

FOLLOW ME
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跟我学 大学英语

北京师范大学外语系编写组编

第一册



湖南人民出版社

大学—大学英语自学辅导丛书

◀跟我学——大学英语自学辅导丛书▶

跟我学 大学英语

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编者的话

《跟我学——大学英语》是以上海外语教育出版社出版的高等学校大学英语教材——精读课本 1~4 册为蓝本编写的一套自学辅导丛书,旨在帮助有一定英语基础、工作在各个岗位上的朋友们和英语爱好者及大学在校生通过自学进一步提高自己的英语水平,从而达到英语四级的程度。全书在内容的编排上力求全面、合理,形式不拘一格,强调实用性,对自学有指导性意义。

这套丛书的内容包括:重点单词学习、常用词辨析、短语/词组用法、难点/句型讲解、课文译文及课文练习答案。为了方便自学者更好地复习和巩固自己所学的内容、检测自己的学习效果,我们特意为每一课编排了一套“复习、巩固、检测”练习题。其中的阅读理解练习力求设计活泼,从篇章结构上帮助自学者抓住课文的主要脉络,掌握其主要内容,加深对课文的理解。词汇练习每课设有 3~5 项,重点检查本课的词汇掌握、同义词的用法与区别,并注意帮助学生通过构词法扩大词汇量,同时掌握它们的用法。为了使自学者更好地掌握和复习语法知识,并提高写作能力,我们在一、二册编排了语法练习,使语法知识得到进一步的巩固,在三、四册编排了有指导性的写作练习。此外还有翻译的练习,一、二册以翻译句子为主,三、四册以段落为主。所有练习均附有参考答案。

参加本辅导教材编写的人员均为具有较丰富的大学英语教学经验的北京师范大学外语系教师,编写的主导思想是要把教学的思想、方法、内容都贯穿到辅导教材中去,使没有时间和机会进入大学脱产学习的朋友们能够同样享受到课堂教师的辅导,我们真诚希望这套辅导丛书能够为自学者提供他们所需要的帮助,也真诚希望能得到他们的喜欢。

由于时间仓促,辅导教材中难免有不妥之处,希望广大读者批评指正。

编者

一九九六年九月

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Unit One

How to Improve Your Study Habits

重点单词学习

1. **Unit**['ju:nit] *n.*

- (1) a group of things or people forming a complete whole but usu. part of a large group 单位(指构成整体的人、物、团体等)

We regard husband and wife as the primary units of the family. 我们把夫妻视为家庭的基本成员。

The family is the smallest social unit.

家庭是构成社会的最小单位。

- (2) any of the usu. numbered division of a textbook 计算学分的学习量(通常根据上课时数来决定);教学单元

This textbook consists of ten units.

这本教科书有十个单元。

2. **average**['ævərɪdʒ]

—*n.*

- (1) result of adding several amounts together and dividing the total by the number of amounts 平均;平均数

The average of 2, 3 and 7 is 4. 二、三、七的平均数是四。

These pupils took a total of 39 examinations, an average

of 6.5 examinations for each pupil.

这些学生一共参加过 39 次考试, 平均每人 6.5 次。

- (2) a level or standard regarded as usual or ordinary 一般水平, 普通标准

above/below the average 在一般水平以上(以下)

The queen bee lives for an average of 4 to 6 years.

蜂王一般能活四至六年。

——*adj.*

- (1) found by calculating the average 平均的

The average age of these students is 19.

这些学生的平均年龄是 19 岁。

the average rate of increase/growth 平均增长率

- (2) of the usual or ordinary kind 平常的, 一般的, 普通的

He is a man of average height and average intelligence.

他是个身材中等、智力平平的人。

3. **intelligence** [in'telidʒəns] *n.* ability to learn and understand

智力、才智、智慧、聪颖、灵性、悟性

He writes with intelligence and wit.

他写文章富于才思, 措辞巧妙。

A dog has more intelligence than a cat. 狗比猫更具灵性。

4. **necessarily** ['nesisəri:li, nesi'serili] *adv.*

- (1) essentially 必要地, 必需地

You don't necessarily have to attend. 你不一定要出席。

- (2) inevitably, unavoidably 必定地, 必然地

It must necessarily be so. 必然如此。

He won't necessarily come. 他未必一定来。

5. **top** [tɒp] *adj.* of the highest, best, most important, etc. 最高

的,最好的,最重要的

a room on the top floor 最顶层的一间屋子

one of Britain's top scientists 英国最杰出的科学家之一

top talks 最高级会谈

6. **case**[keis] *n.*

(1) a particular occasion or situation, example 事例,实例

a case in point 一个恰当的例子

a case study 一个案例研究

This is a case of poor judgement.

这是一个判断不当的例子。

(2) what has really happened 事实、实情,情况

If that's the case, you'll have to work harder.

如果真是那样,你得更加努力工作才行。

I can't make an exception in your case. 我不能对你破例。

7. **additional**[ə'diʃənəl] *adj.* extra things apart from the ones

already present 添加的,附加的,追加的,额外的,另外的

additional charges 附加费用

It will take an additional two weeks to finish the work.

