

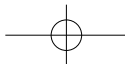


★ 北京新东方指定培训教材 ★

# TOEFL 烧香短语 1.0

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北京新东方学校北美研发中心  
编写



## 作者介绍



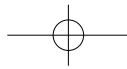
### 高文成

北京新东方北美研发中心研发员，从事和写作相关的内容研发和收集。教授托福，SAT和ACT写作，托福写作单项满分。硕士毕业于University of California, Irvine，并通过University of California, Los Angeles社会心理学硕士课程。留美期间多次参与ETS举办的考试论坛，对阅卷规则和评分标准有细致的解读。课堂组织基于学员作文批改展开。过多年的教学经验和批改经验，微观上纠正学生的遣词造句的习惯，内容衔接不清楚的毛病；宏观上弥补学员结构不清晰和层次感不强的不足。课堂上，对难点知识的讲解深入浅出，重点知识的强调清晰明确，帮助学员把握写作核心。学员提分效果显著。



### Francesca

Francesca Torlai Triglia graduated from the University of London, in England with a M.A. in Human Rights. She obtained her B.A. in Chinese Studies from Ca' Foscary University, in Venice. She had lived in China for almost three years now and she is fluent in both Chinese and English. She has joined the New Oriental Team as Research Specialist last June. She has a fist hand experience of TOELF and IELTS, and has spend months studying the TOEFL sections: their format, content and constituents.



# 前 言

TOEFL写作拿低分难——即便对于高中生而言，获得低于15分的分数，也是一个较小概率的事件；但同样，拿到高分，也较困难——26分以上的学生，寥寥无几，其可能性要远低于阅读和听力。

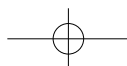
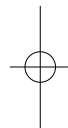
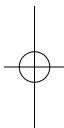
原因在于，写作要想获得高分，语言上必须更加考究。评分标准对于独立题5分档的要求是，syntactic variety（句法多样）、appropriate word choice（合适的选词）、idiomaticity（地道）——这三点，尤其是后两点，对于大多数考生，较难达到。

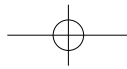
要达到appropriate word choice和idiomaticity，我们的教学经验是，使用地道的短语是一个很好的手段。比如，当遇到和科技相关的文章时，用cutting-edge technology表示“高科技”；当遇到和政府相关的文章时，用polarization of the rich and poor表示“贫富分化”。

作为一个教授写作超过8年的教师，我很高兴的推荐这本《TOEFL写作烧香短语》。它将TOEFL写作常用的短语分为6个大类，并配上了外教撰写的例句，更加便于读者学习。

北京新东方研发中心

史禺





# 使用说明

烧香短语的托福系列是基于2006.9.15年以来大陆和北美托福独立写作真题以及范文整理出的一套精选短语。短语以托福常见话题为主同时结合考生的不同水平，分为了“6大话题, 3个梯度”。

6大话题是：教育，工作，科技，政府职能，社会生活和环境资源；

3个梯度：入门短语；必备短语；高手短语。

读者是识记的过程中，可以根据自己的水平，循序渐进：首先掌握入门的短语；随着分数的提高，逐步掌握必备短语；对于看中写作分数的读者，高手短语则是不二的选择。他们能够帮助大家实现写作满分的梦想。

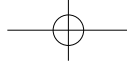
同时，为了方便大家掌握，短语后面标注了短语的“词性”和例句。“词性”是为了在使用过程中避免语法错误；例句则是为了让短语的使用更加得体 and 连贯。

对于烧香短语也会持续的为大家更新。同时，对阅读过程的错误也可以通过扫码反馈。



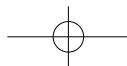
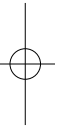
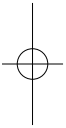
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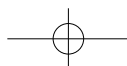
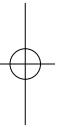
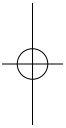
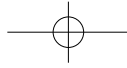
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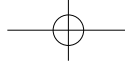


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# 1

# 工作

## **sustained commitment** 01

**释义** *n.* 持续贡献

**例句** Ultimately faith is not in the head or the heart but in the action of a sustained commitment.

## **cause friction between...and ...** 02

**释义** *adj.* 导致xxx和xxx的摩擦

**例句** Globalization will undoubtedly cause culture friction between different cultures.

## **build a close rapport between ...** 03

**释义** *v.* 与xxx建立和睦关系

**例句** Successful businesses build a close rapport between the consumers and the suppliers, creating a symbiotic relationship that's long-lasting.

## **sedentary lifestyle** 04

**释义** *n.* 久坐的生活方式

**例句** She realized that long work days have led her to lead a sedentary lifestyle, and her New Year resolution is enroll in a gym and exercise more.

## **discourage productivity** 05

**释义** *v.* 降低效率

**例句** Failure in providing its employees with competitive incomes would discourage productivity of the company.

## **upward mobility** 06

**释义** *n.* 提升移动性

**例句** Those who join start-up companies in their early phases enjoy rapid upward mobility as these companies succeed and expand.

## **staff morale** 07

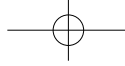
**释义** *n.* 员工操守

**例句** In order to boost staff morale, the team leader sits with each member of her team once a week to lend an ear and discuss any possible concerns with work.

## **back-breaking/daunting/formidable** 08

**释义** *adj.* 劳累至极的

**例句** She faced the formidable task of asking for a massive raise and spent many sleepless nights going over what she planned to say.



### sleep-deprived

09

释义 *adj.* 失眠的

例句 It's common to feel a bit tired in the morning, but how do you know if you're truly sleep-deprived?

### freelancers

10

释义 *n.* 自由职业者

例句 Freelancers are predominantly seen in industries such as publishing and web design, where the workers are represented by companies that sell their work.

### corporate cohesion

11

释义 *n.* 企业凝聚力

例句 Team building, such as holding a party for all the team members, is a popular way to improve corporate cohesion.

### over-suspicious

12

释义 *adj.* 过度猜忌的

例句 The boss possesses an oversuspicious nature that he would think employees who work overtime to get extra money.

### gain widespread popularity

13

释义 *v.* 获得广泛认可

例句 In order for a new invention to gain widespread popularity, marketing teams work well in advance of the launch to cultivate product knowledge and appeal.

### a defective product

14

释义 *n.* 次品

例句 At the consumer or end-customer level, a defective product comes back after purchase and some level of use.

