gen. 10:25).

Today, South America has the widest variety of animals on any continent. The continent has nearly every type of climate and habitat, or setting in which certain types of plants and animals thrive²⁸. South America's large, lush²⁹ rain forests provide the perfect habitat for hundreds of thousands of mammals, reptiles³⁰, birds, and insects.

Notes

本文选自美国中学六年级（相当于中国的初一年级）历史与地理课本。



Vocabulary 新鲜酷词

1. **habitat** ['hæbitæt] *n.* 栖息地
2. **hemisphere** ['hemisfiə] *n.* 半球
3. **Caribbean** [kæri'bi:ən] *adj.* 加勒比海的
4. **migration** [mai'greiʃən] *n.* 移居, 迁徙
5. **Noah** ['nəʊə] *n.* 诺亚(《圣经》故事人物, 洪水灭世后人类的新始祖)
6. **scatter** ['skætə] *vt.* 使分散
7. **Babel** ['beɪbəl] *n.* (《圣经》中的城市)巴别
8. **eventually** [i'ventʃuəli] *adv.* 最后地, 最终发生地
9. **ancestor** ['ænsəstə] *n.* 祖先
10. **globe** [gləʊb] *n.* 地球仪
11. **Arctic** ['ɑ:ktɪk] *adj.* 北极的
12. **Bering Strait** ['berɪŋ streɪt] 白令海峡
13. **campfire** ['kæmp,faɪə] *n.* 营火, 篝火
14. **remains** [rɪ'meɪnz] *n.* [复] 剩余物, 残余, 遗迹

15. **mammal** [mæməl] *n.* 哺乳动物
16. **trail** [treɪl] *n.* 痕迹, 足迹
17. **multiply** ['mʌltɪplaɪ] *vi.* 繁殖
18. **Ark** [ɑ:k] *n.* 《圣经》中的方舟
19. **infinite** ['ɪnfənɪt] *adj.* 无限的, 无穷的
20. **physical** ['fɪzɪkəl] *adj.* 身体的, 肉体的
21. **characteristic** [kærəktə'rɪstɪk] *n.* 特征
22. **gallop** ['gæləp] *v.* 飞跑, 疾驰
23. **trot** [trɒt] *v.* 小跑, 快步走
24. **slither** ['slɪðə] *v.* 滑动, 滑行
25. **creep** [kri:p] (crept) *vi.* 爬行, 匍匐而行
26. **landmass** ['lændmæs] *n.* 大陆块
27. **puzzle** ['pʌzl] *n.* 拼图游戏
28. **thrive** [θraɪv] *vi.* 茁壮生长, 兴旺, 繁荣
29. **lush** [lʌʃ] *adj.* 葱翠的
30. **reptile** ['reptail] *n.* 爬行动物



Sentences 语句荟萃

1. as well as 也，还。意义上强调前者

- 1) He's got a car *as well as* a motorbike.

他不但有一辆摩托车，而且有一辆小汽车。

- 2) He publishes *as well as* prints his own books.

他的书是他自己印刷出版的。

- 3) I am ready to help you *as well as* they are.

不仅他们愿意帮助你，我也愿意帮助你。

2. could have done sth.

- 1) 表示本来能够做到某事却没做成。

I didn't go to the cinema yesterday. I *could have gone* if my sister had not been ill. I had to stay at home and take care of her.

昨天我没有去看电影。我本来是要去的，但是妹妹病了，我得在家照顾她。

- 2) 表示对过去发生事情的推测。

He was not at home last night. He *could have gone* to movies.

他昨晚不在家，可能去看电影了。

3. be content to do/with sth. 知足，满足

- 1) He *is content to* stay in his present job.

他对现在的工作心满意足。

- 2) *Are you content with* your present salary?

你对现在的薪水满意吗？



Exercise 牛刀小试

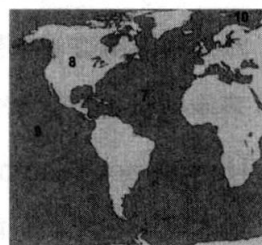
I. Matching: Put the letter representing the correct answer in the blank.

- _____ 1. the study of the earth
- _____ 2. the setting in which certain types of plants and animals thrive
- _____ 3. the hemisphere also known as the New World
- _____ 4. the region between the North Pole and the northern timberline
- _____ 5. the movement of one group of people or animals from one place to another
- _____ 6. a narrow body of water that connects two larger bodies of water

A. remains B. strait C. Eastern Hemisphere D. Arctic E. migration
 F. continent G. geography H. habitat I. Western Hemisphere J. Caribbean

II. Map Location: Identify these locations on the map below.

7. _____
8. _____
9. _____
10. _____



III. Blank Filling: Fill in the blanks according to the information given in the text.

11. The New world is composed of _____, _____ and _____ of Caribbean Sea.
12. During the great migration, _____ probably became the first people to discover America.
13. The first Americans could have used the _____ which could have been dry land many years ago as a land bridge to get to America and scientists have found evidence, such as _____ and _____ to support the idea.
14. How could the animals have walked from Africa to South America?

15. Why does South America have the widest variety of animals on the continent?

参考译文

第一批美洲人及美洲的发现

历史真实地记载了人类利用时间以及上帝赐予的其他资源所进行的一切活动。地理的研究对象是地球,包括上帝创造的所有大陆、岛屿、海洋、河流、山脉与平原。对动物及其栖息地,以及人类与文化的探索也是地理研究的一部分。了解我们星球的历史、地理有助于我们理解周围发生的变化。

在学习过程中,我们将要了解由北美洲、南美洲以及加勒比海上的众多岛屿所构成的新大陆,即西半球的大陆与岛屿。

历史上最大规模的迁徙

4000 多年前,人类经历了灭世洪灾,此后上帝将人们从巴别塔遣散至世界各地,并让其使用不同语言。

一些人留在离巴别塔不远的中东,另一些则分别从西、南两个方向前往非洲,西、北两个方向前往欧洲,以及向东前往亚洲,还有部分人向东南方向前行,最终抵达今天的澳大利亚。

美洲人的祖先(最终将使用 1000 种左右不同语言)离开巴别塔并开始历史上最大规模的迁徙(迁徙指的是一群人或动物从世界的一个地方移居至另一个地方)。他们最终抵达南北美洲,即我们所谓的西半球或新大陆。在他们的迁徙过程中,这些印第安人成为最早发现美洲的族群。

大陆桥

这些印第安人是怎样抵达美洲的? 大多数人认为他们是穿越了亚洲而来,这一想法势必令

你惊奇,因为你可以地图或是地球仪上发现西半球与亚洲之间隔着太平洋。但是,如果你看得更仔细些,问题便会迎刃而解。在最北面,亚洲和北美洲之间的距离仅约 50 英里。亚洲部分为俄罗斯,北美洲部分为美国的阿拉斯加,两地间连接北冰洋与太平洋白令海的狭窄水域名为白令海峡(它也是阿拉斯加与俄罗斯的分界)。海峡指的是连接两大海域的狭窄通道。许多人认为白令海峡所在地曾是陆地。如果是这样的话,那么第一批美洲人可能将其作为通行桥梁。科学家已经找到相关证据来支持这一观点,例如营火遗迹和陆地哺乳动物骨骼等。

动物最早迁徙

最早抵达新大陆的人可能是循着动物踪迹的经验丰富的猎人。经历了灭世洪灾后,这些动物已经开始繁殖并且迅速分布到世界各地。它们离开了诺亚方舟,分别向着东、南、西、北不同方向迁徙,繁衍出如今地球陆地上大量的物种。其中一些可能穿越了亚洲大陆和白令海峡,抵达北美洲。趋于本能,它们继续南迁至墨西哥、中美以及南美洲,它们的身体特征和习性更适应那里的气候。

其他离开诺亚方舟的动物可能以不同方式,或疾驰,或小跑,又或滑行,朝着西方穿越非洲大陆抵达南美洲。这个过程也许历经了好几世代才完成。它们是怎样从非洲抵达南美洲的? 今天肯定无法做到,因为两块大陆被长达 2000 英里的海洋分离。但是,一些人认为,南美洲和非洲曾经同

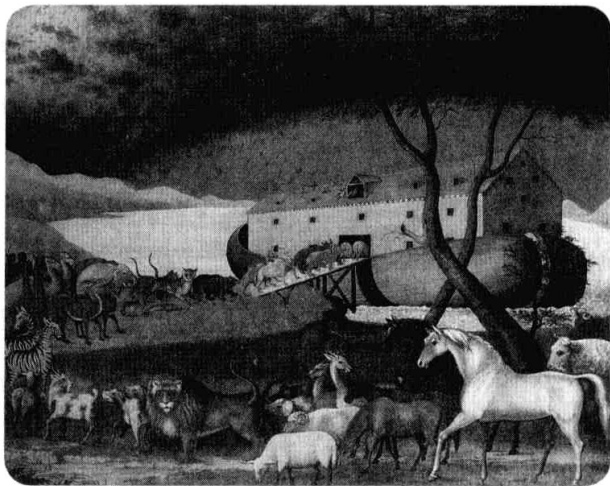
属一块大陆。如果仔细研究地图,你会看见两块大陆可以像拼图一样完全拼合。两块大陆可能在灭世洪灾发生 101 年后的诺亚重孙法勒时代被分离。法勒意为分离。《圣经》中记载在法勒时代,陆地被分割。(《创世纪》第 10 章第 25 节)

如今,南美洲是世界上物种最为丰富的大陆,这块大陆几乎拥有所有气候类型以及适合某些特定动植物繁衍的栖息地或生存环境。南美洲广阔、葱郁的雨林为成百上千种哺乳动物、爬行动物、鸟类及昆虫提供了极佳的栖息场所。

“美”事一桩

诺亚方舟

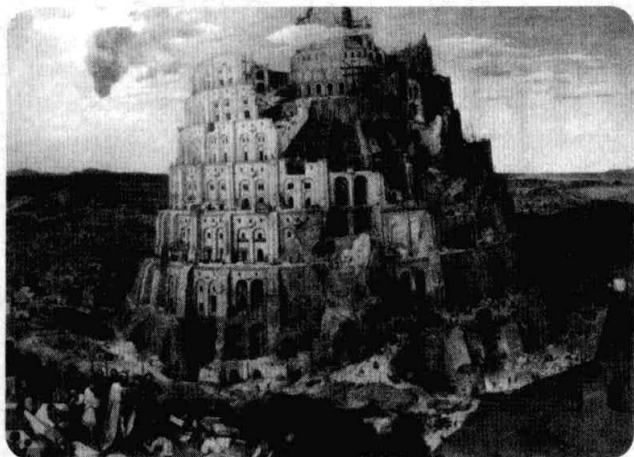
诺亚方舟 (Noah's Ark) 是《圣经·旧约》里的经典故事。上帝创造亚当和夏娃后,代代繁衍,子孙遍布世界各地。此后,该隐诛弟,揭开了人类互相残杀的序幕,人世间的暴力和罪恶到了无以复加的地步。上帝对人类的种种罪孽深感失望。他说:“我要将所造的人和走兽、昆虫以及空中的飞鸟都从地上消灭。”但是他又不舍将其造物全部毁掉,他希望新一代的人和动物能够悔过自新,建立一个理想的世界。于是上帝选中了仁义本分的诺亚,令其用歌斐木建造一只方舟。120



年之后,诺亚方舟造毕。上帝说:“看哪,我要使洪水在地上泛滥,毁灭天下,凡地上有血肉、有气息的活物无一不死。我却要与你立约,你同你的妻子、儿子、儿媳都要进入方舟。凡洁净的畜类,你要带 7 公 7 母;不洁净的畜类,你要带 1 公 1 母;空中的飞鸟也要带 7 公 7 母。这些都可以留种,将来在地上生殖。”诺亚遵其行事。7 天之后洪水自天而降,一连下了 40 个昼夜,一切生灵陷入没顶之灾,唯有诺亚家人与方舟中的生命得以存活。40 天后大水开始渐渐退去,方舟停靠在了亚拉腊山附近,诺亚放出一只鸽子,黄昏时分,鸽子衔回了橄榄枝,诺亚由此判断陆地洪水已退,便与家人与各种动物走出方舟,开始新的繁衍。后世的人们就用鸽子和橄榄枝来象征和平。

巴别塔

据《圣经》记载:灭世洪灾之后,诺亚的子孙开始繁衍,他们讲着同样的语言,拥有相同的口音。由于人口越来越多,遍布地面,他们开始向东迁移。在示拿地(古巴比伦附近),他们遇见一片平原,定居下来。由于平原上用做建筑的石料很不易得到,他们彼此商量说:“来吧,我们要做砖,把砖烧透了。”于是



他们拿砖当石头,又拿石漆当灰泥。他们又说:“来吧,我们要建造一座城和一座塔,塔顶通天,为要传扬我们的美名,免得我们分散在全地上。”由于大家语言相通,同心协力,建造中的高塔直插云霄,似乎要与天公一比高低。此举惊动了上帝,上帝深为人类的虚荣和傲慢而震怒。他无法容忍人类冒犯他的尊严,决定惩罚这些狂妄的人们,就像惩罚偷吃了禁果的亚当和夏娃一样。于是,上帝悄悄地离开天国来到人间,改

变并区别开了人类的语言,使他们因为语言不通而产生思想差异与文化分歧,并将他们分散在各地,巴别塔 (Tower of Babel) 于是半途而废了。

相关链接 : <http://www.mtime.com/movie/44726/> (美国电影《通天塔》影评资讯)

Answer

I. 1. G 2. H 3. I 4. J 5. E 6. B

II. 7. Atlantic Ocean 8. North America 9. Pacific Ocean 10. Arctic Ocean

III. 11. North America South America islands 12. Indians

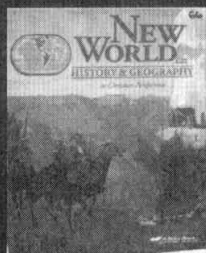
13. Bering Strait campfire remains and the bones of land mammals

14. South America and Africa could have been a single landmass at one time, so it was possible for the animals' migration to South America.

15. Because the continent has nearly every type of climate and habitat, or setting in which certain types of plants and animals can thrive.

How the American Indians Lived

印第安人如何生存



印第安人，又称美洲原住民，是除爱斯基摩人外的所有美洲土著居民的总称。印第安人即美洲土著居民。此人种分布于南北美洲各国，属蒙古人种美洲支系。使用印第安语，包括十几个语族，至今没有公认的语言分类。

HOW THE AMERICAN INDIANS LIVED

God provided well for the people who migrated to North and South America. The land, plants, and animals that they discovered were more than₁ sufficient¹ to meet their needs for food, clothing, and shelter², and God was faithful in keeping the promise He gave to all mankind after the Flood:

While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease³.

—Genesis 8:22

No matter where the new Americans settled—whether in the frozen north or in the deserts, in the mountains or along the

seashores, on the prairies⁴ or in the forests—all nature bore witness⁵ to₂ them of the faithfulness of their Creator. The Western Hemisphere Indians developed different cultures depending on where they settled. Although there were many differences among the tribes⁶, in many ways they were much alike.

Education

The children of most Indian tribes did not go to school. Instead, the girls were taught to be good housekeepers, food gatherers, and mothers, and the boys were trained to be brave, strong warriors⁷. The boys learned how to fish, hunt animals for food, and use

weapons such as the bow⁸ and arrow⁹ and the tomahawk¹⁰ (type of light ax). When a boy was about thirteen or fourteen, his strength and bravery were tested. If he passed the test, he was considered an adult. Some Indians, such as the Maya¹¹ and Aztecs¹², did have schools. The priests taught subjects such as mathematics, history, astronomy¹³, language, and religion. The educated people developed calendars¹⁴, systems of writing, and impressive building techniques.

Food, Clothing, and Shelter

Because the Indians were excellent hunters, meat was a main food. The people ate deer, buffalo¹⁵, antelope¹⁶, turkeys, rabbits, and guinea pigs¹⁷, and those who lived near water caught fish and dug for clams¹⁸. The land also provided many edible¹⁹ plants, from which the Indians gathered berries, nuts, roots, and seeds. Sassafras²⁰ roots and wintergreen berries were used to make tea. Many tribes raised crops such as maize²¹, beans, and squash²².

There were no horses, cattle, hogs²³, chickens, or meat tools in the Americas until the European introduced these things in the 1500s. The Indians taught the white men who began coming to America to make snowshoes, toboggans²⁴ (long, runnerless sleds), and canoes²⁵ and to grow such native American crops as corn, peanuts, potatoes, squash, tomatoes, and peppers.

The Indians used the skins of animals for

clothing. Deerskins, buffalo hides²⁶, and rabbit furs were made into shirts, leggings²⁷ (leather coverings that protect the legs), robes, sandals, and moccasins²⁸. Tribes in North America sometimes used tree bark and woven grasses for clothing.

Some Indians lived in tepees²⁹ which were made by sewing as many as twenty buffalo hides together and stretching the hides around a frame of poles. Others lived in wigwams³⁰ (dome³¹-shaped buildings covered with leaves and bark), lodges, hogans³² (circular dwellings made with logs and mud), mud or adobe³³ huts, stone houses, and other kinds of homes.

Recreation

Indians enjoyed playing games and competing in sports. Men ran footraces³⁴ and tested their accuracy in archery³⁵ (shooting with bows and arrows), and both men and women played several kinds of ball games. In winter months, people rode toboggans and probably had snowball fights. Guessing games were very popular for indoor entertainment.

Religion

Indians have a long heritage that goes all the way back to our first parents, Adam and Eve. Like all people everywhere, the Indians were made in the image of God, and after Adam's fall they inherited fallen human natures. All are in need of Christ as their Savior. Some of the best friends of the Indians

have been missionaries³⁶, including Christian Indians who have taken the gospel³⁷ message to their own peoples.

The early Americans, like most other early peoples, forsook³⁸ the things they once knew about God. Although they still told stories about the Creation and the Flood, they turned away from the truth and their accounts of these events were not accurate.

The Indians were not foolish enough to be atheists³⁹ (atheists: people who say there is no God). They knew that there is a God who made the world and all that is in it, but they did not know what He is like. They thought there was one Great Spirit who ruled over many other gods or spirits⁴⁰. Their ignorance of God's nature led them to the evils of idolatry⁴¹.

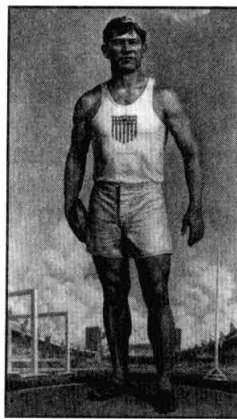
Rather than worshiping the God who made the mountains, plains, valleys, rivers, oceans, people, animals, and everything else, the Indians worshiped the spirits that they said lived in the mountains, trees, water, animals, plants, and other parts of nature. This spirit worship caused the Indians to live in fear of nature rather than conquer it as God told man to do. (Gen. 1:28)

Certain Indian groups, such as the Aztecs, the Mayas, and the Incas⁴², built impressive civilization that lasted for a time, but their

false religions and fallen natures caused them to turn to great wickedness, and thus their civilizations⁴³ crumbled⁴⁴. The same thing happened to the great civilizations of the Old World, such as Egypt, Babylon, Greece, and Rome, and it continues to happen even today.

Native Americans Today

Modern Indians are very proud of being the descendants⁴⁵ of the first settlers of the New World. They are also proud to be citizens of the United States, Canada, and other American countries. Many have served faithfully in the armed forces and fought bravely in international wars; others have held high positions in business and government. Jim Thorpe, who was from Oklahoma, was one of America's greatest athletes. Will Rogers, who has been called "America's Great Storyteller" was part Indian. He liked to remind Americans, "My ancestors didn't come over₄ on the Mayflower, but they met the boat."



Jim Thorpe



Will Rogers

Notes

本文选自美国中学六年级（相当于中国的初一年级）历史与地理课本。



Vocabulary 新鲜酷词

1. **sufficient** [sə'fiʃənt] *adj.* 充足的, 充分的
2. **shelter** ['ʃeltə] *n.* 住处
3. **cease** [si:s] *v.* 停止, 终止
4. **prairie** ['preəri] *n.* 草原
5. **witness** ['wɪtnɪs] *n.* 见证
6. **tribe** [traɪb] *n.* 部落
7. **warrior** ['wɒriə] *n.* 勇士
8. **bow** [bəʊ] *n.* 弓
9. **arrow** ['ærəʊ] *n.* 箭
10. **tomahawk** ['tɒməhɔ:k] *n.* (北美印第安人的)石斧, 战斧
11. **Maya** [maɪə] *n.* 玛雅人(中美洲印第安人的一族)
12. **Aztec** ['æztek] *n.* 阿兹特克人(墨西哥印第安人)
13. **astronomy** [ə'strɒnəmi] *n.* 天文学
14. **calendar** ['kælɪndə] *n.* 日历
15. **buffalo** ['bʌfələʊ] *n.* 水牛
16. **antelope** ['æntɪləʊp] *n.* 羚羊
17. **guinea** ['ɡɪni] *pig* 豚鼠
18. **clam** ['klæm] *n.* 蛤蜊
19. **edible** ['edɪbl] *adj.* 可食用的
20. **sassafras** ['sæsəfræs] *n.* 美洲橡木
21. **maize** [meɪz] *n.* 玉米
22. **squash** ['skwɒʃ] *n.* 南瓜属植物
23. **hog** [hɒg] *n.* 肉用猪
24. **toboggan** [tə'bɒɡən] *n.* 平底长雪橇
25. **canoe** [kə'nu:] *n.* 独木舟
26. **hide** [haɪd] *n.* 兽皮
27. **legging** ['legɪŋ] *n.* (帆布或皮革)裹腿
28. **moccasin** ['mɒksɪn] *n.* (北美印第安人穿的)鹿皮(或其他皮革)无后跟软鞋
29. **tepee** ['ti:pi:] *n.* (北美印第安人的)圆锥形帐篷
30. **wigwam** ['wɪɡwæm] *n.* (北美印第安人所住的用兽皮或树皮覆盖的)棚屋
31. **dome** [dəʊm] *n.* 圆屋顶
32. **hogan** ['həʊɡən] *n.* 木条泥草屋
33. **adobe** [ə'dəʊbi] *n.* 砖坯
34. **footrace** ['fʊt,reɪs] *n.* 竞走
35. **archery** ['ɑ:tʃəri] *n.* 射箭
36. **missionary** ['mɪʃənəri] *n.* 传教士
37. **gospel** ['ɡɒspəl] *n.* 福音
38. **forsake** (forsook, forsaken) [fə'seɪk] *vt.* 遗弃, 抛弃
39. **atheist** ['eɪθɪst] *n.* 无神论者
40. **spirit** ['spɪrɪt] *n.* 神灵
41. **idolatry** [aɪ'dəʊlətri] *n.* 偶像崇拜, 盲目崇拜
42. **Incas** ['ɪnkəs] *n.* 印加人
43. **civilization** [sɪvɪlaɪ'zeɪʃən] *n.* 文明
44. **crumble** ['krʌmbəl] *v.* 崩溃
45. **decendant** [di'sendənt] *n.* 子孙, 后裔



Sentences 语句荟萃

1. more than 很, 非常

1) I am *more than* glad to help you.

我很乐意帮助你。

2) In doing scientific experiments, one must be *more than* careful with the instruments.

进行科学实验时, 每个人都必须非常小心地使用器具。

2. bear witness (to) sth. 证明(某事物); (为某事物)作证

1) His evidence *bore witness to* my testimony.

他的证据可以印证我的证词。

2) The new housing *bears witness to* the energy of the Council.

这些新建的住宅是议会能力的证明。

3. go back to 追溯

1) His family *goes back to* the time of Queen Elizabeth I.

他的家族渊源可追溯到伊丽莎白女王一世的时代。

2) How far does the tradition *go back*?

这传统有多久的历史了?

4. come over 从一地(通常为远处)来到另一地

1) Her grandparents *came over* to America from Ireland during the famine.

她的祖父母是在饥荒时期从爱尔兰来到美国的。

2) Why don't you *come over* to England for a holiday?

你怎么不到英国来度假呢?



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. When were the hogs first introduced to Americas?

- A. 1400s C. 1600s
B. 1500s D. 1700s

_____ 2. Who was known as American's Great Storyteller?

- A. Sir Wilfred Grenfell C. Will Rogers
B. Erik the Red D. Jim Thorpe

II. Comprehension Check: Answer the following questions according to the text.

3. What kinds of animals did the American Indians hunt and eat?

4. Name four kinds of shelters the Indians made.

5. What caused the civilizations of ancient Indian groups to crumble?

6. What's the meaning of the last sentence said by Will Rogers "My ancestors didn't come over on the Mayflower, but they met the boat"?

参考译文

印第安人如何生存

上帝为迁徙至南北美洲的人类准备了充足的资源,他们发现的土地和动植物足以满足衣食住行,上帝兑现了他在洪灾后对人类许下的诺言:

地球还存留的时候,稼穡、寒暑、冬夏、昼夜就永不停息了。

——《创世纪》第8章第22节

不论美洲人在何处安家——寒冷的北部、沙漠、山区、沿海、草原或是森林——大自然见证了造物者对其诺言的信守。由于定居地点各异,西

半球的印第安人形成了多种文化,尽管部落间存在众多差异,他们在许多方面仍旧极为接近。

教育

大部分印第安部落的小孩不用上学。但女孩从小接受操持家务、采集食物以及养育子女等方面的教育;男孩则被训练成强壮、勇敢的勇士,他们必须学习捕鱼、狩猎以及使用弓箭、石斧(一种较轻的斧子)等武器的技能,十三四岁的时候,他

们将接受力量和勇气的考验,如通过测试,便被视为成年人。一些印第安人,如玛雅人和阿兹特克人的确拥有学校,由牧师教授数学、历史、天文、语言、宗教等学科。受过教育的人们发明了日历,建立起书写体系并造就了出众的建筑技能。

食物、衣物与住所

由于印第安人都是出色的猎手,肉成为其主要的食物。鹿、水牛、羚羊、火鸡、野兔、豚鼠都是他们的食物,那些住在水边的人则以捕鱼和挖蛤蜊为生。这块土地还给他们提供了许多可以采摘的浆果、果仁、根茎与种子的可食用类植物。美洲橡木根以及冬青浆果可以用来泡茶。许多部落还种植玉米、豆类和南瓜类植物。

直到16世纪欧洲人才将马、牛、猪、鸡以及食肉器具引进美洲。印第安人教那些开始移居美洲的白人如何制作雪鞋、平底长雪橇(长形无滑刀雪橇)和独木舟,并教他们种植玉米、花生、土豆、南瓜、西红柿、番茄等美洲当地作物。

印第安人用鹿皮、水牛皮以及兔毛等动物皮毛来制作衣物、裹腿(用于护脚的皮质覆盖物)、披盖、凉鞋和无跟软鞋。北美洲的一些部落有时还用树皮和编织好的草来制作衣服。

一些印第安人居住在圆锥形帐篷内,这些帐篷通过将一块用20只水牛皮缝制而成的皮革伸展覆盖在撑杆框架上制作而成。还有些印第安人住在棚屋(覆盖着兽皮或树皮的圆顶建筑物)、小木屋、木条泥屋(由圆木和泥建成的圆形住所)、泥制或是砖坯小屋、石屋以及其他一些房子里。

娱乐活动

印第安人热衷于游戏和体育竞赛。男性参与竞走和射箭比赛,一些球类运动则男女共同参加。

冬天,人们会滑平底雪橇,也有可能打雪仗。猜谜是很受欢迎的室内娱乐项目。

宗教

印第安人的悠久传统可以追溯至我们的始祖亚当和夏娃。如同分散各地的人类,印第安人是按照上帝的形象创造的,亚当被逐出伊甸园后,他们也承袭了一些人类的恶习。所有人都需要救世主耶稣基督的帮助。传教士是印第安人的好友,包括那些将福音带给同胞的基督教印第安人。

和其他早期人类一样,早期美洲人抛弃了他们曾经对上帝的感知。尽管他们仍旧讲述着上帝造物 and 灭世洪灾的故事,他们已经偏离了真相,对于这些事件的描述也不尽准确。

但印第安人还不至于愚蠢到成为无神论者。他们知道创造了世界和万物的上帝的存在,但是他们不了解上帝,他们认为有一神灵统领着其他诸神灵,他们对于上帝本质的忽视导致了他们犯下盲目崇拜的罪恶。

印第安人崇拜那些他们认为存在于山川河流、动植物等一切自然界生灵中的各类神灵,而不是创造这些生灵的上帝。这种神灵崇拜导致印第安人惧怕自然而不是按照上帝的知识去征服它。(《创世纪》第1章第28节)

一些印第安族群,如阿兹特克人、玛雅人和印加人,曾创造出灿烂一时的文明,但是错误的宗教理念和承袭的恶习使他们陷入罪恶的深渊,因此文明后来溃败。这一现象同样发生在拥有古老文明的旧世界,如埃及、巴比伦、希腊和罗马等国家。

当代美洲印第安人

当代印第安人是新大陆第一批开拓者的后代,为此他们深感自豪。他们也为能成为美国、加

拿大和其他美洲国家公民而骄傲。他们中的许多人曾效忠军队,并在国际战争中英勇奋战;在商界和政界他们也曾担任要职。来自俄克拉荷马州的吉姆·索普是美国历史上最著名的运动员之一。

被称为“美国伟大小说家”的威尔·罗杰斯拥有印第安人血统。他经常提醒美国人:“我的祖先虽然不是乘坐五月花而来,但他们肯定迎接了五月花。”

“美”事一桩

玛雅文化

拉美大陆上神秘而辉煌的玛雅文化 (Maya Civilization) 是世界著名的古文明之一,有“美洲印第安人文化的摇篮”之称。玛雅人在 5000 年前就出现在墨西哥和中美洲危地马拉的太平洋海岸,在美洲远古的石器时代就开始了他们的生产活动。玛雅人在既没有金属工具、也没有运输工具,仅仅采用新石器时代的生产工具的情况下,创造出了灿烂的文明。他们留下了高耸的金字塔神庙,庄严的宫殿和天文观象台,雕刻精美、含义深邃的记事石碑和建筑装饰雕刻,以及众多做工精美的陶器与祭祀用品,精确的数学体系和天文历法系统(太阳历),还有至今尚未破译的象形文字系统。作为世界上唯一一个诞生于热带丛林而不是大河流域的古代文明,玛雅文明与她奇迹般的崛起和发展一样,其衰亡和消失同样充满了神秘色彩。公元 9 世纪,玛雅文明开始衰落,文字失传,玛雅文明逐渐成为一段湮没的历史,令人充满疑惑。玛雅文明的突变式发展和倏然消失至今仍是难以破解的谜题,这使得她成为最引人入胜的古代文明之一。

Answer

I. 1. B 2. C

II. 3. The American Indians hunted and ate deer, buffalo, antelope, turkeys, rabbits, guinea pigs, fish and clams.

4. The Indians made tepee, wigwam, lodge and hogan (mud or adobe huts, stone houses).

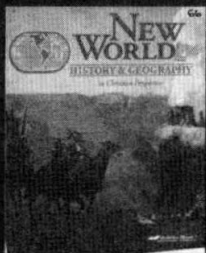
5. The false religions and fallen natures of ancient Indian groups caused their civilizations to crumble.

6. Will Rogers meant that the Indians are the very ancestors of modern Americans.

3

The Pilgrims: Lovers of Religious Freedom

清教徒：宗教自由的奉行者



清教徒 (Puritan), 是指要求清除英国国教中天主教残余的改革派。其字词于 16 世纪 60 年代开始使用, 源于拉丁文的 Purus, 意为“清洁”。清教徒信奉加尔文主义, 认为《圣经》才是唯一最高权威, 任何教会或个人都不能成为传统权威的解释者和维护者。清教徒是创业精神的代言人, 他们认为人开创产业必须禁欲和俭省节约。他们对一切充满了信心, 无论从事商业贸易还是生产耕种, 都具有排除万难、获得非凡成功的勇气和信心。他们善于创造和创新, 不断地开拓和征服。

THE PILGRIMS¹: LOVERS OF RELIGIOUS FREEDOM

Desire for Religious Freedom

Even though the English were a *Bible*²-loving people, they lacked religious freedom. James I, the king of England, claimed to be the head of the church as well as the head of the

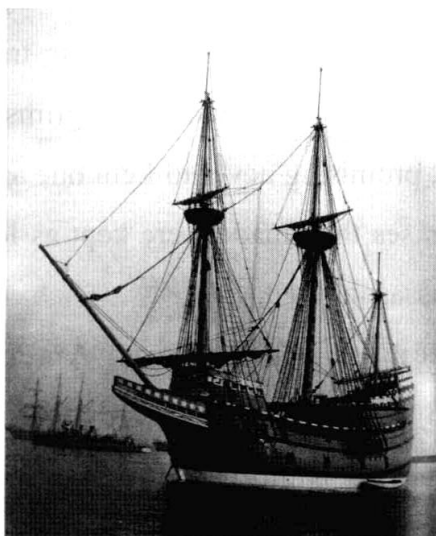


government. Though many people disagreed with the **Church of England**, the king forced everyone to attend his church. This government interference³ in religious affairs distressed⁴ one group of believers, the **Separatists**⁵, because they thought that the Church of England was not being true to the *Bible*. The Separatists wanted to separate from the Church of England. These brave people, desiring to preach⁶ and do what the *Bible* teaches, held secret meetings to study the *Bible*. The king often sent spies⁷ to these meetings and had

many Separatists jailed⁸ for their beliefs.

The Move to Holland

The separatists loved England, but they loved God and religious freedom more. When they heard that they could have religious freedom in the country of Holland, the Separatists gave up their homes in England and moved their families to Holland. They felt like strangers in Holland, however, and soon longed for₁ a homeland of their own. When they learned of₂ the settlement in Jamestown, the Separatists asked permission from King James to found a colony⁹ in America. There, they could remain loyal subjects¹⁰ of the king but still worship God in their own churches. King James gave them permission to go to America.



Aboard¹¹ the Mayflower

Thus, in September of 1620, a small ship called the *Mayflower* embarked¹² from England on a sixty-five day voyage westward across the storm-tossed¹³ Atlantic Ocean. Of the 102 passengers on board, not including the crew,

35 were Separatists. As strangers bound for₃ a strange land, these passengers of the *Mayflower* would become known as the **Pilgrims**, the name by which we remember them today. When the weary¹⁴ travelers finally sighted land, the *Mayflower*'s captain, Christopher Jones, had some surprising news for them. Although they had planned to land in "Northern Virginia" (actually New York), storms had blown the *Mayflower* off course and had driven it northward. The Pilgrims were looking at the shores of Cape Cod¹⁵, Massachusetts.

The Mayflower Compact¹⁶

In order to protect themselves and their right to worship God in the manner they felt was best, the Pilgrims knew that they must set up a government. Therefore, leaders onboard¹⁷ the ship wrote the *Mayflower Compact*, the first written agreement for self-government in America.

The colonists of Jamestown had not chosen their own government; instead, England had appointed¹⁸ a governor for them. The Pilgrims enjoyed **self-governments**; they chose their own governor, **John Carver**, and planned their own government. It takes a special people to make self-government work—people who are in subjection¹⁹ to God and able to control their own selfish desires.

In the *Mayflower Compact*, the Pilgrims promised to make just laws. About forty men signed it on Saturday, November 21, 1620, and



then the Pilgrims spent the next day, Sunday, as they always did—praying and listening to the preaching of their minister²⁰, **Elder Brewster**. On Monday, the men began looking for a good place for the group to settle. Every day, they asked God for guidance²¹.

*Settling in Plymouth*²²

The Pilgrims knew that they must find a place with a good supply of drinking water, a good harbor, and security from hostile²³ Indians. Before leaving England, they had hired **Captain Miles Standish** to help them deal with the Indians and build a settlement. Although Captain Standish was not a Separatist himself, he did much to protect these people.

After a few weeks of exploration, Captain Standish and the Pilgrims found an area that suited their needs. The men sailed the *Mayflower* into a bay²⁴ and began to clear land for the settlement, which they called **Plymouth**. It was December and snow covered the ground. After Christmas, the men began chopping²⁵ down trees to build a **Common**

House that would serve as a home, fort²⁶, and church for the people that winter. Their food supply was limited, but they could not plant crops until spring. The Pilgrims grew very weak from hunger, and many became sick from the cold. At one time²⁷, only seven were strong enough to care for the others. Though by spring half of the settlers had died, the Pilgrims remained confident that God would help them.

Making Friends with the American Indians

Imagine the Pilgrims' surprise when an Indian named Samoset walked into their settlement one day and said, "Much welcome, Englishmen!" Samoset introduced the Pilgrims to **Squanto**, who had been to England and who spoke English well, Samoset also presented²⁷ **Massasoit**, chief of the Wampanoag tribe, to them. Chief Massasoit and the Pilgrims made a treaty²⁸, promising never to fight one another. The promises they made were kept as long as Chief Massasoit lived.

After the other Native Americans who had come with Samoset returned to their homes, Squanto chose to stay with the Pilgrims. They soon realized that he was a blessing²⁹ sent by God. Without Squanto's help, the Pilgrims might not have survived. Squanto taught the boys and men how to trap game and told the settlers to plant their corn as soon as the leaves of the white oak³⁰ were as large as a mouse's ear. He also taught them to fertilize³¹

their growing grain³² with fish, because the sandy ground lacked the minerals necessary for healthy plant growth.

A New Governor

In April 1621, the *Mayflower* sailed back to England. Although it must have been tempting³³, not one of the Pilgrims asked to return to England. Shortly after the *Mayflower* sailed away, Governor Carver became ill and died, and the Pilgrims elected **William Bradford** to become the new governor. Governor Bradford made such a good leader that the people elected him again and again. He governed the colony during most of the next 36 years. His book, *Of Plymouth Plantation*, tells us much of what we know about Pilgrims.

The First Thanksgiving

Once they had planted crops, the Pilgrims built homes, became better acquainted³⁴ with₅ the Indians, and traded with them for₆ furs. When harvest time arrived, most of the Pilgrims' English crops of wheat and peas had died, but the Indian corn had thrived, providing plenty to eat. They lacked the variety of foods and other comforts they enjoyed in England and Holland, but rather than complain about what they did not have, the Pilgrims thanked God for His mercy³⁵. He had brought them safely out of a winter of cold and sickness, given them the strength to plant, and provided a much-needed harvest.

After the harvest of 1621, the grateful³⁶ Pilgrims set aside₇ a day of thanksgiving to God. Men went out to hunt deer and turkeys and to fish for cod³⁷ and bass³⁸; women cooked pumpkin³⁹, corn and beans; children gathered nuts and berries from the woods. In a letter to a friend in England, Edward Winslow, one of the Pilgrims, described the first Thanksgiving:

Our corn did prove well, and, GOD be praised, we had a good increase of Indian corn Our harvest being gotten in, our governor sent four men on fowling⁴⁰, that so we might after a more special manner rejoice together after we had gathered the fruit of our labors.... And although it be not always so plentiful as it was at this time with us, yet, by the goodness of GOD, we are so far from want that we often wish you partakers⁴¹ of our plenty.

Ninety Indians came with Chief Massasoit to join the three-day feast⁴². They



listened as the Pilgrims read the *Bible* and raised special prayers of thanksgiving to God. The Indians ran races with the Pilgrims, and Captain Standish showed how his men could march. Then everyone feasted together. With

happy hearts and full stomachs, the Pilgrims and the Indians finally returned to their homes.

Plymouth Grows

Soon after the first Thanksgiving, a ship arrived from England, bringing new settlers. The pilgrims were glad to see old friends and hear news from England, but they were disappointed to learn that the ship brought little food for the winter. Of course, the Pilgrims would share their homes and their food with the new settlers. There would be less food than they had expected, but there would be enough for all of the colonists during their second cold New England winter.

The Thanksgiving of 1623

Although the previous winter had been damp⁴³, the summer of 1623 was so dry that it soon seemed as if the Pilgrims' crops would perish⁴⁴ for lack of rain. The Pilgrims set aside a special day for prayer and fasting⁴⁵, and for nine hours they prayed to God for help. Some Indians, hearing that the Pilgrims were going

to pray for rain, watched the sky to see what would happen. When the sky finally clouded over and a gentle rain began to fall, the Indians remarked⁴⁶ in awe-stricken⁴⁷ tones that the God of the white man had heard the white man's prayers.

Ten days of rain followed this day of prayer, and the crops were saved. The Pilgrims were so grateful for God's mercy that they again set aside a special time of thanksgiving. This was not to be the last time the Pilgrims offered thanksgiving to God, for they believed that "In every thing give thanks: for this is the will of God in Christ Jesus." (1 Thess.5:18). They would thank God many times in the years to come as He delivered them from trials⁴⁸ and brought prosperity⁴⁹ to the colony.

These brave Pilgrims were true heroes of our country's beginnings. We remembered them for their courage and perseverance⁵⁰, for their love of religious freedom, for their establishment of self-government, and for their faith in God and thankfulness to Him.

Notes

本文选自美国中学六年级（相当于中国的初一年级）历史与地理课本。



Vocabulary 新鲜酷词

1. **pilgrim** ['pilgrim] *n.* 1620年搭乘五月花号移居美国的英国清教徒
2. **Bible** ['baɪbl] *n.* 《圣经》
3. **interference** [ɪntə'fɪərəns] *n.* 干涉, 干预

4. **distress** [dɪ'stres] *vt.* 使痛苦, 忧伤
5. **Separatist** ['sepəreɪtɪst] *n.* (16—17世纪)主张脱离国教者
6. **preach** ['pri:tʃ] *v.* 布道, 说教

7. spy [spaɪ] *n.* 间谍
8. jail [dʒeɪl] *vt.* 监禁
9. colony ['kɒləni] *n.* 殖民地
10. subject ['sʌbdʒɪkt] *n.* (君主国)国民、臣民
11. aboard [ə'bɔ:d] *prep.* 在船上
12. embark [ɪm'bɑ:k] *vi.* 开始, 发动
13. toss [tɒs] *v.* 摇摆, 颠簸
14. weary ['wiəri] *adj.* 疲倦的
15. Cape [keɪp] Cod [kɒd] 科德角(美国)
16. compact ['kɒmpækt] *n.* 契约, 合同
17. onboard ['ɒn'bɔ:d] *adv.* 在船上
18. appoint [ə'pɔɪnt] *v.* 任命
19. subjection [səb'dʒekʃən] *n.* 从属, 服从
20. minister ['mɪnɪstə] *n.* 牧师
21. guidance ['gaɪdəns] *n.* 指引
22. Plymouth ['plɪməθ] *n.* 普利茅斯
23. hostile ['hɒstail] *adj.* 敌对的
24. bay [beɪ] *n.* 海湾
25. chop [tʃɒp] *v.* 砍, 劈
26. fort [fɔ:t] *n.* 城堡
27. present [pri'zent] *vt.* 引见
28. treaty ['tri:tɪ] *n.* 条约, 协定
29. blessing ['blesɪŋ] *n.* 赐福
30. oak [əʊk] *n.* 栎树
31. fertilize ['fɜ:tɪlaɪz] *vt.* 使肥沃, 施肥于
32. grain [greɪn] *n.* 谷物
33. tempting ['temptɪŋ] *adj.* 吸引人的
34. acquaint [ə'kweɪnt] *vt.* 使认识, 使了解
35. mercy ['mɜ:si] *n.* 怜悯, 宽恕
36. grateful ['ɡreɪtful] *adj.* 感激的
37. cod [kɒd] *n.* 鳕鱼
38. bass [bæs] *n.* 鲈鱼
39. pumpkin ['pʌmpkɪn] *n.* 南瓜
40. fowling ['faʊlɪŋ] *n.* 捕猎野禽
41. partaker [pa:'teɪkə] *n.* 参与者
42. feast ['fi:st] *n.* 盛宴, 筵席
43. damp [dæmp] *adj.* 潮湿的
44. perish ['perɪʃ] *v.* 消亡, 毁灭
45. fasting ['fa:stɪŋ] *n.* 斋戒
46. remark [rɪ'mɑ:k] *v.* 评论, 谈论
47. awe-stricken ['ɔ:'straɪkən] *adj.* 充满敬畏的
48. trial ['traɪəl] *n.* 考验, 磨炼
49. prosperity [prɒ'sperəti] *n.* 繁荣, 富足
50. perseverance [pɜ:sɪ'vɪərəns] *n.* 坚持不懈



Sentences 语句荟萃

1. long for (对某事物)渴望

1) The children are *longing for* holidays.

孩子们盼望放假。

- 2) She *longed for* him to ask her to dance.

她巴不得他邀请自己跳舞。

2. learn of 获悉, 得知

- 1) I am sorry to *learn of* your illness.

听说你病了, 我十分难过。

- 2) We *learned of* his departure just now.

我们刚刚得知他走了。

3. bound for 去, 准备去

- 1) Where are you *bound for*?

你们要去哪儿?

-bound 可用以构成复合形容词, 表示向某处, 朝某个方向

- 2) *Northbound* traffic may be delayed because of an accident on the motorway.

因高速公路上发生事故, 北往的交通可能受阻。

4. at one time 曾经, 一度

- 1) *At one time*, I thought of becoming a professional musician.

我曾经想过要成为职业演奏家。

- 2) The city *at one time* must have been prosperous.

这座古城肯定一度很繁荣。

5. become acquainted with sb./sth. 熟悉或了解

- 1) You will soon *become acquainted with* the procedures.

你很快就会对这些程序完全熟悉了。

- 2) We *became acquainted*.

我们已经认识了。

6. trade for 交易

- 1) I wouldn't *trade* love *for* money.

我不会用金钱来换爱情。

- 2) She *traded* her stamp collection *for* my model boat.

她用收集的邮票来换我的模型船。

7. set aside (为某目的)节省或保留 (钱或时间)

1) I try to *set aside* a few minutes every day to do some exercises.

我每天尽量腾出一点时间来锻炼身体。

2) She *sets aside* some money every month.

她每月都存一点钱。

**Exercise 牛刀小试**

I. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

- _____ 1. Jamestown was the first successful English colony.
- _____ 2. The strangers believed they should be separated from the Church of England.
- _____ 3. King James II is the English ruler who allowed the Pilgrims to go to America.
- _____ 4. The first place the Separatists move to for religious freedom was Netherland.
- _____ 5. All the 102 passengers on *Mayflower* were Separatists.
- _____ 6. The Mayflower Compact is the self-governing document the Pilgrims wrote and agreed to follow.

II. Matching: Put the letter representing the correct answer in the blank.

- | | |
|---|---------------------------|
| _____ 7. second governor of Plymouth wrote <i>Of Plymouth Plantation</i> | A. John Carver |
| _____ 8. Indian who lived with the Pilgrims and helped the colony to survive | B. Samoset |
| _____ 9. minister of the colony at Plymouth | C. Edward Winslow |
| _____ 10. chief of the Wampanoag tribe | D. William Bradford |
| _____ 11. Englishman who helped Pilgrims deal with the Indians and build a settlement | E. Squanto |
| _____ 12. first governor of Plymouth | F. Elder Brewster |
| | G. Massasoit |
| | H. Captain Miles Standish |

III. Comprehension Check: Answer the following questions according to the text.

13. What was the Mayflower Compact and why was it important?

14. Tell the origin of Thanksgiving Day.

参考译文

清教徒：宗教自由的奉行者

对于宗教自由的渴望

英国是一个推崇《圣经》的民族，但是英国人缺乏宗教自由。英国国王詹姆斯一世继位后，掌管了教会和政府。尽管许多人对于英国国教会持有异议，国王还是强迫所有人都必须参加他的教会。这种政府介入宗教活动的做法使一群信仰者感到失望，他们主张脱离国教，因为他们认为英国国教已经扭曲了《圣经》。这些勇敢的人们希望能真正按照《圣经》的教诲进行布道和行事，于是便秘密召开会议学习《圣经》。然而，国王经常派间谍参与其中，因此许多主张脱离国教的教徒因信仰问题被监禁。

移居荷兰

这些主张脱离国教的人们热爱英国，但是他们更加热爱上帝和宗教自由。当他们听说荷兰是一个宗教自由的国家时，他们便背井离乡，举家迁往荷兰。但是，异乡人的感觉很快让他们开始渴望拥有自己的家园，于是在得知詹姆斯敦的开拓之后，他们便恳请詹姆斯国王在美洲建立一个殖民地。在那儿，他们既可以继续做忠诚于国王的子民，又可以在自己的教堂礼拜上帝。詹姆斯国

王批准了他们前往美洲的请求。

登上五月花号

1620年9月，一艘名为“五月花”的小船从英国出发，向西开始了65天穿越风雨颠簸的大西洋的航行，船上除船员外的102名乘客中，35名为主张脱离国教的人。这些乘坐五月花号前往新大陆的人们，我们称之为清教徒。当他们历经旅程的疲惫，最终看见新大陆时，船长克里斯多夫·琼斯宣布了一则令人吃惊的消息：他们计划前往弗吉尼亚北部（即纽约），但是暴风雨将五月花号吹离了航线，使其向北航行。清教徒此刻看到的是马萨诸塞州的科德角海岸。

《五月花号公约》

为了保护自己以及按照自认为最好的方式礼拜上帝的权利，清教徒知道他们必须建立起一个政府。因此，船上的领导者们起草了美洲第一份自治协议《五月花号公约》。

詹姆斯敦的殖民地居民当时还没有自己的政府，英国人为他们任命总督。由于清教徒推崇自治管理，他们选出了自己的领导者约翰·卡弗，并计划建立起自己的政府。自治工作需要那些服从

于上帝并且能够控制私欲的人来执行。

在《五月花号公约》中,清教徒承诺制定公平的法律。1620年11月21日,大约40人签署了该公约。第二天也就是星期日,清教徒们像往常一样祈祷并聆听他们的牧师埃尔德·布鲁斯特的布道。次日,人们便开始找寻适宜的土地安家。每天他们都乞求上帝的指引。

定居普利茅斯

清教徒知道他们必须找到一个能够提供充足饮用水,良好港口并且能够安全防御敌对的印第安人的土地。在离开英国之前,他们邀请了迈尔斯·斯坦迪什上尉来帮助他们与印第安人沟通并在新大陆安居。斯坦迪什上尉不是主张脱离国教者,但是他为保护这些人们作出很大贡献。

勘察了数周后,斯坦迪什上尉和清教徒们找到了一个能够满足他们需求的地方。他们将五月花号驶入海湾,然后开始开辟土地,安家落户,并将此地命名为名普利茅斯。此时正逢12月,冰雪覆盖了大地。圣诞节过后,他们开始着手砍伐树木来建造房屋、城堡及教堂等。他们的食物数量有限,但是要等到春天才能种植作物,因此曾经一度他们中只余下足够强壮健康的7人来照顾他人。尽管到了春天,一半的开拓者死去了,清教徒仍然相信上帝会帮助他们。

与美洲印第安人交朋友

设想一下某天当一个叫做萨默塞特的印第安人走进清教徒的定居地,对他们说:“热烈欢迎大家,英国人!”,清教徒们会多么惊讶!萨默塞特将他们介绍给一位曾经去过英国并精通英语的印第安人斯科特,以及万帕诺亚格部落的首领马萨索伊特。马萨索伊特首领和清教徒拟定了一个条约,承诺相互间不发动战争。这个承诺到马萨索

伊特首领去世前双方都一直遵守。

其他和萨默塞特一起来的土著人回家后,斯科特选择了和清教徒待在一块。他们很快意识到他是上帝的赐福,没有斯科特的帮助,清教徒也许无法存活下来。他教会了男人们怎样捕猎并告诉他们白栎树的叶子长到老鼠耳朵大小时就应该立即种植玉米。他还教他们用鱼给谷物施肥,因为沙质土地缺乏植物生长所需要的矿物质。

新总督

1621年4月,五月花号驶回英国,虽然回国的想法着实诱人,但是没有一个是清教徒选择离开。五月花号离开不久,卡弗总督病逝,清教徒推选了威廉·布莱福特为新总督。任职期间他不负众望,因此在接下来的36年中人们一次又一次地推选他为领导人。他的著作《普利茅斯种植园》告诉我们许多关于清教徒的故事。

第一个感恩节

种植了农作物后,清教徒开始建设家园,更加深入了解印第安人并与他们交换毛皮。收获时节来临时,小麦、豌豆等大多数英国作物纷纷枯死,但是印第安玉米生长茂盛,产量丰富,足够吃用。虽然没有曾经在英国和荷兰享用的多种食物和其他舒适条件,他们没有抱怨现在的状况,反而感谢上帝的怜悯。上帝让他们安全度过了冬天的寒冷并战胜了疾病,赐予他们耕种的力量和雪中送炭的丰收。

1621年的收成过后,心怀感激的清教徒选择了一天来感谢上帝。男人们出去捕鹿、火鸡、鳕鱼和鲈鱼,女人们煮了南瓜、玉米和豆子,小孩则从丛林里摘回了浆果和果仁。在一封写给英国朋友的信中,清教徒一员爱德华·温斯洛这样描述了第一个感恩节:

我们的玉米长得很好,我们赞颂上帝,印第安玉米的产量增加了很多……丰收后,我们的总督派男人们捕猎野禽,在收获了所有劳动成果后,我们以一种更为特殊的方式欢聚一堂……虽然没有过去的欢庆丰盛,但在上帝的仁慈下,我们远离了饥饿,我们也希望你们能分享我们的富足。

90位印第安人和马萨索伊特首领参加了这一持续了3天的盛宴。他们听清教徒朗读《圣经》以及向上帝谢恩的祷告。印第安人和清教徒赛跑,斯坦迪什上尉向他们展示了如何行进。所有的人一起愉快地进餐。酒足饭饱后,他们回到了各自的家中。

普利茅斯的发展

第一个感恩节不久,有一艘来自英格兰的船带来了许多新的移居者。清教徒们见到老朋友们很高兴,也很乐意听到来自英格兰的消息。但是当他们得知这艘船只带了很多的过冬食物时,他们感到很失望。当然,清教徒们为新的移居者们提供住处和食物。虽然食物比他们预期的要少,但是也足够他们所有的人在新英格兰度过第二个寒冷的冬天了。

1623年的感恩节

去年的冬天很潮湿,1623年的夏天却十分干旱,由于缺少雨水,清教徒种的农作物好像快要死亡。他们选择了特定的一天开始祈祷和斋戒,他们向上帝祷告了9个小时。一些印第安人听说清教徒在求雨,便开始观察天空的变化。最终天空开始乌云密布,细雨从天而降,印第安人充满敬畏地议论道:白人的上帝听到了他们的祈祷了。

之后大雨一连下了10天,庄稼得以存活。清教徒十分感谢上帝的怜悯,于是再次择日感恩。这不是他们对上帝的最后一次感恩,他们相信:“凡事谢恩,因为这是上帝在基督耶稣里向你们所定的旨意。”(保罗达帖撒罗尼迦人前书第5章第18节)他们将在今后不断感谢上帝,因为上帝给予他们考验,并给殖民地带来了繁荣与富足。

这些勇敢的清教徒是我们真正的开国英雄。他们的勇气与坚持,他们对于宗教自由的热爱,他们的自我管理以及他们对于上帝的信仰与感恩,值得我们怀念。

“美”事一桩

美国文化的清教渊源

清教主义起源于英国,在北美殖民地得到实践与发展。清教徒提倡虔敬、谦卑、严肃、诚实、勤勉和节俭。在这些价值观的指引下,他们奋力拼搏,不断进取,艰苦创业,逐步奠定了美国的雏形。18世纪中叶,著名的清教徒布道家约翰·卫斯理的名言“拼命地挣钱、拼命地省钱、拼命地捐钱”成为清教主义的精辟概括。拼命地挣钱,是因为清教徒以创造财富为天职,以此作为上帝选民的证据;拼命地省钱,是因为他们克制禁欲,始终过一种圣洁、理性的生活,并将赚取的财富用在扩大再生产上;拼命地捐钱,

是因为他们需要关照精神信仰、关照社区国家和人类共同体,他们通过捐钱捐物,在对世间的爱中得到永恒。清教主义的因信称义 (justification by grace through faith)、天职思想 (the idea of calling)、山巅之城 (a city upon a hill) 等核心理念,在很大程度上起到了消解禁锢人们思想与行为的主流教会传统的作用,促进了社会世俗化进程,在早期的美国,推动了个性解放,促成建立现代劳动、职业和财富观,以宗教的理想勾勒出国家未来追求的目标。对美国人来说,清教主义不但是—种宗教信仰理念,而且是一种人生哲学和生活方式,它奠定了今日美国主流文化价值观念 WASP(White Anglo-Saxon Protestant) 的基石,铸就了美利坚民族的灵魂。没有对美国清教思想的了解,就不可能理解美国社会。



阅读推荐:

The Scarlet Letter 《红字》,反映了当时美国清教徒的生活状态和价值观。

Answer

- I. 1. true 2. strangers→Separatists 3. King James II→ King James I
 4. true 5. 102→35 6. true
 II. 7. D 8. E 9. F 10. G 11. H 12. A

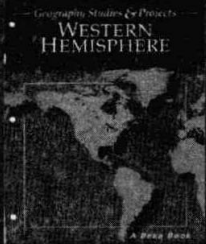
III. 13. In order to protect themselves and their right to worship God in the manner they felt was best, the Pilgrims knew that they must set up a government. Therefore, leaders onboard the ship wrote the Mayflower Compact, which is the first written agreement for self-government in America.

14. The American Thanksgiving holiday began as a feast of thanksgiving in the early days of the American colonies. In 1620, the Mayflower filled with more than one hundred Pilgrims sailed across the Atlantic Ocean to settle in the New World. Their first winter in the New World was difficult. They had arrived too late to grow many crops, and without fresh food, half the settlers died from disease. The following spring, a native Indian taught them how to grow crops in the unfamiliar soil and how to hunt and fish. In the autumn of 1621, bountiful crops were harvested. The colonists had much to be thankful for, so a feast was planned to thank God for his favors and the local Indians for their help. In following years, many of the original colonists celebrated the autumn harvest with a feast of thanks.

4

National Profiles of the United States

美国概况



美国是一个由50个州和1个联邦直辖特区组成的宪政联邦共和制国家。其东濒大西洋，西临太平洋，北靠加拿大，南接墨西哥。美国国土面积约为960万平方公里，位居全球第四。其人口总量也超过3亿人，少于中国和印度。1776年7月4日，大陆会议在费城正式通过《独立宣言》，宣告美国诞生。

NATIONAL PROFILES¹ OF THE UNITED STATES

Area: 3,618,770 sq.mi. (The United States is the world's fourth largest nation.)

Terrain²: Mountains in the east and west with vast plains in the middle; deserts in the southwest; subtropical³/tropical regions in the south and Hawaii; polar⁴ regions in Alaska.

Coastline: 12,383 miles.

Surrounding bodies of water: Atlantic Ocean, Gulf⁵ of Mexico, Pacific Ocean, Arctic Ocean.

Bordering nations: Canada, Mexico.

Population: 255,000,000 (1993) The United States has long been known as the "melting pot" because of the variety of peoples that have come together to build this great nation.

Language(s): English (some Spanish).

Main religious groups: Protestants⁶ (including Baptists⁷, Methodists⁸, Lutherans⁹, etc.) make up₁ the largest group, followed closely by Catholics¹⁰. Americans hold dearly their freedom to worship.

Government: The United States is a federal¹¹ republic with a strong democratic¹² tradition. American government is based on the Constitution¹³, which distributes the powers of government to national, state, and local levels. The national government is divided into three branches: executive¹⁴, legislative¹⁵, and judicial¹⁶. The President is the political leader and representative of the people.

Divisions: 50 states, District of Columbia.

Capital: Washington, D.C.

Chief cities: New York (the largest), Los Angeles, Chicago, Houston, Philadelphia, San Diego, Detroit, Dallas.

Economy: The United States has a highly developed, diversified¹⁷ market economy based on the free enterprise¹⁸ system. It is the world's foremost¹⁹ industrial and economic power, leading the way in new technology. Major exports include food and related products, transportation equipment, machinery, and chemicals.

History: After defeating the Spanish Armada, England took the lead in colonizing North America. In addition to₂ English colonists, many Scots-Irish, Dutch, and German colonists also came to America. The tremendous²⁰ growth and prosperity of the original thirteen colonies led to₃ economic rivalry²¹ with England, and eventually to open conflict²². In the War for Independence, the colonies united and, with the help of France and Spain, won their independence from Great Britain. With a sound, stable²³ government and wise leadership, the United States soon became a haven²⁴ of freedom to the rest of the world. Her devotion to republican government, free enterprise, and religious liberty has made the United States a great nation and a world leader in trade and international affairs.

Facts and Figures

- The United States is the third largest country in the world in population and the fourth largest in area.
- It produces 50% of the world's corn and 75% of its soybeans²⁵, yet employs only 0.075% of its population in farming.
- It also has the world's largest oil refining²⁶ capacity.
- The Great Lakes contain half of the world's fresh water supply.

American Achievements

- First solo²⁷ flight across the Atlantic.
- First man to set foot on the moon.
- First reusable spacecraft²⁸.
- First general-purpose computer.
- First controlled nuclear reaction.
- First radio broadcast.
- First in inventions such as the telephone, telegraph²⁹, airplane, electric light bulb, and motion picture camera.

Record Breakers

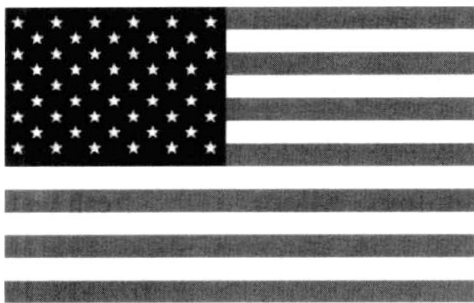
- Mount McKinley (20,320 ft.), the highest point in North America, is located in Alaska.
- The Mississippi River (2,340 miles.), the longest river in North America, stretches³⁰ from Minnesota to the Gulf of Mexico.
- Death Valley (282 ft. below sea level), the lowest point in the Western Hemisphere, is located in California.
- The Grand Canyon³¹, the world's largest

canyon, is located in Arizona.

- The United States borders the world's largest freshwater lake, Lake Superior, and the world's largest gulf, the Gulf of Mexico.
- Sears Tower (1,454 ft.), the world's tallest

building, is located in Chicago, Illinois.

- The United States is home to the world's largest library, the Library of Congress, which houses more than 17,889,000 volumes.



Five Largest States in Area

(sq.mi.)

1. Alaska (589,787)
2. Texas (262,336)
3. California (158,693)
4. Montana (147,138)
5. New Mexico (121,666)

Five Smallest States in Area

(sq.mi.)

1. Rhode Island (1,214)
2. Delaware (2,057)
3. Connecticut (5,009)
4. Hawaii (6,450)
5. New Jersey (7,836)

Ten Most Populous Cities

(1990)

1. New York (7,322,564)
2. Los Angeles (3,485,398)
3. Chicago (2,783,726)
4. Houston (1,630,553)
5. Philadelphia (1,585,577)
6. San Diego (1,110,549)
7. Detroit (1,027,974)
8. Dallas (1,006,877)
9. Phoenix (983,403)
10. San Antonio (935,933)

Ten Most Populous States

(1990)

1. California (29,839,250)
2. New York (18,044,505)
3. Texas (17,727,784)
4. Florida (13,003,362)
5. Pennsylvania (11,924,710)
6. Illinois (11,466,682)
7. Michigan (9,328,784)
8. New Jersey (7,748,634)
9. North Carolina (6,657,630)
10. Georgia (6,508,419)

Notes

本文选自美国中学八年级（相当于中国的初三年级）西方各国历史地理状况课本。



Vocabulary 新鲜酷词

- | | |
|---|--|
| <p>1. profile ['prəʊfaɪl] <i>n.</i> 概况</p> <p>2. terrain [te'reɪn] <i>n.</i> 地形、地势</p> <p>3. subtropical [sʌb'trɒpɪkəl] <i>adj.</i> 亚热带的</p> <p>4. polar ['pəʊlə] <i>adj.</i> 极地的</p> <p>5. gulf [gʌlf] <i>n.</i> 海湾</p> <p>6. Protestant ['prɒtɪstənt] <i>n.</i> 新教徒</p> <p>7. Baptist ['bæptɪst] <i>n.</i> 浸礼会教友</p> <p>8. Methodist ['meθədɪst] <i>n.</i> 循道宗教徒</p> <p>9. Lutheran ['lu:θərən] <i>n.</i> 路德会友</p> <p>10. Catholic ['kæθəlik] <i>n.</i> 天主教徒</p> <p>11. federal ['fedərəl] <i>adj.</i> 联邦的</p> <p>12. democratic [demə'krætɪk] <i>adj.</i> 民主的</p> <p>13. constitution [kənsti'tju:ʃən] <i>n.</i> 宪法</p> <p>14. executive [ɪg'zekjʊtɪv] <i>adj.</i> 行政的</p> <p>15. legislative ['ledʒɪslətɪv] <i>adj.</i> 立法的</p> <p>16. judicial [ju:'dɪʃəl] <i>adj.</i> 司法的</p> | <p>17. diversified [daɪ'vɜ:sɪfaɪd] <i>adj.</i> 多样化的</p> <p>18. enterprise ['entəpraɪz] <i>n.</i> 公司, 企业</p> <p>19. foremost ['fɔ:məʊst] <i>adj.</i> 首要的, 最先的</p> <p>20. tremendous [tri'mendəs] <i>adj.</i> 巨大的, 极大的</p> <p>21. rivalry ['raɪvəlɪ] <i>n.</i> 竞争, 敌对</p> <p>22. conflict ['kɒnflɪkt] <i>n.</i> 冲突</p> <p>23. stable ['steɪbl] <i>adj.</i> 稳定的</p> <p>24. haven ['heɪvən] <i>n.</i> 港口, 避难所</p> <p>25. soybean ['sɔɪbi:n] <i>n.</i> 大豆</p> <p>26. refine [rɪ'faɪn] <i>v.</i> 精炼, 提炼</p> <p>27. solo ['səʊləʊ] <i>adj.</i> 单独的</p> <p>28. spacecraft ['speɪskra:ft] <i>n.</i> 宇宙飞船</p> <p>29. telegraph ['telɪgra:f] <i>n.</i> 电报</p> <p>30. stretch ['stretʃ] <i>v.</i> 伸展, 延伸</p> <p>31. canyon ['kænjən] <i>n.</i> 峡谷</p> |
|---|--|



Sentences 语句荟萃

1. make up 组成或构成某物

1) Animal bodies are *made up of* cells.

动物的身体是由细胞构成的。

2) Society is *made up of* people of widely differing abilities.

社会是由能力迥异的人组成的。

2. in addition to 除……之外

1) *In addition to* French, he has to study Japanese.

除了法语外，他还得学日语。

2) *In addition to* an album, I gave him a pen and a pencil.

除了一本照相簿外，我还给了他一支钢笔和一支铅笔。

3. lead to 导致某种结果

1) Too much work and too little rest often *lead to* illness.

过量的工作和过少的休息会引起疾病。

2) This misprint *led to* great confusion.

这个印刷错误造成很大混淆。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Which of the countries is bordering nation of America?

A. Cuba

C. Mexico

B. Brazil

D. Argentina

_____ 2. Which is the largest city of America?

A. Washington D.C

C. Chicago

B. Los Angeles

D. New York

_____ 3. Which group of people can't be called Protestants?

A. Baptist

C. Lutheran

B. Catholic

D. Methodist

_____ 4. Which is the smallest state of America in area?

A. Montana

C. Rhode Island

B. Hawaii

D. New Jersey

II. Blank Filling: Fill in the blanks according to the information given in the text.

5. The United States is surrounded by Atlantic Ocean, _____, Pacific Ocean and _____.
6. America is a _____ republic with a strong _____ tradition. The national government is divided into three branches: _____, _____ and judicial. And its market economy is based on _____ system.
7. With the help of France and _____, the colonies united and won their independence from _____.
8. _____, the world's largest canyon, is located in _____.

