

全国高等教育自学考试英语专业（基础科段）
“综合英语（一）”辅导教材

综合英语（一）

同步辅导与学习

（上册）

任跃忠 主编

● 广东高等教育出版社



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主 编 任跃忠
编 者 李 硕 刘 璐 王丽娜
姚金丽 封海珊 张 砥 罗 伟

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前 言

英语是世界上最重要的国际语言，也是我国的第一外语。随着我国与世界各国交往的日益频繁，尤其是我国加入 WTO 以后，英语作为对外联系的纽带与桥梁的作用日渐重要，越来越多的考生加入到学习英语的大军中来。

《综合英语（一）》是广东省高等教育自学考试英语（基础科段）专业的必考课程。《综合英语（一）同步辅导与学习》是专为参加高等教育自学考试《综合英语（一）》这门课程的考生编写的。本书与《综合英语（一）》的教材同步，共有 32 课，分上、下两册，每册 16 课；每课均由重点词汇及短语、参考译文、课文难点、重点练习和综合训练四部分组成。编写本书的目的主要是围绕《广东省高等教育自学考试英语专业（专科）考试大纲》（1999 版）所要求的《综合英语（一）》的考试大纲，帮助考生更好地掌握教材的重点和难点，并结合课文的重点和难点提供仿真练习，以加强考生的应试能力和英语的应用能力，提高考试的及格率以及拓宽学生的视野。同时，为了方便学生自学，本书也附录了教材的每课课后的练习答案。

本书编者都是广东省高等教育自学考试英语专业主考学校——广东外语外贸大学的教师。各位教师有在教学第一线教授《综合英语（一）》课程的丰富教学经验，对该课程有较深入的研究，熟悉该课程的重点难点、试题内容及考生在该课程考试中经常出现的错误，因此希望通过编写《综合英语（一）同步辅导与学习》一书，对该课程提出有针对性的分析，以期对高等教育自学考试英语专业考生的学习及应试有指导作用，也可供英语爱好者用作提高英语水平的参考书。

本书由任跃忠老师负责设计全书框架，编写了上册第一至第六课的辅导材料，同时对全书进行了校阅。其他编写人员及其具体分工如下：

李硕老师负责上册的第七、第八、第九、第十课的编写工作；刘璐老师负责上册的第十一、第十二、第十三、第十四课的编写工作；王丽娜老师负责上册的第十五、第十六课的编写工作；姚金丽老师负责下册的第一、第二、第三、第四课的编写工作；封海珊老师负责下册的第五、第六、第七、第八课的编写工作；张砥老师负责下册的第九、第十、第十一、第十二课的编写工作；罗辉老师负责

下册的第十三、第十四、第十五、第十六课的编写工作。

借此机会，我们感谢各位教师的辛勤劳动，感谢广东外语外贸大学自学考试办公室魏少娟主任给本书提供了关于自学考试的相关资料，特别要感谢广东外语外贸大学继续教育学院周富强院长、何勇斌副院长和陈开举副院长给予的鼓励、关怀和支持。

由于时间仓促，编写中疏忽错漏在所难免，祈望专家、同行和读者不吝指正。

编者

2003 年 8 月

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The Time Message

第一部分：重点词汇及短语

1 trick n.

① 骗人的办法，诡计，计谋，手法，花招

e. g. : The false message was a **trick** to get him to leave the office.

The misleading advertisement was a **trick** to draw customers.

I didn't know what **tricks** he might be up to.

We used several **tricks** to make the enemy believe that we were about to attack.

② 把戏，戏法

e. g. : The magician performed some clever **tricks**.

By means of a clever **trick**, he made the rabbit seem to disappear.

We enjoyed the **tricks** of the trained animals.

③ 恶作剧，开玩笑

e. g. : Telling someone his shoe is untied is an old April Fool's **trick**.

Stealing John's lunch was a mean **trick**.

It was a nasty **trick** to pretend that you had lost your wallet.

He's full of amusing and harmless **tricks**.

④ 窍门

e. g. : There's a **trick** to making good coffee.

You seem to have mastered the **trick** of making others laugh.

Phrases

① **do the trick** 解决问题，起了作用

e. g. : I need a piece of paper. This old envelope will **do the trick**.

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I had a very bad headache but I feel better now—that aspirin **did the trick**.

Jim was not passing in English, but he studied harder and that **did the trick**.

① **play a trick/tricks on...** 开玩笑, 作弄, 耍弄计谋

e. g. : It never occurred to me for a moment that a friend of mine was **playing a trick on** me.

That was an unfair **trick to play on** an innocent person like her.

② **tricky** *adj.*

① 狡猾的, 爱骗人的

e. g. : Watch that fellow; he's **tricky**.

Be careful of your opponent, he's pretty **tricky**.