### overcome an economic recession

15

释义 *v.* 克服经济萧条

例句 It requires everyone's effort to overcome an economic recession.

### pursue maximum profit

16

释义 *v.* 最求最大化利润

例句 Since the research company wanted to pursue the maximum profit, it is impossible for them to set the price of new generation product at the same level as old ones.

### stress-induced diseases

17

释义 *n.* 压力导致的疾病

例句 Indigestion and insomnia are some of the stress-induced diseases often associated with overworking and the lack of a balanced lifestyle.



## slack off

18

**释义** v. 懒散

**例句** Disciplined investors never go astray from their own principles and go off to invest recklessly in firms that don't have a chance of succeeding.

## obtain an entry-level position

19

**释义** v. 获得初级职位

**例句** When college graduates obtain an entry-level position at large firms, they generally hope that the experience would be a launch pad for more fulfilling careers.

## raise the prestige of

20

**释义** v. 提高声望

**例句** For years, the tech company Xiaomi has been in dogged pursuit of establishing an empire of low-cost phones and accessories and capturing market share.

## beget undue pressure

21

**释义** v. 引起不必要的压力

**例句** She was reprimanded for begetting undue pressure on her clients.

## industrious

22

**释义** *adj.* 勤奋的

**例句** Samsung was the first company to be industrious in paying attention to the consumers' wants of larger screen phones and releasing an array of different options.

## the accelerating tempo of life

23

**释义** *n.* 加快的生活节奏

**例句** Professional athletes experience an accelerating tempo of life when their stardom comes with its list of charity and social responsibility obligations.

## standers-by see more clearly than gamesters

24

**释义** *n.* 旁观者清

**例句** standers-by see more clearly than gamesters

## with the advent of

25

**释义** *n.* 随着...到来

**例句** With the advent of fast internet connection, many video streaming services have sprung up to take advantage of the large viewership in China and cash in on the ad revenue.

## self-conscious

26

**释义** *adj.* 自觉的

**例句** Bess was self-conscious about being shorter than her two friends.

## refrain from

27

**释义** v. 抑制

**例句** While in many cases you can multitask, I believe you really should do concentrate and refrain from doing anything else when writing.

## quick-witted

28

**释义** adj. 反应灵敏的

**例句** A quick-witted neighbor heard the screams and called the police.

## money-oriented mentality

29

**释义** n. 向钱看得心理

**例句** Provided that kids possess excessive pocket money, they might form the mentality of money-oriented.

## intense animosity or hostility

30

**释义** n. 强烈的憎恶或敌意

**例句** When departments reach a state of intense animosity within the company, they don't stand a chance facing the competition from without.

## inferiority complex

31

**释义** n. 自卑感

**例句** Someone who has an inferiority complex feels that they are of less worth or importance than other people.

## go astray

32

**释义** v. 误入歧途

**例句** Disciplined investors never go astray from their own principles and go off to invest recklessly in firms that don't have a chance of succeeding.

## err from the right path

33

**释义** n. 误入歧途

**例句** Under the right leadership, employees will be prevented from erring from the right path and chasing profits in unethical ways.

## develop interpersonal skills

34

**释义** v. 培养交际能力

**例句** Training for sales representatives help them develop interpersonal skills so that they can better relate to their clients' needs in everyday negotiations.

## computer literacy

35

**释义** n. 电脑普及度

**例句** Computer literacy is often a minimum requirement for every profession these days, as we consume more and more information digitally through the web.

### be plagued with

36

**释义** *adj.* 受xxx之苦

**例句** To be plagued with initial financial troubles is a natural phase that start-up businesses have to endure before they turn a profit.

### effective time management

37

**释义** *n.* 有效时间安排

**例句** A productive workday entails one to exercise effective time management and set priorities to completing specific tasks.

### promising employment prospect

38

**释义** *n.* 有前景的就业状况

**例句** She was introduced so many promising employment prospects at the job fair that she had a hard time deciding where to submit her applications.

### software piracy

39

**释义** *n.* 软件盗版

**例句** IT companies are especially concerned with software piracy, where the free downloads of paid software cuts into the company's profits.

### immense asset

40

**释义** *n.* 巨额财富

**例句** Apple Inc. has accumulated an immense asset of intellectual property over the years through acquisition of smaller tech firms and purchasing their patents.

### rack one's brains

41

**释义** *v.* 绞尽脑汁

**例句** In this way, young people forget to eat and sleep, day and night, rack one's brains, write the song desperately.

### fringe benefits

42

**释义** *n.* 小额利润; 附加福利

**例句** Fringe benefits are compensations to the employee beyond their standard salary, such as the use of a company car, paid sick leave days, and tuition reimbursements.

### nurture young talent

43

**释义** *v.* 培养天赋

**例句** Some firms believe that it is their responsibility to nurture young talent so as to improve employee retention rate and maintain the top talent in-house.

### become well-established in society

44

**释义** *v.* 在社会中变得有地位

**例句** CEOs of publically traded companies often become well-established in society and must maintain that public image.

## occupational disease/occupational hazard

45

**释义** *n.* 职业病

**例句** Many jobs that involve manual labor come with their associated occupational hazards, such as a coal worker's struggles with black lung later in life.

## biased evaluation

46

**释义** *n.* 偏向性评价

**例句** A biased evaluation of the bank's future financial projections led to its demise and eventual bankruptcy.

## follow suit

47

**释义** *v.* 照样做

**例句** When managers demonstrate certain work ethics in the office, those around them will naturally follow suit and mimic their behavior.

## in dogged pursuit of

48

**释义** *n.* 执意追求

**例句** For years, the tech company Xiaomi has been in dogged pursuit of establishing an empire of low-cost phones and accessories and capturing market share.

## the accelerating tempo of life

49

**释义** *n.* 快速的生活节奏

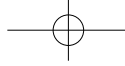
**例句** Professional athletes experience an accelerating tempo of life when their stardom comes with its list of charity and social responsibility obligations.

## be conscientious

50

**释义** *adj.* 认真的

**例句** Those working in a cubical environment should be conscientious about the general noise level they contribute to the workplace so as not to affect the productivity of others.



## 2

# 政府

### **condemn rather than condone sth.** 01

**释义** v. 谴责而不是纵容某事

**例句** Legislators strongly believe that we should condemn rather than condone underage drinking.

### **eliminate preconceptions** 02

**释义** v. 消除成见

**例句** Traveling is a great way to eliminate preconceptions, the more one travels the more openminded he will be.

### **optimize the distribution of resources** 03

**释义** v. 优化资源配置

**例句** The department of agriculture is working on possible way to optimize the distribution of resources.

### **perfect infrastructure** 04

**释义** n. 完善的基础设施

**例句** After a series of traffic incidents due to poor maintenance of the roads, the town major decided to perfect the infrastructures as to avoid further occurrences.

