

40 篇短文 背完 3500 词!

● Wildlife Protection 保护野生动植物

Dinosaurs (恐龙) **died out** (灭绝) **because of an unexpected incident** (意外事件). **But wildlife** (野生动植物) **today disappears or is in danger** (处在危险中) **just because humans do harm** (伤害) **to it.** For example, tigers are **hunted** (猎杀) **for fur** (皮毛) **to make carpets** (地毯) **so that** (以致) **they can only live in secure** (安全的) **reserves** (保护区): **grassland is destroyed without mercy** (怜悯) **so that dust** (沙尘暴) **storms come into being** (开始) **affecting** (影响) **distant** (遥远) **cities.**

Last year, scientists saw some monkeys **rubbing** (擦) **themselves with a certain** (某种) **kind of insects** (昆虫) **to protect** (保护) **themselves from fierce mosquitoes** (凶猛的蚊子) **biting** (叮咬). **According to** (根据) **the result of the inspection** (检查), they found that the insect **contains** (含有) **a powerful** (强大效力) **drug, so local farmers were employed** (雇) **to catch the insects.** The **ending** (结果) **was that the insects disappeared from the whole zone** (地区). **When told that it was a loss to humans, the farmers burst into laughter** (突然大笑) **and responded** (回应), **"Our real loss is our decreasing** (减少的) **income** (收入)."

We should **appreciate** (意识到) **the natural balance and pay more attention to** (注意) **the importance** (重要) **of wildlife protection** (保护). **Not until we succeed in** (成功) **letting wildlife live in peace** (安详地), **can we smile in relief** (如释重负地).

【译文】恐龙因一次意外事件而灭绝，但是今天的野生动植物却是因为人类的伤害而消失或处在危险中。例如，老虎被猎杀以获取做地毯的皮毛，以致它们只能生活在安全的保护区里；草地被毫不怜悯地破坏，以致沙尘暴开始影响遥远的城市。

去年，科学家观察到猴子在身上擦某种昆虫来保护自己不受凶猛的蚊子的叮咬。根据检查的结果，他们发现这种昆虫含有一种具有强大效力的药物，于是，当地的农民都被雇来抓虫子。结果是，这种昆虫从这整个地区都消失了。当被告知说这是整个人类的损失时，农民们都突然大笑着回应道：“我们减少的收入才是我们真正的损失呢！”

我们应该意识到自然平衡的重要，更加注意野生动物的保护。直到我们成功让野生动物安详平静地生活，我们自己才能如释重负地笑开颜。

【单词语境练习】 _____ (恐龙) _____ (灭绝) **because of an** _____ (意外事件).
But _____ (野生动植物) **today disappears or is** _____ (处在危险中) **just because**
humans do _____ (伤害) **to it. For example, tigers are** _____ (猎杀) **for** _____ (皮
毛) to make _____ (地毯) _____ (以致) **they can only live in** _____ (安全的)
_____ (保护区) : **grassland is destroyed without** _____ (怜悯) **so that** _____ (沙尘暴)
storms _____ (开始) _____ (影响) _____ (遥远) **cities.**

Last year, scientists saw some monkeys _____ (擦) **themselves with a**
_____ (某种) **kind of** _____ (昆虫) **to** _____ (保护) **themselves** _____ (凶猛的蚊子)
_____ (叮咬) . _____ (根据) **the result of the** _____ (检查) , **they found that the insect**
_____ (含有) **a** _____ (强大效力) **drug, so local farmers were** _____ (雇) **to catch the**
insects. The _____ (结果) **was that the insects disappeared from the whole**
_____ (地区) . **When told that it was a loss to humans, the farmers** _____ (突然大笑) **and**
_____ (回应) , **“Our real loss is our** _____ (减少的) _____ (收入) .”

We should _____ (意识到) **the natural balance and** _____ (注意) **the**
_____ (重要) **of wildlife** _____ (保护) . **Not until we** _____ (成功) **letting wildlife live**
_____ (安详地) , **can we smile** _____ (如释重负地) .

● Immigrate to America 移民美国

Attracted by the boom (繁荣) in America, my nephew (侄子) teamed up with

(合作) a Korean (韩国人) to illegally cross the Bearing Strait (海峡) in the Arctic (北极) to America. To avoid the Customs (海关)' punishment (惩处), they hid in a small ferry (渡轮) called the North Pole (极) Seagull (海鸥), sitting back to back (背靠背) without sleeping, showering and shaving (刮胡子) for 3 days and had no chance to mourn (心痛) their lost luggage (行李) when landing. The hardship (艰辛) of this crossing (横渡) was apparent (显而易见).

At first he made a living by means of (借助) raising cattle (牲畜) and then was hired (受雇) in aircraft (飞机) industries. He lived in a Catholic (天主教) district. Taking in (除了) a small percentage (百分比) of Pakistani (巴基斯坦) immigrants the majority (大部分) of the residents were from Italy (意大利) and Denmark (丹麦), who all kept up (保持) their customs and cultures. Different blocks here were distinctly (清楚地) marked out (划出界线) and indicated (标示) from the racial (种族的) angle (角度). It was unfair and needed reforming (改革). But with nowhere else to go. my nephew lived on (继续居住下去) and managed to make a life (开始新的生活) for himself.

My nephews fortune came when he bravely helped a conductor (列车员) brake a ream (刹停电车) to stop it from slipping (滑) out of the rails (轨道). The man was elected (选) vice (副) chairman of the Socialist Party (社会党) later. It occurred (想) to my nephew that he could grasp (抓住) this opportunity to ask for his help. The man who was thankful (感激) helped him apply (申请) to the civil (政权) authority (当局) for the right to live in America by inserting (插入) his brave deed into his documents. Unlike a great many (许多) other applicants (申请人), his application was approved by the Federal Justice Ministry (联邦司法部). Before long, he started his own bakery (面包店) and lived a better life.

【译文】因为受到美国繁荣的吸引，我的侄子与一名韩国人合作，从北极的白令海峡偷渡到美国。为了避开海关的惩处，他们躲在一艘叫“北极海鸥”的渡轮里，背靠背坐着，整整3天没有睡觉、洗澡和刮胡子，上岸的时候也没有机会心痛他们丢失的行李，这次横渡的艰辛是显而易见的。

起初，他借助饲养牲畜谋生，后来受雇于飞机制造工业。他住的地方是一个天主教区，除了包括一小部分(百分比)的巴基斯坦移民，大部分的居民都来自于意大利和丹麦，他们都保持着自己的风俗和文化，使这里的街区都从种族的角度清楚地划出界线，明确标示。这很不公平，极需改革，但我的侄子没别的地方可去，只好继续居住下去，想法设法开始新的生活。

我侄子的好运在他勇敢地帮助一名列车员刹停一列电车以防止其滑出轨道时到来了。那个人后来被选为社会党的副主席，我侄子就想到应该抓住机会请求他的帮助。这个人充满感激，立即把我侄子的勇敢事迹插入到申请文件中，帮助我侄子向美国国内政权当局申请美国居住权。不像别的许多申请人，我侄子的申请很快被联邦司法部批准了。不久，他就开了自己的面包店，过上了稍好一点的生活。

【单词语境练习】 Attracted by the _____ (繁荣) in America, my _____ (侄子) _____ (合作) a _____ (韩国人) to illegally cross the Bearing _____ (海峡) in the _____ (北极) to America. To avoid the _____ (海关)' _____ (惩处), they hid in a small _____ (渡轮) called the North _____ (极) _____ (海鸥), sitting _____ (背靠背) without sleeping, showering and _____ (刮胡子) for 3 days and had no chance to _____ (心痛) their lost _____ (行李) when landing. The _____ (艰辛) of this _____ (横渡) was _____ (显而易见).

At first he made a living _____ (借助) raising _____ (牲畜) and then was _____ (受雇) in _____ (飞机) industries. He lived in a _____ (天主教) district. _____ (除了) a small _____ (百分比) of _____ (巴基斯坦) immigrants the _____ (大部分) of the residents were from _____ (意大利) and _____ (丹麦), who all

(保持) **their customs and cultures. Different blocks here were** (清楚地)
(划出界线) **and** (标示) **from the** (种族的) (角度). **It was unfair**
and needed (改革). **But with nowhere else to go. my nephew** (继
续居住下去) **and managed to** (开始新的生活) **for himself.**

My nephews fortune came when he bravely helped a (列车员)
(刹停电车) **to stop it from** (滑) **out of the** (轨道). **The man was**
(选) (副) **chairman of the** (社会党) **later. It** (想) **to my**
nephew that he could (抓住) **this opportunity to ask for his help. The man**
who was (感激) **helped him** (申请) **to the** (政权) (当
局) **for the right to live in America by** (插入) **his brave deed into his**
documents. Unlike (许多) **other** (申请人), **his application was**
approved by the (联邦司法部). **Before long. He started his own** (面
包店) **and lived a better life.**

● **Balanced Diet** 平衡膳食

Wang Peng earned his living (谋生) **by running a** (烧烤)
restaurant, which served delicious (腊肉), **fried chicken** (胸) **and**
mutton (羊肉) **roasted** (烤制) **with** (辣椒) **and** (大蒜). **But his**
food and (折扣) **attracted fewer and fewer** (顾客). **Finally,**
he was in debt (负债累累). **Yong Hui' s** (减肥) **restaurant served fresh**
peas (豌豆), **carrots** (红萝卜), **eggplants** (茄子), **and** (生黄瓜)
with (醋). **As the** (女主人), **she said** (纤维) **benefited** (有
利于) **customers' digestion** (消化) **the most. In order not to let Yong Hui get**
away with (侥幸逃脱) **telling** (谎话), **Wang Peng** (探查) **Yong Hui**
despite her (怒视). **But he was surprised that she was losing her**

customers too.

Curiosity (好奇心) drove Wang Peng to consult (咨询) an expert. The expert sighed (叹息) and said, "Both of your menus have weakness (缺点) and limited strength. Your customers put on weight (发胖) too easily, while Yong Hui's lose weight (体重减轻) too quickly. So, Wang Peng cut down (减少) the fat of your food and increase vegetables and fruits, like nuts (坚果), beans (豆类), mushrooms (蘑菇), peaches (桃子) and lemons (柠檬). You ought to (应该) combine (结合) the two menus and provide a balanced (平衡的) diet (膳食).

Before long (不久), Wang Peng won his customers back.

译文：王鹏经营一家烧烤餐厅来谋生，他的餐厅供应美味的腊肉、油炸的鸡胸，还有用辣椒和大蒜一起烤制的羊肉。但是，他的食物和折扣吸引的顾客越来越少，最后是他负债累累。永慧的减肥餐厅供应的是新鲜的豌豆、红萝卜、茄子和醋腌的生黄瓜。作为老板娘(女主人)，她总是说食物纤维才最有利于顾客的消化。为了不让永慧说了谎不受惩罚，王鹏不顾她的怒视，前去探查个究竟。但是让他惊奇的是，永慧的顾客也在严重地流失。

好奇心驱使王鹏去咨询专家。那位专家叹息着说：“你们俩的菜单都缺点明显、优点有限。你的顾客很容易就发胖，而永慧的顾客却减轻得太快。所以嘛，王鹏，你要减少你的食物中的脂肪含量，增加蔬菜和水果，例如坚果、豆类、蘑菇、桃子和柠檬之类。你应该把两份菜单结合起来，给顾客提供平衡的膳食。”

不久，王鹏就赢回了他的顾客。

Wang Peng _____ (谋生) by running a _____ (烧烤) restaurant, which served delicious _____ (腊肉), fried chicken _____ (胸) and _____ (羊肉) _____ (烤制) with _____ (辣椒) and _____ (大蒜). But his food and _____ (折扣) attracted fewer and fewer _____ (顾客). Finally, he was _____ (负债累累). Yong Hui's _____ (减肥) restaurant served fresh _____ (豌豆), _____ (红萝卜), _____ (茄子), and raw _____ (生黄瓜) with _____ (醋). As the _____ (女主人), she said _____ (纤维) _____ (有利于) customers' _____ (消化) the most. In order not to let Yong Hui _____ (侥幸逃脱) telling _____ (谎话), Wang Peng _____ (探查) Yong Hui despite her _____ (怒视). But he was surprised that she was losing her customers too.

_____ (好奇心) drove Wang Peng to _____ (咨询) an expert. The expert _____ (叹息) and said, "Both of your menus have _____ (缺点) and limited strength. Your customers _____ (发胖) too easily, while Yong Hui's _____ (体重减轻) too quickly. So, Wang Peng _____ (减少) the fat of your food and increase vegetables and fruits, like _____ (坚果), _____ (豆类), _____ (蘑菇), _____ (桃子) and _____ (柠檬). You _____ (应该) _____ (结合) the two menus and provide a _____ (平衡的) _____ (膳食).

_____ (不久), Wang Peng won his customers back.

40 篇短文背完 3500 词!

● The Great President 伟大的总统

As the **founder** (创始人) of the **republic** (共和国) the **president** (总统) had many good **qualities** (品质), Before **coming to power** (掌权), he was a **generous**

(慷慨的) **lawyer** (律师) .He **was willing to** (愿意) **selflessly** (无私地) help everyone who **turned to** (求助) him. He accepted no **fee** (费用) to offer **legal guidance** (法律指导) and **opinions** (意见) to those who were **out of work** (失业) or **uneducated** (没有受过教育的) . Later believing all **mankind** (人类) to be **equal** (平等) , he **devoted** (投入) him self to stopping the **unfair** (不平等) **anti** (反) -black laws. He **set up** (建立) the Black **Youth League** (青年团) and was **voted** (选) to be the leader. However, though he kept **peaceful principles** (和平原则) without **violence** (暴力) and **terror** (恐怖) , his **mean** (卑鄙的) enemies still **blew up** (炸毁) his house and **attacked** (袭击) his **relatives** (亲属) and he himself couldn't **escape being sentenced to** (逃脱被判) 30 years in prison.

Not fearing of the prison guards' **cruelty** (残酷) , he kept **active** (积极) and **begged** (乞求) no mercy from them. **As a matter of fact** (实际上) he was always **hopeful** (充满着希望) and never **lost heart** (灰心) during the **stage** (时期) even though he was **in trouble** (困境) . Finally, people **rewarded** (回报) him with the leader's position and a gold **blanket** (毯子) .

译文：作为**共和国的创始人**，这位**总统**具备许多的优秀**品质**。还在**掌权**之前他就是一位**慷慨的律师**。他**愿意无私地**帮助那些**向他求助**的人。他**免费**为**失业的**，或没有受过**教育**的人提供**法律指导**和**意见**。后来，因为相信所有**人类**都是生来**平等**，他全身心**投入**到废除**不平等的反黑人法律**工作中。他**建立**了黑人**青年团**并被**选**为领袖。然而尽管他坚持没有**暴力**、没有**恐怖的和平原则**，**卑鄙的**敌人还是**炸毁**了他的家、**袭击**了他的亲属，他自己也无法**逃脱被判** 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的**残酷**，始终保持**积极**的态度，不向他们**乞求**怜悯。**实际**上，他在任何一个**困境时期**都**充满着希望**，从未**灰心**。最后，人们以领袖的职位和一块

金毯子回报了他的贡献。

● 每日单词练习

As the _____ (创始人) of the _____ (共和国) the _____ (总统) had many good _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) help everyone who _____ (求助) him. He accepted no _____ (费用) to offer _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later believing all _____ (人类) to be _____ (平等), he _____ (投入) him self to stopping the _____ (不平等) _____ (反)-black laws. He _____ (建立) the Black _____ (青年团) and was _____ (选) to be the leader. However, though he kept _____ (和平原则) without _____ (暴力) and _____ (恐怖), his _____ (卑鄙的) enemies still _____ (炸毁) his house and _____ (袭击) his _____ (亲属) and he himself couldn't _____ (逃脱被判) 30 years in prison.

Not fearing of the prison guards' _____ (残酷), he kept _____ (积极) and _____ (乞求) no mercy from them. _____ (实际上) he was always _____ (充满着希望) and never _____ (灰心) during the _____ (时期) even though he was _____ (困境). Finally, people _____ (回报) him with the leader's position and a gold _____ (毯子).

● Balanced Diet 平衡膳食

Wang Peng earned his living (谋生) by running a barbecue (烧烤) restaurant, which served delicious bacon (腊肉), fried chicken breast (胸) and mutton (羊肉) roasted (烤制) with pepper (辣椒) and garlic (大蒜). But his food and discount (折扣) attracted fewer and fewer customers (顾客). Finally, he was in debt (负债累累). Yong Hui's slimming (减肥) restaurant served fresh peas (豌豆), carrots (红萝卜), eggplants (茄子), and raw cucumbers (生黄

瓜) with vinegar (醋). As the hostess (女主人), she said fibres (纤维) benefited (有利于) customers' digestion (消化) the most. In order not to let Yong Hui get away with (侥幸逃脱) telling lies (谎话), Wang Peng spied on (探查) Yong Hui despite her glare (怒视). But he was surprised that she was losing her customers too.

Curiosity (好奇心) drove Wang Peng to consult (咨询) an expert. The expert sighed (叹息) and said, "Both of your menus have weakness (缺点) and limited strength. Your customers put on weight (发胖) too easily, while Yong Hui's lose weight (体重减轻) too quickly. So, Wang Peng cut down (减少) the fat of your food and increase vegetables and fruits, like nuts (坚果), beans (豆类), mushrooms (蘑菇), peaches (桃子) and lemons (柠檬). You ought to (应该) combine (结合) the two menus and provide a balanced (平衡的) diet (膳食).

Before long (不久), Wang Peng won his customers back.

译文：王鹏经营一家烧烤餐厅来谋生，他的餐厅供应美味的腊肉、油炸的鸡胸，还有用辣椒和大蒜一起烤制的羊肉。但是，他的食物和折扣吸引的顾客越来越少，最后是他负债累累。永慧的减肥餐厅供应的是新鲜的豌豆、红萝卜、茄子和醋腌的生黄瓜。作为老板娘(女主人)，她总是说食物纤维才最有利于顾客的消化。为了不让永慧说了谎不受惩罚，王鹏不顾她的怒视，前去探查个究竟。但是让他惊奇的是，永慧的顾客也在严重地流失。

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不久，王鹏就赢回了他的顾客。

● 每日单词练习

Wang Peng _____ (谋生) by running a _____ (烧烤) restaurant, which served delicious _____ (腊肉), fried chicken _____ (胸) and _____ (羊肉) _____ (烤制) with _____ (辣椒) and _____ (大蒜). But his food and _____ (折扣) attracted fewer and fewer _____ (顾客). Finally, he was _____ (负债累累). Yong Hui's _____ (减肥) restaurant served fresh _____ (豌豆), _____ (红萝卜), _____ (茄子), and raw _____ (生黄瓜) with _____ (醋). As the _____ (女主人), she said _____ (纤维) _____ (有利于) customers' _____ (消化) the most. In order not to let Yong Hui _____ (侥幸逃脱) telling _____ (谎话), Wang Peng _____ (探查) Yong Hui despite her _____ (怒视). But he was surprised that she was losing her customers too.

_____ (好奇心) drove Wang Peng to _____ (咨询) an expert. The expert _____ (叹息) and said, "Both of your menus have _____ (缺点) and limited strength. Your customers _____ (发胖) too easily, while Yong Hui's _____ (体重减轻) too quickly. So, Wang Peng _____ (减少) the fat of your food and increase vegetables and fruits, like _____ (坚果), _____ (豆类), _____ (蘑菇), _____ (桃子) and _____ (柠檬). You _____ (应该) _____ (结合) the two menus and provide a _____ (平衡的) _____ (膳食).

_____ (不久), Wang Peng won his customers back.

● A Hard Trip 一次艰难的旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古庙). Since transporting fare (交通费用) was expensive, she decided to use

a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷). where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文：我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我

发现夜空是如此的美丽!

● Fall in Love with English 爱上英语

Hiding behind the loose (松散) dusty (积满灰尘的) curtain (窗帘) a teenager (少年) packed up (包装好的) his overcoat (大衣) into the suitcase (手提箱). He planned to leave home at dusk (黄昏时刻) though there was thunder (闪电) and lightning outdoors (外面正打雷). He had got to do (不得不) this because he was tired of (厌倦) his parents nagging about his English study and did not want to go through (进展) it any longer. He couldn't get along well with (与...相处融洽) English and disliked (不喜欢) joining (参加) in English classes because he thought his teacher ignored (忽视) him on purpose (有意). As a result, his score in each exam never added up to (合计) over 60.

His partner (搭档) was concerned about (关心) him very much. She understood exactly (确切地) what he was suffering from (遭受) but entirely (全部地; 彻底地) disagreed with (不同意) his idea. In order to (为了...) calm (使平静) him down and settle (解决) his problem. she talked with him face to face (面对面) and swapped (交换) a series of (一系列; 一连串) leaning tips (提示) with him. The items (条, 条款) she set down (写下来) helped him find the highway (最佳捷径) to studying English well.

The teenager was grateful (感激) and got great power (动力) from his friend's words. Now, he has recovered from (恢复) being upset (沮丧) and has fallen in love with (爱上) English.

译文: 有个少年躲在积满灰尘的松散窗帘后把大衣装入手提箱。尽管外面正打雷闪电, 他仍计划在黄昏时分离家出走。他不得不这样做是因为厌倦了父母对他英语学习的

唠叨，不想再忍受下去了。他的英语学习总是无法取得进展，而且不喜欢参加英语课的学习，因为他以为老师有意忽视他。结果，他每次考试的分数合计从未超过 60。他的搭档很关心他，也确切地理解他遭受的折磨，但却完全不同意他的想法。为了使他冷静下来好好解决问题，她和他面对面地交谈，并交换了一系列的学习心得技巧。她写下来的条款帮助他找到了学好英语的最佳捷径。这个少年非常很感激，并从朋友的话里获得极大的动力。现在，他已经从沮丧中恢复过来，真正爱上了英语。

Different Countries Have Different Kinds of Englishes 不同的国家有不同的英语

Voyages (航行, 航海) of people from England play an important part in (发挥重要作用) spreading the English language. At present (目前, 现在), English is frequently (频繁地, 经常) spoken as an official (官方的; 公开的) or common language in many countries, such as (例如) America, Singapore (新加坡), Malaysia (马来西亚) and some African (非洲) countries. All based on (基于) British English, the English spoken in these countries can be well understood by native (本地人) English speakers. But actually (事实上), these Englishes have been gradually (逐渐) changing in accents (口音), spellings (拼写) expressions (表达, 措辞) and the usage (使用) of vocabulary (词汇).

