

● 全国高等教育自学考试指定教材辅导用书

# 综合英语 (一)

上、下册

主编  
孔暄

通关必读



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## 前 言

为了帮助广大考生顺利通过高等教育英语专业的自学考试,我们根据全国高等教育自学考试委员会颁布的考试计划和考试大纲,编写了《综合英语(一)》(上、下册)通关必读。在编写中,我们本着既突出重点,又充实内容的指导思想,针对重点、难点给学生提供解释,并配有大量练习。本书力求做到条理清晰、语言规范,使学生在学习和练习中掌握知识并熟悉考试形式和掌握考试技巧。

本书主要包括重点词汇、难句分析、参考译文、教材练习答案和补充练习五大部分。每个部分都有不同的侧重点,能够使学生全面、深刻地理解和掌握所学知识,对考生顺利通过考试大有裨益。

本书在编写过程中得到了天津外国语学院成教学院领导和教师的大力支持和帮助,在此表示感谢。

希望此书能够成为广大考生的良师益友,同时也希望广大师生在使用本书过程中提出宝贵意见和建议,以便进一步完善。

编者

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# 上册

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## Lesson One

### The Time Message

#### 一、重点词汇

① **habit** *n.* 习惯; 习性; 脾性

You will not be afraid of snakes if you understand their habits.

你如果知道蛇的习性, 就不会怕它们了。

habitual /hə'bitʃuəl/ *adj.* 习惯(性)的; 习以为常的; 惯常的, 已

成规则的 habitually *adv.* 习惯地; 惯常地

be in the habit of 有……的习惯(脾气)

get into the habit of 养成……的习惯

cultivate a good habit 培养一种良好的习惯

fall into the habit of 染上……的习惯

kick the habit 戒掉嗜好(尤指毒瘾)

② **seriously** *adv.* 严肃地; 认真地; 严重地

We should deal with our study seriously.

我们应该严肃对待我们的学习。

serious *adj.* 严肃的; 认真的; 严重的 seriousness *n.* 严肃; 认真; 严重性 seriously-minded *adj.* 心情严肃的; 认真的

take sb./sth. seriously 认真对待

Strategically we despise difficulties, and tactically we take them seriously. 在战略上我们藐视困难, 在战术上我们认真对待困难。

be seriously ill 生重病

She was seriously ill. 她病得很重。

③ **prepare** *v.* 准备; 筹备; 使……有准备; 写出, 制定; 配制, 调制

The farmers are preparing land for summer crops.

农民们在整理土地准备种夏季作物。

prepared *adj.* 有准备的, 准备好的 preparedness *n.* 准备状

态;战备状态 preparation *n.* 准备;预习,备课;配制剂 preparatory *adj.* 准备的,预备的

prepare for 为……做准备

The guests prepared for their departure.

客人们已做好了启程的准备。

prepare + *inf.* (不定式) 准备做某事

I jumped up and prepared to defend myself.

我跳起来,准备为自己辩护。

④ **upset** *v.* 打乱(计划等);打翻;使(人)心烦意乱;使(肠胃)不适

Our plan for the weekend was upset by her visit.

她的来访把我们周末的计划打乱了。

常用过去分词作表语。

I'll be really upset if you don't come.

你要是不来,我真的会难过。

upset sb's (或 the) applecart 破坏某人的计划

upset one's stomach 使胃不舒服

upset price (拍卖时起喊的)开拍价格

⑤ **ability** *n.* 能力;才能;才智【反义】inability

able *adj.* 能;能够;能干的;有才华的【反义】unable

enable *vt.* 使……能够

该词作“能力”讲时,常与不定式连用。

the ability to speak a foreign language 说一种外语的能力

to the best of one's ability/abilities 尽最大努力

You are just there to do your job to the best of your ability.

你就在那儿尽力做好你的工作。

⑥ **basis** *n.* 基础;根据;主要成分 [复数]bases/'beisiz/

His theory has a solid basis in fact.