### **destabilizing factors** 05

**释义** n. 不稳定因素

**例句** The death of the CEO was a destabilizing factor for the company's businesses.

### **rely on science and technology to rejuvenate the nation** 06

**释义** v. 依靠科技兴国

**例句** In the past decades, China has relied on science and technology to rejuvenate the nation, and the results are outstanding.

### **polarization of the rich and the poor** 07

**释义** n. 富人和穷人的极化

**例句** After the economic crisis society has witnessed a polarization of the rich and the poor.

### **home-invasion robbery** 08

**释义** n. 入室抢劫

**例句** The police classified the crime as "home-invasion robbery", and they are currently looking into possible suspects.

### crack down on this “plague” on society

09

**释义** v. 打击社会上的“瘟疫”

**例句** The occurrence of drunken driving incidents has become frequent, thus the government has decided to issue a crack down on this “plague” on society.

### crusade and campaign encouraging young people not to take drugs

10

**释义** n. 鼓励年轻人不要吸毒的宣传活动

**例句** Not only the government, but various NGO and foundations are carrying out crusades and campaigns encouraging young people not to take drugs.

### drug rehabilitation center

11

**释义** n. 戒毒康复中心

**例句** A new drug rehabilitation center has opened in my town.

### drug-trafficker

12

**释义** n. 毒贩

**例句** Legislation against international drug-traffickers states that they will be persecuted in the country of arrest.

### strengthen the enforcement of laws

13

**释义** v. 加强执法

**例句** If the government strengthens the enforcement of laws the society will benefit immensely.

### health hazard

14

**释义** n. 健康危害

**例句** The effects and symptoms of many occupational health hazards are common also in non-occupationally exposed populations.

### impair judgment

15

**释义** n. 影响判断力

**例句** Impaired judgement is a health condition common among drug users and alcoholics, because such substances obstacle a person’s ability to make good decisions.

### infringe upon

16

**释义** v. 侵犯

**例句** The recently enacted law on digital security infringes upon my privacy rights.

### instill self-esteem and confidence in

17

**释义** v. 灌输自尊和信心

**例句** Studies have proven that exercise for a minimum of fifteen minutes a day will instill self-esteem and confidence in people.

## jeopardize the safety of the society

18

**释义** v. 危害社会安全

**例句** With his inconsiderate actions he jeopardized the safety of the society, and for that he should be punished.

## mandatory rehabilitation

19

**释义** n. 强制戒毒

**例句** The accident left him severely impaired, so surgeons had him do mandatory rehabilitation for almost one year.

## parental indulgence

20

**释义** n. 父母的放纵

**例句** Parental indulgence allow children to do as they please and not behave appropriately.

## trespass on

21

**释义** v. 侵害

**例句** You'd better not trespass on David's land, or he will be extremely upset.

## be hauled into the spotlight

22

**释义** adj. 成为媒体关注的焦点

**例句** Sarah has been hauled into the spotlight because of her criminal pas.

## boost the local tertiary industry

23

**释义** v. 促进当地第三产业的发展

**例句** Our major has approved the opening of many service centers to boost the local tertiary industry.

## brazen infringement

24

**释义** n. 无耻的侵犯

**例句** The news recently reported that guards at the local prison have committed brazen infringements of the prisoners' rights.

## combine punitive and curative treatment

25

**释义** v. 惩罚性和治疗性相结合的治疗方法

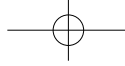
**例句** Experts have postulated that the best justice system is the one that combines punitive and curative treatments.

## commit a heinous crime

26

**释义** v. 犯下令人发指的罪行

**例句** Before he committed a heinous crime, everyone in town believe David to be a good guy.



### **cruel and barbaric practice**

27

**释义** *n.* 野蛮的做法

**例句** The United Nation high commission for human rights is working to stop human trafficking, which is a cruel and barbaric practice.

### **cultural domination**

28

**释义** *n.* 文化的支配

**例句** Cultural domination can be brought by naturally of by force, regardless, is the supremacy of one culture over another.

### **Delusive expectation**

29

**释义** *n.* 虚幻的期望

**例句** The government had delusive expectations for the new reform package.

### **Homogenous world**

30

**释义** *n.* 和谐社会

**例句** People fear that the current rapid rate of globalization might result in a homogeneous world.

### **Horrendous traffic problem**

31

**释义** *n.* 可怕的交通问题

**例句** New traffic lights and roundabouts have been set in place recently, which have lead to horrendous traffic problems.

### **personal assault**

32

**释义** *n.* 个人的攻击

**例句** The journalist was charged with personal assault and defamation charges after he published a tendentious article about a celebrity.

### **revenge and retaliation**

33

**释义** *n.* 复仇和报复

**例句** Many young people nowadays cannot tell the difference between revenge and retaliation.

### **revival of customs and traditions**

34

**释义** *n.* 风俗传统的复兴

**例句** The government is pushing for a revival of cultural customs and traditions; thus, plans to bring back a few ancient festivals that have been ignored since the 1970s.

### **slander sb. viciously**

35

**释义** *n.* 恶毒地诽谤某人

**例句** They were accused to have slandered the head of state viciously.

### **With the consent of**

36

**释义** *n.* 同意

**例句** Whit the consent of his majesty, the law was enacted by the parliament in their next session.



### Withdraw participation

37

**释义** *n.* 退出参与

**例句** Upon hearing of the racist attack on its representative, Somalia withdrew its participation to the meeting.

### abide by the law

38

**释义** *v.* 遵守法律

**例句** If everyone will abide by the laws, maybe the state of the society will improve.

### distort the truth

39

**释义** *v.* 歪曲事实真相

**例句** Medias have a tendency to distort the truth, thus one should not take for granted what one reads in the papers.

### enhance comprehensive national strength

40

**释义** *v.* 增强综合国力

**例句** This program was intended to enhance comprehensive national strengths.

### get rid of poverty and backwardness

41

**释义** *v.* 摆脱贫穷落后

**例句** Many have been the attempts to get rid of poverty and backwardness, however most of these were ruinous.

### eliminate crime

42

**释义** *v.* 消除犯罪

**例句** No country has found an efficient way to eliminate crime.

### By illegal/unlawful means

43

**释义** *n.* 以非法/违法的手段

**例句** Jeremy has obtained a fake identity card by illegal/unlawful means.

### Morally wrongful act

44

**释义** *n.* 道德上不法的行为

**例句** It would be a morally wrongful act for children to abuse their parents even though they keep children study late at night.

