

## 副词

**diligently** 勤奋地

He worked diligently and spent long hours in the laboratory. 他工作勤奋，大量的时间都花费在了实验室。

## 动词

**inhibit**

make it difficult for a process to start or continue in a normal way  
阻碍；妨碍；抑制

This strict supervision of their activities will make them less decisive and may inhibit them from giving orders or taking charge of the situation. 对他们行动的这种严密监控将使他们优柔寡断，还可能会妨碍他们发布命令、掌控局势。

**expend**

use time, energy, money, etc. to do sth. 花费；消耗；支出

We will have to expend all our energies on the development of our communities rather than on political party quarrels. 我们必须把所有的精力放在社会发展上，而不是政党之争上。

**maintain**

make sth. stay the same; keep 保持；维持

Only a few people nowadays are able to maintain friendships into adulthood. 如今只有少数人能将友谊维持到成年了。

## intervene

**vt.** become involved in an argument, fight, or other difficult situation in order to change what happens 干预；介入；插手

The police have been involved but are reluctant to intervene in family conflicts. 警察来了，但他们不愿介入家庭纠纷。

**v.** interrupt sb. when they are speaking 打岔；插话

Her face shows her disagreement with what is being said. But she doesn't intervene. 她的表情说明她对正在说的话并不赞同，但她没有插话。

## paralyze

**1** make sb. unable to think or behave normally, esp. by frightening them （尤指通过恐吓）使丧失思考能力，使丧失正常行为能力，使呆若木鸡

Most people fear public speaking. The thought of standing alone in front of and speaking to a large audience can paralyze you. 大多数人都害怕公共演说。一想到要独自站在一大群听众面前讲话就会吓得不知所措。

**2** make sb. lose the ability to move their body or a part of it 使瘫痪；使麻痹

As a result of his injuries, he has become partially paralyzed on his left side. 受伤后他身体左侧已经处于半瘫痪状态。

## **hug**

vt.

put your arms around sb. and hold them tightly to show love or friendship 拥抱

As they parted, he put his arms around her shoulders to hug her goodbye. 当他们分别时，他用双臂搂着她的肩膀，拥抱道别。

n.

the action of putting your arms around sb. and holding them tightly to show love or friendship 拥抱；紧抱

He stopped to receive hugs and kisses from his fans. 他停下来接受崇拜者的拥抱和亲吻。

## **cherish**

**1** love sb. or sth. very much and take care of them well 钟爱；珍爱

I have retired parents whom I love and cherish. 我父母亲已退休，他们是我所钟爱、珍惜的人。

2 think that sth. is very important and wish to keep it 珍爱；珍视

Right after I've put my son to bed, I turn off the TV, phone, and lights, sit on my bed in the dark, and simply cherish the silence. 把儿子一放上床，我就关掉电视、电话、电灯，在黑暗中坐在床上，享受这一片安静。

### signify

represent, mean, or be a sign of sth. 代表；表示；象征；意味着

The grades that students receive signify how well they did in their studies. 学生们得到的成绩体现了他们学习的好坏。

### groan

vi. make a long low sound, e.g. because you are in pain or unhappy  
(因痛苦或烦恼等) 呻吟，发出哼哼声

The old man was groaning with pain. 老人痛得不断呻吟着。

v. speak about sth. in a way that shows you are unhappy 抱怨

She sat down beside me and groaned about her working day. 她坐在我身旁，抱怨自己整日辛劳。

n. a long low sound that a person makes, esp. when they are in pain or unhappy (尤指疼痛或烦恼时的) 呻吟，哼哼声

The groans of the injured man came from next door. 隔壁房间传来那个受伤男子的呻吟声。

## offset

**vt**(offset, offset) (usu. passive) balance the effect of sth., with the result that there is no advantage or disadvantage 抵消；补偿

Their salary increase will be offset by rising prices. 他们增加的工资会被上涨的物价所抵消。

**n.**sth. that balances the effect of sth. else, so that there is no advantage or disadvantage 抵消物；补偿

In basketball, speed and sharp-wittedness are often an offset to one's small size. 打篮球时，速度和机智经常可以弥补身材矮小的不足。

## endow

(~ with) give a particular quality to sth., or say that sth. has a particular quality 赋予；认为具有某种品质

The general's supporters endow him with an almost godlike status. 将军的拥护者们几乎把他当神一样看待。

## correlate

(~ with) if two or more facts, ideas, etc. correlate or you correlate them, they are closely connected to each other or one causes the other (使) 相互关联

Rising temperatures and the associated earlier spring snowmelt correlate with increasing amounts and size of wildfires in the western United States. 气温升高及其所导致的春季融雪提前与美国西部数量日益增多、规模日益增大的山火是有关联的。

