



新起点

大学英语

学习辅导与能力拓展

高翔 主编

1

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Unit One

背景介绍

Text A

随着全球经济一体化和中国加入世界贸易组织,英语越来越广泛地应用到社会的各个领域。学习和掌握英语也成为很多人日常生活中必不可少的一项内容。但长期以来,如何学好英语是大家一直关心,并困扰许多人的问题。本文就以此为出发点,从探讨学习英语的目的性开始,向读者介绍了学习英语的一些实用技巧,希望人人都能学好这门语言。

Text B

很多人害怕学习英语或者学习英语的效果不理想,是因为没有一种行之有效的学习方法。语言贵在活学活用。因此,学习英语必须要多听多说,进行模仿,做大量的实践练习,并想办法提高学习效率。坚持下去,相信我们会收到事半功倍的效果。

课文翻译

Text A

如何学习英语(一)

学习一门外语的目的是为了交流。英语是一种用来和来自其他国家的人进行交流的常用语言。

你可能计划出国学习几年,或许你想同在中国的外国人进行交流。你也许愿意和他们谈论到哪里找一家不错的餐馆。或许你想很好地利用那些大批量引进到中国的外语电影、广播和电视节目、磁带和杂志等等。

不管你是出于什么样的原因,你需要记住你的目的是:理解别人,并让别人理解你的意思。“丢脸”的想法会是你学习语言道路上最大的障碍。你必须克服它。你认为你可以通过看书或看别人打篮球就能学会打篮球吗?你不能仅仅是冥想或谈论学习英语,你必须付诸行动。

你要学会在你的班级里做一个积极主动而不是被动的学生。你的老师不可能知道你在想什么,除非你提问,或要求进一步的讲解,否则,如果遇到你不懂的问题,老师是不会知道的。向老师提问实际上是在帮助老师。在学习的过程中你必须积极主动。

在学习时,尽量注重英语发音和句型,而不是想方设法把英语逐句译成汉语。要学会用英语进行思考。

要做到这一点,你必须模仿别人用正常的语速讲话。这一开始会很难,但你要知道在讲英语的国家没有人讲“慢速英语”。如果你只学习“慢速英语”,你会发现你什么都不能理解。

Text B

如何学习英语(二)

认真听老师讲课,听磁带并模仿着大声朗读。如果你能尽量准确重复你所听到的,你的发音会随着不断练习而提高。在老师的帮助下,确定你所存在的某个问题,并且逐个逐个地解决它们。而且,不要孤立地学习单词,而要把单词放在词组中学习。

在课堂上和课堂下要和你的老师及同学们说英语。如果你一时找不到合适的词语,重新组织一下你的想法,用另外一种方式来表达你的意思。不要放弃,而又转用汉语来表达。

和旅游者对话。游客们一般很乐意同“真正的”中国人(即除去导游的中国人)进行接触。他们会很高兴与你交谈。

应该掌握行之有效的学习方法。中国学生通常愿意长时间地刻苦学习。这是一种很好的品质,却不是有效的学习方法。一个效率高的学生应该睡的好,吃的香,休息和放松的好。每天你都需要出去散步、打篮球、唱歌,或做一些能使你放松的事。你还需要不时地和朋友们一起出去玩,去看电影,去听音乐会。当你重新开始学习时,你会感到神清气爽,会学的更多。

也许我们可以说学习英语就像吃中药一样。我们不是说它事实上很苦。如果你掌握了好的学习方法,学习英语可以变得很愉快。慢慢地学,这样日复一日,效果就会像中药的疗效一样慢慢体现出来。

课文练习答案

Text A

A. Main Ideas

1. reasons
2. purpose
3. understood
4. communicating
5. practice
6. active
7. passive
8. imitating
9. at

B. Detailed Understanding

I. B D A C A

- II. 1. common means
2. losing face
3. what is in your mind
4. not good
5. imitate others' speaking

Text B

A. Main Ideas

1. imitate
2. fellow
3. tourists
4. method
5. efficient
6. relax
7. enjoyable
8. effects