参考译文

美国概况

面积: 3,618,770 平方英里(美国国土面积位居世界第四)。

地形: 东西部为山地,中部为广阔的平原,西南部为沙漠;南部和夏威夷位于亚热带和热带区域,阿拉斯加属于北极地区。

海岸线: 12,383 英里。

周边水域: 大西洋,墨西哥湾,太平洋,北冰洋。

邻国: 加拿大、墨西哥。

人口: 2.55 亿(1993 年统计)。美国历来享有“大熔炉”之称,因为来自不同种族的人们汇聚一起,共同建设这个伟大的国家。

语言: 英语(部分地区使用西班牙语)。

主要的宗教团体: 新教徒(包括浸礼会教友、循道宗教徒和路德会友等)构成了最大宗教团体,其次为天主教徒。美国人享有充分的信仰自由。

政府机构: 美国是一个联邦制合众国,民主传统

氛围浓厚。美国政府依照宪法设立,政府权力分散至中央和地方。中央政权机构由行政、立法、司法三个机关组成,总统是政治领导者,代表广大人民。

区域划分: 50 个州及哥伦比亚特区。

首都: 华盛顿。

主要城市: 纽约(最大的城市)、洛杉矶、芝加哥、休斯顿、费城、圣地亚哥、底特律、达拉斯。

经济: 美国实行以自由经营体制为基础的高度发达且多元化的市场经济体制,并主导着新技术的发展方向,其工业和经济实力位居世界首位。主要出口产品包括食物及相关产物、交通设备、机械和化学制品。

历史: 打败了西班牙无敌舰队后,英国主导了北美洲的殖民化进程。除了英国的殖民者外,许多苏格兰—爱尔兰人、荷兰人以及德国人来到了美

洲。最初的 13 个殖民地迅速发展壮大,引发了与英国的经济抗衡,最终导致冲突的爆发。在独立战争中,所有的殖民地在法国和西班牙的帮助下,团结一致对抗英国,最后取得了独立。在一个完整而稳固的政府,睿智领袖带领下,美国迅速成为世界其他国家的自由避风港。对于共和政体、自主经营体制和宗教自由的忠诚使美国成长为世界大国,在世界贸易和国际事务方面领先诸国。

数据资料

- 美国人口数量位居世界第三,国土面积位列第四。
- 全世界 50% 的玉米和 75% 的大豆产于美国,但是从事耕作的人口仅占总人口的 0.075%。
- 拥有世界最大炼油基地。
- 五大湖的淡水资源总量占据世界一半。

美国的成就

- 首次单人飞行,横跨大西洋。
- 首次登月。
- 首次循环使用宇宙飞船。
- 首次使用通用功能的计算机。

5 个面积最大的州(平方英里)

1. 阿拉斯加 (589,787)
2. 德克萨斯州 (262,336)
3. 加利福尼亚州 (158,693)
4. 蒙大拿州 (147,138)
5. 新墨西哥州 (121,666)

10 个最受欢迎的城市

(1990)

1. 纽约 (7,322,564)
2. 洛杉矶 (3,485,398)

- 首次进行可控核反应。
- 首先使用无线电广播。
- 发明了电话、电报、飞机、灯泡及电影摄像机。

世界记录

- 北美洲最高点麦金利山(海拔 20,320 英尺)位于阿拉斯加。
- 密西西比河(全长 2,340 英里)是北美洲最长的河流,它发源于明尼苏达州,向南延伸至墨西哥湾。
- 死谷(地势低于水平线 282 英尺)是西半球的最低点,地处加利福尼亚。
- 位于亚利桑那州的科罗拉多大峡谷是世界上最大的峡谷。
- 美国与世界最大的淡水湖苏必利尔湖和世界最大的海湾墨西哥湾相邻。
- 世界最高楼西尔斯大楼位于伊利诺斯州芝加哥市。
- 国会图书馆是世界上最大的图书馆,藏书多达 17,889,000 多册。

5 个面积最小的州(平方英里)

1. 罗得岛州 (1,214)
2. 特拉华州 (2,057)
3. 康涅狄格州 (5,009)
4. 夏威夷 (6,450)
5. 新泽西州 (7,836)

10 个最受欢迎的州

(1990)

1. 加利福尼亚 (29,839,250)
2. 纽约 (18,044,505)

3. 芝加哥 (2,783,726)
4. 休斯顿 (1,630,553)
5. 费城 (1,585,577)
6. 圣地亚哥 (1,110,549)
7. 底特律 (1,027,974)
8. 达拉斯 (1,006,877)
9. 菲尼克斯 (983,403)
10. 圣安东尼奥 (935,933)

3. 德克萨斯 (17,727,784)
4. 佛罗里达 (13,003,362)
5. 宾夕法尼亚 (11,924,710)
6. 伊利诺斯 (11,466,682)
7. 密歇根 (9,328,784)
8. 新泽西 (7,748,634)
9. 北卡罗来纳 (6,657,630)
10. 乔治亚 (6,508,419)

“美”事一桩

美国的“大熔炉”文化

美国历来被称做是一个多民族文化的“大熔炉”(melting pot),有着不同肤色、不同文化背景、不同宗教信仰和价值观的各民族在这片土地上相互影响,相互糅合。众所周知,美国是移民国家,美国的移民来自世界的各个角落:欧洲、南美、非洲、亚洲等。每个移民族群都有自己的文化,但美国社会不排斥这些文化,于是不同的文化在美国这样开放、民主、法制的国家里交汇、碰撞,形成了多元的美国文化,而非单一的英国殖民地文化。从首批英国移民踏上北美大陆,到美利坚合众国成立这一个半世纪里,北美险恶的自然条件,培育了美国人顽强拼搏、艰苦奋斗的性格。在艰苦开拓的过程中,每个民族都必须发挥本民族的长处,尊重并吸取其他民族的优秀品质,坚信自我、尊重他人的文化取舍态度成为他们共同的准则。正是在这一点上,也只能是在这一点上,各国移民找到了共同之处,这就是个性融于团队的价值体系,它深入人心,以各种形式得到充分发展,由此形成了美利坚民族的强调独立、个性而又不排斥他人的特殊性格。



Answer

I. 1. C 2. D 3. B 4. C

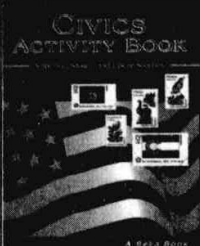
II. 5. Gulf of Mexico, Arctic Ocean

6. federal, democratic, executive, legislative, free enterprise 7. Spain, Great Britain 8. The Grand Canyon, Arizona

5

American Symbols

美国的象征



美国是当今世界上最发达的国家之一，自1870年以来，美国国民经济就高居全球第一。今天的美国则是联合国安理会5个常任理事国之一，其在全球政治、经济、军事、娱乐等众多领域的庞大影响力更是其他国家所无法匹敌的。

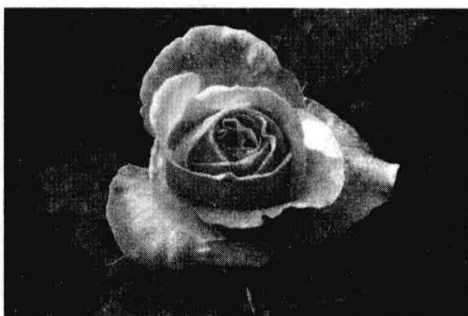
AMERICAN SYMBOLS

Motto¹: In God We Trust,
adopted July 30, 1956

Bird: Bald² eagle
adopted June 20, 1782



Flower: Rose,
adopted Oct. 7, 1986



Anthem: “The Star-Spangled³ Banner⁴”

by Francis Scott Key, adopted March 3, 1931

Oh, say can you see by the dawn's⁵ early light
What so proudly we hailed⁶ at the twilight's⁷
last gleaming?

Whose broad stripes⁸ and bright stars thru⁹ the
perilous¹⁰ fight,

O'er¹¹ the ramparts¹², we watched were so
gallantly¹³ streaming?

And the rocket's red glare¹⁴, the bombs bursting
in air,

Gave proof through the night that our flag was
still there.

Oh, say does that star-spangled banner yet
wave

O'er the land of the free and the home of the
brave?

Other Symbols

United States Flag: Our nation's best-known symbol is without question, her flag, known as the "Stars and Stripes" and "Old Glory." The flag of the United States has thirteen alternating¹⁵ red and white stripes and fifty white stars on a blue field. The thirteen stripes represent the original thirteen states; the fifty stars represent the fifty states that make up the union today. The Stars and Stripes should inspire¹⁶ patriotism¹⁷ and love of country in every American heart.

Statue of Liberty: the Statue of Liberty symbolizes the freedom and opportunity that America has offered newcomers since its discovery. The people of France presented the

United States with² the Statue of Liberty on July 4, 1884, as a gift of goodwill. Between 1892 and 1954, "Lady Liberty" welcomed over 12 million immigrants¹⁸ to New York Harbor. Americans celebrated her restoration¹⁹ on July 4, 1986, the 100th anniversary²⁰ of the statue's completion.

Liberty Bell: The Liberty Bell symbolizes the War of Independence and the freedom our forefathers²¹ fought and died for. On it, the words of Leviticus 25:10 are recorded: "Proclaim liberty throughout all the land unto all the inhabitants²² thereof." The bell can still be seen in Philadelphia, where its peal²³ announced the Declaration²⁴ of Independence in 1776.

Notes

本文选自美国中学八年级（相当于中国的初三年级）美国社会课本。



Vocabulary 新鲜酷词

- | | |
|---|--|
| 1. motto ['mɒtəʊ] <i>n.</i> 座右铭 | 9. thru [θru:] = through 贯穿, 通过 (用于口语中) |
| 2. bald [bɔ:ld] <i>adj.</i> (鸟、兽等) 头部有白斑的 | 10. perilous ['periləs] <i>adj.</i> 危险的 |
| 3. spangle ['spæŋɡl] <i>v.</i> 闪烁发光 | 11. o'er ['əʊə] = over 在……之上 (用于诗歌中) |
| 4. banner ['bænə] <i>n.</i> 旗帜 | 12. rampart ['ræmpɑ:t] <i>n.</i> 堡垒 |
| 5. dawn [dɔ:n] <i>n.</i> 黎明, 拂晓 | 13. gallantly ['gæləntli] <i>adv.</i> 勇敢地 |
| 6. hail [heɪl] <i>v.</i> 欢呼 | 14. glare [gleə] <i>n.</i> 耀眼, 强光 |
| 7. twilight ['twailaɪt] <i>n.</i> 曙光 | 15. alternating ['ɔ:ltəneɪtɪŋ] <i>adj.</i> 交替的 |
| 8. stripe [straɪp] <i>n.</i> 条纹 | |

16. inspire [ɪns'paɪə] v. 鼓励, 激起

17. patriotism ['pætriətɪzəm] n. 爱国精神

18. immigrant ['ɪmɪgrənt] n. (外来)移民

19. restoration [ˌrestə'reɪʃən] n. 恢复, 修复

20. anniversary [æni'vɜ:səri] n. 周年纪念日

21. forefather ['fɔ:,fa:ðə] n. 祖先, 前辈

22. inhabitant [ɪn'hæbɪtənt] n. 居民

23. peal [pi:l] n. 钟声

24. declaration [deklə'reɪʃən] n. 宣布, 公告



Sentences 语句荟萃

1. without question 毫无疑问

1) He is, *without question*, the best man for the job.

毫无疑问他是这项工作的最佳人选。

2) Soldiers are expected to obey their orders *without question*.

军人应当绝对服从命令。

2. present sb. with sth./present sth. to sb. 把某物赠予或交给某人

1) Billy will *present* Tom *with* his present.

比利将把礼物赠送给汤姆。

2) They *present* a sum of money *to* the college in memory of their son.

他们向学院赠送了一笔款项以纪念他们的儿子。



Exercise 牛刀小试

I. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

_____ 1. The flag of America is composed of two colors.

_____ 2. The Statue of Liberty is located in Washington D.C.

_____ 3. The Statue of Liberty can still be seen in Philadelphia.

_____ 4. The anthem of America is The Star and Stripes Forever.

II. Comprehension Check: Answer the following questions according to the text.

5. What do the thirteen alternating red and white stripes and fifty white stars stand for?

6. What does statue of Liberty and Liberty Bell Symbolize?

参考译文

美国的象征

座右铭: 1956 年 7 月 30 日, 美国宣布“我们相信上帝”为全国格言。

国鸟: 1782 年 6 月 20 日, 美国宣布白头海雕为国鸟。

国花: 1986 年 10 月 7 日, 美国宣布玫瑰为国花。

国歌: 1931 年 3 月 3 日, 美国宣布由弗朗西斯·斯科特·基谱写的《星条旗之歌》为国歌。

啊! 在晨曦初现时, 你可看见

是什么让我们如此骄傲?

在黎明的最后一道曙光中欢呼,

是谁的旗帜在激战中始终高扬!

烈火熊熊, 炮声隆隆,

我们看到要塞上那面英勇的旗帜

在黑暗过后依然耸立!

啊! 你说那星条旗是否会静止,

在自由的土地上飘舞,

在勇者的家园上飞扬?

其他象征

美国国旗: 毫无疑问, 我们国家最著名的标志就是她的“星条旗”。该旗主体由 13 道红、白相间的宽条组成; 旗面左上角为蓝色长方形, 排列着 50 颗白色五角星。13 道条纹代表那 13 个立国元老州, 50 颗五角星象征着目前构成美利坚合众国的 50 个州。条纹和五角星激发着每一个美国人心中的爱国热忱。

自由女神像: 自由女神像象征着美洲大陆发现后美国为每位新移民提供的自由与机遇。1884 年 7 月 4 日, 法国人民将代表着法美友好的自由女神像赠予美国。1892 至 1954 年间, 自由女神

迎接了 1200 多万抵达纽约港口的移民。1986 年 7 月 4 日,自由女神像落成 100 周年之际,美国人民庆祝了她的重新修缮完工。

自由钟: 自由钟象征着美国独立战争以及先烈用生

命换来的自由。钟上刻着《圣经·利未记》第 25 章第 10 节的诗句:“就此宣布所有土地和生活其上的所有居民获得自由。”如今在费城还可以看到这座自由钟,它的钟声宣告了 1776 年美国的独立。

“美”事一桩

美国文化的五大象征 (一)

自由女神像,山姆大叔,芭比娃娃,《美国哥特式》和野牛镍币被称为美国文化的五大象征。

自由女神像(Statue of Liberty),又称“自由照耀世界”,是法国在 1876 年赠送给美国独立 100 周年礼物。美国的自由女神像坐落于纽约州纽约市附近的自由岛,那里是美国重要的观光景点及地标。美国的自由女神像以法国塞纳河的自由女神像做蓝本,法国著名雕塑家巴托尔迪历时 10 年艰辛完成了雕像的雕塑工作。女神的外貌设计来源于雕塑家的母亲,而女神高举火炬的右手则是以雕塑家妻子的手臂为蓝本。自由女神穿着古希腊风格的服装,所戴头冠有象征世界七大洲及五大洋的七道尖芒。女神右手高举象征自由的火炬,左手捧着一本封面刻有“1776 年 7 月 4 日”字样的法律典籍,脚下是打碎的手铐、脚镣和锁链,象征着自由、挣脱暴政的约束,花岗岩构筑的神像基座上,镌刻着犹太女诗人爱玛·拉扎露丝的十四行诗《新巨人》中的诗句。

山姆大叔(Uncle Sam)是美国的绰号和拟人化形象,一般被描绘成身穿星条旗纹样的礼服,头戴星条旗纹样的高礼帽,身材高瘦,留着山羊胡子,鹰勾鼻,精神矍铄的老人形象。这个漫画形象是由著名画家詹姆斯·蒙哥马利·弗拉格依照自己长相为公共资讯委员会而画。“山姆大叔”一名是源于 1812 年美英战争时期,一位名叫撒米尔·威尔逊的美国人,他在战争中向美军供应牛肉,桶上的牌子写的是“EA-US”。EA 为公司名,US 为生产地美国,而 Uncle Samuel(山姆大叔)的缩写恰好也是 US,于是在一次玩笑中,山姆大叔的说法很快传开,其后成了美国的绰号。美国人把“山姆大叔”诚实可靠、吃苦耐劳以及爱国主义精神视为自己民族的骄傲和共有的品质。1961 年,美国国会正式通过一项决议,确认“山姆大叔”为美国的象征。

Answer

I. 1. two→three 2. Washington D.C.→New York 3. true 4. *The Star and Stripes Forever*→*The Star-Spangled Banner*

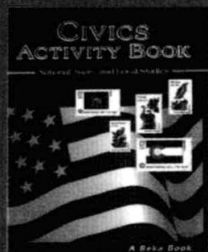
II. 5. The thirteen stripes represent the original thirteen states; the fifty stars represent the fifty states that make up the union today.

6. The Statue of Liberty symbolizes the freedom and opportunity that America has offered newcomers since its discovery. The Liberty Bell symbolizes the War of Independence and the freedom our forefathers fought and died for.

6

Patriotic Documents

爱国文献



透过美国成立至今的一系列文献，我们可以大致了解美国的发展历程，它们就是美国历史的忠实见证者。

PATRIOTIC¹ DOCUMENTS

Memorize the following documents

The Mayflower Compact

In the name of₁ God, Amen. We whose names are under-written², the loyal subjects of our dread sovereign³ Lord, King James, by the grace⁴ of God, of Great Britain, France, and Ireland king, defender⁵ of the faith, etc. Having undertaken⁶, for the glory of God, and advancement of the Christian faith, and honor of our king and country, a voyage to plant the first colony in the Northern parts of Virginia, do by these presents⁷ solemnly⁸ and mutually⁹ in the presence of God, and one another, covenant¹⁰, and combine ourselves together into a civil¹¹ body politic, for our better ordering and preservation¹² and furtherance of the ends aforesaid¹³; and by virtue¹⁴ hereof¹⁵ to

enact, constitute, and frame such just and equal laws, ordinances¹⁶, acts, constitutions, and offices, from time to time₂, as shall be thought most meet and convenient for the general good of the colony, unto which we promise all due submission¹⁷ and obedience¹⁸

Preamble¹⁹ to the Constitution

We the people of the United States, in order to form a more perfect Union, establish justice, insure²⁰ domestic²¹ tranquillity²², provide for the common defense, promote the general welfare²³, and secure the blessings of liberty to ourselves and our posterity, do ordain²⁴ and establish this Constitution for the United States of America.

First Amendment²⁵ to the Constitution

Congress shall make no law respecting²⁶ an establishment of religion, or prohibiting²⁷ the free exercise thereof²⁸; or abridging²⁹ the freedom of speech, or of the press; or the right of the people peaceably to assemble³⁰, and to petition³¹ the government for a redress³² of grievances³³.

The Declaration of Independence

In Congress, July 4, 1776

When, in the course³⁴ of human events, it becomes necessary for one people to dissolve³⁵ the political bands³⁶ which have connected them with another, and to assume³⁷, among the powers of the earth, the separate and equal station to which the laws of nature and of nature's God entitle³⁸ them, a decent³⁹ respect to the opinions of mankind requires that they should declare the causes which impel⁴⁰ them to the separation.

We hold these truths to be self-evident:—that all men are created equal; that they are endowed by their Creator with certain unalienable⁴¹ rights, that among these are life, liberty, and the pursuit⁴² of happiness. That, to secure these rights, governments are instituted⁴³ among men, deriving their just powers from, the consent⁴⁴ of the governed; that, whenever any form of government becomes destructive of these ends, it is the right of the people to alter⁴⁵ or to abolish⁴⁶ it, and to institute a new

government, laying its foundation on such principles, and organising its powers in such form, as to them shall seem most likely to effect their safety and happiness. Prudence⁴⁷, indeed, will dictate⁴⁸ that government long established should not be changed for light and transient⁴⁹ causes; and, accordingly⁵⁰, all experience hath shown that mankind are more disposed to, suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But, when a long train of abuses⁵¹ and usurpations⁵², pursuing invariably⁵³ the same object, evinces⁵⁴ a design to reduce them under absolute despotism⁵⁵, it is their right, it is their duty, to throw off, such government, and to provide new guards for their future security...

Lincoln's Gettysburg Address⁵⁶

Fourscore and seven years ago our fathers brought forth upon this continent a new nation, conceived⁵⁷ in liberty, and dedicated⁵⁸ to the proposition⁵⁹ that all men are created equal.

Now we are engaged in, a great civil war, testing whether that nation or any nation so conceived and so dedicated, can long endure⁶⁰. We are met on a great battlefield of that war. We have come to dedicate a portion⁶¹ of that field as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we cannot dedicate—we cannot consecrate⁶²—we cannot hallow⁶³

—this ground. The brave men, living and dead, who struggled here, have consecrated it far above our poor power to add or detract⁶⁴. The world will little note nor long remember what we say here, but it can never forget what they did here. It is for us, the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before

us—that from these honored dead we take increased devotion to that cause⁶⁵ for which they gave the last full measure of devotion; that we here highly resolve⁶⁶ that these dead shall not have died in vain⁶⁷; that this nation, under God, shall have a new birth of freedom; and that government of the people, by the people, for the people, shall not perish⁶⁷ from the earth.

Notes

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Vocabulary 新鲜酷词

- | | |
|--|--|
| 1. patriotic [ˌpætriˈɒtɪk] <i>adj.</i> 爱国的 | 15. hereof [hɪər'ɒv] <i>adv.</i> 就此 |
| 2. under-write [ˈʌndəˌraɪt] <i>v.</i> (在……之下)签署 | 16. ordiance ['ɔːdɪnəns] <i>n.</i> 法令, 条例 |
| 3. sovereign ['sɒvrɪn] <i>n.</i> 君主, 元首; 最高统治者 | 17. submission [səb'mɪʃən] <i>n.</i> 屈从 |
| 4. grace [ɡreɪs] <i>n.</i> (神的)恩典, 慈悲 | 18. obedience [ə'biːdiəns] <i>n.</i> 遵守 |
| 5. defender [dɪ'fendə] <i>n.</i> 捍卫者 | 19. preamble [pri'æmbəl] <i>n.</i> 前言 |
| 6. undertake [ˌʌndə'teɪk] <i>v.</i> 承担, 接受 | 20. insure [ɪn'ʃʊə] <i>v.</i> 确保 |
| 7. by these presents (律)根据此文件 | 21. domestic [də'mestɪk] <i>adj.</i> 国内的 |
| 8. solemnly ['sɒləmli] <i>adv.</i> 庄严地, 神圣地 | 22. tranquility [træn'kwɪlɪti] <i>n.</i> 平静 |
| 9. mutually ['mjʊ:tʃʊəli] <i>adv.</i> 相互地 | 23. welfare ['welfeə] <i>n.</i> 福利 |
| 10. covenant ['kɒnvɪənt] <i>n.</i> 立约 | 24. ordain [ɔː'dem] <i>v.</i> 规定, 命令 |
| 11. civil ['sɪvɪl] <i>adj.</i> 公民的, 国民的 | 25. amendment [ə'mendmənt] <i>n.</i> (议案等的)修正案 |
| 12. preservation [ˌprezə'veɪʃən] <i>n.</i> 保护, 维护 | 26. respecting [rɪ'spektɪŋ] <i>adv.</i> 关于, 在……方面 |
| 13. aforsaid [ə'fɔːsed] <i>adj.</i> 上述的 | 27. prohibit [prə'hɪbɪt] <i>vt.</i> 禁止, 阻碍 |
| 14. virtue ['vɜːtjuː] <i>n.</i> 美德, 优点 | 28. thereof [ðeər'ɒv] <i>adv.</i> 其, 关于那 |

29. **abridge** [ə'brɪdʒ] *vt.* 限制
30. **assemble** [ə'sembl] *v.* 集合, 聚集
31. **petition** [pe'tɪʃən] *n.* 请愿, 申请
32. **redress** [rɪ'dres] *n.* 纠正, 矫正
33. **grievance** ['gri:vəns] *n.* 抱怨, 不满
34. **course** [kɔ:s] *n.* 进程, 过程
35. **dissolve** [dɪ'sɒlv] *vt.* 分解, 解散
36. **band** [bænd] *n.* 带, 箍
37. **assume** [ə'sju:m] *v.* 承担, 就任
38. **entitle** [ɪn'taɪtl] *v.* 给……权利
39. **decent** ['di:snt] *adj.* 得体的, 体面的
40. **impel** [ɪm'pel] *vt.* 推动
41. **unalienable** [ʌn'eɪljənəbl] *adj.* 不可剥夺的
42. **pursuit** [pə'sju:t] *n.* 追寻, 寻求
43. **institute** ['ɪnstɪtju:t] *vt.* 设立, 创立
44. **consent** [kən'sent] *n.* 同意, 赞成
45. **alter** ['ɔ:lɔ] *v.* 改变
46. **abolish** [ə'bɒlɪʃ] *vt.* 废除, 废止
47. **prudence** ['pru:dəns] *n.* 谨慎, 小心
48. **dictate** [dɪk'teɪt] *v.* 要求
49. **transient** ['trænzənt] *adj.* 瞬间的
50. **accordingly** [ə'kɔ:dɪŋli] *adv.* 因此
51. **abuse** [ə'bju:z] *n.* 滥用, 虐待
52. **usurpation** [jʊzə'peɪʃən] *n.* 篡夺
53. **invariably** [ɪn'veəriəblɪ] *adv.* 总是
54. **evince** [ɪ'vɪns] *vt.* 表明, 显示出
55. **despotism** ['despətɪzəm] *n.* 专制
56. **address** [ə'dres] *n.* 演说, 致辞
57. **conceive** [kən'si:v] *v.* 构想, 设想
58. **dedicate** ['dedɪkeɪt] *vt.* 奉献, 致力于
59. **proposition** [prəpə'zɪʃən] *n.* 提议, 主张
60. **endure** [ɪn'djuə] *v.* 忍受
61. **portion** ['pɔ:ʃən] *n.* 一部分
62. **consecrate** ['kɒnsəkreɪt] *vt.* 使圣化
63. **hallow** ['hæləʊ] *vt.* 使成神圣
64. **detract** [dɪ'trækt] *v.* 贬低, 减损
65. **cause** [kɔ:z] *n.* 事业
66. **resolve** [rɪ'sɒlv] *v.* 决定
67. **perish** ['perɪʃ] *v.* 消失, 消亡



Sentences 语句荟萃

1. in the name of sb./sth. 以……的名义

1) Stop doing that, *in the name of* God!

看在上帝的分上, 住手!

2) I greet you *in the name of* the President.

我代表总统前来迎接你。

2. from time to time 有时，不时

- 1) He went fishing *from time to time*.

他有时去钓鱼。

- 2) She threw in a word or two *from time to time*.

她不时地插上一两句话。

3. derive from 起源于，来自，获得

- 1) Thousands of English words *derive from* Latin.

英语中有成千上万的词源自拉丁文。

- 2) She *derived* great pleasure *from* her study.

她从中获得极大乐趣。

4. be disposed to do sth. 有意，愿意，倾向于

- 1) I *am not disposed to* meet them at the moment.

我不打算在此刻会见他们。

- 2) The child is said to *be innately disposed to* learn language.

据说孩子天生就有学习语言的能力。

5. be/get/become accustomed to sth. 习惯于，适应于

- 1) He quickly *became accustomed to* the local food.

他很快就习惯了当地的食物。

- 2) She *got accustomed to* seeing others by narrowing eyes due to short sight.

因为有点近视，她有眯着眼睛看人的习惯。

6. throw off 扔掉，摆脱

- 1) The boy *threw off* his clothes and jumped into the water.

男孩匆匆脱下衣服，跳入水中。

- 2) I'm unable to *throw off* this feeling of depression.

我无法摆脱这种抑郁的感觉。

7. engage in 从事

- 1) He has *engaged in* farming for 20 years.

他从事耕作已有20年。

- 2) Politicians should not *engage in* business affairs that might affect their political judgment.

政治家不应该参与那些可能会影响其政治判断力的商业事务。

8. in a sense 就某种意义来说

1) You are right *in a sense*.

就某种意义来说你是对的。

2) *In a sense* she was misled by the advertisement's claims, and expected too much of the product.

从某种意义上说，她受到了广告的哄骗，因此对此产品期望过高。

9. in vain 徒劳，无结果地

1) Their efforts were not *in vain*.

他们的努力没白费。

2) We tried *in vain* to make him change his mind.

我们想使他改变主意，结果是白费心机。

**Exercise 牛刀小试****I. Multiple Choices: Put the letter representing the correct answer in the blank.**

_____ 1. *The Mayflower Compact* is important to the concept of a democratic society because it represents

- A. an effort by the colonists to use force to resist the King.
- B. a clear step toward self-government.
- C. an early attempt to establish universal suffrage.
- D. an attempt by the colonists to establish freedom of religion.

_____ 2. According to the *Declaration of Independence*, where does government get its power?

- A. From its Constitution
- C. From the elected representatives
- B. From its military
- D. From the consent of the governed

_____ 3. According to the *Declaration of Independence*, the fundamental purpose of

government is to

- A. protect people's natural rights.
- B. equalize opportunities for all citizens.
- C. provide for the defense of the nation.
- D. establish a system of free public education.

_____ 4. Which fundamental political idea is expressed in the *Declaration of Independence*?

- A. The government should guarantee every citizen economic security.
- B. The central government and state governments should have equal power.
- C. If the government denies its people certain basic rights, that government can be overthrown.
- D. Rulers derive their right to govern from God and are therefore bound to govern in the nation's best interest.

II. Comprehension Check: Answer the following questions according to the text.

5. What are the six functions of government as noted in the *Preamble of the Constitution*?

6. According to Lincoln, to what proposition was the United States dedicated?

7. Why was the *Gettysburg Address* important?

参考译文

爱国文献

牢记以下文献资料

《五月花号公约》

以上帝的名义, 阿门。

吾等签约人, 信仰之捍卫者, 蒙上帝恩佑的大不列颠、法兰西及爱尔兰国王詹姆斯陛下之忠顺臣民, 为了上帝的荣耀, 为了吾王与吾国的荣誉,

为了基督信仰的增进, 吾等扬帆越海, 以在弗吉尼亚北部开拓最初之殖民地, 因此在上帝面前共同庄严立誓签约, 自愿结为一民众自治团体。为使上述目的得以顺利进行, 维持并发展, 亦为将来能随时制定和实施有益于本殖民地总体利益的一应公正法律、法规、条令、宪章与公职, 吾等全体保证

遵守与服从。

《美国宪法序言》

我们美利坚合众国的人民，为了构建一个更完善的联邦，确立正义，保障国内的安宁，建立共同防御，增进全民福利并且确保我们自身及我们子孙安享作为神恩之自由，乃为美利坚合众国制定和确立此宪法。

《美国宪法第一修正案》

国会不得制定关于下列事项的法律：确立国教或禁止信教自由，剥夺言论自由或出版自由，或剥夺人民和平集会和向政府请愿伸冤的权利。

《美国独立宣言》

大陆会议(1776年7月4日)

在人类事务的发展过程中，当一个民族必须解除同另一个民族之间的政治联系，并按照自然法则和上帝的旨意，以独立平等的身份立于世界列国之林时，出于对人类舆论的尊重，必须把驱使他们独立的原因予以宣布。

我们认为下述真理是不言而喻的：人人生而平等，造物主赋予他们若干不可让与的权利，其中包括生存权、自由权和追求幸福的权利。为了保障这些权利，人们才在他们中间建立政府，而政府的正当权利，则是经被统治者同意授予的。任何形式的政府一旦对这些目标的实现起破坏作用时，人民便有权予以更换或废除，以建立一个新的政府。新政府所依据的原则和组织其权利的方式，务使人民认为唯有这样才最有可能使他们获得安全和幸福。若真要审慎地来说，成立多年的政府是不应当由于无关紧要的和一时的原因而予以更换的。过去的一切经验都说明，任何苦难，只要尚能忍受，人类还是情愿忍受，也不想为申冤而废除

他们久已习惯了的政府形式。然而，当始终追求同一目标的一系列滥用职权和强取豪夺的行为表明政府企图把人民置于专制暴政之下时，人民就有权也有义务去推翻这样的政府，并为其未来的安全提供新的保障。

林肯《葛底斯堡演说》

87年前，我们的先辈们在这个大陆上创立了一个新国家，它孕育于自由之中，奉行一切人人生而平等的原则。

现在我们正进行一场伟大的内战，以考验这个国家，或者说以考验任何一个孕育于自由而奉行上述原则的国家是否能够长久存在下去。我们在这场战争中的一个伟大战场上集合。

烈士们为使这个国家能够生存下去而献出了自己的生命，我们在此集会是为了把这个战场的一部分奉献给他们作为最后安息之所。我们这样做是完全应该而且非常恰当的。

但是，从更广泛的意义上来说，这块土地我们不能奉献，我们不能圣化，我们不能神化。曾在这里战斗过的勇士们，活着的和去世的，已经把这块土地神圣化了，这远不是我们微薄力量所能增减的。全世界将很少注意到，也不会长久地记起我们今天在这里所说的话，但全世界永远不会忘记勇士们在这里所做过的事。毋宁说，倒是我们这些还活着的人，应该在这里把自己奉献于勇士们已经如此崇高地向前推进但尚未完成的事业；倒是我们应该在这里把自己奉献于仍然留在我们面前的伟大任务，以便使我们从这些光荣的死者身上汲取更多的奉献精神，来完成他们已经完全彻底为之献身的事业。我们在此下定最大的决心，不让这些死者白白牺牲；让这个国家在上帝福佑下得到自由的新生，让这个民有、民治、民享的政府与世长存。

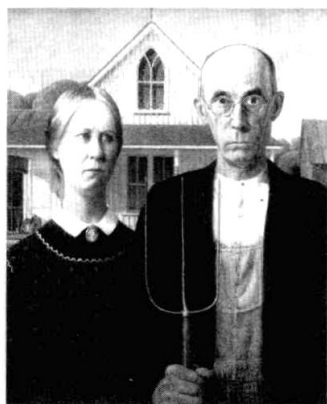
“美”事一桩

美国文化的五大象征 (二)



半个世纪以来,露丝·汉德勒创造的芭比娃娃(Barbie)几乎已经成为全世界小女孩的心爱之物。这个大眼睛、长头发,形象介于小女孩和成年女子之间的玩具娃娃,畅销于世界150个国家,总销售量超过10亿个。今天的芭比已经不仅是一个玩具,她是美国女性的一个象征,是美国文化的一个象征,正如遍布全球的麦当劳、肯德基一样,她是美国文化风潮全球化的一个重要象征。

野牛镍币 (Buffalo Nickel) 是由美国著名艺术家詹姆斯·厄尔·弗雷泽设计,1913—1938年间发行的一种硬币。美国传统硬币上刻画的主要是美国政府的杰出人物,其中大多数是著名的历届总统。野牛镍币,没有循规蹈矩,而是以美国西部开发的牺牲品——野牛和印第安人为创作原型,以表纪念。



1930年,格兰特·伍德因其画作《美国哥特式》(*American Gothic*)一举成名。他深受中世纪艺术家的影响。此画灵感来自于一所古老农舍的哥特式窗户,但最令世界注目的是画中人物的脸。画中男子双唇紧闭,神情严肃,鼻梁上一丝不苟地架着圆圆的眼镜,那只沾满泥巴的手里握着的叉子既代表了在农业占主导地位的年代,农民们勤劳耕作的精神,也象征着在19世纪男权社会中毋庸置疑的男性权威和力量。略微站在男人身后的女子一副典型的维多利亚时期女性的装扮。那个年代的女性以严谨、矜持、勤劳、克己为美德,她不苟言笑,眼睛看向男人,有点唯他是听的意味。作为美国文化的象征之一,此画常常被后人临摹。

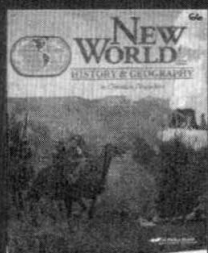
Answer

I. 1. B 2. D 3. A 4. C

II. 5. To form a more perfect Union; establish Justice; insure domestic tranquility; provide for the common defense; promote the general welfare; and secure the blessings of liberty to ourselves and our posterity. 6. All men are created equal. 7. In just a few short sentences Abraham Lincoln captured the very essence of what the civil war was about and the determination to win the battle.

Land of Second Chances

赐予二次机遇的土地



现如今,美国成为全球最大的移民目的国。作为世界上最发达的国家,强大的经济实力、自由的经济氛围以及完善的社会福利,都是其他国民趋之若鹜的原因。不过,他们也是建设强大美国的一分子。

LAND OF SECOND CHANCES

In 1870, the American population stood at 38 million; by 1916, there were nearly 100 million Americans. The population almost tripled¹ in 46 years! Where did all of these people come from? Some of them were born in America, but most of them were immigrants.

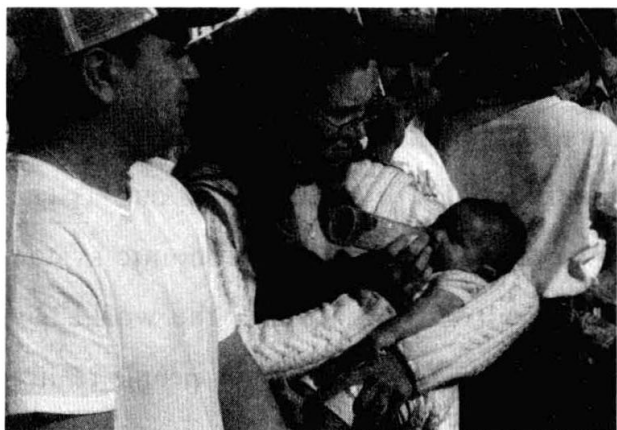
An immigrant is a person who leaves his own country to make his home in another country. The United States has attracted

more immigrants to its shores² than any other country in the world. Because of our heritage³ of freedom and our free economic system, many people from all over the world have come here to live. The French people realized this when they sent us the Statue of Liberty as a gift of friendship for our 100th anniversary. The poem on the base of the Statue of Liberty reads in part:

Give me your tired, your poor,
Your huddled⁴ masses⁵ yearning⁶ to breathe free,
The wretched⁷ refuse of your teeming⁸ shore.
Send these, the homeless, tempest⁹-tost¹⁰ to me,
I lift my lamp beside the golden door!

This poem was written by Emma Lazarus, an American who helped immigrants adjust¹¹ to₂ their new world. The United States has become a new home to so many people that the American Indians now make up only one percent of the population. Because people from all over the world make up the United States and have influenced it in many ways, it is often called a “melting pot.”

Most of the people of the world are referred to₃ by the name of their country, such as French, English, Brazilian, or Canadian. The United States is such a mixture¹² of many countries that it is the only country in the world whose citizens¹³ are not commonly called by their country but by their continent, Americans.



From the days of early colonization, people had come to America from Europe for freedom of religion, freedom to work and own land, and freedom from oppressive¹⁴ governments. As the years passed, the reasons for coming to America grew. Immigrants came for other freedoms that America had to

offer—such as freedom of speech and press. Some came from poor families where they faced starvation¹⁵. Many came because they could not own homes, business, or farms in their old homelands, but in America, if they worked hard, they could. Along with₄ all of these hopes, they wanted education for their children. This may have been impossible in their homelands, but in the United States, every child could have a good education. So many people have come to the United States to find greater opportunity to reach their goals that our country has been called the “Land of Second Chances” or the “Land of Opportunity.”

The new Americans came from many different countries. Originally¹⁶, almost all immigrants had been from northwestern Europe—England, Ireland, Scotland, Germany, Scandinavia¹⁷, Switzerland, and France. Now many came from southern and eastern Europe—Italy, Poland, Russia, Austria-Hungary¹⁸—and from Asia—China and Japan. Many of these new Americans had a difficult beginning. Few knew how to speak English. They had few possessions¹⁹ and very little money. But most had a great desire to work and build for themselves a home in a new and free country. By their work and determination²⁰, they helped build an even stronger United States.

Notes

本文选自美国中学六年级（相当于中国的初一年级）历史与地理课本。



Vocabulary 新鲜酷词

- | | |
|---|---|
| 1. triple ['trɪpl] <i>vi.</i> 使增加为原来的3倍 | 12. mixture ['mɪkstʃə] <i>n.</i> 混合 |
| 2. shore [ʃɔ:] <i>n.</i> (常作~s)国家 | 13. citizen ['sɪtɪzən] <i>n.</i> 公民 |
| 3. heritage ['herɪtɪdʒ] <i>n.</i> 遗产, 传统 | 14. oppressive [ə'presɪv] <i>adj.</i> 压迫的 |
| 4. huddle ['hʌdl] <i>v.</i> 蜷缩, 挤成一团 | 15. starvation [stɑ:'veɪʃən] <i>n.</i> 饥饿 |
| 5. mass [mæs] <i>n.</i> 群众, 民众 | 16. originally [ə'ɪdʒɪnəli] <i>adv.</i> 最早的, 最初的 |
| 6. yearn [jɜ:n] <i>vi.</i> 渴望, 向往 | 17. Scandinavia [ˌskændɪ'neɪvɪə] <i>n.</i> 斯堪的纳维亚 |
| 7. wreathed ['retʃɪd] <i>adj.</i> 可怜的, 悲惨的 | 18. Austria-Hungary ['ɒstriə, 'hʌŋɡəri] <i>n.</i> 奥匈帝国 |
| 8. teeming ['ti:mɪŋ] <i>adj.</i> 拥挤的 | 19. possession [pə'zeʃən] <i>n.</i> 所有物, 财产 |
| 9. tempest ['tempɪst] <i>n.</i> 暴风雨 | 20. determination [dɪtɜ:mɪ'neɪʃən] <i>n.</i> 决心 |
| 10. tost [tɒst] <i>v.</i> (古诗中)toss的过去时和过去分词 | |
| 11. adjust [ə'dʒʌst] <i>v.</i> 适应 | |



Sentences 语句荟萃

- in part** 在某种程度上, 部分地
 - This is, *in part*, my own mistake.
在某种程度上来说,这是我自己的错。
 - The novel is written *in part* by my grandmother.
小说的一部分是我祖母写的。
- adjust to** 调节, 适应
 - Dick *adjusted well to* Hong Kong.
迪克很能适应香港的生活。
 - Astronauts in flight must *adjust to* weightlessness.
宇航员在飞行中必须适应失重状态。

3. refer to 提到, 说到或涉及

- 1) Don't *refer to* this matter again, please.

请别再提这件事。

- 2) When I said some people are stupid, I wasn't *referring to* you.

我说有些人很愚蠢, 并不是指你。

4. along with 与……在一起

- 1) She came to dinner *along with* her boyfriend.

她和她的男朋友一道来用餐。

- 2) Tobacco is taxed in most countries, *along with* alcohol.

烟草和酒在许多国家都要征税。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Which country has attracted the most of the immigrants in the world?

- A. France C. Australia
B. America D. Britain

_____ 2. Where did most of the new Americans come from at the beginning?

- A. Southern Europe C. Eastern Europe
B. Asia D. Northwestern Europe

II. Comprehension Check: Answer the following questions according to the text.

3. What's your understanding of the poem written on the base of the Statue of Liberty?
4. What brought many immigrants to America in the 19th century?

参考译文

赐予二次机遇的土地

1870 年, 美国人口为 3800 万, 而到 1916 年则接近 1 亿, 在短短 46 年间数量竟然增长了 2 倍! 这么多的人口来自哪里? 一些出生于美国, 而大多数为移民。

移民指的是离开家乡到另一国家定居的人。

.....

把你,
那劳瘁贫贱的流民
那向往自由呼吸, 又被无情抛弃
那拥挤于彼岸悲惨哀吟
那骤雨暴风中翻覆的惊魂
全都给我!
我高举灯盏伫立金门!

这首诗的作者是美国人爱玛·拉扎露丝, 她曾帮助来到美国的移民适应当地全新的环境, 美国逐渐成为他们新的家园。移民数量的剧增使得当地印第安人仅占总人口数的 1%。由于美国人口来自世界各地, 各民族以不同的方式相互影响, 因此美国常被称做“大熔炉”。

世界上大部分人都是按照各自国家名称, 如法国、英国、巴西或加拿大等来称呼彼此。然而美国融合了来自全球各国的移民, 因此她成为世界上唯一一个通常使用洲名(美洲人)而不是国家名称来称呼其公民的国家。

早在殖民时期, 欧洲的移民为了寻求宗教自由、工作和享有土地的自由以及摆脱政府压迫的自由来到美国。随着时光的流逝, 人们前往美国的原因开始变化: 一些移民是为了获得美国所能

由于拥有自由的传统和经济体制, 美国吸引了世界各地的人们来此定居, 移民数量位居全球首位。法国人也意识到了这点, 美国独立 100 周年之际, 他们将代表着法美友好的自由女神像赠予了他们。神像基座上镌刻的诗歌中提到:

提供的其他自由权利, 如言论和出版自由; 一些则是迫于家庭的平困疾苦; 大多数人是因为他们无法在原先的国家拥有房屋、产业或是农田, 而这些理想在美国只要通过努力都能实现。与此同时, 这些怀揣各种梦想的人们也希望孩子能在美国获得在其他国家无法企及的良好教育。人们定居美国多半是为了找寻实现目标的更大机遇。因此, 我们国家被称做“给予二次机遇的土地”或是“充满机遇的土地”。

新美国人来自世界各国。最初大部分移民源于西北欧(英格兰、爱尔兰、苏格兰、德国、斯堪的纳维亚、瑞士以及法国)。现在众多移民来自东南欧(意大利、波兰、俄罗斯、奥匈帝国)和亚洲(中国及日本)。对于他们来说, 最初的生存显得较为困难, 很少人懂得英语, 他们的财产也很少, 但是

他们几乎都怀揣着在这片自由崭新的土地上建设新家园的美好憧憬。凭借着艰苦的奋斗和坚定的信念,他们一起建造了一个更为强大的美国。

“美”事一桩

美国梦

300多年前,当英格兰移民乘坐着五月花号,横穿大西洋来到马里兰,寻找一块清教徒能居住的“净土”时,“美国梦”(American Dream)已开始悄然萌芽。美国给了全世界每一个人均等的机会,只要努力奋斗,都可以实现自己的梦想。300年后,这个国家已成富饶之邦。然而“美国梦”并没有消逝,只是随着历史的变迁,拥有了更多的“内涵”。美国总统奥巴马的成功经历就是对美国梦的最好注释:一个有着肯尼亚血统、被单身母亲拉扯大、中间的名字为“侯赛因”、靠在社区服务起家的黑人,竟在预选和大选中连续击败了美国两党最有资历的政治家,当选为美国总统!在胜利之夜的集会上,奥巴马说的第一句话就是:如果还有人怀疑美国是否是一切皆有可能的国家,如果还有人困惑于我们的建国者的梦想是否还存在于我们的时代,那么,今天就是答案!开场白赢得满堂喝彩,许多人喜极而泣。奥巴马凭借勤奋、勇气、创意和决心实现了自己的美国梦,而美国人民则看到了一个新的美国梦的诞生,在奥巴马身上他们看到了自己的梦想得以实现的希望。美国历史上第一位非裔黑人总统的诞生,更让这个移民国家魅力非凡。最大的“美国梦”不是汽车洋房,而是奥巴马式的奇迹。只要有才干、肯奋斗、保持着理想,你就可以问鼎最高权力。



相关链接:

1. <http://www.mtime.com/movie/40703/> (电影《美国梦》相关影评资讯)

2. <http://www.mtime.com/movie/80325/> (电影《贫民窟的百万富翁》相关影评资讯)

Answer

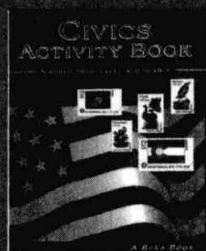
I. 1. B 2. D

II. 3. The poem written on the base of the Statue of Liberty reflects that America is a country of freedom and it warmly welcomes all the people over the world.

4. The freedom, better education and greater opportunities offered by America attracted many immigrants to this country in the 19th century.

The Flag Etiquette

国旗礼仪



国旗是国家的一种标志性旗帜，是国家的象征。它通过一定的式样、色彩和图案反映一个国家政治特色和历史文化传统。

THE FLAG ETIQUETTE¹

1. The flag should always be

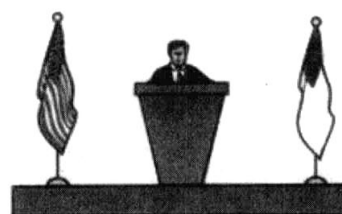
to the right of other flags.



to the right in crossed flags (staff² in front).



to the right of a platform³.



to the right of the audience—if it is not on the platform.



2. Always salute the flag

◎ as it goes by a parade⁴.

◎ as it is being raised or lowered.

©when singing *The Star-Spangled Banner*.

©when saying the *Pledge of Allegiance*⁶



3.To salute⁷ the flag:

Stand at attention. Place your right hand over your heart. Men wearing hats remove their hats with the right hand and place them over the heart, toward the left shoulder. People in the armed services salute the flag as they would an officer.



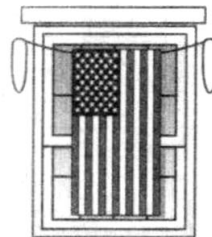
4.Always raise the flag **briskly**⁸ and lower it slowly.



Be sure it is free to hang loose and not tangled⁹ in the rope.

5.Always hang the flags that the end nearest the union (the blue field) is **attached**¹⁰ securely but the rest of the flag is loose and free.

6.Always put the union near the top when the flag is flown **vertically**¹¹ or north if it is flown **horizontally**¹² to the ground.



(An upside-down¹³ flag means a serious emergency.)

7.Keep the flag **folded**¹⁴ properly when it is not displayed.

Fold it double; then make triangular folds starting from the striped end.



8.Never let the flag touch the ground.

9.Never use the flag for any other purpose than to **represent**¹⁵ our country.

Never use it to cover objects, **decorate**¹⁶ objects or clothing, or to carry things.

10.Display the flag only in good weather, unless it is an all-weather flag. If displayed at night it must have a **spotlight**¹⁷ shining on it.

11. If a flag becomes unusable, it should be burned by itself in a separate container¹⁸ in a dignified¹⁹ manner₂.

Notes

本文选自美国中学八年级（相当于中国的初三年级）美国国家概况课本。



Vocabulary 新鲜酷词

1. **etiquette** ['etiket] *n.* 礼节, 礼仪

2. **staff** [sta:f] *n.* (全体)工作人员

3. **platform** ['plætfɔ:m] *n.* 讲台

4. **parade** [pə'reid] *n.* 游行, 阅兵

5. **pledge** [pledʒ] *n.* 保证, 誓言

6. **allegiance** [ə'li:dʒəns] *n.* 忠诚

7. **salute** [sə'lu:t] *v.* 行礼, 致敬

8. **briskly** ['briskli] *adv.* 迅速地

9. **tangle** ['tæŋgl] *v.* 纠缠

10. **attach** [ə'tætʃ] *v.* 黏上, 系上

11. **vertically** ['vɜ:tikəli] *adv.* 垂直地

12. **horizontally** [hɒrɪ'zɒntli] *adv.* 水平地

13. **upside-down** ['ʌpsaɪd'daʊn] *adj.* 颠倒的

14. **fold** [fəʊld] *v.* 折叠

15. **represent** [reprɪ'zent] *v.* 代表

16. **decorate** ['dekəreɪt] *v.* 装饰

17. **spotlight** ['spɒtlaɪt] *n.* 聚光灯

18. **container** [kən'teɪnə] *n.* 容器

19. **dignified** ['dɪgnɪfaɪd] *adj.* 庄严的



Sentences 语句荟萃

1. be free to do sth. 不受拘束地做某事

1) Each state *is free to develop* its own educational plan.

各个州都可以自由发展自己的教育计划。

2) Everyone *is free to express* himself at the meeting.

每个人在会上都可以畅所欲言。

2. in a ... manner 以……方式

1) Why are you talking *in such a strange manner*?

你为什么用这种奇怪的方式说话?

2) I will try to present my ideas *in a clearer manner* in order to get my points across.

我要以更清楚的方式提出我的看法, 使对方了解我的观点。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. When displayed on a platform in an auditorium, the flag is displayed

- A. to the right of the speaker facing the audience.
- B. to the left of the speaker facing the audience.
- C. centered behind the speaker facing the audience.
- D. none of the above.

_____ 2. When the American flag is hung in a window, where should the “union” (or blue part) be?

- A. In the lower left
- B. In the lower right
- C. In the upper left
- D. In the upper right

_____ 3. When a flag is old and tattered and needing replacement, what should be done with it?

- A. It should be donated to a proper charity.
- B. It should be burned in a dignified way.
- C. It should be thrown away in a paper bag that is folded over and taped.
- D. It should be folded and stored properly away from light.

II. Comprehension Check: Answer the following questions according to the text.

4. What pace do you use when hoisting and lowering the flag?

5. Can the flag be flown outside at night?

6. What should you do when an American flag goes by in a parade?

7. When is the only time a United States flag should be flown upside down?

参考译文

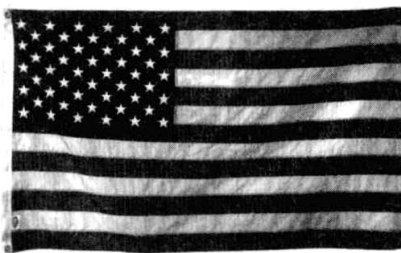
国旗礼仪

1. 国旗通常应放置于其他国旗的右侧,交叉两旗的右侧(面朝观众),讲台的右侧,观众的右侧——倘若国旗放置于讲台之下。
2. 当阅兵队伍举旗经过时、当国旗升降时、当高唱国歌《星条旗永不落》时、当说出《效忠誓言》时,请向国旗行礼。
3. 向国旗行礼:立正。将右手放在左胸前。戴帽子的男士用右手将帽子摘除,朝向左肩放在心口位置。现役军人应如向长官敬礼般朝国旗敬礼。
4. 升国旗应迅速而降旗须缓慢。确保国旗的舒展,使其不缠绕于旗杆上。
5. 悬挂国旗时应将代表着合众国的旗尾部分(即蓝色区域)固定,而其余部分可迎风飘扬。
6. 当国旗垂直悬挂或是水平飘扬时,将旗尾置顶或是朝北固定(倒置的国旗意味着严重紧急情况的发生)。
7. 当国旗未被悬挂时,应将其恰当地折叠。先对折两次,然后从条纹部分开始,将其折成三角形。
8. 不要让国旗着地。
9. 除了代表我国之外,不要将国旗用做其他用途。不要用国旗覆盖、装饰、包裹或搬运任何东西。
10. 除了可在任何天气中使用的特殊国旗之外,国旗只能在天晴时悬挂。如果是在晚上展示,必须有聚光灯将其照亮。
11. 如果国旗无法再使用,应将其放置于一个独立的容器内,以一种庄严的方式让其自行烧毁。

“美”事一桩

美国国旗及《效忠誓言》

美国国旗的旗面由 13 道红白相间的宽条构成,左上角为蓝色星区,区内共有 9 排 50 颗白色五角星,以一排 6 颗、一排 5 颗交错排列。这 50 颗星代表了美国的 50 个州,而 13 条间纹则象征着美国最早建国时的 13 块殖民地。国旗由三种颜色组成:红色象征勇气,白色象征真理,蓝色则象征正义。这面旗帜俗称“星条旗”(Stars and Stripes),正式名



称为“合众国旗”(The Flag of the United States),它在正式成为美国国旗前曾经过 28 次修改。国旗是美国宪法以及权利法案所保障的所有自由的象征,大多数时候它还是个人自由的象征。每年 6 月 14 日为

“美国国旗制定纪念日”。在这一天,美国各地举行纪念活动,以示对国旗的敬重和对合众国的热爱。美国人对国旗宣誓时,应取立正姿势,右手郑重地放在左胸前,以示对国旗的崇敬。《效忠誓言》(*Pledge of Allegiance*)的全文为:“我宣誓忠实于美国利坚合众国国旗,忠实于她所代表的合众国——苍天之下一个不可分割的国家,在这里,人人享有自由和正义。”(“I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.”)

相关链接: <http://www.usflag.org/flagetiquette.html> (美国国旗相关知识网站)

Answer

I. 1. A 2. B 3. B

II. 4. Raise it briskly and lower it slowly.

5. Yes. While it is customary to fly the flag between sunrise and sunset, it can be displayed at night if it is properly lit.

6. Stand at attention. Place your right hand over your heart.

7. Only when used as an emergent signal to call for help.

Part 2

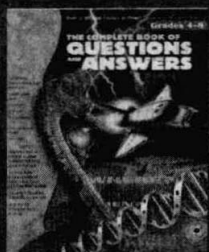
Science

自然科学

1

Discoveries

发现

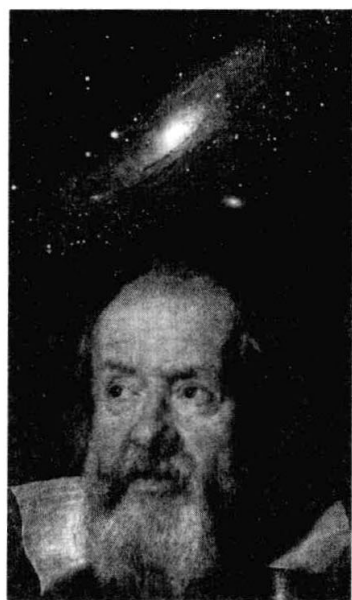


这个世界存在很多奇妙的现象和隐藏在背后的原理,只是很多人缺乏发现的眼睛和勇于探索的精神。如果我们都能怀有一颗好奇心来观察这个世界,很多难题就会迎刃而解了。

DISCOVERIES

Who invented the modern science of astronomy?

Galileo Galilei (1564—1642) built several telescopes¹ and observed the movements of the moon and planets. He was the first person to discover that the surface of the Moon is rough and cratered², and not smooth as had been supposed for centuries. He also found that he could use the swing³ of a pendulum⁴ to measure time.



Galileo got into trouble with the authorities when he claimed that the Earth moved around the sun, rather than the sun

moving around the Earth. This idea was thought to be a threat to biblical⁵ teaching, and Galileo was placed under house arrest⁶ for the remainder⁷ of his life.

Who invented the scientific method?

Archimedes was a Greek mathematician⁸ who lived between about 287 and 212 B.C. Unlike many Greek philosophers⁹ of the time, Archimedes believed in₁ making experiments to prove that his theories worked. He made practical inventions, such as the Archimedean screw¹⁰ which is still used today to lift water for irrigation¹¹. He also worked out₂ the laws that govern the use of levers¹² and pulleys¹³.

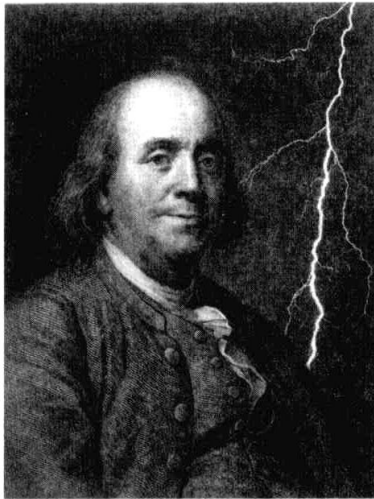
Archimedes is most famous for allegedly¹⁴ leaping¹⁵ out of his bath in excitement shouting “Eureka!”(the Greek word for “I have found it!”). He did this when he

realized that his body displaced¹⁶ a volume of water equal to its own volume.

The screw was just one of the inventions of the Greek philosopher Archimedes. It was originally used to pump¹⁷ water and is still used today in some developing countries to irrigate the fields.

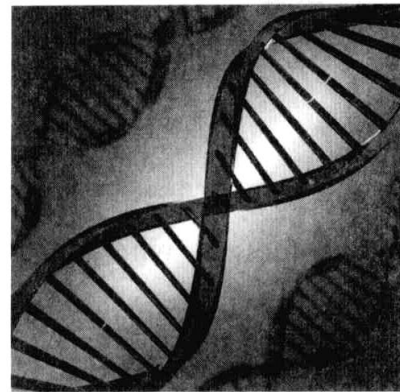
Ben Franklin developed lightning rods¹⁸ to protect buildings from storm damage.

Who first understood lightning¹⁹?



Ben Franklin (1706–1790) was an American with many talents. He was a printer, scientist, and politician who played an important part in founding the United States. He discovered the nature of lightning while flying a kite during a thunderstorm²⁰. Franklin noticed sparks²¹ jumping from a key tied to the end of the wet string²². This could easily have killed him, but it did not. He went on to invent the lightning conductor²³, a strip²⁴ of copper²⁵ that is run from the top of a building to the ground in order that lightning can earth itself safely.

Who discovered the double helix²⁶?



The scientists James Watson and Francis Crick studied genes²⁷ in an attempt to find out about their structure. The genetic material DNA (deoxyribonucleic²⁸ acid²⁹) is a complicated molecule³⁰, and it had been difficult to understand how DNA could copy itself when cells reproduce³¹. Watson and Crick found that it was shaped like a stepladder twisted into a spiral³², and that if the two sides were pulled apart, the ‘rungs³³’ of the ladder would automatically reproduce the rest of the molecule.

The electrical nature of the nervous system was discovered after Italian scientist Galvani noticed how frogs’ legs twitched when an electrical current was applied to the nerve.

How did frogs’ legs lead to an understanding of the nervous system?

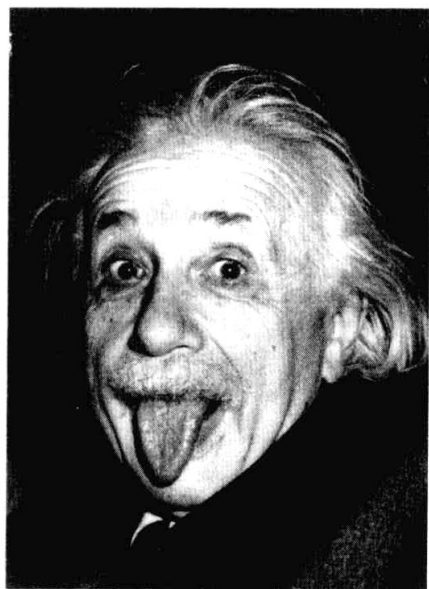
Luigi Galvani (1737–1798) was an Italian scientist. He accidentally noticed that severed³⁴ frogs’ legs twitched³⁵ when the nerve was touched with a pair of metal scissors³⁶ during a thunderstorm. Alessandro Volta (after



whom the volt³⁷ is named) explained why this happened. It was because an electrical current³⁸ was produced between two metals, which provided the stimulation³⁹ to the nerves. This discovery later led to the realization that the nervous system works by means of electrical signals.

Atomic: Ernest Rutherford (1871–1937) was a physicist who studied radioactivity. He found several different forms of radiation and also discovered that elements change as a result of radioactive decay. He received a Nobel Prize for this work. Rutherford went on to discover the nucleus⁴⁰ of the atom, and in 1919, he finally succeeded in splitting⁴¹ an atom for the first time.

Who developed the theory of relativity⁴²?



Albert Einstein (1879–1955) was a physicist⁴³ who was born in Germany but lived in Switzerland and the U.S.A. in later life. He developed the theory of relativity, which led to the famous equation⁴⁴ $E=mc^2$ (which very few people actually understand).

Einstein's work is the basis for most of our theories about the nature, history, and structure of the universe⁴⁵. He laid down the rules that govern objects moving close to the speed of light and explained why travel at this sort of speed could distort⁴⁶ time itself. His work also proved invaluable in the development of the atomic⁴⁷ bomb.

Who discovered the radioactive⁴⁸ element radium⁴⁹?

Marie Curie and her husband Pierre began their research into radioactivity in 1895. They soon discovered the new element thorium⁵⁰, and in 1898 they discovered two other elements—polonium⁵¹ and radium. They received the Nobel Prize for physics for this work in 1903, although they shared the prize with Henri Becquerel, who researched the same subject. After her husband's death, Marie continued her research, winning a second Nobel Prize before dying in 1934 of cancer caused by unprotected exposure⁵² to atomic radiation. A new element discovered in 1944 was named curium⁵³ in her honor.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. telescope ['telɪscəʊp] *n.* 望远镜
2. crater ['kreɪtə] *v.* 形成坑, 呈坑状
3. swing [swɪŋ] *n.* 摆动, 振幅
4. pendulum ['pendjələm] *n.* 钟摆
5. biblical ['bɪblɪkəl] *adj.* 《圣经》的
6. arrest [ə'rest] *n.* 拘留, 逮捕
7. remainder [rɪ'meɪndə] *n.* 剩余部分
8. mathematician [ˌmæθɪmə'tɪʃən] *n.* 数学家
9. philosopher [fɪ'lɒsəfə] *n.* 哲学家
10. screw [skru:] *n.* 螺旋桨
11. irrigation [ˌɪrɪ'geɪʃən] *n.* 灌溉
12. lever ['levə] *n.* 杠杆
13. pulley ['pulɪ] *n.* 滑轮
14. allegedly [ə'ledʒɪdli] *adv.* 据称
15. leap [li:p] *v.* 跳跃
16. displace [dɪs'pleɪs] *vt.* 替代
17. pump [pʌmp] *v.* 用泵抽水
18. rod [rɒd] *n.* 杆状物
19. lightning ['laɪtənɪŋ] *n.* 闪电
20. thunderstorm ['θʌndə'stɔ:m] *n.* 雷雨
21. spark [spɑ:k] *n.* 火花, 火星
22. string [strɪŋ] *n.* 细绳
23. conductor [kən'dʌktə] *n.* 导体
24. strip [stri:p] *n.* (布、纸、金属等的)条, 带状物
25. copper ['kɒpə] *n.* 铜
26. helix ['hi:lɪks] *n.* 螺旋体
27. gene [dʒi:n] *n.* 基因
28. deoxyribonucleic [di:'ɒksɪ,raɪbəʊnju'kli:ɪk] *adj.* 脱氧核糖的
29. acid ['æsɪd] *n.* 酸
30. molecule ['mɒlɪkjʊ:l] *n.* 分子
31. reproduce [ˌrɪ:prə'dʒʊs] *v.* 复制, 繁殖, 再生
32. spiral ['spaiərəl] *n.* 螺旋
33. rung [rʌŋ] *n.* 梯子横档, 梯级
34. sever ['sevə] *v.* 割断, 切断
35. twitch [twɪtʃ] *v.* 抽动, 抽搐
36. scissors ['sɪzəz] *n.* 剪刀
37. volt [vɒlt] *n.* 伏特(电压单位)
38. current ['kʌrənt] *n.* 流
39. stimulation [ˌstɪmjʊ'leɪʃən] *n.* 刺激
40. nucleus ['nju:klɪəs] *n.* 核
41. split [splɪt] *v.* 劈开, 使分裂
42. relativity [ˌrelə'tɪvɪtɪ] *n.* 相对性
43. physicist ['fɪzɪsɪst] *n.* 物理学家
44. equation [ɪ'kweɪʃən] *n.* 方程式
45. universe ['ju:nɪvɜ:s] *n.* 宇宙
46. distort [dɪs'tɔ:t] *vt.* 扭曲, 使失真
47. atomic [ə'tɒmɪk] *adj.* 原子的
48. radioactive [ˌreɪdɪəʊ'æktɪv] *adj.* 放射性的
49. radium ['reɪdɪəm] *n.* 镭
50. thorium [θɔ:riəm] *n.* 钍
51. polonium [pə'ləʊniəm] *n.* 钋
52. exposure [ɪks'pəʊʒə] *n.* 暴露
53. cirium ['kjuəriəm] *n.* 镅



Sentences 语句荟萃

1. believe in 相信, 信任

- 1) Christians *believe in* Jesus.

基督徒信仰耶稣。

- 2) Do you *believe in* love at the first sight?

你相信一见钟情吗?

2. work out 解决, 制定出

- 1) To *work out* a plan, one has to start with investigation.

制订计划要从调查研究入手。

- 2) He couldn't *work out* the equation, his sister helped him out.

他解不出那个方程式, 他姐姐帮他算了出来。

3. play an important part in 扮演重要角色; 起到重要作用

- 1) Computers *play an important part in* our life.

计算机将在我们的生活中起着重要作用。

- 2) Government *plays an important part in* protecting the environment.

政府部门在保护环境方面担当重要角色。

4. in an attempt to 试图

- 1) She cuts at the rope *in an attempt to* free herself

她割断绳索以求脱身。

- 2) Strict laws were passed *in an attempt to* discourage crime.

制定了严厉的法律企图阻止人们犯罪。

5. by means of 用……方法; 依靠

- 1) They succeeded *by means of* perseverance.

他们依靠坚忍不拔而获得成功。

- 2) I found my bike *by means of* a notice in the newspaper.

我借助报纸上的一则广告找到了我的自行车。

6. lay down 制定规则、原则等

1) You can't *lay down* hard and fast rules.

规定不能定得太严太死。

2) It is *laid down* that all applicants must sit a written exam.

根据规定，申请者一律须经笔试。

7. in one's honor/in the honor of sb. 向……表示敬意；为纪念……

1) They gave a party *in John's honor*.

他们举行宴会招待约翰。

2) This relationship is called Boyle's law, *in the honor of* the English physicist who discovered it.

为纪念发现这一定律的英国物理学家，这个关系式叫做波义耳定律。

**Exercise** 牛刀小试**I. Matching: Match the discovery with its discoverer.**

- | | |
|---|-----------------------------------|
| _____ 1. radioactive elements | A. Archimedes |
| _____ 2. rough and cratered surface of the moon | B. Marie Curie |
| _____ 3. nature of lightening | C. Ernest Rutherford |
| _____ 4. nucleus of the atom | D. Albert Einstein |
| _____ 5. double helix | E. Galileo Galilei |
| _____ 6. theory of relativity | F. James Watson and Francis Crick |
| _____ 7. laws that govern the use of levers and pulleys | G. Ben Franklin |

II. Comprehension Check: Answer the following questions according to the text.

8. How was the electrical nature of the nervous system discovered?

9. From your perspective, what's the most important invention in the last century? Why?

参考译文

发现

谁开启了现代天文科学探索之路?

伽利略·伽利莱(1564—1642)用自制的几架天文望远镜观察月亮和其他星球的运行。他第一个发现了月球表面呈凹凸不平状,并不像几个世纪以来人们所设想的那样平滑。他还发现了可以利用钟摆的摆幅来计算时间。

当伽利略宣称地球绕着太阳转,而不是太阳绕着地球转时,他激怒了当权者,他的这种观点被认为是《圣经》教诲的威胁,因此被判以终身监禁。

谁创立了科学研究的方法?

希腊数学家阿基米德生于公元前287—212年。与当时许多希腊哲学家不同,阿基米德相信科学实验可以证明理论的可行性。他的发明颇具实用价值。例如阿基米德螺旋杆,至今这一发明还被用于抽水灌溉。此外他还创立了杠杆和滑轮定律。

阿基米德最出名的轶事是他在浴缸里的恍然大悟。当他发现从浴缸边缘溢出的水的体积等于他自己身体入水部分的体积时,他从浴缸一跃而起,兴奋地喊道:“尤里卡(我发现了)!”