## dedicate

**1** use a place, time, money, etc. only for a particular purpose (为某一目的而) 使用

The newspaper dedicated three whole pages to pictures of the princess. 报纸用了三个整版刊登王妃的照片。

**2** give all your attention and effort to one particular thing 致力于; 献身于

The new president said she would dedicate herself to protecting the rights of children, the old and the homeless. 新总统说她将致力于保护儿童、老人和无家可归者的权利。

## foster

help a skill, feeling, idea, etc. develop over a period of time 促进；培养；助长

All classroom practice will be geared to encouraging and fostering not only students' learning habits but also students' creativity. 所有的课堂实践都将不仅鼓励和培养学生的学习习惯，还鼓励和培养其创造力。

### suffice

be enough 足够；满足要求

One example should suffice to illustrate my point. 一个例子足以阐明我的观点。

### claw

vi.(~ at) try to take hold of sth. with your hands (用手) 抓住

Her two-year-old son was clawing at her skirt. 她两岁的儿子紧紧地抓着她裙子

v.attack sb. or try to cut or tear sth. using your fingernails (用指甲) 抓，掐

The animal trainer was seriously hurt when one of the lions clawed his back. 驯兽员伤得很严重，背部被一只狮子抓伤了。

n.the sharp curved part at the end of some animals' toes, e.g. a cat (猫等动物的) 爪，脚爪

These lobsters were so big that just the meat in their **claws** was enough to make a meal. 龙虾很大，光是钳子里的肉就足够美餐一顿。

## **clasp**

**Vt.** hold sb. or sth. tightly with your hand 紧握；抓

To keep his daughter warm, he **clasped** her in his arms for it was extremely cold. 天气很冷，为了给女儿保暖，他把她紧紧抱在怀里。

**n.** [sing.] a way of holding sth. tightly 紧抱；拥抱；握紧

He held his girlfriend's hand in a strong and warm **clasp**. 他握着女友的手，有力而充满温情。

## **brood**

**vi.** think and worry about sth. a lot 沉思；忧伤；担忧

So, you got a bad grade on your exam; don't **brood** over it, but study better for the next one. 这么说，你考得不好。别想了，但要好好学习准备下次考试。

**n.** a group of young birds who all have the same mother and were born at the same time 同窝幼鸟



The hen brought up a brood of young chicks. 母鸡带大了一窝小鸡。

## 形容词

### tragic

causing or involving great sadness, because sb. suffers or dies 可悲的；悲惨的；不幸的；悲剧性的

When she heard about her husband's tragic experience, she could hardly choke back her tears. 当她听到自己丈夫的不幸经历时，几乎无法抑制住自己的眼泪。

### feeble

1 extremely weak 非常虚弱的；无力的

Her grandfather is very old and feeble, and he only gets around in a wheelchair. 她爷爷年迈体弱，只能靠轮椅走动。

2 not very good or effective 蹩脚的；无效的；站不住脚的

Students who give feeble excuses for their missing assignments annoy their teacher very much. 那些没交作业的学生给出的理由很蹩脚，这让老师十分生气。

## bleak

1 without anything to make you feel happy or hopeful 没有希望的；令人沮丧的

The news in recent weeks has been rather bleak. 近来几周的消息都相当不好。

2 cold and without any pleasant or comfortable features 阴冷的；阴郁的

It was early March; it had been drizzling on and off all day. It was a little bleak. 时令是三月初，成天细雨蒙蒙，时断时续；天气有点阴冷。

## weary

1 very tired or bored, esp. because you have been doing sth. for a long time （尤指因长期做某事而）筋疲力尽的，非常疲劳的，厌烦的，厌倦的

Come in and eat with us; I'm sure you must be weary from your long journey. 我想你长途旅行一定劳累了，进来跟我们一起吃吧。

2 (esp. literary) very tiring 令人疲倦的

They finally set out on the long, weary journey home. 他们终于踏上了漫长而令人疲惫的归家之路。

## foul

very dirty, or smelling or tasting unpleasant 肮脏的；难闻的；难吃的

The odor of smoke couldn't hide the foul smell of the dirty room.  
烟的气味也无法盖住这个脏房间难闻的味道。

## dense

1 very heavy in relation to its size （物质）密度大的

The earth is denser than the other planets, and denser than the moon.  
地球的密度比其他行星的都大，比月球的也大。

2 with a lot of trees, plants, or leaves growing close together 茂密的

This part of the country is covered with dense forests. 该国的这部分地区被茂密的丛林所覆盖。

3 dense smoke or gas is so thick that it is difficult to see through it （烟雾或气体）浓密的