B. Detailed Understanding

I. A D A B C

- II. 1. teachers 2. fellow students 3. tourists 4. sleep 5. food
6. rest 7. relaxation 8. walk 9. basketball 10. song

11. friends 12. movie 13. concert 14. closely
15. Determining 16. give up 17. tourists 18. relax

Vocabulary Practice

I.

active	<i>passive</i>
able	<i>unable</i>
cause	<i>effect</i>
<i>excellent</i>	poor
<i>common</i>	special
home	<i>abroad</i>
<i>relaxation</i>	hard work
<i>improve</i>	make/become worse

- II. 1. magazines
2. bitter
3. communications
4. tourist
5. reorganize

III.

¹ D			² T					
E		³ A	O		¹ O			
T		B	U		V		⁵ C	
E		R	R		E		O	
R		O	I		R		N	
⁶ M	E	A	N	S	C		T	
I		D		T	O		A	
N					M		C	
⁷ E	F	F	I	C	I	E	N	T

- IV. 1. 1) determination 2) determined 3) determined
2. 1) effective 2) ineffective/effective 3) effect
3. 1) explanatory 2) explanation 3) explains
4. 1) happiness 2) happily 3) happiest 4) unhappy
5. 1) meaningful 2) meaning 3) meaningless 4) mean
- V. 1. 1) find 2) looking 3) find 4) searching
2. 1) brain 2) head 3) mind 4) mind
3. 1) learned 2) studied/studies
4. 1) means 2) ways 3) method
5. 1) consider 2) regarded/considered 3) treated/treat

Grammar and sentence structure

- I. 1. 1) clever 2) mine 3) here 4) like her mother

2. 1) her 2) ourselves 3) to go home 4) sitting

II. 1. Mr. Green **explained the situation to** me.

2. Loud music drives me **mad**.

3. I can't describe this. Would you **do it for** me?

4. I found it **difficult**.

III. 1. **Text sentence:** Learning a foreign language is for the purpose of communication.

Your sentence: Getting a higher education is for the purpose of better service for the country.

2. **Text sentence:** Do you think you could learn to play basketball by reading books and watching others play?

Your sentence: Do you think you could become a good dancer by sitting in a chair and watching others dance?

3. **Text sentence:** You will find yourself unable to understand if you only learn "special English".

Your sentence: You will find yourself strong in English if you live in an English-speaking country for a year.

4. **Text sentence:** Repeat what you hear as closely as you can, and your pronunciation will improve with practice.

Your sentence: Show me what you have in your pocket, and I will let you pass.

5. **Text sentence:** Perhaps we can say that learning English is like taking Chinese medicine.

Your sentence: Perhaps we can say that planning our life is like painting a picture.

IV. 1. I didn't know whether I had made myself understood.

2. You should take a more active part in class and try to practice oral English with your classmates.

3. We have overcome many difficulties in the process of learning English.

4. Attending a university abroad will cost you a lot of money.

5. Reading aloud can improve your pronunciation.

6. Listening to music is a wonderful means of relaxation.

7. There is no need to give up rest and sports to be a good student.

8. You should write to your parents every now and then.

常考核心词组搭配

Text A

for the purpose of... 为的是;为了……起见;为了……的目的

例

Traveling on holiday is for the purpose of relaxation.

假期出游的目的是为了放松。

make use of... 使用,利用

- 例** Our English teacher told us to make good use of dictionaries while learning English.
英语老师告诉我们在学习英语时应很好地利用词典。

make oneself understood 表达自己的意图

- 例** The foreign teacher spoke very slowly to make himself understood.
为了清楚表达自己的意思,这个外籍教师说的很慢。

rather than 胜于,更,而不是

- 例** These clothes are comfortable rather than pretty.
这些衣服不好看,但是穿起来舒服。

take (a) part in... (在……中)扮演角色;(在……中)起作用

- 例** The Red Army took an important part in the fight against enemies.
红军在对敌战斗中起了重要的作用。

concentrate on... 集中,全神贯注于

- 例** You should concentrate on your work.
你应该专心于你的工作。

instead of... 代替,而不是……

- 例** We ordered chicken instead of fish while eating in a Chinese restaurant last Sunday.
上周日我们在一家中餐馆吃饭时点了鸡而不是鱼。

