## 万水美语习语系列

# 美语习语实用教程

(第二版)

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#### 内容提要

本书分24个单元生动活泼地介绍了270条美国常用的习语。每个单元结构清晰,分为7个部分,包括热身练习、场景对话、分析、解释、观点、扩展练习、交流与讨论。书后有附录、单词表、参考答案。其内容深入浅出,易学易用。

本书适合作为大中专院校的教材,美语培训班教材,也可作为美语爱好者的自学教材。

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call it quits

give up

drop a course/ class

hang in there

bail out (at the first sign of trouble)

keep at it (until one gets it right)

stick with it (to the bitter end)

sweat it out

throw in the towel

tough it out

认输,停止做某事

放弃

退出某课程/班级

有信心地一直做某事

尽早退出,一旦遇到困难就承认失败

一直做某事直到它被完全接受或被证

明完全正确

坚持做完

撑到底

认输,投降

承受困难



Write down the names of three people who have become famous because they persevered, meaning that they continued doing something in spite of many difficulties, obstacles, or great discouragement. Exchange lists with a classmate and see if you can identify what difficulties these people faced.

(请举出三个因有毅力而成名的人,他们从来不畏困难、障碍或打击,始终做着一件事。交换名单并试着说明他们遇到的是什么样的困难。)

Names of people	Difficulties they faced			



# Read or listen to the following passage. (阅读或听下面短文。)



It is the second week of the semester at college. Tom is at his desk in his dormitory room looking through a course catalog and timetable. Rob, who has a room down the hall, stops by for a visit.

(已经是大学开学的第二周了。汤姆坐在宿舍的桌旁查看课程手册和时间表。罗布住在他楼下,顺便来看看汤姆。)

Rob: Isn't it a little late in the game to be choosing

classes?

Tom: I'm thinking about dropping my stats

course.

Rob: Statistics, huh?

Tom: Yeah. We had a quiz this morning and there's

no way I could have passed it.

Rob: Not one of my favorite courses.

Tom: What? You took it already?

Rob: Last semester.

Tom: And?

Rob: And what?

R: 现在还在选课程是不是有点晚了?

T: 我正想放弃统计课呢。

R: 统计学, 是吗?

T: 是的。我们今天早上做了一个测验, 我肯定通不过。

R: 我也不喜欢那门课。

T: 什么? 你已经选过了?

R: 上个学期。

T: 然后呢?

R: 然后什么?



Tom: How'd you do?

Rob: Let's just say that my grade was above the arithmetic mean.

Tom: You speak English?

Rob: Above the average, Tom, above the average. Look, I got off to a really rough start, too. How much time did you put in studying for the quiz?

Tom: I had a date last night.

Rob: I don't suppose the two of you spent the evening studying probability or anything like that.

Tom: Not a chance.

Rob: Want some free advice? I say stick with it. If you don't let dating get in the way of studying too much, you'll probably do all right in that course.

T: 你考的怎么样?

R: 我只能说我考过了及格线。

T: 你说的是英语?

R: 我考过了平均水平,汤姆,在平均分之上。瞧,一开始我也觉得很难。你为这次测验准备了多长时间?

T: 我头天晚上有个约会。

R: 我想你们肯定没在一起学习概率之类的 东西吧。

T: 根本没机会。

R: 想听点建议吗? 我认为你应该坚持下去。 如果你不再因约会而浪费太多学习时间 的话, 你一定能学好这门课。



Circle the best answer to the question below. Then turn to the appendix, where each answer is explained. If your choice is incorrect, choose again.

(围出以下问题的最佳答案。然后翻到附录, 查看每个答案的解释。如果你的答案有误, 请重选。)

Why does Rob advise Tom to continue taking the statistics course?

- A. If he could get a good grade in that course, then Tom should be able to, too.
- B. He thinks that Tom's reason for quitting isn't very strong.
- C. Dating is an activity that Rob doesn't approve of.