Because of (因为) this fact, you can make use of (利用) the differences to tell which country the foreigners of your block are from. For example, if a boss fluently (流利的) commands his driver, "Come up straight (直接过去) to my apartment (公寓) by elevator (电梯) and take some gas for my trucks and cabs (出租车)", instead of requesting (要求, 请求): "Please come to my flat (公寓) by lift (电梯) and take some petrol (汽油) for my lorries (汽车, 卡车) and taxis", you can recognize (辨认, 认出) his American identity (身份), while the latter

(后者) suggests (暗示) that he is British.

译文：英国人的航海在英语的传播中扮演了重要的角色。目前，英语在许多国家被作为官方语言或通用语言频繁地使用，例如美国、新加坡、马来西亚和一些非洲的国家。这些国家的英语都以英式英语为基础，能很好地为以英语为本族语的人所理解。但是实际上，这些英语在口音、拼写、表达和词汇的使用方面都在逐渐变化。

因为这一情况的存在你就可以利用这些英语之间的区别说出你们街区的外国人是哪个国家来的了。例如，如果有个老板流利地命令他的司机：Come up straight to my apartment by elevator and take some gas for my trucks and cabs(直接搭电梯到我公寓上来拿卡车和出租车的汽油)”，而不是要求说，“Please come to my flat by lift and take some petrol for my lorries and taxis(请直接搭电梯到我公寓上来拿卡车和出租车的汽油)” 你就可以轻易地辨认出他的美国人身份，而后者却暗示着那是一位英国人。(请注意：听力录音里第二段两个“电梯”的单词跟原文不一致，原文是对的，录音弄错了，elevator 才是美式说法而 lift 是英式说法。)

A Fair Competition 公平的比赛

Swifter (迅速的) , Higher and Stronger stands for (代表) the spirit of the Olympics. But fairness is the basis (基础) of this motto (格言) . Only when you win fairly will you and you homeland (祖国) deserve (值得, 承受) the great glory (光荣, 荣耀) . But nowadays (如今) , unlike the ancient (古代) honest slave (奴隶) competitors (竞赛者) , some hopeless (绝望的) athletes (运动员) who can't bear the pain (痛苦) of training cheat when taking part in (参加) games. Medals (奖牌) seem to have magical (魔法的, 神奇的) power causing them to cheat, and the prize money has replaced (代替, 取代) the motto as their only goal.

So in the gymnastics (体操) event to be held in our city next month. one of

the host's (主办方, 东道主) responsibilities (责任) is to keep competitions fair. They advertised (打广告) on posters (海报) outside the stadium (体育场) to promise that every competitor is to have a regular (常规的) physical (身体的) examination in a gymnasium (体育馆) one after another (一个个). No one can bargain (讨价还价) on this. The volunteers (志愿者) in charge (负责) will be very strict. It is foolish (愚蠢的) to cheat because they will not be admitted (允许) to compete (竞赛, 比赛) and will even be fined (罚款) as well (还).

译文：“更快!更高!更强!” 代表着奥运精神。但是公平却是这一格言的基础。只有当你公平地赢得比赛，你和你的祖国才会承受这样的光荣。但如今，不像古代那些诚实的奴隶参赛者，有些没有希望的运动员无法承受训练的痛苦，于是在参加比赛时作假。奖牌似乎有某种魔力使他们作假，奖金也已经代替了奥运格言成为了他们唯一的目标。

因此，在我们市下个月即将举行的一场体操赛事中，主办方的其中一项责任就是要确保比赛的公平。他们在体育场外的海报上做广告，承诺说每个参赛者都将在体育馆一个一个地参加常规的身体检查。对此没有人可以讨价还价。负责此事的志愿者将非常严格。作假是很愚蠢的，因为他们将不被允许去竞赛，其至还将被罚款。

13.Sailing Home

This novel was about an unbelievable but genuine adventure. Its author was a black businessman who was brought up in America. In 1956, he visited Africa, his birthplace. One day, when he was wandering on the pavement near the bay enjoying the sea scenes, he lost his money and passport that he kept in an envelope. So he went to the embassy to seek help, but the ambassador with rude manners didn't permit his staff to help though he bowed to him. Staring at his impatient face, he understood that it was the fault of his skin colour that

accounted for their refecton. So he decided to take a chance to sail on a small boat home.

He met a large amount of difficulty but was never stopped. On the contrary, difficulty pushed him to go ahead harder. Three months later, he was spotted by a ship by accident. He was in rags indeed. A maid even screamed when bringing him a steak and pineapple dessert. Aboard, he eaned his passage by working as a barber and got home finally. As for the name of his novel he couldn't think of a better one than the phrase "Go Ahead" .

13.划船回家

这部小说写的是一次令人难以置信而又真实的历险。其作者是一位在美国被抚养长大的黑人商人。1956 年，他回到他的出生地非洲。有一天，当他在海湾边的人行道上漫步欣赏海景时，他丢失了一个装着钱和护照的信封，于是向当地的大使馆寻求帮助。但是大使态度非常粗鲁，即使向他鞠躬，也不允许他的职员帮忙。盯着他那不耐烦的脸，他知道是他皮肤颜色的错才导致了他们的拒绝。于是，他决定冒险驾驶一只小船回家。

他遇到了许多困难，但是从未停止，相反，困难推动他更努力地前进。三个月后，当他被一艘船偶然发现时，真的是衣衫褴褛。给他端来牛排和菠萝甜品的女仆甚至被吓得尖叫起来。在船上，他当一名理发师来争取船费，最后终于回到了家。至于这部小说的名字，他再也不能想到一个比“前进”更好的短语了。

40 篇！搞定 3500 单词

● Mark and a Seal 马克和海豹

Mark rented (租) an accommodation (住所) with his pension (退休金) near

(靠近) the **shore** (海岸) . He **paid** (付) **annual** (每年) **visits** (拜访) **there** (那里) to **enjoy** (享受) the **vivid** (生动) **beauty** (美丽) in the **depths** (深处) of the **pure** (纯净的) **sea** (大海) .

Once (有一次) , with his **underwater** (水下) **telescope** (望远镜) and **flashlight** (手电筒) . Mark **dived** (潜水) **along** (沿着) the **boundary** (分界线) **between** (在...之间) the **steep** (陡峭的) **reef** (悬崖) and the **area** (区域) of **seaweed** (海草) **conservation** (保护区) . **Suddenly** (突然) an **awesome** (使人畏惧的) **Antarctic** (南极) **seal** (海豹) with **sharp** (尖利) **teeth** (牙齿) **appeared** (出现) **opposite** (对面) him. Every **cell** (细胞) in his **body** (身体) **was scared to death** (吓坏了) . But **soon** (不一会) , he was **aware** (意识到) that he wasn't the **target** (目标) of an **attack** (攻击) . With a **neat** (整齐) **wound** (伤口) in its **lip** (唇) **caused** (造成) by a **shark** (鲨鱼) , this **grey** (灰色) **seal** (海豹) was **washed** (清洗) **upside down** (头上脚下) by the **tides** (潮水) **time after time** (不断地) . But it **tried** (尝试) to **jog** (轻轻碰撞) Mark **as if** (好像, 似乎) to **urge** (催促) him to **help** (帮助) it. So Mark **abandoned** (放弃) **fleeing** (逃跑) away. With its **teamwork** (合作) , Mark **used** (用) a **net** (网) to **drag** (拖) the **seal** (海豹) to the **shallow** (浅的) water without **pausing** (停歇) he **helped it out** (帮助它解决了问题) after a **simple** (简单的) **operation** (手术) and **settled** (安置) it in a **narrow** (狭窄的) **cave** (山洞) by the **seaside** (海边) . **Every time** (每次) he **brought** (带来) it **tasty** (可口的) **fish** (鱼) it would well and **suck** (吸) his **hands** (手) **happily** (开心地) . **Witnesses** (目击者) said their **anecdotes** (轶事) **reflected** (映射) a **magic** (神奇的) **dimension** (方面) of the **relationship** (关系) **between** (在...之间) **humans** (人类) and **animals** (动物) .

【译文】

马克用他的退休金在海岸边租了一间住所，每年都去那儿欣赏纯净的大海深处那生动的美丽。

有一次，马克带着他的水下望远镜和手电筒，潜到陡峭的暗礁和海草保护区间的分界线。突然，一只长着尖利牙齿使人畏惧的南极海豹出现在他对面。马克吓坏了，但是很快，他就意识到，他不是攻击的目标。这只灰色海豹的唇上有道鲨鱼咬出的整齐伤口，还时不时地被潮水冲得头上脚下。尽管如此，它却总是努力轻轻碰撞马克，似乎在催促他帮助它。于是马克放弃了逃跑。在这只海豹的合作下，马克用一张网把它拖到浅水区并毫不停歇给它动了一个简单的手术，帮助它解决了问题，然后将它安置在海边一个狭窄的洞里。每次当马克给它带来鲜美可口的鱼时，它就会高兴地大声叫唤，还吮吸他的手。目击者都说他们的轶事映射出人与动物关系中奇妙的一个方面。

● 单词语境练习

Mark _____ (租) an _____ (住所) with his _____ (退休金) _____ (靠近) the _____ (海岸). He _____ (付) _____ (每年) _____ (拜访) _____ (那里) to _____ (享受) the _____ (生动) _____ (美丽) in the _____ (深处) of the _____ (纯净的) _____ (大海).
_____ (有一次), with his _____ (水下) _____ (望远镜) and _____ (手电筒). Mark _____ (潜水) _____ (沿着) the _____ (分界线) _____ (在...之间) the _____ (陡峭的) _____ (悬崖) and the _____ (区域) of _____ (海草) _____ (保护区). _____ (突然) an _____ (使人畏惧的) _____ (南极) _____ (海豹) with _____ (尖利) _____ (牙齿) _____ (出现) _____ (对面) him. Every _____ (细胞) in his _____ (身体) _____ (吓坏了). But _____ (不一会), he was _____ (意识到) that he wasn't the _____ (目标) of an _____ (攻击). With a _____ (整齐) _____ (伤口) in its _____ (唇) _____ (造成) by a _____ (鲨鱼), this _____ (灰色) _____ (海豹) was _____ (清洗) _____ (头上脚下) by the _____ (潮水) _____ (不断地). But it _____ (尝试) to _____ (轻轻碰撞) Mark _____ (好像, 似乎) to _____ (催促) him to _____ (帮助) it. So Mark _____ (放弃) _____ (逃跑) away. With its _____ (合作), Mark _____ (用) a _____ (网) to _____ (拖) the _____ (海豹) to the _____ (浅的) water without _____ (停歇) he _____ (帮助它解决了问题) after a _____ (简单的) _____ (手术) and _____ (安置) it in a _____ (狭窄的) _____ (山洞) by the _____ (海边). _____ (每次) he _____ (带来) it _____ (可口的) _____ (鱼) it would well and _____ (吸) his _____ (手) _____ (开心地). _____ (目击者) said

their _____ (轶事) _____ (映射) a _____ (神奇的) _____ (方面) of the _____ (关系) _____ (在...之间) _____ (人类) and _____ (动物) .

● Helping the Remote Village 援助山村

A year ago (一年前), the famous (著名的) astronaut (宇航员) received (收到) an invitation (邀请) by airmail (航空邮件) from (来自) a remote (偏远) village (村庄). Intending to (因为想要) sniff (呼吸) some fresh air (新鲜空气) he and his interpreter (翻译) paid a fortnight (两周的) visit (访问) there. It was a privilege (荣幸) for them to be there (那里) but they were shocked (震惊于) by what they saw (所见). The tracks (道路) were muddy (泥泞的). The river (河流) was drying up (干枯). Most villagers (村民) only possessed (拥有) one broom (扫帚), a few (一些) tins (瓶瓶) and several (几个) jars (罐罐) and their (他们的) rectangular (矩形) grass huts (草屋) with round (圆的) angles (角) were surrounded (四周) by weeds (杂草). Besides (除此之外), their school (学校) had no roof (屋顶) and platform (讲台), and the students (学生) had no concept (概念) of clicking (操作) a computer (电脑) at all (根本). They were badly (非常) in need (需要).

Soon (不一会), the astronaut (宇航员) made a generous (慷慨的) voluntary (自愿) donation (捐赠) to the village (村庄). There were textbooks (课本) for students (学生) sewing (缝纫) machines (机器) for tailors (裁缝) and tractors (拖拉机) for farmers (农民). His distribution (分配) catalogue (目录) also included (包含) operating (运行, 经营) a clinic (诊所) and a trunk library (箱式图书馆) as well as giving weekly (每周地) lessons (课程) to teach (教学) relevant (相关的) farming knowledge (农业知识) like how to dry out seeds (种子) or raise (饲养) oxen (牛). He himself not only (不仅) helped do some paperwork (文书工

作) **but also** (而且) **purchased** (购买) **grills** (烤架) for boys to **toast** (烤制) **potatoes** (土豆) and **combs** (梳子) for girls who were **dying** (渴望) to **get** (得到) one. **The other day** (有一天), he heard from the **villagers** (村民) again **inviting** (邀请) him to **participate** (参加) in the **donation** (捐赠) **anniversary** (周年会). For **political** (政治的) and **security** (安全) **reasons** (原因), he couldn't **adjust** (调整) his **outgoing** (外出) **arrangement** (安排) - **otherwise** (否则) he would go. But his **deeds** (所做的一切) were **remembered** (记住) **forever** (永远).

【译文】

一年前，那位著名的宇航员收到一份由一个偏远村庄通过航空邮件寄来的邀请。因为想要呼吸一下新鲜空气，他和翻译到那儿做了一次两周的访问。当地之行使他们倍感荣幸，但却震惊于所见所闻。泥泞的道路、河流干枯，大部分的村民拥有的财产只不过是一只扫帚、几个瓶瓶罐罐而已，圆角的矩形草屋四周长满了杂草，学校也没有屋顶和讲台，学生们更对点击操作电脑毫无概念。他们生活确实相当困难。

很快，宇航员就向村庄做了慷慨的自愿捐赠。捐赠品中有给学生的课本，给裁缝的缝纫机，还有给农民的拖拉机。捐赠金的分配目录中还包括一间诊所和一间书箱图书馆的运作，并有传授像怎么使种子干透，或者怎么养牛这种相关农业知识的每周课程。他自己不仅亲自帮助做一些文书工作，还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天，他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因，他无法调整外出时间安排，否则他就会去了。不过他所做的一切村民们都永远记得。

● 单词语境练习

_____ (一年前), the _____ (著名的) _____ (宇航员) _____ (收到) an _____ (邀请) by _____ (航空邮件) _____ (来自) a _____ (偏远) _____ (村庄). _____ (因为想要) _____ (呼吸) some _____ (新鲜空气) he and his _____ (翻译) paid a _____ (两周的) _____ (访问) there. It was a _____ (荣幸) for them to be _____ (那里) but they were _____ (震惊于) by what they _____ (所见). The _____ (道路) were _____ (泥泞的). The _____ (河流) was _____ (干枯). Most _____ (村民) only _____ (拥有) one _____ (扫帚), _____ (一些) _____ (瓶瓶) and _____ (几个) _____ (罐

罐) and (他们的) (矩形) (草屋) with (圆的) (角) were (四周) by (杂草). (除此之外), their (学校) had no (屋顶) and (讲台), and the (学生) had no (概念) of (操作) a (电脑) (根本). They were (非常) in (需要). (不一会), the (宇航员) made a (慷慨的) (自愿) (捐赠) to the (村庄). There were (课本) for (学生) (缝纫) (机器) for (裁缝) and (拖拉机) for (农民). His (分配) (目录) also (包含) (运行, 经营) a (诊所) and a (箱式图书馆) as well as giving (每周地) (课程) to (教学) (相关的) (农业知识) like how to dry out (种子) or (饲养) (牛). He himself (不仅) helped do some (文书工作) (而且) (购买) (烤架) for boys to (烤制) (土豆) and (梳子) for girls who were (渴望) to (得到) one. (有一天), he heard from the (村民) again (邀请) him to (参加) in the (捐赠) (周年会). For (政治的) and (安全) (原因), he couldn't (调整) his (外出) (安排) - (否则) he would go. But his (所做的一切) were (记住) (永远).

● A Hard Trip 一场艰难的旅行

My sister (妹妹) was fond of (喜欢) traveling (旅行). Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip (旅行) to an old (古老的) temple (古庙). Since (自从) transporting fare (交通费用) was expensive (昂贵的), she decided (决定) to use (用) a bicycle (自行车) to cycle (骑自行车) there not caring about (担心) the disadvantages

(不利) . Her stubborn attitude (顽固的态度) was always (总是) her shortcoming (缺点) . Once (有一次) she made up her mind (下定决心) to do something. No one could persuade (说服) her to change (改变) her mind (主意) . Finally (最后) ,we gave in as usual (像往常一样让步) though (尽管) we preferred (更喜欢) to take a train (火车) . After we prepared (更喜欢) everything, including (包括) the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险) , we began (开始) our trip.

Our journey (旅程) was along (沿着) a river (河流) flowing (流; 垂; 流出) from a high (高的) altitude (海拔) . Our pace (步伐) was slow (缓慢的) because (因为) the river frequently (频繁地) had many sharp (陡峭的) bends (转弯) through deep (深的) valleys (峡谷) . where the water seemed (似乎) to boil (沸腾) . Just (就像) as I recorded (记录) in my journal (日记, 日志) , it was really (真的) a hard (艰难的) journey (旅行) . But we also enjoyed (享受) great views (景象; 视野) . One night (一天晚上) , I put my head (头) on my pillow (枕头) --a parcel of (一包) wool (羊毛) coats (外套) , and lay beneath (在...下面; 在...背后) the stars (星星) . When the flame (火焰) in front of (在...前面) our cave (岩洞) went out (外出) at midnight (在午夜) , I found the sky (天空) so beautiful (漂亮的) !

【译文】

我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕

头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

● 单词语境练习

My _____ (妹妹) _____ (喜欢) _____ (旅行) . _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a _____ (旅行) to an _____ (古老的) _____ (古庙) . _____ (自从) _____ (交通费用) was _____ (昂贵的) , she _____ (决定) to _____ (用) a _____ (自行车) to _____ (骑自行车) there not _____ (担心) the _____ (不利) . Her _____ (顽固的态度) was _____ (总是) her _____ (缺点) . _____ (有一次) she _____ (下定决心) to do something. No one could _____ (说服) her to _____ (改变) her _____ (主意) . _____ (最后), we _____ (像往常一样让步) though _____ (尽管) we _____ (更喜欢) to take a _____ (火车) . After we _____ (更喜欢) everything, _____ (包括) the _____ (时间表) , _____ (可靠的) _____ (天气预报) and the _____ (保险) , we _____ (开始) our trip.

Our _____ (旅程) was _____ (沿着) a _____ (河流) _____ (流; 垂; 流出) from a _____ (高的) _____ (海拔) . Our _____ (步伐) was _____ (缓慢的) _____ (因为) the river _____ (频繁地) had many _____ (陡峭的) _____ (转弯) through _____ (深的) _____ (峡谷) . where the water _____ (似乎) to _____ (沸腾) . _____ (就像) as I _____ (记录) in my _____ (日记, 日志) , it was _____ (真的) a _____ (艰难的) _____ (旅行) . But we also _____ (享受) great _____ (景象; 视野) . One _____ (一天晚上) , I put my _____ (头) on my _____ (枕头) -- _____ (一包) _____ (羊毛) _____ (外套) , and lay _____ (在...下面; 在...背后) the _____ (星星) . When the _____ (火焰) _____ (在...前面) our _____ (岩洞) _____ (外出) _____ (在午夜) , I found the _____ (天空) so _____ (漂亮的) !

● The Great President 伟大的总统

As (作为) the founder (创始人) of the republic (共和国) the president (总统) had many (许多) good (好的) qualities (品质) , Before coming to power (掌权) , he was a generous (慷慨的) lawyer (律师) .He was willing to (愿意) selflessly (无私地) help (帮助) everyone (每个人) who turned to (求助) him. He accepted (接受) no fee (费用) to offer (提供) legal guidance (法律指导) and opinions (意见) to those who were out of work (失业) or uneducated (没有受过教育的) . Later believing (相信) all mankind (人类) to be equal (平等) , he devoted (投入) him self to stopping (停止) the unfair (不平等) anti (反) -black laws (法) . He set up (建立) the Black Youth League (青年团) and was voted (选) to be the leader (领导者) . However (然而) , though he kept peaceful principles (和平原则) without violence (暴力) and terror (恐怖) , his mean (卑鄙的) enemies (敌人) still blew up (炸毁) his house (房屋) and attacked (袭击) his relatives (亲属) and he himself couldn't escape being sentenced to (逃脱被判) 30 years in prison (监狱) .

Not fearing (害怕) of the prison guards' cruelty (残酷) , he kept active (积极) and begged (乞求) no mercy (怜悯) from them. As a matter of fact (实际上) he was always (总是) hopeful (充满着希望) and never lost heart (灰心) during the stage (时期) even though (尽管) he was in trouble (困境) . Finally (最后) , people rewarded (回报) him with the leader's position (地位) and a gold blanket (毯子) .

【译文】

作为共和国的创始人，这位总统具备许多的优秀品质。还在掌权之前他就是一位慷慨的律师。他愿意无私地帮助那些向他求助的人。他免费为失业的，或没有受过教育的人提供法律指导和意见。后来，因为相信所有人类都是生来平等，他全身心投入到废除不平等的反黑人法律工作中。他建立了黑人青年团并被选为领袖。然而尽管他坚持没有暴力、没有恐怖的和平原则，卑鄙的敌人还是炸

毀了他的家、袭击了他的亲属，他自己也无法逃脱被判 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的残酷，始终保持积极的态度，不向他们乞求怜悯。实际上，他在任何一个困境时期都充满着希望，从未灰心。最后，人们以领袖的职位和一块金毯子回报了他的贡献。

● 每日单词练习

_____ (作为) the _____ (创始人) of the _____ (共和国) the _____ (总统) had _____ (许多) _____ (好的) _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) _____ (帮助) _____ (每个人) who _____ (求助) him. He _____ (接受) no _____ (费用) to _____ (提供) _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later _____ (相信) all _____ (人类) to be _____ (平等), he _____ (投入) him self to _____ (停止) the _____ (不平等) _____ (反)-black _____ (法). He _____ (建立) the Black _____ (青年团) and was _____ (选) to be the _____ (领导者). _____ (然而), though he kept _____ (和平原则) without _____ (暴力) and _____ (恐怖), his _____ (卑鄙的) _____ (敌人) still _____ (炸毁) his _____ (房屋) and _____ (袭击) his _____ (亲属) and he himself couldn't _____ (逃脱被判) 30 years in _____ (监狱).

