

College English

大学英语 精读

同步讲解与优化练习

郭 嘉 主编

BOOK 1

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第 2 版

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《大学英语·精读一（第三版）》

同步讲解与优化练习

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前言

《大学英语》是根据国家教育委员会审定批准的《大学英语教学大纲（文理科本科用）》编写的一套系列教材，于1986年出版试用本，1992年出版正式本，在广泛听取了全国师生的意见后，1997年出版了修订本。2004年决定对该教材进行第二次修订，并于2006年完成修订。修订后的精读课本与修订前变动不大，这套教材中有特色的东西依然保留着。这套系列教材自问世以后就因其循序渐进的合理结构以及优美的文章受到了广泛好评，成为我国高校英语教学的首选教材，并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，显示了其持久的生命力。

本书为《大学英语》精读教程第一册的辅导用书。本书严格遵循《大学英语》的编写安排，从文化背景、新词讲解、语言点精解、课后练习详解、课后阅读讲评等几方面对《大学英语》教材进行了进一步的讲解说明，以便学生在课外自学时使用。本书还对课文以及课后阅读的文章给出了全文的翻译，以帮助学生更好地理解文章。同时本书也有自己的创新，例如特别强调同义词和近义词的辨析，每单元中对在该单元里出现的易混淆的词进行了详细说明，并给出了例句。每单元都特意安排了“熟记熟背好句子（beautiful sentences）”这一部分，挑选出该单元（包括课后阅读）中好的英语句式，供学生欣赏、背诵之用。此外，在每单元的最后还有“四级词汇训练”，并进行详细的讲解，以巩固学生对这些词汇的掌握。最后，本书还针对全书的十个单元内容编写了两套练习题，这两套练习题都是按照四级考试改革题型的模式编写的，以帮助学生复习之用。

本书特别强调学生对词汇的掌握能力，书中很多部分的讲解和练习都是围绕着词汇来进行的，目的在于使学生在进入大学后能够为自己打下坚实的词汇基础，为进一步的英语学习创造条件。因此，我们相信本书是学生们充实课外学习的最佳选择。

负责编写本书的人员都是在大学英语教学一线的教师，他们具有长期的教学实践经验。参与编写工作的老师分工如下：王小梅老师负责第一、二单元的编写；刘洁莹老师负责第三、四单元的编写；蔡晓惠老师负责第五、六单元的编写；李玉平老师负责第七、八单元的编写；史逢阳老师负责第九、十单元的编写；郭嘉老师负责两套练习题的编写。

在本书编写过程中，张文起教授对全书进行了仔细审校。研究生高巍对本书的前期体例调整提供了很大的帮助。南开大学出版社王冰先生和其他的编辑同志在此书付梓前进行了仔细的编审，精心设计，谨此一并致谢。

编者

2007年9月于南开园

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Unit 1

Some Strategies for Learning English

Cultural Notes

Language learning strategies (语言学习策略)

Language learning strategies are used by learners to complete speaking, reading, vocabulary, listening and writing activities presented in language lessons. Recognizing that there is a task to complete or a problem to solve, language learners will use whatever strategies they possess to attend to the language-learning activity. However, whereas experienced language learners can approach language-learning problems in a systematic way and are usually successful in selecting appropriate strategies to complete a language-learning task (activity), novices may be less efficient at selecting and using strategies to task.

Possible language learning strategies include: using practice opportunities, self-evaluation, selective attention, time management, reviewing notes taken in class and checking one's understanding, constantly seeking answers to questions instead of passively receiving information, etc.

语言学习策略是学习者在完成语言课上出现的口语、阅读、词汇、听力或写作活动时所使用的策略。语言学习者在认识到要完成一项任务或要解决一个问题时，他会采用他所掌握的策略去从事语言学习活动。有经验的语言学习者会系统地着手解决语言学习问题，而初学者在选用学习策略方面就没有那么精干了。

可采用的语言学习策略：找机会练习，自我评判，有选择地学习，掌控学习时间，复习课上笔记以核准自己是否理解了所学的内容，经常主动地寻找问题的答案而不是被动地接收信息，等等。

Active vocabulary and passive vocabulary (主动词汇与被动词汇)

Even native speakers of a language have both an active and a passive vocabulary. Active vocabulary consists of the words you use frequently and comfortably in speaking and writing, while passive vocabulary consists of the words you recognize when you read and listen.

