

文理科本科用

新编

# 大学英语 (精读) 自学辅导

李剑波 种 夏 编著

(一)

● 北京广播学院出版社

新编大学英语(精读)

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## 内容提要

《新编大学英语(精读)自学辅导》根据高等院校文理科本科用《大学英语(精读)》(上海外语教育出版社)编写而成,旨在帮助使用该教材的大学生及相当水平的学习者更好地学习课文,巩固语言知识,增强应试能力。

本书分为 1—4 册,分别对应于《大学英语》(精读)1—4 册。每册 10 单元,依课文顺序编写。本书的突出特点是:每单元均用英汉两种语言解释,例句给出中文翻译,以便于学习者准确理解单词、句子和篇章的含义,模仿、学习规范语言,使得语言总的学习与语篇的学习有机地结合在一起。每单元都附有针对性的补充练习和练习答案,使课文学习与同步训练及自学、自我检测融为一体。阅读材料的中文翻译,利于读者更准确地掌握阅读技巧,提高阅读理解能力。

## 新编《大学英语(精读)》自学辅导(一)

李剑波 种夏编著

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## 前 言

《新编大学英语(精读)自学辅导》(1—4)根据高等院校文理科本科用《大学英语(精读)》(上海外语教育出版社)编写而成,旨在帮助使用该教材的大学生及相当水平的学习者更好地学习课文,巩固语言知识,增强应试能力。

《新编大学英语(精读)自学辅导》分为1—4册,每册10单元,依课文顺序编写。根据教学和自学的需要,结合编著者长期从事大学英语教学的实践经验,本书每课(单元)按以下四个板块进行重点辅导和讲解:

1. 课文详解,包括课文概要和语言难点;
2. 练习注释,包括练习中出现的生词和习语及阅读材料译文;
3. 补充练习,包括针对四、六级考试内容,难度与课文内容相当的语法选择练习、阅读理解练习和完形填空练习;
4. 练习答案,包括单元练习答案和补充练习答案。

本书的突出特点是:每单元均用英汉两种语言解释,例句给出中文翻译,以便于学习者准确理解单词、句子和篇章的含义,模仿、学习规范语言,使得语言点的学习与语篇的学习有机地结合在一起。每单元都附有针对性的补充练习和练习答案,使课文学习与同步训练及自学、自我检测融为一体。本书阅读材料的中文翻译,利于读者更准确地掌握阅读技巧,提高阅读理解能力。

《新编大学英语(精读)自学辅导》(1—4)选题由武汉科源技术信息公司策划。严汛、王里、张振山诸位先生在本书的构思、编写、审校等方面做了大量的工作,在此表示诚挚的谢意。

本书为第一册,与《大学英语(精读)》第一册配套使用。

编 者

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## Unit 1

# How to Improve Your Study Habits

## (怎样改进你的学习习惯)

### Part One Detailed Study of the Text

#### I. *Outline of the Text* (课文概要)

There are six good suggestions for improving your study habits. They are planning your time carefully, finding a good place to study, skimming before you read, making good use of your time in class, studying regularly, and developing a good attitude to tests.

本文就改进学习习惯,提出了六点好的建议。这些建议分别是:仔细安排你的时间,选择最佳学习地点,阅读之前先略读,充分利用课堂时间,学习要有规律,树立正确的考试态度。

#### II. *Language Points* (语言点)

1. **How to improve your study habits** — How to make your habitual study practice better. 怎样改进你的学习习惯。

辨析:habit 和 custom 都可指“习惯”,但 habit 强调某个人长久做某事形成的规律性;custom 常指许多人长期做某件事所形成的规律性。

例:① Americans have the custom of giving presents at Christmas. 圣诞节期间,美国人有送礼的习惯。

② I had the bad habit of biting my nails. 我曾有咬指甲的坏习惯。

2. **This is not necessarily the case, however** —— But, this might not be true. 然而,实际情况未必是这样。

**be the case:** be true (是)真实的

例: ① Some people believe that the human being is created by God, but that was not the case. 有人认为上帝造人类,然而事实并非如此。

② She thought she was hurt, but it was not really the case. 她自认为受了伤害,但事实并不是这样。

3. **Fill in committed time** —— Write in the necessary time 填上必不可少的时间

**fill in:** put in; write in 填充;填写

例: ① Fill in your name and address, please. 请填上你的姓名和住址。

② You draw the people, I'll fill in the sky. 你先画人,我再来填上天空。

**Commit vt:** assign to certain use 指定用于;调配...供使用

例: The National Education Committee has committed ten million *yuan* to rebuild the high school. 国家教委已拨款 1000 万元用于重建这所中学。

4. **decide on (upon):** choose; determine 选定; (作出)决定

例: ① She has decided on (upon) a date for departure. 她已确定了出发的日期。

② We decided on (upon) red paint for the wall. 我们决定把这面墙漆成红色。

5. **be sure:**

(1) be certain to do something; not fail to do something 务必(做); 一定(做)