### endeavor for perfection

45

**释义** *n.* 努力完善

**例句** His endeavor for perfection only lead to his failure because he was constantly overthinking and second-guessing himself.

### raise an outcry against

46

**释义** *v.* 强烈反对

**例句** The bombing raised an outcry against the terrorist.



### play a regulatory role

47

**释义** v. 发挥调节作用

**例句** International judges play a regulatory role in cross-borders disputes.

### solidify cooperation

48

**释义** v. 团结合作

**例句** In order to solidify cooperation between the two partners, our company organized a gala.

### Foster a climate of peace and prosperity

49

**释义** v. 培养一个和平与繁荣的氛围

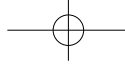
**例句** The United Nations were established to foster a climate of peace and prosperity worldwide.

### catering, recreational and souvenir trade

50

**释义** n. 餐饮，娱乐和旅游纪念品的贸易

**例句** In catering, recreational and souvenir trade, asking customers for a fair price is important.



# 3

# 教育

## **comprehensive coverage of sth.** 01

**释义** *n.* 全面覆盖

**例句** The documents I just sent you offer a comprehensive coverage of the matter at hands.

## **self-paced education** 02

**释义** *n.* 自学

**例句** Not many believe that self-pace education is as good as school education.

## **well-adjusted adults** 03

**释义** *n.* 自我调节能力好的成人

**例句** Many people believe that the purpose of high school is to turn rowdy teens into well-adjusted adults.

## **fulfill one's responsibilities** 04

**释义** *v.* 履行自己的职责

**例句** One needs to fulfill one's responsibilities towards the society.

## **study intensively** 05

**释义** *v.* 深入研究

**例句** I never studied intensively for a test before, but now I have to work extra hard if I want to keep my grades up.

## **repress individuality** 06

**释义** *v.* 压抑个性

**例句** To force one's opinion on a group of students without giving them the freedom to think for themselves is to repress individuality.

## **rote memorization** 07

**释义** *n.* 死记硬背

**例句** Rote memorization is only efficient in the short term.

## **use lateral thinking** 08

**释义** *v.* 运用横向思维

**例句** Using lateral thinking will allow you to approach you problem in a more indirect and creative way.

## academic qualifications

09

释义 *n.* 学历

例句 What kind of academic qualifications you are required to have when applying for a entry level job?

## follow sth. indiscriminately

10

释义 *v.* 盲从

例句 One shouldn't follow something indiscriminately, rather gain as much information as possible, and then decide.

## generalist

11

释义 *n.* 通才

例句 Your friend is a true generalist, there is nothing he does not know about any subject.

## versatile

12

释义 *adj.* 全面的

例句 This dress is very versatile, is formal, comfortable and fashionable.

## lack self-discipline

13

释义 *v.* 缺乏自律

例句 Many people lack self-discipline, most of them couldn't even follow a simple diet.

## be proficient in

14

释义 *adj.* 精通的

例句 My friend is proficient in four languages.

## be well-acquainted with

15

释义 *adj.* 熟悉的

例句 I am well-acquainted with the bureaucratic procedure to obtain a visa for China.

## stifle one's creativity

16

释义 *v.* 压抑创造力

例句 To stifle one's creativity is to limit oneself and one's ideas.

## sharpen one's intellect

17

释义 *v.* 发挥一个人的才智

例句 You could sharpen your intellect by reading many stimulating news, articles, stories and books.

## develop expertise in

18

释义 *v.* 培养专业知识

例句 During my training I developed expertise in mechanical engineering.

### **a good conscience**

19

**释义** *n.* 良心

**例句** Someone with a good conscience is someone with good moral principles, generous, sympathetic and with many other good qualities.

### **absorb the quintessence**

20

**释义** *v.* 吸收精髓

**例句** Sarah could not absorb the quintessence of Buddhism, so she stopped believing.

### **alma mater**

21

**释义** *n.* 母校

**例句** My alma mater is Harvard University.

### **antiquated idea**

22

**释义** *n.* 过时的想法

**例句** This article presents an antiquated idea, so I think is not an useful read.

### **be disjoined with practice**

23

**释义** *adj.* 与实践脱节

**例句** This procedure is disjoined with practice, I mean that this is not how we usually do things here.

### **be emotionally detrimental**

24

**释义** *adj.* 情感上受伤害的

**例句** Our relationship is emotionally detrimental, and I don't think I am happy anymore.

### **become desensitized to**

25

**释义** *adj.* 变得麻木的

**例句** I became desensitized to this kind of violence, nowadays is way too common.

### **become estranged**

26

**释义** *adj.* 疏远的

**例句** When parents and their adult children become estranged from one another, both sides suffer.

### **break the spiritual shackles**

27

**释义** *n.* 打破精神枷锁

**例句** Many people do yoga to relax and break the spiritual shackles that were placed on us by an over-demanding society.

### **bring about a change in morals and mores**

28

**释义** *v.* 带来道德和社会习俗的变化

**例句** With this project the school is trying to bring about a change in the students' morals and mores.

### child prodigy

29

**释义** *n.* 神童

**例句** Your son is a child prodigy: the way he plays the piano is just perfect.

### cut-throat competition

30

**释义** *n.* 恶性竞争

**例句** This afternoon the school held a cut-throat competition; it was hard to get in, and even harder to win.

### distinguish between fantasy and reality

31

**释义** *v.* 区分幻想与现实

**例句** One must learn to distinguish between fantasy and reality: for instance, in your dreams you think you can fly, but in reality you cannot.

### differentiate virtue from evil

32

**释义** *v.* 明辨是非

**例句** It should not be complicated to differentiate virtue from evil.

### disrespectful and undisciplined behavior

33

**释义** *n.* 不敬和散漫的行为

**例句** Mr. Black, I called you in because your son is displaying a wide range of disrespectful and undisciplined behaviors.