本杰明·富兰克林发明了避雷针,它能保护建筑物防止暴风雨的袭击。

谁揭开了闪电之谜?

本杰明·富兰克林(1706—1790)是美国历史上著名的出版家、科学家、政治家,美国建国功臣。在雷雨放风筝的经历使他发现了闪电的本质。

富兰克林注意到系于被雨淋湿的风筝绳末端的钥匙在雷雨中冒出闪闪火花,几乎可以使他毙命。随后他发明了闪电导体——铜条,将该导体从建筑物顶端接至地面,可使闪电安全接地。

谁发现了双螺旋体?

科学家詹姆斯·沃森和弗兰西斯·克里克从事基因研究,他们试图探寻基因结构。遗传物质脱氧核糖核酸是一种复杂分子,所以人们曾经很难理解细胞分裂时,它们是怎样复制的。沃森和克里克发现脱氧核糖核酸结构酷似一把被扭曲成螺旋线形的梯子,如果梯子两侧被分离,梯子的横档便会自动再生出分子的剩余部分。

在意大利,科学家加尔瓦尼发现当电流通过青蛙的神经时,它的腿是抽搐的,于是他就发现了神经系统带电的性质。

如何通过蛙腿理解神经系统?

路易吉·加尔瓦尼(1737—1798)是一位意大利科学家。他无意中发现雷雨天时若用一把金属剪刀触碰切割下来的蛙腿神经,蛙腿会发生抽搐。亚力桑德罗·伏特(电压单位伏特就是用他的名字命名的)解释了这一现象发生的原因:两金属间产生的电流对神经造成了刺激。这一发现使后来的人意识到神经系统是通过电流信号来运行。

原子:恩内斯特·卢瑟福(1871—1937)是一位研究放射现象的物理学家。他发现了放射的多种不同形式以及由放射作用导致的物质结构改变。接着他发现了原子核,1919年他首次将原子

成功分裂。

谁创立了相对论?

物理学家阿尔伯特·爱因斯坦(1879—1955)出生于德国,晚年在瑞士和美国度过。他创立了相对论,并推导出著名公式 $E=mc^2$ (很少有人能真正理解其内涵)。

爱因斯坦的研究工作奠定了我们关于自然、历史和宇宙结构的绝大部分理论基础。他摸索出了物体速度接近光速时的运行规律并解释了当速度到达光速时为什么时间会改变。他的科研成果对于原子弹的研发也起到了举足轻重的作用。

谁发现了放射性物质镭?

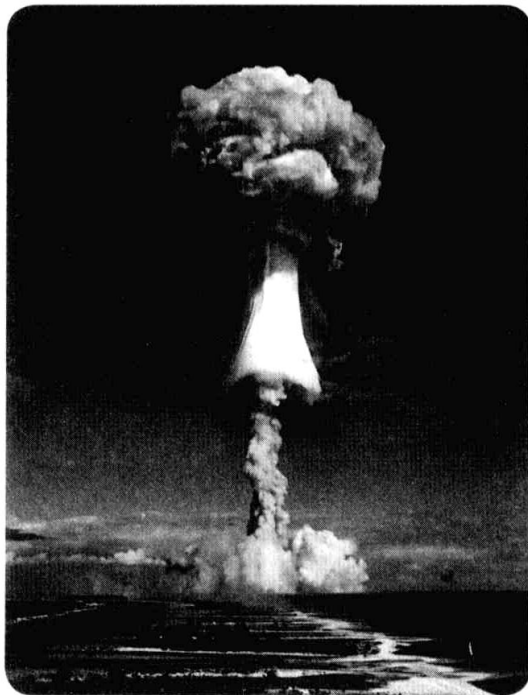
玛利亚·居里和她的丈夫皮埃尔于 1895 年开始进行放射现象研究。不久,他们发现了新的放射物质钋,并在 1898 年发现了其他两种物质钋和镭。1903 年,他们和从事同一研究领域的亨利·贝克勒尔共同分享了诺贝尔物理学奖。丈夫去世后,居里夫人继续她的研究,最终再次获得了诺贝尔奖。由于未采取防护措施暴露于原子辐射中,居里夫人随后患上癌症,于 1934 年去世。1944 年,一种新发现的放射性物质钋便是以她的名字命名,以表纪念。

“美”事一桩

曼哈顿计划

曼哈顿计划(Manhattan Project)是第二次世界大战期间,美国陆军研究核武器计划的代号。1941 年 12 月 7 日,日本偷袭了珍珠港,美国因此正式成为第二次世界大战参战国。为了先于纳粹德国制造出原子弹,美国国家科学院在以往研究成果的基础上递交了研制核武器的申请,获得批准。1942 年夏,面对希特勒德国氘及氚产量令人担心的增长,美国秘密拨款共 25 亿美元加紧开发核武器。该计划主要在新墨西哥州沙漠地区一个专为此项目开辟的绝密研究中心进行。美国“原子弹之父”奥本·海默领导着大批物理学家和技术人员参加了这一计划,高峰时期参加者人数逾 10 万人。1945 年 7 月 16 日,第一颗名为“大男孩”的原子弹在美国新墨西哥州的阿拉莫戈多成功爆炸,曼哈

顿计划宣告成功。这次爆炸的威力相当于 2 万吨 TNT 炸药。在半径 1600 米的范围内,预先放置的实



验动物和各种植物无一幸免,在半径 400 米范围内,砂石全都熔成玻璃状物质。由于当时欧洲的两个主要轴心国均已战败,美国将原子弹投放的目标转向了日本。1945 年 8 月 6 日,美军向广岛投放了取名为“小男孩”的原子弹,8 月 9 日又向长崎投放了代号“胖子”的原子弹。8 月 15 日,日本宣布无条件投降,第二次世界大战至此宣告结束。

相关链接:

<http://bk.pplive.com/movie/33919> (美国电影《曼哈顿计划》相关影评资讯)

Answer

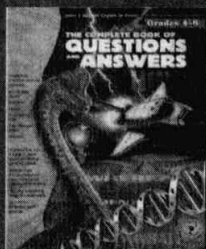
I. 1. B 2. E 3. G 4. C 5. F 6. D 7. A

II. 8. Italian scientist Galvani accidentally noticed that severed frogs' legs twitched when an electrical current was applied to the nerve. 9. I think the finding of the nervous system is the most important invention. Because this discovery later led to the realization that the nervous system works by the stimulation of electrical signals.

The Universe

2

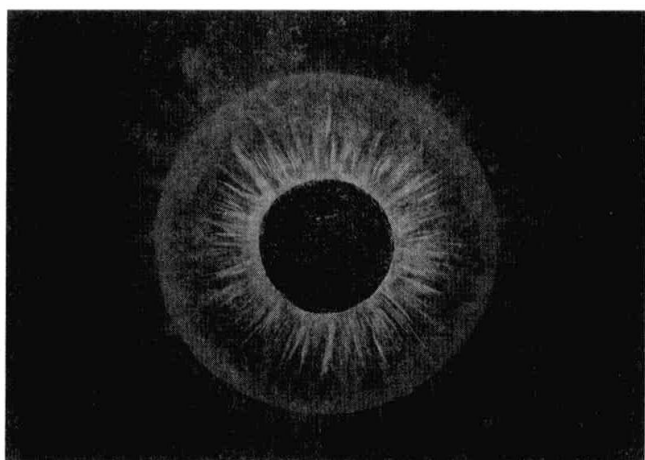
宇宙



宇宙是由空间、时间、物质和能量构成的统一体，是一切空间和时间的综合。一般理解的宇宙指我们所存在的一个时空连续系统，包括其间的所有物质、能量和事件。

THE UNIVERSE

What was the big bang¹?



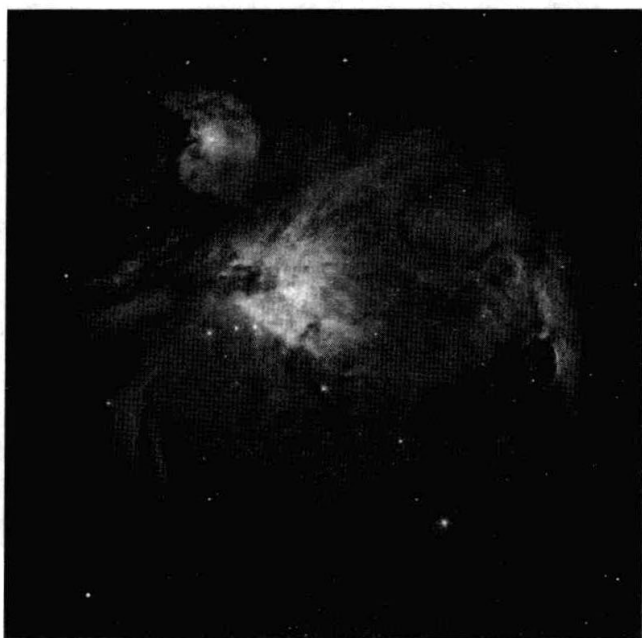
The big bang is the most popular theory about the creation of the universe. According to this theory, the whole universe was created in a split² second, in one huge explosion. All matter was squeezed³ together into a tiny, super-hot, dense⁴ ball that was smaller than an atom. The ball gradually expanded as it cooled, then exploded, releasing⁵ energy and matter in all directions. We cannot see the big bang because

it would have happened billions of years ago. But we can see that the universe is growing steadily⁶ bigger. All the galaxies⁷ are speeding away from each other as the universe expands.

What is the universe made of?

The universe is made up almost entirely of hydrogen⁸ and helium⁹. These are the two lightest elements. All the rest of the matter in the universe is very rare. Elements such as silicon¹⁰, carbon¹¹, and others are concentrated¹² into clouds, stars, and planets. The universe is held together by four invisible¹³ forces. Gravity¹⁴ and electromagnetism¹⁵ are the two familiar forces. The other two kinds are strong and weak nuclear forces. These operate only inside the incredibly¹⁶ tiny nucleus of atoms, holding the tiny particles¹⁷ together.

How old is the universe?



It is possible to calculate¹⁸ the approximate¹⁹ age of the universe by looking at how fast distant galaxies are moving away from us. However, it is not possible for us to make this calculation accurately²⁰. Scientists have estimated²¹ that the universe is between 13,000 and 18,000 million years old.

All of the matter in the universe is flying out at an enormous speed from the central point where the big bang took place.

Stars are born as huge masses of interstellar²² gas condense²³, eventually becoming so large that their own gravity forces the molecules together and begins the fission²⁴ reaction that will power the young star for millions of years.

A nebula²⁵ is a huge mass of gas and solid material that appears to be solid. However, it is mostly composed of dust and gas slowly condensing into stars.

The super supernova²⁶: Sometimes a star appears in the sky quite suddenly. This happens when there is a pair of stars rotating²⁷ together. These are called binaries²⁸, and there is usually one large star called a red giant²⁹ orbiting with a smaller, hotter star. The nova takes place when gas is drawn from the red giant into the smaller star, where the heat causes a massive explosion and emits³⁰ huge amounts of light. A supernova takes place when a star collapses³¹ as it begins to burn out³², then suddenly explodes, producing a huge amount of light energy, and leaving behind a tiny core³² of neutrons³³, which is the heaviest substance³⁴ in the universe. A pinhead³⁵-sized mass of neutrons weighs many thousands of tons.

Alien³⁶ life: No one has yet shown that life exists on other planets. However, since there are billions of stars, some with planets, it seems unlikely that Earth is the only place with the right conditions for life. Astronomers use radio telescopes to search for messages from other civilizations. In 1963, they thought they had found the first traces of intelligent extraterrestrial³⁷ life when regular pulses³⁸ of radio waves were detected³⁹. In fact, they had found strange distant galaxies called quasars⁴⁰.

What is the Milky Way?

The Milky Way is a huge mass of gas and stars that can be clearly seen as a band⁴¹ of light across the night sky.

The Earth, and everything else in the

solar⁴² system, is part of the Milky Way. It is known as our galaxy. It is so huge that light takes nearly 100,000 years to travel from one side to another. Where stars are packed closely together, the Milky Way is bright, but huge clouds of gas and dust block⁴³ the light from the other parts of the galaxy. These clouds prevent astronomers⁴⁴ from observing the whole Milky Way.

How does gravity work?

The force of gravity is the attraction between every piece of matter, even the smallest

particles. The more matter there is in something, and the closer its particles are packed together, the stronger the attraction. Stars are large and very dense bodies, and so they have a strong field of gravity. It is our sun's force of gravity that holds the planets in their orbits⁴⁵. The Earth's gravity keeps the moon in its orbit. Small bodies such as the moon have a very weak gravity. This explains why astronauts⁴⁶ on the moon's surface were able to jump up high with very little effort.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. bang [bæŋ] *v.* 猛击, 猛撞
2. split [split] *adj.* 分裂的, 分离的
3. squeeze [skwi:z] *v.* 挤, 压
4. dense [dens] *adj.* 稠密的, 密集的
5. release [ri:'li:s] *vt.* 释放
6. steadily ['stedɪli] *adv.* 平稳地
7. galaxy ['gæləksi] *n.* 星系
8. hydrogen ['haɪdrədʒən] *n.* 氢
9. helium ['hi:lɪəm] *n.* 氦
10. silicon ['sɪlɪkən] *n.* 硅
11. carbon ['kɑ:bən] *n.* 碳
12. concentrate ['kɒnsəntreɪt] *v.* 聚集
13. invisible [ɪn'vɪzəbl] *adj.* 看不见的
14. gravity ['grævəti] *n.* 重力, 引力
15. electromagnetism [ɪˌlektərə'mæɡnɪtɪzəm]

- n.* 电磁
16. incredibly [ɪn'kredəbl] *adv.* 难以置信地
17. particle ['pa:tɪkl] *n.* 微粒
18. calculate ['kælkjuleɪt] *vt.* 计算
19. approximate [ə'prɒksɪmət] *adj.* 近似的
20. accurately ['ækjʊrətli] *adv.* 准确地
21. estimate ['estɪmeɪt] *v.* 估计
22. interstellar [ɪntə'stelə] *adj.* 星际的
23. condense [kən'dens] *v.* 凝聚
24. fission ['fɪʃən] *n.* 分裂
25. nebula ['nebjʊlə] *n.* 星云
26. supernova [ˌsju:pə'nəʊvə] *n.* 超新星
27. rotate [rəʊ'teɪt] *v.* 旋转
28. binary ['baɪnəri] *n.* 双子星
29. giant ['dʒaɪənt] *n.* 巨大的物体

30. **emit** [i'mit] *vt.* 散发, 发射

31. **collapse** [kə'læps] *v.* 崩塌

32. **core** [kɔ:] *n.* 核心

33. **neutron** ['nju:trɒn] *n.* 中子

34. **substance** ['sʌbstəns] *n.* 物质

35. **pinhead** ['pɪn'hed] *n.* 针头

36. **alien** ['eɪljən] *adj.* 外星球的

37. **extraterrestrial** [ˌekstrətə'restriəl] *adj.* 地球外的

38. **pulse** [pʌls] *n.* 脉动

39. **detect** [di'tekt] *v.* 发现

40. **quasar** ['kweɪzɑ:] *n.* 类星体

41. **band** [bænd] *n.* 带状物

42. **solar** ['səʊlə] *adj.* 太阳的

43. **block** [blɒk] *vt.* 阻塞, 遮挡

44. **astronomer** [ə'strɒnəmə] *n.* 天文学家

45. **orbit** ['ɔ:bit] *n.* 轨道

46. **astronaut** ['æstrɒnɔ:t] *n.* 宇航员



Sentences 语句荟萃

1. in a split second 一刹那, 瞬间

1) *In a split second*, thunder roared and lightning flashed and it began pouring.

霎时, 雷电交加, 大雨倾盆。

2) It all happed *in a split second*, so no one knows what really did occur.

所有一切发生在一瞬间, 因此没人知道真相。

2. burn out 烧毁, 耗尽

1) The small fire can safely be left to *burn out*.

剩下一点小火可以放心地让它自行熄灭。

2) If he doesn't stop working so hard, he'll *burn himself out*.

他继续这样拼命地工作, 就会累垮的。

3. prevent from 阻止, 制止

1) Nobody can *prevent us from* getting married.

谁也阻止不了我们结婚。

2) In such wet weather we must *prevent* the seedlings *from* rotting.

这样的阴雨天要防止烂秧。

4. the more...the more 越……越……

1) *The more* books you read, *the more* knowledge you will have.

书读得越多，知识也就越多。

2) *The more* careful you are, *the fewer* mistakes you'll make.

你越认真，犯的错误就越少。

**Exercise** 牛刀小试**I. Blank Filling: Fill in the blanks according to the information given in the text.**

1. According to the _____ theory, the whole universe was created in one huge _____. All matter was squeezed together into a _____, super-hot, _____ ball which gradually _____ as it cooled, then _____, releasing energy and _____ in all directions.
2. Helium and _____ make up most part of the universe, which is held together by four invisible forces—_____, electromagnetism, strong and weak _____ forces.
3. The force of gravity is the _____ between every piece of matter.
4. Milky Way is a huge mass of _____ and _____ that can be clearly seen as a _____ of light across the night sky.

II. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

- _____ 5. It is possible for us to calculate the accurate age of the universe.
- _____ 6. The solar system is part of the Milky Way
- _____ 7. It's our sun's force of electromagnetism that holds the planets in their orbits.
- _____ 8. Stars have a weak field of gravity.

参考译文

宇宙

什么是大爆炸?

大爆炸是当前盛行的关于宇宙形成的理论。根据该理论,整个宇宙是在一次巨大爆炸后的瞬间形成的。所有物质被挤压成一个体积比原子还小的超高温、高密度球状物。随着温度降低,该球体逐渐膨胀,最终爆炸并向四周释放出能量和物质。人类无法见证此过程,因为它发生在数亿年前。但是我们可以看到宇宙正在逐步扩大,所有星系都随之扩散,彼此远离。

宇宙是如何构成的?

宇宙基本上是由氢和氦两种最轻元素组成,其他物质极为罕见。硅、碳等其他元素凝聚成云状物、恒星以及行星。宇宙靠四种无形的力量聚合,其中较为熟悉的是地心引力和电磁力,另外两种为强弱核力。这两种力量仅作用于极小的原子核中,起到凝聚微粒的作用。

宇宙几岁了?

宇宙的大概年龄是可以通过观测远距离的星系远离人类的速度来计算的。但是,我们无法得出精确的数据。据科学家估测,宇宙的年龄大概在130亿至180亿年。

宇宙中的所有物质都围绕着中心在飞速运转。

星星最初都是星际中的气体凝聚成的巨大的一团,最终越变越大,它们自身的重力把原子都集聚起来,然后开始分裂,这些能量将使小星星存在

数百万年。

一个星云就是巨大的气体和固体物质组成的,然后呈现出固体的形式。但是,它大部分是由灰尘和气体慢慢浓缩成星星的。

超级超新星

有时候天空中会突然出现一颗星星。这种现象发生在相互绕转的双子星系统之内。通常一颗被称为红巨星的较大星体与一颗体积较小但温度较高的星体共同绕轨道运行。当红巨星的气体被小颗星体吸引时,小颗星体散发的热量引发了剧烈爆炸,放射出耀眼光芒,于是产生了新星。当星体耗尽所有可用的燃料开始核心坍缩时会出现超新星,星体突发的爆炸产生大量的光能,并残留下宇宙中质量最大的微小中子核。针头大小的中子聚物质重量可达数千吨。

外星球上的生命:至今没有人能证明外星球上存在生命。但是,宇宙中有数亿的恒星以及行星,似乎不可能只有地球能够为生命的存在提供适宜的条件。天文学家利用无线电天文望远镜来找寻来自外太空文明的讯息。1963年,当他们发现规则的无线电波信号时,他们以为首次找到了地球外高智商生命体的迹象。事实上,他们发现的是一个名为类星体的遥远星系。

什么是银河?

银河指的是夜晚天空中清晰可见的由星际气体和众多星体构成的光带。

地球,甚至是整个太阳系,都是银河的一部

分,统称为银河系。银河系是一个十分庞大的天体系统,直径长达 10 万光年。恒星聚集之处,银河是光亮的,但是大量气云和尘埃遮挡了银河系其他天体的光芒,导致天文学家无法观察整个银河。

引力是怎样产生作用的?

引力指的是所有物质之间(包括最小的微粒)

存在的相互吸引力。体积和密度越大,引力也就越大。恒星是高密度的巨大天体,因此它们具有强大的引力场。正是由于太阳引力的作用,各行星才得以在各自轨道运行。地球的引力使得月亮在其轨道运行。小型天体的引力十分微弱,例如月球,因此宇航员可以在月球表面轻易地跳跃。

“美”事一桩

阿波罗计划

阿波罗计划(Apollo Project)又称阿波罗工程,是美国于 20 世纪 60 年代至 70 年代初组织实施的载人登月工程,在世界航天史上具有划时代意义。这个计划被命名为“阿波罗”,是因为古希腊的传说中,这位太阳神驾驶着天马拉的战车飞过天际。1969 年 7 月 16 日,“土星 5 号”火箭运载着“阿波罗 11 号”飞船从美国肯尼迪角发射场点火升空,开始了人类首次登月的太空征程。美国宇航员尼尔·阿姆斯特朗、埃德温·奥尔德林、迈克尔·科林斯驾驶着阿波罗 11 号宇宙



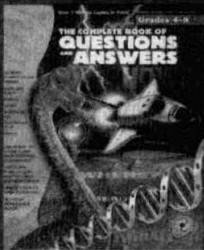
飞船跨过 38 万公里的征程,承载着全人类的梦想踏上了月球表面。月球一小步,人类一大步。他们见证了从地球到月球梦想的实现,这一步跨过了 5000 年的时光。这项历时 10 年的宏伟计划是人类探索宇宙的里程碑,它开启了人类探索太阳系的新大门,极大地扩展了人类的活动空间,充分体现了人类的智慧,激发了人们的探索精神和克服一切障碍的勇气。

相关链接:

http://v.youku.com/v_show/id_XODc3MzM3Mg==_rss.html (阿波罗登月计划全程回放在线视频)

Answer

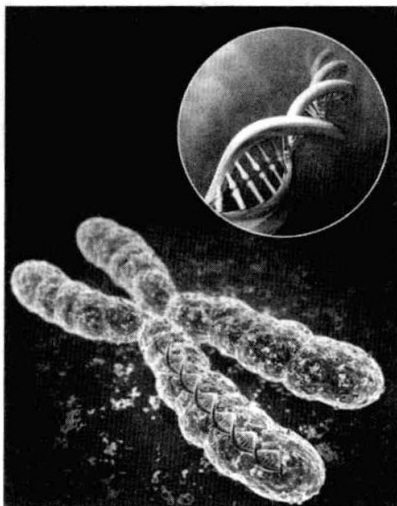
- I. 1. big bang, explosion, tiny, dense, expanded, exploded, matter 2. hydrogen, gravity, nuclear
3. attraction 4. gas, stars, band
- II. 5. possible→impossible 6. true 7. electromagnetism→gravity 8. weak→strong



基因(遗传因子)是遗传的物质基础,是DNA(脱氧核糖核酸)分子上具有遗传信息的特定核苷酸序列的总称,是具有遗传效应的DNA分子片段。基因通过复制把遗传信息传递给下一代,使后代出现与亲代相似的性状。

GENES

What are chromosomes¹?



Chromosomes are tiny threads that are present in all cells² apart from¹ red blood cells. They contain all the information for an entire person to develop. There are 46 chromosomes in each cell. They come in 22 pairs, plus³ another special pair that determines a person's sex. Chromosomes are found in the cell nucleus, but they are not normally visible⁴ under the microscope⁵ except when a cell is dividing.

What are genes?

Genes are short sections of a chromosome. Each gene carries the instructions⁶ for a specific characteristic, such as eye color, each carries the instructions for making a protein⁷ that will form a part of a living cell.

Many of these genes work with other genes, so it is difficult to say what effects they will have. Scientists are currently⁸ studying all the genes in a human cell, which will give them the complete blueprint⁹ for a human being.

What is Down's syndrome¹⁰?

Down's syndrome is a condition caused by the appearance of an extra chromosome in the embryo¹¹. This extra chromosome is repeated in all the body cells. A child with Down's syndrome has 47 chromosomes instead of the usual 46, and this difference causes physical and mental changes.

How do I inherit¹² genes from my parents?

Sperms¹³ and egg cells contain only half of the normal number of chromosomes. During fertilization¹⁴ these chromosomes combine to make up the usual total of 46 chromosomes. This means that half of a baby's genetic information comes from the mother and half from the father, mixing together their characteristics in a random¹⁵ order. In this way you develop a mixture of characteristics from both parents.

Are there such things as “bad” genes?

Some genes cause us to inherit a harmful condition. The disease haemophilia¹⁶ is an example of such a “bad” gene. It is handed down₂ through the male side of the family, but the disease is carried on the female, or X, chromosome. This means that women pass the disease on₃ to their son, even though they are not affected themselves. Hemophilia will not affect a female unless both parents have the gene, which is a very rare occurrence¹⁷.

What are X and Y chromosomes?

The 23rd pair of genes determines the sex of a baby. These are X and Y chromosomes. A woman has two X chromosomes, while a man has one X and one Y chromosome. When the chromosomes join together in fertilization, if the sperm contains an X chromosome, it will combine with the X chromosome of the female

to produce XX—a girl. If the sperm contributes the Y chromosome, the baby will have one X and one Y chromosome and will be XY—a boy.

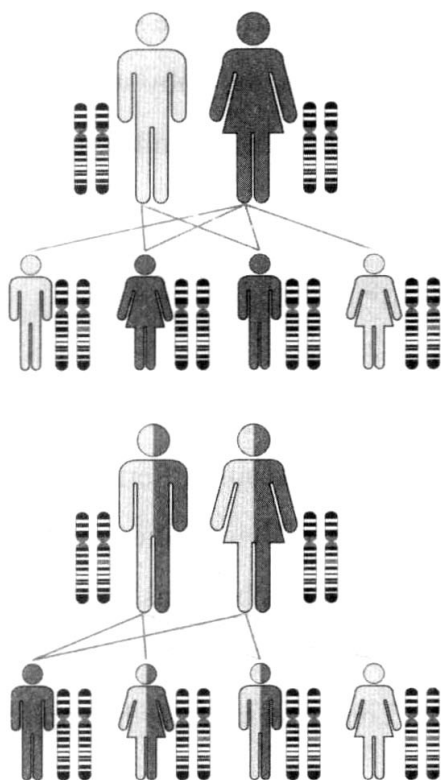
What is a mutation¹⁸?

Mutations are changes in the DNA inside a cell that affect the genes and chromosomes. Mutations arise¹⁹ because of errors in the DNA molecule when it divides and re-forms in the new cells. When this happens in sperms or egg cells, it causes changes that can be passed on to a child. The appearance of hemophilia is an example of a mutation in a single gene.

- All of the instructions for growing a new human being are coded²⁰ into the DNA molecule. It is shaped like a ladder twisted into a spiral. The two long upright²¹ strands²² are joined by a series of rungs of pairs of amino²³ acids, which can only join together in a limited number of ways. The pattern in which these pairs appear is the code built into the DNA molecule, and groups of these connections form genes. Each DNA molecule is built up of between 100,000 to 10 million atoms.

What are dominant²⁴ genes?

Although genes from both parents are mixed together at fertilization, some genes have a more powerful effect than others. These dominant genes override²⁵ the effects of others, which are called recessive²⁶ genes. For



example, if a child has a gene for brown eyes from one parent and a gene for blue eyes from the other, the child will always have brown eyes. This is because the gene for brown eyes is a dominant gene.

- The gene for brown eyes is dominant. However, two parents with brown eyes may have children with blue eyes if the parents carry the gene for blue eyes. This means that a child would get the recessive blue gene from both parents.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. **chromosome** ['krəʊməsəʊm] *n.* 染色体
2. **cell** [sel] *n.* 细胞
3. **plus** [plʌs] *prep.* 外加, 另有
4. **visible** ['vɪzəbl] *adj.* 看得见的
5. **microscope** ['maɪkrəskəʊp] *n.* 显微镜
6. **instruction** [ɪn'strʌkʃən] *n.* 指示, 说明
7. **protein** ['prəʊti:n] *n.* 蛋白质
8. **currently** ['kʌrəntli] *adv.* 当前
9. **blueprint** ['blu:'prɪnt] *n.* 蓝图
10. **syndrome** ['sɪndrəʊm] *n.* 综合征
11. **embryo** ['embriəʊ] *n.* 胚胎

12. **inherit** [ɪn'herɪt] *v.* 继承, 经遗传而获得
13. **sperm** [spɜ:m] *n.* 精子
14. **fertilization** ['fɜ:tɪlaɪzeɪʃən] *n.* 授精
15. **random** ['rændəm] *adj.* 随意的
16. **hemophilia** [hi:mə'fɪliə] *n.* 血友病
17. **occurrence** [ə'kʌrəns] *n.* 发生的事情
18. **mutation** [mju:'teɪʃən] *n.* 基因突变
19. **arise** [ə'raɪz] *v.* 形成
20. **code** [kəʊd] *v.* 为(蛋白质)制定遗传密码
21. **upright** ['ʌpraɪt] *adj.* 垂直的, 竖直的

22. **strand** [strænd] *n.* 线, 绳

23. **amino** [ə'mi:nəʊ] *adj.* 氨基的

24. **dominant** ['dɒmɪnənt] *adj.* (等位基因)显

性的

25. **override** [əʊvə'raɪd] *vt.* 优先于, 压倒

26. **recessive** [rɪ'sesɪv] *adj.* 隐性的

Sentences 语句荟萃

1. **apart from** 除……之外

1) *Apart from* English, we study Russian and Spanish.

除了英语以外, 我们还学俄语及西班牙语。

2) *Apart from* the injuries to his face and hands, he broke both legs.

他除了脸部和双手受伤以外, 两条腿也断了。

2. **hand down** 把……传下去

1) This custom has been *handed down* since the 18th century.

这风俗从18世纪开始流传下来。

2) Many old legends were *handed down* from generation by mouth.

许多古老的传说都是一代一代口传下来了。

3. **pass on** (to sb.) 传递

1) She caught my cold and *passed it on to* her husband.

我感冒传染了她, 她又传给她丈夫了。

2) Please *pass on* the message to your classmates.

请把消息告诉你的同学们。

Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. There are _____ chromosomes in each cell. They come in _____ pairs, plus another special pair that determines a person's _____.

A. 44, 21, eye color

C. 46, 22, sex

B. 48, 23, characteristic

D. 42, 20, height

_____ 2. Sperms and egg contain _____ the normal number of chromosomes. During _____, these chromosomes combine to make up the usual total of _____ chromosomes.

A. twice, fertilization, 44

C. twice, reproduction, 48

B. half of, fertilization, 46

D. half of, reproduction, 42

_____ 3. _____ arise because of errors in the DNA molecule when it divides and re-forms in the new cells.

A. Recessive genes

C. Down's syndrome

B. Hemophilia

D. Mutation

II. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

_____ 4. Chromosomes are found in all cells.

_____ 5. Chromosomes are invisible under the microscope except when a cell is dividing.

_____ 6. Genes are short sections of nucleus.

_____ 7. Hemophilia usually affects the female side of the family.

_____ 8. The 22nd pair of genes determines the sex of a baby.

_____ 9. A woman has two X chromosomes, while a man has one X and one Y chromosome.

_____ 10. The dominant genes have a more powerful effect than the recessive genes.

参考译文

基 因

什么是染色体?

染色体是细微的丝状物, 存在于除红细胞以外的所有细胞中。染色体内含有一个完整个体形成所需要的所有信息。每个细胞中都含有 46 条

染色体, 以 22 对呈现, 另外再加上一对决定性别的特殊染色体。染色体存在于细胞核中, 除非细胞处于分裂时期, 否则在显微镜下通常是看不见它们的。

什么是基因?

基因是构成染色体的每一个小部分。每个基因都带有某个特定特征的遗传指令,例如眼睛颜色,并且指挥着构成活细胞所需要的蛋白的制造。

许多基因是与其他基因一起产生作用的,因此很难断言这些基因将会产生何种影响。目前科学家正在研究人体细胞内的所有基因,如此一来将可以获得完整的人体基因蓝图。

什么是唐氏综合征?

唐氏综合征是胚胎内出现一条多余染色体所导致的。这条多出来的染色体复制于所有的人体细胞中。患有唐氏综合征的儿童拥有 47 条染色体,而不是 46 条,这种差异会造成生理和心智上的改变。

我如何遗传父母的基因?

精子和卵子里的染色体数量仅为正常细胞染色体数量的一半。在受精过程中,这些染色体相互结合,形成正常的 46 条染色体。这意味着婴儿的遗传信息一半来自于父亲,一半来自于母亲,父母双方的特征随即混合。如此一来人类便具有了来自父母的混合特征。

“不良”基因是否存在?

一些基因会使人遗传到有害的疾病,比如血友病。这种疾病会出现在一个家族的男性身上,不过确是通过女性,即 X 染色体来遗传。也就是说,女性虽然不受影响,但是会将该疾病传给儿子。血友病基本不会在女性中出现,除非父母双方同时带有这种基因,但这种情况相当罕见。

什么是X和Y染色体?

第 23 对基因,即 X 和 Y 染色体,决定了婴儿

的性别。女性拥有两个 X 染色体,而男性则有一个 X 染色体和一个 Y 染色体。当染色体因受精而结合时,如果精子带有 X 染色体,它会与女性的染色体结合为 XX,生出的也就是女孩。若精子提供了 Y 染色体,那么小婴儿会有一个 X 和一个 Y 染色体,生出的也就是男孩。

什么是基因突变?

基因突变指的是细胞内的 DNA 产生变化,进而影响到基因和染色体。突变的发生是 DNA 分子在细胞分离和形成时发生错误所致。当这种情况发生在精子或是卵子内时,它所产生的变化可能遗传给下一代。血友病的发生就是单一基因发生突变的例子。

- 一个人成长的所有信息都在 DNA 上,它的形状像一个拧成螺旋状的梯子。这两根长长的线被一系列的环和一对氨基酸组合起来,它们只能按照有限的几种方式来组合。这些组合的表现方式就是存在于 DNA 分子上的密码和这些基因的组合。每个 DNA 分子都是由 10 万到 1000 万个原子组成的。

什么是显性基因?

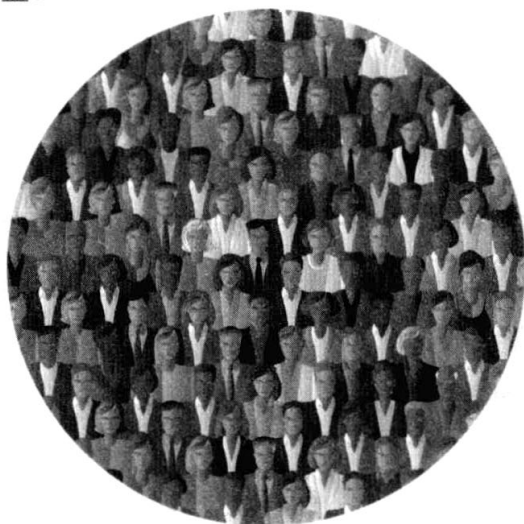
虽然来自父母双方的基因在受精时相互结合,但其中有些基因的影响力比其他基因来得强大。这些显性基因的作用压制了其他基因,也就是所谓的隐形基因的作用。例如,如果一个孩子从父母一方遗传到棕色眼睛的基因,从另一方遗传到蓝色眼睛的基因时,孩子的眼睛一定是棕色的,因为棕色眼睛的基因是显性基因。

- 棕色眼睛的基因是显性基因。但是,两个棕色眼睛的父母如果带有蓝色眼睛的基因,也可能生出蓝色眼睛的孩子,这就意味着孩子可能会从父母那儿遗传到隐性的蓝色基因。

“美”事一桩

生命科学领域的阿波罗计划——人类基因组计划

人类基因组计划 (Human Genome Project, HGP) 是美国科学家于 1985 年率先提出的一项规模宏大的科学计划, 旨在测定人类染色体所包含的 30 亿个核苷酸序列的碱基组成, 绘制人类基因组图谱, 并且辨识并呈现其上的所有基因及其序列, 进而破译人类遗传信息。1990 年, 投资高达 30 亿美元的人类基因组计划由美国能源部和国家卫生研究院正式启动, 预期 15 年内完成。该计划和“曼哈顿”原子弹计划, “阿波罗”登月计划一起被誉为自然科学史上的“三大计划”, 这是人类继洞开微观世界和宏观世界之后, 首次对自身进行的诠释。截至 2005 年, 人类基因组计划的测序工作已经基本 (92%) 完成, 其中, 2001 年人类基因组工作草图的发表被认为是人类基因组计划的里程碑。该计划的实施对于人类基因理论的研究和各种疾病, 尤其是遗传病的诊断、治疗具有划时代的意义, 它也为推动生物高新技术的发展产生了不可估量的经济效益。



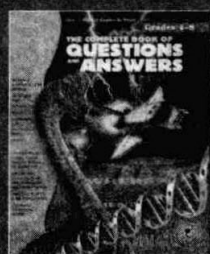
Answer

I. 1. C 2. B 3. D

II. 4. all cells → all cells apart from red blood cells 5. true 6. nucleus → chromosome
7. female → male 8. 22nd → 23rd 9. true 10. true

Ecology

生态



“生态”一词源于古希腊语,意思是指“家”或者“我们的环境”。简单地说,生态就是指一切生物的生存状态,以及它们与环境之间环环相扣的关系。生态学(Ecology)的产生最早也是从研究生物个体而开始的。

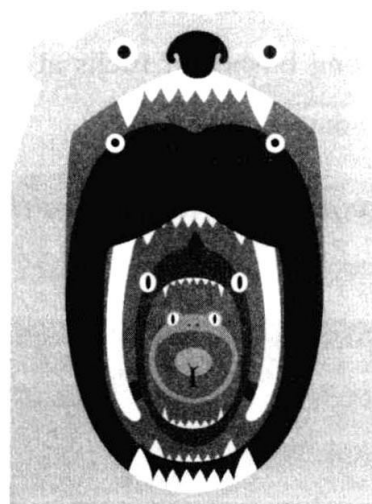
ECOLOGY¹

What is ecology?

Ecology is the study of how living creatures relate to one another and their environment. It is a comparatively new branch of science, but it has shown how interfering with small aspect of a living community can lead to unforeseen² consequences. Killing off one type of predator³ to protect livestock⁴, for example, can cause prey⁵ animals to multiply in huge numbers and devastate⁶ crops.

What is food chain?

A food chain is a sequence⁷ that demonstrates⁸ how one organism⁹ forms the food for another. It begins with the simplest animals and plants and continues until the top of the chain is reached. Humans or predator animals are often at the top of food chains.



- Plants such as grass and trees are toward the bottom of the food chain. Grazing¹⁰ animals browse¹¹ on these plants, and these animals are in turn eaten by predators such as lions. Their dung¹² fertilizes the soil, encouraging the growth of more plants, so the food chain actually becomes a circle.

Which communities live in hot deserts?

The plants and animals living in hot deserts have all developed ways of conserving¹³ or storing water. Cactuses¹⁴ and other succulent¹⁵ plants store water in swollen stems¹⁶ and leaves. Some cacti grow to a huge size and can live for 100 years or more. Other desert plants have tiny leaves that reduce water loss and spines¹⁷ that protect the plant from grazing animals. Their roots may go down as far as 33 feet to reach water.

Reptiles are common inhabitants of deserts because they are cold-blooded and need heat if they are to remain active. Most other desert animals are either small burrowing¹⁸ rodents¹⁹ or birds and animals that hide from the sun among bushes or rocks at the hottest times of the day.

Which communities live in the tundra²⁰?



Tundra is the cold, partly frozen region near the North Pole. It is covered with grasses and other low-growing plants, including the lichen²¹ known as reindeer moss²². Many familiar trees, such as willows²³ and birches²⁴, lie in the tundra too, but they are stunted²⁵ and low growing. Despite the cold, the tundra is

covered with flowers in the spring, and huge numbers of flies pollinate²⁶ them. Mosquitoes are present in vast numbers, biting the mammals that live in this region.

Killer toads²⁷: an ecological community is a very finely balanced system, and changing one element can alter the whole community. This fact was discovered when giant African cane toads were imported into the West Indies and into Australia to control the rats and mice that damaged sugar cane crops. Unfortunately, the greedy toads ate the local wildlife instead. They have severely damaged the communities of ground-living birds, reptiles, and mammals, some of which were already under threat.

A similar situation arose when mongoose²⁸ was introduced to help control rats. It promptly²⁹ wiped out³⁰ some species of bird instead. Rats and mice breed³⁰ in such huge numbers that they can always outbreed the appetite³¹ of any predator introduced to control them.

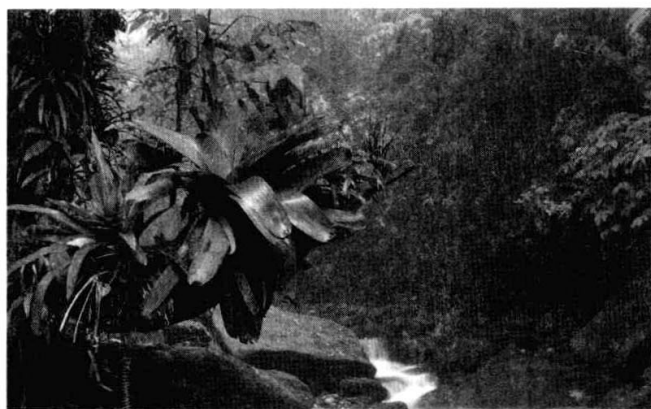
What lives in conifer³² forests?

Conifer forests cover huge areas of cool parts of the world. They are not rich in³³ plant life apart from the trees, because the deep shade of the forested areas prevents most other plants from growing.

Various kinds of squirrels³³, burrowing rodents that feed on fallen cones³⁴, and many types of birds inhabit conifer forests. Eagles, hawks³⁵, and owls³⁶ prey on the small rodents. Deer graze on the bark of young trees, and the

huge moose³⁷ lives in wet areas, paddling³⁸ around the edges of lakes and streams and feeding on water plants.

What lives in tropical rainforests?



Tropical rainforests contain the most varied mixtures of animals and plants of any habitat on the Earth. They contain large and small predators and a bewildering³⁹ variety of birds. All these animals are supported by huge numbers of trees that produce fruit to feed them and their prey all year round. Because there is no true winter in tropical rainforests, there is no need for the cycle of eating and storing food that takes place in cooler climates.

- Rainforests contain the bulk⁴⁰ of the world's species of plants and trees, and many of these have still not been described scientifically. Each year new plants are discovered, and new and valuable plant chemicals are found.
- Bears are typical forest-dwellers. They are omnivorous⁴¹ and able to eat roots, fruits, nuts, fungi, and any animals or eggs that they find. They fatten themselves up and then hibernate⁴² through the winter when

food is scarce⁴³.

What lives in deciduous⁴⁴ forests?

Temperate⁴⁵ forests contain far more varieties of trees and shrubs⁴⁶ than are found in conifer forests. Because the shade in these forests is not so great, there is far more undergrowth⁴⁷ and larger clearings between the trees.

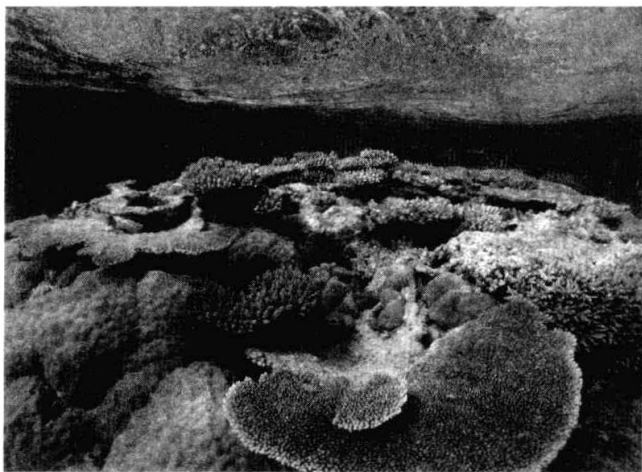
During the lifetime of a tree such as the oak, large branches fall off and rot on the forest floor, providing a rich habitat for fungi⁴⁸ and small animals. Other fungi live naturally in association with tree roots, and their mushrooms are eaten by mice and squirrels. Foxes are common predators in temperate forests. Deer graze in the clearings and feed on young trees. Many types of small seed-eating birds live in temperate forests, hunted by predators such as hawks.

What lies on coral⁴⁹ reefs⁵⁰?

Coral reefs are the marine⁵¹ equivalent of rainforests. They are home to huge numbers of a great variety of animals. Unlike some



other habitats, few plants grow on coral reefs because fish and sea snails graze them. Ocean currents carry most of the food to the reef. Plankton⁵² is the basic food that powers the whole reef system. The small animals that feed on plankton are eaten by large crustaceans⁵³ and fish, and so on up the food chain to predators such as sharks.



If a coral reef continues to grow, it may begin to rise out of the water, becoming a coral island. The sea helps to break up coral growths and pile them up. Creatures such as calcifying⁵⁴ algae⁵⁵ cement⁵⁶ the pieces together to form a solid structure. If soil lodges⁵⁷ in the coral, vegetation often begins to grow on the surface. Many of the Pacific islands were formed in this way.

- Coral reefs have the most diverse forms of life of any habitat. They are home to thousands of species of fish and invertebrates⁵⁸, all living in a complex balance that makes the reef system an extremely stable environment.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. ecology [i:'kɒlədʒi] *n.* 生态, 生态学
2. unforeseen [ˌʌnfɔ:'si:n] *adj.* 未预见到的
3. predator ['predətə] *n.* 捕食者
4. livestock ['laɪvstɒk] *n.* 家畜
5. prey [preɪ] *n.* 被捕食的动物
6. devastate ['devəsteɪt] *v.* 破坏
7. sequence ['si:kwəns] *n.* 次序, 顺序
8. demonstrate ['dɛmənstreɪt] *v.* 显示

9. organism ['ɔ:gənɪzəm] *n.* 生物
10. graze [greɪz] *v.* 吃草
11. browse [braʊz] *v.* (牲畜)吃草
12. dung [dʌŋ] *n.* 粪便
13. conserve [kən'sɜ:v] *vt.* 保存
14. cactus ['kæktəs]([复]cacti) *n.* 仙人掌
15. succulent ['sʌkjʊlənt] *adj.* 多汁的
16. stem [stem] *n.* 梗, 茎

17. **spine** [spain] *n.* 刺
18. **burrow** ['bʌrəʊ] *v.* 打地洞, 掘穴
19. **rodent** ['rəʊdənt] *n.* 啮齿类动物
20. **tundra** ['tʌndrə] *n.* 苔原, 冻原
21. **lichen** ['laɪkən] *n.* 地衣
22. **moss** [mɒs] *n.* 苔藓
23. **willow** ['wɪləʊ] *n.* 柳树
24. **birch** [bɜ:tʃ] *n.* 白桦
25. **stunt** [stʌnt] *vt.* 阻碍……的发育(或生长)
26. **pollinate** ['pɒlɪneɪt] *vt.* 给……授花粉
27. **toad** [təʊd] *n.* 蟾蜍
28. **mongoose** ['mɒŋɡuːs] *n.* 猫鼬
29. **promptly** [prɒmptli] *adv.* 迅速地
30. **breed** [bri:d] *v.* 繁殖, 生育
31. **appetite** ['æpɪtaɪt] *n.* 胃口
32. **conifer** ['kəʊnɪfə] *n.* 针叶树
33. **squirrel** ['skwɪrəl] *n.* 松鼠
34. **cone** [kəʊn] *n.* 球果; 松果
35. **hawk** [hɔ:k] *n.* 鹰
36. **owl** [aʊl] *n.* 猫头鹰
37. **moose** [mu:s] *n.* 麋
38. **pad** [pæd] *v.* 走(路); 沿着……走
39. **bewildering** [bi'wɪldərɪŋ] *adj.* 令人眼花
缭乱的
40. **bulk** [bʌlk] *n.* 大部分, 主体
41. **omnivorous** [ɒm'nɪvərəs] *adj.* 杂食的
42. **hibernate** ['haɪbəneɪt] *vi.* 冬眠
43. **scarce** [skeəs] *adj.* 缺乏的
44. **deciduous** [dɪ'sɪdʒʊəs] *adj.* 脱落性的; 落叶性的
45. **temperate** ['tempərɪt] *adj.* 温带的
46. **shrub** [ʃrʌb] *n.* 矮树; 灌木
47. **undergrowth** ['ʌndəgrəʊθ] *n.* (大树下的) 矮树丛, 树丛
48. **fungi** [fʌŋɡaɪ] *n.* 真菌
49. **coral** ['kɒrəl] *n.* 珊瑚
50. **reef** [ri:f] *n.* 礁
51. **marine** [mə'ri:n] *adj.* 海洋的
52. **plankton** ['plæŋktən] *n.* 浮游生物
53. **crustacean** [krʌ'steɪʃən] *n.* 甲壳纲动物
54. **calcify** ['kælsɪfaɪ] *v.* 使钙化
55. **algae** ['ældʒi:] *n.* 藻类; 海藻
56. **cement** [si'ment] *v.* 胶结, 胶合
57. **lodge** [lɒdʒ] *v.* 嵌入; 卡住
58. **invertebrate** [ɪn'vɜ:tɪbrɪt] *n.* 无脊椎动物

Sentences 语句荟萃

1. kill off 杀光, 灭绝

1) The invaders *killed off* all the inhabitants of the village.

入侵者将全村的人都杀光了。

- 2) The severe frost *killed off* most of the insect pest.

严霜杀死了大多数害虫。

2. at the top of 在最高地位, 在首位

- 1) The house stands *at the top of* the hill.

这座房子坐落在小山顶上。

- 2) He is *at the top of* his class.

他是班上数一数二的好学生。

3. wipe out 消灭, 彻底摧毁

- 1) They have *wiped out* the enemy's major military targets.

他们已彻底摧毁了敌人的主要军事目标。

- 2) The government is trying to *wipe out* drug trafficking.

政府竭力清除毒品买卖活动。

4. be rich in 盛产; 富于

- 1) Kuwait *is rich in* oil resources.

科威特蕴藏着丰富的石油资源。

- 2) His recitation *was* cadenced and *rich in* feeling.

他的朗诵抑扬顿挫, 富有感情。

5. in association with 与……联合; 与……有关联

- 1) The name of Faraday is *in association with* electricity.

法拉第的名称和电有关联。

- 2) We are working *in association with* a number of local companies to raise money for the homeless.

我们与本地一些公司联合为无家可归的人筹款。

6. break up 崩溃, 分离, 解散

- 1) The ship *broke up* on the rocks.

船触礁撞毁了。

- 2) Their marriage is *breaking up*.

他们的婚姻濒临破裂。



Exercise 牛刀小试

I. Translation: Translate the following ecological terms into English.

- | | |
|---------------|----------------|
| _____ 1. 食物链 | _____ 2. 生物群落 |
| _____ 3. 爬行动物 | _____ 4. 苔原 |
| _____ 5. 针叶林 | _____ 6. 热带雨林 |
| _____ 7. 落叶林 | _____ 8. 珊瑚礁 |
| _____ 9. 浮游生物 | _____ 10. 哺乳动物 |

II. Multiple Choices: Put the letter representing the correct answer in the blank.

- _____ 11. Which plant live in hot desert?
- A. willow C. cactus
- B. oak D. reindeer moss
- _____ 12. Which region contains the most of the world's species of animals and plants?
- A. deciduous forests C. conifer forests
- B. tropical rainforests D. tundra
- _____ 13. What is the basic food that powers the whole reef system?
- A. plankton C. sea snail
- B. fish D. algae

III. Comprehension Check: Answer the following questions according to the text.

14. Why do the desert plants have tiny leaves?

15. Why aren't the conifer forests rich in plant life apart from the trees?

参考译文

生态

什么是生态学?

生态学是研究生物与生物之间以及生物与环境之间如何联系的一门新兴科学,虽然起步较晚,但是该研究表明干预生物群落的一小部分都会引发意外后果。例如,为保护家禽而毁灭其捕食者的做法将使被捕食的动物数量剧增,进而摧毁农作物。

什么是食物链?

生物之间以食物关系彼此联系起来的序列被称为食物链。食物链开始于低级动物和植物,单向延续至最高级别。人类或是食肉动物通常位于食物链的顶端。

哪些群落生活在炎热的沙漠地带?

生存于炎热沙漠地带的动植物具有贮藏水分的一切先进方式。仙人掌和其他多汁植物通过隆起的茎杆和叶片保存水分,一些巨型仙人掌可存活 100 余年。其他沙漠植物的叶片极小,可减少水分蒸发,有些还带刺,以防止食草动物的侵食。它们的根可生长至地下 33 英尺深处来获取水源。

爬行动物是沙漠里的常住户,因为它们是冷血动物,需要热量来保持活力。其余大多数则为体型较小的啮齿目动物或是一些鸟兽,在一天中最炎热时候,它们通常躲藏于灌木丛或岩石丛中避暑。

哪些群落生活在苔原?

苔原是靠近北极圈的严寒地带,局部地区会

出现霜冻。苔原上覆盖着草及其他矮生植物,包括被称为驯鹿苔的地衣。许多常见的树木,例如柳树和白桦等,也生长于苔原上,但是由于它们的生长过程受到阻碍,因此十分矮小。尽管气候寒冷,春天的苔原也是遍地开满鲜花,大量的苍蝇为它们传粉。苔原上的蚊子数量众多,叮咬着生长在该地区的哺乳动物。

捕杀蟾蜍:当非洲巨型甘蔗蟾蜍被引入西印度群岛和澳大利亚控制甘蔗田里的鼠害时,人们意识到每个生态群落都是一个保持良好平衡的系统,改变其中任何一部分都会导致整个系统的变化。那些最初用于控制鼠灾的贪婪蟾蜍将当地的野生动物一并捕食,严重危害了陆生鸟类、爬行动物及哺乳动物群落,其中一些已经处于相当危险的境地。

人类引进猫鼬控制鼠害时也曾出现类似情况。一些鸟类迅速被猫鼬灭绝,老鼠却以惊人的速度繁殖,其数量总是超过了人类引入的捕食者的胃口。

什么生长于针叶林中?

针叶林覆盖了全世界大部分的寒温带地区。除了树木以外,针叶林中其他植物种类较为稀少,因为林内的阴暗潮湿阻碍了绝大多数植物的生长。

以掉落松果为生的各类松鼠,啮齿目动物以及鸟类栖居于针叶林中。雕、老鹰、猫头鹰等捕食这些啮齿目动物,鹿类则以嫩树皮为食。巨大的

驼鹿生活在潮湿地带,它们通常行走于湖边和溪流边,以水生植物为生。

什么生长于热带雨林?

热带雨林拥有地球上最为丰富的物种,包括大大小小的食肉动物以及令人眼花缭乱的各种鸟类。大量的树木常年为这些动物及其猎物提供了赖以生存的果实。由于热带雨林中没有真正意义上的冬天,因此也就没有了寒冷气候中循环进食和储存食物的必要。

雨林里面有世界上主要的植物和树木,其中有很多还没有被科学地描述。每年都有新的植物被发现,还有一些新的、有价值的植物种类被发现。

熊是生长在森林里的常见动物,它们是杂食动物,可以吃植物的根、水果、坚果、真菌类植物,或是它们发现的任何动物或者它们下的蛋。当食物缺乏的时候,它们就会养肥自己,然后冬眠。

什么生长于落叶林?

温带森林中的树木和灌木种类远多于针叶林。这些森林中的树阴并不十分茂盛,因此林间的矮树丛数量更多,空旷地面积也更大。

在树木的生命周期内,例如橡树,较大的树枝脱落后在林地上腐烂,为真菌和小动物提供了良

好的寄居地。其他真菌与树根天然共生,长出的蘑菇被老鼠和松鼠采食。狐狸是温带森林中常见的食肉动物。鹿类则在林间空地中以小树为食。许多种以食用种子为生的小鸟也栖息于温带森林,老鹰等食肉动物又以捕食这些小鸟为生。

什么栖息于珊瑚礁上?

珊瑚礁是海洋中的热带雨林,它们为各式各样的动物提供了栖息场所。与其他一些生态环境不同的是,很少植物生长于珊瑚礁上,因为鱼和海螺以植物为生。洋流将大量的食物带至珊瑚礁上,其中多为浮游生物,它们为整个珊瑚系统提供了能量。大型甲壳纲动物和鱼类捕食那些以浮游生物为生的小动物,食物链由此逐级形成,鲨鱼等食肉动物通常位居最高等级。

如果珊瑚礁继续增长,它将从水面中隆起,形成珊瑚岛。大海有助于分解和堆积珊瑚。一些诸如具有钙化作用的海藻类生物,将分解后的碎片胶合一块,形成固体结构。倘若珊瑚中带有泥土,植被便经常开始生长于其表面。太平洋的许多海岛都是由此形成的。

珊瑚礁上拥有种类最丰富的生物,还有成千上万种鱼和无脊椎动物,它们都生活在一个错综复杂的平衡状态下,这让珊瑚礁系统保持在一个很稳定的环境中。

“美”事一桩

世界七大自然奇观——美国黄石国家公园

黄石国家公园 (Yellowstone National Park), 简称黄石公园, 是世界上第一座国家公园, 建立于 1872 年。黄石公园位于美国中西部怀俄明州的西北角, 并向西北方向延伸到爱达荷州和蒙大拿州, 面积达



7988 平方公里。这片地区原本是印地安人的圣地,但因美国探险家路易斯与克拉克的发掘而成为世界上最早的国家公园,并于 1978 年被列入世界自然遗产。黄石公园以保持形态各异的自然风光和种类繁多的野生动物闻名于世。6000 万年以来,黄石地区多次发生了火山爆发,构成了现在海拔 2000 多米的熔岩高原,加上 3 次冰川运动,留下了峡谷、瀑布、湖泊以及成群的温泉和喷泉,其中以间歇泉最为著名。黄石公园总面积的 85% 都覆盖着森林,绝大部分树木是生命力极强的扭叶松。黄石公园还是美国最大的野生动物庇护所和著名的野生动物园,灰熊、美洲狮、灰狼、金鹰、麋鹿、白尾鹿、美洲大角鹿、野牛、羚羊等 2000 多种动物在这里繁衍生息。

相关链接:

http://v.youku.com/v_show/id_XOTI5MjA5OTI=.html (BBC 纪录片《黄石国家公园》在线视频)

Answer

| | |
|---------------------|------------------------|
| I. 1. food chain | 2. living community |
| 3. reptile | 4. tundra |
| 5. conifer forest | 6. tropical rainforest |
| 7. deciduous forest | 8. coral reefs |
| 9. plankton | 10. mammal |

II. 11. C 12. B 13. A

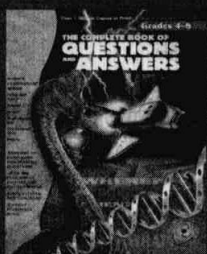
III. 14. Because the tiny leaves can help the desert plants reduce water loss.

15. Because the deep shade of the forested areas prevents most other plants from growing.

Communications

5

通讯



沟通包括语言沟通和非语言沟通。语言沟通包括口头语言和书面语言,非语言沟通包括声音语气(比如音乐)、肢体动作(比如手势、舞蹈、武术、体育运动等)。最有效的沟通是语言沟通和非语言沟通的结合。

COMMUNICATIONS

What are communications?

We exchange ideas and messages by communication. Humans, as well as other animals, communicate visually and by sounds. Some animals also communicate by means of smells that convey messages. Humans differ from all other living things because we can communicate by means of symbols. These are compressed¹ pieces of information, such as written letters or numbers, that actually communicate very complex ideas.



- Many animals communicate by means of smell. The skunk² uses its pungent³ smell as both a warning and a weapon when it feels threatened.

What is telecommunications?

Telecommunications⁴ is the passing messages and information over long distances by means of electrical signals. These signals may be carried along wires, like telephone, telegraph, and fax messages, or by radio waves.

How does a telephone work?

Telephones transmit⁵ speech messages along wires by means of electrical signals. Telephones were invented as long ago as 1876. The handset⁶ of a telephone includes a loudspeaker⁷ and a very small microphone, which contains granules⁸ of carbon. When you

talk into the microphone, the sound waves of your voice cause a metal diaphragm⁹ to vibrate¹⁰, and it presses against the carbon granules.

The vibrations vary depending on the sounds. They change the very small amount of current flowing out along the wires to the receiver¹¹ of another telephone.

When the electric current carrying the signals reaches the receiver handset, the same variations in the current run through an electromagnet¹². This causes another diaphragm to vibrate in the earpiece¹³, accurately reproducing the sound of the speaker's voice.

Surf's¹⁴ Up: The Internet is an international network linking computers all around the world by means of telephone lines or radio transmission, so they can exchange information. The system was invented during the Cold War, when it was feared that an attack might disrupt communications with any central point. With the Internet, computers are dotted¹⁵ about everywhere, and communications cannot be cut off by damage to any single point. Recently, the World Wide Web has become accessible¹⁶ to people with home computers. It allows them to connect to an ordinary telephone line and send written messages anywhere by means of electronic mail, or e-mail. People can now buy goods and even carry out banking via the

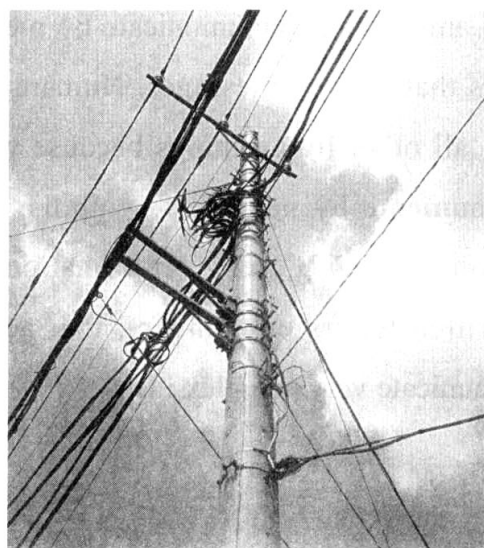


Internet.

The telephone converts¹⁷ speech vibrations into electrical energy that travels along cables and is decoded¹⁸ into sounds once more in the receiver at the

end of the line. Complex switching¹⁹ is needed to allow the call to reach the right person.

- Light travels much faster than electricity and is used in optical²⁰ cables²¹ to carry communications for very long distances without electrical interference. The light travels along tiny glass fibers, usually packed into huge bundles²² capable of carrying many thousands of messages at the same time.



How can television pictures be transmitted by radio waves?

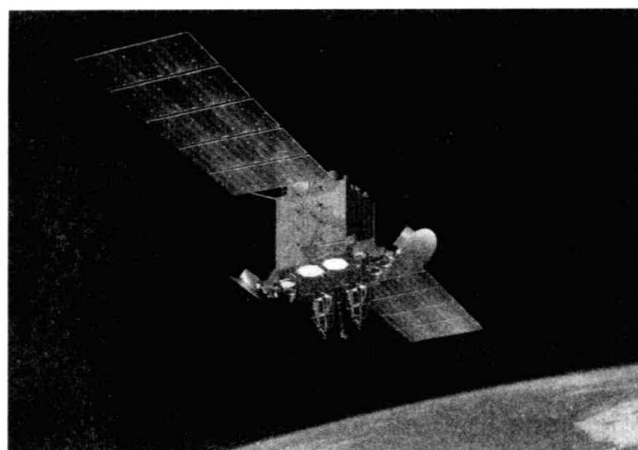
Television cameras break a picture into electrical signals, separating them into three

colors (red, blue and green) and turning them into coded messages. Sound is recorded and coded at the same time. The coded pictures and sounds are transmitted by radio waves, electrical cables, or optical fibers to the receiver. Inside a television receiver, the signals travel to three electron²³ guns—one for each color. The electron guns emit streams of electrons, which are directed at₂ a fluorescent²⁴ screen. Magnets bend the electron streams so that they scan²⁵ back and forth₃ from top to bottom, exciting the phosphors²⁶ in the screen and producing a color image. They scan so quickly that our eyes see the images as a continuous picture.

How do we receive messages and TV pictures from a satellite orbiting the Earth?

Television pictures, radio, and telephone communications are bounced²⁷ off satellites to cover the greatest possible area of the world. Satellites orbiting the Earth must travel at high speeds to escape being brought down by the Earth's gravity. As the Earth itself is spinning rapidly, there is a point above the Earth's surface where the orbiting speed of the satellite can be matched with the rotational²⁸ speed of the Earth. At this point—22,300 miles above the Earth—the satellite appears to stand still₄ and is said to be in a geostationary²⁹ orbit.

Geostationary satellites can be positioned right over the areas where they are needed.



They can also be used as spy satellites, because they remain constantly over a region of interest.

- Communication satellites are used to carry communications such as radio, television, and telephone messages around the world. These satellites are 'parked' in an orbit where they will remain in position over the same part of the Earth's surface.

How do mobile phones work?

Mobile phones, which are properly called cellular³⁰ phones, allow calls to be made wherever the caller happens to be. They are called cellular phones because a territory³¹ is divided up into a series of small areas, or cells, each with a small radio station. When a call is made, the telephone sends a radio message to the base station, which in turn₅ passes it to a mobile phone exchange. Here the signal can be routed to the ordinary



telephone system, or transmitted back to another mobile phone. Mobile phones use low-powered microwaves to send and receive messages to and from the base station.

What is a modem?

Computers that are connected to a telephone line incorporate³² a device³³ called a modem³⁴. It turns signals into a form that

can be transmitted along the telephone line. The name “modem” comes from the term Modulator³⁵-Demodulator³⁶. The device modulates, or changes, the digital signal from a computer into an analogue³⁷ signal, which is the type of signal that travels along telephone lines. The modem decodes, or demodulates, the signals it receives back so they can be read by the computer.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. **compress** [kəm'pres] *v.* 压缩, 压紧

2. **skunk** [skʌŋk] *n.* 臭鼬

3. **pungent** ['pʌndʒənt] *adj.* 刺鼻的

4. **telecommunication** ['telɪkə,mju:nɪ'keɪʃən] *n.* 电信

5. **transmit** [trænz'mɪt] *v.* 传送, 传导

6. **handset** ['hænd'set] *n.* 电话听筒

7. **loudspeaker** ['laʊd'spi:kə] *n.* 扬声器, 喇叭

8. **granule** ['grænju:l] *n.* 颗粒

9. **diaphragm** ['daɪəfræm] *n.* 隔膜

10. **vibrate** [vaɪ'bret] *v.* 颤动, 振动

11. **receiver** [rɪ'si:və] *n.* 听筒, 受话器

12. **electromagnet** [ɪ,lekt'rəʊ'mæɡnɪt] *n.* 电磁体

13. **earpiece** ['ɪəpi:s] *n.* 耳机

14. **surf** [sɜ:f] *v.* 网上冲浪

15. **dot** [dɒt] *v.* 星罗棋布

16. **accessible** [æk'sesəbl] *adj.* 可使用或得到的

17. **convert** [kən'vɜ:t] *v.* 转变, 转换

18. **decode** [di:'kəʊd] *vt.* 解码

19. **switch** [swɪtʃ] *v.* 转换, 转变

20. **optical** ['ɒptɪkəl] *adj.* 光学的, 光的

21. **cable** ['keɪbl] *n.* 电缆

22. **bundle** [bʌndl] *n.* 捆, 束

23. **electron** [ɪ'lekt'rɒn] *n.* 电子

24. **fluorescent** [flʊə'resənt] *adj.* 荧光的

25. **scan** [skæn] *v.* 扫描

26. **phosphor** ['fɒsfə] *n.* 磷光体

27. **bounce** [baʊns] *v.* 反射

28. **rotational** [rəʊ'teɪʃənəl] *adj.* 旋转的

29. **geostationary** [dʒi:əʊ'steɪʃənəri] *adj.* (人造地球卫星)与地球旋转同步的

30. **cellular** ['seljʊlə] *adj.* 细胞的, 多孔的

31. **territory** ['terɪtəri] *n.* 领地, 区域

32. **incorporate** [ɪn'kɔ:pəreɪt] *v.* 包含

33. **device** [dɪ'vaɪs] *n.* 装置

34. **modem** ['məʊdem] *n.* 调制解调器

35. **modulator** [mɒdjʊ'leɪtə] *n.* 调制器

36. **demodulator** [di:'mɒdjuleɪtə] *n.* 解调器

37. **analogue** ['ænələg] *adj.* 相似的, 模拟的

Sentences 语句荟萃

1. **differ from** 与……不同

1) Chinese *differs greatly from* English in spelling.

汉语和英语在拼写上大不相同。

2) The results of these studies *differ from* the results of other workers.

这些研究结果与别的学者的研究结果不同。

2. **direct at** 把……对准某一目标, 把……指向

1) The complaints are *directed at* you.

这些牢骚是对你发的。

2) The advertising *directed mainly at* the young consumers.

该广告主要针对年轻消费者。

3. **back and forth** 来回地, 往复地

1) The guard walked *back and forth* in front of the gate.

警卫在大门前走来走去。

2) He rocked *back and forth* in his rocking chair.

他坐在摇椅里前后摇晃着。

4. **stand still** 静止不动

1) *Stand still* while I am taking your photograph.

我帮你拍照时站着不要动。

2) We will not *stand still*, nor should we go backwards.

我们不会在前进的道路上原地踏步, 更加不能倒退。

5. in turn 依次, 轮流

1) The students clean the classroom everyday *in turn*.

学生们每天轮流打扫教室。

2) Overcrowding *in turn* leads inevitably to a depression in yield and a reduction in fruit quality.

