

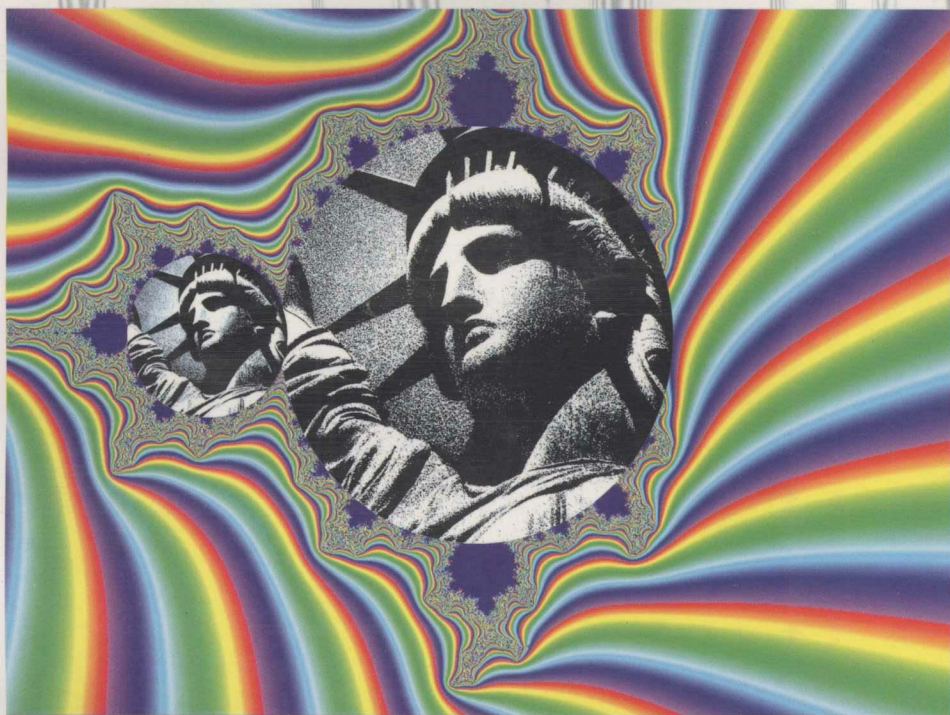
A Guided Reading Handbook of College English
Intensive Reading
(Volume 1)

大学英语 (精读) 自学读本

(上册)

史志立 主编

贾正选 主审



中国计量出版社

A Guided Reading Handbook of College English
Intensive Reading
(Volume 1)

大学英语（精读）自学读本

（上册）

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内 容 提 要

本书是一本紧密配合《大学英语 (精读)》(修订版) 第一、二册的学习而编写的自学辅导读本。也可单独使用。本书通过引导学生从阅读文章的重点内容、探究文章的结构入手, 力图使学生在掌握课文中的重点、难点、疑点, 培养学生利用英语文章的内在规律迅速、深刻、准确地理解文章, 掌握正确的英语表达方式, 写出规范标准的英语作文的能力。这是一本全面训练读者英文阅读理解能力和表达能力的参考书。

本书适合于大专院校师生及英语爱好者、自学者学习参考使用。也适合参加大学四、六级考试、托福考试、职称英语考试等各类英语水平考试的考生使用。

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前 言

不论在大学学习还是在工作岗位工作，英语都是非常重要的。但是我们发现许多学生在经过多年的学习后，仍然没能很好地掌握英语。他们付出了巨大的劳动和超乎寻常的大量时间，但是在面对英语时，还是读得不轻松、听得很吃力、写得难理解、说的是汉语。是什么造成了这种投入与产出上的巨大反差呢？究其原因还是没有一个好的学习方法和与之相配套的教材。为了帮助广大英语学习者能以较少的时间、较小的劳动取得理想的成绩，我们编写了《大学英语（精读）自学读本（A Guided Reading Handbook of College English——Intensive Reading）》。

《大学英语（精读）自学读本（A Guided Reading Handbook of College English——Intensive Reading）》（以下简称《读本》）是一本为使用由上海外语教育出版社出版和修订后的《大学英语（精读）》的学生和英语自学者提供的自学辅导读本。

