

序


要說好英語，尤其是道地的英語，我們一定要留意兩部分：單字的發音與整體的韻律表達。單字發音方面，可通過學習國際音標（IPA）來掌握每個音素的正確發音。句子的整體表達方面，可留意每個單字或片語的重音點（stress point）、長短（duration）、句子中的停頓點（pause），以及不同的抑揚模式（intonation patterns）。

本書旨在提供語音及韻律練習，內容大要如下：

第一部分：介紹元音、輔音和整體抑揚及韻律表達；

第二部分：教授單字的正確發音，包括輕重音及元音組合，以加強各音標的訓練。本書所列音標主要以《牛津字典》中IPA國際音標的Jones系統為標準；遇上個別情況，筆者會略作調整，例如：[ɜ:(r)]，以配合錄音。

第三部分：通過短文來練習各種不同的抑揚形態及可能的停頓點，務使學習者對英語的整體發音有初步的了解與實踐。由於英語韻律表達方式多元化，本書提供的只是其中一種可能性，學習者可透過多種建議的方法來進行不同形式的抑揚訓練。

本書特備錄音CD，由道地英語人士朗讀文章，筆者亦示範朗讀音標，方便學習者使用，書中以標示。

筆者在此特別鳴謝以下人士提供短文作為學習材料：Kenneth Chien、Hin Ting Liu、拔萃男書院學生及 Hong Kong Standard。

學習者可因應本身的英語程度選用第1至第3冊，或者從第1冊開始，循序漸進，以學習第3冊為目標，最終達致英語發音既字正（單字發音），也腔圓（整體韻律）的目的。這既是學習者的理想，也是筆者撰寫這系列書本的最終目標。

賴清

A 元音

1. 元音發音圖



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這是舌頭中部發出的元音。發音時不需用力，不需特別圓唇。這是英語獨有的、最常出現的弱元音。

1 試朗讀以下包含ə的字。

oppress [ə'pres]	care ['keə(r)]
produce [prə'du:s, prə'dju:s]	forward ['fɔ:ə(r)d]
suggest [sə'dʒest]	focus ['fəʊkəs]
severe [sə'veəriə]	recognize ['rekəgnəz]
ascend [ə'send]	stadium ['steɪdiəm]
tradition [trə'dɪʃn]	

2 試朗讀以下包含ə的音節。

pə	tə	kə
fə	sə	hə
mə	nə	lə

3 試朗讀以下包含ə的元音組合。



4 你可以想到更多包含ə的字嗎？試寫出四個例子。

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發音時，舌尖放在上下齒之間，是清音。這是英語獨有的音素。

1 試朗讀以下包含θ的字。

thaw [θɔ:, θɒ]	thunder ['θʌndə(r)]
thorn [θɔ:(r)n]	thermometer [θə'mɒmɪtə(r)]
theme [θi:m]	something ['sʌmθɪŋ]
throw [θrəʊ]	mathematician [mæθəmə'tɪʃn]
theft [θeft]	myth [mɪθ]
threat [θret]	sixth [sɪksθ]
theory ['θɪəri]	oath [əθ]

2 試朗讀以下包含θ的音節。

θi	θɪ	θe
θʌ	θu	θo
θəʊ	θaʊ	
θɪə	θeə	θuə

3 你可以想到更多包含θ的字嗎？試寫出四個例子。

C 拼讀練習

1. 你已學了所有基本的發音，以及練習了單字的拼音，現在試準確讀出以下一段。你一定會發覺自己的發音比從前進步得多。

[ɪn 'aɪnʃənt 'i:ʃaɪnə fu:d wɔz si:n əz
'medsɪn. 'ɔ:lməʊst 'evri kaɪnd ɒv fu:d
hæd sʌm kaɪnd əv 'helθ-'prɒpətɪz
ə'səʊʃɪətɪd wɪð ɪt ænd 'meni 'ɪlnəsɪz kɒd
bi: træst tə 'i:tɪŋ 'hæbɪts. fru:ts, fɔr
ɪg'zæpl, kɜ:(r) dɪ'vaɪdɪd ɪntu: 'hɒt
'kəʊld' 'kærtɪgərɪz. 'strɔ:bərɪz wɜ:(r)
kən'sɪdə(r)d tə bi: "hɒt" ænd 'æplz "kəʊld".
ə 'waɪdspred bɪ'lɪf wɔz ðət 'i:tɪŋ tu:
'meni 'strɔ:bərɪz kəd kɜ:(r)z ə 'pɜ:(r)sən tə
hæv ə 'fi:və(r).]

extracted from "Student Standard, Hong Kong Standard" March 11, 2004

Power Of Food
In ancient China food was seen as medicine. Almost every kind of food had some kind of health-properties associated with it and many illnesses could be traced to eating habits. Fruits, for example, were divided into "hot" and "cold" categories. Strawberries were considered to be "hot" and apples "cold". A widespread belief was that eating too many strawberries could cause a person to have a fever.

The Chinese way of eating is further characterized by other ideas and beliefs about food. In general, the selection of the right food at any particular time was to be done according to the person's health condition. The bodily functions were believed to follow the basic yin-yang principle.

Many foods were also classified into these two categories. People believed that illness resulted when the body's yin and yang forces became unbalanced. Proper amounts of food of one kind or the other, were then eaten to balance the yin and yang. If the body was normal, overeating one kind of food would result in an excess of that force in the body, causing disease.

("Student Standard, Hong Kong Standard", March 11, 2004)

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