Rob thinks that if there is a reasonable chance of success, then people should finish what they have started, even in spite of difficulty and obstacles.

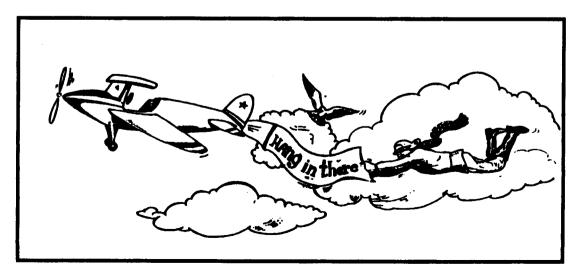
(罗布认为如果有成功的机会, 就应当坚持完成已经开始的工作, 无论有什么样的困难与障碍。)



Put a check mark ( $\checkmark$ ) if the person continues with something already started.

(如果某人坚持不懈地做着某项工作,请在前面的短线上划 $\checkmark$ 。)

 Karen is part of a study group that meets once a week in the library. However, she's
been thinking of leaving the group because preparing for it involves a lot more work
than she had imagined. After some thought, she decides to tough it out. She puts or
her coat, gathers her books, and goes to the library.
 1. Sue was in the lead for the first half of the race, but then she tripped over a loose
shoestring. When she saw all the other runners pass her, she wanted to give up .Instead,
she got up and starting running again.
 2. John has been trying to fix his television set for a couple of hours now. He has no idea
what is wrong with it, and he is ready to throw in the towel and call in a professional.
He picks up the phone directory.
 3. Margaret is at a party where she doesn't know anyone, and all the people she has met
are boring. She wants to leave, but she doesn't want to offend the host, so she decides
to sweat it out. She sits down and starts talking to the person next to her.
 4. Fred signed up for four years in the army, but he is thinking about leaving after two.
He has a nice job waiting for him in the family business. In the end, however, he
decides to hang in there and not leave because he feels he should honor his contract.
He writes a letter to his family to tell them his decision.
 5. June was one of the owners of a catering service. For the first couple of years, business
was very good. Last year, however, business was off considerably. Rather than wait
to see if things improved, June bailed out at the first sign of trouble. She sold her



share of the business to the other partners.

- 6. Kareem was elected president of the student council, a job that turned out to be much more demanding than he had expected. For a while, he considered resigning. In the end, though, he knew a lot of people were depending on him and decided not to **call it quits.** He tore up his letter of resignation.
- 7. Allison went with her husband to a company party. She developed a bad headache about halfway through the evening. She wanted to go home but knew her husband would be disappointed. So, she decided to stick with it to the bitter end. She opened her purse to look for some aspirin.
- 8. Mark overslept again this morning, and he missed his history class for the sixth time. The maximum number of absences for that class is five. Mark thinks maybe he should **drop the course** so he doesn't fail it. He gets dressed and heads toward the registrar's office.
- 9. Sandy wants to file her own tax returns this year instead of hiring a tax preparer to do them for her. She worked all day and half the night yesterday, but she kept on making mistakes. She has decided to keep at it until she gets it right even if she has to stay up all night again tonight. She sharpens her pencil and switches on her calculator.





Read the following story and cross out any sentences that do not fit.

(阅读下面的故事、并划掉不恰当的句子。)

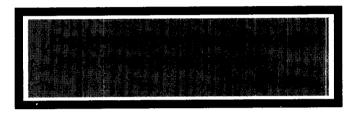
Sally isn't one to give up. Last year, she crossed the finish line in a cross-country race. Once she read half a book and then returned it to the library. Another time, she spent a whole day completing a crossword puzzle. She hangs in there, no matter what. That's just the kind of person Sally is.

Sally wants to go to graduate school when she finishes college next year, so she registered to take the entrance exams. The test was last Saturday morning. Unfortunately, Sally wasn't feeling well at all that day. She was afraid she would be too sick to complete the exam, but she stuck with it to the bitter end even though the exam was four hours long. She immediately got up from her desk, turned in her test booklet and answer sheet, and walked out of the door. She read the next question and answered it. The last thing Sally would do is throw in the towel.

