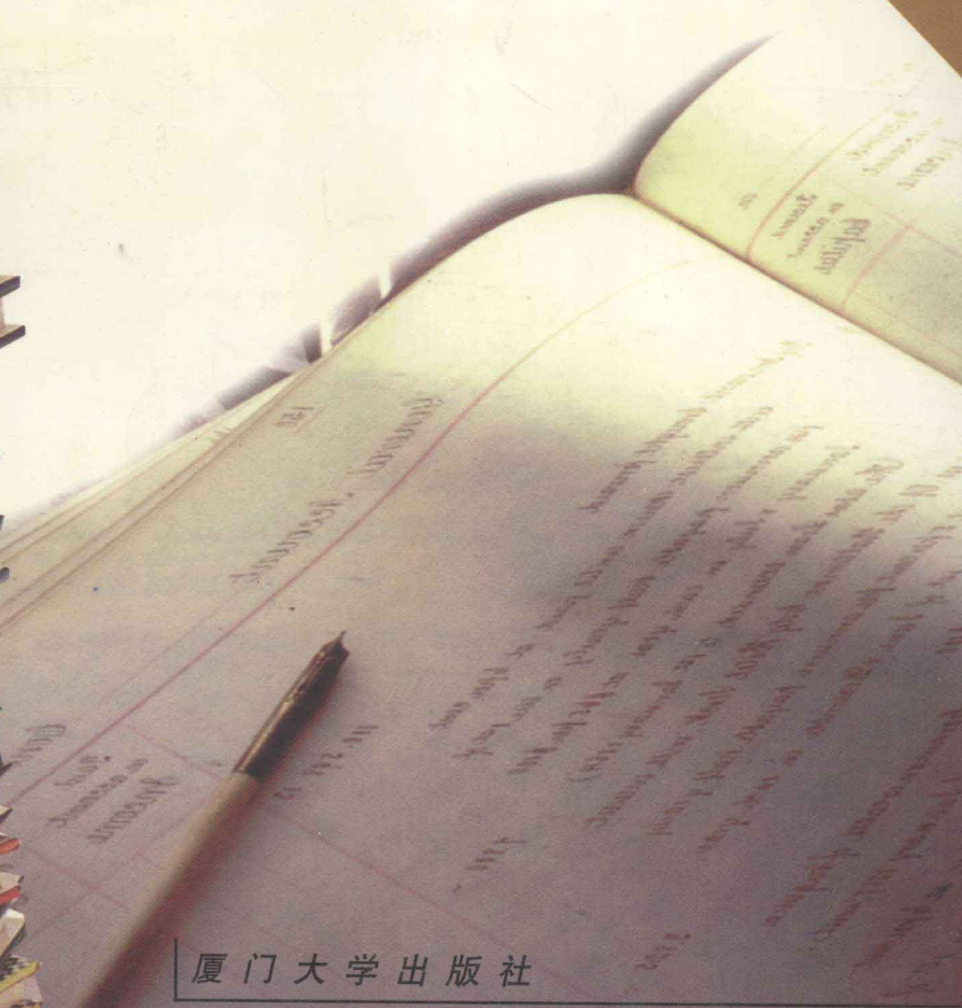


College English Study Guide

最新大学英语 学习指导

主编：赵新城



厦门大学出版社

最新大学英语学习指导

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前 言

本书是新版《大学英语》(精读)(上海外语教育出版社)的同步辅导用书,是根据修订后的大学英语教学大纲的要求编写而成的。与其它同类辅导书相比,本书有三个突出的特点。第一,本书不仅重视对学生词汇能力的培养,也重视篇章理解和欣赏能力的培养。每个单元都对课文的语篇结构和写作特点作了详尽的分析,使学生不仅能理解文章的字面意义,更重要的是了解文章的全貌,既见树木,又见森林,这对于阅读和写作能力的提高都大有裨益。第二,重视语言运用能力的培养,而不是单纯以应考为目的。本书从一开始就对写作能力提出较高要求,练习题以主观题为主,使语言运用能力的培养能够落到实处。第三,重视对学习方法的指导。我们从长期教学实践中发现,很多学生外语学习投入多而成效不大的一个重要原因是学习不得法,因此迫切需要在学习方法上给予指导。本书涵盖了《大学英语》(精读)一至四册的四十个单元,每个单元均有一篇依据心理学、教育学、外语学习理论而撰写的学习方法指导的短文,这些短文涉及外语学习的方方面面,旨在帮助同学了解外语学习的特点,解答学习中的疑惑,启发思维,促进正确、良好的学习习惯的养成。这部分既可按顺序学习,也可根据需要随时查阅。

本书可与《大学英语》(精读)同步使用。凡是该教材的使用者,无论是在校学生还是社会自学者都可把它作为教材的主要参考书,以求达到提高学习质量和效率的目的。本书还可供使用这套教材的教师备课时参考。

本书编著者孟东维、谢友福、司福成分别承担一至三册内容的编写,主编赵新城负责总体设计、统稿及第四册的编写。

本书是福建省社会科学研究资助课题的部分成果,得到了有关方面的有力支持,借此对他们表示衷心的感谢。厦门大学出版社副编审宋文艳女士对本书初稿提出了中肯的修改意见,并对本书的出版给予积极支持,借此一并表示诚挚的谢意。

“To err is human; to forgive, divine”(凡人多舛误,唯神能见宥)。由于编者水平有限,成书虽历经一年有余,书中谬误疏漏之处仍在所难免。殷切期望广大读者及同行予以谅解,并提出宝贵意见和建议,以便再版时予以更正、补充。

编 者

1999年6月

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Book One

Unit 1 How To Improve Your Study Habits

一、 学习目的

1. 练习课文中 Words to Drill 部分的单词及 look over, make use of 等短语的用法;
2. 进一步熟悉说明文 (exposition) 的语篇特点, 提高阅读和写作说明文的能力。

二、 重点语言项目

1. 词汇和短语

1) average:

- ① *a.* ordinary, usual, middle 一般的, 普通的, 平均的

e.g. His exam results were just average.