Typically, a language speaker's passive vocabulary is much bigger than his or her "active" one. Therefore, as you work on developing your vocabulary, it is helpful to keep these questions in mind.

— When you encounter a new word or expression that you want to learn, do you simply want to be able to recognize it again or is it important to make it part of your "active" vocabulary?

— Are there words or questions in your "passive" vocabulary that you would like to make more use of "actively"?

即便是一个讲母语的人也有一套主动词汇和一套被动词汇。主动词汇是你在讲话和写作

时频繁并且随意使用的词汇，被动词汇是你在阅读和听别人讲话时能明白的词汇。

通常，说话者的被动词汇量远远大于他或她的主动词汇量。因此在你要加大你的词汇量时，明白这些问题是有益的。

——在遇到一个你想学的生词或表达方法时，你是只想在再次见到时就能认识，还是想使它成为你的“主动”词汇的一部分？

——在你的“被动”词汇中，有你想“主动”使用的词或主动使用时的什么问题？

Pen pal (笔友)

A pen pal is a friend writing from a different country, language and culture. Pen pals offer a good opportunity to practice a foreign language, exchange opinions, compare points of views and learn about places and people thousands of kilometers away from you. Those pen pals who write emails to each other are also known as key pals or web pals.

笔友是从不同的国度、以不同的语言、处于不同的文化中的人给你写信的朋友。笔友们享有良好的练习外语、交流思想、交换观点的机会；以及了解几千公里外的地方和人们的机会。那些相互以电子邮件方式写信的人也被称为键友或网友。

Input-output balance theory in language learning (语言学习的输入—输出平衡理论)

Input in language learning refers to information read, seen, or heard by the learner, while output refers to what the learner produces in writing or speaking. The input-output balance theory in language learning believes that one can learn a language well through maintaining a balance between input and output.

语言学习中的输入指学习者读到、看到或听到的信息，输出指学习者在写作或讲话时所产出的信息。语言学习的输入—输出平衡理论认为人可以通过平衡输入输出而达到学好一门语言的目的。

New Words

1. strategy

n. the method, or way, or skill of planning and managing any affair well 方法，策略

— Outlining is an especially helpful and critical reading **strategy** for understanding the content and structure of a certain passage. 列出要点是理解一篇文章的内容和结构的一种特别有用而且至关重要的方法。

— Spending big money to develop open source software is a good business **strategy** for companies competing against Microsoft. 花大钱开发开放型的软件资源是那些与微软抗衡的公司们的一项经营良策。

2. diligence

n. steady effort; the quality of showing care and effort in what one does 勤奋；努力

— **Diligence** is the mother of good fortune, and idleness, its opposite, has never brought a man to the goal of any of his best wishes. 勤奋是好运之母；勤奋的对立面——懒散——决不会使一个（懒散的）人实现他最想要实现的心愿。

3. prolong

v. make (sth.) last longer 延长, 拖延

— The afternoon meeting was **prolonged** into the evening. 下午的会一直延续到晚上。

— We have to **prolong** our stay here to next month. 我们不得不在这里停留到下个月。

4. nevertheless

adv. however; in spite of that; still 然而, 尽管如此, 仍然

— The demand for certainty is one that is natural to man, but is **nevertheless** an intellectual vice. 要求确定无疑是人的一种自然需求, 然而这是一种不理智的需求。

— Of course, she didn't understand what her parents were quarrelling about, but she was scared **nevertheless**. 她当然不理解她父母为之吵架的原因, 不过她还是很害怕。

5. command

n. possession and mastery; ability to use or control sth. 拥有, 掌握, 控制

— Those artists whose paintings are on display show a good **command** of watercolor. 有画作展出的那些艺术家们显示了良好的水彩画功底。

— Speaking frankly, I like a singer with a natural **command** of melody. 坦率地说, 我喜欢能自然掌控曲调的歌手。

— The **Command of the Ocean** describes the rise of Britain to naval greatness. 《掌控海洋》这本书描述了大不列颠上升为海军强国的过程。

v. be in a position to use; have at one's service; overlook from a higher position 掌管, 支配, 俯瞰