### discard the dross and select the essential

34

**释义** *v.* 去粗取精

**例句** While you write a summary of a long article you should discard the dross and select the essential.

### expand ones' capabilities

35

**释义** *v.* 扩展能力

**例句** Every day we have numerous opportunities to expand our capabilities and become a better human being.

### impart rudimentary knowledge to

36

**释义** *v.* 传授基础知识

**例句** Since I am not an expert I can only impart rudimentary knowledge to your employees, but it will be enough for now.

### indulge in

37

**释义** *v.* 沉迷于

**例句** It is better not to indulge in detrimental things so much./ Do not indulge in your laziness so much, or you will not finish your assignment.

### juvenile delinquency

38

**释义** *n.* 未成年人犯罪

**例句** There has been a spike in juvenile delinquency in this area, so be careful when you walk home.

### laxity of discipline

39

**释义** *n.* 纪律松弛

**例句** Our headmaster does not tolerate the laxity of discipline in the school.

### live an indolent life

40

**释义** *v.* 过着懒散的生活

**例句** Do you want to live an indolent life of work hard and be successful?

### maintain the continuity of learning

41

**释义** *v.* 保持学习的连续性

**例句** It is important that one goes straight from high school to university as to maintain the continuity of learning.

### maturity and sustained commitment

42

**释义** *n.* 成熟的和持续性的承诺

**例句** David's professor reported that David's level of maturity and sustained commitment extremely impressed him.

### parental permissiveness

43

**释义** *n.* 父母的溺爱

**例句** Parental permissiveness allows children to become undisciplined and ill-mannered.

### rebellious and aggressive action

44

**释义** *n.* 叛逆和激进的行动

**例句** The headmaster made clear that rebellious and aggressive actions will not be tolerated, instead perpetrators will be severely punished.

### self-contemptuous

45

**释义** *adj.* 自卑的

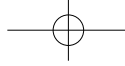
**例句** Self-contemptuous individuals tend to put themselves down and have a pessimistic attitude towards life.

### take one's preoccupation with

46

**释义** *v.* 全神贯注做…

**例句** The teacher suggested me to take my preoccupations with the student's council.



# 4

# 环境

## vicious circle

01

**释义** *n.* 恶性循环

**例句** Ignoring your homework assignments night after night can result in a vicious circle, in which you will have to complete all of them in a single night.

## virtuous circle

02

**释义** *n.* 良性循环

**例句** Completing your homework in a timely manner every night is a virtuous circle that will likely lead you to more free time.

## redress the ecological balance

03

**释义** *v.* 保持生态平衡

**例句** Redressing the ecological balance of an ecosystem is the first step after pollution has ravished it.

## non-biodegradable material

04

**释义** *n.* 不可生物降解的材料

**例句** Cigarette butts are made of non-biodegradable material and therefore never decompose.

## respiratory diseases

05

**释义** *n.* 呼吸系统疾病

**例句** Air pollution can cause respiratory diseases like asthma.

## wreak havoc on natural resources

06

**释义** *v.* 对自然资源的破坏

**例句** Unfortunately, corporations may wreak havoc on natural resources in the name of profit.

## environmental deterioration

07

**释义** *n.* 环境恶化

**例句** We will lose our access to natural resources through environmental deterioration.

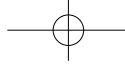
## tranquil and serene

08

**释义** *adj.* 宁静

**例句** A babbling brook is tranquil and serene.





### human intrusion into animals' habitat

09

**释义** *n.* 人类对动物栖息地的入侵

**例句** Human intrusion into animals' habitats has led to animals showing up in unlikely places, for example bears in the middle of suburban neighborhoods.

### municipal refuse

10

**释义** *n.* 城市垃圾

**例句** Municipal refuse should be taken to the city dump.

### water and soil erosion

11

**释义** *n.* 水土流失

**例句** Water and soil erosion can lead to deadly landslides.

### the scarcity of water resources

12

**释义** *n.* 水资源的匮乏

**例句** Countries in Africa must address the scarcity of water resources and work to provide potable water for their residents.

### arable land

13

**释义** *n.* 可耕地

**例句** You can grow crops in arable land.

### domestic sewage

14

**释义** *n.* 生活污水

**例句** It is important to transfer domestic sewage out of the city in a quick and safe manner because it can cause diseases.

### take preventive and remedial measures

15

**释义** *v.* 采取预防和补救措施

**例句** Countries affected by AIDS should take preventive and remedial measures to curb the epidemic.

### sewage purification

16

**释义** *n.* 污水净化

**例句** After you flush the toilet, the waste goes to a treatment facility where it goes through a process called sewage purification.

### suspended particles

17

**释义** *n.* 悬浮颗粒

**例句** Suspended particles are used to tell the quality of water.

### deforestation and afforestation

18

**释义** *n.* 森林砍伐和植树造林

**例句** Deforestation is the removing of forests and afforestation is converting barren land into forest.

19

## raise people's consciousness about environmental protection

19

**释义** v. 提高人们的环境保护意识

**例句** The Environmental Club's main mission is to raise people's consciousness about environmental protection.

## state intervention

20

**释义** n. 国家干预

**例句** State intervention is necessary after a catastrophic disaster.

## implement strict vehicle emission standard

21

**释义** v. 实施严格的汽车排放标准

**例句** Pollution would decrease if governments around the world implemented strict vehicle emission standards.

## conservation of biodiversity and naturalness

22

**释义** n. 生物多样性和自然保护

**例句** The mission of national parks is to conserve biodiversity and the naturalness of an area of land.

## retard economic growth

23

**释义** n. 阻碍经济的增长

**例句** Government intervention can retard economic growth because it doesn't allow the public to invest.

## Reinforce the conservation of water and soil

24

**释义** v. 加强水土保持

**例句** The teacher was trying to reinforce the conservation of water and soil by helping her students grow aerophytes, or air plants, which require neither water nor soil.

## Rare and endangered species breeding center

25

**释义** n. 珍稀濒危物种的繁育中心

**例句** The elephants grew up at a rare and endangered species breeding center.

## Disposable packaging

26

**释义** n. 一次性包装

**例句** The majority of things we buy at the grocery store are packaged in disposable packaging.

## Exceed the carrying capacity of environment

27

**释义** v. 超过环境承载能力

**例句** The world population will soon exceed the carrying capacity of the environment.

## Devastating impact on the quality of the water and the air

28

**释义** n. 对水和空气质量的破坏性影响

**例句** Pollution has a devastating impact on the quality of the water and the air.

## Waste disposal technology

29

**释义** *n.* 垃圾处理技术

**例句** Appropriate waste disposal technology is vital when working with nuclear waste.

## conduct environmental impact assessment on star-up project

30

**释义** *v.* 进行初创项目环境进行环境影响评价

**例句** Before a new company opens, officials visit to conduct environmental impact assessments.

## Undertake treatment within a prescribed time limit

31

**释义** *v.* 在规定的时间内进行处理

**例句** You should follow a doctor's orders and undertake treatment within a prescribed time limit if you are ill.

## turn litterbugs into conscious environmental preservers

32

**释义** *v.* 把垃圾袋转化为有意识的环境保护

**例句** It is my mission to turn litterbugs into conscious environmental preservers, so anytime I see someone litter I pick the trash up and hand it back to them.