例: ① Be sure to write to me as soon as you arrive. 务请到达后

马上给我写信。

② Be sure not to be late again. 务必不可再迟到。

(2) be sure of something/that-clause: be positive; have good reason for belief 肯定; 确信

例: ① I have never been sure of success. 我从没有认定稳操胜券。

② She was sure that she could catch the last bus. 她确信她能赶上最后一班公共汽车。

6. set aside: save for the future use 留出; 留下待用

例: ① I tried to set aside 50 yuan each month for buying a bike. 我想每月攒 50 元买一辆自行车。

② If you set aside twenty minutes every morning to read English aloud, your English will be quite improved. 你如果每天留出 20 分钟的时间朗读英语, 你的英文水平就会有很大提高。

7. as well; also; too; besides 也; 同样; 除...之外

例: ① I am going to London and my sister's coming as well. 我要去伦敦, 我妹妹也要来。

② Peter is the captain of the football team and is on the baseball team as well. 彼得是足球队队长, 同时也是棒球队员。

as well as: equally with; in addition to 既...又...; 除...之外(还有...)

例: ① He came as well as his brother. 他和哥哥一块来了。

② Her father was kind as well as sensible. 她父亲既厚道又讲理。

8. be aware of (something/that-clause): have knowledge of; realize 知道; 意识到; 觉察到

例: ① She was aware of the bad news, but she could not face it. 她知道了这个不幸的消息,但不能正视这一现实。

② Are you aware that there is a difficulty? 你知道有困难吗?

③ I'm quite aware how you must feel. 我很能体会到你有什么样的感受。

9. **adequate a:**

(1) enough for the purpose 足够的;充足的

例: ① The supply is not adequate to the demand. 供不应求。

② \$3 a week is not adequate to support a family. 一周3美元不足以维持一个家庭的生活。

③ I need adequate time for writing the novel, and I have to postpone the visit next month. 我需要有足够的时间来写这部长篇小说,只好推迟下个月的出访。

(2) having the necessary abilities or qualities 胜任

例: I hope you will prove adequate to position. 我希望你能胜任这个职务。

10. **concentrate on (upon):**

(1) to keep or direct (all one's thoughts, efforts, attention, etc.) 集中(注意力,思想等)

例: ① I'm never able to concentrate so early in the morning. 我一向无法在这么早的早晨集中注意力。

② If you don't concentrate on your work you will be dismissed! 如果再不集中精力工作,你会被解聘的!

③ Many firms are concentrating on increasing their markets overseas. 许多公司正全力以赴开拓海外市场。

(2) strengthen by reducing the per cent of water in a solution 浓缩

例: Now you can buy the concentrated food in every supermarket. 现在你可以在每个超级市场买到浓缩食品。

11. Look over:

(1) to direct one's eyes over something 俯视

例: ① The child was not tall enough to look over the wall. 小孩子个子低, 看不到墙那边。

② Our teacher had a way of looking over her glasses at us whenever we offered a silly answer. 每当我们答错题的时候, 老师总是透过眼镜上方瞪着我们。

(2) to examine something carefully 查看; 审阅

例: ① I wonder if you would be so kind as to look over my book before I send it to the printer's? 我不知道您是否乐意在我的书稿下厂付印之前再审阅一下?

② The government sends officials to look over each factory, to see that it is keeping the safety rules. 政府常派官员下厂检查, 检查是否执行了安全生产条例。

12. The world won't end if you don't pass a test, so don't worry excessively about a single test — Your career of learning will not

come to an end if you fail in a single test. So it is no necessary for you to worry too much about it. 一次考试不及格并不意味着你的学习毫无进展; 因此没必要为一次考试的失利而过分伤感。

**the world:** career; the whole things that effect an individual 人生; 生涯, 影响人的事物

例: I hope the world goes well with you. 我希望你万事如意。

**end vi:** finish; come to an end 结束; 终结

例: ① The party ended at midnight. 舞会在午夜结束。

② How did the story end? 这个故事的结局如何?

13. lead to:

(1) cause 导致;引起

例: ① Disobeying the law can lead to trouble. 不守法就可能招致社会动乱。

② An ordinary cold can soon lead to a fever. 一般的伤风感冒就会很快引起发烧。

(2) (of a road, etc.) to provide a way, (for someone) to reach a place 通往

例: ① Take the left path; it will lead you to the school. 走左边的小路即可到学校。

② All roads lead to Rome. (谚)条条道路通罗马。

辨析: Lead 和 guide 都可指“引路”、“带路”,但 lead 仅指在前面为某人带路, guide 指在领路的同时作必要的沿路解说。

例: ① You lead and we'll follow. 你带路,我们跟着走。

② He guided the man through the streets to the railway station. 他领着这个人穿过街道去火车站。

14. Share with them some of the techniques you have found to be helpful — Ask them to benefit from your own efficient experience. 和同学们共享你的那些行之有效的学习方法。

**Share with:** give a part of something to someone; tell (something such as one's feelings) to (someone else) 共用(物品);分享(成果、思想感情等)