— She **commands** great wealth. 她很富有。

— The brain, the king of organs, imperiously **commands** the whole army of muscles. 大脑, 我们的器官之王, 傲然地指挥着整个肌肉大军。

— This fort **commanded** the entire valley. 这座城堡俯瞰着整个山谷。

6. sustain

v. make (sth.) continue to exist or happen for a period of time; support 保持, 继续下去, 支撑

— Eating and drinking can **sustain** a conversation for hours. 吃喝可以使谈话持续几个小时。

— There is not enough oxygen to **sustain** life. 氧气稀少, 不足以维持生命。

7. employ

v. give work to sb. usu. for payment; make use of sb. /sth. 雇用某人, 利用某人/某物

— My boss kept me fully **employed** that I never had any opportunity to study. 老板使我忙得没有一点学习机会。

— Be creative in your use of a textbook, **employing** its material in a variety of ways. 要创造性地使用课本, 采用各种方法去利用书中的材料。

8. treat

v. act or behave in a certain way towards sb.; deal with; give medical or surgical care to sb.; give sb./oneself sth. enjoyable

— Teachers should **treat** their students fairly. 教师应公平地对待每一个学生。

— No errors are to be **treated** lightly. 对错误不能等闲视之。

— The nurse was very careful in **treating** her wound. 护士在给她处理伤口时很小心。

— I decided to **treat** myself to a taxi. 我决定坐一次计程车。

n. thing that gives great pleasure, esp. sth. unexpected or not always available 乐事(尤指意想不到的或难得的)

— Father decided to give us a **treat** by going to the seaside this weekend. 父亲决定让我们高兴高兴——周末去海滨。

— This is my **treat**. 这次我请客。

9. complain

v. say that one is not satisfied or that sth. is wrong 抱怨

— US soldiers **complained** of low morale in Iraq. 美国士兵很不满意在伊拉克的低靡的士气。

— Your neighbors called 911 to **complain** to the police about your loud stereo. 你的邻居们拨打了 911, 向警察投诉了你大音量播放立体声音乐的行为。

complaint

n. complaining; reason for dissatisfaction 抱怨, 不满的原因

— You have no grounds for **complaint**. 你没有理由抱怨。

— Workers have quite a lot of **complaints** about their working conditions. 工人们对他们的工作环境有很多的牢骚。

10. cram

v. make sth. to full; force sth. into a small space 把……塞满, 把……塞进

— He **crammed** food into his mouth. 他把食物塞进嘴里。

— This lesson is **crammed** with many good English expressions. 漂亮的英文表达在这篇课文中比比皆是。

11. constant

adj. going on all the time; frequently recurring (持续) 不断的, 连续发生的

— The **constant** visits of foreign warships are a threat to Malta's security. 外国军舰的频繁造访对马耳他的安全构成了威胁。

— Change is **constant**. 变化是始终存在的。

12. commit

v. give...to sb./sth. to take care of; be obliged to; perform a foolish/criminal act 把……托付给, 使……承担义务, 做傻/坏事

— Can you **commit** to memory all the main points of the lecture? 你能记住这一课的所有要点吗?

— When Mrs. Smith goes to work, she **commits** her son to her mother's care. 史密斯夫人去上班时, 她把儿子交给她妈妈照顾。

— **commit** a mistake/murder/suicide 犯错误/杀人罪/自杀

13. concentrate (on)

v. focus attention on 集中

— "I'm trying to **concentrate on** my job right now." "OK. Sorry for disturbing you." "我此刻正在聚精汇神地工作呢。" "好吧。对不起, 打扰你了。"

— This multinational company has sold its China business in order to **concentrate on** the

European market. 这家跨国公司卖掉了它在中国的业务，目的是要集中精力对付欧洲市场。

14. route

n. way from one place to another; way of doing sth. 路线，途径

— The climbers tried to find a new **route** to the top. 登山者试图找到一条通往山顶的新路。

— There is not a shortcut **route** to learning. 学习没有捷径可言。

15. enlarge

v. make or become larger 扩大，变大

— This photograph is too small; please **enlarge** it for me. 这张照片太小，请给我放大一下。

— The hotel is being **enlarged** to accommodate more guests. 这家宾馆正在扩建，以便容纳更多客人。

16. repetition

n. doing or saying the same thing again once or more than once 重复

— You should avoid disagreeable **repetitions**. 你应该避免令人不愉快的重复。

— His acting has improved by **repetitions** of effort. 他的演技靠反复的努力才得以提高。

repeat

v. do or say the same thing again once or more than once 重复

— **Repeating** the same mistake is unforgivable. 重复同样的错误是不能原谅的。

— Don't **repeat** oneself. 不要重复自己。(即：要不断创新。)

