



请遵循下面四个步骤，完成今日的无忧听写练习。

056.mp3

### 步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

**dim** 暗淡的

**eyesight** 视力

**inappropriate** 不合适的

**eyestrain** 视疲劳

**transplant** 移植，移居

### 步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

There are many commonly held beliefs about eye glasses and eyesight that are not proven facts. For instance, some people believe that wearing glasses too soon weakens the eyes. But there is no evidence to show that the structure of eyes is changed by wearing glasses at a young age. Wearing the wrong glasses, however, can prove harmful. Studies show that for adults there is no danger, but children can develop loss of vision if they have glasses **inappropriate** for their eyes.

We have all heard some of the common myths about how eyesight gets bad. Most people believe that reading in **dim** light causes poor **eyesight**, but that is untrue. Too little light makes eyes work harder, so they do get tired and strained. Eyestrain also results from reading a lot, reading in bed, and watching too much television. However, although **eyestrain** may cause some pain or headaches, it does not permanently damage eyesight.

Another myth about eyes is that they can be replaced, or transferred from one person to another. There are close to one million nerve fibres that connect the eyeball to the brain, as of yet it is impossible to attach them all in a new person. Only certain parts of the eye can be replaced. But if we keep clearing up the myths and learning more about the eyes, some day a full **transplant** may be possible.

### 步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

- What does the speaker want to tell us about eyesight?
  - Its protection is often neglected by children.
  - It cannot be fully restored once damaged.
  - There are many false notions about it.
  - There are various ways to protect it.
- What do studies about wearing the wrong glasses show?
  - It may make the wearer feel tired.
  - It will gradually weaken the eyes of adults.
  - It can lead to the loss of vision in children.

- D) It can permanently change the eye structure.
3. What do we learn about eye transplanting from the talk?
- A) It can never be done even with high technology.  
 B) It is the best way to restore damaged eyesight.  
 C) It is a major achievement in eye surgery.  
 D) It can only be partly accomplished now.

### 步骤四 核对总结分析

核对听力原文，把听写中的各类错误总结规划到下表，日后重点复习。

序号	错误类型	实例汇总
1	连读、弱读	
2	美式发音	
3	纯生词	
4	拼写错误（单复数）	
5	单词发音不熟	
6	语法问题（时态等）	

### MEMO

Still waters run deep.

静水深流。

—Anonymous

### 句型拓展

Roots run deep. 根深蒂固。

Traditions run deep. 传统根深蒂固。

### 人生真谛

水的表面平静，但潜藏着激流。静水，象征着为人处世不张扬，态度柔和；流深，则意味着胸中自有万千丘壑，洞彻人生智慧。一个真正有实力的人不必锋芒毕露，洞察一切却不被矛盾束缚，不被欲望捆绑，这样才能拥有长久的快乐，拥有真正的自由，一步一步走向成功。