



综合英语(一)下册

组编 / 全国高等教育自学考试指导委员会
主编 / 徐克容

全国高等教育自学考试指定教材

英语专业
(基础科段)

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全国高等教育自学考试指定教材
英语专业

A Comprehensive Course
综合英语 (一)
(下册)

(附综合英语(一)自学考试大纲)

全国高等教育自学考试指导委员会组编

主编 徐克容

编者 钟美荪 林克美 陈亚平

陈 辉 韩宝成 李淑红

审校 刘润清

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综合英语(一)

下册

主编:徐克容

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Lesson One

Text

The Story of an Hour

Kate Chopin

一位已婚女士闻其丈夫惨死于火车事故,不顾自己衰弱的心脏能否经受得住,当即放声痛哭,随后又不顾亲友的劝告将自己锁在屋内。她推开窗子,迎来外面雨后的一片春意盎然。那充满生机的景象突然唤醒了长期隐藏在她心底深处的愿望,她感到了身心从未有过的自由。正当她憧憬着未来的自由时……

- 1 They knew that Louise Mallard had a weak heart. So they broke the bad news gently. Her husband, Brently, was dead.
- 2 "There was a train accident, Louise," said her sister Josephine, quietly.
- 3 Her husband's friend, Richards, brought the news, but Josephine told the story. She spoke in broken sentences.
- 4 "Richards... was at the newspaper office. News of the accident came. Louise... Louise, Brently's name was on the list. Brently... was killed, Louise."
- 5 Louise did not hear the story calmly, like some women would. She could not close her mind or her heart to the news. Like a sudden storm, her tears broke out. She cried, at once, loudly in her sister's

arms. Then, just as suddenly, the tears stopped. She went to her room alone. She would not let anyone follow her.

6 In front of the window stood a large, comfortable armchair. Into this she sank and looked out of the window. She was physically exhausted after her tears. Her body felt cold; her mind and heart were empty.

7 Outside her window she could see the trees. The air smelled like spring rain. She could hear someone singing far away. Birds sang near the house. Blue sky showed between the clouds. She rested.

8 She sat quietly, but a few weak tears still fell. She was young, with a fair, calm face that showed a certain strength. But now there was a dull stare in her eyes. She looked out of the window at the blue sky. She was not thinking, or seeing. She was waiting.

9 There was something coming to her and she was waiting for it with fear. What was it? She did not know. It was too subtle to name. But she felt it creeping out of the sky. It was reaching her through the sound, the smell, the color that filled the air.

10 Slowly she became excited. Her breath came fast; her heart beat faster. She was beginning to recognize the thing that was approaching to take her. She tried to beat it back with her will, but failed. Her mind was as weak as her two small white hands. When



she stopped fighting against it, a little word broke from her lips.

11 “Free,” she whispered. “Free, free, free!” The dull stare and look of fear went from her eyes. They stayed keen and bright. Her heart beat fast, and the blood warmed and relaxed every inch of her body. A sudden feeling of joy held her.

12 She did not ask if her joy was wrong. She saw her freedom clearly and could not stop to think of smaller things.

13 She knew that she would weep again when she saw her husband’s body. The kind hands, now dead and still. The loving face, now fixed and gray. But she looked into the future and saw many long years to come that would belong to her alone. And now she opened and spread her arms out to those years in welcome.

14 There would be no one else to live for during those years. She would live for herself alone. There would be no powerful will bending hers. Men and women always believe they can tell others what to do and how to think. Suddenly Louise understood that this was wrong and that she could break away and be free of it.

15 And yet, she had loved him — sometimes. Often she had not. What did love mean now? Now she understood that freedom is stronger than love.

16 “Free! Body and soul free!” she kept whispering.

17 Her sister Josephine was waiting outside the door.

18 “Please open the door,” Josephine cried. “You will make yourself sick. What are you doing in there, Louise? Please, please, let me in!”

19 “Go away. I am not making myself sick.” No, she was drinking in life through that open window.

20 She thought joyfully of all those days before her. Spring days, summer days. All kinds of days that would be her own. She began to hope life would be long. It was only yesterday that life seemed so

long!

21 After a while she got up and opened the door. Her eyes were bright; her cheeks were red. She didn't know how strong and well she looked — so full of joy. They went downstairs, where Richards was waiting.

22 Someone was opening the door. It was Brently Mallard, who entered, looking dirty and tired, carrying a suitcase and an umbrella. He was not killed in the accident. He didn't even know there had been one. He stood surprised at Josephine's sudden cry. He didn't understand why Richards moved suddenly between them, to hide Louise from her husband.