过密又不可避免地导致产量的降低和水果品质下降。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Humans differ from animals in that we can communicate by means of _____.

- | | |
|------------|-----------|
| A. sounds | C. smells |
| B. symbols | D. sights |

_____ 2. The three colors separated by television camera are _____.

- | | |
|--------------------------|--------------------------|
| A. red, blue and green | C. red, yellow and green |
| B. blue, white and green | D. yellow, blue and red |

_____ 3. The electron streams emitted by electron guns are directed at _____.

- | | |
|-----------------------|------------------------|
| A. television cameras | C. magnet |
| B. fluorescent screen | D. television receiver |

II. Defining: Explain the following terms.

4. telecommunications _____

5. geostationary orbit _____

6. modem _____

7. Internet _____

参考译文

通讯

什么是通讯?

我们通过沟通来交流思想和传递信息。人类和动物通常以视觉和听觉方式进行交流,一些动物也可以依靠气味来传达信息。人类与其他所有生物之间信息传递方式的不同之处在于我们可以运用符号来彼此沟通。这些符号是被压缩的信息片段,例如字母或数字,人类可以通过它们来表达十分复杂的想法。

很多动物通过气味来交流。当臭鼬感到威胁时,它会用自己刺鼻的气味作为警告和武器。

什么是电信?

电信指的是通过电子讯号远距离资讯传输。电话、电报和传真信号等可以通过电缆传递,也可以通过无线电波传导。

电话是怎样工作的?

电话是通过电缆中传递的电子讯号来传送语言信息。早在1876年人类就发明了电话。电话听筒包括了一个扬声器和一个附带有碳粉颗粒的小麦克风。当你对着麦克风讲话时,声波会使一片金属隔膜发生振动,对碳粉颗粒形成压力。声音决定了振动的性质。电缆中变化着的微弱电流沿着线路传送到对方电话机的受话器内。

当传输信号的电流到达受话听筒时,电流穿过一块电磁体产生相同的磁差,引起对方耳机中隔膜的振动,精确复制出说话者的声音。

上网冲浪: 因特网是通过电话线或是无线电传输将世界各地的电脑彼此连接互传信息的国际

网络系统。“冷战”时期,人们担心以任何地点为中心的通讯会因袭击而中断,于是发明了该系统。有了因特网,电脑开始遍布世界各地,损毁任何一处都不会导致通信的中断。近年来人们已经可以使用家用电脑登陆万维网。只要一根普通的电话线,人们便可以通过电子邮件向世界各地发送信息,也可以通过因特网购物或处理银行账户。

电话将声音的振动转化为电能,它通过电缆传播,而且在电话线的另一端能再次解码为声音。要将电话打到要找的人那里需要经过复杂的转换。

光比电的传播速度要快得多,因此它被用于长距离的通讯,不需要用电。光能通过很小的玻璃纤维,通常都是捆成一大块,同时传输成千上万的信息。

无线电波如何传输电视图像?

电视摄像机将图像分解为红、蓝、绿三种颜色,并将其转化为带有编码信息的电流信号。与此同时,声音也被记录和编码。这些被编码的图像和声音通过无线电波、电缆或光纤传输至接收方。三种颜色的信号分别进入电视接收机内的三个电子枪,电子枪朝荧光屏发射电子束,机内磁铁可以改变电子束的方向,使其从上到下来回扫描,激活屏幕上的荧光粉,从而产生彩色图像。由于电子束的扫描速度极快,我们的肉眼感受到的是连续的影像画面。

我们怎样通过环绕地球的卫星接收信息和电视画面?

电视画面、广播及电话通信通过卫星反射最大面积覆盖全球各地。环绕地球的卫星必须高速运行以摆脱地心引力。由于地球自身也处于快速旋转当中,地球外围一点,即距离地球表面 22,300 英里处,卫星的绕轨道运行速度和地球的旋转速度一致,卫星处于该点时,看似静止不动,也就是位于所谓的地球旋转同步轨道。

地球同步卫星可以定位于所需要的位置,也可以作为间谍卫星使用,因为它们始终处于某个关注区域的上空。

移动电话是怎样工作的?

移动电话允许用户在任何地点进行拨打。它也形象地被称为蜂窝电话,因为移动信号覆盖的

地区通常被划分为蜂窝状的数个小区域,每个区域中都设有无线通讯站。通话时,电话将无线电信息传输至基站,然后再转传至交换台。交换台内的信号可以发送至普通的电话系统,亦可以传输回另一台移动电话。移动电话使用低能量的微波与基站间进行信息传递。

什么是调制解调器?

调制解调器是连接于电话线的电脑内部配有的装置。它可将信号转化为可通过电话线传送的模式。该装置的名称是调制器和解调器的合成。它可将来自于电脑的电子信号调制或转变成电话线可传输的模拟信号,并将接受回的信号解码或解调成为电脑可读的讯号。

“美”事一桩

美国的电话通讯

近几十年来,由于技术的发展,电话愈来愈成为美国人的日常生活中普遍使用的交流工具。私人约会、购物探询价目,或是看病挂号、订购飞机票、预订旅馆等都需要事先通过电话联系。由于电话成了人们传递信息的重要纽带,电话簿便也成为美国人最常翻阅的指南书。美国的电话簿有普通和分类两种:通用电话簿用白纸订成,上面按照字母顺序列出该地区几乎全部电话号码,要查询一段住户的电话必须用它;分类电话簿用黄纸订成,按照字母顺序排列事业单位及服务性机构的电话号码。这种电话簿利用率很高,无论想买什么东西,或查询什么问题,都可通过它来解决。美国所有的电话号码都是七位数字或两个字母加五位数字,如 332—1025 或 DE2—1025。打电话到另一个城市,先拨区码再拨对方的号码,区码由三位数组成,可以在电话簿前面找到,也可以拨电话向接线员查询。



美国的紧急呼叫电话是 911, 接线员的电话号码是 0, 需要打电话找警察、消防队或医疗护理人员时, 可以拨紧急呼叫电话, 也可以直接给接线员打电话, 说明情况和地点, 以寻求帮助。

相关链接:

1. <http://www.officialusa.com/stateguides/yellowpages/index.html> (美国黄页网) .
2. <http://www.chinesepyp.com/> (美国中文电话号码网)

Answer

I. 1. B 2. A 3. B

II. 4. Telecommunication is the passing messages and information over long distances by means of electrical signals.

5. Geostationary orbit is located at the 22,300 miles above the earth; it is the place where the orbiting speed of the satellite can be matched with the rotational speed of the earth.

6. Modem is a device incorporated in the computer; it can modulate or change the digital signal from a computer into an analogue signal, which is the type of signal that travels along telephone lines and it can decode or demodulate the signals it receives back so they can be read by the computer.

7. Internet is an international network linking computers all around the world and exchanging information by means of telephone lines or radio transmission

6

Body Defenses

人体防御



免疫系统是覆盖全身的防卫网络。保护身体的第一道防线为皮肤、细胞膜、呼吸道、胃肠道、尿道及肾脏。不过,单纯的屏障和过滤机制并不能完全保护我们,身体有赖组成免疫系统的血细胞和蛋白质发挥防御能力。

BODY DEFENSE

What is the immune¹ system?



Unlike most of the other body systems, the immune system is scattered throughout the body. The main defense against invaders² such as bacteria³ and viruses⁴ are white blood cells called lymphocytes⁵. These blood cells are made and stored in the body's lymphatic⁶ system, which is a network of thin tubes running throughout the body. It contains a watery liquid called lymph⁷, which it drains⁸

from the tissues⁹ and returns to the blood. At intervals¹, along the length of the lymph vessels¹⁰, are small lumps¹¹ called lymph nodes¹². Lymphocytes are stored in these lymph nodes. Waves of lymphocytes are released when the body is injured or when invaders are detected, and the lymphocytes swarm¹³ to the damaged area.

How are invading germs¹⁴ destroyed?

Special T-lymphocytes attach themselves to² any invading organisms and destroy them. The T-lymphocytes release special substances that attract another type of white blood cell which consumes the invaders. B-lymphocytes are also stored in the lymph system. They release a flow of substances called antibodies¹⁵. These lock on to invading organisms. Each antibody attacks a particular type of invader.

clumping¹⁶ them together so they are destroyed by the white blood cells. When a new infection¹⁷ is found, the B-lymphocytes make an antibody to attack it.

Can our bodies attack themselves?

Sometimes the immune system mistakes some harmless material for₃ an invader and this can cause illness.

Grass pollen¹⁸ and dust are harmless materials that are often inhaled¹⁹. In some people the body mounts²⁰ a fierce attack on them. The immune system releases the substances normally designed to fight infection, and their effects can cause illness such as hay fever²¹ and asthma²². Sometimes the immune system attacks normal tissue or organs, causing a condition called auto-immune disease. This can produce serious illness, but fortunately it is quite rare.

Why can the body reject a transplant²³ organ?

All your body cells carry a “label”, or marker substance, on the outside of the cell. This marker is recognized by the immune system, which will not attack it. In some very serious illnesses, when a person’s organ has failed completely, an organ from another individual may be transplanted. The donated²⁴ organs carry different marker substances, so the immune system treats them as invaders and will mount an attack on them called rejection²⁵.

These attacks from the immune system can be reduced or prevented by the use of powerful drugs.

- Lymph is a milky liquid drained from the tissues along a system of tubes called the lymphatics. The lymph vessels and the small swellings or lymph nodes, are where most of our immune response takes place.

Why is AIDS²⁶ such a serious illness?

AIDS is a unique disease because it attacks the immune system that is intended to defend the body against infection. The HIV²⁷ virus that causes AIDS destroys lymphocytes so the body cannot fight off infection. The HIV virus does not cause the symptoms of the disease, but the body is now defenseless and can be attacked by other disease organisms. Some powerful drugs can now delay the destructive effects of infection by the HIV virus.

What are bacteria and viruses?

Bacteria and viruses are the most important causes of disease. Bacteria are simple plant-like organisms that can divide very quickly. They cause many common infections such as boils²⁸ and acne²⁹. Viruses are very much smaller, and technically they are not alive at all. They can take over₄ the functioning of an infected cell and turn it into a factory producing millions more viruses.

Viruses are responsible for many common diseases such as colds and influenza³⁰.

What happens if the immune system doesn't work?

Very rarely, a baby is born without a proper immune system. It will have no resistance to infection. When this happens, the baby has to live in a plastic bubble³¹ from which all germs are kept out. Sometimes the immune system recovers as the child grows, so



they can be released from the bubble.

- Many newborn babies are fed on their mother's milk. This contains special antibodies that help boost³² the baby's immune system.

As viruses invade a cell (1) they shed³³ their outer layer (2) and take over the genetic material in the host³⁴ cell in order to reproduce themselves (3). They begin to construct protein

coats around the new viruses (4) and eventually burst out of the host cell (5) or leave it in an envelope (6) ready to infect new cells.

How are babies protected from infections?

A newborn baby is protected from infection by antibodies that were present in its mother's blood. The mother's blood contains antibodies to the infections to which she has become immune_s during her life. These antibodies are transferred³⁵ to the baby's blood via the placenta³⁶ that nourished³⁷ the baby in the womb³⁸.

The antibodies continue to protect the baby for several weeks, while its own immune system develops and begins to work properly. This period of protection is increased if the mother's breast feeds her baby, as her milk will also contain these antibodies. Bottle fed babies do not have this natural immunity.

The immune system: It is possible to harness³⁹ the immune system to protect us from diseases before we ever encounter⁴⁰ them. You could be inoculated⁴¹ with a very mild infection that would cause the immune system to produce antibodies without making you ill. A vaccine⁴² could contain enough dead germs, or parts of germs, that would trick the immune system into making antibodies.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. **immune** [ɪ'mju:n] *adj.* 免疫的
2. **invader** [ɪn'veɪdə] *n.* 入侵者
3. **bacteria** [bæk'tɪəriə] *n.* 细菌
4. **virus** ['vaɪərəs] *n.* 病毒
5. **lymphocyte** ['lɪmfəsaɪt] *n.* 淋巴细胞
6. **lymphatic** [lɪm'fætɪk] *adj.* 淋巴的
7. **lymph** ['lɪmf] *n.* 淋巴
8. **drain** [dreɪn] *v.* 排出, 流掉
9. **tissue** ['tɪʃju:] *n.* 组织
10. **vessel** ['vesl] *n.* 血管
11. **lump** [lʌmp] *n.* 隆起, 肿块
12. **node** [nəʊd] *n.* 结
13. **swarm** [swɔ:m] *v.* 涌入, 密集
14. **germ** [dʒɜ:m] *n.* 细菌, 病菌
15. **antibody** ['æntɪ,bɒdɪ] *n.* 抗体
16. **clump** [klʌmp] *v.* 使成一丛
17. **infection** [ɪn'fekʃən] *n.* 感染
18. **pollen** ['pɒlən] *n.* 花粉
19. **inhale** [ɪn'heɪl] *v.* 吸入
20. **mount** [maʊnt] *v.* 发动 (攻击等)
21. **hay fever** 枯草热, 花粉热
22. **asthma** ['æsmə] *n.* 哮喘
23. **transplant** [træns'plɑ:nt] *n.* 移植
24. **donate** [dəʊ'neɪt] *v.* 捐献
25. **rejection** [rɪ'dʒekʃən] *n.* 排斥
26. **AIDS** [eɪdz]=acquired immunodeficiency syndrome 爱滋病, 获得性免疫缺乏综合征
27. **HIV**=Human Immunodeficiency Virus 人体免疫缺损病毒, 艾滋病病毒
28. **boil** [bɔɪl] *n.* 疖, 疮
29. **acne** ['ækni] *n.* 痤疮, 粉刺
30. **influenza** [ɪnflu'enzə] *n.* 流感
31. **bubble** ['bʌbl] *n.* 泡状物
32. **boost** [bu:st] *vt.* 提高, 增强
33. **shed** [ʃed] *v.* 脱落, 蜕皮
34. **host** [həʊst] *n.* 记住, 宿主
35. **transfer** [træns'fɜ:] *v.* 转移
36. **placenta** [plə'sentə] *n.* 胎盘
37. **nourish** ['nʌrɪʃ] *vt.* 养育, 培育
38. **womb** [wu:m] *n.* 子宫
39. **harness** ['hɑ:nɪs] *vt.* 利用
40. **encounter** [ɪn'kaʊntə] *v.* 遇到
41. **inoculate** [ɪ'nɒkjʊleɪt] *vt.* 注射, 接种
42. **vaccine** ['væksɪ:n] *n.* 疫苗



Sentences 语句荟萃

1. **at intervals** 不时, 每隔一定的距离

- 1) Lamp posts are standing *at intervals* along the street.

灯柱在街道两边相间排列。

- 2) Rain fell *at intervals* throughout the night.

雨断断续续地下了一整夜。

2. attach to 贴上, 系上, 使附属

- 1) *Attach* a stamp to the envelope and mail it.

把邮票贴在信封上寄出去。

- 2) How can you *attach* the blame for this accident to the taxi-driver?

你怎么能把这次事故的责任归于出租车司机呢?

3. mistake for 把……错认为

- 1) She is often *mistaken for* her twin sister.

她常被误认为是她的孪生妹妹。

- 2) Don't *mistake* our restraint *for* weakness or something you can take advantage of.

不要把我们的克制当做软弱可欺。

4. take over 接管, 接任

- 1) I am not about to *take over* such important work.

我不打算接手这种重要工作。

- 2) Peter will *take over* as managing director when Bill retires.

比尔退休时将由彼得接任总经理一职。

5. be immune to 免疫的, 可避免的, 不受影响的

- 1) She is *immune to* smallpox as a result of vaccination.

她种了牛痘, 所以不会得天花。

- 2) We are not *immune to* the influences around us.

我们不能不受周围环境的影响。



Exercise 牛刀小试

I. True/False: If the statement is true write true. If the statement

is false, replace the underlined word(s) with the word or phrase that will make the statement true.

- _____ 1. The main defense against invaders in the human body are lymphocytes.
- _____ 2. Lymph is the small lump on the lymph vessels.
- _____ 3. T-lymphocytes can release antibodies to attack invaders when an infection appears.
- _____ 4. Hay fever is resulted from the fierce attack mounted by immune system on some harmless materials.
- _____ 5. HIV virus usually causes serious symptoms of disease.
- _____ 6. Bacteria and viruses are the most important cause of disease.
- _____ 7. Newborn baby is protected from infection by antibodies that were present in its mother's blood and milk.

II. Blank Filling: Fill in the blanks according to the information given in the text.

8. Autoimmune disease occur when _____.
9. The "bubble baby" was different from a normal child in that _____.
10. Human body rejects a transplant organ when _____.
11. Vaccination can be defined as inoculation with _____.

参考译文

人体防御

什么是免疫系统？

免疫系统与人体其他系统不同之处在于其分布身体各处。抵抗细菌、病毒等入侵物的主要防御物是一种叫做淋巴细胞的白细胞。该细胞由人体的淋巴系统制造并贮存。淋巴系统是遍布于人

体的网状细管，管内充满的液体称作淋巴，淋巴经由身体各组织排出后返回至血液中。淋巴血管相隔一定的距离都会有些小隆起，称为淋巴结。淋巴细胞贮存于这些淋巴结中。当人体受伤或是发现入侵物时，身体会释放大量的淋巴细胞，聚集于伤口处。

人体怎样摧毁入侵病菌?

具有特定功能的 T- 淋巴细胞会附着于入侵微生物上, 然后将其摧毁。T- 淋巴细胞能释放出某些特殊物质, 用以吸引可吞噬入侵者的另一类白细胞。B- 淋巴细胞也贮存于淋巴系统内, 它们能够释放出大量可跟踪入侵微生物的抗体。每种抗体攻击某类特定的入侵者并将它们聚集起来, 由白细胞摧毁。当发现人体新感染源时, B- 淋巴细胞便开始制造抗体, 攻击入侵病毒。

我们的身体会自我攻击吗?

有些时候免疫系统会误将一些无害物质当做入侵者, 疾病便由此产生。

植物花粉和灰尘是人类经常吸入的无害物质。在一些人群中, 人体会对这些无害物质发起猛烈攻击。免疫系统释放出通常用于抗感染的物质, 结果引发了诸如枯草热、哮喘等疾病。有时候免疫系统会攻击正常的组织或器官, 引发自身免疫系统疾病, 某些疾病症状十分严重, 但所幸的是这些情况较为罕见。

为什么人体会排斥移植器官?

所有的人体细胞外都带有一个“标签”或是某种遗传标志物质。免疫系统能够识别这些标志, 因此不会对其发动攻击。当一些重症患者的某个器官功能完全丧失后, 来自于其他个体的器官可能被移植入其体内。由于捐献器官携带有不同的遗传标记物质, 免疫系统会把它们当做外来入侵者发起攻击, 这种现象称为排斥。通过使用一些强效药物可以减轻或防止免疫系统出现排斥现象。

淋巴是一种乳状的液体, 它是从一个叫做淋巴系统的管状系统里排出的。淋巴血管以及一些

小的肿块还有淋巴结, 这些地方都是我们大部分淋巴反应发生的地方。

为什么艾滋病是一种严重的疾病?

艾滋病是一种对具有防御人体感染功能的免疫系统造成攻击的特殊疾病。引发艾滋病的人体免疫缺损病毒摧毁了淋巴系统, 人体因此无法抵御外界感染。艾滋病病毒不会导致疾病症状, 但是患病机体此刻处于无防御状态, 随时可能遭受病毒体攻击。如今一些强效药物可以延缓艾滋病病毒引发的人体致命感染发生。

什么是细菌和病毒?

细菌和病毒是引发疾病的罪魁祸首。细菌是一种类似植物的简单有机体, 它能够迅速分裂, 导致许多普通感染症状, 例如疖和痤疮。病毒个体更小, 从专业角度看, 它们完全没有生命, 它们可以接管被感染细胞的功能并且转变为工厂, 制造出上百万个病毒。感冒、流感等多种常见疾病通常由病毒引起。

免疫系统失常将导致什么后果?

新生儿免疫系统缺失现象很罕见。由于缺乏抗感染能力, 患病婴儿必须放置于一个塑料泡状物内, 避免病菌侵害。有时随着年龄的增长, 免疫系统能够逐渐恢复, 待复原后婴儿才能离开泡状物。

很多新生婴儿都是通过母乳喂养的, 母乳中含有一种特殊的抗体, 它能增强婴儿的免疫系统。

当病毒侵入一个细胞时, 它们会褪去自己的外壳, 接受宿主细胞里的基因成分, 以便分裂繁殖。它们会在新的病毒周围制造一个蛋白质的外壳, 最终从宿主的细胞中分裂出来或是将它们变成一个空壳, 以便影响新的细胞。

婴儿如何预防感染?

新生儿通过母亲血液里存在的抗体抵御外界感染。母亲血液中含使其终身免疫的抗体,它们可以通过子宫中为婴儿提供营养的胎盘传输至婴儿血液中。

这些抗体能够持续保护婴儿数周,直到婴儿自身免疫系统开始发育并正常工作。如果母亲采

用母乳喂养,那么该阶段的保护能力会得到增强,因为母乳中也含有抗体。奶粉喂养的婴儿无法获取这种自然的免疫力。

免疫系统: 我们可以利用免疫系统来保护自身免受潜在疾病的伤害。你可以通过注射微量的不足以致病的感染源来促使免疫系统产生抗体。疫苗中含有足量的死亡病菌或是病菌的一部分,它们可以欺骗免疫系统制造抗体。

“美”事一桩

美国的医疗制度

和世界上绝大多数发达国家不同,美国没有建立全民医疗保险制度。它既不像德国的社会保险型医疗保险,也不像英国的国家保险型医疗保险,而是以复杂多样的自由市场型为其主要特征。美国医疗保障体系大体可分为两类:一类是由政府承办的社会医疗保险,主要资助老年人和低收入人群,但这种社会医疗保险覆盖人群有限,不占重要地位;另一类是私营医疗保险,包括非营利性医疗保险和营利性的商业医疗保险,是美国医疗保障制度的重要组成部分。目前美国 80% 以上的国家公务员和 74% 的私营企业雇员通过购买私营医疗保险为自己及家人转移疾病风险。在个人保险里,除个人单独买的保险外,主要是靠雇主自发地给雇员提供的群体性健康保险。美国法律规定,全职雇员超过 7 人的公司,雇主必须为全职雇员及其家属购买医疗保险,雇员本身也要负担比较少的一部分费用。



Answer

- I. 1. true 2. Lymph→lymph node 3. T-lymphocyte→B-lymphocyte 4. true 5. usually causes→doesn't cause 6. true 7. true
- II. 8. the immune system target the normal tissue or organs as invaders and mount an attack on them 9. its immune system fails to function and it has no resistance to infection 10. its immune system treats the donated organs with different marker substances as invaders 11. dead germs, or parts of germs

The Animal Kingdom

动物王国



动物是自然界中生物的一大类,与植物相对。动物根据水生还是陆生,可将它们分为水生动物和陆生动物;根据有没有羽毛,可将它们分为有羽毛的动物和没有羽毛的动物。除以上两种特征外,我们还可以用其他的特征将它们进行分类。例如,通过对不同动物的解剖,可以发现有的动物体内有脊椎骨,有的动物体内没有脊椎骨。根据体内有无脊椎骨,我们可以将所有的动物分为脊椎动物和无脊椎动物两大类。

THE ANIMAL KINGDOM

What is an animal?



Animals are one of the major groups of living things. The other two groups are plants and fungi.

The cells of animals differ from plant cells because there is no hard cell wall. The cell contents are held together with a flexible¹ membrane². Animals are not able to make their own food, but must obtain food from plants or fungi. Most animals are able to move about³ and to respond to changes in their environment. About three quarters of all living things are

animals.

- Protozoa³ are tiny single-celled animals with soft bodies surround by cell membranes. Most are able to swim.

What are the two main groups of animals?

The animal kingdom is divided into² two groups—vertebrates⁴ and invertebrates. The vertebrate group contains all animals with backbones⁵ (as well as some that have a primitive form of backbone). Vertebrates include fish, amphibians⁶, reptiles, birds, and mammals. Invertebrates have no backbone. They include worms, molluscs⁷, corals, scorpions⁸, spiders, insects, and crustaceans such as crabs and lobsters. Scientists divide these two main



groups into smaller groupings that show the relationship between all these animals.

Molluscs are soft-bodied animals. Some have snail-like shells while others have two shells that are hinged⁹ together.

What are vertebrates?

Vertebrates have a backbone that provides support for the muscles and protection for the spinal¹⁰ cord¹¹. The backbone is actually a series of₃ small bones called vertebrate. They are jointed together and locked with rope-like ligaments¹² to provide a flexible but extremely strong anchor¹³ for the back muscles. The spinal cord runs down a channel inside the vertebrate, providing protection from damage. In some primitive fish, such as sharks and rays¹⁴, the spine is made of a tough rubbery material called cartilage¹⁵.

- Annelida¹⁶, or worms are a major group of invertebrate animals. Their limbless¹⁷, tubular¹⁸ bodies are divided into many segments¹⁹.

Which animals are warm blooded?

Mammals and birds are the main groups of warm-blooded animals. Some very active fish, such as tuna²⁰, are also warm-blooded. However, the mechanism that heats their bodies is different from that of mammals and birds

What is the advantage of being warm-blooded?

The chemical reactions that power the bodies of animals work best at warmer temperatures.

Warm-blooded animals are able to live and move about at any temperature that they experience in their normal environment. They can do this because their internal temperature is always the same. Cold-blooded animals, however, become sluggish²¹ as the temperature around them drops, and many will hibernate or migrate in very cold weather.

- Reptilla include lizards, snakes, turtles, and crocodiles. All are cold-blooded and have scaly²² skins.

How are animals related to each other?

The fossil²³ record and modern studies on genetics have shown how animals have evolved²⁴ from simple worm-like organisms.

The development and relationship of animals can be drawn like a tree, with branches representing each of the major forms of life. This shows that vertebrates probably split off₄ from primitive worm-like ancestors many millions of years ago. Invertebrates, such as insects and spiders, developed along quite a different line of evolution. Many branches of the evolutionary tree were unsuccessful and have died out, for example, the dinosaurs.

- Mammalia are animals such as mice, elephants, and whales. Mammals are warm-blooded and give birth to live young.

How do animals reproduce?

Apart from some of the simplest animals, reproduction requires a sperm to fuse²⁵ with an egg cell. This fusion produces an embryo that will develop into a new animal. Some simple worms and single-celled animals can simply split in two. However, sexual reproduction is the most common means by which animals produce copies of themselves. Some animals, such as snails, contain male and female cells and can fertilize themselves. A few animals are

all female and can reproduce without a male. These include aphids²⁶ and the greenfly.

Sexual reproduction is important because it mixes genes. This can prevent the deterioration²⁷ of a species.

- Coelenterata²⁸ are a group of small animals including sea anemones and corals. Most, like jellyfish²⁹, live in the sea and have arms covered with stinging cells. They feed on plankton.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。

**Vocabulary 新鲜酷词**

1. flexible ['fleksɪbl] *adj.* 有弹性的
2. membrane ['membreɪn] *n.* 细胞膜
3. protozoa [ˌprəʊtəˈzəʊə] *n.* 原生动物
4. vertebrate ['vɜ:tɪbrɪt] *n.* 脊椎动物
5. backbone ['bækbəʊn] *n.* 脊柱
6. amphibian [æm'fɪbiən] *n.* 两栖动物
7. mollusc ['mɒləsk] *n.* 软体动物
8. scorpion ['skɔ:piən] *n.* 蝎子
9. hinge [hɪndʒ] *v.* 结合
10. spinal ['spainəl] *adj.* 脊柱的
11. cord [kɔ:d] *n.* 带, 索
12. ligament ['lɪgəmənt] *n.* 韧带
13. anchor ['æŋkə] *n.* 固定器, 支撑点

14. ray [reɪ] *n.* 鳐鱼
15. cartilage ['kɑ:tɪlɪdʒ] *n.* 软骨
16. annelida [ə'nelɪdə] *n.* 环节动物
17. limbless ['lɪmlɪs] *adj.* 无肢的
18. tubular ['tju:bjʊlə] *adj.* 管形的
19. segment ['segment] *n.* 部分
20. tuna ['tju:nə] *n.* 金枪鱼
21. sluggish ['slʌɡɪʃ] *adj.* 懒怠的, 呆滞的
22. scaly ['skeɪli] *adj.* 有鳞的
23. fossil ['fɒsəl] *n.* 化石
24. evolve [ɪ'vɒlv] *v.* 进化, 成长
25. fuse [fju:z] *v.* 融合, 结合
26. aphid ['eɪfɪd] *n.* 蚜虫

27. **deterioration** [di'tɪəriəreɪʃən] *n.* 退化

28. **coelenterata** [si'lentərit] *n.* 腔肠动物

29. **jellyfish** ['dʒelɪfɪʃ] *n.* 水母, 海蜇



Sentences 语句荟萃

1. **move about** 四处走动

1) There is plenty of space here to *move about*.

这里有很大的活动空间。

2) If you don't stir yourself and *move about* a little, you will be ill.

你要是不活动, 不走动一下, 会生病的。

2. **divide into** 分成

1) Let's *divide* ourselves *into* several groups.

我们分成几个小组吧。

2) She *divided* the cake *into* four parts.

她把蛋糕分成4份。

3. **a series of** 一连串的, 一系列, 一套

1) The student always asks his teacher *a series of* questions.

那个学生总是问老师一连串的问题。

2) Her life was *a series of* ups and downs, which was both comic and pathetic.

她的生活里充满了大起大落、又喜又悲的起伏。

4. **split off** (使)分离, 分裂

1) The road *splits off* from the main street.

这条路从大街上岔了出来。

2) They *split off* from our company to start their own business.

他们从我们公司分离出去开创自己的事业。



Exercise 牛刀小试

I. Blank Filling: Fill in the blanks according to the information given in the text.

1. The major groups of living things are: _____, plants and _____.
2. The animal kingdom can be divided into two groups: _____ and _____.
3. The backbone of vertebrates provides support for the _____ and protection for the _____.
4. _____ and birds are the main groups of warm-blooded animals whose internal temperature is always _____.
5. Cold-blooded animals become _____ as the temperature around them decreases, and many will _____ or migrate in very cold weather.
6. The most common means of reproduction in the animal kingdom is _____, which can mix _____ and prevent the _____ of a species.

II. Multiple Choices: Put the letter representing the correct answer in the blank.

- _____ 7. Which of the following animals belongs to invertebrates?
A. amphibian C. reptile
B. mammal D. mollusc
- _____ 8. Which of the following animals is not mammalian?
A. elephant C. whales
B. crocodile D. mice
- _____ 9. Which of the following animals is produced through sexual reproduction?
A. snail C. aphid
B. protozoa D. turtle
- _____ 10. Which of the following animals is cold-blooded?
A. tuna C. crocodile
B. chicken D. tiger

参考译文

动物王国

什么是动物？

动物是生物界的主要群体之一，其他两类为植物和菌类。

动物细胞与植物细胞的不同之处在于前者没有坚硬的细胞壁。细胞内物质由一层具有弹性的细胞膜包裹着。动物无法为自身制造食物，它们必须从植物或真菌中摄取营养物质。大多数的动物能够四处行走并可对周围环境的变化作出反应。动物大约占据生物总量的 3/4。

动物可分为哪两大类？

动物可分为脊椎动物和无脊椎动物两大类。脊椎动物包括所有带有脊椎骨的动物（以及一些具有原始脊柱形式的动物），例如鱼类、两栖动物、爬行动物、鸟类及哺乳动物等。无脊椎动物背侧没有脊椎骨，包括蠕虫、软体动物、珊瑚虫、蝎子、蜘蛛、昆虫以及螃蟹和龙虾等甲壳纲类动物。科学家将这两大类群体再细分为若干小群体以显示所有动物之间的关联。

什么是脊椎动物？

脊椎动物背侧的脊柱为肌肉提供支撑并可以起到保护脊髓的作用。脊柱实际上是由一组叫做脊骨的小块骨头构成。它们借助带状韧带彼此相连，为后背肌肉提供了灵活而又极其坚固的支撑点。脊髓位于具有保护作用的脊椎骨组成的椎管内。鲨鱼或是鳐鱼等一些原始鱼类的脊柱是由坚韧的胶状软骨构成。

哪些动物是温血动物？

哺乳动物和鸟类是主要的温血动物。一些好动的鱼类，例如金枪鱼，也属于温血类动物。但是它们体内的体温调节机制有别于哺乳动物和鸟类。

温血的益处是什么？

为动物提供能量的化学反应在温暖的温度下效果最佳。

温血动物可以在正常环境中的任何温度下生存和行走，因为其体内温度始终不变。冷血动物则随着周围环境温度的降低而变得懒怠呆滞。许多冷血动物会在严寒的季节冬眠或迁徙。

动物之间怎样联系？

化石记录 and 现代遗传学研究已显示了动物是如何从简单虫状有机体进化而来的。

动物的进化发展过程以及彼此关系可以通过树状图展示，每个树枝代表着一类主要的生命形式。图中可见脊椎动物可能在数百万年前与原始虫状祖先相分离，昆虫和蜘蛛等无脊椎动物的进化过程则与之相差甚远。进化树的许多分枝在衍生过程中中断，例如恐龙。

动物怎样繁衍？

除了一些低级动物以外，所有动物的繁殖都需要有精子和卵子的相互结合，产生可以发育为新个体的胚胎。一些简单蠕虫类或是单细胞动物可以直接分裂为两个子体。但是，有性生殖是动

物界最常见的繁衍方式。一些动物体内含有雌雄两种细胞,因此可以自我繁殖,例如蛇类。少数动物种类全为雌性,它们无需通过雄性便可生育,例

如蚜虫等。

有性繁殖十分重要,因为该过程可以混合基因,防止物种的退化。

“美”事一桩

美国国鸟——白头海雕



白头海雕(Bald Eagle)又名美洲雕,是北美洲特有的一种大型猛禽,主要分布于加拿大、美国本土和北墨西哥。有时候人们会将其英文名直译为秃鹰,这会让人误以为它们像秃鹰一样头上没有羽毛。实际并非如此:未成年白头海雕的通体羽毛是深棕色的;4到6岁成年后,它们的头部、颈部和尾部的羽毛会逐渐变成白色,眼、嘴和脚则为淡黄色,体长可达1米,翼展2米多长,十分雄壮美丽。和其他大多数猛禽一样,白头海雕具有能捕杀动物的利爪和撕裂动物的钩嘴。它们是日间捕食性鸟类,常成对出猎,凭其异常敏锐的视力,即使在高空飞翔,亦能洞察地面、水中和树上的一切猎物。不过,白头海雕以鱼类为主食,所以常栖息于河流、湖泊或海洋的沿岸。它们的足底粗糙得像砂纸,这有助于让它们抓紧那些身体滑腻的猎物,例如鱼或蛇。4个足趾顶端长有长而弯曲的爪,尖利如刀,它是白头海雕最厉害的武器。其中最有力的是后足趾和后爪,当白头海雕捕获猎物时,它的后爪会深深地插入牺牲品的体内,往往刺穿要害器官,比如心脏或肺部。

1782年6月20日,美国总统克拉克和美国国会通过决议立法,选定白头海雕为美国国鸟。今天,无论是美国的国徽,还是美国军队的军服上,都描绘着一只白头海雕,它一只脚抓着橄榄枝,另一只脚抓着箭,象征着和平与强大武力。1982年里根总统宣布每年的6月20日为白头海雕日,借以唤起全国民众关注曾经一度濒临灭绝的国鸟。

相关链接:

http://v.youku.com/v_show/id_XMTAyMDQ2MTY4.html (PBS 美国鹰视频)

Answer

- I. 1. animals, fungi 2. vertebrates, invertebrates 3. muscles, spinal cord 4. Mammals, the same 5. sluggish, hibernate 6. sexual reproduction, genes, deterioration
II. 7. D 8. B 9. D 10. C

Volcanoes

火山



地壳之下 100 千米至 150 千米处,有一个“液态区”,区内存在着高温、高压下含气体挥发成分的熔融状硅酸盐物质,即岩浆。它一旦从地壳薄弱的地段冲出地表,就形成了火山。火山爆发能喷出多种物质。

VOLCANOES

What is a volcano¹?

Volcanoes are openings in the Earth's crust² through which molten³ lava⁴, red hot rocks, steam, and fumes pour out. We usually think of a volcano as a smoking mountain that erupts⁵ explosively, but most volcanoes are simply cracks⁶ in the crust through which lava flows continuously.

The more familiar kind of volcano has a single central pipe through which lava reaches the surface, building up into a cone⁷ as it cools. The cone consists of₁ layers of lava and volcanic ash. There is usually a crater⁸ at the center. Most active volcanoes smoke and spit⁹ out occasional pieces of lava. Dramatic eruptions are rare.

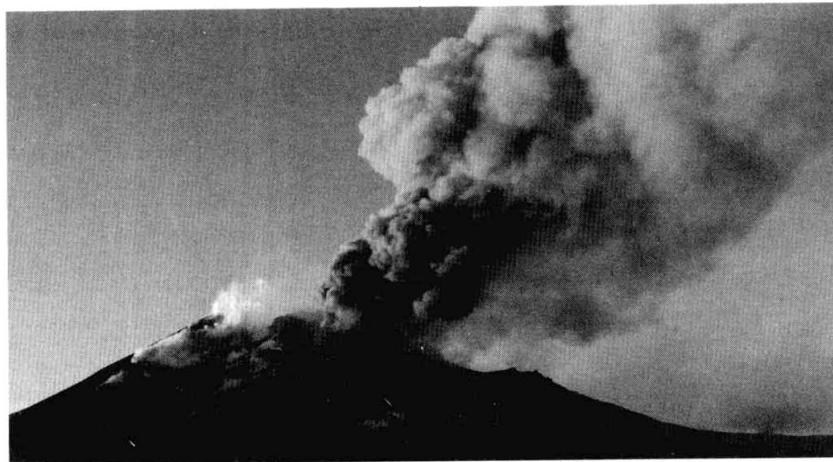
How fast do volcanoes grow?

Unlike most geological happenings, the growth of a volcano can be very rapid. In 1943, a farmer in Mexico noticed smoke coming from a crack in the ground in his cornfield. Lava began to ooze¹⁰ out, and six days later it had piled up₂ into a volcanic cone 164 yards¹¹ high. By the end of the year, the cone had grown to 492 yards. The eruption finally stopped in 1952, when the volcano Paricutin had reached a height of 3072 yards (1.7 miles) above sea level. The volcano had buried two whole villages.

What is lava?

Lava is molten rock that reaches the Earth's surface. Its temperature may be

as high as 2,100 °F. Lava may be as runny as water or so thick that it *scarcely*¹² moves at all. The liquid type of lava that flows from Hawaiian volcanoes runs downhill in sheets and streams, traveling very fast. Sometimes



the surface of these streams cools and hardens¹³, and the liquid lava continues to flow underneath¹⁴, eventually producing lava tubes when it cools. The thicker type of lava inches¹⁵ its way down the side of a volcano like a very slow avalanche¹⁶, carrying with it anything in its path, as well as red hot lava.

Masses of dust and rocks hurled¹⁷ out from an active volcano fall back and cause a volcanic cone to develop. Lava may escape from the crater in the center or find its way out through vents¹⁸ in the side of the volcano. The flowing lava solidifies¹⁹ as it cools in the air.

What happened to Pompeii and Herculaneum?

Two busy Roman towns were completely buried in lava and ash by an eruption of Mount Vesuvius in A.D.79.

A burning rain of ash, lava, and volcanic

debris²⁰ covered Pompeii to a depth of more than 3 yards. Nearby Herculaneum was buried under about 20 yards of ash. Many people were overcome while trying to escape the eruption. In Pompeii, cavities²¹ were found in the ash

where bodies had lain and then rotted²² away. The two towns preserved²³ everyday Roman life, and they are still being excavated²⁴.

What is the ring of fire?

All around the rim²⁵ of the Pacific Ocean is a circle of places of volcanic activity known as the Ring of Fire. The Ring of Fire is caused by shifts in the giant plates²⁶ that make up the Earth's crust. The Pacific plate is gradually disappearing under the surrounding continental plates, and volcanic activity marks the points



where this movement is taking place. Frequent earthquakes accompany²⁷ the volcanic action in the countries surrounding the Pacific Ocean trenches²⁸ and

underwater volcanoes also form around the Ring of Fire.

Why do geysers²⁹ spout³⁰ hot water?

When water seeps³¹ through the ground and reaches magma³², hot rock, or volcanic gases, it boils violently. This produces steam that can shoot the water out of cracks, causing a geyser. Geysers can be very spectacular³³, and some shoot water as high as 500 yards into the air, although most are much less powerful. Sometimes they erupt at regular intervals³⁴, but most erupt only occasionally.

Boiling water is blasted³⁵ out of the ground by a geyser. When the hot water emerges it forms a hot spring. These can be very useful, and in several countries the hot water is used for heating purposes.

What happened when Krakatoa erupted?

The eruption of Krakatoa, in Indonesia, in 1883 was the biggest explosion in recorded history. Krakatoa was a small island between Java and Sumatra, on which there was a small cluster³⁶ of volcanoes that were not dangerously active. On May 20, 1883, one of the cones erupted violently, and three months later the whole island blew up. The explosion could

be heard in Australia, 2,170 miles away, and a cloud of ash rose 50 miles into the air. For two and half days the island was in total darkness because of the amount of dust in the air.

Volcanic bombs: a major volcanic eruption can hurl boulders³⁷ high into the air. These boulders, called volcanic bombs, can be very large. Most of the material thrown out of the erupting volcano is ash, which forms a huge cloud. Steam and sulphurous³⁸ gases are also released, and these can be very dangerous to bystanders³⁹. Pumice⁴⁰ is a kind of foamed⁴¹ rock that is often thrown out during an eruption. It is full of tiny holes, making it very light. It is formed when gases in molten rock are boiled off, creating a foam that solidifies as it cools.

The edges of the Pacific plate are surrounded by volcanic activity, earthquakes, and hot springs, caused as the crust shifts and hot lava rises near the surface. There is even a volcano in the cold wastes of the Antarctic.




Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）问与答课本。



Vocabulary 新鲜酷词

1. **volcano** [vɒl'keɪnəʊ] *n.* 火山
2. **crust** [krʌst] *n.* 地壳
3. **molten** ['mɒltən] *adj.* 熔化的, 熔解的
4. **lava** ['lɑ:və] *n.* 熔岩
5. **erupt** [ɪ'rʌpt] *v.* 喷出, 爆发
6. **crack** [kræk] *n.* 裂缝
7. **cone** [kəʊn] *n.* 圆锥体
8. **crater** ['kreɪtə] *n.* 火山口
9. **spit** [spɪt] *v.* 喷出
10. **ooze** [u:z] *v.* 渗出, 冒出
11. **yard** [jɑ:d] *n.* 码(英美长度单位)
12. **scarcely** ['skeəslɪ] *adv.* 几乎不
13. **harden** ['hɑ:dn] *v.* 变硬, 变坚固
14. **underneath** [ʌndə'ni:θ] *adv.* 在下面
15. **inch** [ɪntʃ] *vi.* 缓慢地移动
16. **avalanche** ['ævələ:ntʃ] *n.* 雪崩
17. **hurl** [hɜ:l] *v.* 猛力投掷
18. **vent** [vent] *n.* 出口, 火山口
19. **solidify** [sə'lɪdaɪfai] *v.* 凝固
20. **debris** [də'bri:] *n.* 破瓦残砾
21. **cavity** ['kævɪtɪ] *n.* 洞, 穴
22. **rot** [rɒt] *v.* 腐烂
23. **preserve** [prɪ'zɜ:v] *v.* 保存, 维护
24. **excavate** ['ekskəveɪt] *v.* 挖掘
25. **rim** [rɪm] *n.* 边缘
26. **plate** [pleɪt] *n.* 板块
27. **accompany** [ə'kʌmpəni] *vt.* 陪同, 伴随
28. **trench** [trentʃ] *n.* 海沟
29. **geyser** ['gaɪzə] *n.* 喷泉
30. **spout** [spaʊt] *v.* 喷射
31. **seep** [si:p] *v.* 渗出
32. **magma** ['mægmə] *n.* 岩浆
33. **spectacular** [spek'tækjʊlə] *adj.* 壮观的
34. **interval** ['ɪntəvəl] *n.* 间隔
35. **blast** [bla:st] *v.* 喷出
36. **cluster** ['klʌstə] *n.* 群, 组
37. **boulder** ['bəʊldə] *n.* 砾石
38. **sulphurous** ['sʌlfərəs] *adj.* 含硫磺的
39. **bystander** ['baɪstændə] *n.* 旁观者
40. **pumice** ['pʌmɪs] *n.* 轻石; 浮石
41. **foam** [fəʊm] *v.* 起泡沫



Sentences 语句荟萃

1. consist of 由……构成

- 1) Water *consists of* hydrogen and oxygen.

水由氢和氧构成。

- 2) A week *consists of* seven days.

一星期由7天组成。

2. pile up 堆积, 积聚

- 1) You may *pile up* the books here.

你可以把书堆放在这儿。

- 2) Instead of waiting until problems *pile up*, we should try to solve each as it arises.

问题一出现就应设法解决, 不要等问题成了堆再去解决。

3. at intervals 每隔……时间(或距离), 不时

- 1) Lamp posts are standing *at intervals* along the street.

灯柱在街道两边相间排列。

- 2) Rain fell *at intervals* throughout the night.

雨断断续续地下了一整夜。

4. blow up 爆炸

- 1) The terrorists wanted to *blow up* the airplane.

恐怖分子想要炸毁飞机。

- 2) A political crisis has *blown up* over the President's latest speech.

总统最近的演说触发了政治危机。

5. boil off 汽化, 蒸掉

- 1) All the goodness has been *boiled off* the vegetables.

这些蔬菜中的营养全都给煮掉了。

- 2) This iron is taken to electric furnace to *boil off* the impurities.

这些铁被送到电炉去提纯。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Which volcano buried the Roman city of Pompeii in A.D.79?

- A. Mount St. Helens C. Krakatoa
B. Mount Vesuvius D. Paricutin

_____ 2. The hot rock that flows down the sides of the volcano is _____.

- A. crater C. lava
B. vent D. ash

_____ 3. Most volcanoes are concentrated around the "Ring of Fire", which encircles _____.

- A. Pacific C. Indian
B. Atlantic D. Arctic

_____ 4. Which volcanic eruption is said to be the biggest explosion in recorded history?

- A. Mount Pelee C. Mount Helens
B. Krakatoa D. Tambora

II. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

_____ 5. Unlike most geological happenings, the growth of a volcano can be very rapid.

_____ 6. Volcano only exists on land.

_____ 7. The Ring of Fire is caused by shifts in the giant plates that make up the Earth's crust.

_____ 8. All volcanoes erupt all of the time.

_____ 9. Pumice is a kind of heavy rock that that is often thrown out during a volcanic eruption.

参考译文

火山

什么是火山?

火山是熔岩、炙热的石块、液体及气体从地壳表面喷出的开口。我们通常认为火山是一座爆发性喷发的冒烟的山,但是大多数火山仅是岩浆不断流出的地壳表面裂缝。

岩浆沿着唯一的中央管道溢出地表后冷却形成的椎体火山是较为常见的火山类型。该椎体由熔岩层及火山灰构成,中心处通常为火山口。大部分活火山处于喷发气体状态,时而喷射出熔岩碎片,剧烈的喷发现象则较为罕见。

火山形成时期多长?

与大多数地质变化不同的是,火山的形成可以十分迅速。1943年,一位墨西哥农民发现他的玉米地裂缝正在冒烟,熔岩开始渗出,6天后便形成了一座164码高的火山锥。到了年末,火山锥高度增至492码。整个喷发过程一直持续到1952年。至此,这座帕里库廷火山高度达到海拔3072码(1.7英里),完全掩埋了两座村庄。

什么是熔岩?

熔岩指的是流至地表的熔融岩石物质,温度可高达华氏2100度。熔岩可呈流动的液态或几乎静止的糊状。液体状的熔岩从夏威夷火山顶飞速喷涌而下。有时岩浆流表面因冷却而凝固,而液态的熔岩仍然继续在其底层流动,最终冷却形成熔岩洞窟。黏稠状的熔岩则从火山一侧缓慢流下,犹如一场速度极慢的雪崩,将途经的一切物质卷入其中,包括炽热的岩浆。

庞贝与赫库兰尼姆发生了什么事?

公元79年,两座曾经繁荣的罗马古城完全被维苏威火山爆发产生的熔岩及火山灰掩埋。

火山灰、熔岩及碎屑等形成的燃烧暴雨将庞贝湮没了3码多深。附近的赫库兰尼姆城也被掩埋在了大约20码深的火山灰之下。许多人在火山喷发时遇难。在庞贝城,人们在火山灰中的洞穴里找到了被埋后腐烂的尸体。这两座古城都保留了罗马日常生活的原型,因此仍旧处于被挖掘中。

什么是火山环?

太平洋沿岸的一圈火山活动频繁的区域被称为火山环,它是由于构成地壳的巨大板块发生位移而形成的。太平洋板块逐渐消失在周边大陆板块之下,而火山活动正是这一板块运动发生的标志。环太平洋海沟的国家发生火山喷发时常伴有地震频发现象,火山环区域也形成了海底火山。

为什么喷泉喷射出热水?

地表的渗水与岩浆、热石或是火山气体相遇后剧烈沸腾,产生的蒸汽可将地裂处的沸水喷向高空,形成景象颇为壮观的喷泉。有些热泉的喷射高度可达500码,但大多数的威力小得多,它们有时会有规律地间歇性喷发,而多数热泉只是偶尔喷发。

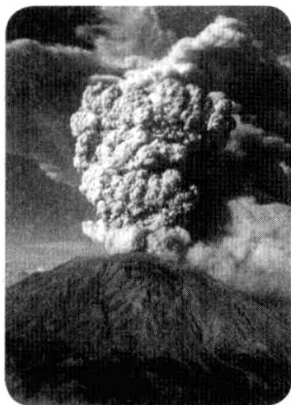
当克雷克吐尔岛火山喷发时发生了什么?

1883 年印度尼西亚克雷克吐尔岛火山喷发是有史以来最大规模的火山爆发。克雷克吐尔岛位于爪哇和苏门答腊岛之间, 岛上有着不具威胁性的活火山群。1883 年 5 月 20 日, 其中一座火山锥剧烈喷发, 3 个月后, 整座岛发生了大爆炸。位于 2170 英里以外的澳大利亚都能听到爆炸声, 火山灰在空中形成了高达 50 英里的云团。由于空气中悬浮着大量的灰霾, 两天半的时间里, 克雷克吐尔岛都处于一片黑暗之中。

火山弹: 大规模的火山爆发将砾石猛烈地掷向高空, 这些被称为火山弹的砾石体积巨大。火山喷出的物质绝大多数为灰状, 形成大片的火山云。同时产生的水蒸气和硫磺气体对临近者可造成巨大的威胁。浮石是火山喷射出的一种多气孔岩石。由于浮石中存在大量小气孔, 它的质地十分轻盈。当气体在熔岩中蒸发而形成的气泡冷却固化后变形成了这些小气孔。

“美”事一桩

美国圣海伦斯火山爆发



圣海伦斯火山 (Mount St. Helens) 位于美国西北部华盛顿州, 喀斯喀特山北段。在 1980 年喷发之前, 山顶布满积雪, 被称为“美国的富士山”。休眠 123 年后, 圣海伦斯火山, 于 1980 年 3 月 27 日突然复活, 开始喷射蒸汽、火山灰与小浮石。5 月 18 日的喷发最为剧烈, 烟云冲向 2 万米高空, 火山灰随气流扩散至 4000 公里以外, 撒落在距火山 800 公里处的也有 1.8 厘米厚。火山附近河流被堵塞、改道, 许多道路被埋没。熔岩流引起森林大火, 周围几十公里内生物绝迹。山地冰雪大量融化, 形成汹涌的急流, 加之上升气流中的大量水汽在高空凝结, 暴雨成灾, 使冲刷下的火山灰形成泥浆洪流, 从山上倾泻而下, 严重破坏了沿途的农田、森林及一切设施。火山喷发后, 附近地形发生显著变化, 原来的火山锥顶部崩坍, 形成一个长 3 公里、宽 1.5 公里、深 125 米的新火山口。这次火山喷发造成了 60 多人死亡, 390 平方公里土地变成不毛之地, 损失巨大, 是美国历史上, 也是 20 世纪以来地球上规模最大的火山爆发之一。

相关链接: 1. http://v.youku.com/v_show/id_XMTUyNTE2NTMy.html (探索与发现纪录片《火山》在线视频) 2. http://v.youku.com/v_show/id_XMTM2NjE2MTUy.html (BBC 纪录片《火山》在线视频)

Answer

I. 1. C 2. C 3. A 4. C

II. 5. true 6. only exists → doesn't only exist 7. true 8. All → Not all 9. heavy → light

Part 3

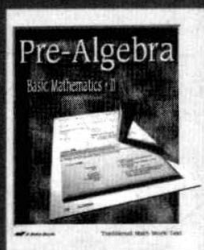
Mathematics

数学

1

Roman Numerals

罗马数字



罗马数字是用来代表数目的符号。罗马数字在阿拉伯数字诞生之前广为使用,现今也仍可见其踪迹。因此,了解罗马数字的使用规则是十分必要的。

ROMAN NUMERALS¹

Roman numerals are symbols that are used to represent numbers. Based on an ancient Roman system, they were used until the rise of the Arabic system and are still used occasionally. Roman numerals use seven basic symbols: **I, V, X, L, C, D, and M**. There is no zero, and place value is not used. Use the following rules when writing or reading Roman numerals.

1. When a numeral is repeated, its value is repeated. $CC=100+100=200$
2. A numeral is usually not repeated more than three times. $XL=40$, not $XXXX=40$.
3. **V, L, and D** are not repeated. LL is incorrect.
4. When a smaller numeral is placed after a larger number, it is **added** to the larger numeral
 $LX=50+10=60$.
5. When a smaller numeral is placed before a larger number, it is **subtracted**² from the larger numeral. $XL=50-10=40$.
6. **V, L and D** are not subtracted. LC is incorrect.
7. More than one numeral is not subtracted. $VIII=8$, not $IIX=8$.

Know These:

$$I=1 \quad V=5$$

$$X=10 \quad L=50$$

$$C=100 \quad D=500$$

$$M=1,000$$

8. The Roman numeral I is used before V and X (only the next two larger numerals). The same is true for X and C (X before L and C, C before D and M).
9. When a dash³ is placed over a Roman numeral, the value is increased a thousand times.

$$\overline{V}=5,000$$

Example

$$\begin{array}{rcl} & & \text{MMM} = 3,000 \\ \text{MMMCCXXVI} & = & 3,226 \\ & & \text{CC} = 200 \\ & & \text{XX} = 20 \\ & & \text{VI} = \frac{+6}{3,226} \end{array}$$

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。



Vocabulary 新鲜酷词

1. numeral ['nju:mərəl] *n.* 数字

2. subtract [səb'trækt] *v.* 减去

3. dash [dæʃ] *n.* 破折号



Sentences 语句荟萃

add to 增加

1) If you *add 4 to 3*, you get 7.

4加3得7。

2) *Added 12 inches to* the deck.

把甲板再加长12英寸。



Exercise 牛刀小试

Write the Roman numerals as Arabic numerals.

- | | |
|------------------|--------------------------|
| 1. CDLXII _____ | 2. MMXLIX _____ |
| 3. CMXXXIV _____ | 4. DCXI _____ |
| 5. MMMXIII _____ | 6. MCMXXI _____ |
| 7. MCDXLIV _____ | 8. CMXCIX _____ |
| 9. MCMXLII _____ | 10. \overline{M} _____ |

参考译文

罗马数字

罗马数字是用来代表数目的符号。基于古罗马体系的罗马数字在阿拉伯系数字诞生之前广为使用,而今也仍可见其踪迹。罗马数字使用7个基本符号: I, V, X, L, C, D, M, 不存在零,也没有使用位值。当使用或是读取罗马数字时可使用以下规则:

1. 相同的数字重复出现时,所表示的数值等于这些重复数字的总和。例如 $CC=100+100=200$ 。
2. 一个数字重复出现次数不超过3次。例如 $XL=40$, 而不是 $XXXX=40$ 。
3. V, L, D 3个数字不能重复出现,因此 LL 的写法是错误的。
4. 小的数字位于大的数字之后,所表示的数值等于两个数字之和。例如 $LX=50+10=60$ 。
5. 小的数字位于大的数字之前,所表示的数值等于两个数字之差。例如 $XL=50-10=40$ 。
6. V, L, D 3个数字不适用于减法规则,因此 LC 的表示方式是错误的。
7. 重复出现的数字也不适用于减法规则。例如 $VIII=8$, 而不是 $IIX=8$ 。

了解下面这些:

I=1 V=5

X=10 L=50

C=100 D=500

M=1000

8. 罗马数字 I 仅用于 V 和 X 之前(排列其后的较大两个数字), X 和 C 也一样(X 用于 L 和 C 之前, C 用于 D 和 M 之前)。

9. 在一个罗马数字上方画一条横线,表示这个数增值 1000 倍。例如:

范例:

$$\begin{array}{l} \text{MMM} = 3,000 \\ \text{MMMCCXXVI} = 3,226 \quad \text{CC} = 200 \\ \text{XX} = 20 \\ \text{VI} = \frac{+6}{3,226} \end{array}$$

“美”事一桩

常青藤联盟的由来

常青藤联盟 (Ivy League) 是由美国东北部 8 所顶尖高等学府组成的一个大学联合会,分别为布朗大学、哥伦比亚大学、康奈尔大学、达特茅斯学院、哈佛大学、宾夕法尼亚大学、普林斯顿大学及耶鲁大学。这 8 所大学在美国首屈一指,历史悠久,治学严谨,许多著名的科学家、政界要人、商贾巨子都毕业于此。因此常青藤大学时常作为美国顶尖名校的代名词。



常青藤联盟的说法来源于 20 世纪的 50 年代。早期的常青藤成员只有哈佛大学、耶鲁大学、哥伦比亚大学和普林斯顿大学 4 所大学。4 的罗马数字为“IV”,由于“IV”有着和英文单词“Ivy”(常青藤)同样的发音,而且美国最古老及最精英的学校建筑物常被常青藤覆盖住,“四联盟”(IV League)于是就转变为了“常青藤联盟”(IVY League),一直沿用至今。

相关链接

http://v.youku.com/v_show/id_XNTQ50TA4MjA=.html (世界名校哈佛大学视频简介)

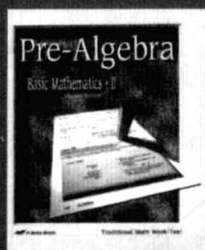
Answer

- | | | | |
|------------|-------|-----------|-----------|
| 1. CDLXII | 462 | 2. MMXLIX | 2,049 |
| 3. CMXXXIV | 934 | 4. DCXI | 611 |
| 5. MMMXIII | 3,013 | 6. MCMXXI | 1,921 |
| 7. MCDXLIV | 1,444 | 8. CMXCIX | 999 |
| 9. MCMXLII | 1,942 | 10. M | 1,000,000 |

2

Fractions

分数



一个物体、一些物体等都可以看做一个整体,把这个整体平均分成若干等分,这样的一份或几份都可以用分数来表示。

INTRODUCTION TO FRACTIONS¹

A fraction is a part of a whole object or collection of objects. It is expressed with one whole number² on top of another whole number. For instance, $\frac{3}{8}$, $\frac{5}{6}$, and $\frac{5}{12}$ are fractions. The denominator³, the bottom number, indicates⁴ how many equal parts the whole is divided into. The numerator⁵, the top number, indicates how many of the equal parts are used or taken. A mixed number⁶ consists of a whole number and a fraction. For instance, $6\frac{1}{2}$ and $12\frac{3}{8}$ are mixed numbers.

Equivalent fractions are fractions that have the same value. For instance, $\frac{2}{6}$ and $\frac{1}{3}$ are equivalent fractions. To form an equivalent fraction having higher terms⁷, multiply⁸ the numerator and the denominator by the same number. To form an equivalent fraction having lowest terms (reduce), divide the numerator

and denominator by the greatest common factor⁹. The greatest common factor is the greatest number that will evenly¹⁰ divide into the numerator and the denominator. When the numerator and the denominator are multiplied or divided by the same number, the fraction is actually being multiplied or divided by 1.

A **proper fraction**¹¹ is a fraction having a numerator that is less than the denominator. For instance, $\frac{5}{9}$ is a proper fraction. An **improper fraction**¹² is a fraction having a numerator that is equal to or greater than the denominator. For instance, $\frac{3}{2}$ and $\frac{6}{6}$ are improper fractions. To change an improper fraction to a mixed or whole number, divide the numerator by the denominator. It may be necessary to reduce the fraction.

Notes

本文选自美国中学八年级(相当于中国初三年级)数学课本。



Vocabulary 新鲜酷词

- | | |
|---|--|
| 1. fraction ['frækʃən] <i>n.</i> 分数 | 7. term [tɜ:m] <i>n.</i> 项 |
| 2. whole number 整数, 自然数 | 8. multiply ['mʌltɪplaɪ] <i>vt.</i> 使相乘 |
| 3. denominator [dɪ'nɒmɪneɪtə] <i>n.</i> 分母 | 9. factor ['fæktə] <i>n.</i> 因数 |
| 4. indicate ['ɪndɪkeɪt] <i>vt.</i> 表明 | 10. evenly ['i:vənli] <i>adv.</i> 平均地 |
| 5. numerator ['nju:məreɪtə] <i>n.</i> 分子 | 11. proper fraction 真分数 |
| 6. mixed number 带分数 | 12. improper fraction 假分数 |



Sentences 语句荟萃

1. **consist of** 由……构成

- 1) A week *consists of* seven days.

一星期由7天组成。

- 2) Water *consists of* hydrogen and oxygen.

水由氢和氧构成。

2. **divide into** (用某数)除某数

- 1) 5 *divides into* 30 6 times.

用5除30等于6。

- 2) Three will not *divide into* seven.

3除不尽7。



Exercise 牛刀小试

Solve the word problems according to the table in the text.

1. Cindy has only one cookie sheet. It holds 15 cookies. How many times will it take to bake the 72 cookies?

2. It takes Cindy 10 minutes to mix the ingredients, 3 minutes to fill the pan, and 1 minute to take them off the pan. How long should Cindy allow to bake the cookies?

参考译文

分 数

分数指的是一个整体或是集合的一部分。它的表达方式为一个整数位于另一个整数之上,例如 $\frac{3}{8}$, $\frac{5}{6}$, $\frac{5}{12}$ 。分母,即处于下方的数字,表示把一个整体平均分为几份。分子,即位于上方的数字,表示使用或是从中取出了多少相等份数。带

分数是由整数和分数构成,例如 $12\frac{3}{8}$, $6\frac{1}{2}$ 。

等值分数指的是具有相等值的分数,例如 $\frac{2}{6}$ 与 $\frac{1}{3}$ 。若要获取具有较大项的等值分数,可以将分子和分母同时乘以一个相同的数。若要获取具

有最小项的等值分数(约分),可以将分子和分母同除以它们的最大公因数。最大公因数指的是能够将分子和分母同时整除的最大自然数。当分子和分母乘以或是除以相同的数时,分数事实上等于乘以或是除以 1。

真分数指的是分子小于分母的分数,例如 $\frac{5}{9}$ 。假分数指的是分子等于或是大于分母的分数,例如 $\frac{3}{2}$ 和 $\frac{6}{6}$ 。要将假分数转变为带分数或是整数,可将分子除以分母,可能有必要约分。

“美”事一桩

美国高校的入学要求

美国大学的入学要求和中国大学的入学要求完全不同。在中国,高考成绩是唯一的入学标准,而在美国,没有所谓的高考,也没有录取分数线,各个学校按照自己的标准和要求独立招生,特别注重学生的全面素质。美国中学生申请大学通常要准备的材料有:四年高中成绩(9、10、11、12 年级),标准考试 SAT 或 ACT 成绩,申请作文,老师推荐信以及课外活动情况,等等,有的学校还会要求面试。在各类材料中,有的大学注重学生的学业成绩,有的关心课外活动,有的偏向个人专长,有的则要求领导才能。下表为美国综合排名前 50 名的大学对学生入学要求的综合分析,仅供参考。

| 重要性 | 平时成绩 | 推荐信 | 申请作文 | SAT 成绩 | 班级排名 |
|------|-------|------|------|--------|------|
| 非常重要 | 100 % | 67 % | 53 % | 56 % | 47 % |
| 重要 | 0 % | 32 % | 47 % | 37 % | 33 % |
| 会考虑 | 0 % | 0 % | 0 % | 7 % | 20 % |

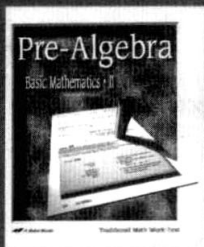
Answer

1. 5 times 2. 1 hr, 30 mins

3

Profit and Loss in Business

商业中的利润与亏损



利润和亏损是商业交易中表明收益与损失的术语。两者都与成本(为某件商品付出的价值)和售价(卖出某件商品所获得的价值)有关。

PROFIT AND LOSS IN BUSINESS

Profit and loss are terms used to show a gain or loss in a business transaction¹. Both are concerned with the cost (price paid for an item) and the selling price (price received for an item).

People in business usually record two types of profits—gross² profit and net³ profit. Gross profit is the excess⁴ of the selling price over the cost. Net profit is the excess of the selling price over the cost plus overhead⁵. Overhead includes such things as rent⁶, utilities⁷, salaries, and advertising. The loss is the excess of the cost plus overhead over the selling price.

Example 1

Ellen Pierson bought a piano for \$695 and sold it for \$1,200. What was the gross profit?

$$\text{Gross profit} = \text{selling price} - \text{cost}$$

$$\text{Gross profit} = \$1,200 - \$695$$

$$\text{Gross profit} = \$505$$

Example 2

Mrs. Pierson had an overhead of \$287 on the piano she sold. The overhead included shipping, storing, selling, and delivering. What was the net profit?

$$\text{Net profit} = \text{selling price} - (\text{cost} + \text{overhead})$$

$$\text{Net profit} = \$1200 - (\$695 + \$287)$$

$$\text{Net profit} = \$1200 - \$982$$

$$\text{Net profit} = \$218$$

Example 3

Douglas Kelley bought 83 children's watches for \$7.50 each to sell in his department store. He had an overhead of \$50 in selling the watches. Since he decided to use the watches as a loss leader to draw customers into his store, he sold each watch for \$4.97. Find his loss.

$$\text{Loss} = (\text{cost} + \text{overhead}) - \text{selling price}$$

$$\text{Loss} = (83 \times \$7.50 + \$50) - 83 \times \$4.97$$

$$\text{Loss} = (\$622.50 + \$50) - 83 \times \$4.97$$

$$\text{Loss} = \$672.50 - \$412.51$$

$$\text{Loss} = \$259.99$$

Practice Problems

Complete this chart. Do your work on another sheet of paper.

| Selling Price | Cost | Overhead | Gross Profit | Net Profit |
|---------------|------------|------------|--------------|------------|
| \$95 | \$60 | \$12 | | |
| \$4,826 | \$3,862 | \$500.15 | | |
| \$6,225.18 | \$4,009.50 | \$1,482.49 | | |
| \$875 | \$697 | \$125.82 | | |

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。

**Vocabulary 新鲜酷词**

1. **transaction** [trən'zækʃən] *n.* 交易
2. **gross** [grəʊs] *adj.* 总的，毛的
3. **net** [net] *adj.* 净值的
4. **excess** [ɪk'ses] *n.* 超过部分
5. **overhead** ['əʊvəhed] *n.* 日常开支
6. **rent** [rent] *n.* 租金
7. **utility** [ju:'tɪlətɪ] *n.* 公用事业费



Sentences 语句荟萃

be concerned with 关于, 与……有关

1) His new book *is concerned with* Africa.

他的新作与非洲有关。

2) The letter *is chiefly concerned with* export commodities.

这封信主要是关于出口商品的。



Exercise 牛刀小试

Solve the word problems.

1. Mike's auto Repair knows it costs them \$13.50 to do an oil change. However, for one week they had a special where an oil change cost a customer \$12.95. If the repair shop did 73 oil changes, what was the loss?
2. Mr. Ritz paid \$23,715 for a shipment of food for his supermarket. His overhead is 8% of the price he paid for the food. Find his overhead.
3. Jake's Tire Sales bought tires totaling \$3,140. His overhead was 10% of the cost of the tires. He made a net profit of \$976. What was the selling price of the tires?
4. Find the selling price of a suit if a store paid \$140 for it and it was marked up 80% over the cost.