培养和提高学生的英语阅读能力是《大学英语教学大纲》提出的教学中心和目的。阅读能力的提高对于全面提高学生英语运用能力是至关重要的。而提高阅读能力要从微观和宏观两个方面，即词句语法和文章篇章结构，入手方能取得实效。但在多年的教学实践中，我们发现学生在学习英语时多半注重的是许多的生词和难懂的句子，而对于文章的内部结构却很少注意。这是造成学生阅读困难的重要原因。我们认为词句语法对于看懂文章是十分重要的，但是如果把注意力只集中在词句语法上会造成只见树木不见森林的结果。这也是为什么学生在把文章读了数遍后仍不能读懂的原因。如果在读文章时，学生能从文章的篇章结构出发，注意那些重要的说明文章中心思想、重要细节以及表明文章思路和起连接上下文作用的词语，那么，学生就能很轻松地完成有效的阅读了。

我们还认为阅读和写作互为逆向过程。对文章的结构掌握得好，即有助于对文章理解，同时也有助于写作能力的提高。反过来如果能写出好的文章，那么阅读理解能力也必定得到了极大的提高。因此，本《读本》通过引导学生首先从读文章中的重点内容和探究文章的结构入手，掌握英语文章的篇章结构特点，从而为深刻准确地理解文章打下良好的基础，也为他们写出规范的英语文章作好准备。为此在每一课的第一部分安排了课文导读。

我们还认为包括大学生在内的成人在学习英语时有其自身的特点，即求准和注重实用的特点。他们希望在学习了英语后能准确地理解原文，同时又能用英语准确地表达自己的思想。为此我们把史志立同志提出的翻译比较法引入本《读本》的编写中，大量采用翻译练习，促使学生在把汉语和英语不断进行对比和比较中掌握英语和汉语在表述同样内容时在结构、用词等上的异同，并通过翻译练习掌握这些表达式，从而达到提高学生阅读理解能力和表达能力的目的。

及时检查对于英语学习是十分重要的。本《读本》的每一个单元的后面都安排有一个单元自测题，它既能起到复习检查的作用，同时还使学生在做自测题的过程中体验到那种对于学习英语必不可少的成就感，从而巩固和强化学习英语的兴趣。

每册书的后面附有全部练习答案，便于学生的自学和检查。同时我们还在每册书的后面编有索引，以方便学生的学习和查阅。

本《读本》由史志立副教授主编，分上、下两册。上册包括《大学英语（精读）》第一册和第二册，下册包括《大学英语（精读）》第三册和第四册。其中：

史志立负责编写了第一册的全部十个单元和第二册的第一单元到第五单元。

梅丽荣负责编写了第二册的第六单元到第九单元。

李霞负责编写了第二册的第十单元。

苏忠贵负责编写了第三册的第一单元到第三单元。

王晋平负责编写了第三册第四单元到第五单元和第四册的第四单元到第五单元。

卢瑞玲负责编写了第三册的第六单元到第十单元。

赵平负责编写了第四册的第一单元到第三单元。

胡明珠负责编写了第四册的第六单元到第十单元。

本《读本》在完成初稿后，曾在部分学生和学员中试用，取得了很好的效果。此次在对《读本》修订后，承蒙中国计量出版社的编辑同志关心得以出版。他们在本书付梓前进行了仔细编审，精心设计，给予了我们很大的帮助和促进。我们在这里表示衷心的感谢。

由于时间仓促，编者水平与经验有限，难免有不妥之处，恳请广大读者批评指正。

《大学英语（精读）自学读本》编写组

1997年12月

使 用 说 明

本《读本》是为学习由上海外语教育出版社出版的《大学英语（精读）》（修订版）的学生提供的自学辅导读本，也可以单独使用。

本《读本》由史志立副教授主编，分上、下两册。上册包括《大学英语（精读）》第一册和第二册。下册包括《大学英语（精读）》第三册和第四册。每个单元包括两个部分：Part One 课文导读 A Guided Reading of the Text 和 Part Two 单元自测题 A Quiz on the Text。