② 困难的, 棘手的, 危险的

e. g. : Working out a compromise between the two sides will be **tricky**.

The old car is **tricky** to start.

② **look ahead** 说/考虑将来的情况

e. g. : Everyone should **look ahead** and save a little money each year for when he retires.

You should **look ahead** and think what you will do after you graduate.

③ **more**

① **more and more** 越来越多

e. g. : There seemed to be **more and more** people about.

② **more of** 在更大程度上

e. g. : She is **more of** a singer than a guitarist.

③ **more than...** 多(个), ……(个)以上, 超过

e. g. : It was **more than** a year now since he had seen Mary.

We advertised for pupils last autumn, and got **more than** 60.

④ **more than meets the eye** 还有隐情

e. g. : There is **more** in her refusal **than meets the eye**; I think she's trying to hide something.

⑤ **see more of someone** 更常见到某人

e. g. : He liked the girl, and thought he'd like to **see more of her**.

⑥ **the more the merrier** (人来得) 愈多愈热闹

e. g. : Come with us on the boatride; ***the more the merrier***.

⑦ ***the more... the more/less***

e. g. : ***The more*** he gives his children, ***the more*** they want.

The more I see of him, ***the less*** I like him.

⑧ ***what's more*** 更有甚者

e. g. : He came home after midnight, and ***what's more***, he was drunk.

⑨ ***all the more*** 反而更加

e. g. : I like him ***all the more*** for his reticence (沉默寡言).

⑩ ***more or less***

1) 或多或少, 在一定程度上

e. g. : I've ***more or less*** succeeded and they haven't.

I suppose the North of the country is ***more or less*** feudal.

2) 大体上, 大约

e. g. : The work is ***more or less*** finished.

The trip will take ten days, ***more or less***.

⑪ ***more than*** 极其, 不止于是

e. g. : They were ***more than*** glad to help.

We were ***more than*** happy to hear of your escape.

⑫ ***more than that/more than important*** 更有甚者

e. g. : ***More than important*** still I did not want to worry Max.

He was obedient to his parents, and ***more than that***, he is a dutiful son.

⑬ ***no more/not any more*** 不再

e. g. : She insisted that he go out ***no more*** until he was cured.

He did ***not*** care ***any more*** what his friends thought about him.

⑭ ***no more... than...*** 比……更不, 非常不

e. g. : He is ***no more*** fit to be a minister ***than*** a schoolboy would be.

4 ***run out***

① 用完

e. g. : The week passed. Martin ***ran out*** of money.

Give me a cigarette, please. I have ***run out*** of them.

We have ***run out*** of time, so we must end the meeting.

The car ***ran out*** of gas three miles from town.

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② 把……撵走

e. g. : Federal agents **ran** the spies **out** of the country.

They **ran** him **out** of the town.

▲ **run into**

① 无意间碰到

e. g. : I was just coming along to see you when I **ran into** him.

The car skidded and **ran into** a lamppost /struck the lamppost.

② 遇到，撞上，陷入

e. g. : He had **run into** financial difficulties.

I prefer to make sacrifices and pay my bills rather than **run into** debt.

5 **work against** 对……不利

e. g. : Time is **working against** you.

His appearance **works against** his chance of success as a politician.

His poor grasp of the basic processes **works against** his progress in mathematics.

The lack of investment in new machinery has **worked against** any rise in productivity.

6 **manage** v.

① 设法（终于）完成（某件困难的事）

1) 多跟不定式

e. g. : He **managed** to escape to North America.

I wish very much you could **manage** to come over.

2) 作 *vi.*，不跟特别结构（可译为“能办到，设法解决，勉强维持”）

e. g. : He doesn't stay with us, but runs down when he can **manage**.

It's heavy, but I can **manage** to carry it.

▲ 后面有时跟一介词引起的短语

e. g. : It's more than I can **manage** by myself.

We can't **manage** with these poor tools.

I don't know how women who are out at work all day **manage** about shopping.

② 可跟名词或代词（可译为“设法做到/得到，拿得动，吃得下”）

e. g. : Somehow we must **manage** the suppression of our basic instincts.

Can you **manage** all those heavy bundles?

③ 管理, 经营

e. g. : He **manages** a large business for his mother.

Your mother has a genius for **managing** such things.

④ 对付, 控制

e. g. : She knows how to **manage** him when he's angry.

He couldn't **manage** his horse, and it threw him to the ground.

7 value

n. ① 价值

e. g. : Smoking has little **value** except in helping to calm the nerves.

He could see the **value** of basic research.

② (产) 值, 币值, 应值的钱

e. g. : Marketing **value** of the ancient house property was estimated in 1970 as 900,000 francs.

Gold has recently increased in **value**.

③ (pl.) 价值观念, 理想, 道德标准

e. g. : I've never understood his set of **values**.

One way of judging a society is to consider its **values**.