Not _____ (害怕) of the prison _____ (残酷), he kept _____ (积极) and _____ (乞求) no _____ (怜悯) from them. _____ (实际上) he was _____ (总是) _____ (充满着希望) and never _____ (灰心) during the _____ (时期) even _____ (尽管) he was _____ (困境). _____ (最后), people _____ (回报) him with the leader's _____ (地位) and a gold _____ (毯子).

40 篇短文！ 搞定 3500 词

● Helping the Remote Village 援助山村

A year ago (一年前), the famous (著名的) astronaut (宇航员) received (收到) an invitation (邀请) by airmail (航空邮件) from (来自) a remote (偏远) village (村庄). Intending to (因为想要) sniff (呼吸) some fresh air (新鲜空气) he and his interpreter (翻译) paid a fortnight (两周的) visit (访问) there. It was a privilege (荣幸) for them to be there (那里) but they were shocked (震惊于) by what they saw (所见). The tracks (道路) were muddy (泥泞的). The river (河流) was drying up (干枯). Most villagers (村民) only possessed (拥有) one broom (扫帚), a few (一些) tins (瓶瓶) and several (几个) jars (罐罐) and their (他们的) rectangular (矩形) grass huts (草屋) with round (圆的) angles (角) were surrounded (四周) by weeds (杂草). Besides (除此之外), their school (学校) had no roof (屋顶) and platform (讲台), and the students (学生) had no concept (概念) of clicking (操作) a computer (电脑) at all (根本). They were badly (非常) in need (需要).

Soon (不一会), the astronaut (宇航员) made a generous (慷慨的) voluntary (自愿) donation (捐赠) to the village (村庄). There were textbooks (课本) for students (学生) sewing (缝纫) machines (机器) for tailors (裁缝) and tractors (拖拉机) for farmers (农民). His distribution (分配) catalogue (目录) also included (包含) operating (运行, 经营) a clinic (诊所) and a trunk library (箱式图书馆) as well as giving weekly (每周地) lessons (课程) to teach (教学) relevant (相关的) farming knowledge (农业知识) like how to dry out seeds (种子) or raise (饲养) oxen (牛). He himself not only (不仅) helped do some paperwork (文书工作) but also (而且) purchased (购买) grills (烤架)

for boys to toast (烤制) potatoes (土豆) and combs (梳子) for girls who were dying (渴望) to get (得到) one. The other day (有一天), he heard from the villagers (村民) again inviting (邀请) him to participate (参加) in the donation (捐赠) anniversary (周年会). For political (政治的) and security (安全) reasons (原因), he couldn't adjust (调整) his outgoing (外出) arrangement (安排) - otherwise (否则) he would go. But his deeds (所做的一切) were remembered (记住) forever (永远).

【译文】

一年前，那位著名的宇航员收到一份由一个偏远村庄通过航空邮件寄来的邀请。因为想要呼吸一下新鲜空气，他和翻译到那儿做了一次两周的访问。当地之行使他们倍感荣幸，但却震惊于所见所闻。泥泞的道路、河流干枯，大部分的村民拥有的财产只不过是一只扫帚、几个瓶瓶罐罐而已，圆角的矩形草屋四周长满了杂草，学校也没有屋顶和讲台，学生们更对点击操作电脑毫无概念。他们生活确实相当困难。

很快，宇航员就向村庄做了慷慨的自愿捐赠。捐赠品中有给学生的课本，给裁缝的缝纫机，还有给农民的拖拉机。捐赠金的分配目录中还包括一间诊所和一间书籍图书馆的运作，并有传授像怎么使种子干透，或者怎么养牛这种相关农业知识的每周课程。他自己不仅亲自帮助做一些文书工作，还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天，他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因，他无法调整外出时间安排，否则他就会去了。不过他所做的一切村民们都永远记得。

● 单词语境练习

_____ (一年前), the _____ (著名的) _____ (宇航员) _____ (收到) an
_____ (邀请) by _____ (航空邮件) _____ (来自) a _____ (偏远) _____ (村庄). _____ (因
为想要) _____ (呼吸) some _____ (新鲜空气) he and his _____ (翻译) paid a
_____ (两周的) _____ (访问) there. It was a _____ (荣幸) for them to be _____ (那
里) but they were _____ (震惊于) by what they _____ (所见). The _____ (道
路) were _____ (泥泞的). The _____ (河流) was _____ (干枯). Most _____ (村
民) only _____ (拥有) one _____ (扫帚), _____ (一些) _____ (瓶瓶) and

(几个) (罐罐) and (他们的) (矩形) (草屋) with
(圆的) (角) were (四周) by (杂草). (除此之外),
their (学校) had no (屋顶) and (讲台), and the (学
生) had no (概念) of (操作) a (电脑) (根本). They
were (非常) in (需要).

(不一会), the (宇航员) made a (慷慨的) (自愿)
(捐赠) to the (村庄). There were (课本) for (学生) (缝
纫) (机器) for (裁缝) and (拖拉机) for (农民).
His (分配) (目录) also (包含) (运行, 经营) a (诊
所) and a (箱式图书馆) as well as giving (每周地) (课程)
to (教学) (相关的) (农业知识) like how to dry out (种
子) or (饲养) (牛). He himself (不仅) helped do some
(文书工作) (而且) (购买) (烤架) for boys to (烤制)
(土豆) and (梳子) for girls who were (渴望) to (得到) one.
(有一天), he heard from the (村民) again (邀请) him to (参
加) in the (捐赠) (周年会). For (政治的) and (安
全) (原因), he couldn't (调整) his (外出) (安
排) - (否则) he would go. But his (所做的一切) were (记
住) (永远).

● Sailing Home 划船回家

This **novel** (小说) was **about** (关于) an **unbelievable** (难以置信) but **genuine**
(真实的) **adventure** (历险). Its **author** (作者) was a **black** (黑人) **businessman**
(商人) who was **brought up** (抚养) in **America** (美国). In 1956, he **visited**

(拜访, 参观) Africa (非洲), his birthplace (出生地). One day (有一天), when (当...) he was wandering (漫步) on the pavement (人行道) near (靠近) the bay (海湾) enjoying (欣赏) the sea scenes (景色), he lost (丢失) his money and passport (护照) that he kept in an envelope (信封). So he went to the embassy (大使馆) to seek (寻求) help, but the ambassador (大使) with rude (粗鲁) manners (态度) didn't permit (允许) his staff (员工) to help (帮助) though (尽管) he bowed (鞠躬) to him. Staring at (盯着) his impatient (不耐烦) face, he understood (理解) that it was the fault (错误) of his skin colour (肤色) that accounted for (导致) their reflection (反应). So he decided (决定) to take a chance (冒险) to sail (划船) on a small (小的) boat (船) home (家).

He met (遇到) a large amount of (许多) difficulty (困难) but was never (从未) stopped (停止). On the contrary (相反), difficulty pushed (促使) him to go ahead (前进) harder. Three months (月) later, he was spotted (发现) by a ship (船) by accident (偶然). He was in rags (衣衫褴褛) indeed (真的是). A maid (女仆) even screamed (尖叫) when bringing (带) him a steak (尖叫) and pineapple (菠萝) dessert (甜品). Aboard (上船后), he earned (赚) his passage (船费) by working (工作) as a barber (理发师) and got home finally (最后). As for (至于) the name (名字) of his novel (小说) he couldn't think of a better one than the phrase (短语) "Go Ahead (前进, 前行)".

【译文】

这部小说写的是一次令人难以置信而又真实的历险。其作者是一位在美国被抚养长大的黑人商人。1956年,他回到他的出生地非洲。有一天,当他在海湾边的人行道上漫步欣赏海景时,他丢失了一个装着钱和护照的信封,于是向当地的大使馆寻求帮助。但是大使态度非常粗鲁,即使向他

鞠躬，也不允许他的职员帮忙。盯着他那不耐烦的脸，他知道是他皮肤颜色的错才导致了他们的拒绝。于是，他决定冒险驾驶一只小船回家。

他遇到了许多困难，但是从未停止，相反，困难推动他更努力地前进。三个月后，当他被一艘船偶然发现时，真的是衣衫褴褛。给他端来牛排和菠萝甜品的女仆甚至被吓得尖叫起来。在船上，他当一名理发师来赚取船费，最后终于回到了家。至于这部小说的名字，他再也不能想到一个比“前进”更好的短语了。

● 单词语境练习

This _____ (小说) was _____ (关于) an _____ (难以置信) but _____ (真实的) _____ (历险). Its _____ (作者) was a _____ (黑人) _____ (商人) who was _____ (抚养) in _____ (美国). In 1956, he _____ (拜访, 参观) _____ (非洲), his _____ (出生地). _____ (有一天), _____ (当...) he was _____ (漫步) on the _____ (人行道) _____ (靠近) the _____ (海湾) _____ (欣赏) the sea _____ (景色), he _____ (丢失) his money and _____ (护照) that he kept in an _____ (信封). So he went to the _____ (大使馆) to _____ (寻求) help, but the _____ (大使) with _____ (粗鲁) _____ (态度) didn't _____ (允许) his _____ (员工) to _____ (帮助) _____ (尽管) he _____ (鞠躬) to him. _____ (盯着) his _____ (不耐烦) face, he _____ (理解) that it was the _____ (错误) of his _____ (肤色) that _____ (导致) their _____ (反应). So he _____ (决定) to _____ (冒险) to _____ (划船) on a _____ (小的) _____ (船) _____ (家).

He _____ (遇到) _____ (许多) _____ (困难) but was _____ (从未) _____ (停止). _____ (相反), difficulty _____ (促使) him to _____ (前进) harder. Three _____ (月) later, he was _____ (发现) by a _____ (船) _____ (偶然). He was _____ (衣衫褴褛) _____ (真的是). A _____ (女仆) even _____ (尖叫) when _____ (带) him a _____ (尖叫) and _____ (菠萝) _____ (甜品). _____ (上船后), he _____ (赚) his _____ (船费) by _____ (工作) as a _____ (理发师) and got home _____ (最

后) . _____ (至于) the _____ (名字) of his _____ (小说) he couldn't think of a better one than the _____ (短语) " _____ (前进, 前行)" .

●Mark and a Seal 马克和海豹

Mark rented (租) an accommodation (住所) with his pension (退休金) near (靠近) the shore (海岸) . He paid (付) annual (每年) visits (拜访) there (那里) to enjoy (享受) the vivid (生动) beauty (美丽) in the depths (深处) of the pure (纯净的) sea (大海) .

Once (有一次) , with his underwater (水下) telescope (望远镜) and flashlight (手电筒) . Mark dived (潜水) along (沿着) the boundary (分界线) between (在...之间) the steep (陡峭的) reef (悬崖) and the area (区域) of seaweed (海藻) conservation (保护区) . Suddenly (突然) an awesome (使人畏惧的) Antarctic (南极) seal (海豹) with sharp (尖利) teeth (牙齿) appeared (出现) opposite (对面) him. Every cell (细胞) in his body (身体) was scared to death (吓坏了) . But soon (不一会) , he was aware (意识到) that he wasn't the target (目标) of an attack (攻击) . With a neat (整齐) wound (伤口) in its lip (唇) caused (造成) by a shark (鲨鱼) , this grey (灰色) seal (海豹) was washed (清洗) upside down (头上脚下) by the tides (潮水) time after time (不断地) . But it tried (尝试) to jog (轻轻碰撞) Mark as if (好像, 似乎) to urge (催促) him to help (帮助) it. So Mark abandoned (放弃) fleeing (逃跑) away. With its teamwork (合作) , Mark used (用) a net (网) to drag (拖) the seal (海豹) to the shallow (浅的) water without pausing (停歇) he helped it out (帮助它解决了问题) after a simple (简单的) operation (手术) and settled (安置) it in a narrow (狭窄的) cave (山洞) by the seaside (海边) . Every time (每次) he brought

(带来) it tasty (可口的) fish (鱼) it would well and suck (吸) his hands (手) happily (开心地) . Witnesses (目击者) said their anecdotes (轶事) reflected (映射) a magic (神奇的) dimension (方面) of the relationship (关系) between (在...之间) humans (人类) and animals (动物) .

【译文】

马克用他的退休金在海岸边租了一间住所，每年都去那儿欣赏纯净的大海深处那生动的美丽。

有一次，马克带着他的水下望远镜和手电筒，潜到陡峭的暗礁和海草保护区间的分界线。突然，一只长着尖利牙齿使人畏惧的南极海豹出现在他对面。马克吓坏了，但是很快，他就意识到，他不是攻击的目标。这只灰色海豹的唇上有道鲨鱼咬出的整齐伤口，还时不时地被潮水冲得头上脚下。尽管如此，它却总是努力轻轻碰撞马克，似乎在催促他帮助它。于是马克放弃了逃跑。在这只海豹的合作下，马克用一张网把它拖到浅水区并毫不停歇给它动了一个简单的手术，帮助它解决了问题，然后将它安置在海边一个狭窄的洞里。每次当马克给它带来鲜美可口的鱼时，它就会高兴地大声叫唤，还吮吸他的手。目击者都说他们的轶事映射出人与动物关系中奇妙的一个方面。

● 单词语境练习

Mark _____ (租) an _____ (住所) with his _____ (退休金) _____ (靠近) the _____ (海岸) . He _____ (付) _____ (每年) _____ (拜访) _____ (那里) to _____ (享受) the _____ (生动) _____ (美丽) in the _____ (深处) of the _____ (纯净的) _____ (大海) .

_____ (有一次) , with his _____ (水下) _____ (望远镜) and _____ (手电筒) . Mark _____ (潜水) _____ (沿着) the _____ (分界线) _____ (在...之间) the _____ (陡峭的) _____ (悬崖) and the _____ (区域) of _____ (海草) _____ (保护区) . _____ (突然) an _____ (使人畏惧的) _____ (南极) _____ (海豹) with _____ (尖利) _____ (牙齿) _____ (出现) _____ (对面) him. Every _____ (细胞) in his _____ (身体) _____ (吓坏了) . But _____ (不一会) , he was _____ (意识到) that he wasn't the _____ (目标) of an _____ (攻击) . With a _____ (整齐) _____ (伤口) in its _____ (唇) _____ (造成) by a _____ (鲨鱼) , this _____ (灰色) _____ (海豹) was _____ (清洗) _____

(头上脚下) by the (潮水) (不断地). But it (尝试) to (轻轻碰撞) Mark (好像, 似乎) to (催促) him to (帮助) it. So Mark (放弃) (逃跑) away. With its (合作), Mark (用) a (网) to (拖) the (海豹) to the (浅的) water without (停歇) he (帮助它解决了问题) after a (简单的) (手术) and (安置) it in a (狭窄的) (山洞) by the (海边). (每次) he (带来) it (可口的) (鱼) it would well and (吸) his (手) (开心地). (目击者) said their (轶事) (映射) a (神奇的) (方面) of the (关系) (在...之间) (人类) and (动物).

● A Hard Trip 一次辛苦旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古庙). Since transporting fare (交通费用) was expensive, she decided to use a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends

(转弯) through deep valleys (峡谷) . where the water seemed to boil (沸腾) . Just as I recorded in my journal (日记, 日志) , it was really a hard journey. But we also enjoyed great views (景象; 视野) . One night, I put my head on my pillow (枕头) --a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜) , I found the sky so beautiful!

译文：我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空如此的美丽！

单词语境练习：My sister (喜欢) traveling. (自从毕业), she had been (下定决心) to (组织) a trip to an old (古庙) . Since (交通费用) was expensive, she decided to use a bicycle to (骑自行车) there not (担心) the (不利) . Her (顽固的态度) was always her (缺点) . Once she (下定决心) to do something. no one could (说服) her to (改变) her (主意) . (最后), we (像往常一样让步) though we (更喜欢) to take a train. After we prepared everything, including the (时间表) , (可靠的) (天气预报) and the (保险) , we began our trip.

Our (旅程) was along a river (流; 垂; 流出) from a high (海)

拔) . Our _____ (步伐) was slow because the river frequently had many sharp _____ (转弯) through deep _____ (峡谷) . where the water seemed to _____ (沸腾) . Just as I recorded in my _____ (日记, 日志) , it was really a hard journey. But we also enjoyed great _____ (景象; 视野) . One night, I put my head on my _____ (枕头) -- _____ (一包) wool (羊毛) coats, and lay _____ (在...下面; 在...背后) the stars. When the _____ (火焰) in front of our _____ (岩洞) went out _____ (在午夜) , I found the sky so beautiful!

● An Amateur Journalist 业余记者

Jane is a housewife (家庭主妇) , but delighted (乐意) to work as an amateur (业余) journalist (记者) . It is a dilemma (左右为难) for her to rush between family and work, and it is also unusual (不同寻常) for the News Department (部) to depend on _____ (依靠) an amateur to cover crimes (罪案) . But Jane is really gifted (天赋) . It is admirable (让人钦佩的) that she is seldom accused (受到责备) of making mistakes. And, eager (渴望) to become more professional (专业) she concentrates on her job and updates (提升) herself now and then.

Once she is informed (通知) of a new case (案子) her normal working process (程序) is as follows: first, she makes appointments (约) with guilty (有罪的人) people for interviews. So as to (为了) acquire (获得) accurate (准确的) stories. she usually demands (要求) to record what they say. Meanwhile (同时) , a technically (技术上) good colleague (同事) will assist (协助) her in taking photographs (拍照) . Second, she assesses (评估) whether they are deliberately (故意) hiding the truth. If she is skeptical (怀疑) about their words, she will look into the case herself Third. She writes thorough (详尽) stories ahead of the deadline () and submits () it to the senior () chief () editor () , who polishes () and approves () every section () .

Finally, her stories will be published () in different editions of their magazine.

简是一名家庭主妇，但却非常乐意做一名业余记者。在家和工作之间奔波总是使她左右为难，而且对于新闻部来说，依靠一名业余人员来报道罪案也是不同寻常的，但是简真的很有天赋，让人钦佩的是她极少因为犯错而受到责备。因为渴望做得更加专业，她全神贯注于工作，且时不时地就提升自身的业务水平。

一旦接到新案子的通知，她通常的工作程序如下：首先，她和有罪的人约了作采访。为了获得准确的新闻，她通常要求做录音，同时，一位技术上好的同事会协助她拍照；接着，她对受采访的人是否有故意隐瞒真相作出评估。如果她怀疑他们的话，就会亲自调查案件；然后，她在截稿期限前写出详尽的报道，呈交给高级主编，由他对每个部分做润色和批准；最后，她的新闻就发表在杂志的各个版本中了。

40 篇短文背完 3500 词！

● The Great President 伟大的总统

As the founder (创始人) of the republic (共和国) the president (总统) had many good qualities (品质), Before coming to power (掌权), he was a generous (慷慨的) lawyer (律师). He was willing to (愿意) selflessly (无私地) help everyone who turned to (求助) him. He accepted no fee (费用) to offer legal guidance (法律指导) and opinions (意见) to those who were out of work (失业) or uneducated (没有受过教育的). Later believing all mankind (人类) to be equal (平等), he devoted (投入) him self to stopping the unfair (不平等) anti (反) -black laws. He set up (建立) the Black Youth League (青年团) and was voted (选) to be the leader. However, though he kept peaceful principles (和

平原则) without **violence** (暴力) and **terror** (恐怖), his **mean** (卑鄙的) enemies still **blew up** (炸毁) his house and **attacked** (袭击) his **relatives** (亲属) and he himself couldn't **escape being sentenced to** (逃脱被判) 30 years in prison.

Not fearing of the prison guards' **cruelty** (残酷), he kept **active** (积极) and **begged** (乞求) no mercy from them. **As a matter of fact** (实际上) he was always **hopeful** (充满着希望) and never **lost heart** (灰心) during the **stage** (时期) even though he was **in trouble** (困境). Finally, people **rewarded** (回报) him with the leader's position and a gold **blanket** (毯子).

译文：作为共和国的创始人，这位总统具备许多的优秀品质。还在掌权之前他就是一位慷慨的律师。他愿意无私地帮助那些向他求助的人。他免费为失业的，或没有受过教育的人提供法律指导和意见。后来，因为相信所有人类都是生来平等，他全身心投入到废除不平等的反黑人法律工作中。他建立了黑人青年团并被选为领袖。然而尽管他坚持没有暴力、没有恐怖的和平原则，卑鄙的敌人还是炸毁了他的家、袭击了他的亲属，他自己也无法逃脱被判 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的残酷，始终保持积极的态度，不向他们乞求怜悯。实际上，他在任何一个困境时期都充满着希望，从未灰心。最后，人们以领袖的职位和一块金毯子回报了他的贡献。

● 每日单词练习

As the _____ (创始人) of the _____ (共和国) the _____ (总统) had many good _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) help everyone who _____ (求助) him. He accepted no _____ (费用) to offer _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later believing all _____ (人类) to be _____ (平等), he

(投入) him self to stopping the (不平等) (反)-black laws. He (建立) the Black (青年团) and was (选) to be the leader. However, though he kept (和平原则) without (暴力) and (恐怖), his (卑鄙的) enemies still (炸毁) his house and (袭击) his (亲属) and he himself couldn't (逃脱被判) 30 years in prison.

Not fearing of the prison guards' (残酷), he kept (积极) and (乞求) no mercy from them. (实际上) he was always (充满着希望) and never (灰心) during the (时期) even though he was (困境). Finally, people (回报) him with the leader's position and a gold (毯子).

