

修订本

# 大学 精读自学导读 英语



上海外语教育出版社

第 1 册

# 大学英语

(修订本)

# 精读自学导读

第一册

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**A GUIDE TO INTENSIVE READING  
OF COLLEGE ENGLISH  
(REVISED EDITION)**

Book One



上海外语教育出版社

**《大学英语》(修订本)精读自学导读  
第一册**

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## 前 言

1995年下半年,上海外国语大学英语学院主办的《英语自学》打算在“课文讲解”栏目刊登《大学英语》精读的课文讲解连载文章,该杂志的副主编史志康教授嘱我将他们的想法形诸于笔墨。大约两年以后,陆续刊登的文章积铢累寸有了一定的“规模”,上海外语教育出版社编辑来电告诉我,他们有意将“讲解”结集出版。于是就有了这套书。

《大学英语》(修订本)是一套颇受读者推崇、专家青睐的优秀教材,出版以后,市面上也出现了形形色色的配套辅助读物。虽然这些读物各有优点,但我发现有不少不尽如人意之处,有的在讲解中避重就轻、避难就易,有的在引用例句时从各种参考书中照搬。前车之鉴,使我在讲解中能够注意避免重蹈前人的覆辙,讲解力求清楚,语言力求简洁,例句力求创新自然。在讲解过程中,我参考了《大学英语》(修订本)教师用书,但对教师用书中已涉及的语言点一般不再赘述。另外,我还参考了 *Longman Dictionary of Contemporary English* (1978)、《英汉大词典》(陆谷孙主编,1993)、《新英汉词典(增补本)》(1985)、《远东英汉大词典》(梁实秋主编,1977)、《汉英大辞典》(吴光华主编,1993)、《现代英语用法词典(重排本)》(张道真主编,1994)、*The New American Roget's College Thesaurus* (1985)等工具书。在此,我谨向以上辞书的编纂者表示谢意。

为了便于读者自测,我的同事袁贤铨老师编写了配套练习,练习紧扣课文内容,采用大学英语国家四级考试形式,并附参考答案。

在本书的编写过程中,我得到了许多人的帮助。我要感谢宁波大学外语学院的廖菁菁、颜峰等老师的大力协助,尤其要感谢傅洁莹老师的无私帮助,是她提供了构成本书不可或缺的资料。

这套书出版了,我自然感到高兴,但同时又感到不安,因为我的水平有限,书中一定有许多错误和不当之处。我诚挚期望各位专家和广大读者不吝赐教。

刘继华

1998年4月于宁波大学外语学院

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## Unit One

### How to Improve Your Study Habits

该课讲述如何改进学习习惯,课文结构简明清晰,是三段式文章的典型样板,可作大学英语四、六级统考作文的范文。课文共分三个部分:第一自然段为第一部分,为 introduction;第二至第七自然段为第二部分,为文章的 body,分点讲述改进学习习惯的方法;第八自然段为第三部分,是文章的 conclusion。

#### 1. **Want to know how to improve your grades without having to spend more time studying? Sounds too good to be true?**

这是两个简略问句,都省略了主语。补全后应为 *Do you want to know...?* 和 *Does it sound...?*

spend (time, money, etc.) “花,花费”,其基本用法为 *spend... on / for something* 和 *spend... in doing something*, 其中后一种用法中的 *in* 可以省略。例如:

*How much time do you spend every day on your study?*

你每天花多少时间学习?

*He spent 200 pounds for such an ugly vase.*

他花了 200 英镑买了这么难看的一个花瓶。

*He's spent a great deal in maintaining his house.*

他保养房子花费了不少钱。

*sound* 是连系动词,意为“听上去(觉得/似乎……)”。例如:

*Your idea sounds fine to me.*

在我听来你的主意还不错。

His speech sounds nice but is actually empty.

他的发言挺好听,可实际上空洞无物。

同样用法的词还有 look, feel, taste 等。

## 2. How To Improve Your Study Habits

How to improve 为疑问词加上动词不定式构成的动词不定式短语,这种结构较为常见。由于这种结构的名词性质,它可作主语、宾语、表语等。如:

When to have the meeting has not been decided yet.