Phrases

① **attach value to** 重视

e. g. : Mother **attaches** a great deal of **value to** good manners.

② **set a value on** 估算……的价格

e. g. : I asked him to **set a value on** the pictures.

v. ① 估价

e. g. : If you want to know what the ring is worth, get a jeweler to **value** it for you.

That was the way bourgeois society **valued** a man.

② 珍视, 重视

e. g. : I **value** my friendship with him.

People **value** such things as freedom, the love of friends, etc.

▲ **valuable** adj.

① 宝贵的, 可贵的, 有价值的

e. g. : Your advice at present would be exceedingly **valuable** to me.

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How can the working class win the **valuable** support of all these sections of the people?

② 值钱的，贵重的

e. g. : Her grandmother left her a **valuable** ring.

David has a **valuable** art collection.

8 habit *n.* 习惯

e. g. : I thought all work was pleasant when the **habit** of working was formed.

He never read them, for he had long lost the **habit** of reading.

Phrases

① **be in the habit of...** 有……的习惯，经常爱

e. g. : He is **in the habit of** scratching his head when he is puzzled.

Scott, at home, was **in the habit of** eating porridge in the morning.

② **break away from/off a habit** 改掉一个习惯; **break sb. of a habit** 使某人改掉习惯

e. g. : It is difficult to **break away from** a habit.

We must **break** the child **of his habit** of biting his nails.

③ **by/from/out of force of habit** 由于习惯（力量）而做某事

④ **get/fall into the habit of** 养成/染上……的习惯

e. g. : He **fell into the habit of** going away every Saturday morning.

She **got into the habit of** keeping a few of his toys at the apartment.

9 wish

The usage of “wish”:

① **wish** to do sth.

e. g. : I **wish** to become a scientist in the near future.

② **wish** sb. to do sth.

e. g. : I **wish** all the students to work hard and make progress.

③ **wish** + clause

e. g. : I **wish** that I were 10 years younger.

④ **wish** sb. + noun/noun phrase

e. g. : I **wish** you a merry Christmas.

10 practice n.

① 练习

e. g. : Knowledge without **practice** makes but half an artist.

It takes a great deal of **practice** to be really good at this sport.

▲有时表示“实习，演习，实际经验”等

e. g. : The student teachers are now doing their teaching **practice**.

A company of light artillery had gone into the mountains for **practice**.

② 做法，习惯

e. g. : It was an old **practice** of hers to listen attentively and express admiration.

It was the **practice** in this shop that if you spoilt any material you had to pay for it out of your piece-work earnings.

Phrases

① **out of practice** 荒疏，缺乏练习

e. g. : My golf is not too good just now. I've been busy and I'm **out of practice**.

I used to be able to play well but I'm **out of practice** now.

② **in practice**

1) 实际上，实行起来

e. g. : The idea sounds good but will it work **in practice**?

That's my theory, but **in practice** I am very weak.

2) (作表语) 业务熟练，没有荒疏

e. g. : I am not much **in practice**. Dancing will probably go hard with me at my time of life.

An ice-skater keeps **in practice** by skating every day.

A pianist gets his fingers **in practice** by playing scales (音阶).

11 prepare v.

① 准备

1) 跟名词或代词

e. g. : We will return in time for you to **prepare** dinner.

He had **prepared** that paper beforehand.

▲可用于被动结构，也可用过去分词作定语

综合英语（一）同步辅导与学习

e. g. : Elaborate detailed maps had been **prepared**.

This special medicine must be freshly **prepared** each time.

2) 跟不定式

e. g. : They were **preparing** to seize control by violence.

Turning around, he **prepared** to go upstairs.

3) 跟 for 引起的短语（为……做准备，在思想上有准备）

e. g. : We stood side by side washing, and **preparing** for breakfast.

Hope for the best and **prepare** for the worst.

② 使……有思想准备，使……进行准备

e. g. : **Prepare** yourself for a shock.

He **prepared** himself to accept defeat.

Phrase

be prepared

① 准备，打算，愿意

e. g. : Ladies, how much **are** you **prepared** to pay?

I'm not **prepared** to listen to all your weak excuses.

② 对……有准备，在思想上有准备

1) 跟不定式

e. g. : Nothing would stop her, and she **was prepared** to face the consequences.

You must **be prepared** to take what employment I can get for you.

2) 跟 for 引起的短语

e. g. : It was going to rain. It didn't matter. He **was prepared** for it.

You ought to **be prepared** for some unpleasantness.

▲ **preparation** n.

① **in preparation** 在准备中

e. g. : Plans for selling the new product are now **in preparation**.

The visitors found a magnificent dinner in course of **preparation**.

② **in preparation for** 做……的准备，为……做准备

e. g. : They put chairs in the school hall **in preparation for** the concerts.

Joe is training **in preparation for** the next football match.