17. purchase

n. buying; sth. that has been bought 购买，购置物

— Most adult Internet shoppers make **purchases** from home. 大多数成人网上购物者在家购物。

— The restaurant makes a **purchase** of cooking oil once a week. 这家饭店每周购油一次。

v. buy

— Lenovo **purchased** IBM's PC business in late 2004. 联想在 2004 年后期购买了 IBM 的个人电脑业务。

18. assign

v. give out as a task; appoint sb.; set aside for a specific purpose 指定，任命，分配

— When I taught, I would **assign** a topic to students about which they would write. 我在教课时会给学生指定一个让他们写的题目。

— The female reporter was **assigned** to cover the war in Iraq. 那位女记者被委派做伊拉克战事报道。

— A whole week was **assigned** for the conference. 整整一星期被用来开会。

19. motivation

n. reason to do sth.; eagerness and willingness to do sth. 动机，动力

— One of the basic **motivations** for learning is curiosity. 产生学习行为的基本动机之一是好奇。

motivate

v. cause to act in a particular way; inspire 作为某一行为的动机；激发

- This invention is entirely **motivated** by his desire to win favor with his boss. 这项发明完全出于他要赢得老板的青睐这个动机。
- Good examples can **motivate** people to learn from. 好的榜样可以激发人们去仿效。

20. accumulation

n. gradually getting an increasing number or quantity of sth. 积累

- The **accumulation** of vocabulary can be both a pleasant experience and a miserable experience. 词汇量的积累既是一番愉快的经历也可以是一个痛苦的过程。

accumulate

v. gradually increase the quantity of sth.

- He **accumulated** great wealth by hard work. 他靠勤劳致富。
- Snow **accumulated** to a depth of five feet. 积雪达五英尺。

Language Points

1. (Para.1) Learning English is by no means easy.

by no means: not at all; never 一点儿都不，绝不

- Julia stressed that she is **by no means** a specialist on Japan, having spent only a month or two in that country. 朱丽叶强调说她根本称不上是日本问题方面的专家，因为她在那个国家只停留了一两个月。
- To make a firm decision is **by no means** easy under present conditions. 在目前的情况下要做出一个不坚决的决定决不是一件容易的事。

2. (Para.3) But, in fact, it is not your memory that is at fault.

at fault: guilty of error; deserving blame 由于失误而有愧，应获责备

- Mr. Smith was so pig-headed that he could never accept that he had been **at fault**. 史密斯先生太固执了，他怎么也不能接受他错了这样的事实。
- There are no indications that standard security arrangements were **at fault**. 没有迹象表明规范的安全措施有问题。

3. (Para.3) ... some of them are bound to be crowded out: ... some new words are certain not to be memorized by your brain

……有些生词注定要被挤出去（即：肯定不会被你的大脑记住）

be bound to: be certain to 肯定会，注定会

- Someone out there **is bound to** take notice of what we are doing for the whole region. 肯定会有人注意到我们正在为全区所做的事。
- Differences on opinion on various issues **are bound to** exist. 在有争议的问题上肯定会存在不同的观点。

4. (Para.3) ... words that do not often occur in everyday situations require just a nodding

acquaintance: ...one needs only to recognize those words that are not often used in everyday communications when one runs into them

……对于那些日常交流中不常使用的词，你只须在见到时了解一下就可以了。

a nodding acquaintance: a slight knowing (of sb./sth.) 略知（人/某事）

have a nodding acquaintance with sb./sth.: know sb./sth. slightly 与某人有点头之交, 对某事略知一二

- I know him as a **nodding acquaintance** and nothing more. 我与他只是点头之交, 仅此而已。
- Students are not satisfied with only a **nodding acquaintance** with Business English. 学生们不满足于对商务英语的肤浅的了解。

run into: come across with; meet by chance 偶然遇见

- Alice **ran into** her Spanish language teacher in the supermarket that day. 那天爱丽丝在超市碰见了她的西班牙语教师。