## poaching

33

**释义** *n.* 偷猎

**例句** Poaching for tiger's blood or elephants tusks is illegal and criminals should be prosecuted to the full extent of the law.

## acid rain and transboundary pollution

34

**释义** *n.* 酸雨和跨界污染

**例句** After the explosion in Tianjin, Beijing experienced transboundary pollution and even acid rain.

## raise the environmental management level

35

**释义** *v.* 提高环境管理水平

**例句** The Environmental Protection Agency (EPA) raised the environmental management level because the company had reduced its carbon emissions in the past year.

## natural evolutionary process

36

**释义** *n.* 自然进化的过程

**例句** All organisms on Earth went through a natural evolutionary process and became what they are today.

## waste disposal

37

**释义** *n.* 废物处置

**例句** Waste disposal is a problem all communities, big and small, must consider.

## environmentally-conscious

38

**释义** *adj.* 环保意识

**例句** An environmentally-conscious person might use a fan throughout the summer instead of the air conditioner because it saves electricity.

## hybrid vehicle

39

**释义** *n.* 混合动力车

**例句** I'd like to buy a hybrid vehicle when I'm able to buy a car.

## reverse the trend of environmental degradation

40

**释义** *v.* 改善环境恶化的趋势

**例句** We should plant more trees in order to reverse the trend of environmental degradation.

## exhaust our limited natural resources

41

**释义** *v.* 耗尽我们有限的自然资源

**例句** It is preposterous to consider that people exhaust our limited natural resources in the name of profit.

## increase people's vulnerability to certain physical disorders

42

**释义** *v.* 增加人类对某些疾病的脆弱性

**例句** Exposure to radiation can increase people's vulnerability to certain physical disorders.

## human beings' incessant hunting

43

**释义** *n.* 人类不断的狩猎

**例句** Human beings' incessant hunting can lead to the decrease or near extinction of a species.

## ponder the idea of ..

44

**释义** *v.* 对...概念的思考

**例句** I began to ponder the idea of life on other planets and decided there must be life somewhere else among the billions of galaxies in the universe.

## act in one's short-term interests

45

**释义** *v.* 一个人的短期利益行为

**例句** People who are only after a profit act with their own short-term interests in mind.

## the complete elimination of polluting emissions

46

**释义** *v.* 彻底消除污染排放

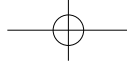
**例句** The complete elimination of polluting emissions is a farsighted ideal we may reach slowly over many years.

## compliance with environmental regulations

47

**释义** *n.* 遵守环境法规

**例句** Compliance with environmental regulations should be a company's first concern.



### **exacerbate environmental problems**

48

**释义** *v.* 加剧了环境问题

**例句** Doing nothing about pollution will exacerbate environmental problems.

### **be fraught with problems**

49

**释义** *adj.* 问题重重

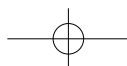
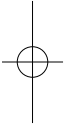
**例句** If a plan is fraught with problems, it is best to come up with a new plan.

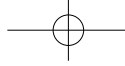
### **egregious environmental problems**

50

**释义** *n.* 严重的环境问题

**例句** India and China have egregious environmental problems that need be addressed on behalf of the entire world.





# 5

# 科技

## electronic appliances 01

释义 *n.* 电器

例句 My house has all sort of electronic appliances.

## cutting-edge technology 02

释义 *n.* 尖端科技

例句 The newest phone released by that company is a piece of cutting-edge technology.

## state-of-the-art 03

释义 *adj.* 先进的

例句 This television set reflects the state-of-the-art in scree technology.

## supersede sth 04

释义 *v.* 取代...

例句 This operating system supersede the old one, which was not efficient anymore.

## a high-tech gizmo 05

释义 *n.* 一个高科技的小发明

例句 I was looking at your new hyper technological watch, that is really a great high-tech gizmo!?

## the proliferation of something 06

释义 *n.* 某物的扩散

例句 The proliferation of a new phone is related to its popularity, its price and its specifics.

## self-sufficiency 07

释义 *n.* 自给自足

例句 To achieve a certain level of self-sufficiency is not easy, most people depend entirely on others.

## augment efficiency and productivity 08

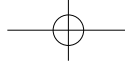
释义 *v.* 增大效率和创造力

例句 Our company is trying a new program to augment efficiency and productivity of the employees.

## computer illiterate 09

释义 *n.* 网盲

例句 Old people are computer illiterate, which means that they are not familiar and not able to use a computer.



### facilitate communication

10

**释义** v. 促进沟通

**例句** The development of the internet facilitate communications between individuals across the globe.

### launch a space mission

11

**释义** v. 发动太空任务

**例句** Recently the national newspaper announced that the government is launching a space mission to Mars.

### hinder/impede/inhibit...

12

**释义** v. 妨碍某物

**例句** Your recent behaviors will definitely hinder/impede/inhibit your future career, I strongly recommend that you start making amends.

### remove the geographic barrier between people

13

**释义** v. 消除人与人之间的地理屏障

**例句** The advent of modern forms of communications trough internet allowed to remove the geographic barrier between people.

### artificial intelligence

14

**释义** n. 人工智能

**例句** Artificial intelligence has been deemed to be the next technological breakthrough; however, many scientist are still cautious towards its development.

### be obliged to do

15

**释义** v. 被迫做某事

**例句** I am not saying that you are obliged to do it, what I am saying is that it would mean a lot to me if you could. / I felt as I was obliged to do it.

### cause irreversible and irreparable damage to

16

**释义** v. 对...造成不可逆转喝不可修复的伤害

**例句** What Sarah did caused irreversible and irreparable damage to the operating system of you computer, I am afraid you will need to buy a new one.

### painstaking effort and wholehearted dedication

17

**释义** n. 艰苦的努力和全心的奉献

**例句** The student showed painstaking effort and wholehearted dedication to this project, so the teacher was extremely impressed.