The average person is not very wealthy here.

The average temperature today was 20°C.

- ② *n.* The middle value of a set of numbers 平均, 平均数

e.g. The average of 3, 7, 9 and 13 is 8.

on an (the) average 平均, 一般说来

- ③ *vt.* form an average 平均, 平均分 (不用被动语态)

e.g. The cost of their lunches at school averages four yuan a day.

- 2) schedule: *n.* a timetable of things to be done; a plan 时间表, 进度表, 计划

e.g. I need a train schedule. 我需要一份火车时刻表。

on schedule 准时; 按进度进行

ahead of schedule 提前

behind schedule 超期; 进度落后

3) commit: *vt.*

- ① do (a foolish act) 做愚蠢事; make (a mistake) 犯错误

e.g. He felt that he had committed a discourtesy.

他感到做了一件不礼貌的事。

e.g. She committed an error in addition.

在数学加法上, 她犯了一个错误。

② **perpetrate (a crime)** 犯罪 (murder, suicide, robbery, adultery 谋杀, 自杀, 抢劫, 通奸)
e.g. He committed murder when he was drunk.

③ **entrust; hand over to** 委托; 交付
e.g. He was committed to the care of his uncle. 他被委托给他的叔叔照顾。

④ **undertake (to do sth.)** 承担某种义务; **promise (to do sth.)**
e.g. He has committed himself to helping her.
He has been committed to helping her.
他承诺过要帮助她。

⑤ **指定……用于; 拨出**
e.g. They committed 1 000 yuan to the education of their daughter annually.
他们每年拨出 1 000 元用于女儿教育。

4) **enable: vt.** make able, give power or right to do sth.
使能够; 给予力量或权力 (做某事) (enable sb. to do sth)
e.g. The scholarship enabled him to go to college. 奖学金使他能上大学。
The new law enables women to vote. 新法律赋予妇女投票选举的权力。