他的理论有确切的事实为基础。

base *vt.* 建于……上;以……为基础(根据)(后与 on/upon 连用)

*n.* 底;根基;基础;基地 baseless *adj.* 无根据的;无缘无故

的 *basement* *n.* 地下室 *basic* *adj.* 基本的, 基础的; [化] 碱(性)的 *basically* *adv.* 基本上; 根本上

on the basis of 在……的基础上, 基于……

The choice might have been made on the basis of convenience.

有可能是出于方便才做出的选择。

on a ... basis 以……的方式; 以……的方法

We run the service on a voluntary basis.

我们以自愿的方式来提供服务。

⑦ **assignment** *n.* 指定的任务或职责; 指定的(课外)作业

assign *v.* 分配, 归于……

Your next assignment will be to find these missing persons.

你下面的任务就是去找那些失踪的人。

⑧ **activity** *n.* 活动[U, C]; 活动性; 能力性[U]

active *adj.* 活跃的; 积极的; 主动的 *actively* *adv.* 活跃地; 积极地; 主动地 *activism* *n.* 活动主义; 行动主义; 能动主义

activist *n.* 活动分子; 积极分子; 行动主义分子

当表示具体活动时, 为可数名词, 多用复数形式; 当表示活动总称或能动性时, 为不可数名词。

classroom activities 课堂活动

extracurricular activities 课外活动

social activities 社会活动; 文娱活动

practical activities 实践活动

subjective activity 主观能动性

⑨ **social** *adj.* 交际的, 社交的; 社会的; 群居的

Marriage isn't always easy between two people of different social class.  
两个社会阶层不同的人结合并非易事。

socially *adv.* 社交上; 社会上 *society* *n.* 社会 *socialist* *n.* /  
*adj.* 社会主义者; 社会主义的 *socialism* *n.* 社会主义 *sociology* *n.* 社会学 *sociable* *adj.* 爱交际的

social contradictions 社会矛盾



- social work 福利救济工作  
 social service 社会公益服务  
 social welfare 社会福利  
 a social climber 企图与权贵(或高人)交往者,向上爬的人  
 a social disease 性病;(肺病等)接触传染性疾病

## 二、难句分析

① **For example, at the beginning of a semester, you may feel that you have plenty of time on your hands.** 例如,在学年的开始,你或许觉得你有很多的时间。

1) semester 指美、德等国学校的一学期,常用于美国英语中;term 常用于英国英语中。本句中的 semester 与下一句中的 term 完全同义,作者只不过为避免重复而采取了这种方法。

2) plenty of 意为“许多”,既可修饰可数名词,也可修饰不可数名词。例如:

There is plenty of food. 这有许多食物。

与 plenty of 同义的短语还有很多。例如:

a large amount of: A large amount of money is spent on tobacco every year. 每年都有大量的钱消耗在烟草上。(修饰不可数名词)

a large number of: A large number of people came to the playground to see the game. 许多人到操场上来看表演。(修饰可数名词)

a great/good deal of: I have a great deal of trouble over the work.  
 我在工作上有许多麻烦。(修饰不可数名词)

lots/a lot of: They have a lot of difficulties in study.  
 他们在学习上有许多困难。(修饰可数或不可数名词)

3) on sb's hands 在某人手里;由某人负责照管。例如:

She has many patients on her hands. 她有许多病人要照管。

常与 hand 搭配的短语有: at hand(在手边;即将来临), by hand(用手), hand in hand(手拉手;联合), on hand(在手边;临近), hand down(传下来), hand in(交上), hand on(传下来,依次传递), hand out(分发,发

给)等。

② **If you don't make it work for you, it will work against you.** 你如果不能让时间为你效力,它就会对你不利。

1) if 引导的从句属真实条件句。

2) **make + 宾语 + 不带 to 的不定式**, 表示“使(或强迫)……做某事”。例如:

I can make him understand. 我会让他理解。

除 make 外,接不带 to 的不定式的词还有 watch, hear, see, let, help 等。其中 watch, see, hear 后面还可接动词的-ing 形式,表示“看到(听到)……正在做某事”。例如:

We watched them playing football on the playground.