还得花两个星期才能完成这项工作。

8. **weekly**[wi:kli] *adj. / adv. / n.*

—*adj. or adv.* happening, appearing or done once a week or

every week 每周一次,每周的(地)

a weekly newspaper 周报

a weekly payment of seven shillings 每周付七先令

We played chess two or three times weekly.

我们每周下两三次棋。

Several groups meet weekly. 有几个小组每周碰一次头。

—*n.* a newspaper or magazine that is published once a week
周报, 周刊

He controls two daily newspapers and four local weeklies.

他控制着两家日报和四家地方周报。

9. **schedule** ['ʃedju:əl, -dʒu:əl; 'skedʒu:əl, -dʒuəl] *n.* a plan that gives a list of events or tasks, together with the times at which each thing should happen or be done. 一览表、清单, 明细表, 日程安排, 时间表

Everything is done according to schedule.

一切都已按日程安排做好。

a bus/a train schedule 汽车(火车)时刻表

a class schedule 课程表

We arrived two hours ahead of (behind) schedule.

我们比日程安排提前(推迟)两小时到达。

10. **commit** [kə'mit] *vt.*

(1) to do something wrong or illegal 犯(罪), 做(错事、坏事、傻事等)

He has committed a criminal offence. 他犯了刑事罪行。

Mary had no intention of committing suicide.

玛丽没有自杀动机。

(2) to use money or resources for a particular purpose 指定……用于, 调配……供使用, 拨出

We are committing money to the task of turning the sun into energy. 我们在给转化太阳能的工作拨款。

Rolls Royce must commit its entire resources to the project. 罗尔斯-罗伊斯汽车公司一定要将其所有资源用于这项工程。

11. **normal**['nɔ:məl] *adj.* usual and ordinary, like what people expect 正常的, 平常的, 通常的

Can she lead a normal life? 她能过正常生活吗?

This is a perfectly normal baby.

这是一个发育非常正常的婴儿。

12. **assignment**[ə'sainmənt] *n.* a task or piece of work that you are given to do, especially as part of your job or studies 任务, 作业

My first major assignment was to cover a large-scale riot.

我的第一项主要任务是报导一次大规模骚乱。

This course has heavy reading assignments but a flexible assessment system. 这门课程阅读量大, 但教学评估较为灵活。

13. **occupy**['ɒkjʊpaɪ] *vt.*

- (1) move into and gain control of a place or a country 占领, 占据

The students occupied the Administration Block.

学生们占领了行政大楼。

- (2) to take up, fill (a position, space or time) 占有, 占用

At the pub, his usual corner seat was occupied.

酒馆里他常坐的那个角落里的位子已经有人了。

Dry lands occupy a third of the world's surface.

干旱的土地占据世界表面积的三分之一。

14. **relaxation**[ri:læk'seɪʃən] *n.* [u] ways of spending time that are pleasant and restful 休息, 消遣, 娱乐, 放松

This is a place for off-duty relaxation.

这是供工余休息消遣的地方。

It is so necessary for the mothers to have some rest and

relaxation. 让母亲们得到休息和放松是十分必要的。

15. **entertainment** [,entə'teɪnmənt] *n.* [c, u] shows, performances, films, etc. that people watch for pleasure 娱乐, 文娱节目, 表演会等

Solving puzzles is an entertainment for many.

猜谜对许多人来说是一项娱乐。

Such short plays are frequently produced at school entertainments. 这类短剧在学校文艺会上经常上演。

This is a serious novel as opposed to an entertainment.

这是一本严肃的小说而非消遣性读物。

16. **furthermore** ['fə:ðəmə:] *adv.* used to introduce a piece of information or an opinion that adds to or supports the previous one 而且, 此外

The house is too small, and furthermore, it's too far from the city. 房子太小, 而且离城太远。

He carried out orders without questioning them. Furthermore, he was not bothered by hard work. 他执行命令从不问二话, 而且不辞劳苦。

17. **enable** [i'neɪbl] *vt.*

(1) make somebody able to do something 使能够, 使可能, 使可行, 使实现

The eagle's large wings enable it to fly very fast.

老鹰的巨大翅膀使之能飞得很快。

The fall in the value of the pound will enable us to export more goods. 英镑贬值能使我们出口更多的货物。

(2) give the power, means or right to do something 为……提供条件(机会, 手段等)

Special job training enables many school leavers to earn a living. 专门的职业培训为许多中学毕业生提供就业的机会。

18. **activity** [æk'tiviti] *n.*

- (1) [u] a situation in which a lot of things are happening or being done 活动、活跃

There was a flurry of activity in the hall.
大厅里乱哄哄的。

- (2) [c] something that you spend time doing 活动, 所做的事情

practical activities 实践活动

social activities 社会活动

I find tennis a very enjoyable activity.
我觉得打网球是一项很有意思的活动。

19. **adequate** [ˈædikwɪt] *adj.* just enough amount of something
刚够, 足够

The pay was adequate. 钱刚够。

It is a country with adequate rainfall.