Text B

with the help of... 在……的帮助下

- 例** With the help of an old couple, the boy finished his high school education.
在一对老夫妇的帮助下,这个男孩完成了他的高中学业。

give up 放弃(念头、希望等)

- 例** Since he learned that he had failed in his third college entrance exam, he gave up all hopes.
自从他得知自己高考第三次失败后,他放弃了所有希望。

fall into 落入,陷于(混乱、错误等)

- 例** This sudden accident really caused his thoughts fall into a mess.
突如其来的事故使得他的思维陷入混乱。

other than 不同于,除了

- 例** There's nobody here other than me.
除了我这里没别人。

be willing to 愿意帮助的;乐于……的

例 I'm willing to concede that I have hurt her, but that's not my real intention.

我可以承认我是伤害了她,但那并不是我的本意。

every now and then 常常,不时地

例 The Browns go abroad for vacation every now and then.

布朗一家人不时到国外去度假。

针对性训练

I. Reading comprehension

(1)

When God made the first man, he put him in a beautiful garden, the Garden of Eden. Here Adam lived in a peace with all the animals. God gave Adam eternal life. But Adam was lonely in the Garden, so God made Eve. When Adam was asleep one night, God took a rib from him and made Eve, the first woman. Adam was happy when he woke up the next morning and found Eve beside him. God said to them, "Here in the Garden you have everything. But you cannot have one thing: you cannot eat the apples from the Tree of Knowledge."

One day Satan came to the Garden. He changed into a snake and went to live in the Tree of Knowledge. When Eve came near the tree one day, the snake called her. He gave her an apple and said, "Take this apple and eat it. Don't listen to the God. Eat it." After Eve took a bite, she took the apple to Adam. He was afraid, but Eve repeated again and again: "It's good. Here, eat it. Why not?" So he finally ate the apple.

Before they ate the apple, Adam and Eve didn't know that they were naked. But now they were ashamed and covered their bodies with leaves. God was angry with them. He said, "Leave the Garden. You cannot stay here."

When Adam and Eve left the Garden, they had their first experience of pain and hard work in the cold hard world outside.

1. God put Adam in a beautiful garden where he lived _____.
A. peacefully with other people B. happily with all the animals
C. by himself without any other people D. eternally
2. Eve, the first woman, was made _____.
A. by God from his rib B. by Adam from his rib
C. by God from Adam's rib D. by Adam from God's rib
3. According to what God told them, Adam and Eve could _____.
A. enjoy everything except the apples from the Tree of Knowledge
B. learn knowledge from the apple trees
C. share apples from the Tree of Knowledge with the animals
D. eat more than one apple from the Tree of Knowledge

4. Which of the following statements is NOT true? _____.
 - A. Satan tempted Eve to eat the apple first
 - B. Eve persuaded Adam to eat the apple after her
 - C. Adam also ate the apple without hesitating
 - D. Both Adam and Eve finally forgot God's words
5. Before they ate the apple, Adam and Eve _____.
 - A. knew they were naked but didn't feel ashamed
 - B. knew nothing about shame and didn't know they were naked
 - C. covered their bodies with leaves and were not ashamed
 - D. were not ashamed because they were not naked

(2)

One of the industrial giants who changed American society was Henry Ford born on a farm in Michigan in 1863, he grew up to bring forth some of the most revolutionary improvements in automotive technology in the early 20th century. His outstanding mechanical ability led him to become interested in the new automobiles in the early 1900s. Though he did not invent the automobile, he improved upon everyone else's designs. He was a person who believed in inexpensive, efficient production, so he established standards for his plant and workers. He also standardized and produced many new auto parts for his Ford Motor Company cars. In fact, his plants had produced 15 million Model TS by 1927. Ford's personality was not all thrift(节俭), efficiency, and inventiveness, however, he was a man who was cold and who could not keep pace with the competition due to his own rigidity(严格). His company suffered because of his desire to maintain the existing state instead of meeting and beating the competition by changing his product. Finally, he saw that he must change or fail; therefore, he introduced a new-type engine and once again took over the automobile market. Ford left a legacy of millions of dollars, millions of jobs for American workers, and millions of satisfied customers.