我看到他们在操场上踢足球。

make 后的 to 可有可无。但在被动语态结构中必须用带 to 的不定式。例如:

He was made to go. 他是被迫去的。

③ **Once a weekly study plan is prepared, follow the same pattern every week with small changes.** 一旦一周的学习计划制定出来了,每周都要按照这个模式做些小小的调整。

1) weekly 与 week 的比较: weekly 既可用作形容词、副词,也可用作名词。作名词时意为“周刊,周报”, week 作名词时只有星期的意思。

2) every 和 each 的区别: every 着重整体中的个别,可以指一定数目或不定数目中的每个。every 是形容词,只有在和名词构成复合词时,才能作代词用。each 着重个别,常指一定数目中的一个; each 可用作形容词、副词或代词。例如:

I told every student to come. 我通知了每个学员都来。

I told each student to come. 我一个个地通知每个学员都来。

④ **It is important that you re-plan your time on a weekly basis so that you can make certain changes when necessary.** 每周重新安排时间很重要,这样才能在必要时对计划进行调整。

1) 在“**It is (important) that**”结构中,从句里的谓语动词要用虚拟形

式,即动词原形,或 should + 动词原形。在这一句型中,除 important 外,还有 necessary, essential 等。例如:

It is necessary that Tom fill in all the blanks on an application for a job.  
汤姆有必要填满工作申请表中的所有空格。

It is essential that Jones be prepared for emergency.  
琼斯有必要做好应急准备。

2) on a basis: 以……为基础。例如:

He came to the factory as a technician on a short-term basis.  
他来工厂是做一个短期技师的。

3) so that/so ... that 既可引导目的状语从句,也可引导结果状语从句。例如:

He drove with both windows closed so that he should not catch cold.  
他开车时关着两边窗子以免感冒。(引导目的状语从句)

It was so dark that he couldn't see the face of his classmate.  
天如此黑以至于他看不见同班同学的脸。(引导结果状语从句)

4) when necessary 是 when it is necessary 的简略形式。简略的方式多种多样。再如:

Cook the food until (it is) melted. 把食物煮到熔化为止。

## 参考译文

### 掌握时间的要旨

艾尔伍德·N·查普曼

1 时间真是不好对付。它难以控制,却很容易浪费掉。当你向前看时,你认为时间用不完。例如,每当一个学期开始时,你可能会觉得自己有充足的时间。但快到期末时,你会突然发现时间快用完了。你已没有足够的时间来顾及到所有的学科,因此你开始着急。答案是什么呢? 把握住时间!

2 时间是危险的,如果你不把握住它,它就会控制你。如果你不能让

时间为你工作,它将给你带来麻烦。因此,你必须成为时间的主人,而不是成为其奴仆。作为一名大学一年级的学生,妥善安排好时间是你的头等大事。

3 时间是宝贵的。浪费时间是一种不良习惯。浪费时间就像毒品一样,你越是浪费它,就越容易继续浪费下去。如果你真想充分利用上大学的这段时间,你应当掌握时间的要旨并将其付诸实践。

要旨 1:从开始就把握住时间。

4 抓紧时间是要抓紧今天的时间,不能从明天或是下周才开始。在每学期开始就实施你的计划。

要旨 2:养成使用笔记本的习惯。

5 今天就去买一个笔记本。用它来计划好你每天的学习时间。一旦制定好一周的学习计划,每周即采用同样的方法,可以有些小的调整。你最好是在每周日做好下一周的学习计划。

要旨 3:要现实一些。

6 一般情况下,你可以根据以往的经验知道你需要多长时间来写好一篇短文,多长时间进行测验前的学习,或是决定最后期末考试前的复习时间。当你做这些计划时,要现实一些。要留出空余时间以防发生预测不到的事情,否则你的整个计划就会被打乱。