参考译文

商业中的利润与亏损

利润和亏损是商业交易中表明收益与损失的术语。两者都与成本(为某件商品付出的价值)和售

价(卖出某件商品所获得的价值)有关。

从事商业活动的人通常会记录两种利润——毛利润和净利润。毛利润指的是商品售价超出成本的部分,而净利润指的是商品售价超出成本以及日常开支的部分。日常开支包括租金、公用事业费、工资、广告等费用。亏损则是指成本和日常开支超出商品售价的部分。

范例 1

艾伦·皮埃尔森以 695 美元的价格购买了一架钢琴,然后又以 1,200 美元的价格将其出售。毛利润是多少?

$$\text{毛利润} = \text{售价} - \text{成本}$$

$$\text{毛利润} = 1,200 \text{ 美元} - 695 \text{ 美元}$$

$$\text{毛利润} = 505 \text{ 美元}$$

范例 2

皮埃尔森太太卖出的钢琴有 287 美元的日常开支,包括航运、存放、销售和交付等费用。净利润是多少?

$$\text{净利润} = \text{售价} - (\text{成本} + \text{日常开支})$$

$$\text{净利润} = 1200 \text{ 美元} - (695 \text{ 美元} + 287 \text{ 美元})$$

$$\text{净利润} = 1200 \text{ 美元} - 982 \text{ 美元}$$

$$\text{净利润} = 218 \text{ 美元}$$

范例 3

道格拉斯·凯利以单价 7.5 美元的价格为他的百货公司购买了 83 块儿童手表。销售这些手表的日常开支为 50 美元。由于他想将这些手表作为让利商品销售,以吸引顾客光临,他将手表的售价定为 4.97 美元。求他的亏损额。

$$\text{亏损} = (\text{成本} + \text{日常开支}) - \text{售价}$$

$$\text{亏损} = (83 \times 7.50 \text{ 美元} + 50 \text{ 美元}) - 83 \times 4.97 \text{ 美元}$$

$$\text{亏损} = (622.50 \text{ 美元} + 50 \text{ 美元}) - 83 \times 4.97 \text{ 美元}$$

$$\text{亏损} = 672.50 \text{ 美元} - 412.51 \text{ 美元}$$

$$\text{亏损} = 259.99 \text{ 美元}$$

“美”事一桩

送2/3地皮给政府的精明商人

美国某城 30 英里以外的山坡上有一块不毛之地, 地皮的主人见地皮搁在那里没用, 就把它以极低的价格出售。新主人灵机一动, 跑到当地政府部门说: 我有一块地皮, 我愿意无偿捐献给政府, 但我是一个教育救国论者, 因此这块地皮只能建一所大学。政府如获至宝, 当即就同意了。于是, 他把地皮的 2/3 捐给了政府。不久, 一所颇具规模的大学就矗立在了这块不毛之地上。聪明的地皮主人就在剩下 1/3 的土地上修建了学生公寓、餐厅、商场、酒吧、影剧院等等, 形成了大学门前的商业一条街。没多久, 地皮的损失就从商业街的盈利中赚了回来。

Answer

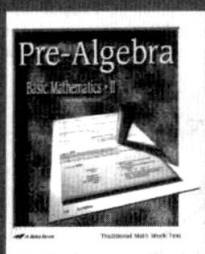
课内问题答案:

| Selling Price | Cost | Overhead | Gross Profit | Net Profit |
|---------------|------------|------------|--------------|------------|
| \$95 | \$60 | \$12 | \$35 | \$23 |
| \$4,826 | \$3,862 | \$500.15 | \$964 | \$463.85 |
| \$6,225.18 | \$4,009.50 | \$1,482.49 | \$2,215.68 | \$733.19 |
| \$875 | \$697 | \$125.82 | \$178 | \$52.18 |

牛刀小试答案: 1. \$40.15 2. \$1,897.20 3. \$4,430 4. \$252

Finding Probability

概率的计算



概率是指随机事件出现的可能性的量度。简单地说,就是一件事发生的可能性的。大小。

FINDING PROBABILITY¹

Mathematical probability is a number expressed as a ratio² that shows how likely it is that something will occur. For instance, if a coin is tossed, the probability of heads³ landing up is 1 to 2. The probability ratio is usually expressed as a fraction.

Probability is used by life insurance companies to determine how long a person of a certain age is likely to live. A doctor can use probability to determine how likely it is that a certain medicine will have an undesirable⁴ effect. Store managers use probability when determining how much stock⁵ to order. A weather forecaster gives the probability of precipitation⁶ for a certain day.

In 1795 the French mathematician Pierre Simon Laplace defined probability as⁷ the number of favorable outcomes to the total number of possible outcomes. The word *outcome* means “result.” The formula⁸ used to find probability is given.

$$\text{Probability} = \frac{\text{number of favorable outcomes}}{\text{total number of possible outcomes}}$$

Example 1

Answer the questions about the spinner game.

1. What is the probability that the pointer⁹ will stop on 5? Use the formula to find the answer of 1:10($\frac{1}{10}$).

$$\frac{1}{10} = \frac{\text{number of favorable outcomes (5)}}{\text{total number of possible outcomes}}$$

(1, 2, 3, 4, 5, 6, 7, 8, 9, 10)

2. What is the probability that the pointer will stop on 2 or 5? Use the formula to find the answer of $1:5(\frac{1}{5})$.

$$\frac{2}{10} = \frac{\text{number of favorable outcomes}}{\text{total number of possible outcomes}}$$

Reduce $\frac{2}{10}$ to $\frac{1}{5}$

Example 2

A jar⁹ contains 3 white marbles¹⁰, 5 blue marbles, 2 green marbles, and 1 yellow marble.

What is the probability that a blindfolded¹¹ man will take a green marble out of the jar?

$$\frac{2}{11} = \frac{\text{number of favorable outcomes (2 green)}}{\text{total number of possible outcomes}}$$

(3 white, 5 blue, 2 green, and 1 yellow)

1. Use the probability formula.

2. Find the total outcome by adding the number of marbles together.

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。



Vocabulary 新鲜酷词

1. probability [ˌprɒbəˈbɪləti] *n.* 概率

2. ratio [ˈreɪʃəʊ] *n.* 比率

3. head [hed] *n.* (硬币印有头像的)正面

4. undesirable [ˌʌndɪˈzaɪərəbl] *adj.* 不尽如人意的

5. stock [stɒk] *n.* 存货

6. precipitation [ˌpriːsɪpɪˈteɪʃən] *n.* (雨、雪、

冰雹等的) 降下

7. formula [ˈfɔːmjulə] *n.* 公式

8. pointer [ˈpɔɪntə] *n.* 指针

9. jar [dʒɑː] *n.* 罐子

10. marble [ˈmɑːbl] *n.* 弹珠

11. blindfold [ˈblaɪndfəʊld] *vt.* 蒙住(眼睛)



Sentences 语句荟萃

define as 将……定义为

- 1) We may *define* a square *as* a rectangle with four equal sides.

我们可以把正方形定义为四边相等的长方形。

- 2) If a set contains no elements, we shall *define* it *as* the empty or null set.

如果一个集合不包含元素，我们就把它定义为空集或零集。



Exercise 牛刀小试

I. Answer the questions about the cards. Assume the cards are face down.



1. What is the probability of picking the letter H?
2. What is the probability of picking the letter C?
3. What is the probability of picking the letter A?
4. What is the probability of picking the letter T or S?
5. What is the probability of picking the letter A or I?

II. Solve the word problems.

6. If there are two yellow pencils and three blue pencils in a box, what is the probability that a blindfolded person would pick a blue pencil?
7. If 21 students write their names on pieces of paper and put them in a hat, what is the probability that the first student who draws will draw his own name?
8. If a student thinks of a number from 1 through 50, what is the probability the number will be 24 or 30?

参考译文

概率的计算

数学概率是用来表示事物发生几率的数字。例如抛硬币时, 正面朝上的几率为 $1/2$ 。概率通常用分数来表示。

保险公司可以使用概率来计算某个人的可能寿命。医生可以利用概率来推测某种药物可能产生的不良影响。店主可以运用概率来决定需要采购的存货数量。天气预报员则可使用概率预告某天降水的可能性。

1795 年, 法国数学家皮埃尔·西门·拉普拉斯将概率定义为希望出现的结果数目与可能出现的所有结果数目的比值。概率的计算公式可表示为:

$$\text{概率} = \frac{\text{希望出现的结果数目}}{\text{可能出现的所有结果数目}}$$

范例 1

回答有关陀螺游戏的问题。

1. 指针停在 5 上的概率是多少? 利用公式计算出答案 $1:10$ 。

$$\frac{1}{10} = \frac{\text{希望出现的结果数目 (5)}}{\text{可能出现的所有结果数目 (1, 2, 3, 4, 5, 6, 7, 8, 9, 10)}}$$

2. 指针停在 2 或是 5 的概率是多少? 利用公式计算出答案 $1:5$ 。

$$\frac{2}{10} = \frac{\text{希望出现的结果数目}}{\text{可能出现的所有结果数目}}$$

将 $\frac{2}{10}$ 约分为 $\frac{1}{5}$

范例 2

一个罐子里有 3 颗白色弹珠, 5 颗蓝色弹珠, 2 颗绿色弹珠和 1 颗黄色弹珠。一个眼睛被蒙住的人从罐子中取出 1 颗绿色弹珠的概率是多少?

$$\frac{2}{11} = \frac{\text{希望出现的结果数目 (2 颗绿色弹珠)}}{\text{可能出现的所有结果数目 (3 颗白色, 5 颗蓝色, 2 颗绿色和 1 颗黄色弹珠)}}$$

1. 运用概率公式。

2. 计算出弹珠的总数。

“美”事一桩

美国大学入学考试—SAT

SAT 是英文 Scholastic Assessment Test 的缩写, 中文名称为“学术能力评估考试”, 是世界各国高中生申请美国名校及奖学金的重要参考。不同于以检测学生对所学习知识掌握程度为目的的终结性考试, SAT 是一种着眼于对学生学习能力和适应性测验的配置性考试, 旨在评价学生在校内外学习中发展起来的认知和分析能力。SAT 考试分为两部分: SAT I 推理测验 (Reasoning Test) 和 SAT II (Subject

Tests) 专项测验。SAT I 主要测验考生的写作、阅读和数学能力, 以预测考生在进入大学后是否能应付课堂所需; SAT II 为单科考试, 目的在于测验考生某一专业学科的知识 and 运用能力, 共有数学、物理、化学、外语、生物等 22 门科目供考生选择报考, 但每次最多只可报考 3 科。SAT 考试在美国一年举行 7 次, 学生进入高二即可参加 SAT 考试, 直到考出自己满意的成绩为止。

相关链接

<http://www.91sat.cn/download/sat/2009/0711/172.html> (2009 年 5 月 SAT 真题)



Answer

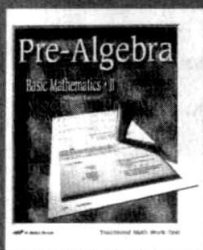
课文练习答案: 1. $\frac{1}{8}$ 2. $\frac{1}{2}$ 3. $\frac{3}{4}$ 4. $\frac{1}{2}$ 5. $\frac{1}{4}$

牛刀小试答案: I. 1. $\frac{1}{11}$ 2. $\frac{1}{11}$ 3. $\frac{2}{11}$ 4. $\frac{3}{11}$ 5. $\frac{3}{11}$
II. 6. $\frac{3}{5}$ 7. $\frac{1}{21}$ 8. $\frac{1}{25}$

5

Measures of Capacity

容积单位



容积,是指容器所能容纳物体的体积。固体的容积单位与体积单位相同,而液体和气体的容积单位一般用升、毫升。

MEASURES OF CAPACITY¹

Liquid measure, which is a measure of capacity, is used for measuring fluids. Capacity means the amount that can be held. The English system of liquid measure uses the *fluid ounce* as the basic liquid measure. The fluid ounce is multiplied to cup, pint², quart³, and gallon⁴.

Dry measure, which is a measure of capacity, is used for measuring grain, fruit, vegetables, etc. The English system uses some of the same units⁵ for dry measures as are used for liquid measures. The peck⁶ and bushel⁷ are also dry measures.

Know These:

English Liquid Measures

- | | |
|----------------------------|---|
| 2 cups (c.) = 1 pint (pt.) | 3 teaspoons (tsp.) = 1 tablespoon (tbsp.) |
| 2 pints = 1 quart (qt.) | 1 tablespoon = 1/2 fluid ounce (fl. oz) |
| 4 quarts = 1 gallon (gal.) | 8 fluid ounces = 1 cup |
| 16 fluid ounces = 1 pint | |

English Dry Measures

- | | |
|-------------------------|--------------------------|
| 2 pints = 1 quart | 4 pecks = 1 bushel (bu.) |
| 8 quarts = 1 peck (pk.) | |

Practice Problems: Convert

1. 24 pk. = _____ qt.
2. 5 c. = _____ fl. oz
3. 4 fl.oz = _____ tbsp.
4. 83 qt = _____ gal
5. 19 qt. = _____ pt.
6. 16 tsp. = _____ tbsp.
7. 12 bu. = _____ pk.
8. 176 fl.oz = _____ pt.
9. 32 gal. = _____ pt.

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。

**Vocabulary 新鲜酷词**

1. **capacity** [kə'pæsɪtɪ] *n.* 容量、容积
2. **pint** [paɪnt] *n.* 品脱
3. **quart** [kwɔ:t] *n.* 夸脱
4. **gallon** ['gælən] *n.* 加仑

5. **unit** ['ju:nɪt] *n.* 单位
6. **peck** [pek] *n.* 配克
7. **bushel** ['buʃəl] *n.* 蒲式耳

**Exercise 牛刀小试****Solve the word problems.**

1. A recipe calls for 2 teaspoons vanilla flavoring. What part of a fluid ounce is 2 teaspoons?
2. Mrs. Salado bought a 64-ounce jar of apple juice. How many cups of apple juice did she buy?
1. Mr. Andrews grew 38 pecks of potatoes. How many bushels did he grow?
2. Mr. Foreman's car can go 368 miles on 16 gallons of gasoline. How many miles can the car travel on 22 gallons of gasoline?

参考译文

容积单位

液量单位是用来测量液体的容积单位。容积指的是容器所能容纳的物体体积。英制液量体系将液量盎司作为基础的液量单位。液量盎司可增值为杯、品脱、夸脱及加仑。

干量单位是用来测量谷物、水果、蔬菜等固体的容积单位。英制干量单位有些与液量单位相同。配克和蒲式耳也属于干量单位。

了解这些:

英语中液体的计量

2 杯 = 1 品脱

3 茶匙 = 1 汤匙

2 品脱 = 1 夸脱

1 汤匙 = 1/2 液体盎司

4 夸脱 = 1 加仑

8 液体盎司 = 1 杯

16 液体盎司 = 1 品脱

英制干量单位

2 品脱 = 1 夸脱

4 配克 = 1 蒲式耳

8 夸脱 = 1 配克

练习: 单位转换

1. 24 配克 = _____ 夸脱

2. 5 杯 = _____ 液体盎司

3. 4 液体盎司 = _____ 汤匙

4. 83 夸脱 = _____ 加仑

5. 19 夸脱 = _____ 品脱

6. 16 茶匙 = _____ 汤匙

7. 12 蒲式耳 = _____ 配克

8. 176 液体盎司 = _____ 品脱

9. 32 加仑 = _____ 品脱

“美”事一桩

美制度量衡

美国的度量衡不采用目前国际上通行的公制, 频繁的单位换算常使初来乍到的中国人颇为困扰。美国超市里的肉、鱼、蔬菜、水果等都是以磅为单位标价, 与中国的市斤接近 (1 磅 = 0.90784 斤), 即 9 两

多一点。美国高速公路上的限速牌为每小时 65 英里, 相当于每小时 104 公里 (1 英里 = 1.60875 公里), 市内交通限速 45 英里, 相当于每小时 72 公里。美国普通中产阶级别墅房子在 2000 至 3000 平方英尺, 相当于 200 至 300 平方米 (1 平方英尺 = 0.0929 平方米)。美国各汽车加油站是以美制加仑的价格标出的 (1 美制加仑 = 3.78533 公升), 而新闻报道中常出现的每美桶原油的价格相当于中国 159 升原油的价格 (1 美桶 = 158.984 公升)。美国人夏天空调通常调在 70°F , 相当于 21°C [$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$], 感冒发烧华氏 98 度以上到 100 度就是摄氏 38 度至 39 度。



Answer

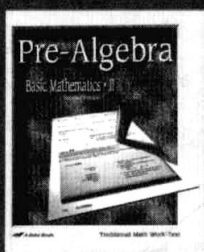
课文练习答案: 1. 192 2. 40 3. 8 4. $20\frac{3}{4}$ 5. 38 6. $5\frac{1}{3}$ 7. 48 8. 11 9. 256

牛刀小试答案: 1. $\frac{1}{3}$ fl.oz. 2. 8 c. 3. $9\frac{1}{2}$ bu. 4. 506 mi.

6

Geometric Plane Shapes

平面几何图形



点、线、面、体这些可帮助人们有效地刻画错综复杂的世界,它们都称为几何图形。几何图形一般分为立体图形和平面图形。

GEOMETRIC¹ PLANE SHAPES

A geometric figure is made up of₁ points. It can have one point or many points. Plane² geometric figures have all the points in the same plane.

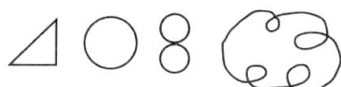
A curve³ is a geometric figure that can be drawn without removing the drawing instrument from the paper. A **closed curve** begins and ends at the same point. A **simple closed curve** has no point of intersection⁴.

Similar shapes have the same shape but not the same size. For instance, \square and \square are similar shapes. The symbol for similar is \sim . **Congruent⁵ shapes** have the same shape and size. For instance, \square and \square are congruent. The symbol for “is congruent to” is \cong .

Example



curves



closed curves



simple closed curves

A polygon⁶ is a simple closed shape made up of line segments⁷. Each line segment is called a side of the polygon, and the point where two sides of a polygon meet is called a **vertex⁸**. Vertexes are usually labeled⁹ with₂ capital¹⁰ letters. Polygons are named according to the number of sides.

A **triangle** is a three-sided polygon.

A **quadrilateral**¹¹ is a four-sided polygon. A **parallelogram**¹² is a quadrilateral having both sets of opposite sides **parallel**¹³. A **rectangle**¹⁴ is a parallelogram having four **right angles**¹⁵. A **rhombus**¹⁶ is a parallelogram having four equal sides. A **square**¹⁷ is a rectangle having four congruent sides. A **trapezoid**¹⁸ is a quadrilateral having only one set of opposite sides that are parallel.

A **pentagon**¹⁹ is a five-sided polygon. A **hexagon**²⁰ is a six-sided polygon. A **heptagon**²¹ is a seven-sided polygon. An **octagon**²² is an eight-sided polygon.

Example:



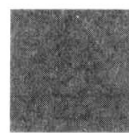
triangle



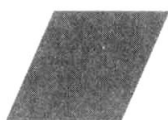
parallelogram



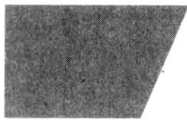
rectangle



square



rhombus



trapezoid



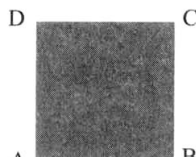
pentagon



hexagon



octagon



are sides.

A, B, C, and D are vertexes.
AB, BC, CD and AD are sides.

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。



Vocabulary 新鲜酷词

1. **geometric** [dʒiə'metrik] *adj.* 几何的
2. **plane** [pleɪn] *adj.* 平面的
3. **curve** [kɜ:v] *n.* 曲线
4. **intersection** [ˌɪntə'sekʃən] *n.* 相交, 交集

5. **congruent** ['kɒŋgruənt] *adj.* 全等的
6. **polygon** ['pɒlɪɡən] *n.* 多边形
7. **segment** ['segmənt] *n.* 段, 节
8. **vertex** ['vɜ:teks] *n.* 顶点

9. label ['leɪbəl] *vt.* 贴标签于

10. capital ['kæpɪtəl] *adj.* 大写的

11. quadrilateral [kwɒdrɪ'lætərəl] *n.* 四边形

12. parallelogram [ˌpærə'leləgrəm] *n.* 平行四边形

13. parallel ['pærəlel] *adj.* 平行的

14. rectangle ['rek.tæŋgl] *n.* 长方形

15. right angle ['æŋgl] 直角

16. rhombus ['rɒmbəs] *n.* 菱形

17. square [skweə] *n.* 正方形

18. trapezoid ['træpɪzɔɪd] *n.* 梯形

19. pentagon ['pentəɡən] *n.* 五边形

20. hexagon ['heksəɡən] *n.* 六边形

21. heptagon ['heptəɡən] *n.* 七边形

22. octagon ['ɒktəɡən] *n.* 八边形



Sentences 语句荟萃

1. be made up of 由……构成，组成的

1) The class is made up of 40 students.

本班由40人组成。

2) All animals and plants are made up of cells.

一切动植物都是由细胞构成的。

2. label with 表明……

1) Let us label each vertex with a 4 or 3 accordingly.

我们给每一个顶点相应地标上4或3。

2) Label the product with a tag.

给产品附上标签。



Exercise 牛刀小试

I. Write the number of sides in each of the figures.

1. heptagon _____

2. square _____

3. quadrilateral _____

4. triangle _____ 5. angle _____ 6. octagon _____
 7. pentagon _____ 8. trapezoid _____ 9. hexagon _____
 10. rectangle _____ 11. parallelogram _____ 12. rhombus _____

II. Write true or false in each blank.

13. _____ congruent squares are the same size.
 14. _____ A vertex is a point where two sides of a geometric figure meet.
 15. _____ The figure \square is a simple closed curve.
 16. _____ A closed curve can have no point of intersection.
 17. _____ A square is a special kind of rectangle.
 18. _____ The figure ∞ is a simple closed curve.
 19. _____ The pentagon is a six-sided polygon.
 20. _____ A triangle is a polygon.

参考译文

平面几何图形

几何图形由一点或多点构成。平面几何图形所有的点都在同一个平面上。

曲线指的是可以用绘画工具不离开同一纸面绘制的几何图形。封闭曲线的起点和终点会聚于同一点,简单封闭曲线则没有相交点。

拥有相同的形状不同大小的图形称为相似图形,例如 \square 和 \square 。相似图形可用符号 \sim 来表示。拥有相同形状和大小的图形称为全等图形,例如 \square 和 \square , 可用符号 \cong 来表示。

范例



曲线



封闭曲线



简单封闭曲线

多边形是由多条线段构成的简单封闭图形。每条线段叫做多边形的边,两条边相交的点称为顶点。

顶点通常用大写字母标注。多边形根据边数来命名。

三角形是由三条边构成的多边形。

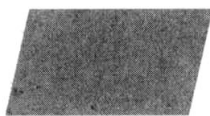
四边形是由4条边构成的多边形。平行四边形是两组对边分别平行的四边形。长方形是有4个直角的平行四边形。菱形是4条边完全相等的平行四边形。正方形是4条边完全相等的长方形。梯形是只有一组对边平行的四边形。

五边形是由5条边构成的多边形。六边形是由6条边构成的多边形。七边形是由7条边构成的多边形。八边形是由8条边构成的多边形。

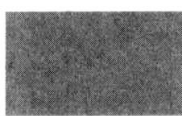
范例:



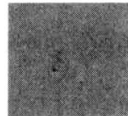
三角形



平行四边形



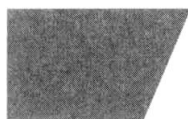
长方形



正方形



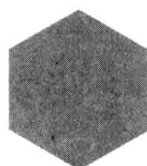
菱形



梯形



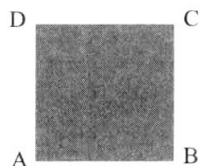
五边形



六边形



八边形



A, B, C 和 D 为顶点。
AB, BC, CD 和 AD 为边。

“美”事一桩

从数字看美国人的生活



美国《时代》周刊曾专门列举了一些数字,来展示美国人真实的生活。从平均统计数字上看,美国人都能按照专家推荐的每天20分钟的运动量锻炼,但是那是因为有17%的人每天都锻炼1小时以上,剩下的人几乎不动。在美国一些地方,人们会驾驶一辆已经开了8年的旧车去上班,然后95%的时间呆在办公室里,花2.5个小时上网,食用20茶匙的糖;周末,虽然75%以上的人都会读书1.5小时,但是15到19岁之间的青年只读7分钟。美国人很喜欢吃,全国有60多万家快餐店,却只有不到40万农民。在快餐店的影响下,62%的美国人身材肥胖甚至已经患上肥胖症,但他们还是乐意将更多的钱

花在下饭馆吃饭上,而不是百货商店里。牧师是美国最有“幸福感”的人,67.2%的牧师表示他们“非常快乐”,而停车场、服务站的工作人员是最缺乏“幸福感”的,他们中只有13.2%觉得“非常开心”。

相关链接

<http://www.mtime.com/movie/66903/> (纪实片《美国生活》影评资讯)

Answer

- I. 1. 7 2. 4 3. 4 4. 3 5. 2 6. 8 7. 5 8. 4 9. 8 10. 4 11. 4 12. 4
II. 13. true 14. true 15. true 16. true 17. false 18. true 19. false 20. true

7

Finding the Sine

正弦的计算



正弦是股与弦的比例, 余弦是余下的那条直角边与弦的比例。正弦符号通常缩写为 \sin 。

FINDING THE SINE¹

Trigonometry² is a branch of mathematics that deals with ratios between the sides of a right triangle. Trigonometry literally³ means triangle measurement. If three of the six measures (three angles and three sides) of a triangle are known, provided⁴ one is a side, trigonometry can be used to find the remaining measures. Since any polygon can be separated into triangles, trigonometry is useful in the study of polygons.

Hipparchus, a Greek astronomer who was born around 160 B.C., introduced trigonometry as a science. *De Triangulis*, written by Johann Mueller in A.D. 1464, was the first book entirely written about trigonometry. Bartholomaeus Pitiscus wrote the first trigonometry textbook.

Trigonometry is often used by astronomers, navigators⁵, and surveyors⁶ and is important in the study of light, sound and electricity.

One of the trigonometric ratios is called the **sine**. The sine of an acute⁷ angle is the ratio in a right triangle of the length of the leg opposite the given acute angle to the length of the hypotenuse⁸. The sine is abbreviated⁹ \sin .

$$\text{Sin} = \frac{\text{length of leg opposite the angle}}{\text{length of hypotenuse}}$$

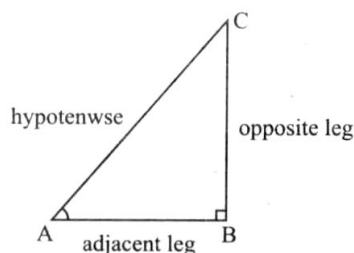
$$\sin \angle A = \frac{\text{length of opposite leg(BC)}}{\text{length of hypotenuse(AC)}}$$

Two triangles are similar if two angles of one are congruent to two angles of the other. For example, all triangles that have a right angle and an acute angle of 38° are similar and have proportional¹⁰ sides. Therefore $\sin 38^\circ$, like π , is a constant¹¹ ratio.

Example:

Find the sine of the indicated angle. Write the sine as a ratio and as a decimal¹² to the nearest thousandth¹³.

1. Write the formula used to find the sine.
2. Substitute¹⁴ the lengths into the formula. The $\frac{3}{5}$ is the sine written as a ratio.
3. To write the sine as decimal, change the ratio $\frac{3}{5}$ to a decimal. Write as a decimal to the nearest thousandth.



$$\sin \angle C = \frac{\text{length of opposite leg}}{\text{length of hypotenuse}}$$

$$\sin \angle C = \frac{6}{10} = \frac{3}{5}$$

$$\sin \angle C = 0.600$$

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。



Vocabulary 新鲜酷词

- | | |
|--|--|
| 1. sine [saɪn] <i>n.</i> 正弦 | 8. hypotenuse [haɪ'pɒtɪnjuːz] <i>n.</i> 斜边 |
| 2. trigonometry [ˌtrɪɡə'nɒmɪtri] <i>n.</i> 三角学 | 9. abbreviate [ə'brɪːviət] <i>vt.</i> 缩写 |
| 3. literally ['lɪtərəli] <i>adv.</i> 照字义地 | 10. proportional [prə'pɔːʃənəl] <i>adj.</i> 成常比的 |
| 4. provided [prə'vaɪdɪd] <i>conj.</i> 假如, 以……为条件 | 11. constant ['kɒnstənt] <i>adj.</i> 恒定的 |
| 5. navigator [nævɪ'geɪtə] <i>n.</i> 航海者 | 12. decimal ['desɪməl] <i>n.</i> 小数 |
| 6. surveyor [sə'veɪə] <i>n.</i> 勘测员 | 13. thousandth ['θaʊzəntθ] <i>n.</i> 千分之一 |
| 7. acute [ə'kjuːt] <i>adj.</i> 尖锐的 | 14. substitute ['sʌbstɪtjuːt] <i>v.</i> 取代 |



Sentences 语句荟萃

provided 假设, 以……为条件

1) *Provided* (that) there is no opposition, we shall hold the meeting here.

假如没有人反对, 我们就在这里开会。

2) You may keep the book a further week *provided* (that) no one else requires it.

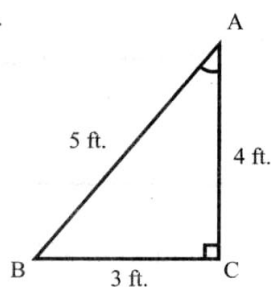
倘若这本书没有其他人想借的话, 你可以再续借一个星期。



Exercise 牛刀小试

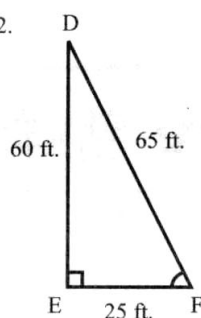
Find the sine of the indicated angles. Write the sine as a ratio and as a decimal to the nearest thousandth.

1.



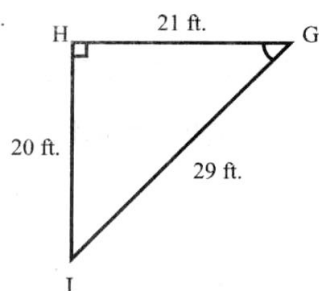
$\sin \angle A =$ _____

2.

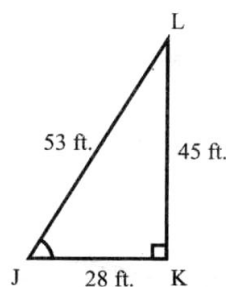


$\sin \angle F =$ _____

3.

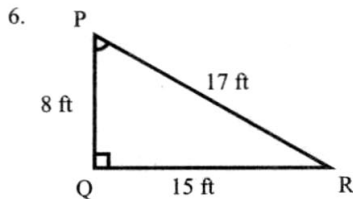
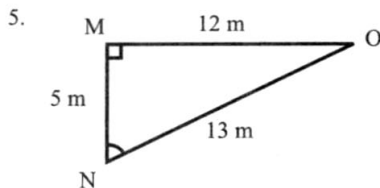


4.



$$\sin \angle G = \underline{\hspace{2cm}}$$

$$\sin \angle J = \underline{\hspace{2cm}}$$



$$\sin \angle N = \underline{\hspace{2cm}}$$

$$\sin \angle P = \underline{\hspace{2cm}}$$

参考译文

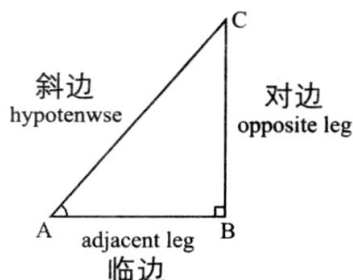
正弦的计算

三角学是研究直角三角形各边比例关系的一门数学分支。从字面意义上看,三角学指的是三角形的测量。如果三角形的六个测度(三个角和三条边)中的三个是已知的,并且假设其中之一为边,那么可以利用三角学来计算出剩余的未知测度。由于每个多边形都可以分解为三角形,三角学在多边形的研究中很有用处。

出生于公元前 160 年的希腊天文学家希巴克斯,将三角学作为一门科学引入。公元 1464 年约翰尼·穆勒完成的著作《论三角形》是第一本完全关于三角学的书籍。巴托洛梅乌斯·彼提库斯编写了第一本三角学教科书。

三角学经常用于天文学、航海以及勘测领域,在光、声、电的研究中也很重要。

正弦是三角比例之一。直角三角形中锐角的正弦为已知锐角的对边与斜边的比。正弦符号通常缩写为 \sin 。



$$\sin = \frac{\text{角的对边长度}}{\text{斜边长度}}$$

$$\sin \angle A = \frac{\text{对边长度(BC)}}{\text{斜边长度(AC)}}$$

如果两个三角形中的两个角完全相等,那么这两个三角形为相似三角形。例如,所有拥有一个直角和一个 38° 锐角的三角形都是相似三角形,并且它们的边长成常比。所以 $\sin 38^\circ$ 和 π 一样,是一个恒比。

范例:

求标示角的正弦并用比率和小数(精确到千分位)形式来表示。

1. 写出正弦公式

2. 将边长代入公式。 $\frac{3}{5}$ 为正弦比率。

3. 将正弦转换为小数形式。将 $\frac{3}{5}$ 转换为小数, 并精确到千分位。

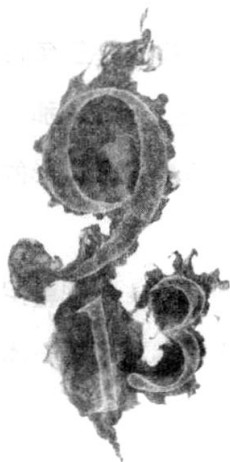
$$\sin \angle C = \frac{\text{角的对边长度}}{\text{斜边长度}}$$

$$\sin \angle C = \frac{6}{10} = \frac{3}{5}$$

$$\sin \angle C = 0.600$$

“美”事一桩

美国人的9和13



9 是美国人日常生活中最常见到的数字, 它在美国零售业中的使用频率大大超过别的数字。高速公路加油站的油价挂牌, 商店和市场里的商品标价, 尾数都常为 9。例如 1 公斤汽油 1.49 美元, 一件衬衫 19 美元, 1 件西服 99 美元等。这是精明的美国商人在市场经济的贸易竞争中普遍采用的一个促销手段。

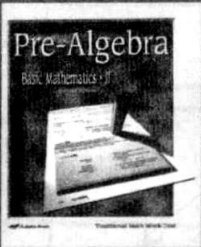
13 是美国人最为忌讳的数字。传说耶稣受害前和弟子们共进了一次晚餐, 参加晚餐的第 13 个人是耶稣的弟子犹大。正是这个犹大为了 30 块银元, 把耶稣出卖给犹太教当局, 致使耶稣受尽折磨。参加最后晚餐的是 13 个人, 晚餐的日期恰逢 13 日, 13 给耶稣带来苦难和不幸, 因此西方人将 13 视为背叛、出卖和不吉利的象征。如果恰逢 13 日又是星期五, 便称之为黑色星期五。美国的许多楼房没有第 13 层, 也没有 13 号的房间; 有些影院里可能找不到 13 排以及 13 号座位, 即使有, 也是仅以半价售票; 至于车辆的牌号, 就餐的桌号, 电话号码以及其他场合, 以 13 做序号的相当罕见。此外, 人们还忌讳 13 日出游, 不愿 13 人同席就餐, 与 13 有关的事物皆被认为是晦气的征兆。

Answer

1. $\frac{3}{5}$, 0.600 2. $\frac{12}{13}$, 0.923 3. $\frac{20}{29}$, 0.690 4. $\frac{45}{53}$, 0.849 5. $\frac{12}{13}$, 0.923 6. $\frac{15}{17}$, 0.882

Factors

因数



整数 A 能被整数 B 整除, A 叫做 B 的倍数, B 就叫做 A 的因数或约数。不能把一个数单独叫做因数,只能说谁是谁的因数。一个数因数的个数是有限的。

FACTORS¹

The factors of a number are all the different numbers that divide without a remainder² into the number. For instance, the factors of 12 are 1, 2, 3, 4, and 12 because all these numbers divide 12 evenly³. The number 7 is not a factor of 12 because it does not divide 12 evenly.

A common factor is a factor that is shared by two or more numbers. The number 4 is a common factor of 8 and 12 because 4 divides both 8 and 12 evenly.

The greatest common factor (g.c.f.) is the greatest factor any two or more numbers share. The number 6 is the greatest common factor of 12 and 18 because 6 is the greatest number that divides both 12 and 18 evenly.

Two numbers that share only the common factor of 1 are said to be prime⁴ to each other. Seven and 15 are prime to each other since their only common factor is 1. Six and 18 are not prime to each other since they share several common factors.

Example:

| Numbers | Factors | Common Factors | Greatest Common Factor |
|---------|--------------------------|----------------|------------------------|
| 16 | 1, 2, 4, 8, 16 | 1, 2, 4, 8 | 8 |
| 24 | 1, 2, 3, 4, 6, 8, 12, 24 | | |

Notes

本文选自美国中学八年级（相当于中国初三年级）数学课本。



Vocabulary 新鲜酷词

1. **factor** ['fæktə] *n.* 因数

2. **remainder** [rɪ'meɪndə] *n.* 余数

3. **evenly** ['i:vənli] *adv.* 平均地

4. **prime** [praɪm] *adj.* 质数的



Sentences 语句荟萃

divide into (用某数)除某数

1) 5 *divides into* 30 6 times.

用5除30等于6。

2) Three will not *divide into* seven.

3除不尽7。



Exercise 牛刀小试

Complete this chart.

| Numbers | Factors | Common Factors | Greatest Common Factors |
|---------|---------|----------------|-------------------------|
| 12 | | | |
| 18 | | | |
| 15 | | | |
| 45 | | | |
| 10 | | | |
| 24 | | | |
| 6 | | | |
| 30 | | | |
| 9 | | | |
| 21 | | | |

参考译文

因 数

一个数字的因数指的是所有可以整除该数字的自然数。例如, 12 的因数是 1、2、3、4、12, 因为这些数字均可以等分 12。而 7 不是 12 的因数, 因为 7 不能将 12 等分。

公因数指的是两个或多个数字共有的因数。数字 4 是 8 和 12 的公因素, 因为 4 可以同时整除 8 和 12。

最大公因数指的是两个或多个数字共有的最大因数。数字 6 是 12 和 18 的最大公因数, 因为 6 可以整除 12 和 18 的最大数字。

如果两个数字有且只有一个公因数 1, 那么这两个数互为质数。7 和 15 互为质数, 因为它们仅有公因数 1。6 和 18 不能互为质数, 因为它们的公因数不只一个。

范例:

| 数字 | 因数 | 公因数 | 最大公因数 |
|----|--------------------------|------------|-------|
| 16 | 1, 2, 3, 8, 16 | 1, 2, 4, 8 | 8 |
| 24 | 1, 2, 3, 4, 6, 8, 12, 24 | | |

“美”事一桩

美国人的数学水平

有一天, 在美国的一所小学里, 某个班级召开了一场教学成果报告会, 邀请家长来参加。

老师问一个学生: “ $7+8$ 等于多少啊?”

学生回答: “等于 7。”

校长一听急了: “这可不行, 你这样的教学质量怎么行啊, 明年人家不给咱们赞助了, 咱就过不下去了, 再给一次机会吧。”

于是老师又提问同一个学生: “那你再算算吧, $8+7$ 等于多少啊?”

该生又答道: “10!”

教导主任也坐不住了: “more chance, more chance, 再给一次机会吧。”

于是又问了第三次, 孩子回答道: “等于 15。”

这下, 这孩子他爸赶紧站起来说: “more chance, 再给一次机会吧。”



Answer

| Numbers | Factors | Common Factors | Greatest Common Factors |
|---------|---------------------------|----------------|-------------------------|
| 12 | 1, 2, 3, 4, 6, 12 | 1, 2, 3, 6 | 6 |
| 18 | 1, 2, 3, 6, 9, 18 | | |
| 15 | 1, 3, 5, 15 | 1, 3, 5, 15 | 15 |
| 45 | 1, 3, 5, 9, 15, 45 | | |
| 10 | 1, 2, 5, 10 | 1, 2 | 2 |
| 24 | 1, 2, 3, 4, 6, 8, 12, 24 | | |
| 6 | 1, 2, 3, 6 | 1, 2, 3, 6 | 6 |
| 30 | 1, 2, 3, 5, 6, 10, 15, 30 | | |
| 9 | 1, 3, 9 | 1, 3 | 3 |
| 21 | 1, 3, 7, 21 | | |

Part 4

Literature

文学

1

Doc Brackett

布莱克特医生



布莱克特医生是一位尽职尽责、无私奉献的好医生,虽然他不在人世了,但有关他的回忆将永远留存于人们的心间。

DOC¹ BRACKETT

Damon Runyon

Doc Brackett was a dedicated² doctor whose memory lived in the hearts of all who knew him and remembered his unselfish³ deeds⁴.

Doc Brackett didn't have black whiskers⁵. Nonetheless⁶, he was a fine man.

He doctored⁷ in Our Town for many years. He doctored more people than any other doctor in Our Town but made less money.

That was because Doc Brackett was always doctoring poor people, who had no money to pay.

He would get up in the middle of the coldest night and ride twenty miles to doctor a sick woman, or child, or to patch⁸ up some fellow⁹ who got hurt.

Everybody in Our Town knew Doc Brackett's office over Rice's clothing store. It was up a narrow flight¹⁰ of stairs. His office

was always filled with people. A sign at the foot of₁ the stairs said: DR. BRACKETT, OFFICE UPSTAIRS.

Doc Brackett was a bachelor¹¹. He was once supposed to₂ marry Miss Elvira Cromwell, the daughter of old Junius Cromwell, the banker, but on the day the wedding¹² was supposed to take place Doc Brackett got a call to go out into the country and doctor a Mexican child.

Miss Elvira got sore₁₃ at₃ him and called off₄ the wedding. She said that a man who would think more of a Mexican child than of his wedding was no good. Many women in Our Town agreed with Miss Elvira Cromwell, but the parents of the Mexican child were very grateful¹⁴ to Doc Brackett when the child recovered¹⁵.

For forty years, the lame¹⁶, and the halt¹⁷,

and the blind of Our Town had climbed up and down the stairs of Doc Brackett's office...

He never turned away₃ anybody.

He lived to be seventy years old, and then one day he keeled¹⁸ over₆ on the sofa in his office and died. By this time his black hair had turned white.

Doc Brackett had one of the biggest funerals¹⁹ ever seen in Our Town. Everybody went to pay their last respects when he was laid out in Gruber's undertaking²⁰ parlors²¹. He was buried²² in Riverview Cemetery²³.

There was talk of raising money to put a nice tombstone²⁴ on Doc Brackett's grave²⁵ as a memorial²⁶. The talk got as far as₇ arguing about what should be carved²⁷ on the stone

about him. Some thought poetry would be very nice.

Doc Brackett hated poetry.

The matter dragged²⁸ along and nothing whatever was done.

Then one day George Gruber, the undertaker, said that Doc Brackett's memorial was already over his grave, with an epitaph²⁹ and all. George Gruber said the Mexican parents of the child Doc Brackett saved years ago had worried about him having no tombstone.

They had no money themselves, so they took the sign from the foot of the stairs at Doc Brackett's office and stuck it over his grave. It read:

Notes

本文选自美国中学八年级（相当于中国的初三年级）文学课本。



Vocabulary 新鲜酷词

- | | |
|---|---|
| 1. doc [dɒk] <i>n.</i> (用于美国口语) 医生 | 9. fellow ['feləʊ] <i>n.</i> 伙伴, 同辈 |
| 2. dedicated ['dedɪkeɪtɪd] <i>adj.</i> 献身的, 一心一意的 | 10. flight [flaɪt] <i>n.</i> 楼梯 (或阶梯) 的一段 |
| 3. unselfish [ˌʌn'selfɪʃ] <i>adj.</i> 无私的, 不谋私利的 | 11. bachelor ['bætʃələ] <i>n.</i> 单身汉 |
| 4. deed [di:d] <i>n.</i> 行为, 事迹 | 12. wedding ['wedɪŋ] <i>n.</i> 婚礼 |
| 5. whisker ['wɪskə] <i>n.</i> 鬃, 胡须 | 13. sore [sɔ:] <i>adj.</i> 生气的, 恼火的 |
| 6. nonetheless [ˌnʌnðə'les] <i>conj.</i> 然而 | 14. grateful ['ɡreɪtful] <i>adj.</i> 感激的 |
| 7. doctor ['dɒktə] <i>v.</i> 诊治, 行医 | 15. recover [rɪ'kʌvə] <i>v.</i> 痊愈, 复原 |
| 8. patch [pætʃ] <i>v.</i> 修补 | 16. lame [leɪm] <i>adj.</i> 瘸的 |
| | 17. halt [hɔ:lt] <i>adj.</i> 跛的 |
| | 18. keel [ki:l] <i>v.</i> 翻身, 倾覆 |

19. funeral ['fju:nərəl] *n.* 葬礼

20. undertaking ['ʌndə,teɪkɪŋ] *n.* 殡仪业

21. parlor ['pɑ:lə] *n.* 接待室

22. bury ['beri] *vt.* 埋葬

23. cemetery ['semɪteri] *n.* 公墓, 墓地

24. tombstone ['tu:mstəʊn] *n.* 墓碑

25. grave [greɪv] *n.* 坟墓

26. memorial [me'mɔ:riəl] *n.* 纪念碑

27. carve [ka:v] *vt.* 雕刻

28. drag [dræg] *v.* 拖延

29. epitaph ['epɪtə:f] *n.* 墓志铭



Sentences 语句荟萃

1. at the foot of 在脚下

1) The village is located *at the foot of* the mountain.

那座村庄坐落在山脚下。

2) She arose and stood irresolutely *at the foot of* stairs.

她站了起来, 踌躇不决地在楼梯脚站了一会。

2. be supposed to 理应, 被期望

1) They *were supposed to* be here an hour ago.

他们应该在一小时以前到达这里。

2) He *was supposed to* give us advice, but all he came up with were airy-fairy ideas.

他应该给我们提些建议, 但他所想出来的都是不切实际的。

3. get sore at sb. 气恼, 被激

1) Mary *got sore at* her friend for not inviting her to the party.

玛丽因为没收到参加聚会的邀请而向她朋友发火。

2) Don't *get sore at* him for a casual remark for he did not mean to give offense.

不要被他的一句无心话而激怒, 因为他不是有意冒犯。

4. call off 取消

1) Rescuers had to *call off* the search due to worsening weather.

由于天气越来越糟, 救援人员只得停止搜寻。

2) Since you cannot reduce the price, we may *call off* the deal as well.

您既然不能降价，那这笔交易不如就取消吧。

5. turn away 把……打发走

1) A doctor cannot *turn away* a dying man.

医生是不能见死不救的。

2) They never *turn away* the hungry.

他们绝不会把挨饿的人撵走。

6. keel over 倾覆，晕倒

1) The sailboat *keeled over* in the storm.

帆船在风暴中倾覆了。

2) After a couple of drinks he just *keeled over* on the floor.

他喝了两杯酒后就晕倒在地上了。

7. as far as 就……而言，至于

1) *As far as* I could remember, I did return him the money.

就我所能记得的，我确实把钱还给他了。

2) *As far as* oil energy is concerned, we cannot be too frugal.

就石油能源而言，我们愈节省愈好。



Exercise 牛刀小试

I. Comprehension Check: Write the correct answer in the blank at the left.

- _____ 1. Why did Doc Brackett make less money than any other doctor in town?
- _____ 2. Why did Doc Brackett miss his wedding?
- _____ 3. Who put the sign on the Doc Brackett's grave?
- _____ 4. What did the sign say?

II. Language Focus: Translate the following sentences.

5. 据我所知, 他人不错。(as far as)
6. 我们特别感谢那位年轻小伙子的及时帮助。(be grateful to sb. for sth.)
7. 雨下得太大, 所以学校必须取消足球赛。(call off)
8. 每个学生都应该知道校规。(be supposed to)
9. She dedicated her life to helping the poor.
10. The martyrs who dedicated their lives to national liberation will live in the hearts of people forever.

III. Think it through.

11. Would you say that Doc Brackett was a rich man? Explain your answer.
12. Do you think that the epitaph on the doctor's grave was appropriate? Explain your answer.

IV. Essay: Write several descriptive paragraphs about someone you have known like Doc Brackett.

参考译文

布莱克特医生

达蒙·鲁尼恩

布莱克特医生是一位尽职尽责、无私奉献的好医生, 有关他的回忆将永远留存于人们的心间。

布莱克特医生没有乌黑的络腮胡。

然而, 他是一个好人。

他在我们镇上行医多年, 诊治过的病人最多, 收取的费用却比其他医生都少。

因为布莱克特医生总是给那些无法支付医药费的穷人治病。

他会在最寒冷的冬夜里起身赶路 20 英里, 救治患病的妇孺或是替伤员包扎伤口。

镇上的每个人都知道布莱克特医生的诊所在莱斯服装店的楼上, 需要爬上一段狭窄的楼梯。诊所里通常都挤满了人。楼梯口处挂着的牌子上

写着: 布莱克特医生的诊所在楼上。

布莱克特医生是个单身汉。他本应与银行家朱尼尔·克伦威尔的女儿艾薇拉·克伦威尔小姐结婚, 但是婚礼当天, 布莱克特医生接到一个电话后便赶往乡村, 救治一名墨西哥小孩。

艾薇拉小姐对此很生气, 于是取消了婚礼。她说一个将墨西哥小孩看得比自己婚礼更重要的男人不好。镇上的许多女同胞赞同艾薇拉·克伦威尔小姐的看法, 但是当那个墨西哥小孩痊愈时, 他的父母对布莱克特医生十分感激。

40 年来, 镇上的跛子、盲人都来回于布莱克

特医生的诊所楼道里。

他从来没有将任何人拒之门外。

他活了 70 岁。突然有一天,他倒在了诊所里的沙发上,离开了人世,当时他的黑发已经变成了白发。

布莱克特医生的葬礼是我们镇上人见过的最大场面的葬礼之一。当他的遗体摆放在格鲁贝尔殡仪馆时,每个人都前往表达最后的敬意。他安葬于滨江墓园中。

人们商量着要筹钱为布莱克特医生立一块体面的纪念碑,至于碑文内容则众说纷纭。有些人认为诗歌很适合。

布莱克特医生却不喜欢诗歌。

墓碑的事情因此一直被拖延着,什么也没做成。

一天,殡仪员乔治·格鲁贝尔说布莱克特医生的纪念碑已经在他的坟墓上了,并且还有墓志铭等。乔治·格鲁贝尔说几年前布莱克特医生救治过的墨西哥小孩的父母担心他没有墓碑。

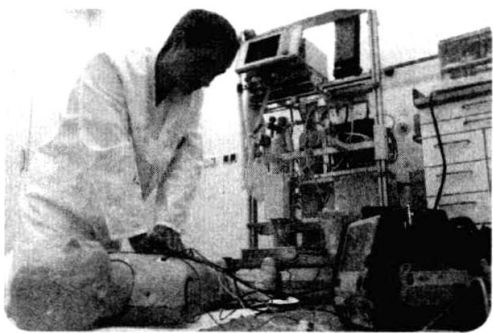
他们没有钱,于是便将挂在布莱克特医生的诊所楼道口的牌子取来安放于他的坟墓上。牌上写着:

布莱克特医生的诊所在楼上。

“美”事一桩

美国的医学教育

美国的医学水平目前在全世界处于领先地位。在美国,要成为一名合格的临床医师,必须经历医学教育、培训及参加一系列国家级考试的漫长过程,主要包括进入医学院前的综合大学本科教育(亦可称其为医学预科教育),医学院教育,住院医师培训,专科医师培训等 4 个阶段。参加医学院入学考试 MCAT (Medical College Admission Test) 是进入美国医学院学习的必要条件之一。MCAT 每年春季和夏季举办两次,包含英语、生物学、自然科学和作文四大部分,一天内考完,历时 8 小时,目的在于评估学生的自然科学基础知识水平、读写能力以及解决问题的能力。美国的医学院是四年制,前面两年在学校学习基础课程,后两年到医院学习临床课程。在二年级结束的时候,医学生需要参加美国医师执照考试 USMLE (United States Medical Licensing Examination) Step1 的考试;在第 4 年学习结束的时候,要参加 USMLE Step2 的考试;在住院医师培训完毕的时候,再参加 USMLE Step3 的考试。只有通过了这些考试,才能成为具有职业资格的医生。



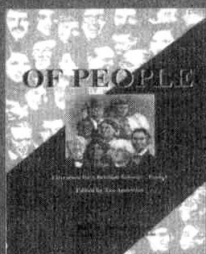
Answer

- I. 1. His patients were poor.
2. He went to doctor a Mexican child.
3. The Mexican family.
4. Doc Brackett, Office Upstairs.
- II. 5. As far as I know, he is kind.
6. We are very grateful to the young man for his timely help.
7. It rained so much that the school had to call off the football game.
8. Every student is supposed to know the school regulations.
9. 她毕生致力于帮助穷人。
10. 为争取民族解放而牺牲的烈士们将永远活在人们的心中。

After Twenty Years

2

20 年后



本文作者欧·亨利,原名为威廉·西德尼·波特。美国著名批判现实主义作家,世界三大短篇小说大师之一。曾被评论界誉为曼哈顿桂冠散文作家和美国现代短篇小说之父。他的作品构思新颖,语言诙谐,结局常常出人意料。

There are times when duty supersedes¹ friendship. This story presents such a case.

AFTER TWENTY YEARS

O. Henry



The policeman on the beat² moved up the avenue³ impressively. The impressiveness was habitual and not for show, for spectators⁴ were few. The time was barely⁵ ten o'clock at night, but chilly gusts⁶ of wind with a taste of rain in them had well-nigh⁷ developed the streets.

Trying doors as he went, twirling⁸ his club⁹ with many intricate¹⁰ and artful movements, turning now and then, to

cast his watchful eye adown the pacific¹¹ thoroughfare¹², the officer, with his stalwart¹³ form and slight swagger¹⁴, made a fine picture of a guardian of the peace. The vicinity¹⁵ was one that kept early hours. Now and then you might see the lights of a cigar store or of an all-night lunch counter¹⁶; but the majority of the doors belonged to business places that had long since been closed.

When about midway of a certain block¹⁷, the policeman suddenly slowed his walk. In the doorway of a darkened hardware store a man leaned¹⁸, with an unlighted cigar in his mouth. As the policeman walked up to him the man spoke up quickly.

"It's all right, officer," he said,

reassuringly¹⁹. “I’m just waiting for a friend. It’s an appointment made₂ twenty years ago. Sounds a little funny to you, doesn’t it? Well, I’ll explain if you’d like to make certain it’s all straight²⁰. About that long ago there used to be a restaurant where this store stands—‘Big Joe’ Brady’s restaurant.”

“Until five years ago,” said the policeman. “It was torn down₃ then.”

The man in the doorway struck a match and lit his cigar. The light showed a pale, square-jawed²¹ face with keen²² eyes, and a little white scar²³ near his right eyebrow. His scarfpin²⁴ was a large diamond, oddly set.

“Twenty years ago tonight,” said the man, “I dined here at ‘Big Joe’ Brady’s with Jimmy Wells, my best chum²⁵ and the finest chap²⁶ in the world. He and I were raised here in New York, just like two brothers, together. I was eighteen and Jimmy was twenty. The next morning I was to start for the West to make my fortune₄. You couldn’t have dragged²⁷ Jimmy out of New York; he thought it was the only place on earth. Well, we agreed that night that we would meet here again exactly twenty years from that date and time, no matter what our conditions might be or from what distance we might have to come. We figured²⁸ that in twenty years each of us ought to have our destiny²⁹ worked out₅ and our fortunes made, whatever they were going to be.”

“It sounds pretty interesting,” said the

policeman. “Rather a long time between meets, though, it seems to me. Haven’t you heard from your friend since you left?”

“Well, yes, for a time we corresponded³⁰,” said the other. “But after a year or two we lost track³¹ of each other. You see, the West is a pretty big proposition³², and I kept hustling³³ around over it pretty lively. But I know Jimmy will meet me here if he’s alive, for he always was the truest, staunchest³⁴ old chap in the world. He’ll never forget. I came a thousand miles to stand in this door tonight, and it’s worth it if my old partner turns up₆.”

The waiting man pulled out a handsome watch, the lid³⁵ of it set with small diamonds.

“Three minutes to ten,” he announced. “It was exactly ten o’clock when we parted³⁶ here at the restaurant door.”

“Did pretty well out West, didn’t you?” asked the policeman.

“You bet₇! I hope Jimmy has done half as well. He was a kind of plodder³⁷, though, good fellow³⁸ as he was. I’ve had to compete with some of the sharpest wits³⁹ going to get my pile. A man gets in a groove⁴⁰ in New York. It takes the West to put a razor-edge⁴¹ on him.”

The policeman twirled his club and took a step or two.

“I’ll be on my way. Hope your friend comes around all right. Going to call time on him sharp⁴²?”

“I should say not!” said the other. “I’ll

give him half an hour at least. If Jimmy is alive on earth, he'll be here by that time. So long, officer."

"Good night, sir," said the policeman, passing on along his beat, trying doors as he went.

There was now a fine, cold drizzle⁴³ falling, and the wind had risen from its uncertain puffs⁴⁴ into a steady blow. The few foot passengers astir⁴⁵ in that quarter hurried dismally⁴⁶ and silently along with coat collars turned high and pocketed hands. And in the door of the hardware store the man who had come a thousand miles to fill an appointment, uncertain almost to absurdity⁴⁷, with the friend of his youth, smoked his cigar and waited.

About twenty minutes he waited, and then a tall man in a long overcoat, with collar turned up to his ears, hurried across from the opposite side of the street. He went directly to the waiting man.

"Is that you, Bob?" he asked, doubtfully.

"Is that you, Jimmy Wells?" cried the man in the door.

"Well, what do you know!" exclaimed the new arrival, grasping⁴⁸ both the other's hands with his own. "It's Bob, sure as I live. I was certain I'd find you here if you were still in existence. Well, well, well!—twenty years is a long time. The old restaurant's gone, Bob; I wish it had lasted, so we could have had another dinner there. How has the West treated

you, old man?"

"Bully⁴⁹; it has given me everything I asked it for. You've changed lots, Jimmy. I never thought you were so tall by two or three inches."

"Oh, I grew a bit after I was twenty."

"Doing well in New York, Jimmy?"

"Moderately⁵⁰. I have a position in one of the city departments. Come on, Bob; we'll go around to a place I know of,⁵¹ and have a good long talk about old times."

The two men started up the street, arm in arm. The man from the West, his egotism⁵¹ enlarged by success, was beginning to outline the history of his career. The other, submerged⁵² in his overcoat, listened with interest.

At the corner stood a drugstore, brilliant with electric lights. When they came into this glare⁵³ each of them turned simultaneously⁵⁴ to gaze⁵⁵ upon the other's face.

The man from the West stopped suddenly and released his arm.

"You're not Jimmy Wells," he snapped⁵⁶. "Twenty years is a long time, but not long enough to change a man's nose from a Roman to a pug⁵⁷."

"It sometimes changes a good man into a bad one," said the tall man. "You've been under arrest⁵⁸ for ten minutes, 'Silky' Bob. Chicago thinks you may have dropped over our way and wires⁵⁹ us she wants to have a chat with you. Going quietly, are you? That's sensible. Now,

before we go on to the station here's a note I was asked to hand you. You may read it here at the window. It's from Patrolman⁶⁰ Wells."

The man from the West unfolded the little piece of paper handed him. His hand was steady⁶¹ when he began to read, but it trembled⁶² a little by the time he had finished. The note was rather short.

Bob: I was at the appointed place on time. When you struck the match to light your cigar I saw it was the face of the man wanted⁶³ in Chicago. Somehow I couldn't do it myself, so I went around and got a plain⁶⁴ clothes man to do the job.

JIMMY

Notes

本文选自美国中学七年级（相当于中国的初二年级）文学及阅读课本。



Vocabulary 新鲜酷词

1. supersede [ˈsju:pə'si:d] *vt.* 取代
2. beat [bi:t] *n.* 巡逻路线
3. avenue ['ævinju:] *n.* 大街
4. spectator [spek'teɪtə] *n.* 旁观者
5. barely ['beəli] *adv.* 仅仅
6. gust [gʌst] *n.* 一阵风
7. well-nigh ['wel'naɪ] *adv.* 几乎
8. twirl [twɜ:l] *v.* 旋转, 转动
9. club [klʌb] *n.* 棍棒
10. intricate ['ɪntrɪkət] *adj.* 复杂的
11. pacific [pə'sɪfɪk] *adj.* 平静的
12. thoroughfare ['θʌrəfeə] *n.* 大道
13. stalwart ['stɔ:lwət] *adj.* 高大健壮的
14. swagger ['swægə] *n.* 昂首阔步
15. vicinity [vɪ'sɪnəti] *n.* 周边地区, 附近
16. lunch counter 便餐馆
17. block [blɒk] *n.* 街区
18. lean [li:n] *v.* 依靠, 斜靠

19. reassuringly [ˌri:ə'sʊərɪŋli] *adv.* 使放心地
20. straight [streɪt] *adj.* 正常的
21. jaw [dʒɔ:] *n.* 下巴, 颞
22. keen [ki:n] *adj.* 敏锐的, 锋利的
23. scar [ska:] *n.* 伤疤
24. scarfpin ['ska:fpɪn] *n.* 领带夹
25. chum [tʃʌm] *n.* [口]好友
26. chap [tʃæp] *n.* [口]家伙, 小伙子
27. drag [dræg] *v.* 劝使……离开
28. figure ['fɪɡə] *v.* 判断, 估计
29. destiny ['destɪni] *n.* 命运
30. correspond [ˌkɒrɪ'spɒnd] *vi.* 通信
31. track [træk] *n.* 轨迹, 路线
32. proposition [ˌprɒpə'zɪʃən] *n.* [口]事业, 事情
33. hustle ['hʌsl] *v.* 奔忙
34. staunch [stɔ:ntʃ] *adj.* 忠诚的
35. lid [lɪd] *n.* 盖子

36. **part** [pa:t] *v.* 分开, 告别
37. **plodder** ['plɒdə] *n.* 不厌其烦地苦干的人
38. **fellow** ['feləʊ] *n.* 伙伴
39. **wit** [wɪt] *n.* 智者
40. **groove** [gru:v] *n.* 常规, 习惯
41. **razor-edge** ['reɪzə'edʒ] *n.* 危险关头, 险境
42. **sharp** [ʃa:p] *adv.* 整(指时刻)
43. **drizzle** ['drɪzl] *n.* 细雨
44. **puff** [pʌf] *n.* 一阵阵地吹
45. **astir** [ə'stɜ:] *adv.* 骚动起来地
46. **dismally** ['dɪzməli] *adv.* 忧郁地, 沉闷地
47. **absurdity** [əb'sɜ:di] *n.* 荒谬
48. **grasp** [grɑ:sp] *vt.* 抓住, 紧握
49. **bully** ['bʊli] *int.* 好, 妙
50. **moderately** ['mɒdərətli] *adv.* 中等地
51. **egotism** ['i:gətiʒəm] *n.* 自负, 自大
52. **submerge** [səb'mɜ:dʒ] *vt.* 淹没, 淹没
53. **glare** [gleə] *n.* 强光
54. **simultaneously** [ˌsaɪməl'teɪniəsli] *adv.* 同时地
55. **gaze** [geɪz] *vi.* 凝视, 注视
56. **snap** [snæp] *vt.* 厉声说
57. **pug** [pʌg] *n.* 狮子鼻, 扁平的鼻子
58. **arrest** [ə'rest] *n.* 逮捕, 拘留
59. **wire** ['waɪə] *v.* 打电报给
60. **patrolman** [pə'trəʊlmən] *n.* 巡警
61. **steady** ['stedɪ] *adj.* 平稳的
62. **tremble** ['treɪbl] *v.* 颤抖
63. **want** [wɒnt] *vt.* 通缉
64. **plain** [pleɪn] *adj.* 普通的, 平常的



Sentences 语句荟萃

1. now and then 偶尔, 有时

- 1) I like to go to the opera *now and then*.

我喜欢偶尔去看歌剧。

- 2) Everyone needs a pat on the back *now and then*.

每个人都需要不时地得到鼓励。

2. make an appointment 约会

- 1) I've *made an appointment* with Mr. Smith.

我已与史密斯先生有约会。

- 2) Could I *make an appointment* for Monday morning, please?

我能约在星期一上午吗?

3. tear down 拆除, 扯下

- 1) They have *tear down* that dangerous wall.

他们已拆除了那堵危墙

- 2) The city will *tear down* these buildings to make room for the new highway.

市政当局要拆毁这些建筑物以让出地方修筑新公路。

4. make a fortune 发迹, 致富

- 1) He *made a fortune* in his youth.

他年轻时便已发迹。

- 2) Be honest, you'll *make a fortune* out of the investment.

说实话, 你会从此投资中发一笔财的。

5. work out 解决, 确定

- 1) Can you *work out* on the map where we are now?

你能在地图上找到我们现在所在的位置吗?

- 2) They have *work out* a scheme for improving their service.

他们已制订出改善服务质量的计划。

6. turn up 出现, 发生

- 1) Something unexpected has *turned up*.

发生了意料之外的事情。

- 2) We had been waiting for him for a long time, yet he didn't *turn up*.

等了半天也没见他来。

7. you bet 一定, 当然

- 1) They won't make it, *you bet*.

他们肯定办不成, 你看着吧。

- 2) Is this the way to the Summer Palace? *You bet*.

这是去颐和园的路吗? 一点也没错。

8. know of 知道, 了解

- 1) I *know of* a shop where you can get things like that.

我知道有一家商店里可以买到这类东西

- 2) Do you *know of* any medicine that can relieve headaches instantly?

你知道有能立即解除头疼的药吗?



Exercise 牛刀小试

I. Comprehension Check: Write the correct answer in the blank at the left.

- _____ 1. The two friends had made an appointment to meet at a _____.
- _____ 2. In which city is this story set?
- _____ 3. Where had Bob gone to make his fortune?
- _____ 4. What was Jimmy's occupation?
- _____ 5. Who posed as Jimmy and met Bob at the appointed spot?

II. Vocabulary: Fill in the blanks with the words given below. Change the form where necessary.

| | | | | |
|-----------|------------|-------|----------|-------|
| absurd | correspond | grasp | staunch | gust |
| supersede | submerge | lean | stalwart | sharp |

6. A _____ of wind blew the door shut.
7. He's a _____ supporter of the monarchy.
8. The lecture started at three o'clock _____.
9. Will factory workers be entirely _____ by machines one day?
10. He will _____ at anything that might help him achieve fame.
11. It is _____ to predict that the sun will not rise tomorrow.
12. He had a _____ figure and walked with an air.
13. Her happiness at seeing him _____ her former worries.
14. We've _____ with each other for years but I've never actually met him.
15. If you _____ on those wet railings, you'll dirty your sleeves.

III. Language Focus: Translate the following sentences.

16. 我们约定7点整见面，但他没来。(make an appointment, turn up)
17. 警方已失去追踪罪犯的线索。(lose track of)
18. 不管这块表的价格是多少，都是值得的。
19. The mother hustled the children off to school and started working.
20. When we lived in the country, we often kept early hours.

21. Some parts of the book have been torn down, but what we wanted to look up could be found in the left parts.

IV. Think it through.

22. For twenty years Jimmy and Bob had not seen one another. What different directions did each of their lives take during those years?

23. Do you think that Jimmy handled the meeting in the best possible way under the circumstances? Explain your answer.

参考译文

职责可在某些时候取代友谊。这个故事讲述的便是此种场景。

20年后

欧·亨利

一位巡警正沿街走着，一如往常的醒目。他并不是为了表演，因为街上的行人寥寥无几。此刻刚过夜间 10 点，但一阵阵冷飕飕的风夹杂着雨丝，使街道显得更为惨淡冷清。

警察一面检查着各家门户，一面技艺精湛地旋转着手中的警棍，并不时警惕地转过身张望一眼宁静的大街。他高大健硕的身材与矫健的步伐凸显了一名和平守护者的良好形象。该地区的人们通常早睡早起。偶尔你会看见雪茄店或是通宵便餐馆透出些许灯光，但大多数营业场所此时早已打烊。

走到某个街区中心时，警察突然放慢了脚步。在一家漆黑的五金店门口倚靠着一个男子，他的嘴里叼着一支没有点燃的雪茄烟。看见警察向自己走来，那个男子赶忙说道。

“这儿没有出什么事，警官先生。”他再次保证，“我只是在这儿等一位朋友罢了。这是 20 年

前定下的一个约会。您听了觉得稀奇，是吗？好吧，只要您确定这儿一切正常，我就来给您讲讲。大约 20 年前，这个位置，也就是这家店铺现在所占的地方，原来是一家叫做大乔·布莱迪的餐馆……”

“那餐 5 年前就被拆除了。”警察接着说。

男子划了根火柴，点燃了叼在嘴上的雪茄。借着火柴的亮光，警察发现这个男子脸色苍白，下颚方正，右边眉毛附近有一块小小的白色伤疤。他的领带夹是一颗奇特的大钻石。

“20 年前的今天晚上，”男子继续说，“我和吉米·维尔斯在这儿的餐馆共进晚餐。哦，吉米是我最要好的朋友，他也是世界上最好的人。我们俩都是在纽约长大的。从孩提时候起，我们就情同手足。当时我 18 岁，吉米 20 岁。我正准备第二天早上就动身到西部去谋生。你没法劝说吉米离开纽约，他觉得纽约是世界上唯一的一个地方。

嗯,那天晚上我们俩约定:20年后的同一日期、同一时间,不管我们身处何处,境况如何,我们俩都要来这里再次相会。我们认为20年后无论如何我们都应该已经事业有成了。”

“这听起来倒挺有意思的。”警察说,“尽管在我看来相隔时间长了点。你们分手以后,你就没有那位朋友的任何消息了吗?”