6. The main idea expressed in this paragraph is that Henry Ford _____.
 - A. changed American society with his invention of cars
 - B. had a personality different from ordinary people
 - C. was one of the greatest American industrialists
 - D. built the first assembly line in the world
7. The example of Henry Ford's attitudes towards competition was used to illustrate _____.
 - A. the causes for his successes
 - B. another part of his personality
 - C. some of his failures
 - D. his need for partners
8. What is the meaning of the underlined word "legacy"?
 - A. One's future plan.
 - B. Something being rewarded.
 - C. Something left behind.
 - D. One's high wishes.
9. Which of the following is true according to the passage?

- A. Ford was the richest American industrialist.
 - B. Ford almost failed once because of his strictness.
 - C. Ford welcomed competition and challenging tasks.
 - D. Ford was cold and so he had few friends.
10. The author implies that _____.
 A. Ford made all of the improvements by himself
 B. Ford was a lonely man because he worked very hard
 C. Ford's motivation to succeed was based on money and fame
 D. Ford's mechanical talent was the outstanding part of his personality

II. Multiple choices

11. _____ difficult problems we meet with, we are still determined to complete the project in time.
 A. However B. Whatever C. Whichever D. Whoever
12. As students we should _____ all our time and energy on our study.
 A. concentrate B. cost C. put D. have
13. They succeeded at last after adopting an _____ working method.
 A. effect B. affect C. effective D. efficient
14. On _____, the children learn 20 English words every day.
 A. usual B. average C. ordinary D. common
15. Mary is not _____ to finish the task in just two hours.
 A. possible B. likely C. capable D. able
16. The man _____ the Helping Hand Group is a handicapped person himself.
 A. organizes B. organized C. organizing D. organize
17. The professor would rather _____ his opportunity to study abroad than leave the research unfinished.
 A. make up B. take up C. give up D. carry out
18. He was _____ that he should devote his life to his motherland.
 A. decided B. discussed C. determined D. figured
19. This new writer's works _____ into many languages in the world.
 A. was translated B. has been translated
 C. were translated D. have been translated
20. The newly published law will take _____ at the beginning of this year.
 A. effect B. influence C. affect D. power
21. I _____ on weekends by doing some fishing.
 A. retire B. relax C. refresh D. relay
22. Here is a four-step _____ for reading.
 A. approach B. way C. method D. path
23. Windy days are _____ of March.

- A. character B. nature C. characteristic D. feature
24. Kitty is a friend of _____.
 A. Cathy's mother's B. mother's of Cathy
 C. Cathy's mother D. Cathy's mothers'
25. David _____ be a policeman, for he's much too short.
 A. shouldn't B. mustn't C. may D. can't
26. Is this village _____ you once lived?
 A. the one B. where C. that D. which
27. They came to the lecture so late that they _____ listened to it.
 A. nearly B. simply C. hardly D. almost
28. What a beautiful house! Especially there are many _____.
 A. furniture B. pieces of furniture
 C. pieces of furnitures D. furnitures
29. _____ her great health, she always remained a woman of simple tastes.
 A. With regard to B. Although C. Except for D. Despite
30. No sooner had we reached the top of the hill _____ we sat down to rest.
 A. when B. than C. as D. that

III. Cloze

(1)

Apparently, many people believe that the more time a person spends on work, 31 she or he accomplishes. However, the connection between time and 32 is not always 33. In fact, many studies indicate that after a certain point, anyone's productivity and creativity begin to 34. Furthermore, it is not always easy for individuals to 35 that their performance is falling off.