After the exam, Sally ran into Carl on campus. In many ways, Carl and Sally are identical. He is the kind of person who bails out at the first sign of trouble. For example, he and Sally were in the same algebra class, but Carl called it quits after getting a D on the first quiz. Sally got a bad

mark on her quiz too, but she toughed it out. She dropped the course right after class. Sally can remember one evening when she spent hours trying to solve one algebra problem. She just kept at it until she got it right. After working on another problem for only fifteen minutes, she tossed her algebra text into the trash and went to bed.

Sally was anxious to get her test results, but she knew she would have to wait several weeks before she would receive them. During that time, she just had to sweat it out. There wasn't really anything else she could do. Finally, they came in the mail. Sally couldn't have been more pleased when she saw her results: she scored in the top 5%. Now she was sure she wouldn't be admitted to graduate school.





Complete the following sentences with an appropriate idiom.

(用适当的习语填空,完成下列各句。)

1.	Amy started a new job that she finds very difficult. She is tempted to quit, but her boss tells her it is always hard in the beginning and it will get easier as time goes on. Amy has confidence in her boss and decides to stick with it  Karen entered a dance contest. After two hours her feet hurt so much that she had to
2.	Jack failed the first two exams in his geology course. There is no way he can get a passing grade now, so he decides to
	Mike took a final exam in history and did not think he did well. He wanted to know right away if he passed or not but the teacher was slow in correcting the exams. Mike just had to
4.	Max spent hours drawing a picture of the person who robbed him. He went through a whole pad of paper before he was able to draw a picture that was an accurate likeness.  Mike
5.	Although Greg did not enjoy his summer job as a construction worker, he decided to
6.	It is the final minutes of the championship basketball game. The score is 100 to 75. Oliver is on the losing team. With 60 seconds to go, he knows the team cannot score 25 points.  Olive

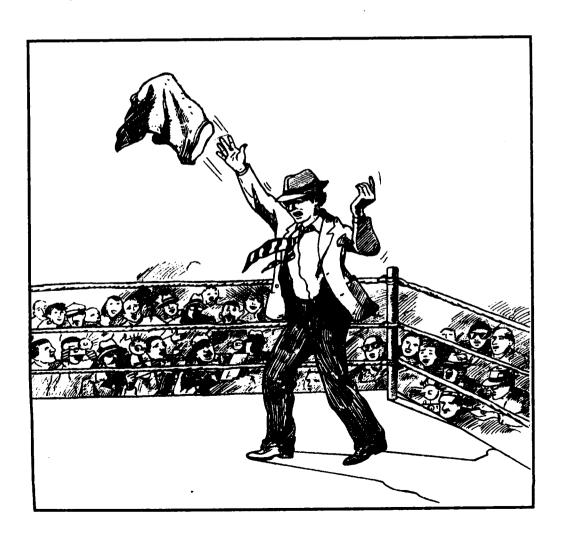




Use idioms from this unit to complete the following activity.

(用本单元学过的习语完成下列练习。)

A walkathon is a long-distance walking race that is held to raise money for a charity or special cause. Supporters or sponsors agree to donate a fixed amount of money to a specific person for every mile that person walks. You are a reporter for the local newspaper, and your assignment is to cover a very successful walkathon to raise money for AIDS research. You have just finished



interviewing several of the people who had entered the walkathon. Some of them called it quits early in the race, while others stuck with it to the bitter end. You return to your office and file your report.



