



最新 大学英语(精读) 学习手册

主编 王迈迈

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| ● 单元精要 | ● 疑难详解 |
| ● 反馈测试 | ● 试题评讲 |
| ● 练习答案 | ● 参考译文 |



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第一册(修订本)

王迈迈(主编) 刘文俊(副主编)

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目 录

Unit 1 How to Improve Your Study Habits

单元精要	(1)
疑难详解	(2)
反馈测试	(8)
试题评讲	(12)
练习答案	(15)
参考译文	(26)

Unit 2 Sailing Round the World

单元精要	(30)
疑难详解	(31)
反馈测试	(40)
试题评讲	(43)
练习答案	(48)
参考译文	(57)

Unit 3 The Present

单元精要	(61)
疑难详解	(62)
反馈测试	(72)
试题评讲	(75)
练习答案	(81)
参考译文	(91)

Revision Exercises 1

练习评讲	(95)
------------	------

Unit 4 Turning off TV: A Quiet Hour

单元精要	(99)
疑难详解	(100)
反馈测试	(104)
试题评讲	(108)
练习答案	(110)
参考译文	(119)

Unit 5 A Miserable, Merry Christmas

单元精要	(124)
疑难详解	(125)
反馈测试	(130)
试题评讲	(133)
练习答案	(135)
参考译文	(145)

Test Paper 1

试题评讲	(150)
------------	-------

Unit 6 Sam Adams, Industrial Engineer

单元精要	(158)
疑难详解	(159)
反馈测试	(164)
试题评讲	(167)
练习答案	(169)
参考译文	(178)

Unit 7 The Sampler

单元精要	(184)
疑难详解	(185)
反馈测试	(190)
试题评讲	(192)
练习答案	(194)
参考译文	(203)
Unit 8 You Go Your Way, I'll Go Mine	
单元精要	(207)
疑难详解	(208)
反馈测试	(212)
试题评讲	(214)
练习答案	(217)
参考译文	(223)
Revision Exercises 2	
练习评讲	(229)
Unit 9 The Brain The Most Powerful Computer in the Universe	
单元精要	(236)
疑难详解	(237)
反馈测试	(241)
试题评讲	(244)
练习答案	(246)
参考译文	(257)
Unit 10 Going Home	

单元精要	(261)
疑难详解	(262)
反馈测试	(266)
试题评讲	(269)
练习答案	(271)
参考译文	(277)
Test Paper 2	
试题评讲	(281)
Supplementary readings in popular science	
译文一	(290)
译文二	(291)
译文三	(293)
译文四	(294)
译文五	(294)

UNIT ONE

HOW TO IMPROVE YOUR STUDY HABITS (如何改进你的学习习惯)

一、单元精要

词汇

- | | |
|----------------------|-------------|
| 1. enable | 使(某人)有能力 |
| 2. sound | 听起来、似乎 |
| 3. occupy | 占据、占用 |
| 4. commit | 承诺、约定 |
| 5. adequate | 充分的、足够的 |
| 6. be aware of | 意识到…… 了解…… |
| 7. decide on | 选定、决定 |
| 8. set aside | 留出 |
| 9. lead to | 导致 |
| 10. share with (sb.) | 与(某人)共享(共有) |

语法

1. so that ... 引导的状语从句表示目的

例: Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play. 而且, 它能使你计划好你的活动, 从而令你足够的时间工作和娱乐。

2. and ... as well 表示“还”、“也”

例:a. It's important to set aside time for relaxation, hobbies, and entertainment as well. 给休息和业余爱好留出时间是很重要的, 留出时间娱乐也是十分重要的。

b. Skimming helps double your reading speed and improves your comprehension as well. 略读不仅能助你将阅读速度提高一倍, 还有助于你的理解。

二、疑难详解

1. **Sounds too good to be true?**: This idea is so good that you can hardly believe it? 太好而难于成真?

sound: seem when heard 听起来、似乎

例:a. Your idea sounds reasonable. 你的主意听起来很合理。

b. It sounds to me as if there is someone at the door. 我似乎听到门口有人。

2. **Perhaps you are an average student with average intelligence**: Maybe you are a normal student, neither very bright nor very dull. 也许你是一个智力平平的普通学生。

average: of the usual or ordinary kind 平常的, 普通的

例:a. The little boy thinks his English coach is a man of average ability. 这个小男孩认为他的英语家教老师能力一般。

b. Finally, the Prince married an average girl. 王子最终娶了一位普通的女子。

3. **This is not necessarily the case**: This is not sure to be true. 情况不一定如此。

case; actual situation 实情

例: The husband is foolish, but it is different in the case of the wife; she is lazy. 丈夫愚笨, 但妻子的情况不一样, 她是懒惰。