5) **concentrate: vi.** focus one's attention on 把注意力集中在……上 (常与 on 或 upon 连用)
e.g. He is unable to concentrate on academic work. 他不能专心于学术工作。
I wish you'd concentrate on what I am saying.
我希望你能把注意力集中在我正在说的的问题上。

6) **double:**

① **v.** make or become twice as large (great, many, much or numerous) as 使加倍, 翻一番
e.g. He doubled his money in two years by investing it wisely.
他通过聪明地投资使自己的钱两年增加一倍。
Sales doubled in five years. 销售额五年内翻了一番。

② **a. (无比较级)** twice as usual 两倍的, 加倍的, 双重的
e.g. The workers receive double pay for working on Sundays.

7) **mention: vt.** speak of, refer to or write sth. about 说起, 讲述, 提及
e.g. He mentioned the plan but gave no details.
He mentioned that she might be leaving.
He mentioned to me that he had seen you.
Don't mention it. 不用谢。

not to mention 更不用说; 还不算

It's far too late for you to go out and play football, not to mention the fact that it's raining.

8) **confuse: vt.** mix up (the mind, ideas, etc.), put in disorder 使糊涂, 使混乱, 使迷惑 (思考, 观念等) 使混淆, 混同

e.g. The visitors asked so many questions that they confused me.

He always confuses salt with sugar.

After hearing his explanation he became (was, got) much more confused.

- 9) provide: *vt.* supply, furnish 提供, 供给
 e.g. The garden provides vegetables for the family.
 They provide the child with food and clothing.
- 10) share: *vt.* divide into parts, give out in shares; use or enjoy together; have sth. in common
 分配, 均分; 共有, 分享 (常与 among, between, with 连用)
 e.g. The teacher shared the tasks among the pupils.
 They shared the left over cake between them.
 Tim has been sharing his bedroom with his brother.
- 11) be the case: be true 事实, 实情
 e.g. Is it the case that you lost your ID card? 你真把身份证丢了吗?
 in any case 无论如何 in case 假使, 以免 in no case 绝不 in case of 假使, 万一
- 12) fill in: (a hole, room, etc.) fill out, fill up (a form) 填满, 填表格
 e.g. They filled in their room with furniture.
 Please fill in this form.
- 13) be aware of: *a.* knowing about, conscious of 意识到, 知道 (不作定语, 只作表语, 后接 of 短语或其它从句)
 e.g. He was not aware of my presence till I spoke to him.
 I'm aware (of) how you must feel. 我能体会 (到) 你会有什么感受的。
 It was several minutes before I was aware of what was happening.
- 14) look over: examine (but not with great care) 审阅, 翻阅, 检查, 打量
 e.g. Please look my composition over and see if it is all right.
 He has been looking over the new house.
 look after 照顾 look down upon 蔑视, 看不起
 look forward to 盼望, 期待 look into 窥视, 调查, 过问
 look on 旁观, 观看, 看待 look out 注意, 警惕
 look up 查找, 寻找, 查出
- 15) make (good, full) use of: (好好, 充分) 利用
 e.g. We must make good use of our natural resources.
 You should make full use of these materials.
- 16) go over: review, study or look at sth. carefully 复习, 查看
 e.g. Students of her class must go over their notes after class.
- 17) lead to: result in, tend to 导致, 引起, 通向
 e.g. Hard work leads to success.
 All roads lead to Rome. 条条大路通罗马 (谚语)。
- 18) both ... and: *conj.* not only ... but also 既……又……
 e.g. It's both good and cheap.
 Both Mary and Susan were awarded prizes.

2. 句型结构

1) 以 so that 引导的状语从句的用法

- ① so that 引导目的状语从句, 意为 with the purpose that, in order that 以便……

例如: I'll speak louder so that you can hear clearly.

- ② 引导结果状语从句

He got up very late so that he missed the bus.