“哦,有,有一段时间我们曾相互通信。”那男子说,“可是一两年之后,我们就失去了联系。你知道,西部是个很大的地方。而我呢,又总是不断地东奔西跑。可我相信,只要吉米还活着,他就一定会来这儿和我相会的。他是最信得过、最忠诚的老朋友啦。他不会忘记我们的约定的。我赶了1000多英里的路来到这里,如果今晚我的老友出现的话,我想这完全值得。”

说完,男子从口袋里掏出一块精致的手表,表盖上缀满了小颗钻石。

“9:57了。”他说,“我们上一次是10点整在这儿的餐馆道别的。”

“你在西部混得不错吧?”警察问道。

“当然喽!吉米的光景要是能赶上我的一半就好了。尽管他是我的好伙伴,我不得不说他是一个埋头苦干的人。我得和一些精明无比的人竞争,不然他们就会抢走我的饭碗。一个在纽约过着刻板生活的人,需要西部给他些磨砺。”

警察旋转着手中的警棍,挪了两步。

“我得走了,”他对那个男子说,“我希望你的朋友很快就会到来。假如他不准时赶来,你会离开这儿吗?”

“不会的。我起码要再等他半个小时。如果吉米他还活着,他到时候一定会来的。再见,警官先生。”

“晚安,先生。”警察一边说着,一边沿着巡逻线路走去,继续检查着各家门户。

天空中开始飘起冰凉的细雨,风也刮得更加猛烈。屈指可数的些许路人也悄无声息地开始加快脚步,他们竖起了衣领并将双手插入口袋,行色匆匆地赶往目的地。那个赶了1000多英里路前来兑现一个不确定、甚至有些荒谬的约定的男人仍旧站在五金店门口,抽着雪茄,等候他儿时的伙伴。

大约过了20分钟,一个身材高大的人急匆匆地从对街径直走来。他穿着一件长大衣,衣领向上翻着,盖住了耳朵。

“你是鲍勃吗?”来人问道。

“你是吉米·维尔斯?”站在门口的男子大声地说,显然,他很激动。

“啊,好久不见!”来人惊呼道。他紧握住了男子的双手,“不错,你是鲍勃。我早就确信如果你还活着,我就一定会在这儿见到你。啧啧,啧啧!20年是个不短的时间啊!你看,鲍勃!原来的那个老饭馆已经不在啦!要是它没有被拆除,我们一块儿在那再吃顿饭该多好啊!鲍勃,你在西部的情况怎么样?”

“不错,我已经获得了所需要的一切东西。你的变化不小啊,吉米。我根本没有想到你会再长高两三英寸。”

“哦,20岁后我又长高了一点儿。”

“吉米,你在纽约混得不错吧?”

“一般,一般。我在市政府的一个部门里上班。来,鲍勃,咱们去转转,找个地方好好叙叙旧。”

于是两人挽着臂膀沿街走去。来自西部的男子开始高谈阔论起自己成功的创业史,另一个则包裹着大衣,饶有兴致地倾听着。

这条街的拐角处有一家药店,店内灯火通明。当走到光亮处时,这两个人都不约而同地转过身来看了看对方的脸。

突然间,那个从西部来的男子停住了脚步,松开了他的手。

“你不是吉米·维尔斯。”他厉声说道,“20年的时间虽然不短,但它不足以使一个人的鹰钩鼻变为狮子鼻。”

“20年的时间却有可能使一个好人变成坏人。”高个子说,“你被捕10分钟了,狡猾的鲍勃。芝加哥警方猜到你会到我们这儿来,于是他们发来电报说,他们想跟你聊聊。束手就擒吧。这才

是理智的选择。在我们还没有去警察局之前,我得转交给你一张条子,你可以在窗户旁读完。是巡警维尔斯写给你的。”

来自西部的男子打开了递给他的小纸条。读着读着,他的双手微微地颤抖起来。纸条上的内容很短。

“鲍勃:刚才我准时赶到了我们的约会地点。当你划着火柴点烟时,我发现你正是那个芝加哥警方所通缉的人。不知怎么的,我无法亲自逮捕你,所以只得找了个便衣警察来做这件事。维尔斯。”

“美”事一桩

美国短篇小说之父——欧·亨利



欧·亨利(O. Henry)是美国现代短篇小说的奠基人,他与法国作家莫泊桑以及俄国作家契诃夫齐名,是享誉世界的短篇小说三位大师之一。他的一生富于传奇性,当过药房学徒、牧牛人、会计员、土地局办事员、新闻记者、银行出纳员,丰富的人生经历使他善于捕捉美国社会尤其是纽约百姓生活中令人啼笑皆非而富于哲理的戏剧性场景。欧·亨利的作品通常构思新颖,语言诙谐,他善于利用双关语、谐音和旧典新意等手法勾勒出人物的复杂情感以及社会的不公平现象,因此他的文字常被喻为“含泪的微笑”。他还以擅长结尾闻名遐迩,美国文学界称之为“欧·亨利式的结尾”,他善于戏剧性地设计情节,埋下伏笔,勾勒矛盾,最后在结尾处突然让人物的心理情境发生出人意料的变化,或使主人公命运陡然逆转,既在意料之外,又在情理之中,惊愕之余不禁令人拍案称奇。欧·亨利的作品编织了无数个幽默而伤感的短篇故事,有“美国生活的幽默百科全书”之称,其中一些名篇如《爱的牺牲》、《警察与赞美诗》、《麦琪的礼物》、《最后一片藤叶》、《20年后》等使他获得了世界声誉。

相关链接:

http://www.online-literature.com/o_henry/# (《欧·亨利短篇小说集》)

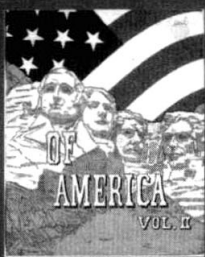
Answer

- I. 1. restaurant 2. New York 3. the West 4. policeman (patrolman) 5. a plain-clothes police officer
- II. 6. gust 7. staunch 8. sharp 9. superseded 10. grasp 11. absurd 12. stalwart
13. submerged 14. corresponded 15. lean
- III. 16. We made an appointment to meet at 7 o'clock, but he didn't turn up.
17. The police had lost track of the criminal.
18. It is worth of it no matter how much is this watch.
19. 妈妈匆匆地把孩子们送到学校之后就开始工作了。
20. 当我们住在乡村时，我们总是早睡早起。
21. 虽然这本书有些页码被撕掉了，但是我们想查的东西还在。

3

Companions

伙伴

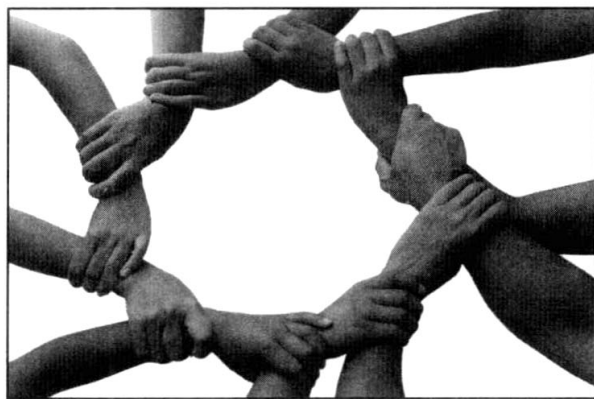


正所谓“近朱者赤，近墨者黑”。一个人的择友观会对其后的人生发展产生重要的影响。正因为如此，才有了“孟母三迁”的故事。孟子的母亲为了孩子的前途，多次迁居，以防他学坏。可见一个人的成长环境和交友的对象对于他的成才是多么重要。

COMPANIONS¹

Margaret Slattery

Associate with₁ men of good quality if you esteem² your own reputation, for it is better to be alone than in bad company³. —George Washington



Companions whom one has deliberately⁴ chosen may make or mar⁵ a character. Those of whom we approve⁶, with whom we approve, with whom we choose to live, in intimate⁷, daily friendship, are one of the determining factors in our lives. If one chooses to remain in close companionship with the vulgar⁸ and mean⁹ he cannot keep himself pure in heart. He will listen to things that besmirch¹⁰— at first will listen, resenting¹¹ what he hears,

then as the days pass, accepting it, and after a while repeating it. If the proposals of his companions for good times and a lark¹² at first meet with disapproval, then with a reluctant¹³ consent¹⁴, and he continues to remain with them, the reluctance will slowly change to a willing consent. Finally he will propose larks of the same sort, or worse, himself. This is the law. We become like the thing with which we choose habitually¹⁵ to associate.

If you find that you are *critical*¹⁶, *faultfinding*¹⁷, continually complaining of your work and your *lot*¹⁸ in life; if you use a great deal of *slang*¹⁹, are *accused*²⁰ of being rude in speech and in manner, note your companions; in nine cases out of ten₃, you will find that these are their faults also.

If our companions are purer, finer, more noble than we, though at first we may follow them afar off, yet if we choose to continue the close association until the companionship *ripens*²¹ into friendship, we shall slowly grow like them. That is also the law.

As soon as we are old enough to desire close companions, we may choose them, and upon our choice depends in large measure₄ our future. Gladstone felt that so much depends upon the choice of companions that, looking

into the faces of hundreds of young men who had asked him to give them some advice, he said, “choose wisely your companions, for a young man’s companions, more than his food, his clothes, his home or his parents, make him what he is.”

If you are wise, you will spend much time and thought in choosing those who are to be your friends. Do not choose them for what they wear, do not choose them because of the places in which they live, never choose them because they may be useful to you socially or in business. Choose them for what they are. Choose them because they are good, fine, honest, *worthwhile*²², and constant association with them will make you a better young man or woman.

Notes

本文选自美国中学六年级（相当于中国的初一年级）文学及阅读课本。



Vocabulary 新鲜酷词

- | | |
|---|---|
| 1. companion [kəm'pænjən] <i>n.</i> 同伴 | 9. mean [mi:n] <i>adj.</i> 吝啬的, 卑鄙的 |
| 2. esteem [i'sti:m] <i>vt.</i> 尊重, 敬重 | 10. besmirch [bi'smɜ:tʃ] <i>vt.</i> 糟蹋, 玷污 |
| 3. company ['kʌmpəni] <i>n.</i> 同伴, 朋友 | 11. resent [ri'zent] <i>vt.</i> 憎恶 |
| 4. deliberately [di'libərətli] <i>adv.</i> 深思熟虑地 | 12. lark [la:k] <i>n.</i> 不愉快的事, 讨厌的行当 |
| 5. mar [ma:] <i>vt.</i> 损坏, 毁坏 | 13. reluctant [ri'lʌktənt] <i>adj.</i> 勉强的 |
| 6. approve [ə'pru:v] <i>v.</i> 赞成, 称许 | 14. consent [kən'sent] <i>n.</i> 同意, 赞成 |
| 7. intimate ['ɪntɪmeɪt] <i>adj.</i> 亲密的 | 15. habitually [hə'bitʃuəli] <i>adv.</i> 习惯地 |
| 8. vulgar ['vʌlgə] <i>adj.</i> 粗俗的 | 16. critical ['krɪtɪkəl] <i>adj.</i> 爱挑剔的 |

17. **faultfinding** ['fɔ:lt,faindɪŋ] *adj.* 吹毛求疵的

18. **lot** [lɒt] *n.* 命运, 运气

19. **slang** [slæŋ] *n.* 俚语

20. **accuse** [ə'kju:z] *vt.* 指责, 控告

21. **ripen** ['raɪpən] *v.* 成熟

22. **worthwhile** ['wɜ:θ'hwaɪl] *adj.* 有价值的



Sentences 语句荟萃

1. **associate with** 结交, 交往

1) He *associates with* all sorts of people.

他与各种各样的人交往。

2) I'm very selective about the people I *associate with*.

我与他人来往极为慎重。

2. **approve of** 赞成

1) Her father will never *approve of* her marriage to Tom.

她父亲决不会赞成她同汤姆结婚。

2) I *approve of* your trying to earn some money, but please don't neglect your studies.

我同意你去挣一些钱, 可是请不要误了功课。

3. **in nine cases out of ten** 十之八九

1) They will not come *in nine cases out of ten*.

他们十之八九不会来了。

2) *In nine cases out of ten* he comes home drunk at night.

他几乎每次都是喝得烂醉才回家。

4. **in large measure** 大半, 大部分

1) The problem was *in large measure* caused by his carelessness.

这个问题在很大程度上是由他的粗心造成的。

2) His failure is *in large measure* due to lack of confidence.

他的失败在很大程度上是由于缺乏信心。



Exercise 牛刀小试

I. Vocabulary: Fill in the blanks with the words given below. Change the form where necessary.

| | | | | |
|----------|------------|-----------|---------|------------|
| intimate | mar | critical | consent | worthwhile |
| ripen | deliberate | associate | company | vulgar |

1. Farmers need good weather so that their crops will grow and _____.
2. People are judged by the _____ they keep.
3. He never speaks much, unless among his _____ friends.
4. I am _____ whether or not to buy a new car.
5. His handling of the crisis could make or _____ his career.
6. She is so _____ that nobody can get along with her.
7. Spitting in public is considered _____.
8. My father will never give his _____ to our marriage
9. Never _____ with bad companions.
10. It isn't _____ spending so much time on minor problems.

II. Language Focus: Translate the following sentences.

11. 调查表明75%的人赞成新法规。(approve of)
12. 她很不情愿地承认了这事实。(reluctant)
13. 经营管理在很大程度上控制着企业的命运。(in large measure)
14. Critics accuse companies of using ads to mislead us.
15. He talks about you nine times out of ten when we have a chat
16. Lu Xun is, by common consent, the greatest Chinese revolutionary writer.

III. Think it through.

17. What's the real meaning of friendship from your perspective?
18. What's your own standard of choosing friends?

参考译文

伙伴

玛格利特·斯莱特利

如果你珍重自身的名誉,那么请和品行良好的人来往。交友不慎不如独善其身。——乔治·华盛顿

择友可对个体的性格造成正负两方面的影响。我们赞许、认可并选择与其在日常生活中建立起亲密友谊的人是我们生活中的重要因素之一。倘若一个人选择与粗俗吝啬者为友,他的心灵难免受其玷污。在污言秽语的同化之下,先前的憎恶感将逐渐消逝,取而代之的是习以为常甚至至是效仿。即便同伙的不正当提议起初遭其反对,在勉强同意之后,若继续与之同流合污,先前的犹豫势必渐变为趋同性认可。最终,他可能提出类似的甚至更为恶劣的勾当。这是一种规律:近朱者赤,近墨者黑。

假若你发现自己颇为挑剔,乐于吹毛求疵,并不断抱怨工作和命运;假若你惯于使用大量俚语,并因言行粗俗受到指责,那么请注意你的同伴,十之八九你会发现他们也存在相同的问题。

如果我们的伙伴比我们更为纯洁高尚,尽管起初会感到彼此差距甚远,但如果我们选择继续与其保持来往,直到建立起成熟的友谊,我们也会逐渐与其相似。这也是一种规律。

当我们的心智足够成熟时,我们会选择此类朋友,因为很大程度上我们的未来取决于我们的选择。格莱斯顿对此感同身受,当他看着数百张年轻的面孔时,他给予了他们如下的建议:“请明智地选择你的伙伴,因为对于年轻人的塑造来说,他的伙伴比他的食物、衣裳、住所或是父母更加重要。”

聪明的人常在择友上花费大量的时间和精力。不要将穿戴、住所、社会或是商业利益作为择友的标准。择友应出于其本质,因为与品行良好、诚实可靠的人结交将使你更加完美。

“美”事一桩

美国人的交友观



对美国人来说,不断的搬家是非常自然的事情,很少有人一辈子只居住在一个地方,因此他们随时准备结交新的朋友。他们经常去拜访邻居,在聊天、谈论有趣的运动或者参加家庭聚会的时候,友谊随时建立。美国人很独立,所以最好不要对他们的隐私太过好奇,比如年龄、收入、疾病或是婚姻状况等等,因为这与你无关。如果你试着找出一个

美国人的第三方隐私,毫无疑问,他会认为你不道德。美国人也很乐意帮助他们的朋友,但多数情况下,他们希望只是帮个小忙,因为他们认为去为所谓的朋友而负担太多的责任也许会不舒服,甚至很奇怪。如果你的朋友是个美国学生,绝不要问他在学校里的排名,这不但因为美国的学校没有给所有学生的家长发送成绩单的传统,而且排名也是一种隐私。

相关链接:

http://v.youku.com/v_show/id_XMTE5MDgyNzcy.html (经典美剧《老友记》视频)

Answer

I. 1. ripen 2. company 3. intimate 4. deliberating 5. mar 6. critical 7. vulgar 8. consent
9. associate 10. worthwhile

II. 11. Surveys show that 75% of people approve of the new law.

12. She was very reluctant to admit the truth.

13. Management in large measure controls the fate of large corporations.

14. 批评者指责公司滥用广告误导我们。

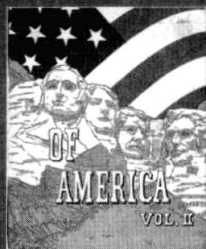
15. 每次我们闲聊时他几乎都谈及你。

16. 鲁迅是公认的中国最伟大的革命文学家。

4

The Discontented Pendulum

不满的钟摆



责任感是我们对待自己工作应有的态度。但是,我们必须真正行动起来,一步一个脚印,务实地走好每一步,我们才会向着胜利迈进。

THE DISCONTENTED¹ PENDULUM²

Jane Taylor



“The Discontented Pendulum” is a humorous fable that modern Americans can identify with. As you read, see how its message relates to you.

An old Clock, that had stood for fifty years in a farmer’s kitchen without giving its owner any cause of complaint, early one summer’s

morning, before the family was stirring³, suddenly stopped.

Upon this the dial⁴-plate, (if we may believe the fable,) changed countenance⁵ with alarm; the hands⁶ made an ineffectual effort

to continue their course; the wheels remained motionless with surprise; the weights⁷ hung speechless; each member felt disposed⁸ to lay the blame on the others. At length, the dial instituted⁹ a formal inquiry¹⁰ as to the cause of the inactivity, when hands, wheels, weights, with one voice, declared their innocence¹¹. But now a faint¹² tick¹³ was heard below, from the pendulum, who thus spoke:

“I confess¹⁴ myself to be the sole cause of the present stoppage, and am willing, for the general satisfaction, to give my reasons. The truth is, that I am tired of ticking.” Upon hearing this, the old clock became so enraged¹⁵ that it was on the point of striking.

“Lazy wire!” exclaimed the dial-plate,

holding up its hands.

"Very good," replied the pendulum; "it is vastly easy for you, Mistress¹⁶ Dial, who have always, as everybody knows, set yourself up above me — it is vastly easy for you, I say, to accuse other people of laziness; you, who have had nothing to do all the days of your life but to stare people in the face, and to amuse yourself with watching all that goes on in the kitchen. Think, I beseech¹⁷ you, how you would like to be shut up for life in this dark closet¹⁸, and wag¹⁹ backward and forward, year after year, as I do."

"As to₂ that," said the dial, "is there not a window in your house on purpose₃ for you to look through?"

"For all that," resumed²⁰ the pendulum, "it is very dark here; and although there is a window, I dare not stop, even for an instant, to look out. Besides, I am really weary²¹ of₄ my way of life; and if you please, I'll tell you how I took this disgust²² at my employment. This morning I happened to be calculating²³ how many times I should have to tick in the course only of the next twenty-four hours: perhaps some of you, above there, can give me the exact sum²⁴."

The minute-hand, being quick at figures, instantly replied, "Eighty-six thousand four hundred times."

"Exactly so," replied the Pendulum. "Well, I appeal to₅ you all if the thought of this

was not enough to fatigue²⁵ one. And when I began to multiply the strokes²⁶ of one day by those of months and years, really it is no wonder if I felt discouraged at the prospect: so, after a great deal of reasoning and hesitation²⁷, thinks I to myself, I'll stop."

The dial could scarcely²⁸ keep its countenance during this speech²⁹, but, resuming its gravity³⁰, thus replied:

"Dear Mr. Pendulum, I am really astonished³¹ that so useful and industrious³² a person as you are should have been overcome by this sudden suggestion. It is true you have done a great deal of work in your time. So have we all, and are likely to do; and though this may fatigue us to think of, the question is, Whether it will fatigue us to do. Would you, now, do me the favor₆ to give about half-a-dozen strokes, to illustrate³³ my argument?

The pendulum complied³⁴, and ticked six times at its usual pace. "Now," resumed the dial, "may I be allowed to inquire, if that exertion³⁵ was at all fatiguing or disagreeable³⁶ to you?"

"Not in the least," replied the pendulum; "it is not of six strokes that I complain, nor of sixty, but of millions."

"Very good," replied the dial; "but recollect³⁷ that although you may think of a million strokes in an instant, you are required to execute³⁸ but one; and that, however often you may hereafter have to swing³⁹, a moment

will always be given you to swing in.”

“That consideration staggers⁴⁰ me, I confess,” said the pendulum.

“Then I hope,” resumed the dial-plate, “we shall all immediately return to our duty; for the maids will lie in bed till noon if we stand idling⁴¹ thus.”

Upon this, the weights, who had never been accused of light conduct, used all their influence in urging⁴² him to proceed; when, as

with one consent, the wheels began to turn, the hands began to move, the pendulum began to wag, and, to its credit⁴³, ticked as loud as ever; and a beam⁴⁴ of the rising sun that streamed⁴⁵ through a hole in the kitchen shutter, shining full upon the dial-plate, it brighten up as if nothing had been the matter.

When the farmer came down to breakfast, upon looking at the Clock he declared that his watch had gained half an hour in the night.

Notes

本文选自美国中学六年级（相当于中国的初一年级）文学及阅读课本。



Vocabulary 新鲜酷词

1. **discontented** [ˌdɪskən'tentɪd] *adj.* 不满的

2. **pendulum** ['pendjʊləm] *n.* 钟摆

3. **stir** [stɜː] *v.* 起床, 开始活动

4. **dial** ['daɪəl] *n.* 钟面, 表盘

5. **countenance** ['kaʊntɪnəns] *n.* 面部表情

6. **hand** [hænd] *n.* 指针

7. **weight** [weɪt] *n.* 砝码

8. **dispose** [dɪs'pəʊz] *vt.* 有倾向于

9. **institute** ['ɪnstɪtju:t] *vt.* 组织, 实行

10. **inquiry** [ɪn'kwɪəri] *n.* 询问, 调查

11. **innocence** ['ɪnəsəns] *n.* 无辜

12. **faint** [feɪnt] *adj.* 微弱的

13. **tick** [tɪk] *n.* 滴答声

14. **confess** [kən'fes] *v.* 坦白, 承认

15. **enraged** [ɪn'reɪdʒ] *adj.* 恼怒的

16. **mistress** ['mɪstrɪs] *n.* 女士

17. **beseech** [br'si:tʃ] *v.* 恳求, 乞求

18. **closet** ['klɒzɪt] *n.* 壁橱, 小房间

19. **wag** [wæg] *v.* 摇摆

20. **resume** [rɪ'zju:m] *v.* 重新开始, 继续

21. **weary** ['wiəri] *adj.* 疲倦的

22. **disgust** [dɪs'gʌst] *n.* 厌恶, 憎恶

23. **calculate** ['kælkjuleɪt] *vt.* 计算

24. **sum** [sʌm] *n.* 总数

25. **fatigue** [fə'ti:g] *vt.* 使疲劳

26. **stroke** [stəʊk] *n.* 敲钟

27. **hesitation** [ˌhezɪ'teɪʃən] *n.* 犹豫

28. **scarcely** ['skeəslɪ] *adv.* 几乎不

29. **harangue** [hə'ræŋ] *n.* 长篇大论

30. **gravity** ['grævəti] *n.* 严肃, 庄重

31. **astonish** [ə'stɒnɪʃ] *vt.* 使惊讶

32. **industrious** [ɪn'dʌstriəs] *adj.* 勤劳的

33. **illustrate** ['iləstreɪt] *vt.* 阐明

34. **comply** [kəm'plaɪ] *vi.* 遵从

35. **exertion** [ɪg'zɜːʃən] *n.* 行使, 动用

36. **disagreeable** [ˌdɪzə'grɪəbl] *adj.* 不合意的, 令人不快的

37. **recollect** [ˌrekə'lekt] *vt.* 回忆

38. **execute** ['eksɪkjʊ:t] *v.* 执行

39. **swing** [swɪŋ] *v.* 摇摆

40. **stagger** ['stæɡə] *vt.* 使动摇

41. **idling** ['aɪdlɪŋ] *adj.* 闲散的, 无所事事的

42. **urge** [ɜːdʒ] *vt.* 督促, 催促

43. **credit** ['kredit] *n.* 荣誉, 声望

44. **beam** [bi:m] *n.* 光线

45. **stream** [stri:m] *vi.* 照射

Sentences 语句荟萃

1. at length 详细地

1) He related the story to us *at length*.

他把这个故事详细地讲给我们听了。

2) We will debate the subject *at length* later when we are at leisure.

等我们有空再对这个主题展开辩论。

2. as to 至于, 关于

1) *As to* that, they haven't decided yet.

关于那一点, 他们还未作决定。

2) *As to* the leakage, none could tell.

至于是不是泄密了, 谁也不知道。

3. on purpose 故意, 有意

1) I know you didn't break the vase *on purpose*.

我知道你不是故意把花瓶打破的。

2) I came here *on purpose* to see you.

我特地来这里看你。

4. weary of 厌烦, 疲倦

1) The people are growing *weary of* the war.

人民对这场战争越来越厌倦了。

2) I am *weary of* hearing about your problems.

我听腻了你那些麻烦事。

5. appeal to 向……呼吁, 恳求

1) They never *appealed to* us for mercy.

他们从不向我们乞求怜悯。

2) He decided to *appeal to* a higher court.

他决定向上一级法院上诉。

6. do sb. a favor 给某人以恩惠, 帮某人忙

1) Could you *do me a favor* to hand me that pencil, please?

你能把那支笔递给我吗?

2) I need you to *do me a favor* if you can.

如果可以的话, 我需要你帮我一个忙。

7. in the least 丝毫

1) I'm not *in the least* afraid.

我一点也不害怕。

2) He is not interested in math *in the least*.

他对数学一点都不感兴趣。



Exercise 牛刀小试

I. Matching: Put the letter representing the correct answer in the blank.

_____ 1. seriousness

A. disgust

_____ 2. tiring

B. inquiry

_____ 3. investigation

C. countenance

_____ 4. counting

D. ineffectual

_____ 5. facial expression

E. fatigue

_____ 6. courteously obeyed

F. calculating

- | | |
|--------------------------------|--------------|
| _____ 7. organize | G. resume |
| _____ 8. useless, unsuccessful | H. gravity |
| _____ 9. continue | I. complied |
| _____ 10. dislike | J. institute |

II. Language Focus: Translate the following sentences.

11. 至于该穿什么衣服, 并没有硬性的规定。(as to)
12. 她最后承认偷了那笔钱。(confess)
13. 劳驾, 我在打电话, 把收音机的声音调小一点好吗?(do sb. a favor)
14. 他倾向于接受这个新的工作, 因为工资高一些。(dispose)
14. We should constantly urge ourselves to study hard.
15. She resumed her maiden name after the divorce.
17. We will appeal to a great variety of sources of information.

III. Think it through.

18. Summarize the moral of this fable in one sentence.
19. How does this principle apply to your life?

参考译文

不满的钟摆

简·泰勒

“不满的钟摆”是现代美国人皆认同的一则幽默寓言故事。读的时候,想想这个故事对你有什么影响。

在一个农夫的厨房里有座古老的钟,它已经默默地走了 50 年。一个夏天的清晨,当家人还在睡梦中时,老钟突然停了。

这时,表盘立刻换上一副惊奇的表情(如果我们相信这个故事的话),指针徒劳地正想继续跳动,轮轴惊讶得一动不动,砵码则沉默地吊着,每个成员都觉得应该把责任推卸到别人身上。表盘

开始了详尽的正式调查,看看到底是谁导致了老钟的停歇。指针、轮轴、砵码都异口同声地申明自己是无辜的。就在这时,下面传来钟摆微弱的滴答声。它说:

“我承认是我导致了现在的停歇。为了让大家都满意,我想申诉一下我的理由。实际上,我每天都要滴答摇摆已经厌倦了。”听到这,老钟愤怒了,恨不得狠狠地揍它一下。

“懒鬼!”表盘扬起手惊呼道。

“很好,”钟摆回答,“表盘女士,你多轻松呀,

大家都知道,你总是高高在上——你多轻松呀。你还指责别人懒惰!你不用干活,天天盯着别人,看着厨房里发生的事儿自娱自乐。请你想想,如果你一辈子被关在一个小黑匣子里,日复一日年复一年地摆来摆去,你会乐意吗?”

“这个么,”表盘说:“你的房间不是有个窗户可以让你向外看吗?”

“虽然如此,”钟摆继续说,“里面太暗了,虽然有个窗户,可是我从来不敢停下来,哪怕就一小会儿,探头看一眼。而且,我真的对我的生活方式感到厌倦了,我可以告诉你我对我的职责有多么厌倦。今天早上我刚好计算了下一个24小时中我要摇摆的次数,没准你们谁能告诉我一个准确的数字?”

分针计算的速度很快,它很快回答道:“86400次。”

“完全正确”钟摆答道。

“那么请你们大家想象一下,这个数字会不会让人筋疲力尽,而且我还要把这个数字乘以数月、数年。现在你们明白了吧,我为什么会感觉到绝望。所以,在思考和犹豫了很久后,我想我要停下来了。”

在钟摆进行这番长篇大论时,表盘几乎忍俊不禁了。不过它还是努力恢复严肃的表情,回答道:“亲爱的钟摆先生,像您这么有用、勤奋的人,竟然会被这种突如其来的疲惫制服,真让我吃惊。的确,您已经作出了很大的成就,但是我们也没闲

着,而且也非常乐意这么做。您做的工作非常让人疲惫,但问题是,如果真正做起来,它是不是真的一样让人疲惫。现在,您能不能帮我做件事,摇摆五六下来证明我的观点。”

钟摆依言,按照通常的速度摇摆了6次。“现在,”表盘接着说“我能不能问问,这么做让您觉得疲惫,或很厌倦么?”

“一点也不。”钟摆回答,“但我抱怨的不是6次,也不是60次,而是千万次。”

“很好,”表盘回答,“但是回忆一下,虽然你在某一时刻就可能想起一千万次的摇摆,但你只需要在这一时刻摇摆一次,而且,不论在这之后你还要摇摆多少下,那总是下一时刻的问题。”

“我承认这种想法让我有点犹豫。”钟摆说。

“那么我希望,”表盘接着说,“我们立刻回到自己的工作岗位上,因为我们如果继续这样闲待着的话,女仆就会起晚了。”

听到这话,从没有被别人指责为渎职的砵码,也竭力劝说它继续工作。这时,好像心有灵犀一样,轴轮开始转动,指针开始运动,钟摆也开始摇摆,而且它为了得到表扬,发出的滴答声比从前更加响亮。红彤彤的太阳照射出的光线,从墙上的一个小洞照进厨房,照在表盘上,表盘亮闪闪的,好像什么事也没发生一样。

早晨,农夫下楼来吃饭时,看了看老钟,发现他的手表在夜里走快了半个小时。

“美”事一桩

美国人的时间观

美国人视时间为一种宝贵、有限的资源,也许这就是为什么他们喜欢说“时间就是金钱”的缘故。早期的美国英雄本杰明·富兰克林将这种观念表达得最为透彻:“你热爱生命吗?如果热爱就不要浪费时间,因为生命即是由时间组成的。”美国人通常想尽办法要在有限的时间内挤出更多的生活内容,因此对他们来说,守时是一种尊重他人时间的表现。约会若迟到超过10分钟,他们通常就会向对方道歉或解释原因;知道自己会迟到的人往往会先打个电话告诉对方。当美国人计划一项活动时,他们通常会在几天或几个星期前把时间定好。时间一旦决定,除非情况紧急,一般不会轻易改变。如果去拜访朋友,他们通常会先打电话问清楚这个时段是否方便,只有很熟的朋友才会不约而至。此外,美国人也不太喜欢太晚给别人打电话,通常情况不超过晚上10点钟,因为考虑到对方可能已上床睡觉了。



Answer

I. 1. H 2. E 3. B 4. F 5. C 6. I 7. J 8. D 9. G 10. A

II. 11. There are no special rules as to what clothes you should wear.

12. She finally confessed that she had stolen the money.

13. Do me a favor and turn the radio down while I'm on the phone, will you?

14. He is disposed to accept the new job for the pay is higher.

15. 要经常鞭策自己努力学习。

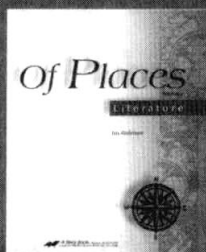
16. 她离婚后重新使用娘家的姓。

17. 我们将求助于多种资料来源。

5

Mending the Wall

补墙



罗伯特·弗罗斯特是 20 世纪最受欢迎的美国诗人。他曾 4 次赢得普利策奖和许多其他奖励及荣誉，被称为美国的桂冠诗人。

MENDING THE WALL

Robert Frost

Although it has been there for years, the author questions the value and meaning of the old stone fence¹ lying between his neighbor and himself.

Something there is that doesn't love a wall,
That sends the frozen-ground-swell under it,
And spills² the upper boulders³ in the sun;
And makes gaps even two can pass abreast⁴.
The work of hunters is another thing:
I have come after them and made repair,
Where they have left not one stone on a stone,
But they would have the rabbit out of hiding,
To please the yelping⁵ dogs. The gaps I mean,
No one has seen them made or heard them made,
But at spring mending—time we find them there.
I let my neighbor know beyond the hill;
And on a day we meet to walk the line
And set the wall between us once again.
We keep the wall between us as we go.



To each the boulders that have fallen to each.
 And some are loaves⁶ and some so nearly balls
 We have to use a spell⁷ to make them balance:
 “Stay where you are until our backs are turned!”
 We wear our fingers rough⁸ with handling them.
 Oh, just another kind of outdoor game,
 One on a side. It comes to little more:
 There where it is we do not need the wall:
 He is all pine⁹ and I am apple orchard¹⁰.
 My apple trees will never get across,
 And eat the cones¹¹ under his pines, I tell him.
 He only says, “Good fences make good neighbors.”
 Spring is the mischief¹² in me, and I wonder
 If I could put a notion in his head:
 “Why do they make good neighbors? Isn’t it
 Where there are cows? But here there are no cows.
 Before I built a wall I’d ask to know
 What I was walling in or walling out,
 And to whom I was like to give offence¹³.
 Something there is that doesn’t love a wall,
 That wants it down. I could say “Elves¹⁴” to him,
 But it’s not elves exactly, and I’d rather
 He said it for himself. I see him there
 Bringing a stone grasped firmly by the top
 In each hand, like an old-stone savage¹⁵ armed.
 He moves in darkness as it seems to me,
 Not of woods only and the shade of trees.
 He will not go behind, his father’s saying,
 And he likes having thought of, it so well
 He says again, “Good fences make good neighbors.”

Notes

本文选自美国中学八年级（相当于中国的初三年级）文学及阅读课本。



Vocabulary 新鲜酷词

- | | |
|--------------------------------------|---------------------------------------|
| 1. fence [fens] <i>n.</i> 篱笆 | 9. pine [paɪn] <i>n.</i> 松树 |
| 2. spill [spɪl] <i>vt.</i> 使散落 | 10. orchard ['ɔ:tʃəd] <i>n.</i> 果园 |
| 3. boulder ['bəʊldə] <i>n.</i> 卵石 | 11. cone [kəʊn] <i>n.</i> 松果 |
| 4. abreast [ə'brest] <i>adv.</i> 并肩地 | 12. mischief ['mɪstʃɪf] <i>n.</i> 恶作剧 |
| 5. yelp [jelp] <i>v.</i> 吠, 叫喊 | 13. offence [ə'fens] <i>n.</i> 冒犯 |
| 6. loaf [ləʊf] <i>n.</i> 长条 | 14. elf [elf] <i>n.</i> 精灵 |
| 7. spell [spel] <i>n.</i> 咒语 | 15. savage ['sævɪdʒ] <i>n.</i> 野蛮人 |
| 8. rough [rʌf] <i>adj.</i> 粗糙的 | |



Sentences 语句荟萃

1. get across 越过, 穿过

- 1) The bridge was destroyed so we couldn't *get across* the river.
桥已毁坏, 我们无法过河。

- 2) To *get across* the Atlantic you need to have a boat or an aircraft.
要横渡大西洋, 你需要一艘船或一架飞机。

2. go behind 寻究

- 1) It is settled and therefore we cannot *go behind* it.
此事已成定局, 我们不能再去斟酌它了。

- 2) He *went behind* her words.
他推敲她话中的含义。

3. think of 想到, 考虑

- 1) What do you *think of* my new car?
你觉得我的新车怎么样?

- 2) *Think of* it in terms of an investment.
从投资的角度来考虑那件事。



Exercise 牛刀小试

I. Language Focus: Translate the following sentences.

1. 他们正考虑移居美国。(think of)
2. 不要对他的一句无心话感到生气，他不是有意冒犯的。(give offence)
3. 你得进一步研究作者的语言才能领会她的确切含义。(go behind)
4. Did your speech get across to the audience?
5. His wife is trying everything to make financial balance of the family.
6. The vase is broken now and it's no use crying over spilt milk.

II. Think it through.

7. Explain the repeated line "Something there is that doesn't love a wall."
8. In what ways do "good fences make good neighbors"?
9. Are fences always helpful or necessary?

参考译文

补 墙

罗伯特·弗罗斯特

尽管那道石砌的老篱笆在邻里间已经存在多年，作者仍然质疑它的价值和意义。

有那么一种东西并不喜欢墙，

它让墙底的土壤冻结膨胀

阳光下将墙头的石块纷纷顶落；

弄出的裂缝两个人都能通过。

士绅们行猎时又是另一番糟蹋：

我曾紧跟在他们之后去干修补的活，

他们把石头掀开并散放在地，

但这样是想把野兔赶出窝外，

狗儿好欢叫着去捉。我说这墙缝，

如何生成，既没人看见，也没人听说，

但到了春季修补时就能找着。
我通知了住在山那边的邻居;
这一天我们约好一起去地界巡看,
把两家之间的隔墙重新补好。
我们并排而走,隔墙就在中间。
我们各自捡起落在各边的石头。
有的方如面包,有的圆得像球,
需要一点魔术才能将它们放稳,
“老实点别动,等到我们转身走后!”
搬弄石块让我俩的手指磨得粗糙。
啊!这还真像是个户外游戏,
一人站一边。这墙完全多余:
说实在的,我们哪需要什么墙:
他那边全是松树,我这里则是苹果园。
我的苹果树绝不会越过界去
去吃掉他树下的松果,我对他说。
他只是说,“好篱笆造就好邻居。”
春天的气息在我心中作祟,我想
能否将我的念头灌进他的脑中:
“为什么好篱笆造就好邻居?难道不是
因为那边有牛?但咱们这儿没牛。
在修墙以前,我得要搞个清楚,
我要把什么圈在墙里,把什么挡在墙外,
会不会可能因此把谁开罪。
有那么一样东西并不喜欢墙,
想要让它垮掉。”我想说是“精灵”,
但并不一定真就是它们,我想这事还是
该他自己去探寻。我看着他在那儿
紧抓住石头的上端使劲搬起,
一手一块,好像一个武装起来的旧石器时代野人。
我看他好似在黑暗中寻觅,
这黑暗并非指的是密林和树阴。

他不肯对父辈的教诲深究，
好像早已想得足够透彻了，
他再一次说道，“好篱笆造就好邻居。”

“美”事一桩

最受美国人喜爱的诗人——罗伯特·弗罗斯特

罗伯特·弗罗斯特 (Robert Frost) 是 20 世纪美国杰出的现代诗人，也是美国人民最喜爱并引以为豪的少数几位美国诗人之一。他 11 岁丧父，后随母亲迁居东北部的新英格兰，此后，他就与那块土地结下了不解之缘。弗罗斯特 16 岁开始写诗，20 岁时正式发表第一首诗歌。他勤奋笔耕，一生共出了 10 多本诗集，其中主要的有《波士顿以北》、《山间》、《新罕布什尔》、《西流的小溪》以及《林间空地》等。弗罗斯特的诗歌可分为两大类：抒情短诗和戏剧性较强的叙事诗，两者都脍炙人口。弗罗斯特的抒情诗主要描写了大自然和农民，尤其是新英格兰的景色和北方的农民。这些诗形象而生动，具有很强的感染力，深受各层次读者的欢迎。他的叙事诗一般都格调低沉，体现了诗人思想和性格中阴郁的一面。弗罗斯特的诗歌以质朴清新、富含哲理见长，具有节奏明快、和谐流畅、抒情浓郁、含义隽永等特点。他常寓深刻的思考和哲理于平淡无奇的内容和简洁朴实的诗句之中，这是他独特的艺术魅力之所在。



相关链接：

<http://www.poemhunter.com/robert-frost/> (《罗伯特·弗罗斯特诗歌集》)

Answer

1. They are thinking of moving to America.
2. Don't get angry at him for a casual remark, for he did not mean to give offence.
3. You have to go behind the author's words to see what she really means.
4. 你的演说听众都懂了吗？
5. 他的妻子正想尽办法让家庭收支平衡。
6. 花瓶现在已经碎了，后悔也无济于事。

6

Christmas Time on the Frontier

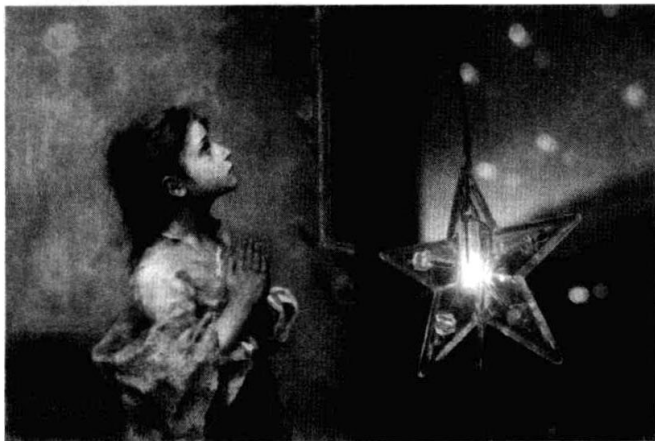
边境的圣诞节



只要我们拥有一颗真诚、感恩的心，我们会收获爱心和他人的友谊。因此，任何时候都不能放弃对生活的热情和坚持。

CHRISTMAS TIME ON THE FRONTIER¹

Unknown



A pastor's² wife recounts³ a special Christmas when her faith was tested.

I remember a day one winter that stands out, like a boulder⁴ in my life. The weather was unusually cold; our salary had not been regularly paid and it did not meet our needs when it was.

My husband was away much of the time, traveling from one district to another. Our boys

were well, but my little Ruth was ailing⁵ and at best, none of us were decently⁶ clothed. I patched and repatched, with spirits sinking to the lowest ebb⁷. The water gave out, in the well and the wind blew through the cracks⁸ in the floor.

The people in the parish⁹ were kind, and generous¹⁰, too; but the settlement was new and each family was struggling for itself. Little by little, at the time I needed it most, my faith began to waver¹¹.

Early in life I was taught to take God at His word, and I thought my lesson was well learned. I had lived upon the promises in dark times until I knew, as David did, who was my Fortress¹² and Deliverer¹³. Now a daily prayer for forgiveness¹⁴ was all that I could offer.

My husband's overcoat was hardly thick enough for October, and he was often obliged to₅ ride miles to attend some meeting or funeral. Many times our breakfast was Indian cake and a cup of tea without sugar.

Christmas was coming; the children always expected their presents. I remember the ice was thick and smooth and the boys were each craving¹⁵ a pair of skates¹⁶. Ruth, in some unaccountable¹⁷ way, had taken a fancy that the dolls I had made were no longer suitable; she wanted a nice large one, and insisted on praying for it.

I knew it was impossible, but, oh, how I wanted to give each child his present! It seemed as if God had deserted¹⁸ us. But I did not tell my husband all this. He worked so earnestly¹⁹ and heartily²⁰, I supposed him to be as hopeful as ever. I kept the sitting room cheerful with an open fire, and I tried to serve our scanty²¹ meals as invitingly²² as I could.

The morning before Christmas, James was called out to see a sick man. I put up a piece of bread for his lunch—it was the best I could do—wrapped my plaid²³ shawl²⁴ around his neck and then tried to whisper²⁵ a promise as I often had, but the words died away₆ upon my lips. I let him go without it.

That was a dark, hopeless day. I coaxed²⁶ the children to bed early for I could not bear their talk. When Ruth went, I listened to her prayer. She asked for the last time most

explicitly²⁷ for her doll and for skates for her brothers. Her bright face looked so lovely when she whispered to me, "You know, I think they'll be here early tomorrow morning, mamma," that I thought I could move Heaven and earth to save her from disappointment. I sat down alone and gave way to₇ the most bitter²⁸ tears.

Before long James returned, chilled²⁹ and exhausted³⁰. He drew off₈ his boots. The thin stockings clipped off with them and his feet were red with cold. "I wouldn't treat a dog that way; let alone₉ a faithful servant," I said. Then as I glanced³¹ up and saw the hard lines in his face and the look of despair, it flashed across me that James had let go₁₀, too.

I brought him a cup of tea, feeling sick and dizzy³² at the very thought. He took my hand and we sat for an hour without a word. I wanted to die and meet God and tell Him His promise wasn't true—my soul was so full of rebellious³³ despair.

There came a sound of bells, a quick step and a loud knock at the door. James sprang up₁₁ to open it. There stood Deacon White. "A box came by express³⁴ just before dark. I brought it around as soon as I could get away. Reckoned³⁵ it might be for Christmas. 'At any rate₁₂,' I said, 'they shall have it tonight.' Here is a turkey my wife asked me to fetch along, and these other things I believe belong to you."

There was a basket of potatoes and a bag of flour. Talking all the time, he hurried in the

box and then with a hearty good night he rode away.

Still without speaking, James found a chisel³⁶ and opened the box. He drew out first a thick red blanket and we saw that beneath it, the box was full of clothing. It seemed at that moment as if Christ fastened upon₁₃ me a look of reproach³⁷. James sat down and covered his face with his hands. “I can’t touch them,” He explained. “I haven’t been true, just when God was trying me to see if I could hold out₁₄. Do you think I could not see how you were suffering? And I had no word of comfort to offer. I know now how to preach³⁸ the awfulness of turning away from God.”

“James”, I said, clinging to₁₅ him, “Don’t take it to heart₁₆ like this. I am to blame. I ought to have helped you. We will ask Him together to forgive us.”

“Wait a moment, dear. I cannot talk now.” Then he went into another room. I knelt³⁹ down—and my heart broke. In an instant₁₇ all the darkness, all the stubbornness⁴⁰ rolled away! Jesus came again and stood before me, with the loving word, “Daughter!”

Sweet promises of tenderness⁴¹ and joy flooded my soul. I was so lost in praise and gratitude⁴² that I forgot everything else. I do not know how long it was before James came back, but I knew he, too, had found peace.

“Now, my dear wife,” he said, “let us thank God together,” and then he poured out

words of praise—Bible words, for—nothing else could express our thanksgiving.

It was eleven o’clock; the fire was low and there was the great box with nothing touched but the warm blanket we needed. We piled on some fresh logs, lighted two candles and began to examine our treasures.

We drew out an overcoat. I made James try it on—just the right size—and I danced around him, for all my light-heartedness had returned. Then there was a cloak⁴³ and he insisted on seeing me in it. My spirits always infected⁴⁴ him and we both laughed like foolish children.

There was a warm suit of clothes also and three pairs of woolen hose⁴⁵. There were a red dress for me and yards of flannel⁴⁶, a pair of arctic overshoes⁴⁷ for each of us and in mine a slip of paper. I have it now and mean to hand it down to my children. It was Jacob’s⁴⁸ blessing to Asher⁴⁹: “Thy⁵⁰ shoes shall be iron and brass; and as thy days, so shall thy strength be.” In the gloves, evidently for James, the same dear hand had written: “I the Lord thy God will hold thy right hand, saying unto thee⁵¹, Fear not; I will help thee.”

It was a wonderful box and packed with thoughtful care. There was a suit of clothes for each of the boys and a little red gown⁵² for Ruth. There were mittens⁵³, scarfs, and hoods⁵⁴, and down in the center—a box. We opened it and there was a great wax doll! I burst into

tears again and James wept with me for joy. It was too much! And then we both **exclaimed**⁵⁵ again, for close behind it came two pairs of skates. There were books for us to read—some of them I had wished to see—stories for the children to read, **aprons**⁵⁶ and underclothing, knots of ribbon, a **gay**⁵⁷ little **tidy**⁵⁸, a lovely photograph, needles, buttons and thread; actually a **muff**⁵⁹, and an envelope containing a ten-dollar gold piece.

At last we cried over everything we took up. It was past midnight and we were **faint**⁶⁰ and exhausted even with happiness. I made a cup of tea, cut a fresh loaf of bread and James boiled some eggs. We **drew up** the table before the fire. How we enjoyed our supper! And then we sat talking over our life and how sure a help God always proved.

You should have seen the children the next morning! The boys raised a shout at the

sight of their skates—Ruth caught up her doll and hugged it tightly without a word; then she went into her room and knelt by her bed.

When she came back she whispered to me, “I knew it would be here, Mama, but I wanted to thank God just the same, you know.”

“Look here, wife, see the difference!” We went to the window and there were the boys out of the house already and skating on the **crust**⁶¹ with all their **might**⁶².

My husband and I both tried to return thanks to the church in the East that sent us the box—and have tried to return thanks unto God every day since.

Hard times have come again and again, but we have trusted in Him—**dreading**⁶³ nothing so much as a doubt of His protecting care. “They that seek the Lord shall not want any good thing.”

Notes

本文选自美国中学七年级（相当于中国的初二年级）文学及阅读课本。



Vocabulary 新鲜酷词

1. **frontier** ['frʌntiə] *n.* 国境, 边界
2. **pastor** ['pɑːstə] *n.* 牧师
3. **recount** [rɪ'kaʊnt] *vt.* 叙述, 描述
4. **boulder** ['bəʊldə] *n.* 砾石, 巨石
5. **ailing** ['eɪlɪŋ] *adj.* 身体不舒服的
6. **decently** ['diːsəntli] *adv.* 体面地

7. **ebb** [eb] *n.* 落潮, 低落
8. **crack** [kræk] *n.* 裂缝
9. **parish** ['pærɪʃ] *n.* 堂区, 牧区
10. **generous** ['dʒenərəs] *adj.* 慷慨的
11. **waver** ['weɪvə] *v.* 摇摆, 动摇
12. **fortress** ['fɔːtrɪs] *n.* 堡垒, 要塞

13. **deliverer** [di'livə] *n.* 解救者
14. **forgiveness** [fə'gɪvnɪs] *n.* 宽恕
15. **crave** [kreɪv] *v.* 渴望
16. **skate** [skeɪt] *n.* 冰鞋
17. **unaccountable** [ʌnə'kaʊntəbl] *adj.* 无法解释的, 不可理解的
18. **desert** [di'zɜ:t] *vt.* 丢弃, 抛弃
19. **earnestly** ['ɜ:nɪstli] *adv.* 认真地, 诚挚地
20. **heartily** ['hɑ:tɪli] *adv.* 精神饱满地
21. **scanty** ['skæntɪ] *adj.* 贫乏的
22. **invitingly** [ɪn'vaɪtɪŋli] *adv.* 诱人地
23. **plaid** [plæd] *adj.* 有格子图案的
24. **shawl** [ʃɔ:l] *n.* (尤指妇女用的)(长)方形披巾、披肩
25. **whisper** ['wɪspə] *v.* 低语, 耳语
26. **coax** [kəʊks] *vt.* 用好话劝, 哄诱
27. **explicitly** [ɪk'splɪsɪtli] *adv.* 明白地; 明确地
28. **bitter** ['bɪtə] *adj.* 痛苦的
29. **chilled** [tʃɪld] *adj.* 冷冻的, 发冷的
30. **exhausted** [ɪg'zɔ:stɪd] *adj.* 筋疲力尽的
31. **glance** [glɑ:ns] *v.* 扫视, 瞥见
32. **dizzy** ['dɪzi] *adj.* 头晕目眩的
33. **rebellious** [rɪ'beljəs] *adj.* 反抗的, 难以控制的
34. **express** [ɪk'spres] *n.* 快递; 快运
35. **reckon** ['rekən] *v.* 估计, 推断
36. **chisel** ['tʃɪzl] *n.* 凿子
37. **reproach** [rɪ'prəʊtʃ] *n.* 责备
38. **preach** [pri:tʃ] *v.* 布道, 说教
39. **kneel** [ni:l] *vi.* 跪下
40. **stubbornness** ['stʌbənɪs] *n.* 顽固, 倔强
41. **tenderness** ['tendənɪs] *n.* 柔软; 温和
42. **gratitude** ['grætɪtju:d] *n.* 感激
43. **cloak** [kləʊk] *n.* 斗篷, 披风
44. **infect** [ɪn'fekt] *vt.* 感染
45. **hose** [həʊz] *n.* 短筒袜
46. **flannel** ['flænəl] *n.* 法兰绒
47. **overshoes** ['əʊvəʃu:z] *n.* 套鞋
48. **Jacob** ['dʒeɪkəb] *n.* 雅各(《圣经》人物, 以撒之次子)
49. **Asher** ['æʃə] *n.* (《圣经·旧约》)亚瑟(犹太民族的祖先之一, 雅各的第8个儿子)
50. **thy** [ðai] *pron.* [古]你的
51. **thee** [ði:] *pron.* [古]你
52. **gown** [gaʊn] *n.* 睡袍
53. **mitten** ['mɪtən] *n.* 连指手套
54. **hood** [hʊd] *n.* 兜帽, 头巾
55. **exclaim** [ɪk'skleɪm] *v.* 呼喊, 惊叫
56. **apron** ['eɪprən] *n.* 围裙
57. **gay** [geɪ] *adj.* 鲜艳的
58. **tidy** ['taɪdɪ] *n.* (椅背、扶手的)罩布, 套子
59. **muff** [mʌf] *n.* 皮手筒
60. **faint** [feɪnt] *adj.* 眩晕的
61. **crust** [krʌst] *n.* 冰面
62. **might** [maɪt] *n.* 力量, 能力
63. **dread** [dred] *v.* 畏惧, 担心



Sentences 语句荟萃

1. stand out 突出, 引人注目

- 1) He *stands out* in the crowd, for he is two meters in height.
他在人群中显得很突出, 因为他身高两米。
- 2) Our daughter is a great dancer, she *stands out* above the rest.
我们的女儿是一个不错的舞者, 她从许多舞者中脱颖而出。

2. at best 至多, 充其量

- 1) *At best* we can do only half as much as last year.
我们至多只能做到去年的一半。
- 2) Don't expect much of him; he is *at best* a student.
不要对他期望过高, 他只不过是学生。

3. give out 用尽, 耗尽

- 1) After a month their food supplies *gave out*.
过了一个月, 他们的食物已消耗殆尽。
- 2) Even after hours of work his energy never seems to *give out*.
即使连续工作几个小时, 他的精力也好像永远用不完。

4. take sb. at his words 相信某人说的是真话

- 1) He says call in on him any time, but he doesn't expect you to *take him at his words*.
他说随时可以去看他, 可是他不指望你当真。

5. be obliged to 不得不做

- 1) He had *been obliged to* join the army during the First World War.
他在第一次世界大战期间被迫入伍。
- 2) When rioting broke out, the police *were obliged to* intervene.
暴乱发生时, 警察有责任干预。

6. die away 变弱, 逐渐止息

- 1) The wind had *died away* by dusk.
黄昏时风逐渐停止了。

- 2) The noise of the car *die away* in the distance

汽车的声音消失在远方。

7. give way to 让步于

- 1) Don't *give way to* grief.

不要被悲伤情绪压倒。

- 2) Mrs. Jones didn't *give way to* fears during the flood.

洪水来临时琼斯太太并没有害怕。

8. draw off 脱掉

- 1) He *drew off* his wet coat.

他脱掉了湿外套。

- 2) *Draw off* your gloves and wash your hands.

摘掉你的手套洗洗手。

9. let alone 更不必说

- 1) The baby can't even walk, *let alone* run.

这小孩连走路都不会,更不用说跑了。

- 2) He hasn't enough money for food, *let alone* amusements.

他连温饱都无法解决,就更不用说娱乐了。

10. let go 放开, 松手

- 1) Don't *let go* the rope.

握紧绳子别松手。

- 2) When the girl *let go* her father's hand, she fell down.

那女孩放开她爸爸的手时,摔倒了。

11. spring up 腾起, 突然出现

- 1) He *sprang up* and rushed to the door.

他跳起身向门口跑去。

- 2) Doubts have begun to *spring up* in my mind.

我突然起了疑心。

12. at any rate 无论如何, 至少

- 1) *At any rate*, the medical supplies will reach you within a week.

无论如何,医疗用品将于一星期内运到你那里。

- 2) *At any rate* we must go on Tuesday.

无论如何,我们必须在星期二走。

13. **fasten on** 集中于, 强加于

- 1) *Fasten on* what the teacher is saying.

注意听老师说。

- 2) It's unfair to *fasten blame on* him.

责怪他是不公平的。

14. **hold out** 维持, 坚持

- 1) How long will our food supplies *hold out*?

我们的粮食还能维持多久?

- 2) The doctors *hold out* little hope of his recovery.

医生们对他的康复不抱多大希望。

15. **cling to** 紧握, 坚持, 依靠

- 1) The small child *clung to* its mother.

那小孩紧紧抓住母亲不放。

- 2) After so many years, she was still *clinging to* the hope that he could return.

许多年过去了,她仍坚信他会回来。

16. **take sth. to heart** 为某事耿耿于怀, 把……放在心上

- 1) Forget about trivial disagreements among friends, and don't *take them to heart*.

朋友之间有些小矛盾,过去就算了,不要老是耿耿于怀。

- 2) I just made a joke without thinking, so please don't *take it to heart*.

刚才我随口说了句开玩笑的话,你千万别介意。

17. **in an instant** 立刻, 霎时

- 1) I shall be back *in an instant*.

我马上就回来。

- 2) *In an instant* the rain stopped and the sky cleared up.

须臾之间,雨过天晴。

18. draw up 使靠近1) *Draw up* a chair and sit down.

拉把椅子过来坐下。

2) Let's *draw up* the table against the wall.

让我们把桌子紧贴着墙壁。

**Exercise** 牛刀小试**I. Comprehension Check :Write the correct answer in the blank at the left.**

- _____ 1. What specific present had the little girl asked God to give her?
- _____ 2. What present did the boys long for?
- _____ 3. When was the Christmas box delivered?
- _____ 4. Who sent the box?
- _____ 5. Did the box contain the specific presents that the children had asked for?

II. Vocabulary: Fill in the blanks with the words given below. Change the form where necessary.

stand out at best crack settlement

live upon waver let alone scanty

give way to earnestly unaccountable be obliged to

6. His _____ clothing did not keep out the cold.
7. I can donate one hundred dollars _____.
8. The wind whistled through a _____ in the door.
9. For some _____ reason, the letter never arrived.
10. We refused to _____ their demands.
11. If you do not drive carefully, I shall _____ deprive you of your license.
12. Red flags _____ brightly against the blue sky.

13. In the old society, the workers had little to _____.
14. I _____ wish you a pleasant voyage.
15. He is incapable of leading a team, _____ a company.
16. The _____ of Africa by white people started 500 years ago.
17. The couple are _____ over the purchase of a new car.

III. Language Focus: Translate the following sentences.

18. 他的母亲责备他礼貌不周。(reproach)
19. 敌人轮番轰炸, 他们仍英勇地抵抗。(hold out)
20. 我们坚信这些登山队员将会获救。(cling to)
21. 她的笑声感染了全班同学。(infect)
22. New houses are springing up all over the city.
23. You should be more thoughtful of your behavior.
24. She exclaim in astonishment at the size of the bill.
25. I dread the thought of coming home late at night.

IV. Think it through.

26. What's the most important thing you have done in your life?
27. Have you ever received other people's help? Please raise an example.

参考译文

边境的圣诞节

佚名

一位牧师的妻子讲述了她的信仰经受考验的一个特殊的圣诞节。

那年冬天的一天, 犹如砾石般在我的生命中那么凸显。当时天气出奇的寒冷, 我们的工资总是不按期发放, 即使发了也无法满足我们的需要。

我的丈夫大多数时间不在家, 他得奔走于不

同教区之间。我们的男孩们身体都不错, 但是我的女儿鲁思却境况不佳。我们没有体面的衣裳, 不断的缝缝补补总使我的情绪降到低谷。井里的水也用光了, 寒风穿过地板的裂缝呼呼地往屋里灌。

教区里的人们都很善良慷慨, 但是由于这块

拓居地是新建立的,每个家庭都在挣扎着过日子。逐渐地,在我最需要信仰的时候,我的信仰却开始动摇了。

小时候,大人教导我要相信上帝说的是真话,我也自认为挺听话的。在黑暗的岁月里,我一直靠着承诺生活,直到我知道了,就像《圣经》里的大卫一样,谁是我的堡垒和解救者。现在我所能做的只剩下每天的祈祷与忏悔。

我丈夫的大衣太薄了,几乎不能抵御10月份的寒气,他经常不得不骑车好几英里去参加某个会议或是葬礼。我们的早餐经常就是一块印度薄饼和一杯不加糖的茶。

圣诞节就要来了,孩子们总是企盼着他们的礼物。我记得当时的冰面又厚又光滑,每个男孩都渴望获得一双溜冰鞋。鲁思则莫名其妙地有一个怪念头,她认为我以前做的那些娃娃不再适合了;她想要一个可爱的大个儿娃娃,并坚持为实现这个愿望祷告着。

我知道这是不可能的,但是,啊,我多么想给每个孩子礼物呀!看起来似乎上帝已经抛弃我们了。但是我没有告诉丈夫这些事。他如此认真、精神饱满地工作着,我猜想他在任何时候都是充满希望的。我将壁炉中的火烧得很旺,使客厅看起来令人振奋,我也尽可能使我们贫乏的三餐看起来美味诱人。

圣诞节前一天的那个早晨,詹姆斯被叫出去看望一个病人。我准备了一片面包作为他的午餐——这是我能提供的最好的东西了——我将格子披巾围在他的脖子上,然后像往常一样,试图在他的耳边轻轻地许下一个承诺,但是这些话到我的嘴边就消失了。我什么都没说就让他走了。

那是黑暗绝望的一天。我哄孩子们早些入睡,

因为我已无法忍受他们的喧闹。当鲁思上床时,我听着她的祷告。她最后一次最明确地祈求得到她的娃娃,并且为她的哥哥们祈求溜冰鞋。她低声对我说:“您知道吗?我想这些礼物明天一大早就到这儿了,妈妈。”那一刻,她漂亮光洁的小脸看起来如此的可爱,为了不让她失望,我想我可以感天动地。我一人独坐着,任凭痛苦的泪水尽情宣泄。

不久,詹姆斯回来了,他冷得发抖而且显得疲惫不堪。他脱掉了靴子,薄薄的袜子也随着一起脱落,他的双脚冻得通红。“如果我是上帝,我绝不会以这种方式对待一只狗,更别提是一位忠心耿耿的圣职人员。”我说道。当我抬头瞥见他脸上深深的皱纹和那种绝望的神情时,我的脑中掠过—一个念头:詹姆斯也放弃信仰了。

我给他拿了一杯茶,刚才的念头使我感到一阵头晕目眩。他握住我的手,我们静坐了一个小时,一句话也没说。我真想死了去见上帝,告诉他——他对我们的承诺并没有兑现——我的灵魂里充满了难以控制的绝望。

就在这时,门外传来一阵铃声和急促的脚步声,有人在大声地敲门。詹姆斯跳起身去开门,门外站着的是怀特执事。“天黑前快递送来了一个箱子。我一下班就把它带了过来。我觉得这可能是圣诞节礼物。‘无论如何,’我说,‘詹姆斯一家今晚应该拥有这个礼物。’这是我妻子让我给你们带来的一只火鸡,其他一些东西我想也是属于你们的。”

门外还有一篮子土豆和一袋面粉。他一边说着,一边赶忙把箱子拿进屋来,然后衷心地说了句“晚安”,便骑车走了。

詹姆斯仍然没有说话,他找了一个凿子,打开

了那个箱子。他首先抽出来一条厚厚的红色毛毯，我们看见毛毯下面装满了衣服。此刻耶稣基督似乎正责备地看着我。詹姆斯坐下来，用双手蒙住了脸。“我不能碰这些东西，”他解释道，“我不够虔诚，上帝要考验我，看看我是否能坚持得住。你是不是认为我看不到你们正在受苦，而我连一句安慰的话都没说。我现在知道如何讲解背叛上帝的恶果了。”

“詹姆斯，”我依偎着他说道，“别这样耿耿于怀。我该受责备，我本应该帮助你的。我们一起祈求上帝宽恕我们。”

“等一下，亲爱的。我现在说不出话来。”他走进另一个房间。我跪了下来——我的心碎了。瞬间，所有的黑暗，所有的固执都烟消云散了！耶稣回来了，站在我的面前，仁慈地对我说：“我的女儿！”

甜美温柔的承诺和欢喜涤荡着我的灵魂。我沉醉在赞美和感激之中，忘记了周围的一切。我不知道过了多久，詹姆斯回来了，但是我知道他也找到了心中的平和。

“现在，我亲爱的妻子，”他说，“让我们一起感谢上帝吧。”于是，他的赞美之词滔滔不绝——都是《圣经》里的语句，因为——别的任何话语都不能表达我们的感恩之情。

已经是11点了，壁炉里的火苗开始变得没精打采，那个大箱子还在那儿放着，除了那条我们需要的温暖毛毯以外，其他东西纹丝不动。我们向火里添了一些新的木材，点起了两根蜡烛，开始细看我们的宝贝。

我们掏出来一件大衣。我让詹姆斯试穿一下——大小正合适——我不禁围着他翩翩起舞，因为我所有的轻松愉快的心情又回来了。还有一件

斗篷，他坚持要看着我穿上它。我的情绪总是能感染他，我们俩像傻乎乎的孩子那样大笑起来。

还有一套暖和的套装，三双羊毛短统袜。一件红色的连衣裙是给我的，还有几码法兰绒布料，我们每人还有一双御寒防水套鞋。在我的鞋里有一张小纸条，我现在还保存着，并打算将其传给我的儿女们。纸条上写着雅各对亚瑟的祝福：“你的鞋应该如铜铁般结实；你的日子如何，你的力量也必如何。”在那双显然是给詹姆斯的手套中也有一张纸条，上面是同一种娟秀的笔迹：“我——你的上帝——将会握住你的右手，对你说：别害怕，我会帮助你。”

这真是一个绝妙的箱子，里面充满了体贴的关怀。每个男孩都有一套衣服，鲁思也有一件红色的小睡袍。箱子里面还有连指手套、围巾、兜帽，箱子中央放着一个盒子。我们打开它，里面居然有一个大个儿的蜡制娃娃！我激动得再次哭泣，詹姆斯也和我一起流出了喜悦的泪水。这些礼物太多了！不一会儿我们再次惊呼，因为就在娃娃后面紧挨着两双溜冰鞋。箱子里还装有给我们看的书——其中有一些是我早就想看的——以及给孩子们读的故事书，此外还有围裙和内衣，一卷丝带，一个鲜艳的小椅子套，一张可爱的照片，针、扣子和线，一个袖套以及一个装有一块10美元金币的信封。

最后，我们为拿起的每件东西哭泣。时间已过子夜，幸福让我们感到眩晕无力。我沏了一杯茶，切了一条新鲜的面包，詹姆斯煮了一些鸡蛋。我们把桌子拉到壁炉前。多么美好的晚餐啊！我们坐着谈论我们的生活，并确信上帝总会帮助我们。

你真应该看看第二天早晨那些孩子们的样

子!男孩子们看到他们的溜冰鞋就大喊起来——鲁思很快拾起她的娃娃,紧紧地抱着它,一句话也不说;她走进她的房间,跪在她的床前。

当她回来时,她轻声地对我说:“我知道娃娃会在这儿的,妈妈,但是我仍然要感谢上帝,您知道的。”

“看这儿呀,老婆,看有什么不同!”我们走到窗前,看到男孩子们已经跑出屋去,用尽他们全

部的力量使劲儿在冰面上滑行。

丈夫和我试图向东区那家送给我们箱子的教堂表示感谢——而且从那以后,我们每天都努力对上帝表达我们的谢意。

艰难的日子总是反复再三地到来,但是我们一直相信上帝——什么都不担心,也不怀疑他是否能保护我们,关心我们。正如《圣经》里所说:“追随上帝的人什么好处都不缺。”

“美”事一桩

圣诞老人的由来



从前有一个老人,名叫尼古拉斯,他一生最爱帮助贫穷的人家。其中有一次他帮助3个贫穷的少女,送她们3袋金子以逃过被卖的不幸。当尼古拉斯偷偷把其中一袋金子送给其中一名女子时,他把金子从其中一个窗户扔进去,恰好掉进挂在壁炉上的一只长袜中。于是,将礼物放在圣诞袜子的送礼方法就流传开来了!据说平安夜的晚上,圣诞老人会驾着驯鹿拉的雪橇,满载着礼物准备送给这一年来表现很好的小朋友。他会悄悄地从烟囱爬进屋内,礼物塞在挂在床头的袜子里。所以孩子总会把一只只色彩缤纷的袜子挂在床头,并在袜子旁边放杯热牛奶给劳苦功高的圣诞老人解渴,期待他送份大礼给自己。转天早晨,每个小朋友都迫不及待地打开袜子,想知道自己得到什么奖励。到了1822年,一位荷兰传教士把这位伟大慈善家的故事传到美国之后,美国商人更以特殊的行销手法,每年利用这个节日大张旗鼓地做宣传广告,大赚一笔,亚洲的日本及其他国家也群起效尤。因此,装扮圣诞老人来庆祝圣诞节的风俗习惯也就渐渐地流行到世界各国了。

圣诞树的由来

据说大约在16世纪,德国人最先把长青的松柏枝拿到屋中摆设。后来,德国传教士马丁·路德把蜡烛放在树林中的枞树枝上,然后点燃,使它看起来像是引导人们到伯利恒的星光,如同2000年前的东方三博士依照天上的星星找到耶稣一般。今日,人们已经改用小灯泡代替蜡烛。传说在很久以前,有一

位农人,在圣诞节那天遇到一位穷苦的小孩,他热情地接待了孩子,小孩临走时折下根松枝插在地上,松枝立即变成一棵树,上面挂满了礼物,用来答谢农人的好意。然而,圣诞树真正出现在圣诞节,首先见于德国,之后又传入欧洲和美国,成为圣诞节不可或缺的装饰物。他们通常用五光十色的彩灯、蜡烛、礼物或天使来装扮圣诞树。尤其住在美国西北部的人们,因为当地丰富的森林资源,他们会全家人一起去挑选一棵真正的树作为圣诞树。圣诞树的种类繁多,有天然松柏圣诞树,也有人造圣诞树及白色圣诞树。每棵圣诞树上都挂满琳琅满目的装饰品,但每棵树的顶端必定有一棵特大的星星,象征着那颗引导东方三博士找到耶稣的星星。而且在传统习俗上,只有家庭的一家之主才可以把这颗希望之星挂上,旁人是不可以越俎代庖的。



相关链接:

1. <http://www.tudou.com/playlist/id/2440343/> (美国电影《完美圣诞节》)
2. http://v.youku.com/v_show/id_XNTc2MDI5NjA=.html (《打造自己的圣诞节》关于圣诞节的全面信息)

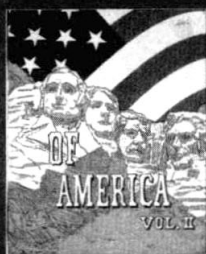
Answer

- I. 1. a doll 2. ice skates 3. late on Christmas Eve 4. a church in the East 5. Yes.
- II. 6. scanty 7. at best 8. crack 9. unaccountable 10. give way to
11. be obliged to 12. stand out 13. live upon 14. earnestly 15. let alone
16. settlement 17. wavering
- III. 18. His mother reproached him for his bad manners.
19. They held out bravely against repeated enemy bombing.
20. We cling to the hope that the mountaineers will be rescued
21. She infected the whole class with her laughter.
22. 新建筑物犹如雨后春笋般地出现在这座城市里。
23. 你应该更加注意你的举止。
24. 她看到账单上的数目吓得叫起来。
25. 我一想到晚上回家太晚就害怕。

7

A Lesson from the Eagle

雕的启示



人活着是需要一种精神的。人的一生总会遇到各种磨难和挫折,唯有拥有坚强意志和不屈不挠精神的人才能克服各种困难,达到胜利的彼岸。

A LESSON FROM THE EAGLE

John Todd

The surest way not to fail is to determine to succeed.