23 But Richards was too late.

24 When the doctors came, they said she had died of heart disease — of joy that kills.

Word List

break /breɪk/ <i>v.</i>	(向……)透露,传达(不好的消息);突然说出
gently /'dʒentli/ <i>adv.</i>	和缓地
quietly /'kwaɪətli/ <i>adv.</i>	轻声地;悄悄地
broken /'brəʊkən/ <i>adj.</i>	不连贯的,中断的
loudly /'laʊdli/ <i>adv.</i>	大声地
armchair /'ɑ:mtʃeə/ <i>n.</i>	扶手椅
physically /'fɪzɪkli/ <i>adv.</i>	身体上,肉体上
exhausted /ɪg'zɔ:stɪd/ <i>adj.</i>	极其疲倦的
stare /steə/ <i>n.</i>	凝视,注视
subtle /'sʌtl/ <i>adj.</i>	难以捉摸的
name /neɪm/ <i>v.</i>	为……取名

creep /kri:p/ <i>v.</i>	悄悄地移动
excited /ɪk'saɪtɪd/ <i>adj.</i>	兴奋的;激动的
will /wɪl/ <i>n.</i>	意志,意志力
keen /ki:n/ <i>adj.</i>	敏锐的,敏捷的
relax /rɪ'læks/ <i>v.</i>	轻松,使……轻松;放松,使……放松
weep /wi:p/ <i>v.</i>	哭泣,流泪
body /'bɒdi/ <i>n.</i>	(人或动物的)躯体
loving /'lʌvɪŋ/ <i>adj.</i>	含情脉脉的
fixed /fɪkst/ <i>adj.</i>	(表情等)不变的
gray, grey /greɪ/ <i>adj.</i>	(美/英)灰色的;阴沉的
spread /spred/ <i>v.</i>	张开,伸开
bend /bend/ <i>v.</i>	使屈服,使顺从;弯曲,使弯曲
joyfully /'dʒɔɪfʊli/ <i>adv.</i>	快乐地,高兴地

Proper Names

Kate Chopin /keɪt 'tʃəʊpən/	凯特·肖邦(人名)
Louise Mallard /lu:'i:z 'mælə:d/	路易丝·马拉德(人名)
Brently Mallard /'brentli 'mælə:d/	布伦特里·马拉德(人名)
Josephine /'dʒəʊzəfi:n/	约瑟芬(人名)
Richards /'rɪtʃədz/	理查兹(人名)

Useful Expressions

break (news) to sb.	告诉某人(一条消息)
look out of	朝……外看

let sb. in	让某人进来
go away	走开
be surprised at	对……很吃惊
die of	死于……
look into the future	展望未来, 面向未来
keep doing sth.	不停地做某事
drink in	尽情地看; 入神地听
stop to do sth.	停下来去做某事
break out	(战争、流行病、火灾等)爆发

The Korean War *broke out* in 1950.

belong to 归……所有, 属于, 是……的一员

These books *belong to* the library.

The future *belongs to* the younger generation.

The tiger *belongs to* the cat family.

break away (from sb. /sth.) 脱离; 摆脱

They *broke away* from the Labour Party and formed their own group.

Verb Pattern 17

主语 + 及物动词 + 宾语 + 宾语补语(不带 to 的不定式短语)

The jokes *made my side ache*.

Louise *would not let anyone follow her*.

One day they *saw him put a lot of bread under his shirt*.

Now and then the nurse *heard him say a few gentle words*.

We *watched the tall figure cross the square and get onto a bus*.

注意:

1. 用于这一句型的动词多是感知动词(如 feel, hear, see 和 watch)

或是具有强制意义的动词(如 have, help, let 和 make)。

2. 动词 help 后的不定式标志 to 可有可无, help sb. to do sth. 多见于英式英语, help sb. do sth. 多见于美式英语。
3. 除 watch 外, 其它动词均可用于被动语态, 主动结构中的宾语则变为被动结构中的主语, 而不带 to 的不定式则变为带 to 的不定式, 但主动结构要更为自然。如:

He was seen to put a lot of bread under his shirt one day.

Notes on the Text

1. **Kate Chopin and her “The Story of an Hour”:** 凯特·肖邦 (1851—1904), 美国女作家。她生活在 19 世纪末。那时要求社会上、经济上及政治上与男人平等的“新女性”早已在文学作品中出现, 但像凯特·肖邦那样如此大胆而坦率地描写妇女对摆脱不幸婚姻的要求还属少见。《一小时的故事》写成之后, 经常发表她作品的杂志拒绝刊登这一短篇小说。1889 年, 她最重要的小说, 描写婚外恋的《觉醒》(*The Awakening*) 发表之后, 小说和作者本人都受到谴责。该书被判为所有图书馆的禁书。凯特·肖邦从此停止了写作。直到 20 世纪 50 年代人们才重新评价她的作品, 并给予了她在美国文学史上应有的地位。这里选用的是经过简化的文本。
2. **They knew that Louise Mallard had a weak heart.**
现代文学作品往往不在故事的开头介绍人物的背景或姓名, 而是随着故事情节的发展逐渐向读者展示有关人物的情况。这里 they 指的是谁, 读者应从上下文看出。
3. **So they broke the bad news gently:** 因此他们俩人委婉地透露了那坏消息。

break: (及物动词)向某人透露不好的消息;

(不及物动词)不好的消息被公布, 透露。又如:

I don't want to be the one *to break the news to him*.