课文中: Further more, it will ... so that you have adequate time for both work and play.

(Lines 14~15)

2) 祈使句 (Imperative Sentence) 的用法

祈使句是用来表示请求、命令、劝告意义的句子。它的主语是 you (听话人), 但通常不说出来。句末常用惊叹号或句号。说话时一般用降调, 在肯定句中谓语用动词原形, 可在句首或句末用 please。例如: Sit down, please. 有时为了强调说明对方是谁, 可不省略主语: You stand up! 有时为了强调句子本身, 可在动词前加 do: Do tell the truth! 否定句用 do not 或 don't: Don't be late! 谓语动词是 let, 表示建议, 其后不定式省略 "to": Let me try.

三、课文难点解释

1. 背景知识

There are many other factors that affect a student's learning in school apart from his (her) genetic mental ability.

Firstly, diligence (hard work) plays a significant role in one's learning career. Usually, a lazy student can not get good grades in his studies. Numerous examples can be cited. A proverb goes like this: "If you work at it hard enough, you can grind an iron rod into a needle."

Secondly, effective techniques are generally important, for example, note-taking technique and the method of going over the notes after class should be learned. Because human memory is limited, however good yours is, you should take notes as quickly as possible and review your notes after class at least once in order to remember what you learnt in the previous class.

Last but not the least, a student should improve his study habits suggested by the teacher by planning his time carefully. He should make a weekly schedule of his time.

2. 难句解析

- 1) This is not necessarily the case, however. (Line 3): But this is not inevitably true. 然而事实未必如此。
- 2) The world won't end if you don't pass a test, so don't worry excessively about a single test. (Lines 37~38). Your study in school will go on even if you fail in a test, so you don't have to worry too much about it. 即使一次考试不及格, 天也不会塌下来。因此, 你不必为此而过分担心。

四、词语辨析

1. habit custom hobby

这三个词均可表示“习惯”，但词义有细微差异。

habit *n.* 习惯，指个人习以为常的行为或特性，强调习以为常，不自觉的，往往又是难以摆脱、难以改变的习惯。如：

Form a habit of brushing your teeth twice a day. 养成每天刷两次牙的习惯。

That old man is in the habit of drinking. 那位老人养成了饮酒的习惯。

custom *n.* 风俗，习惯。通常指属于集体、民族或国家的传统习俗。如：

Custom is a second nature. 习惯是第二天性。

It is the custom of foreigners to do so. 这种做法是外国人的习惯。

hobby *n.* (业余的)爱好，嗜好。如：

Growing roses is my grandma's hobby. 种玫瑰花是我祖母的嗜好。

2. grade mark score

这三个词均可用以表示学生在校的学习成绩，考试分数。但使用时各有侧重。

grade *n.* 指学生的分数、等级为优、良等。如：His grade is A. 他的等级为优。(该词一般不与分数连用)。

mark *n.* (考试)成绩，分数，为可数名词，如：

She got a good mark above 95. 她得了 95 以上的高分。

My son gained 89 marks out of 100. 满分 100，我儿子得了 89 分。

score *n.* 指在考试中所获总分，也是可数名词。如：

My score on the test was 90. 那次测验我得了 90 分。

The last math exam was so hard that the whole class made low scores.

上次数学考试太难了，全班得分都不高。

3. schedule chart

schedule *n.* 时间表，日程安排。如：

train schedule 火车时间表

He always has a full schedule. 他的时间表总是排得很紧。

chart *n.* 图，图表，通常为用曲线等所表示的气象、物价、生产和工程进度，以及商情等资料。如：statistic chart, 统计图表，weather chart 天气图表。

This sales chart shows that many sales were made last week.