课文导读部分的目的就是要引导学生注意并熟悉英语文章的篇章结构特点，以达到提高学生的阅读理解能力和写作能力。它包括：一、读划线部分，掌握文章大意。二、结合页边空白处的注释再读文章，掌握其写作特点并更深地理解课文。三、先读文章提纲，然后读课文掌握文章的结构。四、结合课文注释读课文，通过翻译对比的方法，掌握其中的语言点和语法现象。课文导读引导学生首先以较快的速度阅读划线部分，掌握课文的中心思想和重要细节。其次结合边注，了解课文的写作特点。再次结合课文提纲阅读，熟悉英语文章的结构特征。最后从难句入手，学习和掌握准确的表达式，即句式等，提高理解和表达的准确度。本《读本》用黑体方框的醒目标志编写了反映英语基本句子结构的【句式】、语言和语法难点要点的【注意】和【说明】、同义词【辨义】、构词规则的【构词法】、课文难点【释义】、语言点【总结】和【练习】等。学生可以通过细致地练习达到掌握英语的目的。

单元自测题的目的就是及时检查学生的学习情况。单元自测题包括：一、回答有关课文的问题。二、选择填空。三、改错。四、用课文中所学的词语，替换下列句中划横线部分。五、翻译或用英语解释课文中的句子。六、写课文概要。学生可以通过对照每册后面附的全部练习答案给自己打分。

在每册书的后面有一个单元自测题成绩一览表。学生在做完题和对完答案后，可以把自己的得分标在该表中。这样就能对自己的学习情况得到一个直观的可比的感受，并据此调整自己的学习。

最后还附有便于学生查找讲解要点的索引。学生可以随时查阅自己想知道的内容。索引编号的第一组数是册号，第二组数是单元号，第三组数是条目号。例如：1.3.10 即指第一册第三单元第十条注解。

编写组

1997 年 12 月

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BOOK 1

Unit One HOW TO IMPROVE YOUR STUDY HABITS

Part One 课文导读 A Guided Reading of the Text

I. Read the underlined parts in the text to gain a general idea of the text.

Want to know how to improve your grades without having to spend more time studying? Sounds too good to be true? Well, read on ...

Perhaps you are an average student with average intelligence. You do well enough in school, but you probably think you will never be a top student. This is not necessarily the case, however. You can receive better grades if you want to. Yes, even students of average intelligence can be top students without additional work. Here's how:

1 Plan your time carefully. Make a list of your weekly tasks. Then make a schedule or chart of your time. Fill in committed time such as eating, sleeping, meetings, classes, etc. Then decide on good, regular times for studying. Be sure to set aside enough time to complete your normal reading and work assignments. Of course, studying shouldn't occupy all of the free time on the schedule. It's important to set aside time for relaxation, hobbies, and entertainment as well. This weekly schedule may not solve all of your problem, but it will make you more aware of how you spend your time. Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play.

2 Find a good place to study. Choose one place for your study area. It may be a desk or a chair at home or in the school library, but it should be comfortable, and it should not have distractions. When you begin to work, you should be able to concentrate on the subject.

3 Skim before you read. This means looking over a passage quickly before you begin to read it more carefully. As you preview the material, you get some idea of the content and how it is organized. Later when you begin to read you will recognize less important material and you may skip some of these portions. Skimming helps double your reading speed and improves your comprehension as well.

4 Make good use of your time in class. Listening to what the teacher

这是一篇说明文。

本段为第一部分，点明主题：you can become a top student if you have a good study habit. however 一词表示语意转折，反驳上文观点，点出主题。

Here's how 承上启下，下文将要谈如何培养良好的学习习惯。

本段到第七段为第二部分，谈如何培养良好的学习习惯。

本段第一句是本段的主题句。

从第二句起介绍具体步骤。本句点明这样做的重要性。

Furthermore 点明重要性之第二点。

第一句是主题句。It may be 等句定义 your study area.

第一句是主题句。第二句用 means 定义该法。

该句说明此法的重要性。

第一句是主题句。

says in class means less work later. Sit where you can see and hear well. Take notes to help you remember what the teacher says.

5 Study regularly. Go over your notes as soon as you can after class. Review important points mentioned in class as well as points you remain confused about. Read about these points in your textbook. If you know what the teacher will discuss the next day, skim and read that material too. This will help you understand the next class. If you review your notes and textbook regularly, the material will become more meaningful and you will remember it longer. Regular review leads to improved performance on tests.

6 Develop a good attitude about tests. The purpose of a test is to show what you have learned about a subject. The world won't end if you don't pass a test, so don't worry excessively about a single test. Tests provide grades, but they also let you know what you need to spend more time studying, and they help make your new knowledge permanent.