The ship was barely visible through the dense fog. 在浓雾里几乎看不见那艘船。

## exotic

1 used for describing things that are interesting or exciting because they are in or from distant foreign countries 外国产的；外国来的

The city has many restaurants with exotic foods. 这个城市有很多异国风味的餐厅。

**2** interesting or exciting because of being unusual or not familiar 奇异的；别致的；异乎寻常的

Many girls like to wear exotic clothes. 许多女孩喜欢穿奇装异服。

### **adverse**

not good or favorable 不利的；反对的；反面的

Economists fear that any conflict between the two countries could have adverse effects on global financial markets. 经济学家们担心两国之间的任何冲突都可能对全球金融市场产生不利影响。

### **upcoming**

(only before noun) happening soon 即将来临的；即将发生的

I feel very confident about the upcoming debate because I believe that I can defeat my opponent's argument easily. 我对即将到来的辩论充满信心，因为我相信我能轻松驳倒对方的观点。

### **appalling**

very unpleasant and shocking 令人震惊的；骇人的

The story they told of their terrible experience during their kidnapping was appalling. 他们讲述的自己被绑架的恐怖经历骇人听闻。

## edible

fit or suitable to be eaten 适宜食用的

The apple got rotten, so it is no longer edible. 苹果腐烂了，所以不能吃了。

## naive

1 (of people and their behavior) innocent and simple 天真的；率直的

Generally, humans start as naive young children and grow into mature adults, but there are some, who, it seems, resist growing up. 总的说来，人一开始都是天真无邪的儿童，然后成长为成熟的大人。但有一些人似乎拒绝长大。

2 lacking experience of life, knowledge or good judgment and willing to believe that people always tell you the truth 毫无经验的；幼稚的；无知的；轻信的

It is naive to expect that any society can resolve all of the social problems it faces, once and for all. 指望任何社会都能一劳永逸地解决面临的所有社会问题是幼稚的。

## 短语

### deviate from sth.

be different from sth.; do sth. differently from what is usual or expected 背离；偏离；违背

Those who deviate from one part of the plan are almost certain to deviate from the whole in the end. 偏离部分计划的人最终几乎一定会背离整体计划。

### triumph over

defeat sb. or sth.; be successful 打败；战胜；成功

The Qin triumphed over six rival states and emerged as the only power posed to unify China. 秦国战胜了六国对手，成为统一中国的唯一强权。

### act as

perform a particular role or function 充当；起作用

My dictionaries act as great helpers in my study. 我的字典是我学习中的好帮手。

### black out

become unconscious 晕厥；失去知觉

We had a lot of wine, but we didn't drink enough to black out. 我们是喝了很多酒，但我们还不至于喝到醉得不省人事。

### throw oneself into / at / on / down, etc.

move or jump somewhere suddenly and with a lot of force 突然  
猛力地冲进 / 扑向 / 跳到 / 扑倒等

Seeing his mother, the boy threw himself into her arms. 小男孩  
一见到自己的母亲，马上扑进了她的怀抱。

### make one's way

go toward sth., esp. when this is difficult or takes a long time 行  
进（尤指艰难地，或需要很长时间时）

When his name was called, he made his way to the stage. 当他  
听到叫自己名字时，他朝着舞台走去。

### turn sb. / sth. down

refuse an offer, request, or invitation 拒绝（建议、要求或邀请）

We politely turned down the invitation. 我们有礼貌地拒绝了邀请。

### lead by example

show the people you are in charge of what you want them to do by  
doing it yourself 以身作则

Good parents lead by example rather than only tell their children what to do. 好的父母会以身作则，而不只是口头上告诉孩子如何去做。

### **be stricken by / with**

be very badly affected by trouble, illness, unhappiness, etc. 受灾；患病；遭损失

The Chinese Red Cross has sent five planeloads of relief supplies to the area that was stricken by the earthquake. 中国红十字会已派出五架装载了救援物资的飞机飞往地震受灾地区。

### **on sale**

(esp. AmE) available to be bought at a lower price than usual 廉价出售的

By reading the advertisement, you may find something you want on sale. 通过阅读这份广告，你也许会发现想要的某件商品正在减价。

### **mingle ... with**

combine or make one thing combine with another 使...与...混合



The president delivered a speech that contained praise mingled with blame. 校长发表了一个褒贬兼蓄的演讲。

### **more often than not**

usually 往往；多半

More often than not, people are not happy because they are too easily affected by the outside world. 人们觉得不幸福多半是因为他们太容易受外界影响了。

### **to name only / but a few**

used after a short list of things or people to say that there are many more you could mention 略举几例

The international community is also offering assistance, including the United States, France and China, to name only a few. 国际社会也在提供援助，略举几例，如美国、法国和中国。