这份销售图表表明上周的销售量很大。

4. sure certain

两词均可表示相信、确信和有把握。

sure *a.* 深信，确信，强调主观上的把握程度大。如：

I am sure of his honesty. (I am sure that he is honest.)

certain *a.* 相信，一定，强调客观上具备有可肯定的理由和把握。如：

He is certain of the correctness of his view. 他确信他的观点是正确的。

5. solve answer settle

三个词均用以表示解决(问题)，但分别有不同搭配方式和词义的侧重。

solve *v.* 解决，多指解决问题(problem)。如：

Our teacher is very good at solving this kind of problems. 我们老师很善于解决这类问题。
answer v. 回答, 解答, 后多接 question, 如: Can you answer my question?
settle v. 解决, 后多接 matter, 如:

I'll have to settle a hard matter. 我得解决一个棘手的问题。

6. as well as well as

两者均表达“也”的意思。

as well 只能放在句尾, 意为“除了以上所谈的, 此外还……”

重点在后面。它不能作连词, 而作副词并与 and, but 等词连用:

I'm teaching Chinese, but I can teach English as well. 我现在教汉语, 不过我还能教英文。

as well as 作连词, 意为“除……之外(还); 既……又……”重点在前面而不在后面:

He is clever as well as handsome. 他既英俊又聪明。

五、课文语篇与写作特点分析

本文是一篇说明文。作者用列举法(用阿拉伯数字)列举了六点来回答“怎样(How)成为好学生”的问题。

由此可见, 说明文的特点是说明或解释客观事物的特点、功能、用处及发展变化过程等。说明文条理要清楚, 简明扼要 (be concise and to the point), 就事论事, 即把要说明或解释的事情表达清楚。说明文一般较少或不带作者个人感情。

说明文的写作方法大致可有以下几种: 界说法(定义法)、比较对照法、分类法、列举法和因果分析法。说明文一般都有明白的主题句。在主题句下面是用以解释说明主题句的观点和具体事例, 最后归纳以加深印象, 做到首尾呼应。

下面是列举法常用的过渡性词语:

first, ...; second, ...; third, ...; lastly, ...; to begin with, ...; next, ...; furthermore, ...; finally, ...; 这两组都表示“首先……其次……再次……最后……”之意; on the one hand ... on the other (hand) ... 意为“一方面……另一方面”; for one thing...for another... 意为“首先……另外(其次)” what's more, further more, moreover, besides, in addition, etc. 都含有“另外”、“再者”、“除此之外”等补充说明之义。

六、自测题

1. Choose the best answer from the 4 choices given to complete the sentence.

1. Put your heads together and _____ on a plan of action.

- A. decide B. take C. set D. depend

2. Good leadership will _____ the country _____ industrialization.

- A. enable ... to achieve B. cause ... achieving
C. make ... achieving D. lead ... to achieve

3. How are you _____ in school?

- A. doing B. making C. reading D. having

4. You can have better grades if you _____.
 A. want to be B. want to
 C. want to have those D. want to have better grades
5. Please _____ a schedule or chart of your weekly time, so that you can have a timetable.
 A. do B. draw C. make D. commit
6. _____ forget to wake him up at 6:30.
 A. Sure not to B. Be sure not to
 C. Be sure to not D. Be sure not
7. You'd better set aside enough time _____ relaxation and entertainment.
 A. of B. to C. on D. for
8. This method can not _____ the problem.
 A. answer B. reply C. settle D. solve
9. The more you learn, the more you are aware _____ important English is.
 A. of being B. how C. of how D. it
10. Reading _____ to be well informed.
 A. is able for you B. enables you
 C. makes you D. helps you

II. Complete the following sentences with appropriate phrasal verbs formed from the verbs given below.

fill decide set look go make lead provide help concentrate

1. You should _____ what you are reading and you can catch the main idea of the material you are reading.
2. If you _____ full _____ your time, I'm sure you will learn more than others.
3. The supervisor has come to _____ your accounts.
4. Would you please _____ me _____ the cleaning?
5. Please _____ this application form and turn in as soon as possible.
6. He _____ some money each month for his own further education.
7. The students _____ their notes to get ready for the quiz.
8. The government _____ the local people _____ everything needed in their agricultural development.
9. Hard work will certainly _____ better grades in one's studies.
10. What name have you _____ for your baby?