要旨 4:为每堂课安排至少一个小时的时间。

7 你为每堂课安排的学习时间,取决于四个因素。(1)你的能力。(2)课堂内容的难易程度。(3)你希望得到的分数。(4)你如何充分利用学习的时间。不管怎样,有一点是确定的:你应为每堂课安排至少一个小时的时间。许多时候,你会需要两到三个小时。

要旨 5:使你的计划灵活一些。

8 每周重新安排时间很重要,这样才能在必要时对计划进行调整。例如,在期中或期末考试前,你想多花些时间来复习功课。一个好的计划必须有充分的灵活性,这样一些特殊的科目就得到了充分的复习。

要旨 6:有课的日子也要抽时间学习。

9 每天都踏踏实实地学习一会儿,比一天学习很长时间,而第二天什么都不学习要好。当你安排日程时,每天至少要包括两个小时的学习

时间。这不仅能够使你保持一种良好的学习习惯,还会使你跟上课堂的进度。

要旨 7: 周六休息——周日学习。

10 最好有一个整天的时间不学习。许多同学选择周六参加体育或是社会活动。另一方面,周日对许多学生来讲是学习的最佳时间。周日是用来补上拖欠的阅读任务和其他作业的好时机。

## 教材练习答案

### Questions on the Text

#### 课文问题

1. The article is written for the college students. Because some of them don't know how to plan their study time.
2. The three things are: time is tricky, time is dangerous and time is valuable.
3. The author advises us to control time from the beginning of the term.
4. Students can use a notebook to plan their study time each day.
5. Because you know from experience how long it takes you to write a short essay, to study for a quiz, or to review for a final exam, and because something unexpected may happen.
6. Sometimes one hour of study for each class hour is enough. In many cases, two or three hours will be required.
7. Because it is important that students re-plan their time on a weekday basis so that they can make some changes when necessary.
8. Yes, I do.
9. Many students choose Saturday to stop all study activities. Because they want to choose it for sports or social activities.
10. No.
11. Sunday can be used as a good day to catch up on back reading and other

assignments.

12. I think all seven messages are important. And I'm going to put them into practice.

### Written Work

#### 笔头作业

Translate the following passage into English.

将下面短文译成英语。

Time is important. Everyone has 24 hours in a day and 365 days for a year. Once a day passes in our life, it will never come back again. If we love our lives, we shouldn't waste our time. We must control time. The best way to use time is to plan it well.

When making the study plan, we should bear two things in mind. First, be realistic. Don't try to do too many things. Second, a good study plan should be flexible. We may make some small changes every week, but follow the same pattern.

Let's be the master of time and start our plan now.

### Vocabulary Exercises

#### 词汇练习

1. 根据下列构词法规则完成以下练习。

- |                    |                    |
|--------------------|--------------------|
| 1) easily 容易地      | faithfully 忠诚地;如实地 |
| truly 真实地          | quietly 安静地        |
| badly 恶劣地;严重地      |                    |
| 2) kingly 国王的;国王似的 | lovely 可爱的         |
| fatherly 父亲般的      | manly 男子气概的        |
| friendly 友好的       |                    |
| 3) nightly 每夜的     | yearly 每年的         |
| weekly 每周的         | daily 每日的,日常的      |
| monthly 每月的        |                    |

2. 将下列句子译成英语。

1) 用课文中的词或词组。

- (1) I have run out of food. I must go to buy some.
- (2) Since you have said so, you should put them into practice.
- (3) It takes at least 2 hours to get there by bus.
- (4) Although we failed, at least we tried our best.
- (5) Speak louder so that everyone can hear you.
- (6) How long did it take you to write that article?
- (7) You seem to be very sad. Tell us what has happened so that we may help you.
- (8) We should keep our classroom clean.
- (9) We may ask Xiao Wang to help us. He seems to have a lot of time.
- (10) My brother will come to Beijing next week. He will make good use of the time when he is here.

