

全国高等教育自学考试



综合英语(一)上册 自学辅导

组编/全国高等教育自学考试指导委员会
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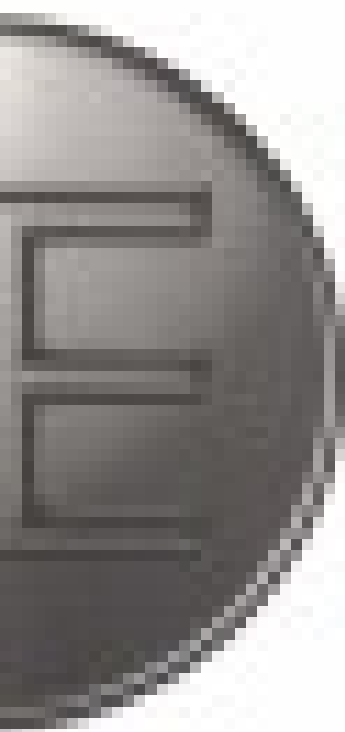


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全国高等教育自学考试

综合英语一(上册)

自学辅导

A Comprehensive Course in English

User's Guide

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出版前言

为了完善高等教育自学考试教育形式，促进高等教育自学考试的发展，我们组织编写了全国高等教育自学考试自学辅导书。

自学辅导书以全国考委公布的课程自学考试大纲为依据，以全国统编自考教材为蓝本，旨在帮助自学者达到学习目标，顺利通过国家考试。

自学辅导书是高等教育自学考试教育媒体的重要组成部分，我们将根据专业的开考情况和考生的实际需要，陆续组织编写、出版文字、音像等多种自学媒体，由此构成与大纲、教材相配套的、完整的自学媒体系统。

全国高等教育自学考试指导委员会

1999 年 10 月

编者的话

《综合英语一(上、下册)自学辅导》根据全国高等教育自学考试指导委员会组织编写的《综合英语一》以及《综合英语一考试大纲》而编写。

本书旨在帮助自学者更好地掌握《综合英语一》的内容以及《考试大纲》所规定的考核点,逐步打好语言基本功从而达到《考试大纲》的要求。

本书每课由 3 大部分组成:

一、课文的要点。

- 1) Outline 课文内容提要。
- 2) Detailed Study of the Text 课文学习要点。此项包含以下内容:
 - (1) 教材中“课文注释”没有涉及的难句的汉语译文、语法难点说明。
 - (2) 课文中部分难句的英语释义(paraphrasing)。
 - (3) 《考试大纲》中所规定的词汇考核点以及其他重要词汇和短语的含义以及示范例句。

二、练习答案。包括教材中 Questions on the Text, Oral Work, Written Work, Vocabulary Exercises 以及 Grammar Exercises 的参考答案。

三、综合测试题。每册提供 5 套测试题,其中前 4 套按照每 4 课的学习要求以及考核点,采用《考试大纲》所规定的题型而设计,力图帮助自学者复习巩固相关 4 课的内容,又使他们逐渐熟悉《考试大纲》所规定的题型。每册最后一套

题覆盖 16 课的内容及重点。每套题都附有参考答案。本书下册的最后一套测试题覆盖《综合英语一》32 课的考核内容。

使用说明

- 一、本书引用课文时,采用课文原文的拼写体系,其他部分均采用英式英语的拼写体系。
- 二、本书所提供的测试题,是编者依据《考试大纲》所规定的考核内容以及题型而设计,试题包括了《考试大纲》所列 10 类题型;为了助学单位使用方便,同时也为了自学者进行自测,检查自己的学习,试题中提出了各个项目的分数比例。但《考试大纲》中规定“试题题型共 10 类,试题由其中 6—7 种形式组成”。因此应试者在考试中见到的试题,其结构与各个项目的分数比例不一定与本书的测试题一致。
- 三、本书课文学习要点部分所提供的语言点,有的并非考核内容,而是为了自学者进一步学好英语而设计。对于这一部分,自学者和助学单位可根据各自的情况决定取舍。
- 四、在编写本书的过程中,我们发现了教材练习中的一些错误和缺陷,本书在相关练习的答案中修正了这些错误,并将在教材重印时予以改正。

由于种种原因本书仍有许多不足之处,望使用本书的自学者和助学单位以及各界人士指正。

编者

2000 年 11 月

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Lesson One

The Time Message

Elwood N. Chapman

Outline of the Text

1. The importance of managing one's time. (Paras. 1 - 3)
 - 1) Time is tricky.
 - 2) Time is dangerous.
 - 3) Time is valuable.
2. Seven messages on time management. (Paras. 4 - 10)
 - 1) Control time from the beginning.
 - 2) Get the notebook habit.
 - 3) Be realistic.
 - 4) Make study time fit the course.
 - 5) Keep your plan flexible.
 - 6) Study for some time each class day.
 - 7) Free on Saturday, study on Sunday.