III. Writing: Write a composition of 100~150 words under the title **How to Improve Your English Studies**. Try to use the words: firstly, secondly...lastly, etc. to join your points.

七、学习方法谈

同新生谈大学英语学习

21 世纪是全世界各国科学技术、经济、教育、人才激烈竞争的时代，为了迎接这种挑战，培养通向世界的复合型人才，大学英语的教育和学习在我国的高等教育中是一门举足轻重的基础课。这门课程的质量直接影响到我国 21 世纪人才素质的培养。一个大学毕业生在英语方面应该具备扎实的语言基础知识（词汇、语音、语法）和应用这些语言知识的实际能力——听、说、读、写、译的能力。这样，才能在知识和信息爆炸的年代，迅速地获取知识并能将其服务于社会，在激烈的竞争中有立足之地。

为了掌握扎实的语言基础知识，培养和提高听、说、读、写、译的能力，除了在课堂上学习外，课外自学至关重要。下面谈谈课外自学的一些方法。

学习外语，语言环境很重要。在我们周围讲英语的人不多、外语环境不足的情况下，创造这种环境主要靠大量的听说练习及广泛的阅读来实现。这两种实践在某种程度上相当于与外国人交际。课外，要备一个小的随身听，录一些听力材料（包括课文、课外听力材料、小故事、美国之音、BBC 等），随时随地练听。有条件的话，可看英文电影，听英文歌曲等，在听的同时要练习把听到的说出来。另外还可以朗读课文，去英语角，见到老师、外籍人士及同学，强迫自己讲英语，养成开口讲英语的习惯，逐渐练下去，无疑会在听说方面有很大进步。

利用课外时间，多读英语（包括简易小说、报刊、杂志、各种教材等），读后还要用英语写读书笔记，练习用英语写日记。这样做不仅能扩大词汇量，改善语音语调，学习和巩固语法知识，培养语感，增强学习外语的兴趣，提高听、说、读、写、译的能力，而且还能在大量的听说、阅读中，了解西方的风土人情、历史、地理、宗教、价值观等社会文化知识。如此天天练下去，定会受益匪浅。

Unit 2 Sailing Round the World

一、学习目的

1. 练习并掌握 Words to Drill 中的生词及 give up, set out 等短语的用法;
2. 进一步了解叙述文的语篇特点, 提高阅读及写叙述文的能力。

二、重点语言项目

1. 词汇和短语

- 1) accomplish: *vt.* to complete, carry out, finish successfully 完成
e.g. Have you accomplished your mission? 你完成你的使命了吗?
accomplish one's object (task) 达到目标 (完成任务)
- 2) determined: *a.* having a strong will, resolute and firm, not easily made to give up 坚定的, 坚决的
e.g. He is determined to succeed this time.
She is a determined girl. 她是个果断的女孩。
in a determined manner 决然地
- 3) damage:
 - ① *vt.* make sth. less useful or valuable, hurt or spoil 损害, 损坏, 毁坏
e.g. The strong wind damaged the roof and they were repairing it.
 - ② *n.* harm and loss 损害, 毁坏
e.g. The earthquake did (caused) a lot of damage.
- 4) fail: *v.*
 - ① be unsuccessful (in); get a mark of failure 失败; 不及格
e.g. All our plans failed.
I failed my mid-term examination.
 - ② not do; not remember 不能, 没有, 忘记 (后接不定式表示否定意义)
e.g. She never fails to tell the child a bed-time story. 她从不忘记睡觉前给孩子讲故事。
He did well, but he failed to break the record. 他的成绩不错, 但没有打破纪录。
- 5) cover: *vt.* travel a distance; put or spread sth. over (in front of, on); include, treat of
行, 行驶; 覆盖 (遮, 挡, 蒙); 包括, 论述 (往往与书籍、课程、讲演等有关)
e.g. The car covers 120 miles an hour.
She covered the sleeping baby with her coat.
I covered my sister's eyes with my hands.
The dictionary doesn't cover the whole of English vocabulary.

