

高等院校文理本科用

大学英语辅导

COLLEGE ENGLISH GUIDE



杨金栋 俞桂娥合编
北京农业大学出版社

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前 言

国家教委审定批准的《大学英语》（文理科本科用），由复旦、北大、华东师大和人大合编的系列教材，自86年出版以来为全国五百多所高等院校采用（88年统计）。经过两年多的教学实践，广大师生感到此教材形式多样，内容丰富，有一定难度，要求高。为了帮助广大学生学好该教材，有助于参加国家教委部署的大学英语分级统考四级考试，我们为教材中的精读教程1—4册编写了《大学英语辅导》。

《大学英语辅导》内容是以原课文为根据进行编写的，照上述《大学英语》精读1—4册的单元顺序排列，条目中的生词和短语结构一般也按照课文中的排列顺序选用。单元内容主要分三部分。

一、生词及其英文解释紧扣本单元课文重点。主要生词，一般有两个例句，一是课文中的用法，一是编者选的，简明易懂，便于掌握。

二、短语结构及其英文注释例句情况与第一部分相同。此部分重点在于解决语言点在课文中的应用，必要的语言辨析在此也作了阐述。

三、疑难句子解释主要是通过英语句型转换或者结构分析等来实现。

以上三部分均附译文，全书以英汉双解形式进行演译和辨析。

《大学英语辅导》是按照新《大学英语教学大纲》提出的要求，根据使用新教材的体会，帮助学生学习、掌握《大学英语》的难点而编写的。适合大学生、大学英语教员、报考研究生者、自学者

以及广大英语爱好者使用，是参加国家教委大学英语四级统考者必不可少的用书。

《大学英语辅导》一、三册由北京农业大学杨金栋编写，二、四册由北京林业大学俞桂娥编写。全书经北京林业大学外语系主任季健教授审阅。

由于时间仓促，编者经验不足，水平有限，书中的缺点和错误在所难免，欢迎广大读者批评指正。

编 者

一九八九年二月

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BOOK 1 第一册

Unit 1 How to Improve Your Study Habits

第一单元 怎样改进你的学习习惯

I. NEW WORDS:

1. average *a.* ordinary; usual 普通的
2. intelligence *n.* ability to learn and understand 智力
3. top *a.* best; highest 优等
4. case *n.* what has really happened, actual condition
实情
e.g. a. This is not necessarily the case, however. 然而
而实际情况未必如此。
b. If that's the case, I must as well try. 如果是
那么回事, 我还是试试。
5. however *conj.* nevertheless, but 然而
6. grade *n.* the mark given to a pupil for his work in
school 分数
7. additional *a.* added 额外的
8. schedule *n.* timetable 时间表
9. chart *n.* big drawing or map to give information 图
表
10. etc. (Latin, shortened form for et cetera) and other
things; and so on 等等
11. normal *a.* usual; ordinary 正常的
12. assignment *n.* sth. given out as a task 作业
13. occupy *vt.* take up 占用

14. relaxation *n.* (sth. done for) rest and amusement 休息, 娱乐
15. hobby *n.* what one likes to do in one's free time 业余爱好
16. entertainment *n.* show, party, etc. that people enjoy 娱乐
17. solve *vt.* find the answer to (a problem) 解决
18. furthermore *ad.* moreover; in addition 而且, 此外
19. adequate *a.* as much as one needs: enough 足够的
20. distraction *n.* sth. that draws away the mind or attention 干扰
21. subject *n.* sth. (to be) studied, talked or written about 学科
22. skim *vt.* read quickly to get the main ideas of 略读
23. passage *n.* part of a book, story, speech, etc. 短文章
24. preview *vt.* have a general view of sth. beforehand 预习
25. content *n.* what is written in a book 内容
26. organize *vt.* form into a whole 组织
27. skip *vt.* pass over 略过
28. portion *n.* part; share 部分
29. double *v.* make or become twice as great or as many 加倍
30. comprehension *n.* ability to understand 理解
31. mention *vt.* speak or write about sth. in a few words 提到
32. remain *vi.* continue to be 仍是
33. confused *a.* troubled in mind 混淆
34. regular *a.* coming, happening, done again and again at even intervals 有规律的
35. performance *n.* achievement 成绩
e.g. a. Regular review leads to improved performance

on tests. 定期复习是提高考试成绩的有效途径。

b. His performance in the exams was not very good.
他的考试成绩不很好。

36. develop *vt.* acquire gradually 培养

e.g. a. Develop a good attitude about tests. 培养正确的考试观念。

b. Hand in hand with reading, he had developed the habit of making notes. 他结合读书, 养成了记笔记的习惯。