● **Balanced Diet** 平衡膳食

Wang Peng earned his living (谋生) by running a barbecue (烧烤) restaurant, which served delicious bacon (腊肉), fried chicken breast (胸) and mutton (羊肉) roasted (烤制) with pepper (辣椒) and garlic (大蒜). But his food and discount (折扣) attracted fewer and fewer customers (顾客). Finally, he was in debt (负债累累). Yong Hui's slimming (减肥) restaurant served fresh peas (豌豆), carrots (红萝卜), eggplants (茄子), and raw cucumbers (生黄瓜) with vinegar (醋). As the hostess (女主人), she said fibres (纤维) benefited (有利于) customers' digestion (消化) the most. In order not to let Yong Hui get away with (侥幸逃脱) telling lies (谎话), Wang Peng spied on (探查) Yong Hui despite her glare (怒视). But he was surprised that she was losing her customers too.

Curiosity (好奇心) drove Wang Peng to consult (咨询) an expert. The expert sighed (叹息) and said, "Both of your menus have weakness (缺点) and limited

strength. Your customers put on weight (发胖) too easily, while Yong Hui's lose weight (体重减轻) too quickly. So, Wang Peng cut down (减少) the fat of your food and increase vegetables and fruits, like nuts (坚果), beans (豆类), mushrooms (蘑菇), peaches (桃子) and lemons (柠檬). You ought to (应该) combine (结合) the two menus and provide a balanced (平衡的) diet (膳食).

Before long (不久), Wang Peng won his customers back.

译文：王鹏经营一家烧烤餐厅来谋生，他的餐厅供应美味的腊肉、油炸的鸡胸，还有用辣椒和大蒜一起烤制的羊肉。但是，他的食物和折扣吸引的顾客越来越少，最后是他负债累累。永慧的减肥餐厅供应的是新鲜的豌豆、红萝卜、茄子和醋腌的生黄瓜。作为老板娘(女主人)，她总是说食物纤维才最有利于顾客的消化。为了不让永慧说了谎不受惩罚，王鹏不顾她的怒视，前去探查个究竟。但是让他惊奇的是，永慧的顾客也在严重地流失。

好奇心驱使王鹏去咨询专家。那位专家叹息着说：“你们俩的菜单都缺点明显、优点有限。你的顾客很容易就发胖，而永慧的顾客却减轻得太快。所以嘛，王鹏，你要减少你的食物中的脂肪含量，增加蔬菜和水果，例如坚果、豆类、蘑菇、桃子和柠檬之类。你应该把两份菜单结合起来，给顾客提供平衡的膳食。”

不久，王鹏就赢回了他的顾客。

● 每日单词练习

Wang Peng _____ (谋生) by running a _____ (烧烤) restaurant, which served delicious _____ (腊肉), fried chicken _____ (胸) and _____ (羊肉) _____ (烤制) with _____ (辣椒) and _____ (大蒜). But his food and _____ (折扣) attracted fewer and fewer _____ (顾客). Finally, he was _____ (负债累累). Yong Hui's _____ (减肥) restaurant served fresh _____ (豌豆), _____ (红萝卜), _____ (茄子), and raw

(生黄瓜) with _____ (醋). As the _____ (女主人), she said _____ (纤维) _____ (有利于) customers' _____ (消化) the most. In order not to let Yong Hui _____ (侥幸逃脱) telling _____ (谎话), Wang Peng _____ (探查) Yong Hui despite her _____ (怒视). But he was surprised that she was losing her customers too.

_____ (好奇心) drove Wang Peng to _____ (咨询) an expert. The expert (叹息) and said, "Both of your menus have _____ (缺点) and limited strength. Your customers _____ (发胖) too easily, while Yong Hui's _____ (体重减轻) too quickly. So, Wang Peng _____ (减少) the fat of your food and increase vegetables and fruits, like _____ (坚果), _____ (豆类), _____ (蘑菇), _____ (桃子) and _____ (柠檬). You _____ (应该) _____ (结合) the two menus and provide a _____ (平衡的) _____ (膳食).

_____ (不久), Wang Peng won his customers back.

● A Hard Trip 一次辛苦旅行

My sister **was fond of** (喜欢) traveling. **Ever since graduating** (自从毕业), she had been **determined** (下定决心) to **organize** (组织) a trip to an old **temple** (古庙). Since **transporting fare** (交通费用) was expensive, she decided to use a bicycle to **cycle** (骑自行车) there not **caring about** (担心) the **disadvantages** (不利). Her **stubborn attitude** (顽固的态度) was always her **shortcoming** (缺点). Once she **made up her mind** (下定决心) to do something, no one could **persuade** (说服) her to **change** (改变) her **mind** (主意). **Finally** (最后), we **gave in as usual** (像往常一样让步) though we **preferred** (更喜欢) to take a train. After we prepared everything, including the **schedule** (时间表), **reliable** (可靠的) **weather forecast** (天气预报) and the **insurance** (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷). where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文：我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

● Fall in Love with English 爱上英语

Hiding behind the loose (松散) dusty (积满灰尘的) curtain (窗帘) a teenager (少年) packed up (包装好的) his overcoat (大衣) into the suitcase (手提箱). He planned to leave home at dusk (黄昏时刻) though there was thunder (闪电) and lightning outdoors (外面正打雷). He had got to do (不

得不) this because he was tired of (厌倦) his parents nagging about his English study and did not want to go through (进展) it any longer. He couldn't get along well with (与...相处融洽) English and disliked (不喜欢) joining (参加) in English classes because he thought his teacher ignored (忽视) him on purpose (有意). As a result, his score in each exam never added up to (合计) over 60.

His partner (搭档) was concerned about (关心) him very much. She understood exactly (确切地) what he was suffering from (遭受) but entirely (全部地; 彻底地) disagreed with (不同意) his idea. In order to (为了...) calm (使平静) him down and settle (解决) his problem. she talked with him face to face (面对面) and swapped (交换) a series of (一系列; 一连串) leaning tips (提示) with him. The items (条, 条款) she set down (写下来) helped him find the highway (最佳捷径) to studying English well.

The teenager was grateful (感激) and got great power (动力) from his friend's words. Now, he has recovered from (恢复) being upset (沮丧) and has fallen in love with (爱上) English.

译文：有个少年躲在积满灰尘的松散窗帘后把大衣装入手提箱。尽管外面正打雷闪电，他仍计划在黄昏时分离家出走。他不得不这样做是因为厌倦了父母对他英语学习的唠叨，不想再忍受下去了。他的英语学习总是无法取得进展，而且不喜欢参加英语课的学习，因为他以为老师有意忽视他。结果，他每次考试的分数合计从未超过 60。他的搭档很关心他，也确切地理解他遭受的折磨，但却完全不同意他的想法。为了使他冷静下来好好解决问题，她和他面对面地交谈，并交换了一系列的学习心得技巧。她写下来的条款帮助他找到了学好英语的最佳捷径。这个少年非常很感激，并从朋友的话里获得极大的动力。现在，他已经从沮丧中恢复过来，真正爱上了英语。

Different Countries Have Different Kinds of Englishes 不同的国家有不同的英语

Voyages (航行, 航海) of people from England play an important part in (发挥重要作用) spreading the English language. At present (目前, 现在), English is frequently (频繁地, 经常) spoken as an official (官方的; 公开的) or common language in many countries, such as (例如) America, Singapore (新加坡), Malaysia (马来西亚) and some African (非洲) countries. All based on (基于) British English, the English spoken in these countries can be well understood by native (本地人) English speakers. But actually (事实上), these Englishes have been gradually (逐渐) changing in accents (口音), spellings (拼写) expressions (表达, 措辞) and the usage (使用) of vocabulary (词汇).

Because of (因为) this fact, you can make use of (利用) the differences to tell which country the foreigners of your block are from. For example, if a boss fluently (流利的) commands his driver, "Come up straight (直接过去) to my apartment (公寓) by elevator (电梯) and take some gas for my trucks and cabs (出租车)", instead of requesting (要求, 请求): "Please come to my flat (公寓) by lift (电梯) and take some petrol (汽油) for my lorries (汽车, 卡车) and taxis", you can recognize (辨认, 认出) his American identity (身份), while the latter (后者) suggests (暗示) that he is British.

译文：英国人的航海在英语的传播中扮演了重要的角色。目前，英语在许多国家被作为官方语言或通用语言频繁地使用，例如美国、新加坡、马来西亚和一些非洲的国家。这些国家的英语都以英式英语为基础，能很好地为以英语为本族语的人所理解。但是实际上，这些英语在口音、拼写、表达和词汇的使用方面都在逐渐变化。

因为这一情况的存在你就可以利用这些英语之间的区别说出你们街区的外国人是哪个国家来的了。例如，如果有个老板流利地命令他的司机：Come up straight to my

apartment by elevator and take some gas for my trucks and cabs(直接搭电梯到我公寓上来拿卡车和出租车的汽油)”，而不是要求说，“Please come to my flat by lift and take some petrol for my lorries and taxis(请直接搭电梯到我公寓上来拿卡车和出租车的汽油)” 你就可以轻易地辨认出他的美国人身份，而后者却暗示着那是一位英国人。(请注意:听力录音里第二段两个“电梯”的单词跟原文不一致，原文是对的，录音弄错了，elevator 才是美式说法而 lift 是英式说法。)

A Fair Competition 公平的比赛

Swifter (迅速的) , Higher and Stronger stands for (代表) the spirit of the Olympics. But fairness is the basis (基础) of this motto (格言) . Only when you win fairly will you and you homeland (祖国) deserve (值得, 承受) the great glory (光荣, 荣耀) . But nowadays (如今) , unlike the ancient (古代) honest slave (奴隶) competitors (竞赛者) , some hopeless (绝望的) athletes (运动员) who can't bear the pain (痛苦) of training cheat when taking part in (参加) games. Medals (奖牌) seem to have magical (魔法的, 神奇的) power causing them to cheat, and the prize money has replaced (代替, 取代) the motto as their only goal.

So in the gymnastics (体操) event to be held in our city next month. one of the host's (主办方, 东道主) responsibilities (责任) is to keep competitions fair. They advertised (打广告) on posters (海报) outside the stadium (体育场) to promise that every competitor is to have a regular (常规的) physical (身体的) examination in a gymnasium (体育馆) one after another (一个个) . No one can bargain (讨价还价) on this. The volunteers (志愿者) in charge (负责) will be very strict. It is foolish (愚蠢的) to cheat because they will not be admitted (允许) to compete (竞赛, 比赛) and will even be fined (罚款) as well (还) .

译文：“更快!更高!更强!” 代表着奥运精神。但是公平却是这一格言的基础。只有当你公平地赢得比赛，你和你的祖国才会承受这样的光荣。但如今，不像古代那些诚实的奴隶参赛者，有些没有希望的运动员无法承受训练的痛苦，于是在参加比赛时作假。奖牌似乎有某种魔力使他们作假，奖金也已经代替了奥运格言成为了他们唯一的目标。

因此，在我们市下个月即将举行的一场体操赛事中，主办方的其中一项责任就是要确保比赛的公平。他们在体育场外的海报上做广告，承诺说每个参赛者都将在体育馆一个一个地参加常规的身体检查。对此没有人可以讨价还价。负责此事的志愿者将非常严格。作假是很愚蠢的，因为他们将不被允许去竞赛，甚至还将被罚款。

13.Sailing Home

This novel was about an unbelievable but genuine adventure. Its author was a black businessman who was brought up in America. In 1956, he visited Africa, his birthplace. One day, when he was wandering on the pavement near the bay enjoying the sea scenes, he lost his money and passport that he kept in an envelope. So he went to the embassy to seek help, but the ambassador with rude manners didn't permit his staff to help though he bowed to him. Staring at his impatient face, he understood that it was the fault of his skin colour that accounted for their refection. So he decided to take a chance to sail on a small boat home.

He met a large amount of difficulty but was never stopped. On the contrary, difficulty pushed him to go ahead harder. Three months later, he was spotted by a ship by accident. He was in rags indeed. A maid even screamed when bringing him a steak and pineapple dessert. Aboard, he eaned his passage by working as a

barber and got home finally. As for the name of his novel he couldn't think of a better one than the phrase "Go Ahead".

13.划船回家

这部小说写的是一次令人难以置信而又真实的历险。其作者是一位在美国被抚养长大的黑人商人。1956年，他回到他的出生地非洲。有一天，当他在海湾边的人行道上漫步欣赏海景时，他丢失了一个装着钱和护照的信封，于是向当地的大使馆寻求帮助。但是大使态度非常粗鲁，即使向他鞠躬，也不允许他的职员帮忙。盯着他那不耐烦的脸，他知道是他皮肤颜色的错才导致了他们的拒绝。于是，他决定冒险驾驶一只小船回家。

他遇到了许多困难，但是从未停止，相反，困难推动他更努力地前进。三个月后，当他被一艘船偶然发现时，真的是衣衫褴褛。给他端来牛排和菠萝甜品的女仆甚至被吓得尖叫起来。在船上，他当一名理发师来赚取船费，最后终于回到了家。至于这部小说的名字，他再也不能想到一个比“前进”更好的短语了。

40 篇短文！背完 3500 词

● Mark and a Seal 马克和海豹

Mark rented (租) an accommodation (住所) with his pension (退休金) near (靠近) the shore (海岸). He paid (付) annual (每年) visits (拜访) there (那里) to enjoy (享受) the vivid (生动) beauty (美丽) in the depths (深处) of the pure (纯净的) sea (大海).

Once (有一次), with his underwater (水下) telescope (望远镜) and flashlight (手电筒). Mark dived (潜水) along (沿着) the boundary (分界线) between (在...之间) the steep (陡峭的) reef (悬崖) and the area (区域) of seaweed (海藻) conservation (保护区). Suddenly (突然) an awesome (使人畏惧的)

Antarctic (南极) seal (海豹) with sharp (尖利) teeth (牙齿) appeared (出现) opposite (对面) him. Every cell (细胞) in his body (身体) was scared to death (吓坏了). But soon (不一会), he was aware (意识到) that he wasn't the target (目标) of an attack (攻击). With a neat (整齐) wound (伤口) in its lip (唇) caused (造成) by a shark (鲨鱼), this grey (灰色) seal (海豹) was washed (清洗) upside down (头上脚下) by the tides (潮水) time after time (不断地). But it tried (尝试) to jog (轻轻碰撞) Mark as if (好像, 似乎) to urge (催促) him to help (帮助) it. So Mark abandoned (放弃) fleeing (逃跑) away. With its teamwork (合作), Mark used (用) a net (网) to drag (拖) the seal (海豹) to the shallow (浅的) water without pausing (停歇) he helped it out (帮助它解决了问题) after a simple (简单的) operation (手术) and settled (安置) it in a narrow (狭窄的) cave (山洞) by the seaside (海边). Every time (每次) he brought (带来) it tasty (可口的) fish (鱼) it would well and suck (吸) his hands (手) happily (开心地). Witnesses (目击者) said their anecdotes (轶事) reflected (映射) a magic (神奇的) dimension (方面) of the relationship (关系) between (在...之间) humans (人类) and animals (动物).

【译文】

马克用他的退休金在海岸边租了一间住所，每年都去那儿欣赏纯净的大海深处那生动的美丽。有一次，马克带着他的水下望远镜和手电筒，潜到陡峭的暗礁和海草保护区间的分界线。突然，一只长着尖利牙齿使人畏惧的南极海豹出现在他对面。马克吓坏了，但是很快，他就意识到，他不是攻击的目标。这只灰色海豹的唇上有道鲨鱼咬出的整齐伤口，还时不时地被潮水冲得头上脚下。尽管如此，它却总是努力轻轻碰撞马克，似乎在催促他帮助它。于是马克放弃了逃跑。在这只海豹的合作下，马克用一张网把它拖到浅水区并毫不停歇给它动了一个简单的手术，帮助它解决了问题，然后将它安置在海边一个狭窄的洞里。每次当马克给它带来鲜美可口的鱼时，它就会高兴地大声叫唤，还吮吸他的手。目击者都说他们的轶事映射出人与动物关系中奇妙的一个方面。

● 单词语境练习

Mark _____ (租) an _____ (住所) with his _____ (退休金) _____ (靠近) the _____ (海岸). He _____ (付) _____ (每年) _____ (拜访) _____ (那里) to _____ (享受) the _____ (生动) _____ (美丽) in the _____ (深处) of the _____ (纯净的) _____ (大海).

_____ (有一次), with his _____ (水下) _____ (望远镜) and _____ (手电筒). Mark _____ (潜水) _____ (沿着) the _____ (分界线) _____ (在...之间) the _____ (陡峭的) _____ (悬崖) and the _____ (区域) of _____ (海草) _____ (保护区). _____ (突然) an _____ (使人畏惧的) _____ (南极) _____ (海豹) with _____ (尖利) _____ (牙齿) _____ (出现) _____ (对面) him. Every _____ (细胞) in his _____ (身体) _____ (吓坏了). But _____ (不一会), he was _____ (意识到) that he wasn't the _____ (目标) of an _____ (攻击). With a _____ (整齐) _____ (伤口) in its _____ (唇) _____ (造成) by a _____ (鲨鱼), this _____ (灰色) _____ (海豹) was _____ (清洗) _____ (头上脚下) by the _____ (潮水) _____ (不断地). But it _____ (尝试) to _____ (轻轻碰撞) Mark _____ (好像, 似乎) to _____ (催促) him to _____ (帮助) it. So Mark _____ (放弃) _____ (逃跑) away. With its _____ (合作), Mark _____ (用) a _____ (网) to _____ (拖) the _____ (海豹) to the _____ (浅的) water without _____ (停歇) he _____ (帮助它解决了问题) after a _____ (简单的) _____ (手术) and _____ (安置) it in a _____ (狭窄的) _____ (山洞) by the _____ (海边). _____ (每次) he _____ (带来) it _____ (可口的) _____ (鱼) it would well and _____ (吸) his _____ (手) _____ (开心地). _____ (目击者) said their _____ (轶事) _____ (映射) a _____ (神奇的) _____ (方面) of the _____ (关系) _____ (在...之间) _____ (人类) and _____ (动物).

● A Hard Trip 一场艰难的旅行

My sister (妹妹) was fond of (喜欢) traveling (旅行) . Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip (旅行) to an old (古老的) temple (古庙) . Since (自从) transporting fare (交通费用) was expensive (昂贵的) , she decided (决定) to use (用) a bicycle (自行车) to cycle (骑自行车) there not caring about (担心) the disadvantages (不利) . Her stubborn attitude (顽固的态度) was always (总是) her shortcoming (缺点) . Once (有一次) she made up her mind (下定决心) to do something. No one could persuade (说服) her to change (改变) her mind (主意) . Finally (最后) , we gave in as usual (像往常一样让步) though (尽管) we preferred (更喜欢) to take a train (火车) . After we prepared (更喜欢) everything, including (包括) the schedule (时间表) , reliable (可靠的) weather forecast (天气预报) and the insurance (保险) , we began (开始) our trip.

Our journey (旅程) was along (沿着) a river (河流) flowing (流; 垂; 流出) from a high (高的) altitude (海拔) . Our pace (步伐) was slow (缓慢的) because (因为) the river frequently (频繁地) had many sharp (陡峭的) bends (转弯) through deep (深的) valleys (峡谷) . where the water seemed (似乎) to boil (沸腾) . Just (就像) as I recorded (记录) in my journal (日记, 日志) , it was really (真的) a hard (艰难的) journey (旅行) . But we also enjoyed (享受) great views (景象; 视野) . One night (一天晚上) , I put my head (头) on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats (外套) , and lay beneath (在...下面; 在...背后) the stars (星星) . When the flame (火焰) in front of (在...前面) our cave (岩洞) went out (外出) at midnight (在午夜) , I found the sky (天空) so beautiful (漂亮的) !

【译文】

我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

● 单词语境练习

My _____ (妹妹) _____ (喜欢) _____ (旅行) . _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a _____ (旅行) to an _____ (古老的) _____ (古庙) . _____ (自从) _____ (交通费用) was _____ (昂贵的) , she _____ (决定) to _____ (用) a _____ (自行车) to _____ (骑自行车) there not _____ (担心) the _____ (不利) . Her _____ (顽固的态度) was _____ (总是) her _____ (缺点) . _____ (有一次) she _____ (下定决心) to do something. No one could _____ (说服) her to _____ (改变) her _____ (主意) . _____ (最后) , we _____ (像往常一样让步) though _____ (尽管) we _____ (更喜欢) to take a _____ (火车) . After we _____ (更喜欢) everything, _____ (包括) the _____ (时间表) , _____ (可靠的) _____ (天气预报) and the _____ (保险) , we _____ (开始) our trip.

Our _____ (旅程) was _____ (沿着) a _____ (河流) _____ (流; 垂; 流出) from a _____ (高的) _____ (海拔) . Our _____ (步伐) was _____ (缓慢的) _____ (因为) the river _____ (频繁地) had many _____ (陡峭的) _____ (转弯) through _____ (深的) _____ (峡谷) . where the water _____ (似乎) to _____ (沸腾) . _____ (就像) as I _____ (记录) in my _____ (日记, 日志) , it was _____ (真的) a _____ (艰难的) _____ (旅行) . But we also _____ (享受) great _____ (景象; 视野) . One _____ (一天晚上) , I put my _____ (头) on my _____ (枕头) -- _____ (一包) _____ (羊毛)

(外套), and lay _____ (在...下面; 在...背后) the _____ (星星). When the _____ (火焰) _____ (在...前面) our _____ (岩洞) _____ (外出) _____ (在午夜), I found the (天空) so _____ (漂亮的) !

● The Great President 伟大的总统

As (作为) the founder (创始人) of the republic (共和国) the president (总统) had many (许多) good (好的) qualities (品质), Before coming to power (掌权), he was a generous (慷慨的) lawyer (律师). He was willing to (愿意) selflessly (无私地) help (帮助) everyone (每个人) who turned to (求助) him. He accepted (接受) no fee (费用) to offer (提供) legal guidance (法律指导) and opinions (意见) to those who were out of work (失业) or uneducated (没有受过教育的). Later believing (相信) all mankind (人类) to be equal (平等), he devoted (投入) him self to stopping (停止) the unfair (不平等) anti (反)-black laws (法). He set up (建立) the Black Youth League (青年团) and was voted (选) to be the leader (领导者). However (然而), though he kept peaceful principles (和平原则) without violence (暴力) and terror (恐怖), his mean (卑鄙的) enemies (敌人) still blew up (炸毁) his house (房屋) and attacked (袭击) his relatives (亲属) and he himself couldn't escape being sentenced to (逃脱被判) 30 years in prison (监狱).