这是一个雨量充足的国家。

20. **area** [ˈɛəriə] *n.*

- (1) a particular part of a city, a country, or the world 地区, 区域

This is a dry area that gets only a few months rain a year. 这是一个年里仅有几个月有雨的干旱地区。

all areas of Great Britain 大不列颠的所有地方

the Brighton area (英国) 布赖顿地区

- (2) a particular kind of subject or activity of knowledge,

interest, or activity 范围, 领域

His special interest lies in the area of literature.

他对文学特别感兴趣。

21. **distraction** [dis'trækʃən] *n.* something that draws away the mind and attention 干扰、分散注意力(或分心)的事

It would be a distraction from his political labours.

这将是件干扰他政治事务的事。

She needed to work without interruption or distraction.

她需要安安静静地工作。

22. **concentrate** ['kɒnsəntreɪt] *v.*

- (1) give all your attention to something 集中注意力, 聚精会神、注重

Concentrate on your driving. 小心驾驶。

He believed that governments should concentrate more on education. 他认为政府应多重视教育。

Jenny, please, stop interrupting, I'm trying to concentrate. 珍妮, 求求你, 别再烦人了, 我想静一静。

- (2) come together in or around a place 集中, 集结

Modern industry has been concentrated in a few large urban centres. 现代工业集中在少数大城市里。

The bulk of the population concentrates in the cities.

人口的大部分集中在城市里。

23. **subject** ['sʌbdʒɪkt] *n.*

- (1) the thing, person, or idea that is being discussed or written about 题目, 问题, 主题

I don't have any strong views on the subject.

我对这个问题没有什么意见。

I simply did not know which subjects I could talk about. 我就是不知道该谈论哪个话题。

- (2) something such as maths, chemistry or English that you study at school, college or university 学科, 科目
Maths was my best subject at school.
中学时我数学学得最好。

24. **content** ['kɒntent] *n.*

- (1) the things that are inside a box or room 内容, 内装物
He poured out all the contents in the bag to look for the key. 为找钥匙他倒出包中所有的东西。
- (2) the main subject and the ideas and opinions expressed in a piece of writing, a speech or a television programme 内容, 要义, 要旨
He knew by heart the contents of the note.
他背下了便条上的内容。
I was disturbed by the content of some of the speeches.
我对一些发言中的内容感到不安。

25. **organize** ['ɔ:gənaɪz] *v.* make all the arrangements; put things in order 组织, 安排

The meeting was badly organized. 会议组织得很糟糕。
He needed a little time to organize his response to the criticism. 他需要一段时间来准备对这些批评意见的答复。

26. **portion** ['pɔ:ʃən] *n.* a part of certain amount 一部分, 一份
She herself must bear some portion of the blame for what happens to her. 对于发生在她身上的事, 她自己也得负一部分责任。
Divide it into eight portions. 将其分为八份。

A large portion of this money could come to her.

这笔钱的大部分能归她。

27. **double** ['dʌbl] *adj. /vt.*

——*adj.* twice as large or twice as strong of 两倍的, 加倍的

He will be double his pay with this new job.

有了这个新工作, 他的工资将加倍。

I'm double your age. 我的年龄比你大一倍。

——*vt.* make or become twice as great or as many

The world population is doubling every thirty-five years.

世界人口每 35 年增长一倍。

The new airport will double the capacity of the existing one. 新机场将是现有机场容量的两倍。

28. **comprehension** [,kɒmpri'henʃən] *n.* ability to

understand or appreciate something fully 理解, 理解力

This metaphor is beyond(above)all comprehension.

这个隐喻难以理解。

The teacher had no comprehension of the boy's problems.

老师对男孩的问题毫不理解。

29. **mention** ['menʃən] *vt.* to speak or write about something in

a few words 提到, 说起, 谈及

He mentioned to me that he would leave soon.

他对我说过马上就要走了。

He mentioned hearing from her often.

他说起常常收到她的来信。

Penny decided not to mention her cold.

彭妮决定不提她感冒的事。

30. **remain**[ri'mein] *v.*

- (1) to stay in a place and not move away 留下, 停留, 逗留

Some students offered to remain behind to help clear up after the meeting. 有几名学生表示愿意散会以后留下来帮助清扫。

The luggage unfortunately remained on the platform.
倒霉的是行李被遗忘在车站月台上了。

- (2) (*link v.*) to stay in a state or condition and not change
(连系动词) 保持, 保持不变

He ate much but remained lean.

他吃得很多, 可依旧很瘦。

The results of these experiments remained a secret.
这些实验的结果仍然是个秘密。

31. **performance**[pə'fɔ:məns] *n.*

- (1) entertaining an audience by singing, dancing, acting a play, or acting a role in a play 娱乐, 表演, 演出

We appreciated greatly the excellent performances from both actresses. 我们非常欣赏两位女演员的出色表演。

This is an amateur performance of 'Macbeth'.

这是一个业余剧团演出的《麦克白》。

- (2) the success of someone or something 表现, 状况, 成绩

Many people are disappointed with the performance of this government. 很多人对这届政府的表现感到失望。

He cried after a disappointing performance in the 200-metres semi-final. 在 200 米半决赛中令人失望的表现之后, 他哭了。

32. **develop**[di'veləp] *vt.*