4. **Fill in the committed time such as eating, sleeping, meetings, classes, etc.** Put in the chart or schedule the time committed for necessary or due purposes, such as eating, sleeping, meetings, classes, etc. (在作息时间表上) 填上那些用于吃饭、睡觉、开会、上课等非花不可的时间。

1) *fill in*; *write in*; *put in* 填入、写入

例: a. Please, fill in your name on the form first. 首先请在表上填上你的名字。

b. The teacher told the students to fill in the blanks with prepositions. 老师告诉学生在空格的地方填入介词。

2) *commit*; promise to a certain cause 承诺、约定

例: The mayor has committed one hundred million dollars to improving the housing conditions of the citizens. 市长已经承诺将用一亿美元改善市民的居住条件。

5. **Then, decide on good, regular times for studying.** Then, choose the proper time for regular study. 然后选定合适的、固定的时间学习。

decide on; choose; determine 选定、决定

例: a. Have you decided on where to camp? 你们选定何处露营了吗?

b. We decided on the green paint for the bedroom. 我们决定把卧室刷成绿色。

6. **Be sure to set aside enough time to complete your normal reading and work assignments.** Please, be certain to put aside or lay

aside enough time to finish your regular reading and exercises assigned by the teacher. 一定得留出足够的时间用来完成正常的阅读和课后作业。

set aside: save (usu. time or money) for a certain purpose 留出 (常是时间、金钱)

例: a. I have a little money set aside for the coming holidays. 我已经留存了一点钱, 以备假期之用。

b. She has set aside the whole weekend for househunting. 她留出整个周末来找房子。

7. studying shouldn't occupy all of the free time on the schedule:

study shouldn't take up all of the free time on your time chart.

学习不应该占用作息时间表上全部的空闲时间。

occupy: take up; fill 占据、占领、填满

例: a. The large bed occupied most of the space in the room. 这张大床占据了屋子的大部分空间。

b. He is occupied in compiling a book. 他忙于编本书。

8. It is important to set aside time for relaxation, hobbies, and entertainment as well:

It is important to leave time for relaxation, hobbies, and also entertainment. 给休息和业余爱好留出时间非常重要, 留出时间娱乐也同样是十分重要的。

and ... as well 相当于 *too, also*, 意为“也”、“还”。它可以连接名词和名词词组, 也可以连接句子。

例: a. —— What would you like?

—— One hamburger, one hot dog, and one icecream as well.

—— 您想要点什么?

—— 一份汉堡包, 一份热狗, 还有一份冰淇淋。

b. I'm going to Beijing, and my sister is going as well. 我将去北京, 我妹妹也去。

9. **but it will make you more aware of how you spend your time:**

however, it may let you realize (or know) the way you spend your time. 然而, 它会让你了解你是如何支配时间的。

be aware of; realize; know 意识到、了解

例: a. Are you aware of the danger? 你意识到危险了吗?

b. The newly-elected President is fully aware of the gravity of the civil economic state. 新当选的总统充分意识到国内经济局势的严重性。

注意: be aware of 后接名词词组或从句, 但如果后接以 that 引导的名词性从句, 则介词 of 省略。

例: Is he aware that he has made a mistake? 他意识到自己犯了一个错误吗?

10. **Furthermore, it will enable you to plan your activities so that**

you have adequate time for both work and play; Moreover, it will let you make a plan of your activities, so that you have sufficient time for both work and entertainment. 而且, 它能使你计划好你的活动从而使你有足够的时间工作和娱乐。

1) enable; make (sb) able to do sth 使(某人)有能力(做某事)

例: Telescopes enable man to know more about the universe.

