

陈登 编著

精读

教与学辅导

大学 英语

(修订本)

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READING

学出版社

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教 与 学 辅 导
(第一册)

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前 言

上海外语教育出版社出版的《大学英语精读(修订本)》是由复旦大学主持编写和修订的,其1992年版曾荣获全国高等学校第二届优秀教材特等奖和国家教委高等学校第二届优秀教材一等奖。全国文、理、工、农、医等本科院校以及综合性大学和师范院校普遍使用该教材。为了帮助广大师生更好地使用《大学英语精读(修订本)》,我们根据长期使用该教材的教学经验,以教材的修订本为依据,并按全国大学英语委员会关于大学英语四、六级考试采用新题型的通知精神,以新的视野、新的标准编写与教材配套的《大学英语精读(修订本)教与学辅导》。

《大学英语精读(修订本)教与学辅导》在编排上与教材同步,每单元分内容梗概、课文注释、重点结构、词语辨析、阅读材料注释、练习答案和参考译文等七个部分。“内容梗概”旨在使学生能提纲挈领地了解课文的内容,并为学生练习用英文写课文摘要提供参考;“课文注释”目的在于使学生能清楚地了解每课中语言上的重点和难点;“重点结构”旨在使学生掌握课文中常用的语法结构;“词语辨析”对一些常用的同义词或近义词进行辨析,让学生明白这些词语的异同;“阅读材料注释”旨在帮助学生更快地、更有效地阅读;“练习答案”部分提供了全部练习的答案,学生在遇到疑难时可以参考,但要注意有些题目的答案并不是唯一的,像 Answer the following question 和 Translate the following sentences into English 等可以有多种答案,我们提供的只是一种选择;“参考译文”部分有课文译文和阅读材料译文,希望这些译文不仅有助于学生理解原文,

也能使他们在语篇层次上摸索英汉互译的规律。

总之,本书的编写原则立足于《大学英语教学大纲》,针对教学中的难点和问题加以系统地整理,旨在使学生掌握英语的语言规律,培养和提高学生运用英语的能力。

编者

1998年7月于湖南大学

Unit One

How to Improve Your Study Habits 怎样改进学习习惯

内容梗概

As an average student with average intelligence, if you want to receive better grades, the most important for you is to have good study habits. This text gives us six suggestions for improving them, such as 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 about tests. Generally speaking, before the new lesson begins, we should preview it seriously. During class, we should concentrate on the teacher's explanation and take main points mentioned by the teacher. We must learn to plan the time properly and set aside some time for relaxation and entertainment. To learn English well, we should pay special attention to the basic skills of English, i.e. oral practice, listening comprehension, reading and translation. Regular review will also enable you to improve test results. Of course, there're some other techniques that might help you with your studying. You can try them. Anyhow, improving your study habits will improve your grades.

课文注释

1. Sound too good to be true? : Does it sound too good to be true?
听上去是不是好得难以置信呢?

sound: 听起来, 似乎

(1) The idea sounds marvelous. 这主意听起来妙极了。

(2) It didn't sound like a child of eight years old talking. 听起来不像是一个八岁小孩说的话

2. Perhaps you are an average student with average intelligence. 你也许是一名智力寻常的普通学生。

average: 普通的, 平常的

(1) He is a man of average ability. 他的能力平平。

(2) There was nothing special about this novel, and it was only average. 这本小说没有什么特色, 不过一般罢了。

3. You will never be a top student. 你永远也不会成为一名优等生。

top: adj. best, excellent, highest 最好的, 最高的

top 构成的常用词组:

at top speed 以全速

top secret 绝密

in top spirits 兴高采烈的

top honours 最高荣誉

the top of the tree (同行中的)最高地位, 事业的最高峰

4. This is not necessarily the case, however. 然而实际情况并非如此。

be the case; be true, be the actual condition 事实如此

(1) If that is the case, you'll have to work much harder. 如果实际情况是那样的话, 你就得更加努力工作。

(2) Some people believe that money is everything, but that is not the case. 有人认为金钱是万能的, 然而事实并非如此。

case 构成的常用词组:

in case 以免, 假使

in no case 决不

in any case 无论如何

in case of 万一

5. You can receive better grades if you want to. 如果你愿意的话, 你就可以取得更好的成绩。

grade 指学校的评分等级。学生在学校的学习成绩、考试分数可用 grade, score, mark, point 来表示。但是,只有 mark 和 point 两词前可直接用数字来修饰。请注意各词的具体用法:

(1) He always gets a grade of B on the tests in school. 他在学校的考试成绩总是 B。

(2) She scored 99 points/marks out of a possible 100. 她本可以得 100 分,结果却只得 99 分。

(3) My score on the test was 98. 我的考试成绩是 98 分。

6. Here's how. 其诀窍如下。

how: n. 方式,方法

(1) The book tells you about the how of it. 这本书告诉你做此事的方法。

(2) Please explain the hows and whys of flight. 请解释一下飞行的方法和原理。

7. Then make a schedule or chart of your time. 然后制订一份作息表或时间分配图。

schedule: 时间表,进度 on schedule 按预定时间;ahead of schedule 提前;behind schedule 过时,超期

chart: 指以曲线、图解等表示气象、物价、商情等资料的图表
a weather chart: 气象图

(1) They have planned a heavy schedule of travel for the next two days. 他们为以后两天安排了一个非常紧凑的旅行日程。

(2) The doctor wanted to look at the temperature chart for a hospital patient. 医生想看看一位住院病人的体温记录图表。

8. Fill in committed time such as eating, sleeping, meeting, classes. 把用于诸如吃饭、睡觉、开会、听课等这样一些必需的时间填上。

fill in: fill out 填写、填充

(1) Fill in your name and address on the form, please. 请在表格上填写你的名字和地址。

(2) This article is long enough to fill in two pages. 这篇文章长得足以排满两页版面。

commit vt. 指定……用于, 调配……供使用

The Mayor committed 100 thousand dollars in education of the children. 市长指定 10 万美元用于儿童教育。

此外, commit 常用来表示“犯(错误, 罪行), 干(坏事, 傻事)”。

如:

commit a mistake 犯错误 commit murder 犯谋杀罪

commit an offence 犯罪 commit suicide 自杀

such as: 诸如……之类的, 例如…… 后可接 etc., 但语体较随便, 在比较正式的文体中以不用为宜。such as 本意较笼统, 如前面有具体数字则不能用。如:

He knows four Romance Languages, namely, French, Spanish, Italian and Portuguese. 他知晓四种拉丁语系的语言, 即: 法语、西班牙语、意大利语和葡萄牙语。(此句中不能用 such as, 而应用 namely)

etc. = et cetera 等等。一般说来, 人名后面宜用 and others, 不宜用 etc., 以下短语也表示“等等”: and so on; and so forth; and so on and so forth; and the like.

9. Then decide on good, regular times for studying. 然后再选定合适的固定时间用于学习。

decide on; decide in favor; choose 就某事作出决定, 选定

(1) He has decided upon a new bicycle. 他已决定买一辆新自行车。

(2) We decided on green paint for the living room. 我们决定把客厅油漆成绿色。

10. Be sure to set aside enough time to complete your normal reading and work assignments. 务必要留出足够的时间来完成日常的阅读任务和课外作业。

be sure to do sth. : not fail to do 千万要, 务必

Be sure not to forget to bring your book here next time. 务必记住把书带到这里来。

set aside; save up, set by 留出, 存蓄

(1) I've decided to set aside ten yuan a month so that I can buy a pocket radio next term. 我决定每月存 10 元, 这样等到下个学期就可以买一台袖珍收音机了。

(2) It's a good way for you to set aside 20 minutes to read English aloud every morning. 对你来说, 每天早晨留出 20 分钟的时间朗读英语是一个好办法。

11. Studying shouldn't occupy all of the free time on the schedule. 学习不应该占据时间表上的全部空余时间。

occupy: vt. take up, full (a place or time) 占据, 占用(地点, 时间)

(1) His speech occupied only three minutes. 他的讲话仅占三分钟。

(2) This seat is occupied. 这座位有人坐。

occupy 常用的惯用语:

be occupied (in) doing sth./with sth. 正忙于做某事

12. It's important to set aside time for relaxation, hobbies, and entertainment as well. 给休息, 业余爱好和娱乐活动留出一定的时间, 这一点很重要。

It's important (for sb.) to do sth. : (对某人来说)做某事很重要
这是个常用的句型, it 为形式主语, 动词不定式为真正的主语。常见的这类结构还有:

It ' s hard/easy/difficult/common/necessary/wise/foolish/right/
wrong/ dangerous to do sth.