2) 用本课的动词句型 1。

- (1) You are the person whom(who) I'm looking for.
- (2) The book isn't mine. It's John's.
- (3) They are always the best friends.
- (4) Beijing is a beautiful city.
- (5) That seems to be the best choice.

3. 用恰当的介词或副词填空。

- 1) back, ahead    2) up    3) Toward    4) of    5) against  
6) on    7) out, at    8) from    9) up, with    10) on, for

4. 用方框里的单词填空, 每词限用一次。

- 1) use    2) of    3) named    4) by    5) want  
6) comes    7) situations    8) for    9) may    10) custom

Grammar Exercises

语法练习

1. 从括号内的两个词或词组中选择正确的完成下列句子。

- 1) homework    2) information    3) has    4) are    5) are    6) How much

7) some sugars 8) baggage 9) are 10) is 11) are 12) does not

2. 在需要冠词的空中填入恰当的冠词。

1) × 2) × 3) ×, the 4) a, The 5) a, The 6) An, a 7) ×,  
× 8) an 9) a, the 10) an, the

## 补充练习(附答案)

### 1. Word Transformation. 词性转换。

- 1) Mr. Smith is too young to \_\_\_\_\_ the school. (management)
- 2) We are interested in a \_\_\_\_\_ gathering. (society)
- 3) It is the \_\_\_\_\_ programme of the Communist Party of China. (basis)
- 4) We have to finish our work in the \_\_\_\_\_ of October. (monthly)
- 5) We must expose all the \_\_\_\_\_ of the enemy. (tricky)
- 6) I want to see the \_\_\_\_\_ of your company. (manage)
- 7) The state of affairs is very \_\_\_\_\_. (seriously)
- 8) Shall we \_\_\_\_\_ our class now? (beginning)
- 9) He stretched and \_\_\_\_\_ his knees. (flexible)
- 10) They are very proud of their \_\_\_\_\_. (achieve)

Answers(答案):

- 1) manage 2) social 3) basic 4) month 5) tricks  
6) manager 7) serious 8) begin 9) flexed 10) achievement

### 2. Complete the following sentences with the correct choice. 选择填空。

- 1) I want \_\_\_\_\_ in the English Competition.  
A. to take part                      B. taking part  
C. take part                          D. to take a part
- 2) He had finished his homework \_\_\_\_\_.  
A. yesterday                          B. the day before  
C. just now                           D. one day ago
- 3) The box is \_\_\_\_\_.  
A. very heavy as me to carry it



- B. too heavy for I to carry it  
C. too heavy for me to carry  
D. very heavy, I can't carry
- 4) Would you tell me where \_\_\_\_\_?  
A. does Peter live                      B. Peter lives  
C. did Peter live                      D. will Peter live
- 5) Who is responsible \_\_\_\_\_ dealing with that job?  
A. with              B. off              C. for              D. in
- 6) It was yesterday \_\_\_\_\_ he met my brother in the Zoo.  
A. when              B. on that              C. that              D. which
- 7) I am looking forward to \_\_\_\_\_.  
A. see you                      B. seeing you  
C. saw you                      D. find you
- 8) She's already written a letter to her mother, \_\_\_\_\_?  
A. hasn't she                      B. doesn't she  
C. isn't she                      D. has she
- 9) I'm very \_\_\_\_\_ that book.  
A. interesting in                      B. interested in  
C. interesting on                      D. interested on
- 10) Our family has been here \_\_\_\_\_.  
A. not long ago                      B. in 1988  
C. after 1969                      D. since 1977

**Answers(答案):**

- 1) A      2) B      3) C      4) B      5) C  
6) C      7) B      8) A      9) B      10) D

**3. Cloze Test. 完型填空。**

The hotel was in a 1 street and seemed to agree with one who 2 a good sleep after a long trip. The hotel manager 3 me to my room. When I asked him about dinner, he said it was 4 six and I had 5 it.

"6, I'm not hungry!" I said in a friendly voice. "I'll just have a