## Read and discuss the following.

(阅读并讨论下面内容。)

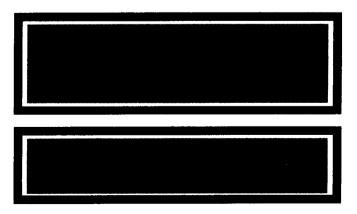
- 1. Think of a time when you had to choose between **sweating it out** or **calling it quits.** What was it, and why did you do what you did? Do you feel now that your decision was a good one? Why or why not?
- 2. Think of several obscure facts (ones that aren't known to many people) and make questions of them. Exchange them with a classmate. If the facts really are obscure, then you and your classmates are unlikely to be able to answer them. If your classmate doesn't get the correct answer after a while, you can say:

#### Do you give up yet?

If you are unable to answer your classmate's questions and you want to send a signal that he/she should tell you the answer, you can simply say:

#### I give up.

- 3. The expression throw in the towel has its origin in the sport of boxing. When one boxer is beating another boxer very badly, the losing boxer's manager might throw a towel into the ring to concede defeat. Another way of admitting defeat is to wave the white flag. Do you know how this expression came about?
- 4. When people continue to resist or struggle even though they are sure to lose, we can say that they are fighting a losing battle. Sometimes, people fight losing battles because they have no choice. Sometimes, however, people fight losing battles even though they don't have to. Can you think of examples of both?
- 5. Choose one of the following sayings or quotations, or choose one that appeared earlier in the unit. Explain its meaning, or think of a situation that illustrates it.





save the day

成功地帮助某个处于危险或麻烦之中的人

come to the rescue

危难中帮助某人, 援救

do someone a favor

帮助某人(出于友善而不是正义感或为了报酬)

offer one's services

帮助某人

bend over backwards for someone

尽己所能地帮助或取悦某人

give someone the shirt off one's back

倾囊相助

go out of one's way for someone

克服困难来帮助某人

go to bat for someone

给予帮助,于困难之时帮助别人

help (someone) out

协助 (完成), 为某人提供帮助

lend someone a (helping) hand

帮助某人



A mother was having a little talk with her young son about kindness. She told him that our purpose in life is to help others. He considered this piece of wisdom for some time and then asked, "If that's what we're here for, why are the others here?" How would you have answered him?

(一位母亲正在同她的儿子谈论友善的问题。她告诉他,我们人生的目的就是去帮助别人。儿子想了一会儿,问道:"如果那是我们活在世上的目标,那么其他人的目标又是什么呢?"你会怎样回答他?)



## Read or listen to the following passage.



(阅读或听下面的短文。)

Emily and Karen are teenagers who shared a hospital room for over a week. During that time, they became friends. Tomorrow they will both be going home.

(埃米莉和卡伦是两个十多岁的小姑娘,她们在一间病房里住了一个多星期。在那段时间里, 她们成了好朋友。明天她们就要出院了。)

Emily: It sure will be nice to be home again and sleep in my own bed. I don't think I'll miss anything about this hospital ——except you, of course.

Karen: Won't you miss Nurse Hallen a little?

Emily: She was the greatest, wasn't she? She bent over backwards to make us feel comfortable. I don't know what they pay her, but it can't be enough.

Karen: I was thinking about maybe getting her a little something from the gift shop downstairs.

E: 回家太好了。我又能睡在自己的床上了。 我想我不会想念这医院里的任何东西, 当然,除你以外。

K: 你会不会有点儿想哈勒护士?

E: 她是最棒的护士了, 对吧? 为了让我们 觉得舒服, 她尽心尽力。我不知道医院 付给她多少钱, 不过给得再多也不过分。

K: 我正在想是不是该从楼下的礼品店里给 她买点儿什么东西。



Emily: Oh, that would be nice. I'll go halves with you if you like.

Karen: Sounds good to me.

Emily: If we get something for her, do you think we should get something for Nurse Clymer, too?

Karen: Why would we want to do that? She didn't have a kind word for anybody.

Emily: You're right. Bad idea.

Karen: You have to wonder why she ever went into nursing.

Emily: I know. She didn't go out of her way for us once. Well then, that settles that: nothing for our dear Nurse Clymer. So, what do you think Nurse Hallen would like?