如果是 It's important + that clause 的句型,则 that clause 中的
谓语动词必须使用虚拟语气。

He realized it is important that he (should) keep calm. 他认识到保
持镇静是重要的。

and ...as well; too 也, 同样

This book tells us about the reform of China and her history as well.
这本书给我们介绍了中国的改革情况,也介绍了中国的历史。

13. This weekly schedule may not solve all of your problems, but it
will make you more aware of how you spend your time. 这张每周时间安
排的作息表也许解决不了所有的问题,但它能使你比较清楚地知
道如何去安排时间。

be aware of: realize 意识到, 知道

(1) We must be clearly aware of the situation. 我们必须对形势有
个清醒的认识。

(2) Human beings must be aware that the wildlife animals should be
protected. 人类必须意识到野生动物应该要加以保护。

14. Furthermore, it will enable you to plan your activities so that
you have adequate time for both work and play. 而且,它还能让你安
排好各种活动,有足够的时间来工作和娱乐。

enable sb. to do sth; make sb. able to do sth. 使某人能够干什
么

(1) The Reform and Open Policy is to enable China to develop more
quickly. 改革开放政策是为了使中国发展更快。

(2) This cooperation will enable better international understanding.
这次合作将有助于国际间更好的了解。

adequate: adj. enough 足够的

They prepared adequate food for the winter. 他们准备了足够的过冬食品。

15. And it should not have distractions. 而且不应该有干扰。

distraction; n. 注意力分散,分心的事情;娱乐,消遣

动词为 distract; draw away (a person's attention from sth.)

(1) There are too many distractions here to allow me to study properly. 这地方干扰太大,让我无法正常学习。

(2) After a spell of hard work I found boating a wholesome distraction. 在辛苦工作一段时间后,我觉得划船是一项有益的消遣。

16. When you begin to work, you should be able to concentrate on the subject. 当你开始学习时,应该把全部心思都用在功课上。

concentrate on; focus one's attention on 集中心思于,全神贯注于

(1) If you don't concentrate more on your study, you will fail in the examination. 如果你不把更多的精力集中在学习上,考试就会不及格。

(2) We have concentrated on recording the changes taking place in contemporary English. 我们已把精力集中于记录当代英语中发生的变化。

17. This means looking over a passage quickly before you begin to read it more carefully. 这就是说,在仔细阅读一篇文章前,先把文章很快浏览一遍。

look over; 粗略地过目,浏览;查看,检查

(1) You may look over this story book while waiting for us here. 你可以一边在这儿等我们,一边翻看这本故事书。

(2) The teachers are busy looking over the examination papers. 教师们正在忙于批阅考卷。

look 常用的词组:

look after 照顾, 关心

look at 看, 注视

look forward to 盼望, 期待

look for 寻找, 寻求

look on 旁观; 观看

look up 查阅; 往上看

look up to 尊重

18. As you preview the material, you get some idea of the content and how it is organized. 当你预习这篇文章时, 就会对其内容和结构有所了解。

get some idea of: 对……有所了解

类似的词组还有: get/have a general (clear) idea of 对……大致(清楚)了解; get/have no idea of 对……根本不了解。

(1) The purpose is to get a better idea of consumer tastes. 目的是想更好地了解用户们的口味。

(2) He has a clear idea of his responsibility. 他清楚地知道自己的职责是什么。

(3) The book gives you a good idea of life in England. 这本书会让你清楚地了解英格兰的生活。

19. Skimming helps double your reading speed and improves your comprehension as well. 浏览有助于加倍提高阅读速度, 而且还能增强理解能力。

help 后的不定式可省略 to, 特别是在美语中, go 的情况也类似。

(1) Then she help sweep the floors of the waiting rooms. 这时她就帮助打扫候车室。

(2) The cut is bleeding, and you'd better go see a doctor. 伤口在流血, 你最好去看一下医生。

double: v. make twice as much or many as 使……加倍

(1) The yield of grain in this village has been doubled in the past two years. 过去两年中该村的粮食产量增加了一倍。

(2) The insubstantiality of the charge doubles the suspicion. 指控的证据不足更令人怀疑。

20. Make good use of your time in class. 充分利用你的课内时间。

make use of: 利用

use 前常用一些形容词修饰, 表示程度。如:

make full/good/great/the best/the most use of 充分利用

(1) We should make full use of their natural resources. 我们应充分利用自己的自然资源。

(2) This possibility was hardly ever made use of. 这种可能性几乎从未加以利用。

21. Listening to what the teacher says in class means less work later. 上课认真听讲, 意味着课后少花力气。

mean: 意味着, 就是

(1) The Chinese people always means what they say. 中国人民说话是算数的。

(2) This fire, of course, means a loss to the state. 这次火灾当然会给国家造成损失。

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

go over; review; brush up (on) 复习, 温习; 重看, 检查

(1) We went over our English together last night. 昨晚我们一块复习了英语。

(2) They went over every process again, but without result. 他们把每一道工序又检查一遍, 但仍没有结果。

as soon as one can: 尽可能……地, 尽量……地

(1) Please write to me as soon as you can after your arrival in Washington. 你到华盛顿后要尽快给我写信。