Detailed Study of the Text

1. The Time Management

- 1) message: the main or most important idea

The message of the play is that good triumphs over evil.

此剧本的中心思想是正义能战胜邪恶。

- 2) time management—using your time effectively, without wasting it

He certainly knows how to manage his time.

他当然知道如何支配时间。

Helen has never been very good at managing her time and

money.

海伦从来不善于支配时间,也不善于理财。

2. When you look ahead, you think you have more time than you need.

1) look ahead: to plan future situations or events, or think about the future 向前看,考虑未来

You should look ahead and think what you will do after you graduate.

你应该想想将来,想想你毕业后做些什么。

Looking ahead, we are full of confidence.

展望未来,我们充满希望。

2) have more (time, money, etc.) 有充裕的(时间、金钱等)

He has more money than he can ever spend.

他的钱一辈子也花不完。

They have stored more food than they need for a year.

他们储存的食物足够一年食用还有富余。

3. ...that time is running out.

run out: to use all of sth. and not have any of it left 用完,用尽

The ink in my pen is running out.

我钢笔里的墨水快没了。

Their rice ran out yesterday.

昨天他们的米吃完了。

He has never run out of ideas.

他老是有不少主意。

Dick's car ran out of gas three miles from the town.

在离城三英里的地方,迪克的车没油了。

4. You don't have enough time to cover all your duties,...

cover *vt.*: to do or deal with

The book covers all aspects of the life of the people of the country.

这本书涉及该国人民生活的方方面面。

Most of the key points are covered in this book.

这本书涵盖多数重点。

5. If you don't make it work for you, it will work against you.

1) make + sb. /sth. + do sth. :使……做某事

He made the machine work too long and it broke down.

他让机器转动的时间太长,因此机器出毛病了。

She was not willing to go, but he made her go with him.

她不愿意去,但他让她跟他一起去了。

Nothing will make him change his mind.

任何事情也不会使他改变主意。

注意:此句型的被动形式是:to be made to do sth.,不定式do的前面要有to。例如:

The machine was made to work too long.

She was made to go with him.

2) work against sb. :to harm sb. or to cause problems for sb.

His radical ideas may work against him in the election campaign.

他的激进思想在选举运动中可能对他不利。

These new laws work against big companies.

这些新的法律对大公司不利。

6. It is like a drug.

drug:an illegal substance people smoke or inject to make them feel happy and excited 毒品

The man was arrested for selling drugs.

此人因贩卖毒品被捕。

When did he begin to take drugs?

他什么时候开始吸毒?

7. The more time you waste, the easier it is to go on wasting time.

the more... the easier... 是一种特殊的比较级的形式,常翻译成“愈……愈……”,“越……越……”。

The more you wash it, the softer it becomes.

这东西越洗越柔软。

The more you practice, the better you will speak.

你练得越勤,就会说得越好。

The harder you work, the greater progress you'll make.

工作越努力,你进步会越大。

8. If you seriously wish to get the most out of college, you must put the time message into practice.

1) get the most out of sth.

They're trying to get the most out of their stay in London.

他们在最大限度地利用在伦敦逗留的时间。

2) put sth. into practice; to put (an idea, a plan etc.) into practice, start to use it and see if it is effective

You must put the plan into practice.

你必须实施这项计划。

The students will learn to put theory into practice.

学生们会学习如何把理论付诸实践。

9. Time is today, not tomorrow or next week.

In what sense is time today, not tomorrow or next week?

10. Often you know from experience how long it takes you...

1) from experience 凭经验

He knew from experience what was going to happen next.

凭经验,他知道后来会发生什么事。

I think he is speaking from experience.

我认为他是经验之谈。

2) it takes sb. + time + to do sth.

It took him about 3 weeks to learn how to drive.

他花了3个星期左右时间学会了开车。

It won't take him long to catch up with the rest of the class.

不久他就会赶上班上其他同学的。

How long did it take you to clear away the snow?

你们花了多长时间清扫积雪?

11. Allow for unexpected things.

allow for: to consider all possible factors, problems, costs, etc. involved in a plan or situation and make sure that you can deal successfully with them 把……考虑进去,准备会有某种情况发生

When working with this material, be sure to allow for shrinkage.

用这种布料一定要考虑到缩水。

We must allow for her lack of experience.

我们必须考虑到她缺乏经验这一情况。

We have to allow for any last-minute change.

我们一定得考虑到最后一刻的变化。

12. Otherwise your entire plan may be upset.

1) otherwise *adv.*: if not 否则

You'll have to go now, otherwise, you'll miss your plane.