何时开会尚未决定。

His friends know where to find him.

他的朋友们知道在什么地方可以找到他。

My problem is what to do next.

我的问题是下一步该怎么办。

## 3. Perhaps you are an average student with average intelligence.

此句中的 with 可与 of 互换使用,意义基本不变,请参看课文第4行。

## 4. This is not necessarily the case, however.

necessarily 意为“必定,一定”,常用在否定句中,表示“不必,不一定”。例如:

A great man is not necessarily always correct.

伟人未必永远正确。

I don't necessarily have to buy a video cassette recorder.

我不一定要买录像机。

## 5. Of course, studying shouldn't occupy all of the free time on schedule.

occupy: take up “占用,占据”。例如:

His homework occupied him for the whole day.

他忙了一整天做作业。



Books occupy the most of his room.

书占了他房间的大部分地方。

6. **This weekly schedule may not solve all of your problems, ...**

weekly “每周的”，由名词 week 加上后缀 -ly 构成转化为形容词，相同结构的有 hourly (hour + ly, 每小时的), daily (day + ly, 每日的), monthly (month + ly, 每月的), yearly (year + ly, 每年的)等。

may not “可能不，不一定能够”。may 后跟 be 动词时应注意不要与副词 maybe 混淆。例如：

You may be contented with what you've got.

你也许会满足于现有的一切。(相当于 Maybe you will be contented with what you have got.)

7. **...so that you have adequate time for both work and play.**

adequate: enough for the purpose, only just good enough, etc. 例如：

His salary is not adequate to support his five children.

他的薪水不够他维持五个孩子的生活。

It turned out that he was not adequate to the job assigned to him.

后来证明他无法胜任分配给他的工作。

8. **...and it should not have distractions.**

distraction 单数时往往表达抽象的意义，表示“分散注意力”这一事情或经过；作复数时往往表达具体的意义，表示分散注意力的具体事物。

9. **...and you may skip some of these portions.**

skip “跳过，略过”，可与 over 连用。如：

He skipped all the dull parts in the book.

书中乏味的部分他全部跳过不看。

We'll skip over Exercise Two.

练习二我们就不做了。

portion; part, share “部分”。如:

A big portion of this article is about the pollution in this city.

这篇文章很大一部分是讲这个城市的污染的。

You must also bear some portion of blame for the accident.

这一事故你也应承担一部分责任。

#### 10. Skimming helps double your reading speed...

double 可作形容词、副词、名词和动词使用。

作形容词和副词使用时:

a double bed 双人床

a doubledecker 双层公共汽车

a double room 双人房间

a double purpose 双重目的

a double meaning 双重意义 to see double 将一物看为两物

Many things cost almost double what they did five years ago.

许多东西现在要比5年前差不多贵一倍。

作名词使用:

Ten is the double of five.

10 是 5 的两倍。

On Spring Festival Mother gave me 50 yuan and Father gave me double.

在春节, 母亲给了我 50 元, 父亲给了我 100 元。

double 作动词使用时意为“使……成两倍”。如:

She doubled her income in no time.

没有多少时间, 她的收入就增加了一倍。

Sales in this store doubled in two years.

该商店的销售额两年来翻了一番。

#### 11. Make good use of your time in class.

make use of: to use well, take advantage of “使用, 利用”, use 前可加 good, full 等形容词修饰。如:

You'll make full use of your knowledge of English when you go to the United States.

等你去了美国，就要充分利用你的英语知识了。

The students are making increasing use of the reference books in the library now.

学生们现在越来越多地使用图书馆的参考书了。

12. **Take notes to help you remember what the teacher says.**

这一句中的动词不定式结构表示目的，相当于 in order to, so as to。此句亦可改为 Take notes so that they may help you remember...。

13. **Go over your notes as soon as you can after class.**

as soon as “一……就……”，引导时间状语从句。如：

Tell him this as soon as he comes.

他一到你就把这事告诉他。

As soon as he had made his plan to improve his study habits, he started to carry them out.

他一做好改进学习习惯的计划，就马上开始实施。

14. **Review important points mentioned in class as well as points you remain confused about.**

as well as; in addition to “除……之外(也)，和”。如：

He came to the party as well as his wife.