37. attitude *n.* what one thinks about sth. 态度

38. purpose *n.* aim 目的

39. excessively *ad.* too much 过分

40. single *a.* one only 单个的

41. provide *vt.* give; supply (what is needed) 提供

42. knowledge *n.* familiarity gained by experience; range of information 知识

43. permanent *a.* lasting for a long time; never changing 持久的

44. technique *n.* way of doing sth. 技巧

II. PHRASES AND EXPRESSIONS:

1. Fill in: write in 填写

e.g. a. Fill in committed time such as eating, sleeping, meetings, classes, etc. 把用于吃饭、睡觉、开会、听课等非花不可的时间填好。

b. There are one or two lines more on this application which you must fill in. 申请表上还有一两行你得填。

2. committed time: time committed for necessary purposes, that is, time required to fulfil one's obligations or necessities 指定的时间

Committed

3. decide on: decide in favour of; determine; choose 选定
e.g. a. Then decide on good regular times for studying.
然后选定合适的固定学习时间。
b. Philip felt that he must decide on something.
菲利浦感觉到他应该选点什么。
4. be sure (to do sth. or that clause): not fail (to do sth.)
一定要
e.g. a. Be sure to set aside enough time to complete your normal reading and work assignments. 一定要留出足够的时间, 用来完成日常的阅读和课外作业。
b. Be sure to write to me as soon as you get there.
一到那里, 你一定给我写信。
c. She wanted to be sure that he was looked after.
她想肯定有人照看他。
5. set aside: put aside for later use; reserve for a special purpose 留出
e.g. Each week he tried to set aside a few dollars of his salary. 他每星期都想从工资中积蓄点钱。
6. be aware of: know (sth.); know (what is happening); have knowledge of; realize 知道
e.g. a. It will make you more aware of how you spend your time. 它会让你比较清楚地了解你的时间是怎样用掉的。
b. She was aware of the fact. But she could not face it yet. 她知道事实, 但她还不能正视事实。
7. enable (sb.) to do (sth.): make (sb.) able to do (sth.) 使某人能做某事
e.g. a. Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play. 此外, 它还能让你安排好各种

活动, 既有足够的时间工作, 也有足够时间娱乐。

b. The train will enable me to get there in time.

火车能使我按时到达那里。

8. concentrate on: keep or direct all one's efforts, thoughts, attention, etc. to 集中精力

e.g. a. When you begin to work, you should be able to concentrate on the subject. 在你开始工作的时候, 你应该把全部注意力贯注在功课上。

b. I can't concentrated on what I'm doing, while the noise is going on. 有嘈杂声, 我集中不了注意力来做我在做的事情。

9. look over: examine; inspect 浏览

e.g. a. This means looking over a passage quickly before you begin to read it more carefully. 这就是说, 在你仔细阅读文章之前, 先把文章从头到尾迅速浏览一遍。

b. Are you busy looking over your mail? 你在浏览信件吗?

10. and . . . as well: also; too 也

11. go over: read again; review; examine 复习

e.g. a. Go over your notes as soon as you can after class. 课后要及早复习笔记。

b. If you have time, go over your lessons. 你如果有时间就复习功课。

12. remain confused about: be still confused about 仍然混淆不清

e.g. a. Review important points mentioned in class as well as points you remain confused about. 重温课堂上提到的要点, 也复习一下你仍然混淆不清的地方。

b. He remained confused about the matter. 他仍然弄不清这件事。

13. share with: use or have (sth). with others 与...分享
e.g. a. Share with them some of the techniques you have found to be helpful. 与他们分享你发现有效的某些学习方法。
b. Wang Hai shares the bedroom with three of his classmates. 王海和他的三位同学住在同一宿舍里。

III. EXPLANATIONS FOR SOME SENTENCES:

1. This is not necessarily the case, however. — But this might not be true sometimes. 然而实际情况未必如此。
2. The world won't end if you don't pass a test, so don't worry excessively about a single test. — If you fail in test, it doesn't matter and you can learn from your lessons. You'll succeed later on. Therefore, don't be anxious too much about a single test. 一次考试不及格，天是不会塌下来的，因此，不必为个别的一次考试过分担心。
3. Regular review leads to improved performance on tests. — After you review your notes and textbook regularly you are most likely to obtain more marks on your tests. 定期复习是提高考试成绩的有效途径。