Karen: I heard her say she loves chocolates.

E: 噢, 听起来不错。如果你不介意, 我 们一起送礼物给她吧。

K: 我没意见。

E. 如果我们给她买了礼物,你说该不该 也给克莱默护士买点儿什么呢?

K: 我们为什么要那么做? 她对谁都没有一句温柔的话。

E: 你说得对。真是个坏主意。

K: 真不知道她这样的人怎么也能当护士。

E: 就是的。她从来没有帮助过我们。所以,就这么定了: 不给我们亲爱的克莱默护士买礼物。那你说哈勒护士喜欢什么呢?

K: 我听她说她喜欢巧克力。



Circle the best answer to the question below. Then turn to the appendix, where each answer is explained. If your choice is incorrect, choose again.

(圈出以下问题的最佳答案。然后翻到附录,查看每个答案的解释。如果你的答案有误,请重选。)

Why did Emily and Karen decide to buy a gift for Nurse Hallen?

- A. They felt obligated to do something for her because she had done so much for them.
- B. They felt sorry for Nurse Hallen because her job doesn't pay her enough money.
- C. They wanted to show their appreciation to her for all the nice things she had done for them.



Emily and Karen appreciate it when other people are helpful and considerate.

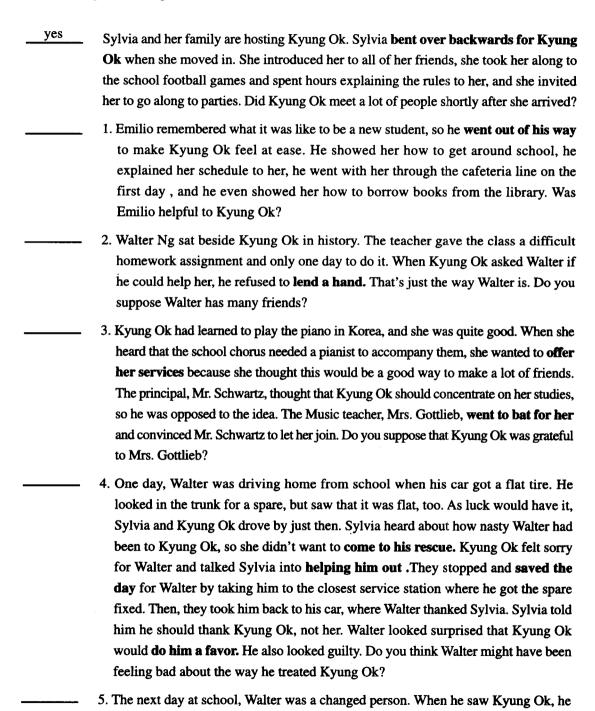
(埃米莉和卡伦都很喜欢愿意帮助他人且考虑周到的人。)



Read the passages below and answer each question with yes or no.

(阅读下列短文,用yes或no回答问题。)

Kyung Ok Kim is a Korean exchange student who has just started studying at a high school in a small town in the midwest of the United States. Most of the American students are very excited about having an exchange student ——— most, but not all.



told her that if she ever needed any help with her history lessons—

else, she should just let him know. Walter probably would have given her the shirt off his back if she had asked for it! Do you think Kyung Ok regrets her decision to stop and help Walter out?



## Write an ending to the following story.

(为故事写结尾。)

Mrs. Albertson has lived in the old house on the corner for about as long as anybody around here can remember. It seems like everybody knows her and everybody likes her. She is different from many other people who live in the city. She's the kind of person who would **give you the shirt** off her back if she thought you needed it.

When Barbara Hoekje was about to have her baby and her husband wasn't home, Mrs. Albertson lent her a hand by driving her to the hospital. When the neighborhood association needed to raise money, Mrs. Albertson offered her services by organizing a bake sale. When Sandy Miller broke her leg and couldn't drive for six weeks, Mrs. Albertson helped out by doing the grocery shopping for her. When a burglar tried breaking into Wendy King's house, Mrs. Albertson saved the day by calling the police. When Mark Dickens lost his job, she bent over backwards to help him find another one. When Andy Russell went on vacation, she went out of her way to keep an eye on his house. When anyone needed a babysitter at the last minute, Mrs. Albertson came to the rescue.