你现在必须走了,否则你会误了飞机。

It's harmless, otherwise he wouldn't do it.

这是无害的,否则他不会去干的。

2) upset *v.*: to change a plan or situation in a way that causes problems

His sudden illness upset his plan to go to Europe for the vacation.

他突然生病打乱了他去欧洲度假的计划。

In short, he upset her plan and hurt her feelings.

总之,他毁了她的计划,伤了她的感情。

His unexpected visit upset our arrangements.

他的不约而访打乱了我们的安排。

13. How much study time you plan for each classroom hour depends on four things:...

- 1) How much...for...hour 是一个名词性从句,在句中起主语作用。how much study time 在从句中作 plan 的宾语。what, when, whether, how much/many 等疑问词引导的从句起名词作用,在句中可作主语。例如:

What he said sounded quite reasonable.

他说的话听起来有道理。

Whether or not he can overcome the difficulty depends on his own efforts.

他能否克服这一困难靠他自己的努力。

- 2) depend on

Children depend on their parents for support.

孩子们依靠父母养活。

Whether we'll win the match depends on our teamwork.

能否赢得比赛的胜利靠我们全队的配合。

How can you depend on him alone to get all the work done?

你怎么能靠他一个人做这些工作?

14. Keep your plan flexible.

此句可译为:你的计划要灵活。句型是:keep + n. + adj.

Keep the door open.

把门开着。

Don't keep the kids too busy.

别让孩子太忙了。

Let's make a fire to keep ourselves warm.

我们生个火暖暖和吧。

15. It is important that you re-plan your time...so that you can

make certain changes when necessary.

- 1) that you re-plan... 此名词从句是句子的主语, it 是一个代词, 代替后面的主语从句。

It is necessary that you make a plan and try to put it into practice.

你有必要定个计划并付诸实施。

It is a pity that he didn't keep his promise.

他没有信守诺言令人遗憾。

- 2) so that you can make certain changes 这是一个目的状语从句, 修饰 re-plan。

He got up at 5 this morning so that he could catch the first bus.

为了赶上头班车, 他今天早晨 5 点起床。

Jane worked very hard from Monday to Friday so that she could take a trip to New York with her friends over the weekend.

简从星期一到星期五都在努力工作, 以便在周末能和朋友们一起去纽约旅行。

- 3) when necessary = when it is necessary

16. This will not only keep the study habit alive but also keep you up to date on your class assignments.

- 1) keep + sth. alive: to make sth. continue to exist 继续保持下去

We must do all we can to keep his hopes alive.

我们必须尽一切可能使他继续抱有希望。

They've managed to keep their organization alive in spite of many difficulties.

尽管困难重重, 他们设法使自己的组织生存了下来。

- 2) keep sb. up to date: to give sb. all the newest information about sth.

He is doing his best to keep himself up to date on the latest developments in computer science.

他尽最大努力使自己跟上计算机科学的发展。

up-to-date news/information/statistics 最新消息/情况/统计数字

17. It is a good day to catch up on back reading and other assignments.

catch up on: to do what needs to be done because you have not been able to do it until now

I have some work to catch up on.

我还有些该做而没有来得及做的工作要干。

How I wish I could catch up on some sleep!

真希望有个机会补补觉啊!

Key

Oral Work

Answer all the questions on the text.

1. Who is the article written for? And why?

It is written for first-year college students because it is important for them to learn how to use time properly when they start college.

2. What three things does the author say about time in the first three paragraphs of the article?

These are: time is easy to waste; it is important to control one's time; time is valuable for college students.

3. What does the author advise you to do at the beginning of the term?

He advises us to make a plan at the beginning of the term.

4. What is the use of a notebook?

It can be used to plan our study each day.

5. Why is it important to be realistic when you plan time for a short essay, or an exam?

Because unexpected things often happen. If we don't see this and plan to do too many things, our plan might be upset.

6. Do you think one hour of study for each class hour is enough?

Not enough? Or too much?

I don't think it's enough.

7. Why must a good plan be a little flexible?

Because it's easy to make certain changes when necessary in a flexible plan.

8. Do you think it is a good habit to study for some time each class day?

Yes, I do.

9. On which day of the week do many students stop all study activities? Why that day?

Saturday seems to be the best day because after five days of study, students need a rest. Saturday is a good day for sports.

10. Does the author think it is good to stop all study activities both on Saturday and on Sunday?

No, he doesn't. He thinks Sunday is a good day for study.

11. How can Sunday be used?

It can be used to catch up on back reading and other assignments.

12. Which of the seven messages do you think is the most important? Or do you think they are all important? Are you going to put them into practice?

I think they are all important.

Yes, I am.