③ **make preparations** 做准备

1) 跟 for 引起的短语

e. g. : I began to **make preparations for** this journey.

They are **making** tremendous **preparations for** the president's visit.

2) 跟不定式或不跟特别结构

e. g. : They **made** their **preparations** to frustrate the conspiracy.

I had written to his father that I was coming and they had **made preparations**.

▲ **preparatory** *adj.* 准备性的, 筹备性的

e. g. : **Preparatory** schools fit pupils for colleges.

He did a great deal of the **preparatory** work for this conference.

12 depend on

① 依靠 (on 或 upon)

e. g. : I **depend on** you for a proper understanding of the country.

This town **depends** almost solely **on** the tourist trade.

② 信赖, 指靠

e. g. : You shouldn't listen to rumor. You can **depend on** me.

I **depend on** you to do the job well.

③ 靠……决定, 得看

e. g. : The price **depends on** the quality.

How much a person can earn at this work **depends on** his skill.

13 achieve *v.* 取得 (胜利、成功等), 实现 (目标、目的)

e. g. : He went back to London without having **achieved** any success.

World peace cannot be **achieved** by negotiations alone divorced from the struggle of the masses.

Nothing would stop me from **achieving** my ambition.

▲ **achievement** *n.*

① 成就

e. g. : Flying across the Atlantic for the first time was a great **achievement**.

Another **achievement** of prehistoric man was the invention of writing.

② 达到, 实现, 成功

e. g. : Such a goal was impossible of **achievement**.

The unity campaign has as its central aim the **achievement** of working class unity.

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14 basis n. 基础

e. g. : The economic situation is the **basis**.

On the **basis** of these theories he worked out his picture of the state of the future.

▲ **basic** *adj.* 基本的, 根本性的

e. g. : Large masses of the people lack the **basic** necessities of life.

They are now pressing for the nationalization of many **basic** industries.

▲ **base**

n. ① 基础, 底座 (可数)

e. g. : The machine rests on a wide **base** of steel.

The lamp stands on a circular **base**.

② 基地, 根据地 (可数)

e. g. : Negotiations continued on the use of American **bases** in Korea.

a training **base**/ a supply **base**/ a missile **base**

vt. 把……建立在, 以……为基础

e. g. : Socialism **based** itself upon materialism.

Daisy always **bases** her opinions on the facts.

15 work on 从事 (可译为“造, 创作, 画, 做, 草拟, 撰写, 制订, 设计, 研究, 致力于”等)

e. g. : We were **working on** a new generator.

They were still **working on** their sketch.

They had been **working on** a report of their investigation of synthetic rubber.

Is Tom still **working on** the new book that he promised?

For his doctorate, he's **working on** the use of dialect speech in the novel.

I want to **work on** perfecting my style before trying anything new.

16 work out

① 想出

e. g. : It was the best solution that he was able to **work out** at this time.

Tell me where you want to go and I'll **work out** a route.

② 算出, 估计出, 解 (题)

e. g. : He settled down at his desk to **work out** the exact figures.

We **worked out** the cost of the holiday and decided that we could afford it.

The area can easily be **worked out** if you know the length and breadth.

③ 理解，弄懂，看出

e. g. : I can't **work out** the meaning of this poem.

The government employs men with special abilities to **work out** the enemy's secret messages.

17 up to date 跟上/符合现在情况，跟上时代，现代化

e. g. : In the new factory all the equipment was **up to date**.

He's very **up to date** in his methods of language teaching.

The accountant brought all his records **up to date**.

It is a useful way of keeping **up to date**.

第二部分：参考译文

利用时间的要旨

时间不好对付，既难控制又容易浪费。当你向前看的时候，你认为你有用不完的时间。比如说，在学期开始的时候，你也许会觉得你有很多时间。但是接近期末的时候，你也许会突然发现时间流逝了。你没有足够的时间来完成你的任务，因此你会很担忧。该怎么办？我们应该控制时间！

时间很危险。如果你不控制时间，时间会控制你。如果你没有利用时间来为你做事，时间就会对你不利。因此你必须成为时间的主人，而不是时间的奴隶。作为刚入学的大学生，妥善安排时间是你的头等大事。

时间很宝贵。浪费时间是很坏的习惯。浪费时间就像毒品一样，你越浪费时间，就越容易不断地继续浪费时间。如果你真的想充分利用上大学的时间，你就应该把利用时间的要旨付诸实践。

第一要旨：一开始就要控制时间。

抓紧时间意味着抓住当前的时间，不能把事情推到明天或下周。在学期伊始就应该开始制订你的计划。

第二要旨：养成用笔记本的习惯。

今天就去买一本笔记本，每天用笔记本来计划你的学习时间。一旦制订了一周的学习计划，每周都沿用同样的模式，只要稍作修改。星期天是为下一周作计