Not fearing (害怕) of the prison guards' cruelty (残酷), he kept active (积极) and begged (乞求) no mercy (怜悯) from them. As a matter of fact (实际上) he was always (总是) hopeful (充满着希望) and never lost heart (灰心) during the stage (时期) even though (尽管) he was in trouble (困境). Finally (最后), people rewarded (回报) him with the leader's position (地

位) and a gold **blanket** (毯子).

【译文】

作为共和国的创始人，这位总统具备许多的优秀品质。还在掌权之前他就是一位慷慨的律师。他愿意无私地帮助那些向他求助的人。他免费为失业的，或没有受过教育的人提供法律指导和意见。后来，因为相信所有人类都是生来平等，他全身心投入到废除不平等的反黑人法律工作中。他建立了黑人青年团并被选为领袖。然而尽管他坚持没有暴力、没有恐怖的和平原则，卑鄙的敌人还是炸毁了他的家、袭击了他的亲属，他自己也无法逃脱被判 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的残酷，始终保持积极的态度，不向他们乞求怜悯。实际上，他在任何一个困境时期都充满着希望，从未灰心。最后，人们以领袖的职位和一块金毯子回报了他的贡献。

● 每日单词练习

_____ (作为) the _____ (创始人) of the _____ (共和国) the _____ (总统) had _____ (许多) _____ (好的) _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) _____ (帮助) _____ (每个人) who _____ (求助) him. He _____ (接受) no _____ (费用) to _____ (提供) _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later _____ (相信) all _____ (人类) to be _____ (平等), he _____ (投入) him self to _____ (停止) the _____ (不平等) _____ (反)-black _____ (法). He _____ (建立) the Black _____ (青年团) and was _____ (选) to be the _____ (领导者). _____ (然而), though he kept _____ (和平原则) without _____ (暴力) and _____ (恐怖), his _____ (卑鄙的) _____ (敌人) still _____ (炸毁) his _____ (房屋) and _____ (袭击) his _____ (亲属) and he himself couldn't _____ (逃脱被判) 30 years in _____ (监狱).

Not _____ (害怕) of the prison _____ (残酷), he kept _____ (积极) and _____ (乞求) no _____ (怜悯) from them. _____ (实际上) he was _____ (总是) _____ (充满着希望) and never _____ (灰心) during the _____ (时期) even _____ (尽管) he was _____ (困境). _____ (最后), people _____ (回报) him with the leader's

(地位) and a gold _____ (毯子).

40 篇短文! 背会 3500 词

● An Amateur Journalist 业余记者

Jane is a housewife (家庭主妇), but delighted (乐意) to work (工作) as (作为) an amateur (业余) journalist (记者). It is a dilemma (左右为难) for her to rush between (在..之间) family (家庭) and work (工作), and it is also unusual (不同寻常) for the News (新闻) Department (部) to depend on (依靠) an amateur (业余的) to cover (报道) crimes (罪案). But Jane is really gifted (天赋). It is admirable (让人钦佩的) that she is seldom (很少) accused (受到责备) of making mistakes (犯错误). And, eager (渴望) to become (变得) more professional (专业) she concentrates on (集中注意力于) her job (工作) and updates (提升) herself now and then (偶尔; 有时).

Once (有一次) she is informed (通知) of a new case (案子) her normal (标准的, 正常的) working process (程序) is as follows (如下): first (首先), she makes appointments (约会) with guilty (有罪的人) people for interviews (采访). So as to (为了) acquire (获得) accurate (准确的) stories (故事). she usually (通常) demand (要求) to record (记录) what they say (说). Meanwhile (同时), a technically (技术上) good colleague (同事) will assist (协助) her in taking photographs (拍照). Second (第二), she assesses (评估) whether (是否) they are deliberately (故意) hiding (隐藏) the truth (真相). If she is skeptical (怀疑) about their words (语言), she will look into (调查) the case (案子) herself. Third (第三), She writes (写下) thorough

(详尽) stories ahead of (在...之前) the deadline (截稿期限) and submits (呈交) it to the senior (高级) chief (主要的) editor (编辑), who polishes (润色) and approves (批准) every section (部分). Finally (最后), her stories (新闻) will be published (发表) in different (不同的) editions (版本) of their magazine (杂志).

【译文】

简是一名家庭主妇，但却非常乐意做一名业余记者。在家和工作之间奔波总是使她左右为难，而且对于新闻部来说，依靠一名业余人员来报道罪案也是不同寻常的，但是简真的很有天赋，让人钦佩的是她极少因为犯错而受到责备。因为渴望做得更加专业，她全神贯注于工作，且时不时地就提升自身的业务水平。

一旦接到新案子的通知，她通常的工作程序如下：首先，她和有罪的人约了作采访。为了获得准确的新闻，她通常要求做录音，同时，一位技术上好的同事会协助她拍照；接着，她对受采访的人是否有故意隐瞒真相作出评估。如果她怀疑他们的话，就会亲自调查案件；然后，她在截稿期限前写出详尽的报道，呈交给高级主编，由他对每个部分做润色和批准；最后，她的新闻就发表在杂志的各个版本中了。

● 单词语境练习

Jane is a _____ (家庭主妇), but _____ (乐意) to _____ (工作) _____ (作为) an _____ (业余) _____ (记者). It is a _____ (左右为难) for her to rush _____ (在..之间) _____ (家庭) and _____ (工作), and it is also _____ (不同寻常) for the _____ (新闻) _____ (部) to _____ (依靠) an _____ (业余的) to _____ (报道) _____ (罪案). But Jane is really _____ (天赋). It is _____ (让人钦佩的) that she is _____ (很少) _____ (受到责备) of _____ (犯错误). And, _____ (渴望) to _____ (变得) more _____ (专业) she _____ (集中注意力于) her _____ (工作) and _____ (提升) herself _____ (偶尔; 有时).

_____ (有一次) she is _____ (通知) of a new _____ (案子) her _____ (标准的, 正常的) working _____ (程序) is as _____ (如下): _____ (首先), she makes

(约会) with (有罪的人) people for (采访) . (为了) (获得) (准确的) (故事) . she (通常) (要求) to (记录) what they (说) . (同时) , a (技术上) good (同事) will (协助) her in (拍照) . (第二) , she (评估) (是否) they are (故意) (隐藏) the (真相) . If she is (怀疑) about their (语言) , she will (调查) the (案子) herself. (第三) , She (写下) (详尽) stories (在...之前) the (截稿期限) and (呈交) it to the (高级) (主要的) (编辑) , who (润色) and (批准) every (部分) . (最后) , her (新闻) will be (发表) in (不同的) (版本) of their (杂志) .

● A New Farming Way 新的耕种方式

Tuan was a farmer (农民) in Vietnam (越南) . For decades (十年) , he had been struggling (努力) to rid (摆脱) his family (家庭) of hunger (饥饿) . However (然而) , it always confused (困扰) him how to expand (增长) the output (产量) of his crops (农作物) . This disturbing (恼人的) problem led to (导致) his regretting (后悔) being a farmer. He would rather (宁愿) have chosen (选择) another job (工作) .

One day, when skimming (浏览) through a newspaper (报纸) . Tuan read a comment (评论) on Yan Longpin. He underlined (划了线) Yuan' s nationality (国籍) and occupation (职业) , and then focused on (焦点集中) his discovery (发现) and the statistics (数据) of his research (研究) . He found the knowledge (知识) Yian circulated (传播) very practical (实用的) . Therefore (因此) , he made a summary (摘要) and began to build up (建立) a new

farming method (方法) . He planted super grain (超级谷物) of rich nutrition (营养) and equipped (添置) himself to keep his crops roots (根部) free from bacteria (细菌) and pests (害虫) . He also enriched minerals (矿物质) in the soil (土壤) while reducing (减少) chemical (化学) fertilizers (肥料) . Though it cost him more time and freedom (自由) he was full of hope.

The next year, Tuan was sunburnt (晒黑) but satisfied with (满意) his production (生产) very much. Thanks to (多亏) Yuan Longpin, he not only won the battle (战斗) against hunger (饥饿) , but he could also export (出口) his crops (庄稼) abroad.

【译文】

俊是一名越南的农民，几十年来，他都一直在努力使家人摆脱饥饿。然而，如何扩大他的农作物产量这一问题却一直在困扰着他。这个恼人的问题导致了他后悔当一名农民，而宁愿自己当初选择其它的工作。

一天，俊在浏览报纸的时候，读到一篇关于袁隆平的评论。他在袁的国籍和职业下面划了线，然后将焦点集中在他的发现和研究数据上。他发现袁传播的知识非常实用，因此，他做了摘要，并开始建立一种新的耕作方式。他种植营养丰富的超级谷物，添置设备以使作物的根部免受细菌害虫的伤害；他还增加土壤所含的矿物质，同时减少化学肥料的使用。尽管耗费了他更多的时间和自由，他却充满着希望。

第二年，俊被晒黑了，但是却对自己的生产非常满意。多亏了袁隆平，他不仅赢得了对抗饥饿的战斗，而且还将自己的作物出口到国外呢。

● 单词语境练习

Tuan was a farmer in (越南) . For (十年) , he had been (努力) to (摆脱) his family of (饥饿) . However, it always (困扰) him how to expand the (产量) of his (农作物) . This (恼人的) problem (导致) his (后悔) being a farmer. He (宁愿) have chosen another job.

One day, when (浏览) through a newspaper. Tuan read a (评论) on Yan Longpin. He (划了线) Yuan' s (国籍) and (职业) , and then (焦点集中) his (发现) and the (数据) of his research. He found the knowledge Yian (传播) very practical. (因此) , he made a (摘要) and began to (建立) a new farming method. He planted (超级谷物) of rich (营养) and (添置) himself to keep his crops (根部) free from (细菌) and (害虫) . He also enriched (矿物质) in the (土壤) while (减少) (化学) (肥料) . Though it cost him more time and (自由) he was full of hope.

The next year, Tuan was (晒黑) but (满意) his (生产) very much. (多亏) Yuan Longpin, he not only won the (战斗) against hunger, but he could also (出口) his crops abroad.

● Helping the Remote Village 援助山村

A year ago (一年前), the famous (著名的) astronaut (宇航员) received (收到) an invitation (邀请) by airmail (航空邮件) from a remote (偏远) village (村庄). Intending to (因为想要) sniff (呼吸) some fresh air (新鲜空气) he and his interpreter (翻译) paid a fortnight (两周的) visit (访问) there. It was a privilege (荣幸) for them to be there but they were shocked (震惊于) by what they saw (所见). The tracks (道路) were muddy (泥泞的). The river was drying up (干枯). Most villagers (村民) only possessed (拥有) one broom (扫帚), a few tins (瓶瓶) and several jars (罐罐) and their rectangular (矩形) grass huts (草屋) with round (圆的) angles were surrounded (四周) by weeds (杂草). Besides (除此之外), their school (学校) had no roof (屋顶) and platform (讲

台), and the students had no concept (概念) of clicking (操作) a computer (电脑) at all. They were badly in need.

Soon, the astronaut (宇航员) made a generous (慷慨的) voluntary (自愿) donation (捐赠) to the village. There were textbooks (课本) for students sewing machines for tailors (裁缝) and tractors (拖拉机) for farmers (农民). His distribution (分配) catalogue (目录) also included operating a clinic (诊所) and a trunk library as well as giving weekly lessons to teach relevant (相关) farming knowledge like how to dry out seeds (种子) or raise oxen (牛). He himself not only helped do some paperwork (文书工作) but also purchased (购买) grills (烤架) for boys to toast potatoes and combs (梳子) for girls who were dying to get one. The other day, he heard from the villagers again inviting him to participate (参加) in the donation anniversary (周年会). For political and security (安全) reasons, he couldn't adjust his outgoing (外出) arrangement-otherwise he would go. But his deeds (所做的) were remembered forever.

译文: 一年前, 那位著名的宇航员收到一份由一个偏远村庄通过航空邮件寄来的邀请。因为想要呼吸一下新鲜空气, 他和翻译到那儿做了一次两周的访问。当地之行使他们倍感荣幸, 但却震惊于所见所闻。泥泞的道路、河流干枯, 大部分的村民拥有的财产只不过是一只扫帚、几个瓶瓶罐罐而已, 圆角的矩形草屋四周长满了杂草, 学校也没有屋顶和讲台, 学生们更对点击操作电脑毫无概念。他们生活确实相当困难。

很快, 宇航员就向村庄做了慷慨的自愿捐赠。捐赠品中有给学生的课本, 给裁缝的缝纫机, 还有给农民的拖拉机。捐赠金的分配目录中还包括一间诊所和一间书箱图书馆的运作, 并有传授像怎么使种子干透, 或者怎么养牛这种相关农业知识的每周课程。他自己不仅亲自帮助做一些文书工作, 还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天, 他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因, 他无法

调整外出时间安排，否则他就会去了。不过他所做的一切村民们都永远记得。

单词语境练习： _____ (一年前), the _____ (著名的) _____ (宇航员) _____ (收到) an _____ (邀请) by _____ (航空邮件) from a _____ (偏远) _____ (村庄). _____ (因为想要) _____ (呼吸) some _____ (新鲜空气) he and his _____ (翻译) paid a _____ (两周的) _____ (访问) there. It was a _____ (荣幸) for them to be there but they were _____ (震惊于) by what they _____ (所见). The _____ (道路) were _____ (泥泞的). The river was _____ (干枯). Most villagers only possessed one _____ (扫帚), a few _____ (瓶瓶) and several _____ (罐罐) and their _____ (矩形) _____ (草屋) with round angles were _____ (四周) by _____ (杂草). Besides, their school had no roof and _____ (讲台), and the students had no _____ (概念) of _____ (操作) a _____ (电脑) at all. They were badly in need.

Soon, the _____ (宇航员) made a _____ (慷慨的) _____ (自愿) _____ (捐赠) to the village. There were _____ (课本) for students sewing machines for _____ (裁缝) and _____ (拖拉机) for _____ (农民). His _____ (分配) _____ (目录) also included operating a _____ (诊所) and a trunk library as well as giving weekly lessons to teach _____ (相关) farming knowledge like how to dry out _____ (种子) or raise _____ (牛). He himself not only helped do some _____ (文书工作) but also _____ (购买) _____ (烤架) for boys to toast potatoes and _____ (梳子) for girls who were dying to get one. The other day, he heard from the villagers again inviting him to _____ (参加) in the donation _____ (周年会). For political and _____ (安全) reasons, he couldn't adjust his _____ (外出) arrangement-otherwise he would go. But his _____ (所做的一切) were remembered forever.

● A Hard Trip 一次辛苦の旅

My sister was fond of(喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古庙). Since transporting fare(交通费用) was expensive, she decided to use a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey(旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷). where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) --a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文: 我的妹妹很喜欢旅行。自从毕业以来, 她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵, 她决定骑自行车去, 毫不担心其中的不利情况。顽固的态度一直都是她的缺点, 一旦她下定决心要做的事, 就没有人能说服她改变主意。最后, 我们像往常一样让步, 尽管我们更喜欢乘火车去。我们准备好了所有东西, 包括时间表、可靠的天气预报, 还有保险, 就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢, 因为当流经深深

的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空如此的美丽！

单词语境练习： My sister _____ (喜欢) traveling. _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a trip to an old _____ (古庙). Since _____ (交通费用) was expensive, she decided to use a bicycle to _____ (骑自行车) there not _____ (担心) the _____ (不利). Her _____ (顽固的态度) was always her _____ (缺点). Once she _____ (下定决心) to do something, no one could _____ (说服) her to _____ (改变) her _____ (主意). _____ (最后), we _____ (像往常一样让步) though we _____ (更喜欢) to take a train. After we prepared everything, including the _____ (时间表), _____ (可靠的) _____ (天气预报) and the _____ (保险), we began our trip.

Our _____ (旅程) was along a river _____ (流; 垂; 流出) from a high _____ (海拔). Our _____ (步伐) was slow because the river frequently had many sharp _____ (转弯) through deep _____ (峡谷), where the water seemed to _____ (沸腾). Just as I recorded in my _____ (日记, 日志), it was really a hard journey. But we also enjoyed great _____ (景象; 视野). One night, I put my head on my _____ (枕头) -- _____ (一包) wool (羊毛) coats, and lay _____ (在...下面; 在...背后) the stars. When the _____ (火焰) in front of our _____ (岩洞) went out _____ (在午夜), I found the sky so beautiful!

40 篇短文背完 3500 词

● A Misunderstanding 一场误会

In general (通常说来), spoken (口头) statements (表达) are the major (主要的) way (方法) of communication (交流), but body (肢体) language (语言) and facial (面部) expressions (表达) also have such kinds (类型) of function (功能). For example (例如) yawning (打哈欠) means (意味着) being not interested (感兴趣) and turning one's back to (背对) someone or swinging (挥舞) your fist (拳头) shows your anger (愤怒). But what those gestures (手势) really (真正的) mean (意思) is subjective (主观的) in different (不同的) cultures (文化). Thus (因此), misunderstandings (误会) happen (发生) now and then (时不时地) in today's (如今的) world (世界) of cultural (文化) crossroads (交叉).

Once (有一次), representing (代表) the Adults (成人)' Education (教育) Association (协会). I went to the airport (机场) to meet (接) an official (官员) of high rank (高级) from Columbia (哥伦比亚) and take him to his dormitory (宿舍) and then to the canteen (食堂). After the flight (航班) arrived (到达), I saw (看到) a man looking around (东张西望) curiously (好奇地). So I approached (走上前去) to greet (打招呼) him. He suddenly (突然) dashed (猛冲) to hug (拥抱) me and kissed (亲吻) me on both cheeks (脸颊). As a young (年轻的) girl, I felt (感到) truly (真的) embarrassed (尴尬的) and put up (抬起) my hands (手) to defend (保护) myself. His false (假笑) smile (微笑) told (告诉) me that he had lost face (丢了面子).

Later (后来), I received (收到了) a cassette (磁带) from him in which he recorded (记录) his apology (道歉). On hearing (听到) that Colombians were more likely to (倾向于) kiss others. I soon felt (感到) at ease (轻松安心).

【译文】

通常说来，口头表达是人们交流的主要方法，但是肢体语言和面部表情也有这种功能。例如，打哈欠意味着不感兴趣，背对别人或向其挥舞拳头表达的是愤怒。但是在不同的文化中那些手势表达的真正意思是很主观的。由此，误会就时不时地发生在今天这个文化交叉碰撞的世界里。

有一回，我代表成人教育协会到机场去接一位从哥伦比亚来的高级官员，我得带他到宿舍和食堂。当他的航班到达时，我看见一名男子好奇地东张西望，于是走上前去和他打招呼。他突然猛冲过来拥抱我，还亲了我的脸颊。还是个年轻姑娘的我感到真尴尬，不由自主举起手来保护自己。他的假笑告诉我他感到丢了面子。

后来，我收到他送来的一盒磁带，里面录了他的道歉。当听到这只是因为哥伦比亚人更倾向于见面时互相亲吻时，我很快就感到轻松安心了。

● 单词语境练习

_____(通常说来), _____(口头) _____(表达) are the _____(主要的)
_____(方法) of _____(交流), but _____(肢体) _____(语言) and _____(面部)
_____(表达) also have such _____(类型) of _____(功能). _____(例如) _____(打
哈欠) _____(意味着) being not _____(感兴趣) and _____(背对) someone
or _____(挥舞) your _____(拳头) shows your _____(愤怒). But what those
_____(手势) _____(真正的) _____(意思) is _____(主观的) in _____(不同的)
_____(文化). _____(因此), _____(误会) _____(发生) _____(时不时地) in _____(如
今的) _____(世界) of _____(文化) _____(交叉).
_____(有一次), _____(代表) the _____(成人) _____(教育) _____(协会).
I went to the _____(机场) to _____(接) an _____(官员) of _____(高级)
from _____(哥伦比亚) and take him to his _____(宿舍) and then to the
_____(食堂). After the _____(航班) _____(到达), I saw a man looking _____(东
张西望) _____(好奇地). So I _____(走上前去) to _____(打招呼) him. He
_____(突然) _____(猛冲) to _____(拥抱) me and _____(亲吻) me on both
_____(脸颊). As a _____(年轻的) girl, I _____(感到) _____(真的) _____(尴尬)

的) and _____ (抬起) my _____ (手) to _____ (保护) myself. His _____ (假笑) _____ (微笑) _____ (告诉) me that he had _____ (丢了面子) .
_____ (后来), I _____ (收到了) a _____ (磁带) from him in which he _____ (记录) his _____ (道歉) On _____ (听到) that Colombians _____ (倾向于) kiss others. I soon _____ (感到) _____ (轻松安心) .

● A Hard Trip 一场艰难的旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip (旅行) to an old temple (古庙) . Since transporting fare (交通费用) was expensive (昂贵的), she decided (决定) to use a bicycle (自行车) to cycle (骑) there not caring about (担心) the disadvantages (不利) . Her stubborn attitude (顽固的态度) was always (总是) her shortcoming (缺点) . Once she made up her mind (下定决心) to do something. no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train (坐火车) . After we prepared (准备) everything, including (包括) the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险) , we began (开始) our trip.

Our journey (旅程) was along (沿着) a river flowing (流; 垂; 流出) from a high altitude (海拔) . Our pace (步伐) was slow because (因为) the river (河流) frequently (频繁) had many sharp bends (转弯) through deep valleys (峡谷) . where the water seemed (似乎) to boil (沸腾) . Just as I recorded (记录) in my journal (日记, 日志) , it was really a hard (艰难的) journey. But we also enjoyed (观赏) great views (景象; 视野) . One night, I put my head on

my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats (外套), and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful (漂亮的)!

【译文】

我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

● 单词语境练习

My sister _____ (喜欢) traveling. _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a trip to an old _____ (古庙). Since _____ (交通费用) was expensive, she decided to use a bicycle to _____ (骑自行车) there not _____ (担心) the _____ (不利). Her _____ (顽固的态度) was always her _____ (缺点). Once she _____ (下定决心) to do something, no one could _____ (说服) her to _____ (改变) her _____ (主意). _____ (最后), we _____ (像往常一样让步) though we _____ (更喜欢) to take a train. After we prepared everything, including the _____ (时间表), _____ (可靠的) _____ (天气预报) and the _____ (保险), we began our trip.