There are other techniques that might help you with your studying. Only a few have been mentioned here. You will probably discover many others after you have tried these. Talk with your classmates about their study techniques. Share with them some of the techniques you have found to be helpful. Improving your study habits will improve your grades.

第二句用 means 说明该法的重要性。后两句说明注意事项。

第一句是主题句。

第二句起介绍该法。

用 help, leads to 等词指出该法的重要性。

第一句是主题句。

后文指出该法的重要性，并作解释性说明。

本段为结束段。用 other techniques 连结上下文。

结论。

II . Read the text the second time with the notes on the margin for the writing techniques and for deeper understanding.

III . Read the suggested outline of the text first and then go over the text again for the overall structure of the text.

THE OUTLINE OF THE PASSAGE

Part I: Introduction of the thesis statement
(Paragraph 1)

If you have formed a good study habit, even if you are a student of average intelligence, you are sure to become a top student.

Part II: Discussion of the thesis statement
(Paragraphs 2~7)

How to form a good study habit

You should make a careful time schedule for work and play.	You should find a good place to study.	You should go over a passage before reading it more thoroughly.	You should make good use of your time in class.	You should study regularly.	You should develop a good at- titude about tests.
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Part III: Conclusion of the thesis statement
(Paragraph 8)

Restate the thesis statement

Improving your study habits improves your grades.

IV. Read the text the fourth time for more details with the explanatory notes to it.

1 Want to know how to improve your grades ...?

【说明】这是英语中特别是英语口语中常见的句式，即省略了助动词 do 和主语的疑问句。
补全了应该是：

- (1) Do you want to know how to improve your grades ...? 又如：
- (2) Join us in the games?
- (3) Want to play basketball with us?

【练习】1) 请写出五个省略了助动词 do 和主语的疑问句。

【说明】know how to improve your grades without spending more time studying?

know 后面如要跟动词不定式，该动词不定式前一定要有一个 wh- (和 how) 词，其动作执行者即所在句主语。注意 why 不用于这种结构中。

【句式】know what (who, whom, which, which, how, where, when) to do 如：

- (1) The police already knew where to find the murderer. They did not arrest him because they want to find more evidence about his crime.
- (2) Do you know when to start the game?
- (3) He lost his way in the woods. He did not know which road to take to go out of it.

【练习】2) 仿照例句翻译下列句子：

- (1) 你会游泳吗？
- (2) 他知道下一步该做什么。
- (3) 她哭了。她不知道走哪条路能回家。
- (4) 他不知道把伞放哪儿好。
- (5) 李明不知道该说什么。

【说明】 without spending more time studying

【句式】 spend + 时间 + in doing

【注意】 在现代英语中, 该句中的介词 in 常省略。 例如:

(1) They have spent the whole morning (in) reading English.

(2) He spent ten hours (in) solving the math problem.

【练习】 3) 选择填空:

He spent ten years _____ the dictionary.

A. in write B. write C. in writing D. wrote

2 Sounds too good to be true?

1) 该句也是一个英语中常见的句式: 省略了主语的陈述句, 并且以陈述句来表示疑问。该句补全应是:

(1) It sounds too good to be true? 又如:

(2) Runs to school every day?

(3) Got the book with only five jiao? That's a bargain.

【注意】 以上两句都只能出现在一定的语言环境中。如无一定的上下文, 则不知省略的部分为何。

【练习】 请写出五个省略了主语的表达疑问的陈述句。

2) sound 用法总结。

(1) sound *vi.* 听起来 (seem ... when heard, have the effect of being)

【句式】 sound + *adj.* 听起来很, 听上去很 例:

① Your proposal sounds quite good.

② His conclusion sounds reasonable.

(2) sound *n.* 声音 例:

① Sound travels in sound waves at 1 000 feet per second in air.

② Strange sounds from the next door aroused us from deep sleep.

③ This is a language with many consonant sounds.

【辨义】 sound, voice, noise *n.*

sound 指凡是可以听到的声音。如: sound of music, sound of voices, sound of breaking glasses.

voice 指人说话, 唱歌时发出的声音。 如:

① He has a loud/high voice.

② She has a charming voice.

③ This is a song for 4 male voices.

④ That sounds like Mary's voice.

noise 通常指很大的, 难听的声音。 如:

① Stop making that noise.

② He could not sleep well because of the noise of the traffic outside.