天文望远镜使人类能够更多地了解宇宙。

- 2) adequate; suitable to the case of occasion 足够的, 适当

例: a. His knowledge of Russian was adequate for the job, although he was not fluent in the language. 尽管他的俄语不很流利, 然而足以胜任这份工作。

b. We took adequate food for the spring outing. 我们带足

了春游所需的食物。

辨析:adequate 与 enough

两者都表示“足够的”,有时可以互换。然而 adequate 表示在“量”或“质”方面“足够的”、“足以胜任的”,enough 仅表示在“量”或“程度上”足够的,而不能表示“质”。而且 enough 不能接在冠词后面修饰名词。如我们可以说 an adequate fuel,而不能说 an enough fuel。

注意:adequate 如接在冠词后面修饰名词,亦仅仅表示“量”的足够多。

例:adequate fuel 意指“足够量的燃料”,也可指“品质合适的燃料”;而 an adequate fuel 仅指“足够量的燃料”

3)so that 引导的状语从句表目的:

例:a. You'd better send the letter by airmail, so that it may reach them in good time. 你最好以航空邮件将这封信寄出,以便他们能及时收到。

b. The notice was written in several languages, so that foreign tourists could understand them. 告示是以数种语言书写的,为的是让外国旅游者能看懂。

有时 so that 亦可引导表示结果的状语从句:

例:She didn't plan her time well, so that she didn't finish the work in time. 她没把时间安排好,结果没按时完成工作。

11. **concentrate on; focus one's attention on** 全神贯注于

例:a. You'll solve the problem if you concentrate on it. 如果你全神贯注,就能解决问题。

b. The students all concentrated on the lecture. 学生们都全神贯注地听讲座。

12. 辨析 **skim** 与 **skip**

V { *skim*: read quickly, noting only the chief points 略读
skip: go from one part to another, without reading, paying attention 略过

例: a. He just skimmed the catalogue. 他仅仅浏览了一下目录。

b. She skipped the dull part of the book. 她略去书中枯燥无味的那一部分。

c. We'll skip the next chapter. 我们将略去下一章。

13. **look over**: examine carefully 检查、查看

例: a. I wonder if you would be so kind as to look over my book before I send it to the printer's? 在我的书付梓之前, 能否麻烦您帮忙检校一下?

b. Officers were sent to look over each factory, to see that it was keeping the safety rules. 官员们被派往各个工厂, 查看工厂是否落实安全准则。

14. **content**: the subject matter of (a book, etc.); the amount of a substance contained in something (书等的) 内容; 含量

例: a. We like the style of this book, but we don't like the content. 我们喜欢这本书的文笔, 但不喜欢它的内容。

b. Peanuts have a very high fat content. 花生的含油量很高。

15. **Listening to what the teacher says in class means less work later**: The better you understand what the teacher says in class, the more time will be saved after class. (or the less work you will have to do.) 课堂上认真听讲意味着课后少费功夫。

16. **Review important points mentioned in class as well as points you remain confused about**: Not only review the important points about which the teacher has talked, but also, review

those which you are still uncertain about. 不仅要复习老师在课堂上提及的重要内容,还要复习那些你仍感模糊的知识。

17. **Regular review leads to improved performance on tests:** Regular revision of the text will make you do much better work in the coming tests. 定期复习将能有效地提高考试成绩。

✓ *lead to*; end in; be (partly) the cause of (something or doing something) 导致

例: a. One thing can lead to another. 一件事的发生可以导致另一件事。

b. An ordinary cold may soon lead to a fever. 一次平常的感冒可能马上会导致发烧。

c. It is sleeping late in the morning that leads to being late for school. 正是由于早上起得很晚才导致了上学迟到。

18. **Tests provide grades:** After tests, you will get marks, which the teacher gives you according to a certain standard. For one aspect, you know how you achieved in your study. 考试是要评定分数的。

- ✓ 19. **share with**; use, keep or have with others 共享、共用

例: a. I was lucky not to have to share my office with another teacher. 我很幸运没和另一位老师共用一间办公室。

b. It was generous of the eldest son to share the property with his brothers. 长子慷慨地与他的兄弟们共享财产。

三、反馈测试

1. Multiple Choice

1. There is too much noise outside. I can't ✓ my attention on my work.

A. connect

B. flat

C. fill

✓ D. concentrate

2. Your B in teaching is different from mine.

A. altitude

B. approach

C. attitude

D. appropriation

3. White teeth are a sharp S to black skin.

A. content

B. contrast

C. contract

D. contact

4. Two main C have been used for training lions, which we may call respectively the tough and the gentle.

A. technicians

B. technology

C. techniques

D. technical

A 5. The C of this novel is not complicated, but I still can't understand.

A. plot

B. alter

C. content

C. contain

C 6. S your examination paper for any small mistakes before you hand it in.

A. Look on

B. Look over

C. Look through

D. Look into

B 7. We must C the kindergarten before sending our children there.

A. look ... on

B. look ... over

C. look ... through

D. look ... into

8. Social anthropologists are those who observe the local , be-