—Sheridan



In a remote¹ field stood a large tulip² tree, apparently of a century's growth, and one of the most gigantic³ of that splendid⁴ species. It looked like the father of the surrounding forest. A single tree of huge dimensions⁵, standing all alone, is a sublime⁶ object.

On the top of this tree, an old eagle, commonly called the "fishing eagle," had built her nest every year for many years, and, unmolested⁷, raised her young. What is remarkable, as she procured⁸ her food from

the ocean, is that this tree stood fully ten miles from the seashore. It had long been known as the "Old Eagle Tree."

On a warm, sunny day, the workmen were hoeing⁹ corn in an adjoining¹⁰ field. At a certain hour of the day, the old eagle was known to set off₁ for the seaside to gather food for her young. As she returned this day with a large fish in her claws¹¹, the workmen surrounded the tree, and, by yelling and hooting¹² and throwing stones, so frightened the poor bird that she dropped her fish, and they carried it off₂ in triumph¹³.

The men soon dispersed¹⁴, but Joseph sat down under a bush near by to watch and to bestow¹⁵ unavailing¹⁶ pity. The bird soon

returned to her nest without food. The eaglets¹⁷ at once set up a cry for food so shrill¹⁸, so clear, and so clamorous¹⁹, that the boy was greatly moved.

The parent bird seemed to try to soothe²⁰ them; but their appetites²¹ were too keen, and it was all in vain. She then perched²² herself on a limb²³ near them, and looked down into the nest with a look that seemed to say, "I do not know what to do next."

Her indecision²⁴ was but momentary; again she poised²⁵ herself, uttered one or two short notes as if telling them to lie still, balanced her body, spread her wings, and was away again for the sea.

Joseph was determined to see the result. His eye followed her till she grew small, smaller—a mere speck²⁶ in the sky—and then disappeared.

She was gone nearly two hours, about double her usual time for a voyage, when she again returned on a slow, weary wing, with another fish in her talons²⁷. She flew uncommonly low, in order to have a heavier atmosphere to sustain²⁸ her.

On nearing the field, she made a circuit²⁹

around it to see if her enemies were again there. Finding the coast clear, she once more reached her tree, drooping³⁰, faint, and weary, and evidently nearly exhausted. Again the eaglets set up their cry, which was soon hushed³¹ by the distribution³² of a generous dinner.

"Glorious bird!" cried the boy aloud in ecstasy³³. "What a spirit! Others can fly more swiftly, others can sing more sweetly, others can scream more loudly; but what other bird, when persecuted³⁴ and robbed, when weary, when discouraged, when so far from sea, would have done this! Others would have drooped and hung the head, and mourned³⁵ over the cruelty of man, and sighed over the wants of the nestlings³⁶; but you, by at once recovering the loss, have forgotten all."

"Glorious bird! I will learn a lesson, from you today. I will never hereafter forget that, when the spirit is determined, almost any obstacle³⁷ can be surmounted³⁸. I will learn from you, noble bird! I will remember this. I will set my mark high. I will try to do something and to be something in the world. I will never yield to discouragements."

Notes

本文选自美国中学6年级（相当于中国的初二年级）文学及阅读课本。



Vocabulary 新鲜酷词

1. remote [rɪ'məʊt] *adj.* 遥远的, 偏僻的

2. tulip ['tju:lɪp] *n.* 郁金香

3. **gigantic** [dʒaɪ'gæntɪk] *adj.* 巨大的

4. **splendid** ['splendɪd] *adj.* 壮丽的, 辉煌的

5. **dimension** [dɪ'menʃən] *n.* 尺寸

6. **sublime** [səb'laɪm] *adj.* 壮丽的, 超群的

7. **unmolested** [ʌnməʊ'lestɪd] *adj.* 不受干扰的

8. **procure** [prə'kjʊə] *v.* (设法)获得

9. **hoe** [həʊ] *v.* 锄

10. **adjoining** [ə'dʒɔɪnɪŋ] *adj.* 毗邻的

11. **claw** [klɔ:] *n.* 爪子

12. **hoot** [hu:t] *v.* 作猫头鹰叫声

13. **triumph** ['traɪəmf] *n.* 胜利

14. **disperse** [dɪs'pɜ:s] *v.* 分散, 散开

15. **bestow** [bɪ'stəʊ] *vt.* 给予, 赠予

16. **unavailing** [ʌnə'veɪlɪŋ] *adj.* 无效的, 徒劳的

17. **eaglet** ['i:glɪt] *n.* 小雕

18. **shrill** [ʃrɪl] *adj.* 尖声的

19. **clamorous** ['klæməərəs] *adj.* 喧闹的

20. **soothe** [su:ð] *v.* 安慰, 抚慰

21. **appetite** ['æpɪtaɪt] *n.* 胃口

22. **perch** [pɜ:tʃ] *v.* 栖息, 停歇

23. **limb** [lɪm] *n.* [植]大枝

24. **indecision** [ˌɪndɪ'sɪʒən] *n.* 犹豫不决

25. **poise** [pɔɪz] *vt.* 使平衡

26. **speck** [spek] *n.* 斑点

27. **talon** ['tælən] *n.* 爪

28. **sustain** [sə'steɪn] *vt.* 支撑

29. **circuit** ['sɜ:kɪt] *n.* 环行

30. **droop** [dru:p] *v.* 低垂, 萎靡

31. **hush** [hʌʃ] *vt.* 使安静

32. **distribution** [ˌdɪstrɪ'bju:ʃən] *n.* 分发

33. **ecstasy** ['ekstəsi] *n.* 出神, 入迷

34. **persecute** ['pɜ:sɪkju:t] *vt.* 迫害, 残害

35. **mourn** [mɔ:n] *v.* 感到悲痛

36. **nestling** ['nestlɪŋ] *n.* 雏鸟

37. **obstacle** ['ɒbstəkl] *n.* 障碍, 阻碍

38. **surmount** [sə'maʊnt] *vt.* 克服, 越过



Sentences 语句荟萃

1. set off 出发, 动身

1) They *set off* in search of the lost child.

他们出发寻找失踪的孩子。

2) What time are you planning to *set off* tomorrow?

你打算明天几点钟启程?

2. carry off 获得, 夺走

- 1) The eagle pounced on its prey and *carried it off*.

那只鹰向它的猎物猛扑过去, 然后把它叼走了。

- 2) John *carried off* all the prizes in the contest.

约翰获得了比赛的全部奖品。

3. learn a lesson 受到教训

- 1) We can all *learn a lesson* from the turtle.

我们全都应该吸取乌龟的教训。

- 2) If you do not *learn the lesson* yet, then you will have a rough time in future days.

如果你依然不接受教训, 吃苦的日子在后面呢。

4. yield to 对……屈服, 投降

- 1) We will never *yield to* invaders.

我们绝不会向侵略者屈服。

- 2) The government has not *yielded to* the public opinion.

政府并未向舆论让步。

**Exercise** 牛刀小试**I. Matching: Put the letter representing the correct answer in the blank.**

- | | |
|-----------------------|---------------|
| ___ 1. undisturbed | A. momentary |
| ___ 2. got, obtain | B. sustain |
| ___ 3. give | C. bestow |
| ___ 4. scattered | D. obstacle |
| ___ 5. unable to help | E. talons |
| ___ 6. for a moment | F. unmolested |
| ___ 7. claws | G. surmount |

- | | |
|---------------------|---------------|
| _____ 8. difficulty | H. dispersed |
| _____ 9. overcome | I. procured |
| _____ 10. support | J. unavailing |

II. Language Focus: Translate the following sentences.

11. 我们要从错误中吸取教训。(learn a lesson)
12. 你要是想赶上那班火车,咱们就最好马上动身去火车站。(set off)
13. 她禁不住诱惑,又吃了一块巧克力。(yield to)
14. 缺乏教育是成功的障碍。(obstacle)
15. A lot of tall buildings have been set up in Beijing in the past three years.
16. The foundations were not strong enough to sustain the weight of the house.
17. The manager tried to even out the distribution of work among his employees.
18. The book is out of print and difficult to procure.

III. Think it through.

19. What prompted the eagle to make the long trip to the sea again?
20. What lesson did Joseph learn from the eagle?

参考译文

雕的启示

约翰·陶德

不致失败的最可靠方法就是决心成功。

——谢里顿

在一块偏僻的农田里长着一棵年过百岁的郁金香树。它是同类树种中最为庞大出众的一棵,仿佛孕育出了周边的森林。多年来,这棵参天老树始终独自屹立于乡间,形成了颇为独特的一道风景。

一只老鱼雕每年都会在这棵树的顶部做窝并哺育后代,不受外界的任何干扰。值得称道的是,这棵树距离她捕鱼的海岸足足 10 英里。而这棵树一直以来也被称为“老雕树”。

一个温暖晴朗的日子,农夫们正在邻近的农

田里锄玉米。老雕和往常一样飞往海边为她的孩子们觅食。当她擒回一只大鱼时,那些农夫包围了老树,并且又喊又叫,甚至投掷石块。可怜的老雕由于惊吓过度,捕回的鱼从爪下滑落。农夫们胜利了,他们获得了那条大鱼。

不一会儿,人群渐渐散去,但是约瑟夫留了下来。他坐在老树附近的灌木丛里静静地看着,试图给予老雕某种同情,但这种同情是无效的。受到惊吓的老雕很快返回了巢穴,但是带回的食物丢了,窝中的小雕们开始嗷嗷哭叫,声音如此的凄

厉,小男孩被眼前的场景深深地触动了。

老雕似乎想要安抚她的孩子们,但是他们饿得厉害,任何安慰都不起作用。于是她在窝边的大树枝上停歇了一会,俯瞰着窝里嗷嗷待哺的小雕,老雕的神情显得茫然无措。

但是她只犹豫了片刻,便再次镇定下来。她鸣叫了两三声,似乎告诉孩子们呆在窝里不要乱动,接着便平衡好身子,展开翅膀,朝海边飞去。

约瑟夫决定要一探究竟。他紧盯着老雕,直到她的身影变得越来越小——小到只是天空中的一小点——最终消失在天际。

当老雕缓慢地舞动着疲惫的翅膀,擒回另一条鱼时,已经过去了大约两小时,这个时间是她平时外出时间的两倍。为了得到更有力的大气支撑,她飞得异常低。

接近田边时,老雕盘旋了一圈,看看敌人是否又在那等候。没有发现任何异常后,她在老树上

停了下来,脑袋低垂着,虚弱无力,显然她已经快要精疲力竭了。小雕们又开始嚎叫,老雕给他们依次喂入丰盛的食物后,才立刻安静下来。

“多么伟大的鸟儿啊!”男孩不禁赞叹道。“这是一种多么宝贵的精神!其他鸟类也许飞得更快,其他鸟类的歌声也许更加甜美动听,其他鸟类也许鸣叫得更加高亢;但是,当它们身处险境时,当它们疲惫不堪时,当它们泄气沮丧时,当它们距离海岸如此遥远时,它们可以做到这点吗?它们可能会垂头丧气地为人类的残忍哀鸣,面对嗷嗷待哺的幼崽叹气。但是你,通过立即弥补损失,忘记了一切。”

“多么伟大的鸟儿啊!今天你给我上了很好的一课。从今往后我不会忘记:下定决心后一切困难都可以克服。我要向你学习,高贵的鸟儿!我会一直记得。我当志向高远。我要干出一番事业,我要出人头地。我不会被任何困难打败。”

“美”事一桩

美国人的家庭教育方式

美国人在教育、培养孩子的品质和个性方面,有许多值得我们借鉴的做法与经验。(1)注重培养平等意识。在美国的家庭里,大人跟孩子谈话时习惯于蹲下来和孩子处于同一个高度,与孩子脸对脸、目光对视着,既体现了家长对孩子的尊重,也让孩子意识到自己同成年人一样是平等的,有利于培养孩子自尊、自信的人格。当然,给予孩子平等权利也不是说父母就无所作为,父母可以引导,可以帮助分析,但最终的选择权在孩子手里。(2)注重培养动手能力。在美国,从孩提起父母就对孩子进行早期劳动训练,让孩子做力所能及的事情,使孩子拥有一双勤劳的手。(3)注重培养独立能力。在孩子日常事务的处理上,美国父母只帮助孩子做一些在当时年龄上还无法做到



的事情,凡是孩子自己力所能及的事都尽量由孩子自己去完成,自小培养孩子负责任的潜意识。即使家庭经济状况很好,美国父母也鼓励孩子用自己的双手劳动挣钱,绝大多数 18 岁以上的美国青少年,都是靠自己挣钱来读书,因此,美国社会上的一个清洁工或是一个跑堂的,也可能是正在接受高等教育的一分子。(4) 注重培养创造能力。美国人没有让孩子们去死记硬背大量的公式和定理,而是煞费苦心地告诉孩子们应怎样去思考问题,教给孩子们面对陌生领域寻找答案的方法。他们也从不用考试把孩子分为三六九等,而是竭尽全力去肯定孩子们的一切努力,去赞扬孩子们自己思考的一切结论,去保护和激励孩子们所有的创造欲望和尝试。

Answer

I. 1. F 2. I 3. C 4. H 5. J 6. A 7. E 8. D 9. G 10. B

II. 11. We should learn a lesson from our mistakes.

12. If you want to catch that train we'd better set off for the station immediately.

13. She yielded to temptation and had another chocolate.

14. Lack of education is an obstacle of success.

15. 3 年来北京建起了许多高楼。

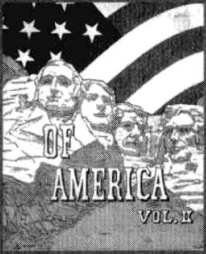
16. 这地基不够牢固,无法承受房屋的重量。

17. 经理把工作尽量平均分配给雇员。

18. 那书已绝版,很难弄到手。

Cheerfulness

快乐



如果我们意识到所有的人都必须忍受,所有的人都要经历各种苦难和考验,所有的人都有无法满足的愿望,但又没有逃离的理由时,它将可以使我们停止抱怨,舒展眉头,绽放笑颜。

CHEERFULNESS¹

Margaret Slattery

The world is a looking glass and gives back to every man the reflection of his own face.

—William Makepeace Thackeray

The world has a right to¹ expect cheerful service from us. Life is not all hardships², and good things have a strange way of coming to those who expect them. There is no excuse for the frown³, the service rendered⁴ unwillingly⁵, the countenance⁶ over which the cloud of gloom⁷ has settled.

You will remember the story of the woman and the crosses⁸. This woman thought she had the very hardest cross in all the world; that no one suffered as she did, no one was as lonely as she. Her eyes were often filled with tears, her whole attitude cast a gloom over⁹ all

who came near, and people began to avoid her. One night as she lay thinking about it with great bitterness⁹ in her heart, comparing her heavily burdened life with¹⁰ the lives of other women she knew, she heard a voice saying, “You may exchange your cross. See!” and she seemed to see a great room all of marble¹⁰ pure and white, and around on the walls hung crosses of every size and made of every sort of material.

“There,” said the voice, “exchange your cross. Each of these belongs to¹¹ someone in the world. Many like you desire an easy one. All must have something in life that is hard;

no one escapes. But if your cross seems indeed unbearable¹¹, choose another.”

Gladly she went about the room trying the crosses. They were so deceptive¹². The tiniest one, which she thought would be so easy, seemed like iron as she tried to carry it. And one of gold, that looked very beautiful, and bore many jewels, hurt so deeply that she laid it quickly aside¹³.

All night she tested the crosses, and when the grey morning light came into the marble room, she went to the man at the door and said, “Oh, sir, I pray you, sir, give me back my own cross.” The man, whose voice had spoken to her in the night, drew his robe¹⁴ about him, smiled, and answered, “That is what all say who enter here. Take it, and bear it courageously.”

It is a story, a dream, but it is true. If one realizes the great fact that all suffer, all have difficulties and trials¹⁵, all have longings unsatisfied, and that there is no reason why he should escape, it will help hush¹⁶ the word of complaint upon his lips and change the frown to a smile.

There are two kinds of people in the world, those who see clouds, and those who see through the clouds. Each one of us has to decide for himself to which class he will belong. Usually one has decided before he is twenty whether he will look at the clouds, or through them. If he does the first, he will be gloomy and morose¹⁷, or sharp and critical¹⁸. As he grows



older, deep lines will mark his face, and smiles visit it only on rare occasions. He will join the class of worriers. Worry is

the most awful disease in the world today. It is contagious¹⁹ and infectious²⁰. It is the great destroyer of joy—and joy is life at its best⁵. The spirit of cheerfulness, secured and cultivated²¹ at any cost⁶, is the best antitoxin²² for worry on the market today.

Those who look through the clouds, be they soft and firmly, or heavy and dark, see the sun. It is there. It is always there, always shining. They know that clouds always move on⁷, and they wait, hoping that today they may pass; if not⁸ today, then surely tomorrow. And tomorrow they have the same hope, and at last the day comes when the sun in all its glory²³ shines upon them.

These are the people it is good to meet in homes and schoolrooms, in offices and shops, behind counters and on street cars—everywhere in the world.

They are the ones who should be awarded a medal or a prize in gold—all those who meet the world with a cheerful face and a voice that makes all hard things seem easier because of the note of faith and hope there is in it. They are the ones without whom happiness would be impossible. One can no more think of

life without these smiling faces than a world
without air, with no stars and no sun.

Out in the world are clouds, hard things

as well as easy. No one wishes to be deceived
about that—and out there cheerfulness is a
great asset²⁴ Secure it—at any price.

Notes

本文选自美国中学六年级（相当于中国的初一年级）文学及阅读课本。



Vocabulary 新鲜酷词

1. **cheerfulness** ['tʃiəfʊlnɪs] *n.* 欢乐, 愉快
2. **hardship** ['hɑ:dʃɪp] *n.* 艰难, 困苦
3. **frown** [fraʊn] *n.* 皱眉
4. **render** ['rendə] *v.* 给予
5. **unwillingly** ['ʌn'wɪlɪŋli] *adv.* 不情愿地
6. **countenance** ['kaʊntɪnəns] *n.* 脸色, 表情
7. **gloom** [glu:m] *n.* 阴暗, 忧郁
8. **cross** [krɒs] *n.* 十字架, 磨难
9. **bitterness** ['bɪtənɪs] *n.* 痛苦
10. **marble** ['mɑ:bl] *n.* 大理石
11. **unbearable** ['ʌn'beərəbl] *adj.* 无法忍受的
12. **deceptive** [dɪ'septɪv] *adj.* 迷惑的, 欺诈的

13. **aside** [ə'saɪd] *adv.* 在旁边
14. **robe** [rəʊb] *n.* 长袍
15. **trial** ['traɪəl] *n.* 考验, 磨难
16. **hush** [hʌʃ] *v.* 使安静
17. **morose** [mə'rəʊs] *adj.* 阴郁的, 孤僻的
18. **critical** ['krɪtɪkəl] *adj.* 吹毛求疵的
19. **contagious** [kən'teɪdʒəs] *adj.* 接触传染的
20. **infectious** [ɪn'fekʃəs] *adj.* 有传染力的
21. **cultivate** ['kʌltɪveɪt] *v.* 培养, 陶冶
22. **antitoxin** [æntɪ'tɒksɪn] *n.* 抗毒素
23. **glory** ['glɔ:ri] *n.* 壮丽, 灿烂
24. **asset** ['æset] *n.* 财产, 有价值的物品



Sentences 语句荟萃

1. have a right to 有权, 应该

- 1) We *have a right to* a living wage.

我们有权得到足够维持生活的工资。

- 2) You *have a right to* your property, much more to your ideas.

你有处理自己财产的权利, 更有支配自己思想的权利。

2. cast a gloom over 使阴沉, 使忧郁

- 1) Dark clouds *cast a gloom over* the streets.

乌云使大街上阴沉沉的。

- 2) The death of our beloved premier *cast a gloom over* the whole country.

我们敬爱的总理的逝世使得全国罩上了一层悲伤的气氛。

3. compare with 与……相比

- 1) I'm afraid my English *compares poorly with* hers.

恐怕我的英语同她的英语相比要差很多。

- 2) *Compared with* those who are suffering, we are better off.

跟那些受苦的人相比, 我们过得很好了。

4. belong to 属于

- 1) The Chinese *belong to* the yellow race.

中国人属于黄种人。

- 2) Don't take things that do not *belong to* you.

不要拿不属于你的东西。

5. at one's best 处于最佳状态

- 1) The English countryside looks *at its best* in spring.

英国的乡村在春天景色最美。

- 2) Jacob was *at his best* in the role of Shylock, for he did not merely act; he lived the part.

雅各布最擅长扮演夏洛克这个角色, 他不仅是在演戏, 而是把角色演活了。

6. at any cost/price 无论如何, 不惜代价

- 1) I'm determined to attain my purpose *at any cost*.

我决心不惜任何代价达到目的。

2) The people wanted peace *at any price*.

人民不惜付出任何代价也要争取和平。

7. move on 继续前进

1) Shall we *move on* to dessert?

咱们上甜食好吗?

2) I think we ought to *move on* to the next item.

我想我们应该讨论下一议题。

8. if not 要不是, 即使不

1) She would not have escaped the danger, *if not* for my help.

要不是我帮忙, 她就逃不过那一劫。

2) Are you ready? *If not*, I'm going without you.

准备好了吗? 要不, 我就自己去了。



Exercise 牛刀小试

I. Vocabulary: Fill in the blanks with the words given below. Change the form where necessary.

bitter frown infect award render
deceive cultivate bear hush willing

1. You must _____ good manners and behave like a gentleman.

2. Flu is a (an) _____ disease characterized by fever, aches and pains and exhaustion.

3. The pupils _____ when the teacher came into the classroom.

4. _____ advertising has damaged the company's image among the consumers.

5. After all the _____ of the divorce, Mary had to pull herself together and ensure that her children survived the handicap of a broken home.

6. We are going to _____ economic assistance to those African countries.

7. He was _____ the Nobel Prize for achievements in physiology.

8. She is _____ to donate money to a worthy cause.

9. We interpret a _____ as a sign of disapproval.

10. Her plain black dress was too severe for such a _____ occasion.

II. Language Focus: Translate the following sentences.

11. 把这辆汽车与那辆汽车相比较, 你就会发现它们之间的区别。(compare with)

12. 每个人有权利享受自由, 更有权利享受生活。(have a right to)

13. 她愿意不惜任何代价来完成自己的计划。(at any cost/price)

14. A painful sickness cast a gloom over the young girl.

15. Keeping what belongs to another amounts to stealing.

16. Most sportsmen are at their best during their early manhood.

III. Think it through.

17. What's your understanding of the story "woman and the crosses?"

18. When you meet with some frustration in your daily life, what would you do?

参考译文

快乐

世界是一面镜子, 你如何面对生活, 它就给你何种镜像。

——威廉·梅克皮斯·萨克雷

这个世界有权期待我们给予愉悦由衷的服务。生活并不总是充满艰辛, 而好运总是以某种特殊的方式降临在祈福人的身上。我们没有理由愁眉不展, 没有借口逃避职责, 也没有任何托辞可让愁云笼罩面色。

你将会记住女人与十字架的故事。一个女人总认为自己经受了世界上最为痛苦的磨难, 没有人比她承受得更多, 也没有人像她一样孤单。她的双眼总是充满泪水, 她的所有态度都给周围人的生活笼罩上一层悲伤的气氛, 于是人们开始疏

远她。一个夜晚, 她躺着思考这一切, 当她将自己沉重的生活负担与其他女友的生活比较时, 内心感到无比痛苦。忽然, 她听到了一个声音: “你可以交换你的十字架。瞧!” 她似乎看见一个纯白的大理石房间, 墙壁上挂着各种大小不一、材质不同的十字架。

“那儿,” 那个声音说道, “可以交换你的十字架。每个十字架都属于这个世界上的某个人。许多像你这样的人想要得到简单的命运, 然而每个人在一生中都要经历些苦难, 没有人可以逃脱。

但是,如果你的磨难确实无法忍受了,你可以选择另外一种。”

于是,她高兴地开始在那房间里尝试着各种十字架。然而它们却如此的具有欺骗性。她认为那个最小的理应最为简单,但当她试图要挪动它时,它却犹如铁块般沉重。还有一个十字架是金子做的,看上去十分漂亮,而且镶嵌着宝石,但它却过于锋利,将她割伤,于是她只得赶忙将其放置在一边。

一整晚,她都在尝试不同的十字架。当清晨灰白的阳光照入大理石房间时,她走向门口的人,说道:“噢,先生,我求你了,先生,把我的十字架还给我吧。”那个昨晚和她对话的人裹上长袍,微笑着回答说:“这也是所有来此的人说过的话。拿去吧,勇敢地去承担。”

这虽仅是一个故事,一个梦,它所蕴含的道理却是真实的。如果我们意识到所有的人都必须忍受,所有的人都要经历各种苦难和考验,所有的人都有无法满足的愿望,但又没有逃离的理由时,它将可以使我们停止抱怨,舒展眉头,绽放笑颜。

这个世界上有两种人,一种人看到的是乌云,另一种人看到的是乌云背后的阳光。我们每个人都必须决定自己属于哪一类型。通常一个人在

20岁之前就已经确定。如果他属于前者,那么他将会是阴郁、孤僻、尖酸刻薄的人。当他老去时,脸上将布满皱纹,笑容极少,他将步入焦虑者的行列。烦恼担忧是世界上最可怕的疾病,它具有传染性。它是快乐最大的敌人,而快乐则是生活的最佳状态。不惜任何代价获取的快乐是当下烦恼的最好解药。

那些透过乌云眺望的人,无论乌云沉重阴暗与否,总会看到阳光。他们知道乌云总是在移动,于是他们等待着乌云的散去,今天不行,还有明天。而明天他们又会有同样的期待,总有一天灿烂的阳光会照耀在他们身上。

在家或是学校,在办公室或是商店,在柜台后或是街车里,能遇上这类人是一件好事。

这些用笑脸和笑声迎接这个世界的人们应该授予奖牌或是给予奖励,他们的信念和希望使得所有的苦难变得容易。没有他们,世界将失去快乐;没有他们,犹如地球失去了空气、星星和太阳,生活将无法想象。

我们的世界有乌云,有难事,也有易事。没有人愿意被蒙骗——快乐是一种财富。抓住它——不论耗费多大的代价。

“美”事一桩

美国人的宗教信仰

今天的美国,每10个人中就有9个人自称相信上帝,有8个人认为宗教对他们的生活非常重要,有7个人属于某个宗教组织,有大约6个人每天祈祷,有一半以上的人认为上帝是美国民主的道德引导力量,有4个人每周去教堂。有30多万座教堂寺庙遍及美国城乡。当我们面对这些事实,也许就没有理由怀疑存在于高度发达的物质文明背后的美国宗教在美国社会中所发挥的作用。美国的钞票上赫然



印着“我们信仰上帝”；美国的国歌里有“上帝保佑美国”的歌词；美国总统就职，要手按《圣经》进行宣誓；国会参众两院的每一届会议都是以国会牧师主持的祈祷开始。美国的军队里有牧师、神甫等各种不同宗教的随军神职人员，身穿军官制服，在军中提供宗教服务；美国的大学校园里，活动着大量的学生宗教团体；美国的医院、监狱、机场及其他许多公共与民间机构中也都有专职或兼职的宗教职业人员提供宗教服务。美国 85% 以上私立中小学校的学生就读于教会学校，哈佛大学、耶鲁大学、普林斯顿大学等许多著名的美国大学最初都是由教会创办的。大多数美国人的婚礼是在教堂举行的，而他们的葬礼要由牧师、神甫主持。可以说，美国人生活的各个方面都与宗教有着密切的关系。正如美国著名神学家尼布尔说的那样，美国“是世界上最世俗的国家，也是宗教性最强的国家”。

Answer

I. 1. cultivate 2. infectious 3. hushed 4. Deceptive 5. bitterness

6. render 7. awarded 8. willing 9. frown 10. cheerful

II. 11. Compare this car with that one, and you will find the differences between them.

12. Everyone has a right to enjoy his liberty, still more his life.

13. She was willing to fulfill her plan at any price.

14. 病痛使那个年轻姑娘情绪低落。

15. 将他人之物占为己有等于偷窃。

16. 大多数运动员在刚刚成年的时候进入顶峰时期。

Part 5

Others

其他

1

Renaissance Period Music and Art

文艺复兴时期的音乐和绘画



文艺复兴是指 13 世纪末在意大利各城市兴起,以后扩展到西欧各国,并于 16 世纪在欧洲盛行的一场思想文化运动。它带来了一段科学与艺术革命的时期,揭开了近代欧洲历史的序幕,被认为是中古时代和近代的分界。马克思主义史学家认为文艺复兴时期是封建主义时代和资本主义时代的分界。

RENAISSANCE¹ PERIOD MUSIC AND ART



The Renaissance was a period of enlightenment² and rapid development of scientific, artistic, and philosophical theories and practices. During this rebirth³, people began to focus on₁ individualism⁴ and humanism⁵. Individualism referred to a new self-awareness and self-assurance⁶. Humanism was a belief in the importance of the study

of the humanities, such as literature, history, and philosophy, in a secular⁷ setting. Thus, focus shifted from studying religion and God to₂ studying the achievements and ideas of humans.

As education shifted from only the clergy⁸ to the middle and upper classes, musical and artistic activity shifted from the churches to the courts⁹ of the nobility¹⁰. While many still relied on₃ churches and cathedrals¹¹ to commission¹² their work, many artists and musicians began to take credit for₄ their works and sought patrons¹³ among the nobility. Wealthy members of society began to support the arts by becoming patrons or sponsors¹⁴ for artists and musicians. Patrons paid them for

specific compositions¹⁵ or works of art or kept them on staff as their personal musicians or artists. Every educated person was expected to be trained in music and art, so wealthy families often employed artists and musicians to teach their children.

In the music world, the use of polyphony¹⁶ was expanded, and instrumental¹⁷ music began to increase in use. The development of the printing press¹⁸ and movable type allowed music to be copied and distributed widely. As commerce¹⁹ and international trade expanded, musical compositions traveled along. Now a composer's works could be heard by people in other countries and continents. This freer exchange of ideas allowed people to learn new developments from other parts of the world much more quickly than ever before.

Artists began to draw and sculpt²⁰ the human figure more realistically during the Renaissance. Artists were interested in the human body and how it worked. They began to study anatomy²¹ through the detailed examination of corpses²² to learn about the mechanics and the structure of the human body. This led to a more realistic representation of the human body in both paintings and structure.

The use of light to show a more three-dimensional²³ look was developed during the Renaissance. Contrasts between light and shadow helped to define objects. Artists also began to use techniques of perspective²⁴ to make objects appear closer to or farther away from the viewer. This gave their works a more natural appearance than the flat²⁵-looking scenes of the Medieval²⁶ Period.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）音乐与美术课本。



Vocabulary 新鲜酷词

1. **renaissance** [rə'neɪsəns] *n.* 文艺复兴
2. **enlightenment** [ɪn'laɪtənmənt] *n.* 启蒙, 启发
3. **rebirth** [ri:'bɜ:θ] *n.* 再生, 复兴
4. **individualism** [ˌɪndɪ'vɪdʒʊəlɪzəm] *n.* 个人主义
5. **humanism** ['hju:mənɪzəm] *n.* 人文主义
6. **self-assurance** [ˌselfə'ʃʊərəns] *n.* 自信

7. **secular** ['sekjələ] *adj.* 现世的, 世俗的
8. **clergy** ['klɜ:dʒɪ] *n.* 牧师, 教士
9. **court** [kɔ:t] *n.* 王宫, 宫廷
10. **nobility** [nəʊ'bɪləti] *n.* 贵族
11. **cathedral** [kə'thi:drəl] *n.* 教区主教堂
12. **commission** [kə'mɪʃən] *vt.* 委托, 定制
13. **patron** ['peɪtrən] *n.* 资助人
14. **sponsor** ['sponsə] *n.* 赞助者

15. **composition** [ˌkɒmpəˈzɪʃən] *n.* 作曲, 创作

16. **polyphony** [pəˈlɪfəni] *n.* 复调音乐

17. **instrumental** [ˌɪnstruˈmentəl] *adj.* 乐器的

18. **printing press** 印刷机

19. **commerce** ['kɒmɜːs] *n.* 商业

20. **sculpt** [skʌlpt] *v.* 雕刻

21. **anatomy** [əˈnætəmi] *n.* 解剖

22. **corpse** [kɔːps] *n.* 尸体

23. **dimensional** [diˈmenʃənəl] *adj.* 空间的

24. **perspective** [pəˈspektɪv] *n.* 透视画法

25. **flat** [flæt] *n.* 平面

26. **medieval** [ˌmediˈiːvəl] *adj.* 中世纪的

Sentences 语句荟萃

1. **focus on** (使)集中于

1) He *focused* his eyes *on* me.

他注视着我。

2) They must *focus on* improving the quality of the products.

他们必须注重提高产品质量。

2. **shift from...to** 从……转向

1) There has been a steady population *shifting from* rural *to* urban areas.

农村人口一直在不断地流入城市。

2) Our basic education should be *shifted from* examination-oriented education *to* quality oriented one.

我们的基础教育应由应试教育向素质教育转变。

3. **rely on** 依赖, 依靠

1) Don't *rely on* him to do anything—he's just a talker.

什么事都不要依靠他——他光会说空话。

2) Now that you are grown-up, you should not *rely on* your parents.

既然你长大了, 就不应该依靠你的父母。

4. take credit for 因……而得到好评

1) I can't *take credit for* achievements made through collective work.

集体努力取得的成绩，我不能居功。

2) Of course the performance was a tremendous success, and *for* this you must *take full credit*.

当然演出是极其成功的，你应当为此受到最高的表扬。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. "A golden age with many achievements in art, literature, and science, but most importantly, it produced a new concept of how people thought of themselves, each other, and the world around them." This quotation best describes the _____.

- | | |
|------------------|--------------------------------|
| A. Medieval Ages | C. decline of the Roman Empire |
| B. Renaissance | D. rise of Christianity |

_____ 2. A major characteristic of humanism is _____.

- A. a belief in the supremacy of the state in relation to individual rights
- B. a rejection of ancient civilizations and their cultures
- C. an emphasis on social control and obedience to national rulers
- D. an appreciation for the basic worth of individual achievement

_____ 3. European society during the Renaissance differed from European society during the Middle Ages in that during the Renaissance _____.

- A. the Church was no longer influential
- B. the emphasis on individual worth increased
- C. economic activity declined
- D. art no longer contained religious themes

II. Comprehension Check: Answer the following questions according to the text.

4. What's the role of the printing press in popularizing music during the Renaissance?

5. What's the characteristic of Renaissance art?

参考译文

文艺复兴时期的音乐和绘画

文艺复兴指的是科学、艺术及哲学理论与实践的启蒙和迅速发展时期。在此复兴阶段,人们开始关注个人主义和人文主义。个人主义指的是自知和自信,人文主义则是强调在世俗环境中研究文学、历史及哲学等人文科学的重要性。因此,文艺复兴时期的研究重心从宗教和上帝转向人类的成就及思想。

随着教育范围从原先仅针对的牧师扩大至中上等阶层,音乐和绘画等艺术活动也从教堂走向了贵族的宫殿。尽管一些人仍旧依靠主教堂来获取工作,许多画家和音乐家此刻已经开始因其作品获得赞誉而在贵族中寻找资助者。社会中富裕的人通过资助或赞助这些艺术者来支持艺术。他们可以购买其作曲或是绘画作品,也可以将其聘请为私人家教。每个受教育的人都应该接受过音乐和绘画的熏陶,因此富裕家庭通常聘请这些艺术家为家中小孩授课。

在音乐界,复调音乐的使用范围扩大,器乐演奏也逐渐增多。印刷机和活字印刷的发展使得乐谱可以复制和广泛发行。音乐作品随着商业和国际贸易的扩展而传播,人们可以欣赏到来自其他国家的作曲家的作品。这种自由的思想交流方式为人们了解其他各国的最新发展状况提供了较之以往大为便捷的渠道。

文艺复兴时期,画家绘制和雕刻的人物塑像更为现实。他们对于人体以及人体功能颇感兴趣,并开始学习解剖学,通过仔细研究尸体来了解人体机制和构造,因此他们作品中展现的人物形象更为客观真实。

文艺复兴时期的艺术家开始使用光线来展示更加立体的三维图像。明暗的对比可以更加凸显物体特征。他们还开始使用透视画法来调节物体的远近视觉效果。这一手法可使其作品比中世纪的平面图画更为自然。

“美”事一桩

美国文艺复兴

美国文艺复兴 (American Renaissance), 亦称为新英格兰文艺复兴, 指的是 19 世纪 30 年代左右到南北战争结束时期美国历史上一次重要的思想解放运动, 是继政治独立之后美国精神和文化从欧洲大陆的母体断乳而真正独立并日趋成熟的重要时期。以爱默森和梭罗等为代表的超验主义思潮对于该时期独特美国文化的诞生和成长产生了巨大影响, 成为美国人的精神独立宣言。超验主义追求人的自由精神, 强调人与上帝间的直接交流和人性中的神性, 号召行动和创造, 其结果是解放了人性, 提高了人的地位并激励了美国民族精神的发展和完善。爱默生的句名 “相信你自己” 成为超验主义者的座右铭, 它摒弃了加尔文教派以神为中心的思想, 为热情奔放、抒发个性的美国式文化奠定了基础, 也使美国文学从模仿英国及欧洲大陆的风格中脱颖而出。美国文艺复兴时期的主要文学代表作品有霍桑的《红字》(*The Scarlet Letter*), 麦尔维尔的《白鲸》(*Moby-Dick*) 以及惠特曼的《草叶集》(*Leaves of Grass*)。



相关链接:

<http://history.hanover.edu/courses/art/111ren.html> (文艺复兴时期绘画作品欣赏)

Answer

I. 1. B 2. D 3. B

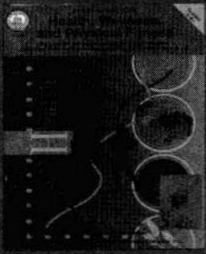
II. 4. The development of printing press during the Renaissance allowed music to be copied and distributed widely.

5. Renaissance art highly emphasized portraying the human figure in its most realistic form. It was more about humanism and it praised the human form rather than focused on God and religion.

2

First Aid and Your Body

急救和人体



急救即紧急救治的意思,是指当有任何意外或急病发生时,施救者在医护人员到达前,按医学护理的原则,利用现场适用物资临时及适当地为伤病者进行的初步救援及护理,然后从速送院。

FIRST AID AND YOUR BODY

When an accident or emergency¹ occurs, it is important for those present to be able to quickly help someone who is injured. Shown below are some common injuries and a very brief explanation of their treatments². After first aid³ treatment has been administered⁴, a physician⁵ should treat the injury.

Ear Injuries

Stay lying down. Turn the head to the side with the injury to allow fluids to drain. Seek medical attention immediately.

Poisoning

Call your local Poison Control Center and follow their instructions carefully.

Drowning

Perform CPR if necessary. Remove wet clothing, and wrap⁶ in dry blankets.

Eye Injuries

Gently place a towel-covered ice bag over the eye. Consult a doctor immediately.

Choking⁷

Perform Heimlich Maneuver⁸, and seek medical attention.

Heart Attack

Place victim⁹ on his back, and loosen clothing. Open airway¹⁰, and, if necessary¹¹, Start CPR¹¹. Seek medical attention immediately.



Electrical Shock

Do not touch a person while he remains in contact with the current. Lay the person on his back, and loosen tight clothing. Elevate legs 8 to 12 inches and cover with a blanket.

Burns

Immerse¹² in cold water. Blot¹³ dry with clean cloth, and cover with clean cloth. Elevate the burn higher than the heart.

Fractures¹⁴ and Dislocations¹⁵

Immobilize¹⁶ with padded¹⁷ splint¹⁸, and remain as still as possible until medical aid arrives.

Bleeding, Cuts and Wounds

Wash with soap and water. Apply direct pressure to control bleeding, and cover with sterile¹⁹ bandage²⁰.

Shock²¹

Lay the person on his back, and loosen tight clothing. Elevate²² legs 8 to 12 inches, and cover with a blanket.

Bites and Stings²³

For a mild bite, wash with soap and water. If the skin is punctured²⁴ or if there is pain, swelling, burning, or an allergic²⁵ reaction, see a physician immediately.

Muscle Cramp²⁶

Stretch muscle and apply pressure. Apply warm, wet compresses²⁷ and rest.

Sprains²⁸ and Strains²⁹

Apply towel-wrapped ice bag for 15 to 30 minutes. Immobilize with a splint, and rest for 24 hours.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）健康课本。

**Vocabulary 新鲜酷词**

1. emergency [i'mɜ:dʒənsi] *n.* 紧急情况

2. treatment ['tri:tmənt] *n.* 治疗

3. first aid 急救

4. administer [əd'mɪnɪstə] *vt.* 执行, 用 (药等)

5. physician [fɪ'zɪʃən] *n.* 医生

6. wrap [ræp] *vt.* 包裹

7. choking ['tʃəʊkɪŋ] *n.* 窒息

8. Heimlich Maneuver ['haɪmlɪk] [mə'nu:və] 海姆利克氏操作法 (手推哽噎者的上腹部以拍出气管中之异物)

9. victim ['vɪktɪm] *n.* 患病者

10. airway ['eə,weɪ] *n.* 呼吸道, 导气管

11. CPR = Cardiopulmonary Resuscitation

【医】心肺复苏法

12. **immerse** [ɪ'mɜ:s] *vt.* 浸入

13. **blot** [blɒt] *vt.* 吸干, 擦掉

14. **fracture** ['fræktʃə] *n.* 骨折

15. **dislocation** [ˌdɪsləʊ'keɪʃən] *n.* 脱臼

16. **immobilize** [ɪ'məʊbɪlaɪz] *vt.* 使不动, 使固定

17. **pad** [pæd] *vt.* (用软物)填塞

18. **splint** [splɪnt] *n.* 【医】夹板

19. **sterile** ['steraɪl] *adj.* 无菌的, 消毒过的

20. **bandage** ['bændɪdʒ] *n.* 绷带

21. **shock** [ʃɒk] *n.* 休克, 电击

22. **elevate** ['elɪveɪt] *v.* 举起, 抬起

23. **sting** [stɪŋ] *n.* 刺, 螫, 叮

24. **puncture** ['pʌŋktʃə] *v.* 刺穿; 戳破

25. **allergic** [ə'lɜ:dʒɪk] *adj.* 过敏的

26. **cramp** [kræmp] *n.* 痉挛

27. **compress** [kəm'pres] *n.* (消炎等用的)湿敷布

28. **sprain** [spreɪn] *n.* 扭伤

29. **strain** [streɪn] *n.* 拉伤



Sentences 语句荟萃

1. **if necessary** 如果必要的话

1) You can use these reference books, *if necessary*.

如果必要,你可用这些参考书。

2) The emergency services stand ready to help *if necessary*.

紧急救难处随时可以驰援。

2. **in contact with** 与……有联系

1) Are you *in contact with* him now?

你现在与他有联系吗?

2) Have the children been *in contact with* disease?

孩子们有患过这种疾病吗?



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. What is first aid?

- A. completing a primary survey
- B. the first help given to the victim of an accident
- C. assessing a victim's vital signs
- D. treating a victim for shock

_____ 2. The best treatment for a burn is to _____.

- A. immerse the burned area in cool tap water or soak with moist towels
- B. cover the burned area with ice
- C. puncture any blisters to prevent infection
- D. apply butter to the burned area

_____ 3. What can a rescuer do to help a victim in shock?

- A. Give the victim some water.
- B. Elevate the victim's feet.
- C. Cover the victim with a blanket.
- D. Both B and C.

_____ 4. In the event of a severe back or neck injury you should _____.

- A. lie the victim flat on their back and raise their legs
- B. wrap a towel around the injured area and pack the area with ice
- C. not move the victim unless absolutely necessary, wait for medical aid to arrive
- D. place a pillow under the victims head and help them to relax

_____ 5. A person suffering from a Heart Attack should be placed _____.

- A. on his side
- B. half sitting
- C. on his back
- D. face down

II. Analyzing accidents.

6. To control bleeding, what three steps should you take?

参考译文

急救和人体

发生意外事故或紧急情况时,在场人员对伤员提供的及时救助尤为重要。以下是一些常见损伤及其治疗方式的简单说明。对患者采取急救措施后,应由医生对其伤势进行进一步诊治。

耳部受伤:伤者保持平躺状态。将头侧向受伤耳朵一边,以便液体排出。立即就医。

中毒:拨打当地中毒控制中心电话,认真遵从对方指示。

溺水:如有需要,可采用心肺复苏法。脱去浸湿衣物,用干毛毯包裹落水者。

眼部受伤:用毛巾包裹冰袋,轻轻放置于眼睛上。立即就医。

窒息:采用海姆利克氏操作法(手推哽噎者的上腹部以拍出气管中之异物)并及时就医。

心脏病突发:将患者背朝下平躺,解开衣物,打开气道。如有需要,立刻采取心肺复苏——气道开放法。立即就医。

电击:不要触碰被电击中的不幸者。将其背朝下平躺,解开紧身衣物。将其双腿举高 8 至 12 英寸并为其加盖毛毯。

烧伤:将烧伤部位浸入冷水中。用干净的布擦干后包扎。将烧伤部位举高于心脏。

骨折与脱臼:用衬垫夹固定受伤部位。在救护援助到来之前,尽量保持不动。

出血、割伤及创伤:用肥皂和水清洗后,直接按压伤口以控制出血,然后用无菌绷带包扎。

休克:将患者背朝下平躺,解开紧身衣物。将其双腿举高 8 至 12 英寸并为其加盖毛毯。

咬伤及蜇伤:用肥皂和水清洗轻微咬伤处。倘若皮肤被戳破或是出现疼痛、肿胀、灼烧或是过敏反应,应立即就医。

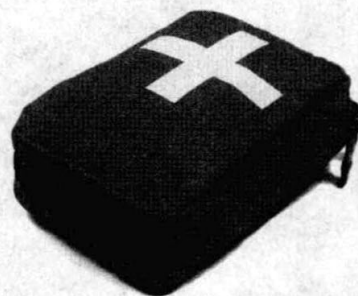
肌肉痉挛:拉伸并按压肌肉。用暖和的湿敷布包裹后休息。

扭伤和拉伤:用毛巾包裹冰袋,冷敷受伤部位 15 至 30 分钟。用夹板固定后休息 24 小时。

“美”事一桩

美国的急救箱会说话

美国医学家最新发明了一种“会说话的急救箱(first aid kit)”,有了它在身边,就像带着位经验丰富的急救大夫。这种急救箱是由美国智能急救公司推出的,急救箱很小巧,1尺见方,打开箱子,里面排满了许多不同颜色的急救包。据急救箱的发明人、医学护理专家戴夫·哈蒙德介绍,不同颜色的急救包装针对不同病症,易于使用者快速区分,及时得到急救提示,以便对受伤者进行必要的处理。这些急救包类别包括:基本急救包(灰色),咬伤叮伤包(粉红色),烧伤包(橙色),眼伤包(深蓝色),骨伤包(酱色),头及脊椎伤包(绿色),电伤包(黄色),出血包(红色),呼吸包(淡蓝色)等。每个急救包里有必需的药物和工具,还有一张光盘。此外,急救箱还附带一本指导手册,里面有窒息、冻伤、中暑及哮喘等文字急救指导;一盏阅读灯或者一把小手电以及一条背带。急救实施者只要按动启动按钮,就可以听到语音提示的急救步骤。如果时间允许,患者还能通过光盘得到更详细、直观的指导。戴夫·哈蒙德说,他在几十年的护理工作中发现,危险一旦发生,接受过正规训练的专业人士都有可能慌了手脚,对普通“门外汉”而言,急救的挑战之大就更甭提了。新发明的语音急救箱,设计目的主要是为了提高“门外汉”的急救能力,获得宝贵的抢救时间,挽救更多人的生命。



相关链接:

http://v.youku.com/v_show/id_XMTA3MTc2NTY4.html (美国急救培训视频资料)

Answer

I. 1. B 2. A 3. D 4. C 5. C

II. 6. Wash with soap and water.

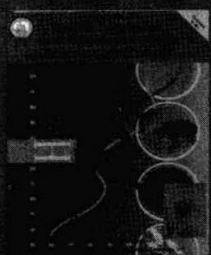
Apply direct pressure to control bleeding.

Cover with sterile bandage.

3

Dealing with Stress

缓解压力



随着竞争压力的增大,人们对健康的需求也随之强烈,心身疾病的问题越来越受到人们的重视。如何缓解压力,成为摆在人们面前的一道难题。

DEALING WITH₁ **STRESS**



Feeling sad? You're not unusual. Everyone is sad from time to time. Feeling sad or unhappy is especially common in teenagers¹. Perhaps you lost a relative², friend, or pet. Maybe your parents are getting a divorce or you are moving to a new town. Maybe your feelings have been hurt because people have teased³ you. Or you might not like the way you look or how well you do in school or in sports. These are all common reasons people feel sad. Fortunately, when a person is sad, it doesn't last very long. If your sadness lasts

for more than a few days, it may mean you have a more serious problem called depression⁴.

A person who is depressed often feels worthless⁵, lonely, unloved, and that life is not worth living₂. While occasional⁶ thoughts such as these are nothing to be worried about, if you have a depression or sadness that will not go away, it is important to talk to an adult about it. You could talk to a parent, relative, friend, teacher, counselor⁷, coach⁸, minister⁹, or doctor. There is always someone to talk to and someone who can help.

Those who do not seek help sometimes consider suicide¹⁰. Suicide is the ninth leading cause of death in the United States and the second leading cause of death among teenagers and young adults. It is also a leading cause of death among children. Most people who consider suicide give

clues¹¹ that they intend to commit¹² suicide and can be helped if the people around them are able to understand the signs and provide help. Some of the clues or signs that a person is considering suicide include:

- Talking or writing about suicide.
- Withdrawing¹³ from family and friends.
- Putting personal affairs in order¹⁴.
- Giving away personal possessions.
- Loss of interest in usual activities.
- Talking about getting even¹⁴ with people.
- Losing interest in personal appearance and hygiene¹⁵.
- Change in personality¹⁶ or in eating or sleeping habits.
- Difficulty in getting along with peers¹⁷.
- Feelings of hopelessness, helplessness, and low self-worth.
- Increasing use of drugs or alcohol¹⁸.

If a friend exhibits any of these signs, you should take them seriously and share your concerns¹⁹ with an adult who can help him/her, even if you promised not to tell anyone. Stay with the person who shows signs of suicidal behavior until a trusted adult arrives who is able to handle²⁰ the situation. Remember, this is a very serious situation and is not something you can handle yourself. In fact, the adult you confide²¹ in₄ will not be able to deal with the problem either. He or she will need to arrange for₅ the person considering suicide to seek professional help.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）健康课本。



Vocabulary 新鲜酷词

- | | |
|---|--|
| 1. teenager ['ti:n,eɪdʒə] <i>n.</i> 青少年 | 6. occasional [ə'keɪʒənəl] <i>adj.</i> 偶尔的 |
| 2. relative ['relətɪv] <i>n.</i> 亲戚 | 7. counselor ['kaʊnsələ] <i>n.</i> 心理咨询师 |
| 3. tease [ti:z] <i>vt.</i> 嘲弄 | 8. coach [kəʊtʃ] <i>n.</i> 教练 |
| 4. depression [dɪ'preʃən] <i>n.</i> 抑郁症 | 9. minister [mɪnɪstə] <i>n.</i> 牧师 |
| 5. worthless ['wɜ:θlɪs] <i>adj.</i> 无价值的, 无用的 | 10. suicide ['sjʊsaɪd] <i>n.</i> 自杀 |
| | 11. clue [klu:] <i>n.</i> 线索 |

12. **commit** [kə'mɪt] *vt.* 犯(罪), 做(错事)

13. **withdraw** [wɪð'drɔ:] *vi.* 退缩, 变得冷漠

14. **even** ['i:vən] *adj.* 平静的, 平和的

15. **hygiene** ['haɪdʒi:n] *n.* 卫生

16. **personality** [ˌpɜ:sə'næləti] *n.* 个性

17. **peer** [piə] *n.* 同龄人

18. **alcohol** ['ælkəhɒl] *n.* 酒精

19. **concern** [kən'sɜ:n] *n.* 担心, 忧虑

20. **handle** ['hændl] *v.* 处理

21. **confide** [kən'faɪd] *vt.* 吐露秘密, 信任



Sentences 语句荟萃

1. **deal with** 应付; 处理

1) He has learnt to *deal* properly *with* all kinds of complicated situations.

他已学会恰当地应付各种复杂局面。

2) Do you have any concrete thoughts on how to *deal with* this difficulty?

处理这种困难你有什么具体的想法?

2. **be worth doing** 值得

1) The movie *is worth watching*.

那部电影值得看。

2) Whatever *is worth doing* at all *is worth doing well*.

凡是值得做的事就值得把它做好。

3. **put in order** 使条理清楚, 有秩序

1) Don't mess the files around, I've just *put* them *in order*.

别把档案弄乱了, 我刚整理好。

2) *Put* these invoices *in numerical order*.

把这些发票按其号码顺序放好。

4. **confide in** 向……吐露秘密

1) Nowadays girls seldom *confide in* their mothers.

现在的女孩很少对母亲吐露心事。

2) Helen has a great many friends indeed, but she does not think she has any she can *confide in*.

海伦有许多朋友, 可是她认为没有一个是可以谈贴心话的。

5. arrange for 为……作安排

1) You must *arrange for* a boat for them.

你必须替他们安排一条船。

2) We'll *arrange for* a car to meet you at the airport.

我们将安排一辆轿车去机场接你。

**Exercise 牛刀小试****I. Defining: Write a short definition for each word below.**

- | | |
|--------------------|---------------------|
| 1. tease _____ | 2. depression _____ |
| 3. worthless _____ | 4. occasional _____ |
| 5. clue _____ | 6. handle _____ |
| 7. withdraw _____ | 8. concern _____ |

II. Comprehension Check: Answer the following questions according to the text.

9. What should a person do if he/she always feels depressed?

10. If your friend shows signs of considering suicide, what can you do to help her?

参考译文**缓解压力**

感到沮丧吗？这很正常。每个人都会有偶尔情绪低落的时候，特别是青少年。可能你失去了一位亲人、朋友或是一只宠物，可能你的父母正要离婚或是你要搬至一个新的小镇，可能你的感情因为别人的嘲弄而受伤，也可能你不喜欢自己的外表或是对自己在学校或体育方面的表现不甚满意。这些都是

导致人们感到沮丧的常见原因。幸运的是,一个人的悲观情绪持续时间不长。但是如果你长期处于这种状态,那么你可能遇到了一个更为严重的问题——抑郁症。

抑郁症患者通常缺乏价值感,他们经常感到孤单、无人关爱,甚至会觉得生命没有意义。偶尔产生这种想法无需担心,但是如果这种抑郁或是忧伤情绪长期困扰着你,那么和长辈的沟通便尤为重要。你可以和父母、亲戚、朋友、老师、咨询师、教练、牧师或是医生交流,总会有人可以成为你的倾诉对象,向你伸出援助之手。

那些不寻求帮助的人则会想到自杀。自杀是美国第九大人口死亡原因,也是导致青少年死亡的第二大凶手。它还是引发儿童死亡的主要原因。许多想要自杀的人都会显露出自杀的念头,如果周围的人能够注意到一些征兆并能给予他们帮助,那么许多生命可以挽留。有自杀倾向的人通常表现为:

- 谈论或是描述自杀。
- 逃避家人和朋友。
- 理清个人事务。
- 分发个人财产。
- 对日常活动失去兴趣。
- 不在乎个人外表和卫生。
- 个性、饮食或是睡觉习惯发生改变。
- 与同龄人相处困难。
- 感到无望、无助,自我价值感低。
- 用药或是酗酒量增加。

如果一个朋友出现以上任何症状,你要提高警惕,即使你已向他/她承诺要保守秘密,你也应该将心里的担忧告知可以帮助他/她的长辈。在能够处理此状况的长辈到来之前,你要始终和他/她呆在一块。记住,这是一个很严重的情况,单凭你个人力量无法处理。事实上,你所信赖的长辈也无法解决问题,他们需要为这些想要自杀的人寻求专业人士的帮助。

“美”事一桩

美国中小学的死亡教育

从20世纪60年代起,死亡教育(death education)逐渐成为美国等西方发达国家中小学教育的重要组成部分。该课程名为谈死,实则通过死亡教育让青少年树立正确的生死观念,以积极的态度保护生命、追求生命的价值和意义。

美国中小学死亡教育主要涉及如何看待死亡现象、死亡的标准、死亡焦虑及恐惧的克服、如何对待亲属以及周围人的死亡、避免自杀等,教学方式十分灵活多样。许多学校将死亡教育的内容渗透到健康教育、社会研究、文学等课程中,并根据需要开设死亡教育“特色课程”,比如自杀防御课程 (suicide-prevention program) 等,目的主要在于教育青少年懂得珍惜生命,同时降低当地的自杀率。就美国整体情况而言,针对中小學生开展的预防自杀课程从 20 世纪 80 年代中期开始盛行,该课程受到重视的程度与地方自杀率高低直接相关。比如,加利福尼亚州的自杀率在全美居高不下,这促使全加州有 41% 的公立学区开设了预防自杀课程,而全美国开设此类课程的学区仅占 15%。这种课程通常为 1 至 7 周,其中,老师要帮助学生了解自杀前的一些特征,告诉他们当朋友或自己处于不佳状态时,应该及时告诉长辈。在加州的林肯中学,教师在上预防自杀课时,往往会要求学生写一封信,劝导自己一个要自杀的朋友。而在洛杉矶联合学区,为七年级和十年级开设的健康教育课程中,要增加 2 至 8 课时的预防自杀课程,这些课程的内容主要涉及如何提高自尊、控制冲动和与人沟通的技巧等问题,有效降低了青少年的轻生和自杀几率。



Answer

- I. 1. make fun of
2. sadness
3. useless, having no value
4. from time to time
5. fact or evidence that helps to solve a problem
6. deal with, manage
7. go away from other people
7. worry, anxiety
- II. 9. If a person is always bothered by a sad feeling, it is important for him/her to communicate with an adult who can offer help.
10. If my friend shows signs of considering suicide, I will tell my concern to a trusted adult who is able to handle the problem as soon as possible. And I will stay and comfort him/her until the adult arrives.

4

Nutrition

营 养



营养是动物或植物摄取和利用食物过程的总和，对于动物，则典型地包括摄食、消化、吸收和同化。营养素是维持正常生命活动所必需摄入生物体的食物成分。现代营养学对于营养素的研究，主要是针对人类和禽畜的营养素需要。营养素分蛋白质、脂质、碳水化合物（糖类）、维生素和矿物质（无机盐）、水、纤维素六大类。

NUTRITION¹



Nutrition is the way that plants and animals take in food and use it for the growth and replacement of tissues. There are 50 **nutrients**² in foods that can be divided into six groups: **proteins**, **fats**, **carbohydrates**³, **water**, **vitamins**⁴, and **minerals**. Humans need a certain amount of these nutrients each day for bodies to work properly and to stay healthy.

Proteins are made up of chains that contain many links called amino acids. There are twenty amino acids. Some are broken down, to make energy for the body, and some are rearranged by the body into new proteins. The

main job of protein is to build working body tissues, but proteins are also used to form parts of muscle, hair, skin, nails, connective tissue⁵, and glands⁶.

Carbohydrates can be divided into two categories⁷: **simple carbohydrates** and complex carbohydrates. **Simple carbohydrates** are sugars, and complex carbohydrates are chains of sugars known as starches⁸. For example, sucrose⁹ or table sugar is considered a simple carbohydrate. The starch found in bread, noodles, potatoes, or rice is considered a complex carbohydrate, since it is made up of chains of sugars. When we eat carbohydrates, they combine with oxygen and release energy, so the body can function. Carbohydrates that have not been used up, in energy are stored in the body and turned into fat.

Water makes up more than half of the

human body. The body needs water to carry nutrients to cells, get rid of₄ waste materials, circulate¹⁰ blood, and control body temperature. In fact, all bodily functions depend on the presence of water. A person's body loses water during urination¹¹, perspiration¹², and breathing. Water lost must be replaced frequently with water found in foods and drinks. In order to ensure one is getting enough water—two to three quarts¹³ a day—a person must drink several glasses of water each day. This must be increased on warm days when one is active.

Minerals are natural substances from the earth's crust¹⁴. At least fourteen different minerals are necessary for human life. A balanced diet usually provides all the minerals a person needs. The body uses minerals in several ways. Some minerals, like calcium¹⁵ and phosphorous¹⁶, build teeth and bones. Phosphorus also helps build nerve and brain tissue. Iron builds red blood cells. Some minerals control the activities of cells and organs. Calcium is needed for muscles to function properly. Because the heart is a muscle, calcium is necessary for the heartbeat. The liquid in blood vessels must have sodium¹⁷ and potassium¹⁸ so the body's tissues and cells can work properly. Tiny amounts of other minerals, called trace¹⁹ **elements**, are also needed. The trace elements include cobalt²⁰, copper, magnesium²¹, manganese²², zinc²³, and iodine²⁴. The body needs such small amounts

of these minerals that it was once almost impossible for scientists to measure how much of them we need. But life cannot go on without these little traces of special minerals.

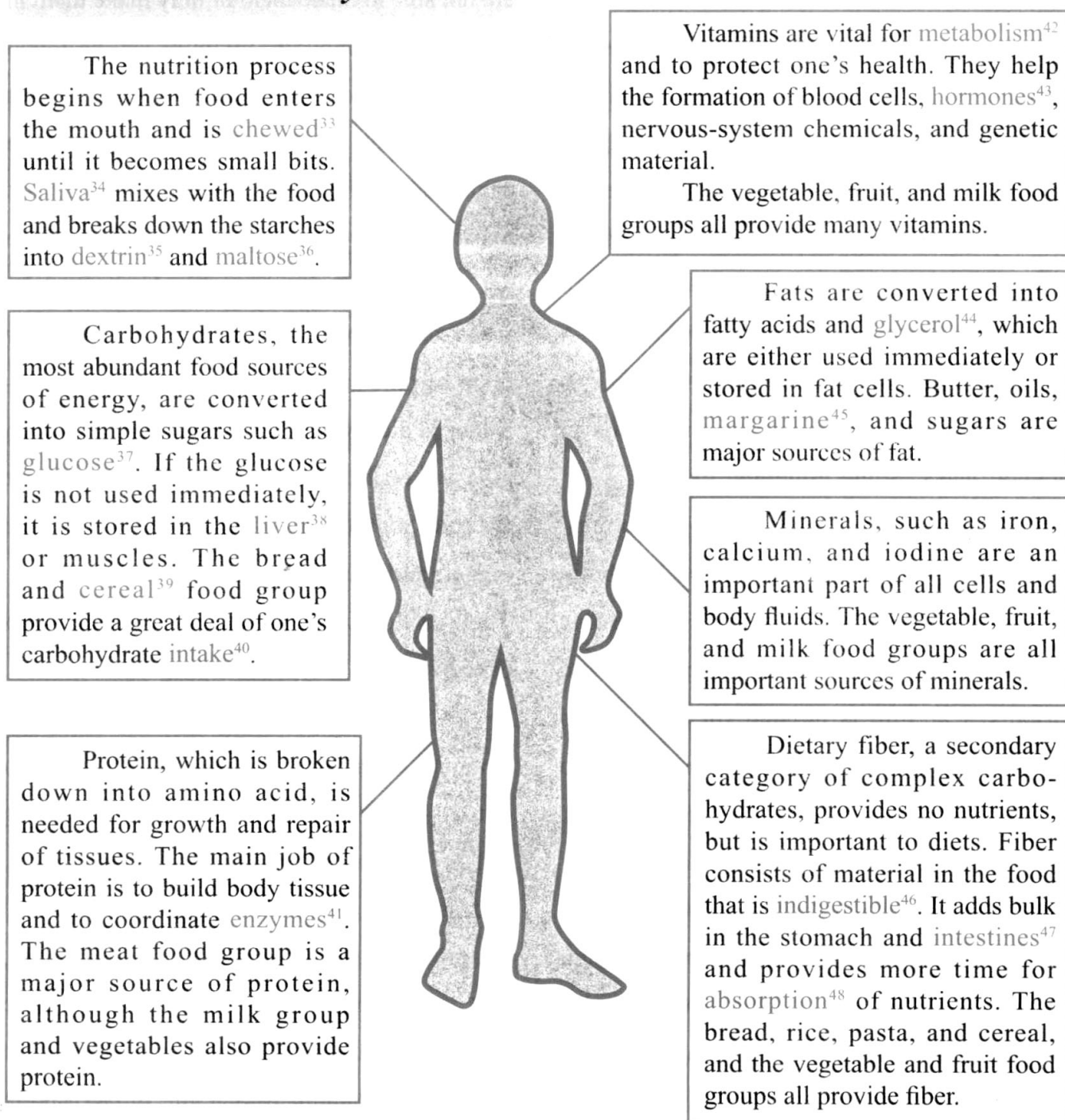
Vitamins are nutrients that are necessary for the body to stay healthy and alive. We must have vitamins in our diet because our bodies are not able to make them or only make them in insufficient²⁵ amounts. Vitamins can be found in various foods, and each vitamin performs a different job in the body. Since one vitamin cannot do another vitamin's job, it is important to eat a variety of foods in order for the body to get all of the vitamins it needs. Unfortunately, when many think of vitamins, they simply think of pills and capsules²⁶ instead of a well-balanced diet. Many believe that taking vitamin pills will make them stronger and healthier, but the truth is, vitamins can't make your muscle bigger, and they can't give you more energy. They can only return health to people who have been sick because of a poor diet.

Vitamins are needed in only small amounts, because each molecule of a vitamin is used again and again—over a billion times a day. They aren't needed on a daily basis, because they can last a very long time. Also, vitamins are so common in everyday foods, that it is actually very difficult to not have enough. So, it is unlikely that you need to get any of your vitamins from a pill. In fact, taking large doses²⁷ of certain vitamins can actually

make you sick.