有时也用来指小且好听的声音。 如:

① Listen to the noise of the children singing.

② He smiled at the noise of his cat drinking milk.

(3) sound *adj.* 健全的, 健康的 (in good condition, without damage or disease)
正确的, 合理的 (based on truth or good judgement, not wrong)
彻底的, 严厉的; 酣畅的 (complete, severe; untroubled)

例: ① The purpose of education is to bring up children of sound mind and body.

② Morning exercises will bring you sound constitution.

③ He often comes up with sound reasoning, and we learn a lot from him.

④ His advice is sound, and you must listen to him.

⑤ He was caught stealing. And of course he got a sound beating for it.

⑥ Having worked the whole day, he had a sound sleep as soon as his head touched the pillow.

(4) sound *adv.* 酣畅地 (deeply and untroubled) [主要出现在下面短语中]

例: He is sound asleep.

【练习】说出下列句中 sound 的词性, 并说出其词义。

① Only after you have proved financially sound can you be admitted into the college.

② Have you ever seen the film Sound of Music?

③ Does this sentence sound right?

④ It sounds as if the government doesn't know what to do about it.

⑤ Don't worry about him. He is always in sound health.

⑥ Just tell me about it. He is sound asleep already.

3 Perhaps you are an average student with average intelligence.

【辨义】average, common, ordinary, general *adj.*

average 指平均数, 平均水平; 中等水平的。 如:

(1) The average of 3, 8, 10 is 7.

(2) The average rainfall for July is 100 mm.

(3) He is really above the average intelligence.

有时也用来指常见的, 为人们所熟知的 (情况)。 如:

(4) There was nothing special about it. It was only average.

(5) This is what an average student can do.

common 指常见的, 为人们所熟知的, 无特殊点的 (人或事)。 如:

(1) The common people do most of the work of the world.

(2) Snow is common in cold country.

亦指为人们所共有的。 如:

(3) English is the common language in the United States.

ordinary 指平凡的, 无特殊地位的 (人或事)。 如:

(1) He came to the party in an ordinary dress.

(2) The ordinary workers will not agree to that.

general 指为一个阶层或群体所共同执行的, 或通行于其中的。 如:

(1) Laws are made for the general good.

(2) There is a general interest in television.

亦指总纲性的，概括的。 如：

(3) The teacher gave only a general introduction.

(4) After we had answered the general questions, they began to be more particular.

【练习】用 average, common, ordinary, general 填空。注意填写适当的冠词。

(1) The _____ income of the family in a month is about 2 000 dollars.

(2) You are doing some world-shaking business, but I am doing a (n) _____ job.

(3) This mistake is quite _____ among beginners of English.

(4) As a (n) _____ rule, most babies began to utter their very first word at the age of 12 months.

(5) It has become _____ knowledge that the earth goes round the sun.

(6) What he told me is too _____. Would you tell me in detail?

4 This is not necessarily the case.

【释义】the case 事实，实情 (= true)。 例如：

(1) She thought she was hurt but it wasn't really the case.

(2) ——Is this the case? ——No, it isn't the case at all.

【练习】翻译下面句子。

(1) 他以为他找到了正确的答案。但事实并非如此。

(2) 他书中所叙述的不是事实。

5 You can receive better grades if you want to.

【注意】在本句里 if you want to 后省略了动词不定式，即 receive better grades。要注意在省略动词不定式时，切记要保留动词不定式符号 to。 又如：

(1) You may go if you want to.

(2) I meant to tell you, but forgot to.

【练习】补全下面句子中省略的部分：

(1) He asked me to finish the whole thing in an hour, but I don't know how to _____.

(2) We ordered them to take over the enemy's position before dusk, but they failed to _____.

【注意】grade 常和 receive, improve 搭配使用构成短语：receive one's grades 得到成绩，improve one's grade 提高成绩

6 Here's how.

【句式】Here is 下面就是，下面谈谈

(1) Here's how he did his homework.

(2) Here is what the author said to us.