Part of the problem is understandable. When employers 36 employees, they often consider the amount of time spent on the job 37 performance. Employees know this. Consequently, they work longer hours and 38 less vacation time than they did nine years ago. Although many working people can do their jobs 39 during a regular 40-hour work each week, they feel they have to spend more time on the job after normal working hours so that the people who can 40 them see them.

31. A. the better B. the less C. the more D. the most
 32. A. production B. product C. productivity D. productive
 33. A. positive B. position C. negative D. possible
 34. A. increase B. decrease C. improve D. disease
 35. A. understand B. recognize C. realize D. think
 36. A. evaluate B. estimate C. comment D. praise
 37. A. in addition B. in addition to C. in add D. in add to
 38. A. take B. make C. get D. want

- | | | | |
|----------------|-------------|--------------|----------------|
| 39. A. effect | B. affect | C. effective | D. effectively |
| 40. A. promote | B. increase | C. improve | D. primary |

(2)

Many countries of the world celebrate Mother's Day at different times and 41 different ways. In the West, the earliest 42 Mother's Day celebrations were held in ancient Greece 43 Rhea, the Mother of the God.

England in the 1600s celebrated a day 44 Mothering Sunday. At that time, many of England's poor 45 servants for the wealthy, and most servants had the day 46 to travel, often long distances, to be with their mothers.

In the United States, Mother's Day was first suggested in 1872 as a day 47 to peace. In 1907, Ann Jarvis of Philadelphia began a 48 to establish a national Mother's Day. She was finally 49 in 1914, when President Woodrow Wilson 50 Mother's Day a national holiday to be held on the second Sunday of May every year.

- | | | | |
|--------------------|--------------------|-------------------|------------------|
| 41. A. by | B. in | C. with | D. to |
| 42. A. know | B. knew | C. known | D. knowing |
| 43. A. in honor of | B. in the light of | C. in terms of | D. in return for |
| 44. A. which calls | B. that is called | C. called | D. calling |
| 45. A. work with | B. worked as | C. working for | D. to work |
| 46. A. off | B. up | C. down | D. by |
| 47. A. dedicate | B. dedication | C. dedicated | D. dedicating |
| 48. A. champagne | B. campaign | C. congratulation | D. career |
| 49. A. succeed | B. succeeded | C. successful | D. success |
| 50. A. proclaimed | B. claimed | C. exclaimed | D. explained |

IV. Vocabulary

51. Playing table tennis with my brother each weekend is one of my _____ (relax).
52. With the help of her family tutor, Jerry has shown some _____ (improve) in both her English reading and writing.
53. The teacher gave us some _____ (mean) advice.
54. A Youth Hotel is a place that offers a good night's sleep in friendly surroundings at a _____ (reason) price.
55. We have the _____ (determine) to win honor for our class.
56. The skilled carpenter worked with great _____ (efficient) and finished the job quickly.
57. The book tells you how you can live simply and _____ (enjoy).
58. There are doubts about the _____ (effective) of the new drug in treating the disease.
59. I don't know Chinese and so I've only read *Lu Xun* in _____ (translate).
60. Humidity is the _____ (character) of this area.

Unit Two

背景介绍

Text A

你是一个集邮爱好者吗？你喜欢收集或收藏钱币，艺术品或其它你认为有价值的东西吗？你喜欢逛旧货市场吗？也许在中国，second-hand market 还未形成规模；但在西方，却有越来越多的人出于各种原因喜欢到旧货市场去“淘宝”。不管怎样，能把废弃不用的东西变为财富或重新加以利用，都是不错的选择。非常值得我们借鉴。

Text B

喜欢收集不同国家及其各个历史时期的钱币，也许是许多人的业余爱好。但如何根据个人的兴趣爱好进行分门别类的收藏，如何选择具有升值潜力的钱币，及如何对收藏品进行保养，从而从收藏活动中获得最大的乐趣和享受就是本文着重向大家介绍的。