我不想成为向他透露该消息的人。

When *the scandal broke*, the judge shot himself.

丑闻传出之后,那位法官开枪打死了自己。

注意 *break* 在下文中还有其他三种用法。又如:

Like a sudden storm, her tears *broke out*. (见第 8 条注释)

When she stopped fighting against it, a little word *broke* from her lips. (见第 20 条注释,这里 *break* 的意思是“冲破”)

Suddenly Louise understood that this was wrong and that she could *break away* and be free of it. (见第 28 条注释)

4. **Her husband's friend, Richards, brought the news, but Josephine told the story:** 是她丈夫的朋友理查兹带来的消息,但告诉她的是约瑟芬。

story: a description of what happened 对所发生的事情的描述或陈述。又如:

Let's hear his *story* of the accident.

我们听听他对这一事故的说法。

5. **She spoke in broken sentences:** 约瑟芬是吞吞吐吐地把那消息告诉她的。

in broken sentence 直译为“用不连贯的句子”。

6. **Brently's name was on the list:** 死亡者的名单上有布伦特里的名字。

这里 *list* 指车祸之后警方公布的死亡人员名单。

7. **She could not close her mind or her heart to the news:** 她不能对此消息拒不接受。

在上一句中,作者指出路易丝一听到丈夫的死讯不像有些女士那样冷静。她们并不马上痛哭,而是不相信这一事实。而路易丝是立刻接受丈夫已死的事实,放声大哭。

close one's mind to sth.: unwilling to think about sth. seriously 不愿认真考虑某事。类似的短语有 *close one's eyes to sth.*: 不

理会。

8. **Like a sudden storm, her tears broke out:** 她的泪水就像突然降临的暴雨,一涌而出。

to break out: to begin suddenly 突然爆发,突然发生。又如:

A quarrel *broke out* between father and son.

父子之间突然吵了起来。

A storm *broke out* early in the morning.

清晨下了一场暴雨。

The war *broke out* on a Sunday.

那场战争是在一个星期天爆发的。

9. **Then, just as suddenly, the tears stopped:** 随后她的眼泪又突然止住了。

just as suddenly = just as suddenly as her tears broke out 她的眼泪来得快,止得也快。

10. **She would not let anyone follow her:** 她不让任何人跟进去。

这里 would 是情态动词,表示强烈的意志和主张。

11. **In front of the window stood a large, comfortable armchair:** 窗前放着一把舒坦的大扶手椅。

这是一倒装句,请注意找出其主语和谓语。

12. **Into this she sank and looked out of the window:** 她疲惫地坐了下来,向窗外望去。

Into this she sank... 这又是一个倒装句,正常的语序是:She sank into this... 把 into this 放到句首是为了与上句衔接得更好。this 指的是 a large, comfortable armchair。

13. **She was physically exhausted after her tears:** 哭过之后,她疲惫不堪。

14. **Her body felt cold; her mind and heart were empty:** 她浑身冰凉,思想和内心全是一片空白。

这两句话集中表现了路易丝在得知丈夫死亡后最初的感受:悲痛。噩耗传来,她大哭一场。现在她坐在窗前,脑子里是一片

空白,什么也不想,对周围的一切也毫无感觉。过去她一直是听从他的安排,按他的意愿做事,为他而活着(见第14段)。她不知道没有了丈夫该怎样生活。她感到茫然(见第8段 *But now there was a dull stare in her eyes*),她眼里又流下了泪水(见第8段 *a few weak tears still fell*)。以上描写的是路易丝此刻真实的情感。但是最后她的思想发生了极大的转折。作者主要通过人物的心理描写来反映她的感情世界。

- 15. Outside her window she could see the trees. The air smelled like spring rain. She could hear someone singing far away. Birds sang near the house. Blue sky showed between the clouds.**