他的妻子前来参加聚会，他也来了。

He took three bottles of wine from me as well as that three hundred dollars.

除了那 300 美元的钱外，他还从我这儿拿走了 3 瓶酒。

有时，as well 单独使用，放在句子末尾，意义相同。如：

He took that three hundred dollars from me, and three bottles of wine as well.

请注意使用 as well as 与 as well 时句子语序的区别。

15. **Develop a good attitude about tests.**

attitude 后的介词可用 to, toward 和 about, attitude 前可加形容

词修饰。如：

He used to have a poor attitude toward his work.

他过去工作态度不大好。

**16. The world won't end if you don't pass a test, so don't worry excessively about a single test.**

the world won't end... 是一句习语，相当于我们常说的“天并不会塌下来”，亦可变化为 the end of the world, the world's end 等。如：

The world won't end if your study habits are not good; you can improve them.

你的学习习惯不太好，天也并不会因此塌下来，你可以改进的嘛。

It's not the end of the world if he gave you a dressing-down.

他训了你一顿，但这并不就是世界末日呀。

single“单独的，单一的”，常在否定句中与 a 或 one 连用，表示强调。如：

There's not a single soul in the room.

房间里一个人影都不见。

He couldn't answer a single question on the test paper.

试卷上的问题他一个都回答不出。

**17. There are other techniques that might help you with your studying.**

help sb. with sth. 相当于 help sb. to do sth.。如：

He often helps me with my English.

他经常在英语方面帮助我。

The father never helps his son with his homework.

这位做父亲的从不帮助儿子做作业。

She helped her mother with the washing-up after dinner.

晚饭后，她帮助母亲洗涮。

**18. You will probably discover many others after you have tried these.**

many others 指 many other techniques。other 意为“另一，另一个，另一组”等，请注意它在作代词和形容词时的区别：作形容词时，它的词形不能有任何变化；作代词时则可在其后加 -s。如：

She gave one man a kiss but gave the other one a slap on the face.  
她吻了一个男人，却抽了另一个男人一记耳光。

When are the other people arriving?

其他的人什么时候到？

Where are all the others?

其他的人都在哪儿？

**19. Share with them some of the techniques you have found to be helpful.**

you have found to be helpful 是修饰 some of the techniques 的定语从句，其前可加 that 或 which。found them to be helpful 亦可作 found them helpful。其他如：

I find it hard to believe your story.

你说的事情我觉得很难相信。

She found him very charming.

他发现他很有魅力。

We found her a very sensitive child.

我们发现她是个很敏感的孩子。

## Model Test 1

### Part I Vocabulary and Structure

1. Can students of \_\_\_\_\_ intelligence be top students without studying hard?









27. He is never aware what mistakes he has made.
- a. never understands                      b. never realizes  
c. never thinks of                          d. never learns
28. They \_\_\_\_\_ almost ten houses before they decided to buy one.
- a. had looked over                          b. had looked into  
c. had looked for                          d. had looked out
29. Please come at six \_\_\_\_\_.
- a. if you are convenient                      b. if it is convenience  
c. if you are in convenience                  d. if it is convenient to you
30. His father will never \_\_\_\_\_ such a poor man.
- a. approve her to marry                      b. approve her marrying  
c. approve of her marrying                  d. approve to her marrying

## Part II Cloze

In 1 countries 2 machines and 3 them has become an ordinary 4 of the average house wife's job. A 5 stove, 6 example, is a fairly 7 machine. It usually has three or four circular dials which 8 temperature. A separate dial controls the time 9 for cooking processes. The 10 on this dial represent time 11. Suppose you want to bake potatoes, which 12 50 minutes to cook by the baking 13. You 14 the pointer on the dial 15 50. This 16 winds up a small spring, invisible to you, which takes exactly 50 minutes to 17. When it is unwound a bell 18. This is the 19 that your potatoes are ready. One day, perhaps, all cooking process will be 20 by computers.

1. a. West                                      b. Western  
c. Europe                                      d. America
2. a. seeing                                    b. looking at  
c. watching                                    d. noticing