Our _____ (旅程) was along a river _____ (流; 垂; 流出) from a high _____ (海拔). Our _____ (步伐) was slow because the river frequently had many sharp _____ (转弯) through deep _____ (峡谷). where the water seemed to _____ (沸腾). Just as I recorded in my _____ (日记, 日志), it was really a hard journey. But we

also enjoyed great _____ (景象; 视野). One night, I put my head on my _____ (枕头) -- _____ (一包) wool (羊毛) coats, and lay _____ (在...下面; 在...背后) the stars. When the _____ (火焰) in front of our _____ (岩洞) went out _____ (在午夜), I found the sky so beautiful!

● Helping the Remote Village 援助山村

A year ago (一年前), the famous (著名的) astronaut (宇航员) received (收到) an invitation (邀请) by airmail (航空邮件) from a remote (偏远) village (村庄). Intending to (因为想要) sniff (呼吸) some fresh air (新鲜空气) he and his interpreter (翻译) paid a fortnight (两周的) visit (访问) there. It was a privilege (荣幸) for them to be there but they were shocked (震惊于) by what they saw (所见). The tracks (道路) were muddy (泥泞的). The river was drying up (干枯). Most villagers (村民) only possessed (拥有) one broom (扫帚), a few tins (瓶瓶) and several jars (罐罐) and their rectangular (矩形) grass huts (草屋) with round (圆形的) angles (角) were surrounded (四周) by weeds (杂草). Besides (除此之外), their school had no roof (屋顶) and platform (讲台), and the students (学生) had no concept (概念) of clicking (操作) a computer (电脑) at all. They were badly in need (需要).

Soon, the astronaut (宇航员) made a generous (慷慨的) voluntary (自愿) donation (捐赠) to the village. There were textbooks (课本) for students sewing machines for tailors (裁缝) and tractors (拖拉机) for farmers (农民). His distribution (分配) catalogue (目录) also included operating a clinic (诊所) and a trunk library as well as giving weekly lessons to teach relevant (相关) farming knowledge like how to dry out seeds (种子) or raise oxen (牛). He

himself not only helped do some paperwork (文书工作) but also purchased (购买) grills (烤架) for boys to toast potatoes and combs (梳子) for girls who were dying to get one. The other day, he heard from the villagers again inviting him to participate (参加) in the donation anniversary (周年会). For political and security (安全) reasons, he couldn't adjust his outgoing (外出) arrangement-otherwise he would go. But his deeds (所做的一切) were remembered forever.

译文：一年前，那位著名的宇航员收到一份由一个偏远村庄通过航空邮件寄来的邀请。因为想要呼吸一下新鲜空气，他和翻译到那儿做了一次两周的访问。当地之行使他们倍感荣幸，但却震惊于所见所闻。泥泞的道路、河流干枯，大部分的村民拥有的财产只不过是一只扫帚、几个瓶瓶罐罐而已，圆角的矩形草屋四周长满了杂草，学校也没有屋顶和讲台，学生们更对点击操作电脑毫无概念。他们生活确实相当困难。

很快，宇航员就向村庄做了慷慨的自愿捐赠。捐赠品中有给学生的课本，给裁缝的缝纫机，还有给农民的拖拉机。捐赠金的分配目录中还包括一间诊所和一间书籍图书馆的运作，并有传授像怎么使种子干透，或者怎么养牛这种相关农业知识的每周课程。他自己不仅亲自帮助做一些文书工作，还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天，他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因，他无法调整外出时间安排，否则他就会去了。不过他所做的一切村民们都永远记得。

单词语境练习：_____ (一年前), the _____ (著名的) _____ (宇航员) _____ (收到) an _____ (邀请) by _____ (航空邮件) from a _____ (偏远) _____ (村庄). _____ (因为想要) _____ (呼吸) some _____ (新鲜空气) he and his _____ (翻译) paid a _____ (两周的) _____ (访问) there. It was a _____ (荣幸) for them to be there but they were _____ (震惊于) by what they _____ (所见). The _____ (道路) were _____ (泥泞的). The river was _____ (干枯). Most villagers only possessed one _____ (扫帚), a few _____ (瓶)

瓶) and several (罐罐) and their (矩形) (草屋) with round angles were (四周) by (杂草). Besides, their school had no roof and (讲台), and the students had no (概念) of (操作) a (电脑) at all. They were badly in need.

Soon, the (宇航员) made a (慷慨的) (自愿) (捐赠) to the village. There were (课本) for students sewing machines for (裁缝) and (拖拉机) for (农民). His (分配) (目录) also included operating a (诊所) and a trunk library as well as giving weekly lessons to teach (相关) farming knowledge like how to dry out (种子) or raise (牛). He himself not only helped do some (文书工作) but also (购买) (烤架) for boys to toast potatoes and (梳子) for girls who were dying to get one. The other day, he heard from the villagers again inviting him to (参加) in the donation (周年会). For political and (安全) reasons, he couldn't adjust his (外出) arrangement-otherwise he would go. But his (所做的一切) were remembered forever.

A New Farming Way 新的耕种方式

Tuan was a farmer in Vietnam (越南). For decades (十年), he had been struggling (努力) to rid (摆脱) his family of hunger (饥饿). However, it always confused (困扰) him how to expand the output (产量) of his crops (农作物). This disturbing (恼人的) problem led to (导致) his regretting (后悔) being a farmer. He would rather (宁愿) have chosen another job.

One day, when skimming (浏览) through a newspaper, Tuan read a comment (评论) on Yan Longpin. He underlined (划了线) Yuan's nationality (国籍) and occupation (职业), and then focused on (焦点集中) his discovery (发现) and the statistics (数据) of his research. He found the knowledge Yian circulated (传播) very practical. Therefore (因此), he made a summary (摘要) and began to build up (建立) a new farming method. He planted super grain (超级谷物) of rich nutrition (营养) and equipped (添置) himself to keep his crops roots (根部) free from bacteria (细菌) and pests (害虫). He also enriched minerals (矿物质) in the soil (土壤) while reducing (减少) chemical (化学) fertilizers (肥料). Though it cost him more time and freedom (自由) he was full of hope.

The next year, Tuan was sunburnt (晒黑) but satisfied with (满意) his production (生产) very much. Thanks to (多亏) Yuan Longpin, he not only won the battle (战斗) against hunger, but he could also export (出口) his crops abroad.

译文：俊是一名越南的农民，几十年来，他都一直在努力使家人摆脱饥饿。然而，如何扩大他的农作物产量这一问题却一直在困扰着他。这个恼人的问题导致了他后悔当一名农民，而宁愿自己当初选择其它的工作。

一天，俊在浏览报纸的时候，读到一篇关于袁隆平的评论。他在袁的国籍和职业下面划了线，然后将焦点集中在他的发现和研究数据上。他发现袁传播的知识非常实用，因此，他做了摘要，并开始建立一种新的耕作方式。他种植营养丰富的超级谷物，添置设备以使作物的根部免受细菌害虫的伤害；他还增加土壤所含的矿物质，同时减少化学肥料的使用。尽管耗费了他更多的时间和自由，他却充满着希望。

第二年，俊被晒黑了，但是却对自己的生产非常满意。多亏了袁隆平，他不仅赢得了对抗饥饿的战斗，而且还将自己的作物出口到国外呢。

单词语境练习

Tuan was a farmer in _____ (越南). For _____ (十年), he had been _____ (努力) to _____ (摆脱) his family of _____ (饥饿). However, it always _____ (困扰) him how to expand the _____ (产量) of his _____ (农作物). This _____ (恼人的) problem _____ (导致) his _____ (后悔) being a farmer. He _____ (宁愿) have chosen another job.

One day, when _____ (浏览) through a newspaper. Tuan read a _____ (评论) on Yan Longpin. He _____ (划了线) Yuan' s _____ (国籍) and _____ (职业), and then _____ (焦点集中) his _____ (发现) and the _____ (数据) of his research. He found the knowledge Yian _____ (传播) very practical. _____ (因此), he made a _____ (摘要) and began to _____ (建立) a new farming method. He planted _____ (超级谷物) of rich _____ (营养) and _____ (添置) himself to keep his crops _____ (根部) free from _____ (细菌) and _____ (害虫). He

also enriched (矿物质) in the (土壤) while (减少) (化学) (肥料) . Though it cost him more time and (自由) he was full of hope.

The next year, Tuan was (晒黑) but (满意) his (生产) very much. (多亏) Yuan Longpin, he not only won the (战斗) against hunger, but he could also (出口) his crops abroad.

Immigrate to America 移民美国

Attracted by the boom (繁荣) in America, my nephew (侄子) teamed up with (合作) a Korean (韩国人) to illegally cross the Bering Strait (海峡) in the Arctic (北极) to America. To avoid the Customs (海关)' punishment (惩处), they hid in a small ferry (渡轮) called the North Pole (极) Seagull (海鸥), sitting back to back (背靠背) without sleeping, showering and shaving (刮胡子) for 3 days and had no chance to mourn (心痛) their lost luggage (行李) when landing. The hardship (艰辛) of this crossing (横渡) was apparent (显而易见).

At first he made a living by means of (借助) raising cattle (牲畜) and then was hired (受雇) in aircraft (飞机) industries. He lived in a Catholic (天主教) district. Taking in (除了) a small percentage (百分比) of Pakistani (巴基斯坦) immigrants the majority (大部分) of the residents were from Italy (意大利) and Denmark (丹麦), who all kept up () their customs and cultures. Different blocks here were distinctly () marked out () and indicated from the racial angle. It was unfair and needed reforming. But with nowhere else to go. my nephew lived on and managed to make a life for himself.

My nephew's fortune came when he bravely helped a conductor brake a train to stop it from slipping out of the rails. The man was elected vice chairman of the Socialist Party later. It occurred to my nephew that he could grasp this opportunity to ask for his help. The man who was thankful helped him apply to the civil authority for the right to live in America by inserting his brave deed into his documents. Unlike a great many other applicants, his application was approved by the Federal Justice Ministry. Before long, he started his own bakery and lived a better life.

因为受到美国繁荣的吸引，我的侄子与一名韩国人合作，从北极的白令海峡偷渡到美国。为了避开海关的惩处，他们躲在一艘叫“北极海鸥”的渡轮里，背靠背坐着，整整3天没有睡觉、洗澡和刮胡子，上岸的时候也没有机会心痛他们丢失的行李，这次横渡的艰辛是显而易见的。

起初，他借助饲养牲畜谋生，后来受雇于飞机制造业。他住的地方是一个天主教区，除了包括一小部分(百分比)的巴基斯坦移民，大部分的居民都来自于意大利和丹麦，他们都保持着自己的风俗和文化，使这里的街区都从种族的角度清楚地划出界线，明确标示。这很不公平，极需改革，但我的侄子没别的地方可去，只好继续居住下去，想法设法开始新的生活。

我侄子的好运在他勇敢地帮助一名列车员刹停一列电车以防止其滑出轨道时到来了。那个人后来被选为社会党的副主席，我侄子就想到应该抓住机会请求他的帮助。这个人充满感激，立即把我侄子的勇敢事迹插入到申请文件中，帮助我侄子向美国国内政权当局申请美国居住权。不像别的许多申请人，我侄子的申请很快被联邦司法部批准了。不久，他就开了自己的面包店，过上了稍好一点的生活。

40 篇短文 背完 3500 词!

● Wildlife Protection 保护野生动植物

Dinosaurs (恐龙) **died out** (灭绝) **because of an unexpected incident** (意外事件). But **wildlife** (野生动植物) today **disappears or is in danger** (处在危险中) just because humans do **harm** (伤害) to it. For example, tigers are **hunted** (猎杀) for **fur** (皮毛) to make **carpets** (地毯) **so that** (以致) they can only live in **secure** (安全的) **reserves** (保护区): **grassland is destroyed without mercy** (怜悯) **so that dust** (沙尘暴) **storms come into being** (开始) **affecting** (影响) **distant** (遥远) cities.

Last year, scientists saw some monkeys **rubbing** (擦) themselves with a **certain** (某种) kind of **insects** (昆虫) to **protect** (保护) themselves from **fierce mosquitoes** (凶猛的蚊子) **biting** (叮咬). **According to** (根据) the result of the **inspection** (检查), they found that the insect **contains** (含有) a **powerful** (强大效力) drug, so local farmers were **employed** (雇) to catch the insects. The **ending** (结果) was that the insects disappeared from the whole **zone** (地区). When told that it was a loss to humans, the farmers **burst into laughter** (突然大笑) and **responded** (回应), "Our real loss is our **decreasing** (减少的) **income** (收入)."

We should **appreciate** (意识到) the natural balance and **pay more attention to** (注意) the **importance** (重要) of **wildlife protection** (保护). Not until we **succeed** (成功) **letting wildlife live in peace** (安详地), can we **smile in relief** (如释重负地).

【译文】恐龙因一次意外事件而灭绝，但是今天的野生动植物却是因为人类的伤害而消失或处在危险中。例如，老虎被猎杀以获取做地毯的皮毛，以致它们只能生活在安全的保护区里；草地被毫不怜悯地破坏，以致沙尘暴开始影响遥远的城市。

去年，科学家观察到猴子在身上擦某种昆虫来保护自己不受凶猛的蚊子的叮咬。根据检查的结果，他们发现这种昆虫含有一种具有强大效力的药物，于是，当地的农民都被雇来抓虫子。结果是，这种昆虫从这整个地区都消失了。当被告知说这是整个人类的损失时，农民们都突然大笑着回应道：“我们减少的收入才是我们真正的损失呢！”

我们应该意识到自然平衡的重要，更加注意野生动物的保护。直到我们成功让野生动物安详平静地生活，我们自己才能如释重负地笑开颜。

【单词语境练习】 _____ (恐龙) _____ (灭绝) **because of an** _____ (意外事件).
But _____ (野生动植物) **today disappears or is** _____ (处在危险中) **just because**
humans do _____ (伤害) **to it. For example, tigers are** _____ (猎杀) **for** _____ (皮
毛) to make _____ (地毯) _____ (以致) **they can only live in** _____ (安全的)
_____ (保护区) : **grassland is destroyed without** _____ (怜悯) **so that** _____ (沙尘暴)
storms _____ (开始) _____ (影响) _____ (遥远) **cities.**

Last year, scientists saw some monkeys _____ (擦) **themselves with a**
_____ (某种) **kind of** _____ (昆虫) **to** _____ (保护) **themselves** _____ (凶猛的蚊子)
_____ (叮咬) . _____ (根据) **the result of the** _____ (检查) , **they found that the insect**
_____ (含有) **a** _____ (强大效力) **drug, so local farmers were** _____ (雇) **to catch the**
insects. The _____ (结果) **was that the insects disappeared from the whole**
_____ (地区) . **When told that it was a loss to humans, the farmers** _____ (突然大笑) **and**
_____ (回应) , **“Our real loss is our** _____ (减少的) _____ (收入) .”

We should _____ (意识到) **the natural balance and** _____ (注意) **the**
_____ (重要) **of wildlife** _____ (保护) . **Not until we** _____ (成功) **letting wildlife live**
_____ (安详地) , **can we smile** _____ (如释重负地) .

● Immigrate to America 移民美国

Attracted by the **boom** (繁荣) in America, my **nephew** (侄子) **teamed up with**

(合作) a Korean (韩国人) to illegally cross the Bearing Strait (海峡) in the Arctic (北极) to America. To avoid the Customs (海关)' punishment (惩处), they hid in a small ferry (渡轮) called the North Pole (极) Seagull (海鸥), sitting back to back (背靠背) without sleeping, showering and shaving (刮胡子) for 3 days and had no chance to mourn (心痛) their lost luggage (行李) when landing. The hardship (艰辛) of this crossing (横渡) was apparent (显而易见).

At first he made a living by means of (借助) raising cattle (牲畜) and then was hired (受雇) in aircraft (飞机) industries. He lived in a Catholic (天主教) district. Taking in (除了) a small percentage (百分比) of Pakistani (巴基斯坦) immigrants the majority (大部分) of the residents were from Italy (意大利) and Denmark (丹麦), who all kept up (保持) their customs and cultures. Different blocks here were distinctly (清楚地) marked out (划出界线) and indicated (标示) from the racial (种族的) angle (角度). It was unfair and needed reforming (改革). But with nowhere else to go. my nephew lived on (继续居住下去) and managed to make a life (开始新的生活) for himself.

My nephews fortune came when he bravely helped a conductor (列车员) brake a ream (刹停电车) to stop it from slipping (滑) out of the rails (轨道). The man was elected (选) vice (副) chairman of the Socialist Party (社会党) later. It occurred (想) to my nephew that he could grasp (抓住) this opportunity to ask for his help. The man who was thankful (感激) helped him apply (申请) to the civil (政权) authority (当局) for the right to live in America by inserting (插入) his brave deed into his documents. Unlike a great many (许多) other applicants (申请人), his application was approved by the Federal Justice Ministry (联邦司法部). Before long, he started his own bakery (面包店) and lived a better life.

【译文】因为受到美国繁荣的吸引，我的侄子与一名韩国人合作，从北极的白令海峡偷渡到美国。为了避开海关的惩处，他们躲在一艘叫“北极海鸥”的渡轮里，背靠背坐着，整整3天没有睡觉、洗澡和刮胡子，上岸的时候也没有机会心痛他们丢失的行李，这次横渡的艰辛是显而易见的。

起初，他借助饲养牲畜谋生，后来受雇于飞机制造工业。他住的地方是一个天主教区，除了包括一小部分(百分比)的巴基斯坦移民，大部分的居民都来自于意大利和丹麦，他们都保持着自己的风俗和文化，使这里的街区都从种族的角度清楚地划出界线，明确标示。这很不公平，极需改革，但我的侄子没别的地方可去，只好继续居住下去，想法设法开始新的生活。

我侄子的好运在他勇敢地帮助一名列车员刹停一列电车以防止其滑出轨道时到来了。那个人后来被选为社会党的副主席，我侄子就想到应该抓住机会请求他的帮助。这个人充满感激，立即把我侄子的勇敢事迹插入到申请文件中，帮助我侄子向美国国内政权当局申请美国居住权。不像别的许多申请人，我侄子的申请很快被联邦司法部批准了。不久，他就开了自己的面包店，过上了稍好一点的生活。

【单词语境练习】 Attracted by the _____ (繁荣) in America, my _____ (侄子) _____ (合作) a _____ (韩国人) to illegally cross the Bearing _____ (海峡) in the _____ (北极) to America. To avoid the _____ (海关)' _____ (惩处), they hid in a small _____ (渡轮) called the North _____ (极) _____ (海鸥), sitting _____ (背靠背) without sleeping, showering and _____ (刮胡子) for 3 days and had no chance to _____ (心痛) their lost _____ (行李) when landing. The _____ (艰辛) of this _____ (横渡) was _____ (显而易见).

At first he made a living _____ (借助) raising _____ (牲畜) and then was _____ (受雇) in _____ (飞机) industries. He lived in a _____ (天主教) district. _____ (除了) a small _____ (百分比) of _____ (巴基斯坦) immigrants the _____ (大部分) of the residents were from _____ (意大利) and _____ (丹麦), who all

(保持) **their customs and cultures. Different blocks here were** (清楚地)
(划出界线) **and** (标示) **from the** (种族的) (角度). **It was unfair**
and needed (改革). **But with nowhere else to go. my nephew** (继
续居住下去) **and managed to** (开始新的生活) **for himself.**

My nephews fortune came when he bravely helped a (列车员)
(刹停电车) **to stop it from** (滑) **out of the** (轨道). **The man was**
(选) (副) **chairman of the** (社会党) **later. It** (想) **to my**
nephew that he could (抓住) **this opportunity to ask for his help. The man**
who was (感激) **helped him** (申请) **to the** (政权) (当
局) **for the right to live in America by** (插入) **his brave deed into his**
documents. Unlike (许多) **other** (申请人), **his application was**
approved by the (联邦司法部). **Before long. He started his own** (面
包店) **and lived a better life.**

● **Balanced Diet** 平衡膳食

Wang Peng earned his living (谋生) **by running a** (烧烤)
restaurant, which served delicious (腊肉), **fried chicken** (胸) **and**
mutton (羊肉) **roasted** (烤制) **with** (辣椒) **and** (大蒜). **But his**
food and (折扣) **attracted fewer and fewer** (顾客). **Finally,**
he was in debt (负债累累). **Yong Hui' s** (减肥) **restaurant served fresh**
peas (豌豆), **carrots** (红萝卜), **eggplants** (茄子), **and** (生黄瓜)
with (醋). **As the** (女主人), **she said** (纤维) **benefited** (有
利于) **customers' digestion** (消化) **the most. In order not to let Yong Hui get**
away with (侥幸逃脱) **telling** (谎话), **Wang Peng** (探查) **Yong Hui**
despite her (怒视). **But he was surprised that she was losing her**

customers too.

Curiosity (好奇心) drove Wang Peng to consult (咨询) an expert. The expert sighed (叹息) and said, "Both of your menus have weakness (缺点) and limited strength. Your customers put on weight (发胖) too easily, while Yong Hui's lose weight (体重减轻) too quickly. So, Wang Peng cut down (减少) the fat of your food and increase vegetables and fruits, like nuts (坚果), beans (豆类), mushrooms (蘑菇), peaches (桃子) and lemons (柠檬). You ought to (应该) combine (结合) the two menus and provide a balanced (平衡的) diet (膳食).

Before long (不久), Wang Peng won his customers back.