(2) I have to return the book next week, so you need to read it as fast as you can. 下周我必须还这本书, 所以你要尽快地看完。

23. Review important point mentioned in class as well as points you remain confused about. 既要继续弄懂仍然不明白的地方, 也要重温课堂上提到的要点。

mention: vt. speak or write sth. 提到, 说到

I mentioned to the teacher that I wanted to go back to school. 我跟老师提到过我想返校。

as well as: 和; 不仅……而且……; 除了……还有

此结构作“不仅……而且……”用时, 强调的是第一个 as 前的成份, 这与 not only …but also…强调的次序恰好相反。

(1) John Dalton found that gases as well as solid and liquid were made up of unbelievable tiny particles. 约翰·道尔顿发现不仅固体和液体是由令人难以置信的微小颗粒组成的, 而且气体也一样。

(2) She works in a restaurant in the evenings as well as doing a full-time job during the day. 除了白天干一份工作外, 她晚上还在一家餐馆打工。

(3) He wants a pen as well as a pencil. 他要一支钢笔和一支铅笔。

confused: adj. bewildered, mixed up 混淆的, 不清楚的

They asked so many questions that I got confused. 他们问了许多问题, 我都弄糊涂了。

24. If you review your notes and textbook regularly, the material will become more meaningful and you will remember it longer. 如果定期复习笔记和课本, 就能对所学的东西领会得更深刻, 记得更长久。

meaningful: 意味深长的, 富有意义的

(1) The more you read the poem, the more meaningful you will find it to be. 这首诗越读得多, 体会就越深。

(2) The phoneme is the smallest meaningful unit of sound a listener can perceive. 音素是听话人所能识别的最小的有意义的语义单位。

25. Regular review leads to improve performance on test. 定期复习是提高考试成绩的有效途径。

lead to: result in, contribute to 导致, 通往

(1) Hard work leads to success. 努力工作导致成功。

(2) This path leads to the forest. 这条小路通往森林。

performance: n. 成绩; 表现

(1) His parents are proud of his performance in high school. 他的父母为他在中学的成绩感到自豪。

(2) His performance in the exams was not very good this term. 这个学期他考得不太好。

26. Develop a good attitude about tests. 树立正确的考试观。

develop: get gradually 养成, 培养, 使成长

(1) Rain and sunny develop the grain. 雨水和阳光促使谷物生长。

(2) We must develop children's reading habit as early as possible. 我们必须尽早培养儿童的读书习惯。

develop 还可以指“冲洗胶卷”, 如: develop film.

27. The world won't end if you don't pass a test, so don't worry excessively about a single test. 即使考试不及格, 天也不会塌下来。因此, 不必为那么一次考试而过分担忧。

the world: 对个人产生影响的事物总和; 人生, 生涯

(1) Five years of being a prisoner made him begin the world anew. 五年的囚徒生活使他开始了一个新的人生。

(2) I hope the world goes well with you. 我希望你万事如意。

if: even if 即使, 纵然 表示让步。

(1) We'll go if it snows. 即使下雪, 我们也要去。

(2) If he noticed the fact, he didn't care. 就算他注意到了这一事实,他也不介意。

28. Tests provide grades, but they also let you know what you need to spend more time studying, and they help make your new knowledge permanent. 考试不但给你评定分数,而且使你 知道在哪方面还需要进一步努力。另外,也有助于巩固新学到的知识。

spend time doing sth. : 花时间做某事

(1) The mayor spends spare time visiting workers. 市长利用空余时间看望工人。

(2) They spent the rest of the morning wandering on the Princeton campus. 他们把上午剩余的时间都用来逛普林斯顿校园。

29. Share with them some of the techniques you have found to be helpful. 和人们共同分享你所发现的一些行之有效的学习方法。

share with sb. of sth. / share sth. with sb. 共同, 分享

(1) Six other students share with him of the same bedroom. 另外6名同学与他同住一间寝室。

(2) True friends must share everything. 真正的朋友分享一切。

(3) To support the project as soon as possible, Professor Smith will share hardships with his students when the project is put into practice. 为了支持这项计划,史密斯教授将与他的学生共同克服在实施该计划中遇到的困难。

重点结构

- | |
|--|
| <ol style="list-style-type: none">1. as well2. so that3. as...as one can |
|--|

课文中的例句:

(1) It's important to set aside time for relaxation, hobbies, and en-