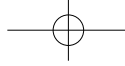
### the unmatched intelligence of mankind

18

**释义** n. 人类不可匹敌的智慧

**例句** Many individuals believe that humans are superiors to other earthly creature due to "unmatchable" intelligence of mankind.

25



### **eliminate one's prejudice**

19

**释义** v. 消除偏见

**例句** It is better to eliminate one's prejudice before it ruins one chances.

### **the misapplication of scientific discoveries**

20

**释义** n. 科学发现的滥用(误用)

**例句** The misapplication of scientific discoveries has lead to irreparable damages and great catastrophes for humankind.

### **epoch-making discovery**

21

**释义** n. 划时代的发现

**例句** The discovery of the computer was an epoch-making discovery.

### **be hazardous**

22

**释义** v. 是有害的

**例句** Be careful with that battery, the chemicals inside are hazardous to your health.

### **deserve wholehearted attentiveness**

23

**释义** v. 应得到全新的关注

**例句** The matter at hands deserves wholehearted attentiveness from all members of the commission.

### **be excessively reliant on computers**

24

**释义** v. 过度依赖于电脑

**例句** Hunger generations are excessively reliant on computer, and rarely manage without it.

### **be in possession of**

25

**释义** v. 拥有...

**例句** Are you in possession of the qualifications required for this job?

### **the exploitation of the uncharted and unpredictable territory**

26

**释义** n. 对不明和不可预知领域的开发

**例句** Once the explorer planted their flag the exploitation of the uncharted and unpredictable territory began.

### **satisfy people's insatiable appetite for knowledge**

27

**释义** v. 满足人们对知识的巨大渴求(不满足的胃口)

**例句** People read, surf the internet, what the news to satisfy their insatiable appetite for knowledge.

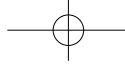
### **be circumspect about unpredictable research**

28

**释义** v. 对不可预知研究是谨慎的

**例句** Scientist are circumspect about unpredictable research, thus they usually are extra careful.





### **mitigate a problem**

29

**释义** v. 缓解问题

**例句** They called in the student council to mitigate a problem that arose among students.

### **a plethora of innovative conveniences**

30

**释义** n. 创新便利的过剩

**例句** Traveling around the world is a fairly easy feat thanks to a plethora of innovative conveniences, such as being able to watch a movie on a flight or order a Big Mac in a train station.

### **make possible universal access to information**

31

**释义** v. 使得信息普遍可获得

**例句** The world wide web made possible universal access to information.

### **harmful byproducts of industrialization and urbanization**

32

**释义** v. 工业化和城市化的有害副产品

**例句** Toxic residues, air pollution and water contamination are harmful byproducts of industrialization and urbanization.

### **conjure up a theory**

33

**释义** v. 想出一个理论

**例句** David could not understand what had happened to Sarah so he conjured up a theory.

### **taint the process of collecting data**

34

**释义** v. 污染了收集数据的过程

**例句** I downloaded an innocent file, which turned out to be a virus programmed to taint the process of collecting data.

### **lend credence to a theory**

35

**释义** v. 使...具有可信度

**例句** Only concrete proofs will lend credence to a theory.

### **progress through trial-and-error**

36

**释义** v. 通过反复试验取得进步

**例句** Scientific research is based on progress through trial-and-error, which is a long process.

### **withstand rigorous scientific scrutiny**

37

**释义** v. 忍受住严格的科学检验

**例句** Time will decide if your discovery will withstand rigorous scientific scrutiny.

### **perform number-crunching tasks with greater accuracy**

38

**释义** v. 更精准地操作捣弄数据的任务

**例句** This computer program was designed to perform number-crunching tasks with greater accuracy than its predecessor.

27

### spawn great advances

39

**释义** v. 大量涌现巨大的进步

**例句** Since we can't see the future and know which technologies will spawn great advances, and which will be obsolete duds, it is hard to decide in which ones to invest more time and funds.

### expand creative possibilities

40

**释义** v. 发展创造的可能性

**例句** I would suggest you expand your creative possibilities beyond the comfort zone of your field of study.

### better understand the perplexing and mysterious world

41

**释义** v. 更好的了解这个复杂神秘的世界

**例句** I would recommend you read this book to get a better understand the perplexing and mysterious world.

### the inherent advantages of ...

42

**释义** n. ...的潜在好处

**例句** The inherent advantages of online education are numerous, and they can benefit anyone with an internet connection.

### filter information

43

**释义** v. 过滤信息

**例句** Many parents try to protect their children from inappropriate online content by filtering information that can be found through search engines and blocking certain websites.

### deplete people's leisure time

44

**释义** v. 耗尽了人们的休闲时光

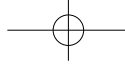
**例句** Spending too much time liking moments on WeChat or looking at photos on Instagram can actually deplete one's leisure time.

### prevent birth defect

45

**释义** v. 防止天生缺陷

**例句** Unfortunately, scientists have not yet come across a safe and accurate way to prevent birth defects.



# 6

# 生活

## have a strong aversion to sb. / sth.

01

**释义** v. 对某人/某物强烈厌恶

**例句** I always request that the chef remove cucumbers from my meals because I have a strong aversion to them.

## stray animals

02

**释义** n. 流浪动物

**例句** You should spay or neuter your animal in order to decrease the population of stray animals.

## crave companionship

03

**释义** v. 渴望陪伴

**例句** When you are lonely you might crave companionship, but it's important to learn that it's alright to be alone.

## disposable income

04

**释义** n. 可支配收入

**例句** Someone who travels for pleasure might have a considerable amount of disposable income.

## afford consolation and comfort

05

**释义** v. 给予安慰

**例句** I'm lucky to have friends that can afford consolation and comfort when I'm feeling sad.

## sensationalize sth

06

**释义** v. 炒作

**例句** The newspaper sensationalized the tragedy to evoke a certain public opinion about the topic.

## be inundated with/ be saturated with

07

**释义** v. 充斥着

**例句** I decided to treat myself to a well-deserved vacation after being inundated with work for the past several months.

## tarnish one's reputation

08

**释义** v. 玷污名声

**例句** The professor's leftist political views tarnished his reputation among other, more forward-thinking professors.

**reassure sb.** 09

释义 v. 使某人放心

例句 I called the post office and they reassured me that the package would arrive tomorrow.