Over the years, Mrs. Albertson has done so many tavors for everyone in the neighborhood.							
Now, it's time for them to <b>go to bat for Mrs. Albertson.</b> Her old house has a leaky roof, the paint is beeling off the walls, the							
peeling off th	ne walls, the				<del> </del>		
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Refer to the events in the Situation at the beginning of this unit to complete the following activities. Use idioms from this unit in your answers.

(根据本单元开头介绍的场景事件,完成下列练习。回答中用上本单元学过的习语。)

- 1. Imagine you are Emily. You overhear Nurse Clymer tell the head nurse that Nurse Hallen needs to develop a better *bedside manner*, meaning that she needs better attitude when dealing with her patients. You can't believe your ears. You go back to your room and write a note to the head nurse commending Nurse Hallen and condemning Nurse Clymer.
- 2. Imagine you are Emily. You decide to attach a brief note of thanks to the box of chocolates before giving it to Nurse Hallen. What does the note say?



Use idioms from this unit to complete the following roleplays.

(用本单元学过的习语完成下面的短剧练习。)

1. Work with a classmate to complete this roleplay, which takes place just off campus on a public street during daylight hours. One of you is a stranger and the other is a student. Decide which role you will play. Then read only the paragraph that is for your part.

**Stranger:** A hard luck story or a sob story is a detailed story of severe personal hardship or great misfortune that is intended to appeal to the listener's feelings of pity and compassion. Invent a sob story for yourself, and try to convince the student to come to your rescue.

**Student:** You are about to hear a *sob story* from a stranger. A *hard luck story* or a *sob story* is a detailed story of severe personal hardship or great misfortune that is intended to appeal to the listener's feelings of pity and compassion. There is no way you are going to help this person, but you don't want to be rude either.

2. Work with another classmate to complete this roleplay, which takes place just outside of class. One of you is Student A and the other is Student B. Decide which role you will play. Then read only the paragraph that is for your part.

Student A: You have gone out of your way to help Student B several times in the past, but you never even got a word of thanks in return. You are very reluctant to offer your services again because you feel he/she is taking advantage of you.

**Student B:** You are in big trouble. You parked your car in a restricted zone, and a tow truck has taken your car away. You need to borrow about \$100 in cash to get your car back, and you also need someone to drive you to the lot where your car is being kept. Student A has always helped you in the past. You know you can depend on him/her for help.



## Read and discuss the following.

(阅读并讨论下面内容。)

- 1. In their book *The Adjusted American* (Harper & Row, 1964), sociologists Putney and Putney claim that most Americans think it is better to do something for others than to do something for themselves. What do you think?
- 2. If you have access to an English-language card shop, go to the section containing thank-you cards. Copy down the messages from several of the cards that you like especially well, and share them with your classmates.
- 3. Florence Nightingale (1829-1910) was an English nurse who organized a unit of 38 nurses during the Crimean War to care for the sick and wounded. By the end of the war, she had become famous for her tireless efforts in helping others. Choose someone from your culture who has become famous for his/her acts of kindness, and write a paragraph or prepare a speech about that person.
- 4. Author Ayn Rand asks her readers if they would risk their lives to help someone who is:(a) drowning, (b) trapped in a fire, (c) stepping in front of a moving vehicle, or (d) hanging by his/her fingernails over a cliff? How would you answer? (If you are interested in knowing what Rand's thinking on the subject is, it can be found in a chapter called "The Ethics of Emergencies" of her 1964 book published by Signet, *The Virtue of Selfishness*.)
- 5. Choose one of the following quotations. Explain its meaning, or think of a situation that illustrates it.