5. (Para.3) You will find concentrating on active and useful words the most effective route enlarging your vocabulary.:

“find”后接双宾语“concentrating on active and useful words”和“the most effective route”。

6. (Para. 4) Watch out for idiomatic ways of saying things.

watch out for: be aware of; be alert to 密切注意, 警觉

- You don't have to **watch out for** spelling mistakes while writing English with computer. 用电脑写英文时, 你不必留心拼写错误。

7. (Para. 5) Listening to English on a regular basis will not only improve your ear, but will also help you build your speaking skills.

on a ... basis: according to a certain rule, spirit, or frequency 按照某一个规则、宗旨或频度

- 12% of Americans report they have difficulty sleeping **on** a frequent **basis**. 百分之十二的美国人说他们常常睡眠不好。
- Patients are cared for **on** a “first-come-first-serve” **basis**. 对病人的治疗实行的是“谁先来谁先看病”的规则。

8. (Para. 6) Also try to find native speakers on your campus and feel free to talk with them.

feel free to: not hesitate to 不要犹豫

- Should you have any questions or comments, **feel free to** contact us. 如果你有什么问题或想法, 不要犹豫, 请与我们联系。
- Internet chat rooms make people **feel free to** express themselves. 网上聊天室使人们毫无顾虑地表达自己的思想。

9. (Para. 9) It pays to absorb as much as you can...

it pays to do sth.: it is beneficial or worthwhile for sb. to do sth. 很值得做某事

- **It pays to** go on a trip to the west, for you'll get to know the country. 到西部去一趟是值得的, 因此你会了解这个国家。
- **It usually pays to** tell the truth. 通常说真话是有好处的。
- **It never pays to** take risks where human safety is concerned. 在涉及人身安全的事上冒险是不会有好结果的。

Confusable Words

1. prolong/sustain

prolong: make sth. last long 延长/加长 (时间)

- **prolong** the project 延长这个项目（所需的时间）
- **prolong** our efforts to help the needy 帮助贫穷的人们的努力在时间上还要加长
- sustain**: make sth. continue to exist; keep going 使继续存在
- The trapped miners didn't have enough oxygen to **sustain** their lives. 被困在矿井里的矿工们没有足够的氧气维持生命。
- The weakness of the essay is that it cannot **sustain** its argument. 论文的缺点在于未把论据展开。

2. practice/rehearse

practice: do sth. repeatedly or regularly in order to improve one's skill 练习，实习

rehearse: practice for public performance 排练，（为演出）自己练习

（本课中 rehearse 的用意在于：现在的练习是为了将来在工作上或社会上使用。）

Key to Study and Practice

III. Vocabulary

1. 1) e 2) g 3) j 4) a 5) b 6) i 7) c 8) d 9) h 10) f
2. 1) Young as she is, Mary is very good at handling difficult customers.
虽然玛丽很年轻，但是她很会应付难缠的顾客。
- 2) After explaining his plan in great detail, Bob summarized its main points in a few sentences.
在详尽地解释了他的计划之后，鲍勃用几句话总结了计划的要点。
- 3) The newly-elected government has begun the painful process of working out its policies and strategies.
新选出的政府开始了艰难的制定政策和策略的过程。
- 4) At first, Tom found it difficult to absorb what his teachers said in class.
起初，汤姆发现很难吸收他的老师在课上讲的东西。
- 5) You are bound to fail the exam if you don't do any revision.
如果你不复习的话，你一定考不过去。
- 6) Please feel free to call on us whenever you like.
请不要客气，只要（你们）愿意，什么时候来访都可以。
- 7) There are jobs more dangerous than truck driving, for instance, training lions.
有不少的工作都比开卡车危险，例如，训练狮子。
- 8) The marketing department is working on new strategies to improve the company's share of the market.
为改进公司的市场份额，营销部正在研究新的策略。
- 9) Many of the students complained that the exam was too hard.
许多学生抱怨说（这次）考试太难了。
- 10) After reading the text three times, the clever boy has committed it to memory.
在阅读了三遍课文之后，这个聪明的男孩已经把课文都记住了。