译文：王鹏经营一家烧烤餐厅来谋生，他的餐厅供应美味的腊肉、油炸的鸡胸，还有用辣椒和大蒜一起烤制的羊肉。但是，他的食物和折扣吸引的顾客越来越少，最后是他负债累累。永慧的减肥餐厅供应的是新鲜的豌豆、红萝卜、茄子和醋腌的生黄瓜。作为老板娘(女主人)，她总是说食物纤维才最有利于顾客的消化。为了不让永慧说了谎不受惩罚，王鹏不顾她的怒视，前去探查个究竟。但是让他惊奇的是，永慧的顾客也在严重地流失。

好奇心驱使王鹏去咨询专家。那位专家叹息着说：“你们俩的菜单都缺点明显、优点有限。你的顾客很容易就发胖，而永慧的顾客却减轻得太快。所以嘛，王鹏，你要减少你的食物中的脂肪含量，增加蔬菜和水果，例如坚果、豆类、蘑菇、桃子和柠檬之类。你应该把两份菜单结合起来，给顾客提供平衡的膳食。”

不久，王鹏就赢回了他的顾客。

Wang Peng _____ (谋生) by running a _____ (烧烤) restaurant, which served delicious _____ (腊肉), fried chicken _____ (胸) and _____ (羊肉) _____ (烤制) with _____ (辣椒) and _____ (大蒜). But his food and _____ (折扣) attracted fewer and fewer _____ (顾客). Finally, he was _____ (负债累累). Yong Hui's _____ (减肥) restaurant served fresh _____ (豌豆), _____ (红萝卜), _____ (茄子), and raw _____ (生黄瓜) with _____ (醋). As the _____ (女主人), she said _____ (纤维) _____ (有利于) customers' _____ (消化) the most. In order not to let Yong Hui _____ (侥幸逃脱) telling _____ (谎话), Wang Peng _____ (探查) Yong Hui despite her _____ (怒视). But he was surprised that she was losing her customers too.

_____ (好奇心) drove Wang Peng to _____ (咨询) an expert. The expert _____ (叹息) and said, "Both of your menus have _____ (缺点) and limited strength. Your customers _____ (发胖) too easily, while Yong Hui's _____ (体重减轻) too quickly. So, Wang Peng _____ (减少) the fat of your food and increase vegetables and fruits, like _____ (坚果), _____ (豆类), _____ (蘑菇), _____ (桃子) and _____ (柠檬). You _____ (应该) _____ (结合) the two menus and provide a _____ (平衡的) _____ (膳食).

_____ (不久), Wang Peng won his customers back.

40 篇短文轻松背完 3500 词

● A Hard Trip 一场艰难的旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古

庙)。Since transporting fare (交通费用) was expensive, she decided to use a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷) where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文: 我的妹妹很喜欢旅行。自从毕业以来, 她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵, 她决定骑自行车去, 毫不担心其中的不利情况。顽固的态度一直都是她的缺点, 一旦她下定决心要做的事, 就没有人能说服她改变主意。最后, 我们像往常一样让步, 尽管我们更喜欢乘火车去。我们准备好了所有东西, 包括时间表、可靠的天气预报, 还有保险, 就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢, 因为当流经深深的峡谷时, 这条河流急转弯很多, 急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样, 这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上, 我把头枕在一包羊

毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

波波老师

单词语境练习： My sister _____ (喜欢) traveling. _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a trip to an old _____ (古庙). Since _____ (交通费用) was expensive, she decided to use a bicycle to _____ (骑自行车) there not _____ (担心) the _____ (不利). Her _____ (顽固的态度) was always her _____ (缺点). Once she _____ (下定决心) to do something, no one could _____ (说服) her to _____ (改变) her _____ (主意). _____ (最后), we _____ (像往常一样让步) though we _____ (更喜欢) to take a train. After we prepared everything, including the _____ (时间表), _____ (可靠的) _____ (天气预报) and the _____ (保险), we began our trip.

Our _____ (旅程) was along a river _____ (流; 垂; 流出) from a high _____ (海拔). Our _____ (步伐) was slow because the river frequently had many sharp _____ (转弯) through deep _____ (峡谷). where the water seemed to _____ (沸腾). Just as I recorded in my _____ (日记, 日志), it was really a hard journey. But we also enjoyed great _____ (景象; 视野). One night, I put my head on my _____ (枕头) -- _____ (一包) wool (羊毛) coats, and lay _____ (在...下面; 在...背后) the stars. When the _____ (火焰) in front of our _____ (岩洞) went out _____ (在午夜), I found the sky so beautiful!

● Strange Patent Applications 奇怪的专利申请

I set about _____ (开始) working in the current _____ (现在的) Patent _____ (专利) Office after resigning from the court personnel _____ (法院人事部). Competent _____ (称职) and dynamic _____ (活力). I never feel passive _____ (消极没劲) while diving into _____ (投身于) the identifications _____ (鉴定) of whether applications are valid _____ (效) and practical _____ (实用) according to the new version _____ (版) of the criteria _____ (标准).

With the expectation _____ (期待, 期望) of distinguishing _____ (区别) their own importance, some people leave the beaten track _____ (常规) and file _____ (提交) strange

products (产品) with us now and then (时不时), for example, lantern (信号灯) that can be attached on your forehead (前额), cubic (立方体的) walnuts (胡桃), refrigerator (冰箱) made of straw and glue perfume (香水) that nobody can bear to smell, and soon.

Once, a man made a triangle (三角形) helicopter (直升飞机) out of stainless (不锈钢) wires (丝) and string (绳子). He called us up and merrily (高兴地) claimed it was stable (牢固) and convenient (方便) to use, and never out of order (发生故障), asked him to hang on (稍等), but this innocent (天真的) man just rang off (挂了电话) and set out (开始) to fly from his courtyard (院子). I dialed (拨打) his number in the directory (电话簿) trying to ring him back (回电) but never got through (无法接通).

Merciful (仁慈的) God blessing, an abrupt (突然) freezing (冻) rainfall (雨) made his powder (火药) wet. Luckily the trouble was without any extension (扩大) except that he crashed into a greengrocer's (水果店) making all the ripe (成熟的) fruits become messy jam (果酱). When people seized (抓住) this crazy man with caution (小心) and sobered him by tapping (轻轻拍打) his face, he complained about the bad weather instead of associating his failure with (将他的失败与...联系起来) his unscientific design.

译文：从法院人事部辞职后,我开始在现在的专利局工作。我工作起来既称职又有活力,在投身于根据新版的申请标准鉴定专利申请,以防他们无效或不实用时,我从未感觉到消极没劲。

为了显示与众不同,时不时就有人违反常规,向我们提交一些奇怪的产品申请,例如固定在前额的信号灯、立方体的胡桃、用稻草和胶水制作的冰箱、没人能受得了的香水等。

有一次,有个人用不锈钢丝和绳子制作了一架三角形的直升飞机。他致电给我们,高兴地声称其确实牢固,而且方便使用,从不发生故障。我请他稍等,但这个天真的人挂了电话就开

始从院子里起飞。我拨打他在电话簿上的号码试图回电给他，却无法接通。

仁慈的上帝保佑，一场突然降临的冻雨打湿了他的火药，使他造成的麻烦没有扩大，只是撞入一间水果店，把所有成熟的水果都压成一塌糊涂的果酱。当人们小心地抓住这个失去理智的人，轻轻拍打他的脸使他清醒过来时，他还在抱怨糟糕的坏天气，却没有将他的失败与他不科学的设计联系起来。

单词语境练习：I _____ (开始) working in the _____ (现在的) _____ (专利) Office after resigning from the _____ (法院人事部). _____ (称职) and _____ (活力). I never feel _____ (消极没劲) while _____ (投身于) the _____ (鉴定) of whether applications are _____ (效) and _____ (实用) according to the new _____ (版) of the _____ (标准).

With the _____ (期待, 期望) of _____ (区别) their own importance, some people leave the _____ (常规) and _____ (提交) strange _____ (产品) with us _____ (时不时), for example, _____ (信号灯) that can be attached on your _____ (前额), _____ (立方体的) _____ (胡桃), _____ (冰箱) made of straw and glue _____ (香水) that nobody can bear to smell, and soon.

Once, a man made a _____ (三角形) _____ (直升飞机) out of _____ (不锈钢) _____ (丝) and _____ (绳子). He called us up and _____ (高兴地) claimed it was _____ (牢固) and _____ (方便) to use, and never _____ (发生故障), asked him to _____ (稍等), but this _____ (天真的) man just _____ (挂了电话) and _____ (开始) to fly from his _____ (院子). I _____ (拨打) his number in the _____ (电话簿) trying to _____ (回电) but never _____ (无法接通).

_____ (仁慈的) God blessing, an _____ (突然) _____ (冻) _____ (雨) made his _____ (火药) wet. Luckily the trouble was without any _____ (扩大) except that he crashed into a _____ (水果店) making all the _____ (成熟的) fruits become messy _____ (果

酱)。When people (抓住) this crazy man with (小心) and sobered him by (轻轻拍打) his face, he complained about the bad weather instead of (将他的失败与...联系起来) his unscientific design.

● Helping the Remote Village 援助山村

A year ago (一年前), the famous (著名的) astronaut (宇航员) received (收到) an invitation (邀请) by airmail (航空邮件) from a remote (偏远) village (村庄). Intending to (因为想要) sniff (呼吸) some fresh air (新鲜空气) he and his interpreter (翻译) paid a fortnight (两周的) visit (访问) there. It was a privilege (荣幸) for them to be there but they were shocked (震惊于) by what they saw (所见). The tracks (道路) were muddy (泥泞的). The river was drying up (干枯). Most villagers only possessed one broom (扫帚), a few tins (瓶瓶) and several jars (罐罐) and their rectangular (矩形) grass huts (草屋) with round angles were surrounded (四周) by weeds (杂草). Besides, their school had no roof and platform (讲台), and the students had no concept (概念) of clicking (操作) a computer (电脑) at all. They were badly in need.

Soon, the astronaut (宇航员) made a generous (慷慨的) voluntary (自愿) donation (捐赠) to the village. There were textbooks (课本) for students sewing machines for tailors (裁缝) and tractors (拖拉机) for farmers (农民). His distribution (分配) catalogue (目录) also included operating a clinic (诊所) and a trunk library as well as giving weekly lessons to teach relevant (相关) farming knowledge like how to dry out seeds (种子) or raise oxen (牛). He himself not only helped do some paperwork (文书工作) but also purchased (购买) grills (烤架) for boys to toast potatoes and combs (梳子) for girls who were dying to get one. The other day, he

heard from the villagers again inviting him to participate (参加) in the donation anniversary (周年会). For political and security (安全) reasons, he couldn't adjust his outgoing (外出) arrangement-otherwise he would go. But his deeds (所做的
一切) were remembered forever.

译文：一年前，那位著名的宇航员收到一份由一个偏远村庄通过航空邮件寄来的邀请。因为想要呼吸一下新鲜空气，他和翻译到那儿做了一次两周的访问。当地之行使他们倍感荣幸，但却震惊于所见所闻。泥泞的道路、河流干枯，大部分的村民拥有的财产只不过是一只扫帚、几个瓶瓶罐罐而已，圆角的矩形草屋四周长满了杂草，学校也没有屋顶和讲台，学生们更对点击操作电脑毫无概念。他们生活确实相当困难。

很快，宇航员就向村庄做了慷慨的自愿捐赠。捐赠品中有给学生的课本，给裁缝的缝纫机，还有给农民的拖拉机。捐赠金的分配目录中还包括一间诊所和一间书籍图书馆的运作，并有传授像怎么使种子干透，或者怎么养牛这种相关农业知识的每周课程。他自己不仅亲自帮助做一些文书工作，还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天，他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因，他无法调整外出时间安排，否则他就会去了。不过他所做的一切村民们都永远记得。

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40 篇短文吃透英语 3500 词

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(罐罐) and their rectangular (矩形) grass huts (草屋) with round angles were surrounded (四周) by weeds (杂草). Besides, their school had no roof and platform (讲台), and the students had no concept (概念) of clicking (操作) a computer (电脑) at all. They were badly in need.

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做一些文书工作, 还给男孩子们购买了烤马铃薯的烤架、给渴望得到梳子的女孩子们买了梳子。前几天, 他又收到了村民们邀请他参加捐赠周年会的来信。出于政治和安全原因, 他无法调整外出时间安排, 否则他就会去了。不过他所做的一切村民们都永远记得。

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● A Hard Trip 一次辛苦的旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古庙). Since transporting fare (交通费用) was expensive, she decided to use a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷) where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文: 我的妹妹很喜欢旅行。自从毕业以来, 她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵, 她决定骑自行车去, 毫不担心其中的不利情况。顽固的态度一直都是她的缺点, 一旦她下定决心要做的事, 就没有人能说服她改变主意。最后, 我们像往常一样让步, 尽管我们更喜欢乘火车去。我们准备好了所有东西, 包括时间表、可靠的天气预报, 还有保险,

就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空如此的美丽！

单词语境练习： My sister _____ (喜欢) traveling. _____ (自从毕业), she had been _____ (下定决心) to _____ (组织) a trip to an old _____ (古庙). Since _____ (交通费用) was expensive, she decided to use a bicycle to _____ (骑自行车) there not _____ (担心) the _____ (不利). Her _____ (顽固的态度) was always her _____ (缺点). Once she _____ (下定决心) to do something. no one could _____ (说服) her to _____ (改变) her _____ (主意). _____ (最后), we _____ (像往常一样让步) though we _____ (更喜欢) to take a train. After we prepared everything, including the _____ (时间表), _____ (可靠的) _____ (天气预报) and the _____ (保险), we began our trip.

Our _____ (旅程) was along a river _____ (流; 垂; 流出) from a high _____ (海拔). Our _____ (步伐) was slow because the river frequently had many sharp _____ (转弯) through deep _____ (峡谷). where the water seemed to _____ (沸腾). Just as I recorded in my _____ (日记, 日志), it was really a hard journey. But we also enjoyed great _____ (景象; 视野). One night, I put my head on my _____ (枕头) -- _____ (一包) wool (羊毛) coats, and lay _____ (在...下面; 在...背后) the stars. When the _____ (火焰) in front of our _____ (岩洞) went out _____ (在午夜), I found the sky so beautiful!

● An Amateur Journalist 业余记者

Jane is a housewife (家庭主妇), but delighted (乐意) to work as an amateur (业余) journalist (记者). It is a dilemma (左右为难) for her to rush between family

and work, and it is also **unusual** (不同寻常) for the News Department (部) to **depend on** (依靠) an amateur to cover **crimes** (罪案). But Jane is really **gifted** (天赋). It is **admirable** (让人钦佩的) that she is seldom **accused** (受到责备) of making mistakes. And, **eager** (渴望) to become more **professional** (专业) she concentrates on her job and **updates** (提升) herself now and then.

Once she is **informed** (通知) of a new **case** (案子) her normal working **process** (程序) is as follows: first, she makes **appointments** (约) with **guilty** (有罪的人) people for interviews. So as to (为了) **acquire** (获得) **accurate** (准确的) stories. she usually **demand** (要求) to record what they say. **Meanwhile** (同时), a **technically** (技术上) good **colleague** (同事) will **assist** (协助) her in taking **photographs** (拍照). Second, she **assesses** (评估) whether they are **deliberately** (故意) hiding the truth. If she is **skeptical** (怀疑) about their words, she will look into the case herself. Third. She writes **thorough** (详尽) stories ahead of the **deadline** () and **submits** () it to the **senior** () **chief** () **editor** (), who **polishes** () and **approves** () every **section** (). Finally, her stories will be **published** () in different **editions** of their magazine.

简是一名家庭主妇，但却非常乐意做一名业余记者。在家和工作之间奔波总是使她左右为难，而且对于新闻部来说，依靠一名业余人员来报道罪案也是不同寻常的，但是简真的很有天赋，让人钦佩的是她极少因为犯错而受到责备。因为渴望做得更加专业，她全神贯注于工作，且时不时地就提升自身的业务水平。

一旦接到新案子的通知，她通常的工作程序如下：首先，她和有罪的人约了作采访。为了获得准确的新闻，她通常要求做录音，同时，一位技术上好的同事会协助她拍照；接着，她对受采访的人是否有故意隐瞒真相作出评估。如果她怀疑他们的话，就会亲自调查案件；然后，她在截稿期限前写出详尽的报道，呈交给高级主编，由他对每个部分做润色和批准；最后，她

的新闻就发表在杂志的各个版本中了。

As the founder (创始人) of the republic (共和国) the president (总统) had many good qualities (品质), Before coming to power (掌权), he was a generous (慷慨的) lawyer (律师). He was willing to (愿意) selflessly (无私地) help everyone who turned to (求助) him. He accepted no fee (费用) to offer legal guidance (法律指导) and opinions (意见) to those who were out of work (失业) or uneducated (没有受过教育的). Later believing all mankind (人类) to be equal (平等), he devoted (投入) him self to stopping the unfair (不平等) anti (反) -black laws. He set up (建立) the Black Youth League (青年团) and was voted (选) to be the leader. However, though he kept peaceful principles (和平原则) without violence (暴力) and terror (恐怖), his mean (卑鄙的) enemies still blew up (炸毁) his house and attacked (袭击) his relatives (亲属) and he himself couldn't escape being sentenced to (逃脱被判) 30 years in prison.

Not fearing of the prison guards' cruelty (残酷), he kept active (积极) and begged (乞求) no mercy from them. As a matter of fact (实际上) he was always hopeful (充满着希望) and never lost heart (灰心) during the stage (时期) even though he was in trouble (困境). Finally, people rewarded (回报) him with the leader's position and a gold blanket (毯子).

40 篇短文拿下 3500 词!

1. The Great President 伟大的总统

As the **founder** (创始人) of the **republic** (共和国) the **president** (总统) had many good **qualities** (品质), Before **coming to power** (掌权), he was a **generous** (慷慨的) **lawyer** (律师). He **was willing to** (愿意) **selflessly** (无私地) help everyone who **turned to** (求助) him. He accepted no **fee** (费用) to offer **legal guidance** (法律指导) and **opinions** (意见) to those who were **out of work** (失业) or **uneducated** (没有受过教育的). Later believing all **mankind** (人类) to be **equal** (平等), he **devoted** (投入) him self to stopping the **unfair** (不平等) **anti** (反) -black laws. He **set up** (建立) the Black **Youth League** (青年团) and was **voted** (选) to be the leader. However, though he kept **peaceful principles** (和平原则) without **violence** (暴力) and **terror** (恐怖), his **mean** (卑鄙的) enemies still **blew up** (炸毁) his house and **attacked** (袭击) his **relatives** (亲属) and he himself couldn't **escape being sentenced to** (逃脱被判) 30 years in prison.

Not fearing of the prison guards' **cruelty** (残酷), he kept **active** (积极) and **begged** (乞求) no mercy from them. **As a matter of fact** (实际上) he was always **hopeful** (充满着希望) and never **lost heart** (灰心) during the **stage** (时期) even though he was **in trouble** (困境). Finally, people **rewarded** (回报) him with the leader's position and a gold **blanket** (毯子).

译文：作为共和国的创始人，这位总统具备许多的优秀品质。还在掌权之前他就是一位慷慨的律师。他愿意无私地帮助那些向他求助的人。他免费为失业的，或没有受过教育的人提供法律指导和意见。后来，因为相信所有人类都是生来平等，他全身心投入到废除不平等的反黑人法律工作中。他建立了黑人青年团并被选为领袖。然而尽管他坚持没有暴力、没有恐怖的和平原则，卑鄙的敌人还是炸毁了他的家、袭击了他的亲属，他自己也无法逃脱被判 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的残酷，始终保持积极的态度，不向他们乞求怜悯。实际上，他在任何一个困境时期都充满着希望，从未灰心。最后，人们以领袖的职位和一块金毯子回报了他的贡献。

每日单词练习

As the _____ (创始人) of the _____ (共和国) the _____ (总统) had many good _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) help everyone who _____ (求助) him. He accepted no _____ (费用) to offer _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later believing all _____ (人类) to be _____ (平等), he _____ (投入) him self to stopping the _____ (不平等) _____ (反)-black laws. He _____ (建立) the Black _____ (青年团) and was _____ (选) to be the leader. However, though he kept _____ (和平原则) without _____ (暴力) and _____ (恐怖), his _____ (卑鄙的) enemies still _____ (炸毁) his house and _____ (袭击) his _____ (亲属) and he himself couldn't _____ (逃脱被判) 30 years in prison.

Not fearing of the prison guards' _____ (残酷), he kept _____ (积极) and _____ (乞求) no mercy from them. _____ (实际上) he was always _____ (充满着希望) and never _____ (灰心) during the _____ (时期) even though he was _____ (困境). Finally, people _____ (回报) him with the leader's position and a gold _____ (毯子).

2. Balanced Diet 平衡膳食

Wang Peng earned his living (谋生) by running a barbecue (烧烤) restaurant, which served delicious bacon (腊肉), fried chicken breast (胸) and mutton (羊肉) roasted (烤制) with pepper (辣椒) and garlic (大蒜). But his food and

discount (折扣) attracted fewer and fewer customers (顾客) . Finally, he was in debt (负债累累) . Yong Hui' s slimming (减肥) restaurant served fresh peas (豌豆), carrots (红萝卜), eggplants (茄子), and raw cucumbers (生黄瓜) with vinegar (醋) . As the hostess (女主人) , she said fibres (纤维) benefited (有利于) customers' digestion (消化) the most. In order not to let Yong Hui get away with (侥幸逃脱) telling lies (谎话) , Wang Peng spied on (探查) Yong Hui despite her glare (怒视) . But he was surprised that she was losing her customers too.

Curiosity (好奇心) drove Wang Peng to consult (咨询) an expert. The expert sighed (叹息) and said, "Both of your menus have weakness (缺点) and limited strength. Your customers put on weight (发胖) too easily, while Yong Hui's lose weight (体重减轻) too quickly. So, Wang Peng cut down (减少) the fat of your food and increase vegetables and fruits, like nuts (坚果) , beans (豆类) , mushrooms (蘑菇) , peaches (桃子) and lemons (柠檬) . You ought to (应该) combine (结合) the two menus and provide a balanced (平衡的) diet (膳食).

Before long (不久) , Wang Peng won his customers back.