Unit 2 Sailing Around the World

第二单元 环球航行

I. NEW WORDS:

1. single-handed *a. ad.* (done) by one person alone 独自
2. surprise *vt.* give a feeling of surprise to 吃惊
3. fail *vi.* be defeated 失败
4. solo *a.* single-handed 独自

5. lung *n.* part of the body with which one breathes 肺
6. cancer *n.* diseased growth in the body, often causing death 癌
7. determined *a.* having or showing a strong will 决定
8. retire *vi.* stop working at one's job (because of age) 退休
9. voyage *n.* sea journey 航海
10. route *n.* way from one place to another 路线
11. crew *n.* group of people who work together on a ship or aeroplane 全体船员
12. damage *v.* cause harm 损坏
13. gale *n.* very strong wind 风暴
14. cover *vt.* travel (a certain distance) 走完(一段路程)
15. previously *ad.* before 以前
16. attempt *v., n.* try 设法
17. dissuade *vt.* prevent (sb.) from doing sth. by reasoning 劝阻

e.g. a. After resting in Sydney for a few weeks, Chichester set off once more in spite of his friends' attempts to dissuade him. 在悉尼休息了几周之后, 奇切斯特不顾朋友们的多方劝阻, 再次扬帆出航。

b. I dissuaded him from borrowing the money. 我劝他别借钱。
18. treacherous *a.* more dangerous than it seems 暗藏危险的
19. rough *a.* stormy; not moving gently 狂暴, 波涛汹涌
20. fortunately *ad.* luckily 幸运地
21. serious *a.* solemn; important because of possible danger 严重
22. calmly *ad.* quietly; not excitedly 平静地
23. contact *vt.* get in touch with 联系

24. unless conj. if . . . not 若不

e.g. a. Still, he could not help thinking that if anything should happen, the nearest person he could contact by radio, unless there was a ship nearby, would be on an island 885 miles away. 他仍禁不住想到, 要是果真有什么意外, 他能借无线电联系上的人, 最近的也要在885英里以外的岛上, 除非附近哪儿有条轮船。

b. I will come unless I hear to the contrary. 我会来的, 除非听到相反的消息。

25. nearby ad. close by 附近

26. following a. next 下边的

27. nightmare n. terrible dream 恶梦

28. drag v. pull along (esp. with effort and difficulty) 拖

29. sinister a. suggesting evil or the likelihood of coming misfortune 凶恶的

30. very a. only 唯一的

31. Sir n. title used before the name of a knight × × 爵士

32. accomplish vt. finish successfully 完成

33. adventurer n. person who seeks adventures 冒险家

34. experience vt. meet with 经历

35. conquer vt. overcome 克服

36. undoubtedly ad. certainly 无疑地

37. moreover ad. in addition 此外

38. being n. a living thing, esp. a person 人

39. throughout prep. all or right through; from end to end of 从头到尾

II. PHRASES AND EXPRESSIONS:

1. give up: stop having or doing; abandon hope for sth. or the attempt to do sth. 放弃

- e.g. a. He gave up flying and began sailing. 他放弃了飞行, 转向航海。
- b. Many college students in our country gave up part of their summer vacation to do something useful. 我们国家有很多学生放弃了部分暑假时间去做有益的事。
2. be determined to do sth.: decide to do sth. 决定做某事
3. carry out: complete, or fulfil (one's promise, plan, etc.) 进行, 完成
- a. But Chichester was determined to carry out his plan. 但奇切斯特决意实施自己的计划。
- b. We intend to carry out our full policy. 我们要实施我们全面的计划。
4. clipper ship: a large sailing vessel of the 19th century. It was the fastest ship before the steamship. 快速帆船
5. plenty of: a large quantity or number of 大量的
6. all by oneself: completely alone; with no help 独自
- e.g. a. Chichester did it all by himself, even after the main steering device had been damaged by gales. 奇切斯特独自扬帆破浪, 即使在主要转舵装置被大风刮坏之后仍得这样。
- b. One can't possibly do it all by oneself. 一个人不能独自做这件事。
7. set off: begin a journey; start 起程
- e.g. Having said farewell to their friends, they set off for home. 他们与朋友们告别之后就动身回家了。
8. in spite of: regardless of 尽管
9. by far: by a large degree (usually used to modify a superlative or comparative degree adjective or adverb) ...得多, 最
- e.g. a. The second half of his voyage was by far the more dangerous part, during which he sailed