课文翻译

Text A

变废为宝

星期六的一大早，世界上绝大多数的人还赖在床上，尽情多睡一两个小时。而这时的一些美国人已经起床准备去淘宝了。他们带上报纸上刊登的庭院旧货出售信息单，计划第一个到达出售地。这些逛庭院旧货市场的人想要寻找什么呢？当然是二手货中的财宝了。

那些逛庭院旧货摊的人并不仅仅是那些喜欢二手货的人。从澳大利亚到美国，西方人就是喜欢买别人的东西。即使是那些有钱人也愿意在二手货中寻找一些独特的财宝。

有的人买二手货只是为了省钱。有人是希望在二手货中找到值钱的古董。当然还有一些人去买二手货是为了丰富自己的收藏。

有些东西能使人回忆起自己的童年。一只 20 世纪 40 年代的旧杯子可能会让人想起妈妈亲手煮的咖啡。一本珍爱的儿童读物会令人记起小时候临睡前爸爸讲的故事。

真正的古董必须至少有一百年以上的历史。但任何一件不会再生生产的物品都值得收藏，而且其中有的还价值连城。

有些收藏者是想赚钱。他们会仔细地查看物品上有没有可能影响价值的瑕疵。他们会上培训课或阅读相关书籍，以此来了解哪些收藏品会增值或受到收藏家们的喜爱。

其他人则只是购买那些看上去很有趣的东西。如果有人喜欢摇滚乐，那他们会收集旧唱片。喜欢喝茶的人则可能收集古董的茶杯。那些并不想在庭院旧货出售中赚钱的人建议，“不要买任何没有用的东西。”

窍门在于如何把旧东西派上新用场。比如,一个旧熨斗可以用做书靠,一辆儿童玩具汽车放在客厅里可以给生活增添更多色彩,而一床古董被子可以挂在墙上当装饰品。

Text B

收集钱币

收集钱币是已知的最古老的爱好之一。在过去,这通常是国王和学者们享有的爱好。而同时收集钱币也是令人愉快的一种储蓄方式。

钱币表面的图案会告诉我们很多事情。一个国家的钱币通常会记录它的历史和地理。一些古代钱币是我们能了解一个国家或一段历史的所有途径。它们向我们展示了统治者的肖像,要不是古钱币,这些人将不为人所知。钱币还能告诉我们生活在很久以前的人们的艺术、宗教、服装和发式等。

你的个人兴趣会帮助你决定收集什么样的钱币。你可能希望收集一个国家或世界上某一个地区的钱币;也许你想收集一个特定时期的世界各地的钱币。

有些人选择收集自己国家的钱币,而有人却对古希腊和古罗马的钱币感兴趣。收集一套联合国成员国所使用的钱币花费并不多,而且藏品可以来自世界各地。出访者所带回的外国钱币可以看作是钱币收藏的开始。

另外一种开始收藏的方法是收集目前还在流通的最典型的钱币。你可能会收集到一套有趣的不同时期铸造的美国钱币。

要从钱币收集这个爱好中获得最大的乐趣,你必须尽可能多地看有关这方面的文章资料。争取多交一些收藏界的朋友。如果你收集到一枚古代的钱币或外国钱币,要搞清楚它铸造于何时何地,它的名称和价值,并且要知道当时它作为流通货币时能买到什么东西等。

除非钱币上的污垢结成硬块,否则不要去清洗它。用肥皂和温水把钱币上的灰尘除掉。不要用任何硬的东西,这样会损坏钱币的外观和价值。

课文练习答案

Text A

A. Main Ideas

1. hunt/search 2. treasures 3. purposes 4. make 5. remind
6. interesting 7. uses

B. Detailed Understanding

I. B B A B C

II. 1. 1) money

2) a valuable antique

3) their collections

2. remind people of their childhood

3. 1) The classes they have taken

2) The books they have read

4. 1) an old clothes iron used as a bookend