译文：王鹏经营一家烧烤餐厅来谋生，他的餐厅供应美味的腊肉、油炸的鸡胸，还有用辣椒和大蒜一起烤制的羊肉。但是，他的食物和折扣吸引的顾客越来越少，最后是他负债累累。永慧的减肥餐厅供应的是新鲜的豌豆、红萝卜、茄子和醋腌的生黄瓜。作为老板娘(女主人)，她总是说食物纤维才最有利于顾客的消化。为了不让永慧说了谎不受惩罚，王鹏不顾她的怒视，前去探查个究竟。但是让他惊奇的是，永慧的顾客也在严重地流失。

好奇心驱使王鹏去咨询专家。那位专家叹息着说：“你们俩的菜单都缺点明显、优点有限。你的顾客很容易就发胖，而永慧的顾客却减轻得太快。所以嘛，王鹏，你要减少你的食物中的脂肪含量，增加蔬菜和水果，例如坚果、豆类、蘑菇、桃子和柠檬之类。你应

该把两份菜单结合起来，给顾客提供平衡的膳食。”

不久，王鹏就赢回了他的顾客。

每日单词练习

Wang Peng _____ (谋生) by running a _____ (烧烤) restaurant, which served delicious _____ (腊肉), fried chicken _____ (胸) and _____ (羊肉) _____ (烤制) with _____ (辣椒) and _____ (大蒜). But his food and _____ (折扣) attracted fewer and fewer _____ (顾客). Finally, he was _____ (负债累累). Yong Hui's _____ (减肥) restaurant served fresh _____ (豌豆), _____ (红萝卜), _____ (茄子), and raw (生黄瓜) with _____ (醋). As the _____ (女主人), she said _____ (纤维) _____ (有利于) customers' _____ (消化) the most. In order not to let Yong Hui _____ (侥幸逃脱) telling _____ (谎话), Wang Peng _____ (探查) Yong Hui despite her _____ (怒视). But he was surprised that she was losing her customers too. _____ (好奇心) drove Wang Peng to _____ (咨询) an expert. The expert (叹息) and said, "Both of your menus have _____ (缺点) and limited strength. Your customers _____ (发胖) too easily, while Yong Hui's _____ (体重减轻) too quickly. So, Wang Peng _____ (减少) the fat of your food and increase vegetables and fruits, like _____ (坚果), _____ (豆类), _____ (蘑菇), _____ (桃子) and _____ (柠檬). You _____ (应该) _____ (结合) the two menus and provide a _____ (平衡的) _____ (膳食). _____ (不久), Wang Peng won his customers back.

3. A Hard Trip 一次辛苦旅行

My sister was fond of (喜欢) traveling. Ever since graduating (自从毕业), she had been determined (下定决心) to organize (组织) a trip to an old temple (古庙). Since transporting fare (交通费用) was expensive, she decided to use a bicycle to cycle (骑自行车) there not caring about (担心) the disadvantages (不利). Her stubborn attitude (顽固的态度) was always her shortcoming (缺点). Once she made up her mind (下定决心) to do something, no one could persuade (说服) her to change (改变) her mind (主意). Finally (最后), we gave in as usual (像往常一样让步) though we preferred (更喜欢) to take a train. After we prepared everything, including the schedule (时间表), reliable (可靠的) weather forecast (天气预报) and the insurance (保险), we began our trip.

Our journey (旅程) was along a river flowing (流; 垂; 流出) from a high altitude (海拔). Our pace (步伐) was slow because the river frequently had many sharp bends (转弯) through deep valleys (峡谷). where the water seemed to boil (沸腾). Just as I recorded in my journal (日记, 日志), it was really a hard journey. But we also enjoyed great views (景象; 视野). One night, I put my head on my pillow (枕头) -- a parcel of (一包) wool (羊毛) coats, and lay beneath (在...下面; 在...背后) the stars. When the flame (火焰) in front of our cave (岩洞) went out at midnight (在午夜), I found the sky so beautiful!

译文：我的妹妹很喜欢旅行。自从毕业以来，她就下定决心要组织一次往一座古庙的旅行。因为交通费用昂贵，她决定骑自行车去，毫不担心其中的不利情况。顽固的态度一直都是她的缺点，一旦她下定决心要做的事，就没有人能说服她改变主意。最后，我们像往常一样让步，尽管我们更喜欢乘火车去。我们准备好了所有东西，包括时间表、可靠的天气预报，还有保险，就开始了旅程。

我们的旅程沿着一条从高海拔处流下来的河流前行。但我们的步伐很慢，因为当流经深深的峡谷时，这条河流急转弯很多，急湍的河水都似乎沸腾起来。正如我在旅行日志里记录的那样，这真是一次艰苦的旅行。但是我们也欣赏到了美丽的景色。一天晚上，我把头枕在一包羊毛衣服做的枕头上，躺在星空下，当岩洞前的火焰在午夜熄灭时，我发现夜空是如此的美丽！

4. Fall in Love with English 爱上英语

Hiding behind the loose (松散) dusty (积满灰尘的) curtain (窗帘) a teenager (少年) packed up (包装好的) his overcoat (大衣) into the suitcase (手提箱). He planned to leave home at dusk (黄昏时刻) though there was thunder (闪电) and lightning outdoors (外面正打雷). He had got to do (不得不) this because he was tired of (厌倦) his parents nagging about his English study and did not want to go through (进展) it any longer. He couldn't get along well with (与...相处融洽) English and disliked (不喜欢) joining (参加) in English classes because he thought his teacher ignored (忽视) him on purpose (有意). As a result, his score in each exam never added up to (合计) over 60.

His partner (搭档) was concerned about (关心) him very much. She understood exactly (确切地) what he was suffering from (遭受) but entirely (全部地; 彻底地) disagreed with (不同意) his idea. In order to (为了...) calm (使平静) him down and settle (解决) his problem. she talked with him face to face (面对面) and swapped (交换) a series of (一系列; 一连串) leaning tips (提示) with him. The items (条, 条款) she set down (写下来) helped him find the highway (最佳捷径) to studying English well.

The teenager was grateful (感激) and got great power (动力) from his friend's words. Now, he has recovered from (恢复) being upset (沮丧) and has fallen in love with (爱上) English.

译文: 有个少年躲在积满灰尘的松散窗帘后把大衣装入手提箱。尽管外面正打雷闪电, 他仍计划在黄昏时分离家出走。他不得不这样做是因为厌倦了父母对他英语学习的唠叨, 不想再忍受下去了。他的英语学习总是无法取得进展, 而且不喜欢参加英语课的学习, 因为他以为老师有意忽视他。结果, 他每次考试的分数合计从未超过 60。他的搭档很关心他, 也确切地理解他遭受的折磨, 但却完全不同意他的想法。为了使他冷静下来好好解决问题, 她和他面对面地交谈, 并交换了一系列的学习心得技巧。她写下来的条款帮助他找到了学好英语的最佳捷径。这个少年非常很感激, 并从朋友的话里获得极大的动力。现在, 他已经从沮丧中恢复过来, 真正爱上了英语。

Different Countries Have Different Kinds of Englishes 不同的国家有不同的英语

Voyages (航行, 航海) of people from England play an important part in (发挥重要作用) spreading the English language. At present (目前, 现在), English is frequently (频繁地, 经常) spoken as an official (官方的; 公开的) or common language in many countries, such as (例如) America, Singapore (新加坡), Malaysia (马来西亚) and some African (非洲) countries. All based on (基于) British English, the English spoken in these countries can be well understood by native (本地人) English speakers. But actually (事实上), these Englishes have been gradually (逐渐) changing in accents (口音), spellings (拼写) expressions (表达, 措辞) and the usage (使用) of vocabulary (词汇).

Because of (因为) this fact, you can make use of (利用) the differences to tell which country the foreigners of your block are from. For example, if a boss

fluently (流利的) commands his driver, "Come up straight (直接过去) to my apartment (公寓) by elevator (电梯) and take some gas for my trucks and cabs (出租车)", instead of requesting (要求, 请求): "Please come to my flat (公寓) by lift (电梯) and take some petrol (汽油) for my lorries (汽车, 卡车) and taxis", you can recognize (辨认, 认出) his American identity (身份), while the latter (后者) suggests (暗示) that he is British.

译文：英国人的航海在英语的传播中扮演了重要的角色。目前，英语在许多国家被作为官方语言或通用语言频繁地使用，例如美国、新加坡、马来西亚和一些非洲的国家。这些国家的英语都以英式英语为基础，能很好地为以英语为本族语的人所理解。但是实际上，这些英语在口音、拼写、表达和词汇的使用方面都在逐渐变化。

因为这一情况的存在你就可以利用这些英语之间的区别说出你们街区的外国人是哪个国家来的了。例如，如果有个老板流利地命令他的司机：Come up straight to my apartment by elevator and take some gas for my trucks and cabs(直接搭电梯到我公寓上来拿卡车和出租车的汽油)，而不是要求说，"Please come to my flat by lift and take some petrol for my lorries and taxis(请直接搭电梯到我公寓上来拿卡车和出租车的汽油)" 你就可以轻易地辨认出他的美国人身份，而后者却暗示着那是一位英国人。(请注意:听力录音里第二段两个“电梯”的单词跟原文不一致，原文是对的，录音弄错了，elevator 才是美式说法而 lift 是英式说法。)

A Fair Competition 公平的比赛

Swifter (迅速的), Higher and Stronger stands for (代表) the spirit of the Olympics. But fairness is the basis (基础) of this motto (格言). Only when you win fairly will you and your homeland (祖国) deserve (值得, 承受) the great glory (光荣, 荣耀). But nowadays (如今), unlike the ancient (古代) honest slave (奴

隶) competitors (竞赛者), some hopeless (绝望的) athletes (运动员) who can't bear the pain (痛苦) of training cheat when taking part in (参加) games. Medals (奖牌) seem to have magical (魔法的, 神奇的) power causing them to cheat, and the prize money has replaced (代替, 取代) the motto as their only goal.

So in the gymnastics (体操) event to be held in our city next month, one of the host's (主办方, 东道主) responsibilities (责任) is to keep competitions fair. They advertised (打广告) on posters (海报) outside the stadium (体育场) to promise that every competitor is to have a regular (常规的) physical (身体的) examination in a gymnasium (体育馆) one after another (一个个). No one can bargain (讨价还价) on this. The volunteers (志愿者) in charge (负责) will be very strict. It is foolish (愚蠢的) to cheat because they will not be admitted (允许) to compete (竞赛, 比赛) and will even be fined (罚款) as well (还).

译文：“更快!更高!更强!” 代表着奥运精神。但是公平却是这一格言的基础。只有当你公平地赢得比赛，你和你的祖国才会承受这样的光荣。但如今，不像古代那些诚实的奴隶参赛者，有些没有希望的运动员无法承受训练的痛苦，于是在参加比赛时作假。奖牌似乎有某种魔力使他们作假，奖金也已经代替了奥运格言成为了他们唯一的目标。

因此，在我们市下个月即将举行的一场体操赛事中，主办方的其中一项责任就是要确保比赛的公平。他们在体育场外的海报上做广告，承诺说每个参赛者都将在体育馆一个一个地参加常规的身体检查。对此没有人可以讨价还价。负责此事的志愿者将非常严格。作假是很愚蠢的，因为他们将不被允许去竞赛，甚至还将被罚款。

13.Sailing Home

This novel was about an unbelievable but genuine adventure. Its author was a black businessman who was brought up in America. In 1956, he visited Africa, his

birthplace. One day, when he was wandering on the pavement near the bay enjoying the sea scenes, he lost his money and passport that he kept in an envelope. So he went to the embassy to seek help, but the ambassador with rude manners didn't permit his staff to help though he bowed to him. Staring at his impatient face, he understood that it was the fault of his skin colour that accounted for their refection. So he decided to take a chance to sail on a small boat home.

He met a large amount of difficulty but was never stopped. On the contrary, difficulty pushed him to go ahead harder. Three months later, he was spotted by a ship by accident. He was in rags indeed. A maid even screamed when bringing him a steak and pineapple dessert. Aboard, he eaned his passage by working as a barber and got home finally. As for the name of his novel he couldn't think of a better one than the phrase "Go Ahead".

13.划船回家

这部小说写的是一次令人难以置信而又真实的历险。其作者是一位在美国被抚养长大的黑人商人。1956年，他回到他的出生地非洲。有一天，当他在海湾边的人行道上漫步欣赏海景时，他丢失了一个装着钱和护照的信封，于是向当地的大使馆寻求帮助。但是大使态度非常粗鲁，即使向他鞠躬，也不允许他的职员帮忙。盯着他那不耐烦的脸，他知道是他皮肤颜色的错才导致了他们的拒绝。于是，他决定冒险驾驶一只小船回家。

他遇到了许多困难，但是从未停止，相反，困难推动他更努力地前进。三个月后，当他被一艘船偶然发现时，真的是衣衫褴褛。给他端来牛排和菠萝甜品的女仆甚至被吓得尖叫起来。在船上，他当一名理发师来争取船费，最后终于回到了家。至于这部小说的名字，他再也不能想到一个比“前进”更好的短语了。

40 篇短文背完 3500 词

1. My first Band 我的第一支乐队

I was very sensitive (敏感) to music. Just dipping into (浏览) the music books briefly (简要地). I could sing or play well. To be honest (说实话), I always dreamt of (梦想) becoming a famous folk actor (民间演员). I was so confident (自信的) that I never decreased my devotion (热爱).

I formed (组成) my first band called "Rolling (摇滚) Frog". At the beginning, we relied on (依靠) performing (表演) on instruments (乐器) in pubs (酒吧) or to passers-by (路人) to earn (挣) extra (零花的) money in cash (现金). Then we wore false beards (胡子) to pretend (假扮) to be the musicians (音乐家) whom people were familiar with (熟悉的). In addition (除此之外), we attached (加上) humorous (幽默的) acts to our performances (表演) and played jokes on (开着玩笑) each other. Soon, our "funny jazz (爵士乐)" became famous and invitations (邀请) to perform for broadcast (广播) stations began to come. Afterwards (随后), we sorted out (分类) attractive (吸引人的) music and made a record in a studio (工作室). A million or so (大约) copies were sold and we became millionaires (百万富翁).

It was painful (心痛) that the band broke up (解散) finally. But above all (最重要的是). I realized my dream to be a musician.

【译文】

我对音乐很敏感，只要简要地浏览一下乐谱，我就能演唱或演奏得很好。说实话，我一直都梦想着能成为出名的民间演员，自信的我从未减少过热爱。

我组成的第一支乐队叫做“摇滚蛙”。开始，我们依靠在酒吧里或向路人表演乐器来挣些零花的现金。然后我们带上假胡子假扮人们熟悉的音乐家，除此之外，我们在表演中加上幽默的动作，互相开着玩笑。很快，我们的“滑稽爵士乐”出了名，到广播电台表演的邀请开始多起来。随后，我们把我们的吸引人的音乐做了分类，在一间音乐工作室录制了1张唱片，大约卖出了100万张，这使我们都成了百万富翁。

乐队最终的解散让我很心痛，但最重要的是，我实现了自己当音乐家的梦想。

● 每日单词练习

I was very _____ (敏感) to music. Just _____ (浏览) the music books _____ (简
要地). I could sing or play well. _____ (说实话), I always _____ (梦想) becoming a
famous _____ (民间演员). I was so _____ (自信的) that I never decreased my _____ (热
爱).

I _____ (组成) my first band called "_____ (摇滚) Frog". At the beginning, we
_____ (依靠) _____ (表演) on _____ (乐器) in _____ (酒吧) or to _____ (路人) to _____ (挣)
_____ (零花的) money _____ (现金). Then we wore false _____ (胡子) to _____ (假扮)
to be the _____ (音乐家) whom people _____ (熟悉的). _____ (除此之外), we
_____ (加上) _____ (幽默的) acts to our _____ (表演) and _____ (开着玩笑) each other.
Soon, our "funny _____ (爵士乐)" became famous and _____ (邀请) to perform
for _____ (广播) stations began to come. _____ (随后), we _____ (分类) _____ (吸
引人的) music and made a record in a _____ (工作室). A million _____ (大约) copies
were sold and we became _____ (百万富翁).

It was _____ (心痛) that the band _____ (解散) finally. But _____ (最重要
的是). I realized my dream to be a musician.

2. The Great President 伟大的总统

As the founder (创始人) of the republic (共和国) the president (总统) had many good qualities (品质), Before coming to power (掌权), he was a generous (慷慨的) lawyer (律师). He was willing to (愿意) selflessly (无私地) help everyone who turned to (求助) him. He accepted no fee (费用) to offer legal guidance (法律指导) and opinions (意见) to those who were out of work (失业) or uneducated (没有受过教育的). Later believing all mankind (人类) to be equal (平等), he devoted (投入) himself to stopping the unfair (不平等) anti (反)-black laws. He set up (建立) the Black Youth League (青年团) and was voted (选) to be the leader. However, though he kept peaceful principles (和平原则) without violence (暴力) and terror (恐怖), his mean (卑鄙的) enemies still blew up (炸毁) his house and attacked (袭击) his relatives (亲属) and he himself couldn't escape being sentenced to (逃脱被判) 30 years in prison.

Not fearing of the prison guards' cruelty (残酷), he kept active (积极) and begged (乞求) no mercy from them. As a matter of fact (实际上) he was always hopeful (充满着希望) and never lost heart (灰心) during the stage (时期) even though he was in trouble (困境). Finally, people rewarded (回报) him with the leader's position and a gold blanket (毯子).

【译文】

作为共和国的创始人，这位总统具备许多的优秀品质。还在掌权之前他就是一位慷慨的律师。他愿意无私地帮助那些向他求助的人。他免费为失业的，或没有受过教育的人提供法律指导和意见。后来，因为相信所有人类都是生来平等，他全身心投入到废除不平等的反黑人法律工作中。他建立了黑人青年团并被选为领袖。然而尽管他坚持没有暴力、没有恐怖的和平原则，

卑鄙的敌人还是炸毁了他的家、袭击了他的亲属，他自己也无法逃脱被判 30 年徒刑的遭遇。

在狱中，他毫不畏惧狱警的残酷，始终保持积极的态度，不向他们乞求怜悯。实际上，他在任何一个困境时期都充满着希望，从未灰心。最后，人们以领袖的职位和一块金毯子回报了他的贡献。

● 每日单词练习

As the _____ (创始人) of the _____ (共和国) the _____ (总统) had many good _____ (品质), Before _____ (掌权), he was a _____ (慷慨的) _____ (律师). He _____ (愿意) _____ (无私地) help everyone who _____ (求助) him. He accepted no _____ (费用) to offer _____ (法律指导) and _____ (意见) to those who were _____ (失业) or _____ (没有受过教育的). Later believing all _____ (人类) to be _____ (平等), he _____ (投入) him self to stopping the _____ (不平等) _____ (反) -black laws. He _____ (建立) the Black _____ (青年团) and was _____ (选) to be the leader. However, though he kept _____ (和平原则) without _____ (暴力) and _____ (恐怖), his _____ (卑鄙的) enemies still _____ (炸毁) his house and _____ (袭击) his _____ (亲属) and he himself couldn't _____ (逃脱被判) 30 years in prison.

Not fearing of the prison guards' _____ (残酷), he kept _____ (积极) and _____ (乞求) no mercy from them. _____ (实际上) he was always _____ (充满着希望) and never _____ (灰心) during the _____ (时期) even though he was _____ (困境). Finally, people _____ (回报) him with the leader's position and a gold _____ (毯子).

3. An Interesting Festival 有趣的节日

The Agricultural Feast (农业盛会) takes place (举行) after the Independence (独立) Day. It is not a worldwide celebration (世界性的庆典). Only Christians (基督徒) in Mexico (墨西哥) look forward to (盼) its arrival (到来) for its religious

origin (宗教起源) :

Long ago, human' s ancestors were bad. They fooled (欺骗) and played tricks on (耍诡计) each other and never kept their word (遵守诺言) . So God turned up (出现) and drowned (淹死) all their crops. Humans starved day and night (日夜挨饿) weeping (哭泣) . In order to gain (获得) God's forgiveness (原谅) , a woman poet set off (诗人出发) to see God. She admired (赞美) God and kept apologizing (歉意) . God was moved. With his permission (允许) , humans finally had good harvests (丰收) again. So, to wipe (抹去) sadness (忧伤) and remind themselves of (提醒) the belief (信仰) _in God, people began the festival.

On the festival people gather (聚集) _in open air such as playgrounds or parking lots (停车场) , and energetically (精力充沛) have fun with (玩得非常开心) each other all night long (通宵达旦) , as though (似乎) they were never tired. When a beauty (美女) dressed up (盛装打扮) in lovely clothing (衣服) reads poems in memory of (纪念) the poet, everyone holds their breath (屏住了呼吸) . Then, it is the custom (风俗) that the bone (骨) of a rooster (公鸡) head is given to her as an award (奖励) .

Obviously (明显) , the story is not true, but the festival is interesting.

【译文】

农业盛会在独立日后举行。它不是一个世界性的庆典，由于它的宗教起源，只有墨西哥的基督徒才盼着节日的到来：

很久以前，人类的祖先很坏，他们互相欺骗，耍诡计，从不遵守诺言。于是，上帝出现了，淹死了他们所有的作物。人们日夜挨饿，哭泣着。为了获得上帝的原谅，一位女诗人出发去见上帝。她对上帝的赞美和怀有的歉意感动了上帝，有了他的允许，人类终于又获得了丰收。因此，为了抹去忧伤并提醒自己对上帝的信仰，人们开始举办这个节日。

在节日那天，人们聚集在露天场所，例如操场或停车场，通宵达旦地玩得非常开心，精力充沛的人们似乎不知疲倦。当一位用可爱的衣服盛装打扮的美女朗读诗歌以纪念那位诗人时，在场的每个人都屏住了呼吸，然后，按照风俗，将奖励给她一只公鸡的头骨。

很明显，这个故事不是真的，但是节日却很有趣。

● 每日单词练习

The Agricultural Feast takes place after the Independence Day. It is not a worldwide celebration. Only Christians in Mexico look forward to its arrival for its religious origin:

Long ago, human' s ancestors were bad. They fooled and played tricks on each other and never kept their word. So God turned up and drowned all their crops. Humans starved day and night weeping. In order to gain God's forgiveness, a woman poet set off to see God. She admired God and kept apologizing. God was moved. With his permission, humans finally had good harvests again. So, to wipe sadness and remind themselves of the belief in God, people began the festival.

On the festival people gather in open air such as playgrounds or parking lots, and energetically have fun with each other all night long, as though they were never tired. When a beauty dressed up in lovely clothing reads poems in memory of the poet, everyone holds their breath. Then, it is the custom that the bone of a rooster head is given to her as an award.

Obviously, the story is not true, but the festival is interesting.