**...linger in one's mind** 10

释义 v. 在心头挥之不去

例句 The question, "What if?" constantly lingers in my mind.

**extravagant** 11

释义 adj. 奢侈的

例句 The ballroom was adorned with extravagant decorations before the wedding reception.

**calm the nerves and restore the soul** 12

释义 v. 冷静下来恢复元气

例句 Spending time at the beach, reading a good book, or taking a hike will calm the nerves and restore the soul.

**exquisite tastes** 13

释义 n. 高雅的品味

例句 The interior designer was praised for having exquisite taste.

**generation disparity** 14

释义 n. 代沟, 不同年代人的差异

例句 My grandparents and I have an obvious generation disparity because we are constantly arguing.

**have attachment for** 15

释义 v. 产生感情

例句 The young child had an attachment to his blanket and never left home without it.

**console sb. at times of sorrow** 16

释义 v. 在某人低落时安慰某人

例句 A good friend will console his or her friend in times of sorrow.

**undermine the authority of the older generation** 17

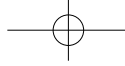
释义 v. 削弱了老一代人的权威感

例句 We undermine the authority of the older generation by disrespecting veterans of war.

**persevere in** 18

释义 v. 坚持

例句 He persevered in his treatment when he had cancer.



### **piss and vinegar**

19

*n.* 精力和活力

**例句** The little girl was really full of piss and vinegar to ride the rollercoaster.

### **the average life expectancy**

20

**释义** *n.* 平均寿命

**例句** The average life expectancy varies around the world considering factors like diet and air quality.

### **cancerous tumor and heart ailment**

21

**释义** *n.* 癌症肿瘤和心脏疾病

**例句** Unfortunately, many people suffer from cancerous tumors and heart ailments.

### **intake of excess calories**

22

**释义** *n.* 摄入过多的热量 (卡路里)

**例句** Your daily intake of excess calories should be limited.

### **nutrient deficiency**

23

**释义** *n.* 营养不足

**例句** Children who have nutrient deficiencies might not grow as strong as children who do not have nutrient deficiencies.

### **be hospitable to**

24

**释义** *v.* 对...热情好客的

**例句** The hostess was very hospitable to all of her guests at the party this evening.

### **have a knack for**

25

**释义** *v.* 具备对...的天赋

**例句** She has a knack for sports, so she usually becomes the MVP on any team she plays for.

### **provide a temporary escape from one's mundane life**

26

**释义** *v.* 给某人平凡的生活提供了放松的方式

**例句** Doing something you don't usually do, like attending a music concert, might provide a temporary escape from your mundane life.

### **be in vogue**

27

**释义** *v.* 正在流行

**例句** Currently, alligator-skin bags are in vogue.

### **go viral**

28

**释义** *v.* 像病毒般传播开来

**例句** People who post silly videos of themselves online probably wish to go viral and gain internet popularity.

31

## personality clash

29

**释义** *n.* 性格冲突

**例句** We decided to move into separate apartments after realizing our personalities clashed.

## stir one's rebellious attitude

30

**释义** *v.* 激起某人叛逆的态度

**例句** Staying out late at night might stir the rebellious attitude of a teenager looking to get into trouble.

## the haves and the have-nots

31

**释义** *n.* 富人和穷人

**例句** There is a stark disparity between the haves and the have-nots of the world.

## be detached from reality

32

**释义** *v.* 与现实分离的(超凡脱俗的)

**例句** When you daydream, you detach yourself from reality for a blissful few moments.

## impart vigor to one's minds

33

**释义** *v.* 给予某人内心活力

**例句** Thinking about my future always imparts vigor into my mind.

## malnutrition

34

**释义** *n.* 营养不良

**例句** The malnutrition of millions of people around the world is shameful considering how much edible food we dispose of.

## acute disease and chronic disease

35

**释义** *n.* 急性病和慢性病

**例句** The doctor told me that I could be cured of an acute disease and that I should feel lucky it wasn't a chronic disease that I would have to live with.

## light exercises, moderate exercises, vigorous exercises

36

**释义** *n.* 轻度运动, 中度运动, 高强度运动

**例句** Regardless if you do light exercise, moderate exercise, or vigorous exercise, you're still doing exercise, which is the most important part.

## a meager diet and energy-dense food

37

**释义** *n.* 素食, 粗茶淡饭, 高热量食物

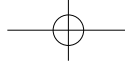
**例句** Eating an energy bar is a good way to sustain a meager diet while eating energy-dense food.

## savory dishes and famous delicacies

38

**释义** *n.* 美味佳肴

**例句** Chinese-American food is known for its savory dishes, while Chinese food is known for its famous delicacies.



### sentient living beings

39

**释义** *n.* 有感情的人

**例句** We are all sentient living beings that deserve love and respect.

### gain increasing momentum

40

**释义** *v.* 获得越来越多的动力能量

**例句** The racecar gained increasing momentum going down the hill.

### recharge one's batteries

41

**释义** *v.* 充电

**例句** A goodnight's sleep will help you recharge your batteries.

### be emotionally scarred

42

**释义** *v.* 情感上受伤的

**例句** A break-up can leave you emotionally scarred, but you will move on with time.

### be inconsistent with

43

**释义** *v.* 与...不一致, 相矛盾

**例句** The detectives were confused because all of the witness's stories were inconsistent with the confession of the criminal.

### emotional disturbance

44

**释义** *n.* 情绪困扰

**例句** Watching a video of a person's tragic death can cause emotional disturbance.

### feelings of alienation, frustration and depression

45

**释义** *n.* 被疏远、挫败和压抑的感受

**例句** Initially you might have feelings of alienation, frustration, and depression when you arrive to study in a new country, but those feelings will pass with time.

### inflict deep psychological wounds on

46

**释义** *v.* 对...造成深深的心理创伤

**例句** Soldiers are often inflicted with deep psychological wounds after returning from war-ridden zones.

### parental right of chastisement

47

**释义** *n.* 父母的惩罚权利

**例句** Teenagers disagree with their parents right of chastisement, but it's often for the teens own good.

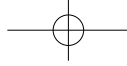
### share the weal and woe

48

**释义** *v.* 祸福与共

**例句** Spouses should share the weal and woe and remember to value each other throughout the good times and bad.

33



### show solicitude for

49

**释义** *v.* 体恤

**例句** I was touched by my friend's solicitude after my grandmother passed away.

### wane in power

50

**释义** *v./n.* 力量的消逝

**例句** Less progressive politics are beginning to wane in power.