Today, there are thirteen known vitamins, which are divided into two classes: fat soluble²⁸ and water soluble. Fat soluble vitamins dissolve²⁹ in fat and oils and are stored in body fat, while water soluble vitamins dissolve in water. The fat soluble vitamins are A, D, E, and K. The water soluble vitamins are biotin³⁰, pantothenic³¹ acid, folic³² acid, Vitamin C, and the Vitamin B family—B1(thiamine), B2(riboflavin), B3(niacin), B6(pyridoxine), and B12(cobalamin).

Nutrition and Your Body



Notes

本文选自美国中学六至八年级(相当于中国初一至初三年级)健康课本。



Vocabulary 新鲜酷词

1. nutrition [nju:'triʃən] *n.* 营养
2. nutrient ['nju:triənt] *n.* 营养物
3. carbohydrate [ˌka:bəʊ'haidreit] *n.* 碳水化合物
4. vitamin ['vaitəmin] *n.* 维他命
5. connective tissue 结缔组织
6. gland [glænd] *n.* 腺体
7. category ['kætigəri] *n.* 种类
8. starch [sta:tʃ] *n.* 淀粉
9. sucrose ['sju:krəʊz] *n.* 蔗糖
10. circulate ['sɜ:kjuleit] *v.* 循环
11. urination ['juərineɪʃən] *n.* 排尿
12. perspiration [ˌpɜ:spə'reiʃən] *n.* 出汗
13. quart [kwɔ:t] *n.* 夸脱
14. crust [krʌst] *n.* 地壳
15. calcium ['kælsiəm] *n.* 钙
16. phosphorous ['fɒsfərəs] *n.* 磷
17. sodium ['səʊdiəm] *n.* 钠
18. potassium [pə'tæsiəm] *n.* 钾
19. trace [treɪs] *n.* 微量
20. cobalt ['kəʊbɔ:lt] *n.* 钴
21. magnesium [mæg'ni:ziəm] *n.* 镁
22. manganese [ˌmæŋgə'ni:z] *n.* 锰
23. zinc [zɪŋk] *n.* 锌
24. iodine ['aiədi:n] *n.* 碘
25. insufficient [ˌɪnsə'fɪʃənt] *adj.* 不充足的
26. capsule ['kæpsju:l] *n.* 胶囊
27. dose [dəʊs] *n.* 剂量
28. soluble ['sɒljubl] *n.* 可溶的
29. dissolve [dɪ'zɒlv] *v.* 溶解, 分解
30. biotin ['baɪəti:n] *n.* 生物素
31. pantothenic [ˌpæntə'thenɪk] acid 泛酸
32. folic ['fəʊlɪk] acid 叶酸
33. chew [tʃu:] *v.* 咀嚼
34. salvia ['sælvɪə] *n.* 唾液
35. dextrin ['dekstri:n] *n.* 糊精
36. maltose ['mɔ:ltəʊs] *n.* 麦芽糖
37. glucose ['glu:kəʊs] *n.* 葡萄糖
38. liver ['lɪvə] *n.* 肝脏
39. cereal ['siəriəl] *adj.* 谷物的
40. intake ['inteɪk] *n.* 摄入
41. enzyme ['enzaim] *n.* 酶
42. metabolism [me'tæbəlaɪzəm] *n.* 新陈代谢
43. hormone ['hɔ:məʊn] *n.* 荷尔蒙
44. glycerol ['glɪsərɒl] *n.* 甘油
45. margarine [ˌmɑ:dʒə'ri:n] *n.* 人造奶油
46. indigestible [ˌɪndɪ'dʒestəbl] *adj.* 难消化的
47. intestine [ɪn'testɪn] *n.* 肠
48. absorption [əb'sɔ:pʃən] *n.* 吸收



Sentences 语句荟萃

1. take in 接受, 吸收

- 1) Fish *take in* oxygen through their gills.

鱼通过鳃呼吸。

- 2) The club *took in* a new member last week.

俱乐部上星期又吸收了一名新会员。

2. break down 分解, 瓦解

- 1) Firemen had to *break* the door *down* to reach the people trapped inside.

消防人员须破门而入, 才能抢救困在屋里的人。

- 2) Negotiations between the two sides have *broken down*.

双方谈判已经破裂。

3. use up 用完, 耗尽

- 1) Fossil fuel could be *used up* one day.

矿物燃料总有一天会用尽的。

- 2) Don't *use up* all the soap. Leave me some to wash with.

不要把肥皂用完了, 留一些给我洗。

4. get rid of 摆脱

- 1) The fat boy went on a diet to *get rid of* his excess weight.

这个胖男孩节制饮食以减轻过量的体重。

- 2) He can't *get rid of* the cold.

他的感冒老是好不了。



Exercise 牛刀小试

I. Blank Filling: Fill in the blanks according to the information given in the text.

1. Nutrition is the way that plants and animals take in _____ and use it for the growth and replacement of _____.
2. The nutrients in food can be divided into six groups: _____, _____, carbohydrates, water, _____ and _____.
3. Carbohydrates can be divided into two categories: _____ and _____.
When we eat carbohydrates, they combine with _____ and release _____ so the body can function.
4. A person's body loses water during _____, _____ and breathing.
5. The tiny amounts of minerals in human body, such as cobalt, copper or iodine, are called _____.

II. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

- _____ 6. Amino acids can be broken down to make energy for the body.
- _____ 7. The main job of carbohydrates is to build tissues.
- _____ 8. Table sugar belongs to complex carbohydrates.
- _____ 9. Water accounts for half of the human body.
- _____ 10. Calcium plays an important role in building teeth and bones.
- _____ 11. Potassium is a trace element in the human body.
- _____ 12. We need to take vitamin pills to get sufficient vitamins every day.
- _____ 13. Vitamin C is fat soluble vitamin.
- _____ 14. Meat is the major source of fat.

III. Comprehension Check: Answer the following questions according to the text.

15. What's the function of water in human body?

16. Why is dietary fiber important to diets?

参考译文

营 养

营养指的是动植物摄取养料用于组织发育和更新的方式。食物中的 50 种营养物质可划分为六大类: 蛋白质、脂肪、碳水化合物、水、维生素以及矿物质。人体每天必须摄入一定量的营养物质, 以保证机体正常的生命活动和健康状态。

蛋白质是由许多氨基酸链构成的分子链。人体内含有 20 种氨基酸, 其中一些通过分解产生能量, 另一些则通过重组产生新的蛋白质。蛋白质的主要功能在于制造人体组织, 人体的部分肌肉、毛发、皮肤、指甲、结缔组织和腺体也是由蛋白质构成的。

碳水化合物可以划分为两类: 简单碳水化合物和复杂碳水化合物。简单碳水化合物指的是糖类, 复杂碳水化合物则是指糖链即众人熟知的淀粉。例如, 蔗糖或是砂糖属于简单碳水化合物, 而面包、面条、土豆或是大米中含有的淀粉属于复杂碳水化合物, 因为它由糖链构成。人体摄入的碳水化合物会与氧气结合, 释放出机体活动所需的能量。未被消耗的碳水化合物则储存于体内, 转化为脂肪。

人体中水的含量超过人体重量的 50%。人体需要借助水来向细胞运送营养物质、清除废料、循环血液以及控制体温。实际上, 所有的人体功能都依赖于水的存在。人体中的水分在排尿、出汗、呼吸过程中流失, 因此必须通过汲取食物和饮料中的水分来不断补充体内水分的含量。为了确保身体能够获得 2 至 3 夸脱的充足水分, 我们必须每天饮入数杯水。当人体运动剧烈时, 水的摄入

量还应增加。

矿物质是地壳中的天然物质。人体至少需要 14 种矿物质来维持生命。均衡的膳食通常可以提供人体所需的全部矿物质。这些矿物质的功能各异。钙和磷可用于制造骨骼和牙齿, 磷还有助于神经和大脑组织的形成。铁是红细胞的重要成分。一些矿物质还可以控制细胞和器官的活动。钙是维持肌肉功能正常的必需元素, 因为心脏是由肌肉构成的, 钙有助于心脏的搏动。人体组织和细胞的正常活动离不开血液中的钠和钾。此外, 人体还需要钴、铜、镁、锰、锌、碘等微量元素。由于这些微量元素在人体内的含量极少, 科学家曾经几乎无法测量出它们在人体中所必需的含量。但是如果缺少了这些微量的特殊矿物质, 人的生命将无法延续。

维生素是人体保持健康和活力的必要营养物质。我们的膳食中必须含有维生素, 因为人体无法制造或是生产出足量的此类营养素。许多种食物中都含有维生素, 每种维生素的功能各不相同, 无法彼此取代, 所以我们必须摄入各类食物以保证身体能够获取所需的各种维生素。但不幸的是, 当提及维生素时, 许多人想到的是药片或是胶囊, 而不是均衡的饮食结构。他们相信服用维生素片可以使体格更为强壮健康, 但事实是维生素并不能促使你的肌肉健壮, 也无法为你提供更多的能量。它们只能让那些由于饮食不合理而生病的人群恢复健康。

人体所需的维生素含量较少, 因为每个维生

素分子可以被反复利用,一天可达 10 亿多次。人体无需每天补充维生素,因为它们可在体内长期存留。而且日常食物中富含的维生素很容易满足人体的需求,你根本无需再从药片中摄入。事实上大量服用某些维生素可引发人体疾病。

人类已经发现的 13 种维生素可以分为水溶

性和脂溶性两种。脂溶性维生素溶解于油脂中并在体内脂肪中蓄积,水溶性维生素则溶解于水中。脂溶性维生素包括维生素 A、维生素 D、维生素 E 和维生素 K。水溶性维生素有生物素、泛酸、叶酸、维生素 C 以及维生素 B 群。

营养物质和人体

营养过程开始于食物进入口腔并被咀嚼为细小部分的阶段。唾液与食物混合后将淀粉分解为糊精与麦芽糖。

碳水化合物是最为丰富的食物能量资源,它们能够转化为单糖,例如葡萄糖。如果葡萄糖没有被立即使用就会储存于肝脏和肌肉中。面包和谷物食品可以给人体提供大量的碳水化合物。

蛋白质可被分解为氨基酸,以满足生长和组织修复的需要。蛋白质的主要功能是制造人体组织并协调各种酶的作用。肉制品是主要的蛋白质来源,此外,奶制品和蔬菜也能提供一些蛋白质。

维生素是人体新陈代谢和维持身体健康过程中必不可少的营养物质,它们有助于血细胞、荷尔蒙神经系统内的化学物质以及遗传物质的形成。蔬菜、水果和奶制品可以提供多种维生素。

脂肪可以转变为脂肪酸和甘油,它们可被立即消耗或是蓄积于脂肪细胞中。黄油、食用油、人造奶油和糖是主要的脂肪来源。

铁、钙、碘等矿物质是所有细胞和体液的重要组成部分。蔬菜、水果和奶制品中富含矿物质。

膳食纤维是第二类复杂碳水化合物,它虽不能直接为人体提供营养物质,却是饮食的一个重要组成部分。纤维由食物中无法消化的物质构成,它能够增加胃和肠的容积,延长营养物质的吸收时间。面包、大米、通心粉、谷物以及蔬菜和水果类食物都能为人体提供纤维。

“美”事一桩

美国人的一日三餐

美国人的一日三餐讲求的是简单、方便以及科学合理的营养搭配,他们一般不在食物精美细致上下工夫。早餐时间一般在 8 点左右。一顿简单的早餐可能是果汁、牛奶、麦片、烤面包及咖啡,丰盛些的也可能有薄煎饼、玉蜀黍片、香肠、火腿和各种做法的鸡蛋。午餐时间通常在中午 12 点至 1 点,有时还会再迟一点。午餐是最为简单的一餐,通常是三明治、汉堡、热狗或是几片土司,外加一杯饮料,因为对



于大多数上班族来说,午休时间总是很紧张,草草吃一点东西就得立刻回到办公室继续工作了。晚餐则是美国人最为注重的一餐,在傍晚6时左右开始,常吃的主菜有牛排、猪排、炸鸡、火腿、烤羊排等,随主菜吃的有蔬菜、面包、黄油、米饭、面条等。多数美国人喜欢饭后吃一道甜食,如蛋糕、家常小馅饼或冰激凌等,最后再喝一杯咖啡。

相关链接:

<http://you.video.sina.com.cn/b/17233676-1274745384.html> (新的美国饮食健康观念)

Answer

I. 1. foods, tissue 2. proteins ,fats, vitamins, minerals

3. simple carbohydrates, complex carbohydrates, oxygen, energy

4. urination, perspiration 5. trace minerals

II. 6. true 7. carbohydrate→protein

8. complex carbohydrate→simple carbohydrate

9. half→more than half 10. true

11. is→is not 12. need→don't need

13. fat soluble→ water soluble 14. fat→protein

III. 15. The water can help human body carry nutrients to cells, get rid of waste materials, circulate blood, and control body temperature.

16. Because it dietary fiber can add bulk in the stomach and intestines and provide more time for absorption of nutrients.

Alcohol

5

酒



酒的化学成分是乙醇,也含有微量的杂醇和酯类物质。食用白酒的浓度在60度(即60%)以下,白酒经分馏提纯至75%以上为医用酒精,提纯到99.5%以上为无水乙醇。酒是以粮食为原料经发酵酿造而成的。

ALCOHOL¹



People consume alcohol in three primary kinds of beverages²: **beer**, which is made from grain; **wine**, which is made from fruits; and **spirits**³, which are distilled⁴ beverages such as whiskey, vodka⁵, and gin⁶. All of these drinks can become addictive⁷, and while a few drinks will not harm most people, excessive⁸ alcohol can cause many health problems, including premature⁹ death.

How alcohol affects a person depends on many factors¹⁰. A small amount of alcohol consumed over a long period of time will

have little noticeable affect. As the amount of alcohol is increased and the time between drinks shortened, the effects of the alcohol, such as slurred¹¹ speech, impaired¹² movements, senses, and judgment, become apparent. If a drinker is heavy, the alcohol is absorbed¹³ more slowly, and the effects of the alcohol occur more slowly than if the drinker is thin. If there is food in the stomach, the absorption rate of the alcohol is also slowed. Finally, each person is different and metabolizes¹⁴ the alcohol at a different rate. All of these factors work together to determine how quickly alcohol enters the blood stream.

Alcohol passes through the stomach and is absorbed through the walls of the intestines into the bloodstream. The blood carries the alcohol to the various organ systems of the body, where it is absorbed. Small amounts are processed through the lungs¹⁵ and exhaled¹⁶

in the breath. If you have ever been close to someone who was drinking heavily, you probably have been able to smell the alcohol being exhaled. Most of the alcohol, however, is absorbed by the liver.

Heavy drinking of alcohol is associated¹⁷ with many health problems. Doctors have seen the devastating effects of excessive drinking on the major organ systems of the human body. These effects accumulate¹⁸ over the years and can be fatal¹⁹.

The bad effects of drinking alcohol do not only occur over a long period of time; there are short-term effects as well. Alcohol muddles²⁰ the manner in which the brain works, making it difficult for the drinker to remember, think, pay attention, or learn. Just five drinks or more at one time affects a person's abstract thinking skills for almost a month, even if the person doesn't have another drink. Of course, if the person drinks more than five drinks, then

abstract thinking is affected even more. What this means is that if a student drinks heavily on a weekend, his/her ability to analyze problems, compare concepts, and be creative will be impaired for a month. If he/she drinks every weekend, then he/she is never working up to his/her full potential²¹. Once the student stops drinking, however, his/her abstract thinking returns to normal after a month.

This muddling of the brain is also the reason why alcohol contributes to accidents on the highway²², at the workplace, or at home. People who are under the influence of alcohol cannot react as quickly because their brain activity is slowed by the alcohol. Therefore, they cannot safely operate vehicles and machines or sometimes even walk through their homes without hurting themselves. Alcohol-related traffic accidents are a major cause of death and injury for both those drinking and for innocent²³ victims on the road.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）健康课本。



Vocabulary 新鲜酷词

1. **alcohol** ['ælkəhɒl] *n.* 酒, 酒精
2. **beverage** ['bevərɪdʒ] *n.* 饮料
3. **spirit** ['sprɪt] *n.* 烈酒
4. **distill** [dɪs'tɪl] *vt.* 蒸馏, 提取
5. **vodka** ['vɒdkə] *n.* 伏特加

6. **gin** [dʒɪn] *n.* 杜松子酒
7. **addictive** [ə'dɪktɪv] *adj.* (使人)上瘾的
8. **excessive** [ɪk'sesɪv] *adj.* 过量的
9. **premature** ['premə,tʃuə] *adj.* 过早的
10. **factor** ['fæktə] *n.* 因素

11. **slur** [slɜː] *v.* 含糊不清地发音

12. **impair** [ɪm'peə] *v.* 损害, 削弱

13. **absorb** [əb'sɔːb] *vt.* 吸收

14. **metabolize** [mɪ'tæbəlaɪz] *v.* 新陈代谢

15. **lung** [lʌŋ] *n.* 肺

16. **exhale** [eks'heɪl] *v.* 呼出

17. **associate** [ə'səʊʃieɪt] *vt.* 使联系

18. **accumulate** [ə'kju:mjuleɪt] *v.* 积累

19. **fatal** ['feɪtəl] *adj.* 致命的

20. **muddle** ['mʌdl] *vt.* 使糊涂

21. **potential** [pə'tenʃəl] *n.* 潜能

22. **highway** ['haɪweɪ] *n.* 公路

23. **innocent** ['ɪnəsənt] *adj.* 无辜的



Sentences 语句荟萃

1. **be associated with** 与……有关系

1) Whisky *is usually associated with* Scotland.

人们常把威士忌同苏格兰联系起来。

2) There *are* many serious health hazards *associated with* drinking.

许多严重的疾病都与饮酒有关。

2. **be up to** 达到, 无愧于

1) Michael *is not really up to* the job.

迈克尔确实不胜任那项工作。

2) Our football team played *up to* its best in the last League matches.

我们的足球队在上届联赛中发挥了最高水平。

3. **contribute to** 导致, 有助于

1) Does smoking *contribute to* lung cancer?

吸烟会导致肺癌吗?

2) Honesty and hard work *contribute to* success and happiness.

诚实加苦干有助于成功和幸福。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Alcohol is considered to be _____.

A. just another beverage

C. not a big deal

B. addictive

D. good for anybody

_____ 2. Which part of human body absorbs most of the alcohol?

A. Stomach

C. Liver

B. Lung

D. Intestine

_____ 3. What determines the absorption rate of alcohol?

A. Amount of alcohol consumed.

C. Amount of food in the stomach.

B. Weight of the drinker.

D. All of the above.

_____ 4. How does alcohol affect the brain?

A. There is no effect.

C. Slows down the brain activity.

B. Makes thinking clearer.

D. Stimulates brain reaction.

II. Comprehension Check: Answer the following questions according to the text.

5. Why is it dangerous to drive after drinking alcohol?

参考译文

酒

人们喝的含酒精的饮料主要有三种：谷物制成的啤酒、水果酿造的果酒以及蒸馏提取的烈性酒，例如威士忌、伏特加、杜松子酒等。这些酒都能使人上瘾。少量饮酒不会对大多数人造成危害，

但是饮酒过量可引发多种健康问题，甚至早逝。

酒精对人体的影响程度取决于众多因素。小酌些许基本不会对人体产生明显影响。但随着饮酒量和饮酒频率的增加，语言含糊、步履踉跄、神

智不清等酒精作用表现得愈加明显。如果饮酒者较为肥胖,其体内酒精的吸收及作用速度较之体轻者更为缓慢。倘若胃中有食物,酒精的吸收速度也会下降。此外,酒精在人体内的代谢速度也因人而异。以上这些因素共同决定了酒精进入血流的速度。

酒精经由胃部后通过肠壁吸收进入血流。血液将酒精运送至各器官系统,由身体吸收。少量的酒精进入肺部后通过呼吸排出体外。如果你曾靠近过那些酒醉的人,你肯定闻到过他们呼出的酒气。但是,大部分酒精会被肝脏吸收。

酗酒通常与许多疾病联系一块。医生已经见证过度饮酒对人体主要器官造成的严重伤害。这些危害作用日积月累,最终可能威胁生命。

饮酒可对人体造成长期或短期的不良影响。酒精能扰乱大脑的工作方式,对饮酒者的记忆力、

思维、注意力和学习能力造成障碍。一次性饮酒5瓶以上可对个人抽象思维能力造成近一个月的影响,即便在此阶段滴酒未沾。当然,如果饮酒量越多,负面作用也就越大。这意味着一名学生如果在周末酗酒,那么在接下来的一个月内,他/她的分析、比较和创造能力都会下降。倘若每周末都喝酒,他/她将始终无法充分发挥他/她的潜能。停止饮酒后一个月后,他/她的抽象思维能力又可恢复正常。

酒精对于大脑的扰乱作用也常导致交通、工作、家庭等意外事故的发生。醉酒的人无法作出快速反应,因为他们的大脑活动在酒精的作用下减缓。因此,他们无法安全操控车辆和机器,有时即便是在家中行走也可能受到意外伤害。酒后驾车造成的交通事故是导致司机和无辜行人死伤的主要原因。

“美”事一桩

美国的禁酒史

美国是一个移民国家,基于早期移民的清教徒背景,美国曾经是禁酒倾向最强烈的西方国家之一。1919年1月16号,美国国会通过了第18个宪法修正案,规定自次年起,制造、贩卖和运输酒类属于违法行为。然而,在禁酒令的执行过程中产生了许多问题。在禁酒时期,大量的酒从加拿大、欧洲大陆以及沿海群岛走私进入美国,犯罪团伙从中牟取暴利,形成了制造、贩运、销售私酒的庞大集团。此外,人们持有医生开的处方就可以买到威士忌。尽管处方上说明威士忌只能用于医疗,其他所有用途都是非法,但医生开具这种处方非常随意,因此美国各地需要用威士忌治病的“患者”数量急剧增长,成为当时具有强烈戏剧性的现象。

由于执行禁酒令的开支很大,同时政府又损失了来自酒类的税收,当时的国库受到很大影响。面对种种



Alkoholverbot
gilt auf dem
gesamten
Schulgelände

问题,美国国会终于在 1933 年 12 月通过第 21 个宪法修正案,宣布解除禁酒令。尽管禁酒时期早已成为历史,美国对酒类产品的流通管理至今仍旧非常严格。法律条文规定只有年满 21 岁的人才具备买酒的资格,啤酒也不例外,因此到商店买酒必须出示注明出生年月的相关证件。商家必须取得卖酒执照才能进行酒类产品的销售,烈性酒只能在专门的商店出售,餐馆供应烈性酒也必须申请专门执照。

相关链接:

<http://www.mtime.com/movie/11319/plots.html> (电影《美国往事》影评资讯)

Answer

I. 1. B 2. C 3. D 4. C

II. 5. Because alcohol will slow reaction time and impair judgment and coordination, which are all skills needed to drive a car safely.

Environmental Safety: Preparing for the Worst

6

环境安全：做好最坏的打算



飓风、暴风雪、龙卷风或是雷雨等自然灾害随时都可能对你的安全造成威胁。尽管你无法控制这些风暴带来的损害，但是你可以采取一些措施来使自己和家人免受伤害。

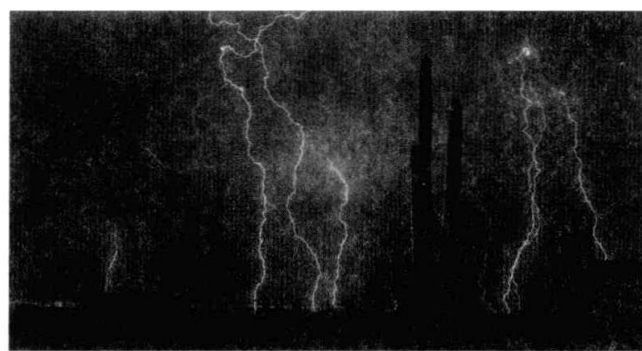
ENVIRONMENTAL SAFETY: PREPARING FOR THE WORST

No matter where you live in the world, your area may be subjected to some kind of natural disaster. Whether it be a hurricane¹, a blizzard², a tornado³, or a thunderstorm, your safety may be threatened. Although you cannot control the damage done by these storms, you can help protect yourself and members of your family from harm by following some basic guidelines⁴ for safety.

Thunderstorms: Dynamite⁵ in the Sky

A **thunderstorm**, or electrical storm, is simply a rainstorm with severe lightening. More people are killed each year by lightning

than by hurricanes or tornadoes, largely because they do not feel as threatened by



lightning. It has been falsely said that lightning never strikes in the same place twice. In a one-year period alone, however, the Empire State Building in New York City was recorded to have been struck by lightning 48 times! This can be attributed to the fact that lightning is attracted to the highest object in an area, such

as a building, a tree, or even a person or an animal if one is standing on a flat, unprotected area.

Seeking Shelter



Lightning is attracted to raised objects, and metal is a good **conductor**⁶ of electric current; therefore, it is dangerous to carry an umbrella in a thunderstorm. As soon as you hear the **rumble**⁷ of thunder and see dark clouds forming, you should find a place of shelter to avoid being caught in the rain. You should also stay away from metal objects, such as fishing **rods**⁸, bicycles, wire **fences**⁹, and railroad tracks. Because water is another good conductor of electricity, you should leave the area immediately if you are in or anywhere near water. If lightning strikes near water, the **electric charge**¹⁰ is powerful enough to harm anyone in that body of water.

When seeking shelter during a thunderstorm, try to get inside a building or into a car. If there is no building or car nearby,

you can still be safe if you remain calm and remember some important safety rules. Stay away from high ground and tall objects. Even if you are not struck by lightning yourself, you can be shocked or **electrocuted**¹¹ by the electric charge running through the ground away from an object that is struck nearby. If you are on flat, open ground, you should drop to your knees and bend forward, **curling**¹² up in a ball. Your main objective is to avoid being the tallest object around. Do not lie down since doing so will cause your body to cover a larger area and thus provide a wider target for lightning to strike.

Electrical Evasion¹³

If you are inside a building during a thunderstorm, you should stay away from windows and **unplug**¹⁴ electrical items. If possible, avoid using anything electrical during a thunderstorm. If you feel your skin **tingling**¹⁵ or your hair standing on end, lightning may **be about to**, strike you. Quickly **crouch**¹⁶ down and curl up.

Your parents probably have a **flashlight**¹⁷ to use **in case of**, a power failure. You should know where the flashlight and fresh **batteries**¹⁸ are kept so you will be able to find them during a storm. If you have above-ground telephone cables, these could be struck by lightning as well. Therefore, you should avoid using a **corded**¹⁹ telephone during a storm.

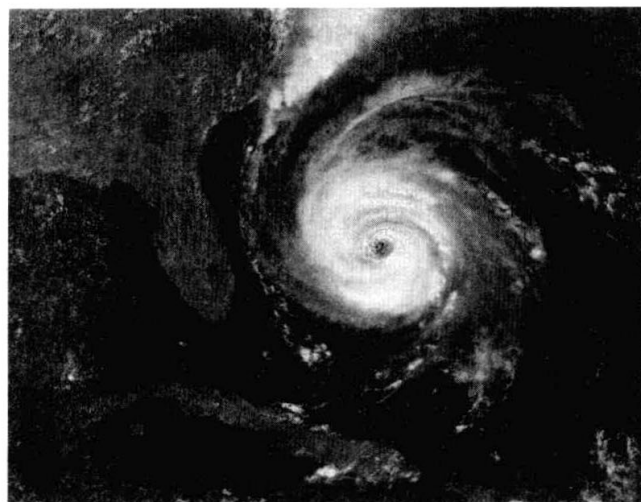
Live-wire Avoidance

After a storm, stay away from any wires or cables that have been blown down. They could be “live” wires (wires carrying electric current). Contact between a live wire and a house or tree could start a fire in a matter of minutes. Also, a live wire will shock or possibly electrocute any animal or person that comes into contact with it. Any power line that is blown down or knocked over should be reported as soon as possible.

Hurricanes: Whirling²⁰ Cyclones²¹ of the Sea



A **hurricane** is a natural disaster that you can usually prepare for in advance₅. If you live in an area subjected to hurricanes, keep up with₆ daily weather reports during the hurricane season (from June 1 to November 30) so that you will know if a hurricane is heading for₇ your area. Since a hurricane can cause extensive damage, it is important to be prepared for a power outage²² that could interrupt electricity, plumbing²³, and telephone services. Your family should keep a battery-



powered radio (with plenty of fresh batteries) so that you can stay informed on the progress and direction of the hurricane and follow any safety instructions given. If your town is in the projected path of such a storm, you may be advised to evacuate²⁴ the area until the danger has passed.

Tornadoes: Twisting²⁵ Towers of Destruction

Each year, more than 1,000 **tornadoes** occur in the United States alone. Many of these “twisters” have the power to destroy entire towns. The greatest protection from tornadoes is found underground; in area where tornadoes are especially frequent, many houses have underground basements²⁶.

If you are caught outside during a tornado, run as quickly as you can to the nearest cellar²⁷, cave, or other underground area and stay low. If shelter is too far away, you should lie in a ditch²⁸ or another low-lying area where you can avoid dangerous flying debris²⁹ (pieces of broken objects).

Because tornadoes are so destructive and can occur with little or no warning, many schools, as well as homes, in tornado-prone³⁰ areas have regular “tornado drills³¹” so that residents will be prepared for such an emergency. Students are instructed to crouch low in a central hallway³² away from windows and doors and to clasp³³ their hands over their heads to further protect themselves.

Earthquakes: Terrestrial³⁴ Tremors³⁵

Earthquakes usually occur suddenly and unexpectedly. Staying calm and using

commonsense³⁶ will help keep you safe in this kind of disaster. If you are inside during an earthquake, stay away from any windows, glass, or loose objects. Preferably, get in a doorway or under a desk to avoid getting hit by falling debris.

If you are outside, stay away from any electrical lines. You should move quickly to an open area away from buildings, but do not run. Running could cause you to stumble³⁷ or fall and may result in an unnecessary injury.

Notes

本文选自美国中学六年级（相当于中国初一年级）安全与急救课本。



Vocabulary 新鲜酷词

- | | |
|---|--------------------------------------|
| 1. hurricane ['hʌrɪkən] n. 飓风 | 14. unplug [ʌn'plʌg] vt. 拔去……的插头 |
| 2. blizzard ['blɪzəd] n. 暴风雪 | 15. tingle ['tɪŋɡl] v. 感到刺痛 |
| 3. tornado [tɔ:'neɪdəʊ] n. 龙卷风 | 16. crouch [kraʊtʃ] v. 蹲伏 |
| 4. guideline ['gaɪdlaɪn] n. 指导方针, 准则 | 17. flashlight [flæʃlaɪt] n. 手电筒 |
| 5. dynamite ['daɪnəmaɪt] n. 炸药 | 18. battery ['bætəri] n. 电池 |
| 6. conductor [kən'dʌktə] n. 导体 | 19. cord [kɔ:d] vt. (用绳子等)连接 |
| 7. rumble ['rʌmbl] n. 隆隆声 | 20. whirl [wɜ:l] v. 回旋, 旋转 |
| 8. rod [rɒd] n. 竿 | 21. cyclone ['saɪkləʊn] n. 气旋, 旋风 |
| 9. fence [fens] n. 栅栏, 围栏 | 22. outage ['aʊtɪdʒ] n. (电、煤气、水等的)断供 |
| 10. electric charge 电荷 | 23. plumbing ['plʌmɪŋ] n. 管道设备 |
| 11. electrocute [ɪ'lektrekju:t] vt. 使触电死亡 | 24. evacuate [ɪ'vekjueɪt] v. 撤离 |
| 12. curl [kɜ:l] v. 卷曲, 蜷缩 | 25. twist [twɪst] v. 盘绕, 旋转 |
| 13. evasion [ɪ'veɪʒən] n. 躲避 | |

26. **basement** ['beɪsmənt] *n.* 地下室

27. **cellar** ['selə] *n.* 地窖

28. **ditch** [dɪtʃ] *n.* 壕沟

29. **debris** ['deɪbri:] *n.* 碎片

30. **prone** [prəʊn] *adj.* 有……倾向的

31. **drill** [drɪl] *n.* 操练

32. **hallway** ['hɔ:lwei] *n.* 门厅, 过道

33. **clasp** [klæsp] *v.* 紧抱; 紧握

34. **terrestrial** [tə'restriəl] *adj.* 地球的

35. **tremor** ['tremə] *n.* 震颤

36. **commonsense** ['kɒmən'sens] *n.* 常识

37. **stumble** [stʌmbl] *v.* 绊倒



Sentences 语句荟萃

1. **be subjected to** 经受, 遭受

1) The land *was subjected to* perpetual warfare.

在这块土地上, 战争连绵不断。

2) Astronauts *are subjected to* all kinds of tests before they are actually sent up in a spacecraft.

宇航员在真正乘太空飞船升空之前都要经历各种测试。

2. **attribute to** 归因于

1) She *attributes* her success *to* hard work and a bit of luck.

她将自己的成功归于勤奋加上一点运气。

2) The car accident *was attributed to* faulty brakes.

这起汽车事故起因于刹车不灵。

3. **be about to** 将要, 正打算

1) As she *was about to* speak, I frowned her down.

她刚要开口, 我就皱皱眉示意她别出声。

2) She *was about to* dish up when some guests came.

她刚要上菜开饭, 这时来了一些客人。

4. **in case of** 假如, 如果发生

1) *In case of* fire, open this safety door.

一旦发生火灾就打开这扇安全门。

2) *In case of* flood, the dam can protect us.

万一发洪水, 大堤可以保护我们。

5. in advance 事先, 预先, 提前

1) Before visiting him, I called him up *in advance*.

在拜访他之前, 我先打电话给他。

2) As long as you've paid *in advance* we won't charge you for delivery.

只要你预先付款, 我们就不收你送货费。

6. keep up with 跟上

1) She likes to *keep up with* the latest fashions.

她喜欢穿戴入时。

2) I can't *keep up with* all the changes in computer technology.

计算机技术的各种改进有些我已跟不上了。

7. head for 朝……方向走去

1) He *headed straight for* the bar.

他径直朝酒吧走去。

2) The ship left the island and *headed for* the mainland

那条船驶离该岛, 向大陆驶去。



Exercise 牛刀小试

I. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

_____ 1. More people are killed each year by hurricanes than by lightening.

_____ 2. An earthquake can be well prepared for in advance.

_____ 3. Lightening never strikes in the same place twice.

_____ 4. Stay away from wires that have been blown down in a storm.

_____ 5. Lie down when you can't find any shelter in the thunderstorm.

- _____ 6. Some tornadoes have the power to destroy an entire town.
- _____ 7. Lightening is attracted to raised objects.
- _____ 8. You should run quickly to an open air when earthquake happens.

II. Multiple Choices: Put the letter representing the correct answer in the blank.

- _____ 9. What should you do if you are inside a building during a thunderstorm?
- A. stay away from windows C. avoid using anything electrical if possible
- B. unplug electrical items D. all of the above
- _____ 10. Hurricane occurs in the following month except _____.
- A. June C. August
- B. May D. October
- _____ 11. Which place is NOT the shelter you should seek for during a tornado?
- A. ditch C. basement
- B. open area D. cave
- _____ 12. What should NOT be done during an earthquake?
- A. keep calm C. place large items in high places
- B. stay away from windows D. take shelter

参考译文

环境安全：做好最坏的打算

无论身处何方，你的家园都可能遭遇一些自然灾害。飓风、暴风雪、龙卷风或是雷雨都可能对你的安全造成威胁。尽管你无法控制这些风暴带来的损害，你可以根据一些基本的安全准则来使自己和家人免受伤害。

雷雨：空中的炸药

雷雨或是雷电雨指的就是伴有剧烈闪电的暴风雨。每年因闪电死亡的人数超过飓风或龙卷风

中遇难者的人数，主要原因在于他们忽视了闪电的威力。人们误以为闪电不可能两次击中同一位置。但据记载，仅在一年之内，纽约的帝国大厦连续遭闪电袭击 48 次！原因在于闪电通常被吸引至一个区域内的最高物体上，例如建筑物、树木甚至是站立于空旷平地的人或者动物。

寻找躲避处

高耸的物体通常能吸引闪电而且金属是很好

的电流导体,因此在雷雨天撑伞很危险。只要听到隆隆的雷声,看见乌云开始聚集,你就应该找一处躲雨的地方。此外,你还应远离鱼竿、自行车、电网、铁轨等金属物体。水是另一种良好的电流导体,如果此刻你正在水中或是靠近水域,那么应立即离开。倘若闪电击中水域附近区域,释放的电荷则足以击伤该水域中的任何人。

在雷雨中找寻庇护处时,应尽量选择躲入建筑物或是车辆内。如果附近没有建筑物或是车辆,那么如果你保持镇静并记得一些重要的安全法则,也可以幸免于难。首先必须远离较高地势和高耸物体,因为即使你没有被闪电击中,也可能因为触及周围已被闪电击中的物体通过地面释放出的电荷而遭电击甚至死亡。如果此刻正处于空旷的平地,你应该跪地前倾,蜷缩成球状,避免成为该处的最高点。不要躺在地上,因为这么做会增加你的身体覆盖面积,从而为闪电提供更大的袭击目标。

躲避电击

如果雷雨时你正在室内,那么你应该远离窗户,并拔下所有电器的插头。尽可能避免在雷雨天使用任何带电物品。你若感到皮肤刺痛或是头发竖起,那么闪电可能将要击中你。赶快蹲下并蜷拢。

你的父母也许准备好了一只手电筒以防停电状况发生。你应该清楚手电筒和备用电池的存放位置,以备不时之需。户外的电话线也可能被闪电击中,因此,雷雨天应避免使用接线电话。

避开带电的电线

雷雨过后,应远离被刮落的电线或电缆。它们可能是“火”线(带电的电线)。如果与房屋或

是树木接触,它们有可能瞬时引发火灾。人或动物与之触碰也可能被电击甚至致死。发现任何被刮落或是压垮的电线,应尽快报道。

飓风:海上回旋的旋风

飓风是一种可以提前做好预防工作的自然灾害。你若生活在飓风常发地带,那么你应该在飓风季节(6月1日至11月30日)每天关注天气预报,了解飓风是否会在你的居住地登陆。由于飓风的破坏范围极广,为能源断供做好准备十分必要。电力、管道供应以及电话服务都可能由于飓风的到来而中断。家中应备有电池供电的收音机以及充足的备用电池,以便随时了解飓风的动态,按照安全指示采取必要措施。如果你的居住地正处于飓风的预计路径内,你最好撤离此地,直到危险过去。

龙卷风:毁灭的旋转塔

每年仅在美国就会发生超过1000次龙卷风。大多数旋风可以摧毁整片村庄。躲避龙卷风的最好地方是地底下,因此在龙卷风的多发地,许多家庭都拥有地下室。

如果龙卷风发生时你正好在户外,那么尽快跑到最近的地窖、洞穴或是其他位于地下的场所,然后保持低体位。倘若躲避处离得太远,那么找个壕沟或是其他地势较低的地方躺下,这样你可以避开空中飞旋的危险碎片。

由于龙卷风的危害极大,而且发生前几乎没有任何征兆,许多处于龙卷风多发地带的学校和家庭都会定期进行“龙卷风演习”,以便随时做好应对突发状况的准备。教师会指导学生蹲伏于远离门窗的中间过道,双手抱头,进一步保护自身。

地震：地球的震颤

地震的发生通常很突然。保持镇静并发挥常识的作用可以帮助你获得安全。如果地震时你在室内，那么远离窗户、玻璃或是松动的物体，最好能够靠近门道或是躲于桌下，避免被

落下的碎物砸伤。

倘若你在户外，那么远离电线。尽快离开建筑群，转移至空旷地带，但是不要奔跑。因为奔跑可能使你绊倒或是摔跤，造成不必要的损伤。

“美”事一桩

飓风——伤害美国最重的天灾

从气象学上区分，发生在大西洋及北太平洋西部的热带气旋被称为飓风。据美国国家海洋与大气管理局 (NOAA) 介绍，大西洋飓风是对美国伤害最为严重且最为频繁的自然灾害。风季从每年 6 月 1 日持续至 11 月 30 日，其中 8、9 两月份最为活跃。飓风季节平均产生 10 次热带风暴，其中 6 次发展成飓风，2 次风速至少达到每小时 177 公里，被列为大型风暴。美国的大西洋沿岸和一些中部地区是飓风多发区域，多年来几乎每年都有飓风发生。这些飓风对当地居民的生命财产和生活造成了巨大威胁，其中 2005 年 8 月发生的卡特里娜飓风是美国历史上最为严重的自然灾害之一。她将美国南部 3 个州刮了个天翻地覆，大量的树木被拦腰斩断或连根拔起，无数的建筑物遭破坏，被摧毁，数千人丧生和失踪，数十万美国普通民众无家可归，其暴烈程度为美国数十年来所罕见。此次飓风造成的经济损失更高达上百亿美元。



相关链接：

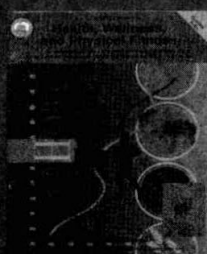
<http://v.ku6.com/show/g-9357JmesU2wzOl.html> (discovery 纪录片：《大自然发飙之飓风》)

Answer

- I. 1. more→less 2. can→can not 3. never strikes→will strike
4. true 5. Lie down→Don't lie down 6. true
7. true 8. run→move
- II. 9. D 10. B 11. B 12. C

Cancer

癌症



国内外医学界已经证实,人类 80%~90%以上的癌症与外部环境因素相关,也就是人类生活环境中的物理、化学和生物因素与癌症的发生密切相关。环境的不良侵害会受到人体防护系统的缓冲或抵抗,其作用能被消除或减弱。当致癌因素过强或累积效应过大,而人体存在免疫功能不足或身体修复功能有缺欠的情况下,就有可能发生癌症。人体可通过免疫系统抑制来消灭癌细胞,但是当人体内防癌能力减弱或被抑制,癌细胞就会继续增殖下去,形成临床可见的癌症。

CANCER

Cancer is not one disease, but a group of related diseases that begin as a single cell that grows and multiplies¹ uncontrollably and eventually forms a lump² or mass called a tumor³. While most cancers develop into tumors, not every tumor is cancer. The tumors that are cancer are called malignant⁴ tumors. The tumors that are not cancer are called benign⁵ tumors. What makes malignant tumors so deadly is their ability to spread to healthy cells beyond the site of origin.

Like heart disease, cancer does not have one cause. There are a number of factors that contribute to its development. Heredity⁶, diet, gender, viruses⁷, radiation, chemicals, environmental factors, and immune⁸ system deficiency⁹ are all involved in the development and progression¹⁰ of cancer.

Cancer is the second leading cause of death in the United States. The types of cancer that cause the largest number of deaths in the United States are lung cancer, colorectal¹¹ cancer, breast¹² and uterine¹³ cancer in women, and prostate¹⁴ cancer in men. The most common cancer is cancer of the skin.

Detection¹⁵ and Diagnosis¹⁶

Early diagnosis of cancer is important. Here are the seven danger signs of cancer:

- ◎ A sore¹⁷ that does not heal
- ◎ Change in bowel¹⁸ or bladder¹⁹ habits
- ◎ Unusual bleeding or discharge²⁰
- ◎ Thickening lump in breast or elsewhere
- ◎ Obvious change in a wart²¹ or mole²²
- ◎ Indigestion or difficulty in swallowing
- ◎ Nagging²³ cough or hoarseness²⁴

Treatment

The most common methods of treating cancer are surgery²⁵, radiation and chemotherapy²⁶. When surgery is used, all of the malignant cells, as well as the tissue that might become malignant, are removed during a surgical operation. Many cancers are too advanced to be treated by surgery, or their location may make surgery impractical. When this occurs, another treatment must be used. Radiation therapy uses gamma rays and X-rays in order to kill the cancer. Radiation is beneficial when the location of a tumor is

where it cannot be removed because surgery would damage essential adjoining²⁷ tissue. Radiation is sometimes used in combination with surgery. It may shrink²⁸ the tumor and make surgery easier or possible. Chemotherapy is the use of drugs or chemicals to treat cancer. Since the drugs travel throughout the body, chemotherapy is most effective for tumors that have spread beyond the area accessible²⁹ by surgery or radiotherapy. Chemotherapy is also sometimes used in combination with₂ surgery or radiation.

Notes

本文选自美国中学六至八年级（相当于中国初一至初三年级）健康课本。



Vocabulary 新鲜酷词

- | | |
|---|------------------------------------|
| 1. multiply ['mʌltɪplaɪ] v. 繁殖, 增加 | 13. uterine ['ju:tərɪn] n. 子宫的 |
| 2. lump [lʌmp] n. 隆起, 肿块 | 14. prostate ['prɒsteɪt] n. 前列腺 |
| 3. tumor ['tju:mə] n. 肿瘤 | 15. detection [dɪ'tekʃən] n. 检测 |
| 4. malignant [mə'lɪgnənt] adj. 恶性的 | 16. diagnosis [daɪəg'nəʊsɪs] n. 诊断 |
| 5. benign ['bɪnaɪ] adj. 良性的 | 17. sore [sɔ:] n. 疮, 溃疡 |
| 6. heredity [hɪ'redɪtɪ] n. 遗传 | 18. bowel ['bauəl] n. 肠 |
| 7. virus ['vaɪərəs] n. 病毒 | 19. bladder ['blædə] n. 膀胱 |
| 8. immune [ɪ'mju:n] adj. 免疫的 | 20. discharge [dɪs'tʃɑ:dʒ] n. 排泄 |
| 9. deficiency [dɪ'fɪʃənsɪ] n. 缺陷, 缺失 | 21. wart [wɔ:t] n. 疣 |
| 10. progression [prə'greʃən] n. 发展 | 22. mole [məʊl] n. 痣 |
| 11. colorectal [kələ'rektəl] adj. 结肠直肠的 | 23. nagging ['næɡɪŋ] adj. 使人不得安宁的 |
| 12. breast [brest] n. 乳腺 | 24. hoarseness ['hɔ:snɪs] n. 嘶哑 |

25. surgery ['sɜ:dʒəri] *n.* 外科手术

26. chemotherapy [keməu'θærəpi] *n.* 化疗

27. adjoining [ə'dʒɔɪnɪŋ] *adj.* 邻近的

28. shrink [ʃrɪŋk] *v.* 使缩小

29. accessible [æk'sesəbl] *adj.* 可(或易)接近的



Sentences 语句荟萃

1. be/get involved in 涉及, 参与

1) He never *gets involved in* unprincipled disputes.

他从不介入无原则的争端。

2) She's *involved in* many extra-curricular activities, such as music, sport and drama.

她参加了许多课外活动, 如音乐、运动、戏剧。

2. in combination with 与……结合

1) The firm is working on a new product *in combination with* several overseas partners.

公司正在联合几家海外合伙人制造新产品。

2) The fleet is maneuvering *in combination with* the air unit.

舰队正在和航空进行部队联合演习。



Exercise 牛刀小试

I. Multiple Choices: Put the letter representing the correct answer in the blank.

_____ 1. Which of these is not a property of tumors?

A. They can spread to other parts of the body via the bloodstream and lymphatic system.

B. They can become large and put pressure on surrounding tissues and organs.

C. Their cells multiply in a controlled manner.

D. They are lump or mass formed by the multiplication of a single cell.

_____ 2. Surgery, chemotherapy and radiotherapy are all ways of _____.

A. treating cancer

C. causing cancer

B. detecting cancer

D. diagnosing cancer

_____ 3. Which is the most common cancer?

A. lung cancer

C. colorectal cancer

B. Breast cancer

D. skin cancer

II. True/False: If the statement is true write true. If the statement is false, replace the underlined word(s) with the word or phrase that will make the statement true.

_____ 4. Any sudden or progressive change in a mole's appearance could be an indication of skin cancer.

_____ 5. Certain types of cancer are genetic.

_____ 6. Chemotherapy is not the only treatment method for cancer.

_____ 7. There are no warning signs with cancer; illness tends to come on suddenly.

_____ 8. All tumors are cancer.

_____ 9. Chemotherapy uses gamma rays and X-rays in order to kill the cancer.

III. Comprehension Check: Answer the following questions according to the text.

10. Please state some factors that can contribute to the development and progression of cancer.

参考译文

癌症

癌症不仅指一种疾病,它涉及多种相关疾病。病发初期表现为癌细胞的逐渐成长并大肆增殖,最终形成隆起或是肿块,即肿瘤。尽管大多数癌症都会以肿瘤形式出现,并非所有肿瘤都是癌症的表现。癌瘤被称为恶性肿瘤,而非癌瘤则称为良性肿瘤。恶性肿瘤的致命杀伤力在于它能不断扩散至其他健康细胞。

类似于心脏疾病,癌症的病因有多种。许多因素都可诱发癌症。遗传、饮食、性别、病毒、辐射、化学物质、环境因素以及免疫系统缺陷都可能导致癌症的形成及恶化。

癌症是美国第二大死亡疾病。导致大量美国人丧命的癌症类型有肺癌、直肠癌、乳腺癌、子宫癌及前列腺癌。最常见的癌症类型是皮肤癌。

检测与诊断

癌症的早期诊断是十分重要的。以下是七大癌症危险信号:

- ◎ 溃烂处无法愈合
- ◎ 肠及膀胱性能改变
- ◎ 非正常性出血或排泄

- ◎ 乳房或是身体其他部位出现肿块
- ◎ 疣或痣出现显著变化
- ◎ 消化不良或吞咽困难
- ◎ 咳嗽频繁或声音嘶哑

治疗

最常用的癌症治疗方式有外科手术、放射治疗及化疗。使用手术治疗时,所有的恶性细胞以及已被侵入的恶性组织都在手术中被切除。但是当癌症已经恶化至手术无法根除或是癌细胞扩散至手术无法进行的部位时,必须使用其他治疗手段,放射治疗使用 γ 射线和X射线来杀死癌细胞。当手术有可能破坏临近肿瘤的其他组织时,放射治疗是有益的,此疗法也可与手术同时使用,它能缩小肿瘤体积,使得手术更加容易并提高手术成功率。化疗是使用药物或化学物质来治疗癌症的手段。由于药物可在人体能运行,化疗对于肿瘤已经扩散至手术或是放射治疗无法接近区域的癌症患者最为有效。该疗法亦可与手术或是放疗同时使用。

“美”事一桩

健康饮食、营养和体育运动与癌症的预防

美国癌症协会(ACS)每5年要发行一期关于健康饮食、营养和体育运动与癌症预防的报告,作为对大众科学知识普及、有关政府和卫生健康机构、社区团体的交流和有关政策方针制定的指南。该机构最新发布的指南概要如下:对于不吸烟的美国民众而言,控制体重、健康饮食选择和习惯以及一定量的

体育锻炼是最为关键的预防癌症要点。美国每年因癌症死亡人数超过 50 余万例,其中 1/3 与不良饮食习惯及体育活动不当而导致超重和肥胖有直接关系,其余则与吸烟有关。因此,避免吸烟和接触烟草导致的烟雾、保持健康体重、坚持一定量的体育锻炼和选择健康食品和培养饮食习惯可以极为显著地降低癌症发生几率,同时也降低发生心血管系统及其他相关疾病的发生几率。具体注意事有:



1) 终生保持健康体重。每日摄入热量与体育活动消耗维持平衡、避免超重。

2) 坚持日常体育锻炼。成人应保持每周至少不低于 5 天、每次不少于 30 (45 ~ 60 为佳) 分钟的中等或剧烈强度体育运动; 儿童及青少年应保持每周至少不低于 5 天、每次不少于 60 分钟的中等或剧烈强度体育运动。

3) 选择健康食品,以食用蔬菜水果、粗谷物类为佳,避免过多精制食品,限制加工食品以及红肌纤维肉类(牛、羊和猪肉)。

4) 限制酒精饮料。每日饮酒量,男性不超过一听啤酒或一小杯白酒量,妇女减半。

相关链接:

http://www.tudou.com/programs/view/fZuT5J5ic_A/ (《癌症的预防与治疗》视频)

Answer

I. 1. C 2. A 3. D

II. 4. true 5. true 6. true 7. no→some 8. All→Not all 9. Chemotherapy→Radiation

III. Heredity, diet, gender, viruses, radiation, chemicals, environmental factors, and immune system deficiency etc.

一、美国教育制度概况

美国的教育体系是高度分权的。根据 1791 年通过的美国宪法第十修正案,宪法不授予联邦而又不禁止给州的权力属于各州。联邦政府因而无权确定国家教育制度,教育政策以及课程设置等均由各州与地方学区决定。但是,由于美国各州在社会经济、政治与文化诸方面所具备的共性,以及美国国家教育评审、鉴定机构的指导作用等,全美各州的教育体制虽有所差别,但总的来看大同小异。

美国的教育大致可分为初等教育、中等教育、高等教育三个层次。

(一)初等教育与中等教育

美国的初等教育包括一至两年的学前幼儿教育,一年的幼儿园教育,五至八年的小学教育。中等教育包括七年级开始的初级中学教育,以及九至十二或十至十二年级的高级中学教育。美国大多数州实施从幼儿园到高中十二年级公立学校的免费义务教育。美国公立中小学的教育经费主要来源于州和地方政府。美国所有州都允许举办私立中小学教育,但必须经州政府许可,取得办学执照,并接受政府的监督。美国各州和地方政府对初、中等教育的管理模式为:绝大多数州设有教育委员会,该委员会根据有关法规制定公立中小学教育政策,由州教育厅长及其下属的专业教育工作者和辅助人员贯彻执行。

美国法律规定,任何学龄儿童均应进入学校就读,并接受义务(免费的)中小学教育,当然,进入私立学校就读的话,便要缴付相当昂贵的学费。有些公立中学也录取外国学生就读,并会发给留学生签证,但这些外国留学生却要缴纳学费,情况与其他进入私立中学的学生大致相同。至于小学与中学的学制,在配合上也有几个不同的形式,因各州、各城市或乡镇的情况而异(例如,有些是六年小学及六年中学制,亦有些是学分为二或三年制的初中及四年制的高中等形式),但无论如何,原则上在学生 18 岁时,应该念完中等教育。由于美国的义务教育普及,大约有 93% 的适龄儿童接受中等教育,70% 可完成学业,其中大部分再进入大学或专上学院继续升学,开始他们的专上教育。

| | |
|------------------------------------|-------------------|
| Preschool 托儿所 | |
| Kindergarten 幼儿园 | |
| Elementary School 小学 (共5年) | |
| K1 | → 1st grade 一年级 |
| K2 | → 2nd grade 二年级 |
| K3 | → 3rd grade 三年级 |
| K4 | → 4th grade 四年级 |
| K5 | → 5th grade 五年级 |
| Junior High/Middle School 初中 (共3年) | |
| K6 | → 6th grade 六年级 |
| K7 | → 7th grade 七年级 |
| K8 | → 8th grade 八年级 |
| High School 高中 (共4年) | |
| K9 | → 9th grade 九年级 |
| K10 | → 10th grade 十年级 |
| K11 | → 11th grade 十一年级 |
| K12 | → 12th grade 十二年级 |

加州各年级表

(二) 高等教育

美国高等教育从1636年建立的哈佛学院开始,至今有374年的历史。美国高等教育的运行和管理体制比较复杂,其中联邦政府、州政府和高等院校的全国性组织作为三个关键性的机构,发挥着不同的作用。美国各州政府对州内公立高等学校的规划、运行和体制等均有规范性的文件。但总的来讲,州政府只是为高等院校的运行提供法律框架,而各类高校自发形成的各种全国性、区域性或行业性组织,对高等学校运行和体制规范起着非常重要的作用。

美国各州政府对高等教育经费的拨款没有统一的模式,但大部分州还是根据惯例来确定分配方案,即在州政府每年的文教预算确定之后,根据州内每个公立大学每年的招生情况、学校性质和需要、教学设施状况等确定具体分配方案。一般情况下,每个州立大学每年所分到的教育经费数目变化不大。对经费的使用,州政府通常也只是制定一些指导性的政策。

美国高等教育对“专才”的培训,主要是在研究院与高等专科学院的教育及训练上,而也是在这个层次上每年吸引了千万以上的留学生到美国接受高深的训练,其中不乏从中国大陆、香港、台湾三地而来的华人学生。

1. 研究院及高等专科学院开设的课程及学科,种类繁多,从核子工程到中国文学,从商业行政到法学与医学,林林总总,不一而足。念完研究院课程的学生,经校方核定,会颁发以下的学位:

A. 硕士学位 (Master's Degree)

根据学科的性质来决定是文科硕士(MA)或理科硕士(MS),通常需两年时间;亦有一些学校设有公共行政学硕士(Master of Public Administration)、法学硕士(Master of Law)、神学硕士(Master of Divinity)等学位课程。学生通常需要通过GRE考试(Graduate Record Examination)才会被录取。

B. 工商管理学硕士 (MBA, 即 Master of Business Administration)

由于近年的工商发展迅速,对工商管理人才的需求迫切。为配合市场需求,攻读MBA学位的人士日渐增多。MBA课程又可再分为会计、管理、市场学等专业,但通常入学的条件之一是要学生通过GMAT (Graduate Management Admission Test),成绩优良才会被录取。考试内容分为英语能力(verbal ability)及数学思考力(mathematical ability)。留学生当然还要通过托福(TOEFL)英语考试才会被考虑。

C. 博士学位 (Doctoral Degree)

博士学位课程通常需要先修毕硕士课程,但亦有例外。最普遍的博士学位就是哲学博士(Ph.D., 即 Doctor in Philosophy),但绝大部分文、理科博士大都是授予Ph.D.学位,而不单限于哲学这个学

科。通常完成博士学位课程需要三年或以上时间,理科时间较短,文科时间大多较长。念教育学科的博士学位则称为Ed.D. (Doctor in Education)。博士学位是美国高等教育制度下的最高学位。

D. 法学博士(J.D.)与医学博士(M.D.)

这是美国社会的律师与医生必须具备的专业学位。由于这两个行业的执业者社会地位很高,不少大学毕业生申请就读,以致获得入学录取的机会相当难,但学生毕业后能学以致用,直接地为社会服务。这也是高等教育的主要目的之一,即培养为社会服务的人才。

2. 美国大学的类别。美国的高等教育在世界上一直处于领先地位,而大学教育的普及程度,亦鲜有其他国家可与之相比。

根据权威性的统计资料(《高等教育纪事》, *The Chronicle of Higher Education, Almanac Issue*, 1995年9月1日出版)显示,全美国的各类大学已达3632所,而就读的大学本科生(undergraduate)人数高达1200多万人,研究院学生人数也将近170万,加上专科(例如医学院及法律学院)的30万学生,足以看出美国高等教育的普及。这3600多所大学如何分类? 分别在什么地方? 重要性如何呢?

A. 初级(或社区)学院(Junior or Community College)

全美国现有公立和私立的初级学院(亦有人称之为社区大学或短期大学)共1422所。在两年制的学院就读,学生毕业后可得副学士(Associate Degree)学位,再可转学到四年制的大学(Bachelor Degree)。初级社区学院主要是由社区支持,其目标是推广普及教育,因此对学生入学的要求较低,学费比较低,以鼓励更多学生就读。

B. 文理学院(College of Liberal Arts and Sciences 或简称 Liberal Arts College)

这是四年制的大学,但重点是大学本科教育(undergraduate education)而非研究生教育,虽然有小部分文理学院亦颁授硕士及博士学位。这类学院在美国的高等教育学府中是最先建立的一种,至今仍然盛行,有部分文理学院由于不断发展扩充,已升格为综合性大学(university),在课程上不单只是文理科,还包括了人文学科(humanities)、数理科(pure sciences)以及专门职业教育(professional school)的研究院等,如著名的哈佛大学、耶鲁大学及哥伦比亚大学,其前身皆为文理学院。

C. 综合性大学(Comprehensive University, 简称 University)

综合性大学必须附设研究院,进行深入的学术研究。颁授高级学位,如硕士及博士学位,藉以培训各种专业人才,这是大学与学院最显著不同的地方。一所综合性大学往往划分为几个学院,各学院再划分为若干科系。随着教育经费来源的不同,综合性大学又分为公立大学及私立大学两种。

私立大学的名气整体上略胜公立大学,著名的常青藤盟校(Ivy League Schools,如哈佛、耶鲁等大学,在美国大学排行榜上经常名列前茅),都是历史悠久的私立大学。

公立大学中州立系统的(由州政府拨款作为经费)比较完善,例如加州大学及加州州立大学(University of California 与 California State University,前者比较注重学术研究)、密歇根大学(University of Michigan)、纽约州立大学(State University of New York)以及一些市立大学,如纽约市立大学(University of New York)等。还有一种公立大学(Land-Grant University),原来由联邦政府给予土地作为收益补助,后改为拨款补助,其特色主要是注重农业及家事教育,以推行农村推广教育及训练中学的家事与农科教师。

D. 研究院 (Graduate Schools)

美国的教育制度,以研究院及高等专科学院为最高的阶梯及顶点。顾名思义,研究院的重点是在研究方面,研究生攻读的课程均为高级教育学位,如哲学博士(Ph.D.,涵盖很多科系而不单只是哲学)及硕士(M.A. 或 M.S.)。有一些著名的研究院从事高深的学识及尖端科学的训练,甚至网罗曾经获得诺贝尔奖的学者坐镇,名气斐然。

总部设在纽约的卡耐基基金会(Carnegie Foundation)曾出版一调查报告,名为《美国高等院校的分类》(*A Classification of Institutions of Higher Education*),更将有研究院设立在大学分类为研究大学(Research Universities)及颁发博士学位的大学(Doctor-Granting Universities),根据每年所颁授的博士学位数目来决定其类别。

E. 高等专科学院 (Advanced Professional Schools, 或简称 Professional Schools)

专科学院是以培训医科、法律、神学、艺术、师训等各类专门人才为目标的高等教育机构。在美国的历史传统上,这等学科并未被列入大学的课程。

专科学院,或为大学的一部分,或单独设立,其教育活动均限于一种单独的专业。依规定,凡拟投考某种专科学院的学生,通常要先接受二年、三年甚至四年的专业预备性的文理科教育。各类专科学校,如医学博士(M.D.)及法学博士(J.D.)必须接受三至五年的专科训练,始具备领受此类学位的资格。有些学院更限制非美国居民或公民入学,为的是不想为其他国家培训专门人才。

F. 技术学院 (Technical Colleges) (又被称为工艺学院或技职专科学院)

所谓技术学院,根据美国国防教育法案的解释,即为招收高中毕业生,提供为期两年的高等教育,旨在培养工程、数学、物理或生物科学等各方面的技术人员的专上学府。此等专业人员是熟悉工程、科学或其他与技术有关部门的基本知识并擅长学以致用的人员。

技术学院为初级学院的另一类型,其特色在于较注重技术和半专业性的工艺训练。技术学院多以公立为主,亦有私立、地方性、区域性及全州性等不同区分。

G. 军事学校 (Military Academies)

由联邦政府出资办理的高等学府有各种军事学校,如在纽约州西点(West Point, New York)

的陆军学校(Military Academy)于1802创校,在马里兰州安那波里斯(Annapolis, Maryland)的海军学校(Naval Academy)于1845年创校,在科罗拉多州科罗拉多泉(Colorado Springs, Colorado)的空军学校(Air Force Academy)于1955年创校。此等军事学校以培育军事人才为目的。

H. 成人大学(或称大学校外课程“University External Program”,或成人教育“Adult Education”、远程教育“Distance Education”、持续教育“Continuing Education”等不同类型)

随着社会的进步、科技的发展及职业的需要,从20世纪60年代开始,大学教育已不只限于年轻人及在校园内上课的传统模式。事实上,成人教育的发展已是日益需要,为了满足一些希望继续进修的人士,或为兴趣、或为职业上的需要,又或为一圆大学梦。

成人大学或为附设于一所大学之内,名为成人教育部或大学伸展部(Extension),例如匹次堡大学有“University External Studies Program”,普林斯顿大学亦有“Program in Continuing Education”,这已成为一种风尚和需要。

此外,还有一些单独注册为大学的远程教育机构和学府,通过函授、计算机联网或电话及录音与录像带教学,学生累积足够的学分,便可毕业取得学位。这是一种公开式及没有门墙的大学,由于上课时间及地点没有限制,因此十分适合在职人士,也越来越流行。

二、关于美国的课程设置

美国学校的科目除了一般的数学、历史、语文外,还有缝纫、打字、无线电与汽车修理等科目。学生可依自己的兴趣、个人未来的计划和才能,从许多科目中自行选修。美国教育的主要目的在于发展每个孩子的才能,不管它高或低到什么程度,同时给每个孩子灌输公民意识。每个学科皆有不同的特色,下面就个别科目进行介绍。

A. 英语(Language)

英语相当于国内的语文。美国有一项极具特色的教学内容——说话课(Speech)。为了治疗口吃、结巴等语言问题,语言治疗师会对学生的演说进行矫正。或许从我们的耳朵中听不出学生说话有什么问题,可是专家用耳朵一听,就能察觉有什么不一样了。

B. 数学(Mathematics)

心算是美国人最不在行的,虽然也有例外。卖东西时的找钱方式也很独特,虽然使用电脑化的收银机减少了很多这方面的问题,但还是比不上中国人从算盘锻炼出来的心算能力。

美国的教育很重视数学。比如小学生每天都要完成“百题加法计算”的作业练习等。除此之外,美国教育也倾向于让学生自己思考,从中发挥想象力。

C. 社会 (Social Studies)

由于美国的历史较短,所以教学内容集中在近代史。社会课特别重视建国的历史,关于国父以及接下来的历任总统。所学习的范围不仅仅限于其公众层面,还包括其私人层面。透过对名人轶事的阅读,学生对每位总统都有较全面的了解。

D. 自然科学 (Science)

学生要全面学习化学、物理、生物、地理等,其中特别关心太空科学。美国上个世纪的成功登陆月球与卫星升空,从这里即可了解一二。

教学并非只是进行概念的说明,也通过实验获得知识。

E. 体育 (Physical Education)

美国的体育课程目标在于让所有孩子快乐地玩。因为校外的体育活动太丰富,学生对学校的体育课就不是很重视。春天打棒球、秋天踢足球、冬天打篮球,随着季节的变化而有不同的竞赛性体育活动,进行方式主要是以社区为单位,每周有一至三次的练习,在周末也会有比赛。喜欢运动的孩子都可以参加学校的棒球、足球、游泳队等。

F. 音乐 (Music)

唱歌是最基本的教学内容,但因学校而异,也有乐器的吹奏,不过也取决于老师的音乐能力而有所不同。

G. 外语 (Foreign Language)

外语课程也是因学校而异,至今并未发现公立学校将外语列为必修课,但有些私立学校却很早就将外语列入课程了。

在美国,所谓的外语几乎都是西班牙语,另外也有在中小学教授日语和中文的学校。

H. 电脑 (Computers)

美国果然是IT王国,很早就积极从事电脑资讯教育。然而,并非在既有的科目中使用电脑,而是另立科目学习电脑的操作使用。学校有电脑教室设备,每间教室也配置一台电脑,使用时间,则由教师与学生共同决定。

I. 教学旅行 (Field Trip)

教学旅行相当于我们所说的“远足”。可是,在现实的学校生活中,美国人基本不用 excursion 这个词,而是用 field trip。比如去水族馆、图书馆或者坐巴士去集市等。高年级时还有所谓的 science camp (自然科学营),学生要在外面住宿好几天,相当于毕业旅行。

以上为一般课程。另外,有的学校开设一些只有通过能力测验的学生才能参加的特别课程。

J. 特别课程 (Special Education)

特别课程虽然因学区或各州而有所差异,但是有的地方会统一实施联合测验。以加州为例,这项考试称为 STAR Test。这项考试为期三天,测验学生的基本学力等级,其实也是一种智力测验。达到某个既定标准的学生,就有资格参加所谓的 Gates Program 特别课程。有资格参加的学生,将会收到一份课程概要一览表,选择自己喜好的课程。

每所中学所举办的考试都不太一样,而且因课程不同而有不同的方式。但一般而言,不同于亚洲和欧洲学校,美国中学老师给成绩不会只依据一场考试或测验,老师通常会依据学生整个学期的报告、作业、课堂表现、随堂小测验、期中期末考试来给成绩。在美国,学生的义务教育是到 16 岁,学生通常必须通过 (pass) 所有的必修课程才能毕业。学生会在每学期结束后得知每堂课的成绩,老师给学生的成绩评量方法如下:

A = Excellent (优)

B = Above Average (平均以上)

C = Average (普通)

D = Below Average (平均以下)

F = Failure (不及格。必修科目如果不及格,学生必须重修。)

中学毕业后,申请就读美国大专院校。虽然每所大专院校的入学条件不同,但一般大专院校都会看学生中学所修的课程、中学 GPA 成绩、SAT 成绩、写作,或者安排与学生面谈。学生在中学的 GPA 成绩 (High-school Grade Point Average GPA) 代表学生的学年总成绩平均表现。美国一般采用的计分方法如下:

A = 4 点 90 ~ 100

B = 3 点 80 ~ 89

C = 2 点 70 ~ 79

D = 1 点 60 ~ 69

F = 0 点 0 ~ 59

全美统一的考试是大专院校入学的 SAT 考试,主要是测验学生的英文程度、数学推理能力以及在某一学科的专业知识,作为学生进入大学后成绩的参考资料。

Images have been losslessly embedded. Information about the original file can be found in PDF attachments. Some stats (more in the PDF attachments):

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