### **count down**

wait for sth. to happen, usu. noticing every day or moment that passes until it happens 倒数；倒计时

A giant electronic display is counting down the days to the start of the Pan-American Games here. 一块巨大的电子显示屏对即将在此举行的泛美运动会进行倒计时。

### **contend with sth.**

have to deal with sth. difficult or unpleasant 必须处理；不得不应付

Euro Disney had to contend with many difficulties when its first financial year came to an end. 当第一个财年结束时，欧洲迪斯尼乐园不得不去应对很多的困难。

### **conceive of**

imagine a particular situation or think about sth. in a particular way  
想象，设想，构想（某一具体情况）

Many people can't conceive of a dinner without meat or fish. 很多人无法想象一个没有肉或鱼的晚宴。

### **line ... with ...**

form a layer over the inside surface of sth. 铺，垫（某物内部）

You should line the boxes with paper before you store your new shirts in them. 箱子用纸铺好后，再往里面放你的新衬衣。

## next to nothing

very little 几乎没有；极少

I know next to nothing about cars, and I'm not interested in them either. 我对轿车知之甚少，而且也不感兴趣。

## 名词

## pursuit

the process of trying to achieve sth. 追求；寻求

The main reason for the changes was the pursuit of profit. 作出这些改变主要是为了追求利润。

## threat

1 a situation or activity that could cause harm or danger 危害；威胁

Even the most security-conscious computer user is under constant threat from computer viruses. 即使是最具有安全意识的计算机用户也常常面临计算机病毒的威胁。

2 an occasion when sb. says that they will cause you harm or problems, esp. if you do not do what they tell you to do 恐吓；威胁

Officials say they received a bomb threat at about 9:30 a.m. 官员们说上午 9:30 左右他们收到了炸弹恐吓。

## symptom

1 sth. wrong with your body or mind which shows that you have a particular illness 症状

You need to see a doctor at the first sign of symptoms of the flu. 一旦发现有流感症状，你就要去看医生。

2 a sign that a serious problem exists （严重问题存在的）征兆，征候

High interest rates are a symptom of a weak economy. 高利率是经济孱弱的征兆。

## domain

an area of activity, interest, or knowledge, esp. one that a particular person, organization, etc. deals with （活动、兴趣或知识的）领域，范围，范畴

Recent research in the clinical domain has benefited from the incorporation of multiple methods of measurement. 临床领域近期的研究得益于多种测量方法的结合使用。

## immigrant

sb. who enters another country to live there permanently (外来) 移民

A Chinese immigrant in New York works as a janitor and has a daughter at Harvard, a son at Yale, and another son at MIT. 一位在纽约的华裔移民是个看门人，有个女儿上哈佛，一个儿子上耶鲁，还有一个儿子在麻省理工。

## paradise

a perfect place or situation 乐土；完美的境界；天堂

If it's perfect for the adults, it's paradise for the kids. 如果对成人而言这是完美，对孩子而言这就是天堂。

## misery

great suffering that is caused e.g. by being very poor or very sick 痛苦；难受；苦难

Our happiness or misery depends on our dispositions, and not on our circumstances. 我们的欢乐或痛苦是由我们的性情决定的，不是由我们所处的环境决定的。

## Irony

**1** a strange, funny, or sad situation in which things happen in the opposite way to what you would expect 具有讽刺意味的事；出乎意料的事；啼笑皆非的事

It is an irony that the more technology we get, the less time we have to relax. 具有讽刺意味的是，我们的科技越发达，休闲的时间就越少。

**2** a form of humor in which you use words to express the opposite of what the words really mean 反语；反话；讥讽

The speech is full of irony, humor and compassion. 这次演讲充满了讥讽、幽默和同情。

## **drawback**

a feature of sth. that makes it less useful than it could be 不足；欠缺

Living in a big city has advantages, but it also has drawbacks. 生活在大城市有好处，但也有不足。

## **innovation**

**1** [U] the introduction of new ideas or methods 革新；创新

The duty of every teacher is to encourage creativity and innovation in the classroom. 每个老师在课堂上的职责都是鼓励创新。

**2** [C] a new idea, method, or invention 新观念；新方法

Those well-meaning people who have tried to introduce innovations in schools have come up against considerable resistance from teachers, students and parents alike. 那些善意的人们尽力将一些新观念引入学校，但在老师、学生和家長中都遇到了相当大的阻力。

### **standpoint**

a way of considering sth. 立足点；立场；观点

As his daughter, I have to put aside my own emotions and look at the problem from my father's standpoint. 作为女儿，我不得不抛开自己的情绪，从我父亲的角度来看问题。