【练习】翻译下面句子：

(1) 下面谈谈他为什么想上军校。

(2) 下面就是他们怎样完成这项艰巨任务的。

7 Make a list of your weekly tasks.

【句式】make a + 一个表示动作的名词

这是一个很常用的句式，表示做了一次……，进行了一次……。 例如：

make a promise (= promise), make a search, make an early start (= start early), make a good choice, make a decision, make an important discovery

【注意】make no answer = not to answer

【练习】翻译下面句子。

(1) 他开列了一个购物单。

(2) 他许诺说他八点钟来。

8 weekly

【构词法】-ly 是个后缀。1) 加在形容词后, 把形容词变成副词, 表示:

(1) 方式、状态、时间、地点、程度、方向。如: loudly, seriously, poorly, smilingly, greatly, firstly, unexpectedly

(2) 从……方面(角度、观点等)。如: economically, technically, historically

2) 加在名词后, 把名词变成形容词, 表示

(1) 像……的, 有……性质的。如: friendly, manly, scholarly, brotherly

(2) 反复发生的, 每过一定时间发生一次的。如: yearly, bimonthly, monthly, weekly, daily, hourly

9 Fill in committed time such as eating, meetings, classes, etc.

【注意】such as 的意思是像……这样的, 诸如此类的, 例如: such as 常出现在名词后面起着解释上文的作用。如上句中, 何为 committed time, such as 解释其为用于 eating, meetings, classes 等的时间。所以上句的意思即为“把用于吃饭, 开会, 上课等这样的非用不可的时间填上”。又如:

(1) Computers such as Compaq, DEC, AST are of high quality.

(2) Remember to behave yourselves on occasions such as these.

(3) He bought books of reference, such as dictionaries and handbooks.

【句式】fill in 意思有二。

1) 把……填入 put in (whatever is needed to complete something)。如:

(1) He was asked to fill in the detail of his personal information.

(2) You draw the people and I'll fill in the sky.

2) 填, 填写 complete ... by putting whatever is needed。如:

(1) Fill in the blanks with the words in the brackets.

(2) Come here and fill in your income tax form.

【练习】翻译下面句子。

(1) 他喜欢读像人民日报那样的报纸。

(2) 他们要种像玫瑰、荷花那样的花。

(3) 把你的姓名、年龄填上。

(4) 请先把这份申请表(application form)填上。

10 Then decide on good, regular times for studying.

【句式】decide on + sth. /doing sth. 就……做出决定。如:

(1) I have decided on a new car.

(2) They decided on going there by bike.

【练习】选择适当词填空并翻译。

(1) You had better decide _____ what to do next.

A. at B. in C. on D. for

11 Be sure to set aside enough time to complete your normal reading and ...

【句式】be sure (not) to do 一定要做，保证要做

(1) Be sure to be here on time tomorrow.

(2) Be sure to bring your tape to the class next time.

【句式】set ... aside 把 留下以用于某特殊目的

(1) He has formed the habit of setting aside a little money every month.

(2) He set aside one hour every day for sports.

【练习】翻译下面句子。

(1) 他们留下了足够的储备粮 (reserve food)。

(2) 一定要把信送到。

(3) 保证考试时不再作弊 (cheat)。

(4) 他为全家人留下五张电影票。

【辨义】complete, finish 都可作“完成”讲。但是 complete 是个及物动词，指使 完整、完善，补足缺少或是需要的部分使成一整体。 如：

(1) I need one more stamp before my collection is completed.

(2) By spring they had completed the house and moved in.

而 finish 可做及物动词也可做不及物动词，表示结束，使 结束。 如：

(1) What time does the concert finish?

(2) I haven't finished reading the book yet.

12 ..., but it will make you more aware of how you spend your time.

【句式】make sb. aware of /that 使 注意到

(1) His criticism made us aware of the weak points of the play.

(2) They made us aware that their love would come to no result.

【句式】be aware of /that 注意到

(1) He is aware of the danger ahead of him.

(2) He is aware of what is hiding behind the wall.

【练习】翻译下面句子。

(1) 枪声使他们意识到他们被包围了。

(2) 他的出现使他们意识到他们所面临的危险。

(3) 比尔已意识到这个困难了。

(4) 你还没意识到你的对手 (rival) 是谁吗？

13 Furthermore, it will enable you to plan your activities so that you have adequate time for both work and play.

【注意】在英语中有一类词和短语起着连接上下文、表达一定的语意关系，这些词叫作连接词 (transition 或 connective)。如：furthermore 表示“除上文所述外还有”、“此外”、“而且”的递进关系。又如 of course, then, as well, too. 例如：