例: ① I'll share my apple with you, if you'll give me half of your cake. 如果你把蛋糕给我一半,我就给你苹果吃。

② It was generous of the eldest son to share the property with his brothers. 大儿子慷慨地和弟弟们共分财产。

③ It helps to share your sorrow with someone else. 与人分担你的悲伤有助于治疗。

## Part Two Notes to Exercises

### I. New Words and Expressions (生词与表达方式)

1. in one's spare time (II. P. 5): 在空余(闲)时间
2. from one's own experience (II. P. 5): 亲身体验
3. put their heads together (IV. P. 7): 集思广益; 共同商量
4. in all probability (VI. P. 9): 十之八九; 很有可能
5. find one's way to (into) (VIII. P. 9): 设法到达; 到达; 出现在
6. meet with (VIII. P. 9): 偶然遇到; 遭到

例: ① Yesterday I met with one of my former classmates in a book store. 昨天, 我在一个书店里碰见了我的一位老同学。

② Our plan met with strong opposition. 我们的计划遭到了强烈的反对。

### Reading Practice

7. check (*AmE.*) = cheque (*BrE.*) (P. 11): 支票
8. freshman (*AmE.*) = first-year student (*BrE.*) (P. 11): 大学一年级学生
9. keep up with (P. 11): 跟上; 赶上; 不落后
10. public school and high school (P. 11): (*AmE.*) 公立小学和中学
11. They made an illiterate out of my daughter! (P. 11): 学校居然把我的女儿培养成了文盲!
12. that's a bit strong (P. 11): 言过其实; 夸大其辞; 有点过分
13. an institution of higher learning (P. 11): 高等学校
14. a grammar school (P. 11): (*AmE.*) 初级学校
15. It seems that we're the ones who failed. (P. 11): 好象我们是些失职的父母。
16. add, multiply, subtract or divide (P. 11): 加, 乘, 减或除
17. set up (P. 12): 开办; 设立

## II. Chinese Translation of the Reading Practice (阅读材料译文)

阅读理解取决于词汇、结构(语法)和意义三要素的相互作用。换言之,成功的理解取决于读者掌握语言的实际程度。但是,一般来说,熟练掌握阅读技巧或阅读技能,不仅会使阅读变得容易些,而且在一定程度上还会有助于提高阅读理解能力。

### 技巧:基本阅读技巧 I

#### 怎样阅读一篇文章(一)

读一篇理解性的文章,可取的方法是至少读两遍。第一遍获得该文章的总体印象,第二遍则将注意力集中于重要的细节。有时还需读第三遍,以便检查阅读难点。

**第一遍阅读:**以正常的阅读速度将下列短文读一遍,争取理解文章大意,然后做练习 A。

### 在大学里学习阅读

提摩肯夫妇送女儿劳拉上了大学,用一张支票付了 7 000 美元的学费,便以为没事了。谁知不久,就收到了教务长的一封信。

“校方愉快地通知您,学校一直为大学新生开办阅读补习班,特建议您的女儿劳拉参加,否则我认为她的功课难以跟上。补习班收费 250 美元。”

提摩肯阅信后对妻子说:“我过去认为劳拉是会阅读的。”

“我过去也是这样想。问题是她虽能阅读,但不能理解所读的材料。”

“公立小学和中学都教了她些什么呢?”



“我也想不通。既然学院说她需要补习阅读，我们最好还是同意让她进补习班，否则 7 000 美元就白扔了。”

几天后，他们又收到教务长的另一封信。

“英语系通知我们，您的女儿劳拉不会写作，系里建议她参加写作补习班。两年前，我们发现大多数大学生普遍存在这个问题，就开办了写作补习班。如果你们同意，认为劳拉需要特殊帮助，请用支票汇 250 美元。”

这回提摩肯生气了。

“如果她不会写作，她是怎样进大学的呢？”

提摩肯太太对此要乐观得多，“劳拉能够写，但不会写完整的句子。”

“她上了十二年学，连一个句子都不会写？”提摩肯嚷道，“他们居然把我的女儿培养成了一个文盲！”

“哦，我认为你把话说重了。不管怎么说，我相信学校会帮助她学会写作的，这毕竟是大学嘛。”

“难道现在我们必须为他们在中学就该教会她的东西再付 250 美元吗？”

“你不记得几年前中学校长说过的话了吗？学校的责任是把学生培养成良民，而家长的责任是教会自己的孩子读和写。看来我们是失职的父母了。”

提摩肯寄走了支票。一周后，当他看到又一封信时，已不感到意外了。

来信说：“我们发现一年级新生中没有一个人会做简单的加、减、乘、除。我们感到这一缺陷急需在大学初期得以弥补。因此，我们准备办一个专门的算术补习班，预计费用 250 美元。如果您不让您的女儿参加该课程补习班，我们无法保证她能毕业。”

提摩肯再次勃然大怒，“我想起来了，劳拉在高中时数学成绩都是优秀。”