这里作者用象征的手法来展现路易丝对自由的渴望。她临窗而坐,目光移到外面的世界。此时空气清新,春回大地,万物复苏,歌声缭绕,鸟儿欢笑,重叠的白云之间露出了一片片蓝天。这春意盎然的景象,这自由自在的朵朵白云象征着生命和自由,唤醒了她对自由的渴望,对一种新生活的向往。这段精彩的描述,文笔简朴流畅,却意味深长。

smell like: 闻起来像。类似的说法还有 sound like 听起来像, feel like 摸起来像, taste like 尝起来像。

- 16. She was young, with a fair, calm face that showed a certain strength:** 她很年轻,她那白皙、安详的脸上显露出一种毅力。

这里 a certain strength 是一伏笔,正是由于她有这种意志力她才敢于渴望和追求维护自己独立人格的新生活。

- 17. There was something coming to her and she was waiting for it with fear. What was it? She did not know. It was too subtle to name. But she felt it creeping out of the sky. It was reaching her through the sound, the smell, the color that filled the air.**

这一段描写路易丝的思想开始变化。她渐渐从旧的感情中解脱出来,一种新的感情渐渐萌生,悄悄地向她靠近,她带着恐惧的心情等待着。开始她不十分明确这是一种什么样的感情,但她蒙眬地感到这是一种不为社会舆论所容的感情。

something 常常用来表示一时还不能确定的事物或情况。又如：

There must be *something* wrong with the machine. It's making strange noises.

这机器有毛病，听声音就不对。

too subtle to name: 太微妙，不能确切说清楚。to name 一般是“确定具体日期、价钱、条件等”。

feel sb./sth. doing 这是动词 + 宾语 + 宾语补语(现在分词短语)结构，现在分词表示动作或行为正在进行。注意与另一相似句型 feel sb./sth. do 的区别(这里 do 是动词不定式，表示动作完成)。又如：

He felt blood *running down his face*.

他感觉到血正顺着他的脸往下流。

He felt a stone *hit him*. 他感到一块石头打中了他。

18. **She was beginning to recognize the thing that was approaching to take her:** 她开始意识到要渐渐控制她，向她步步逼近的究竟是什么东西。

19. **She tried to beat it back with her will, but failed. Her mind was as weak as her two small white hands:** 她试图用自己的意志力把这种蒙眬的思想打回去，但毫无用处。她的意志脆弱无力，像她那纤细，白皙的双手一样不能将其推开。

20. **When she stopped fighting against it, a little word broke from her lips:** 当她干脆任其自由发展时，从她的双唇迸发出了一个词。

21. **The dull stare and look of fear went from her eyes. They stayed keen and bright:** (连说了三次“解放了!”之后)茫然的目光和恐惧的神色一扫而光，她的目光透着机敏，炯炯有神。

这里 stay 作系动词，后跟表语，意思是“保持……状态”。又如：

Andersen *stayed single* all his life. 安徒生终身未娶。

The shop *stays open* till midnight. 商店晚上 12 点关门。

22. **She did not ask if her joy was wrong. She saw her freedom clearly and could not stop to think of smaller things:** 她想都没

想她这种愉悦心情是否不正当。今后的自由清清楚楚地展现在她的面前,别的都是小事,她根本无暇顾及。

第12、第13段描写了主人公思想感情的第一次转折,由悲(grief)到喜(joy)。

这里 wrong 的意思是“不道德,不正当”。

stop to do sth. : 停止做某事而去干另一件事。这里 stop 是不及物动词,动词不定式短语 to do sth. 是状语,说明 stop 的目的。注意 stop doing sth. 的意思是停止做某事。请参阅第1册第12课词汇练习3。

- 23. She knew that she would weep again when she saw her husband's body:** 她知道她见到尸体还会哭。

本段展示了主人公复杂的心理——喜中有悲。她丈夫和蔼可亲,对她情意绵绵,她见到尸体之后还悲痛,但权衡利弊,还是喜大于悲。今后的日子完全属于她自己,不用再听从任何人,她伸开双臂迎接新生活。

- 24. But she looked into the future and saw many long years to come that would belong to her alone:** 但她憧憬着未来,看到了将来长远的岁月,只属于她自己的岁月。

注意句中 years 有四个修饰成分:long 与其关系最近,many 修饰 long years, 动词不定式 to come 修饰 many long year,定语从句 that would belong to her alone 修饰 many long years to come。

- 25. There would be no one else to live for during those years.**

这一段以及下一段透露了马拉德夫妇的婚姻状况。路易丝突然意识到她过去不明确或是不敢正视的问题:她的婚姻幸福吗?她爱她的丈夫吗?她承认她有时爱他,他和蔼、温柔。可是更多的时候她又不爱他,因为他总是把自己的意志强加于她,她必须按他的意志行事,按他的意志思维。

- 26. There would be no powerful will bending hers:** 那时再也没有人专横地使自己屈从于他的意志。

hers 指 her will。