His studies cover a wide field. 他的研究范围很广。

6) attempt:

① *n.* a try; an effort 企图, 尝试, 努力

e.g. She made no attempt to stop him.

My attempts at sewing have been unsuccessful.

我学缝纫的屡次尝试都告失败。

② *vt.* make an effort at; try 努力, 尝试, 企图

e.g. He attempted many scientific experiments.

He attempted to speak but was told to be quiet.

The baby attempted walking until he fell over.

7) contact:

① *vt.* get in touch with; communicate 接触; 与……联系

e.g. We'll contact you by telephone. 我们将打电话和你联系。

② *n.* 接触, 联系

e.g. He has been trying to get into contact (come into contact, be in contact) with her since they saw each other last year.

8) unless: *conj.* if not; except when; except that 如果不; 除非

e.g. Don't leave this building unless I tell you to.

我如果不让你离开这栋楼, 你就不要离开。

Unless you study harder you will never pass the examination.

你若不更加努力学习, 就永远不会考及格。

A wild tiger cannot be tamed, unless it is caught young.

野生老虎不可能被驯服, 除非在小时候就捉到它。

9) set out:

① begin a trip 动身; 启程; 出发

e.g. He set out to explore the countryside.

They'll set out for Hainan next week.

② start doing sth. 开始

e.g. He set out to write a history of Japan.

③ have the intention to do sth., undertake 打算, 企图

e.g. They set out to reform the court. 他们企图改革法庭。

10) give up:

① stop having or doing sth. 停止; 放弃; 戒

e.g. I have given up smoking.

He has given up his studies.

② surrender 投降, 屈服

e.g. He argued with his father for hours, but he had to give up in the end.

11) carry out: accomplish; fulfil; perform; put into practice; 完成; 执行; 贯彻; 实现

e.g. carry out a plan (order, duty, etc) 完成一项计划 (执行命令, 执行任务, 等)

carry out experiments (tests) 进行实验

He carried out his promise to come for a visit. 他实现(履行)了他要来访的承诺。

- 12) (all) by oneself: alone; without help 独自; 单独

e.g. He went for a holiday all by himself. 他独自去度假。

She wrote her essay all by herself last time.

- 13) set off: begin a journey; start off; set out; to cause (a sudden activity) 出发, 动身, 启程, 激起, 引起

e.g. We set off on our journey.

e.g. Don't set him off talking politics or he will go on all evening.

不要让他谈政治, 不然他会谈一个晚上。

- 14) in spite of: taking no account of; without regard to; despite 虽然, 尽管, 不顾

e.g. I shall go in spite of the bad weather.

In spite of any difficulties, we'll accomplish the task.

[注] in spite of + *n.* 相当于 although 引导的状语从句。

- 15) dissuade sb. from doing sth.; advise sb. not to do sth. 劝阻某人不要做某事 (反: persuade sb. to do sth. 劝某人做某事)

e.g. I want to dissuade him from leaving the university too soon.

我要劝阻他不要过早辍学。

- 16) by far: very much 非常地;得多; 最..... (与形容词及副词的最高级或比较级连用, 强调数量、程度等, 用来加强语气。用于比较级时, 一般放在比较级后面。

e.g. She is by far the tallest girl in this class. 她是班级里最高的女孩。

She is the better musician by far.

This dictionary is by far the better than that one. 这本字典比那本好得多。

- 17) turn over: *v.* think about carefully; overturn; upset; fall over 仔细考虑; 翻转; 打翻; 翻倒

e.g. The manager turned the matter over in his mind. 那位经理心里再三考虑这件事。

- 18) can't (couldn't) help doing: can not but do; can not do otherwise than...

忍不住.....; 禁不住.....; 不能不.....

e.g. I can't help laughing. 我忍不住笑。

When she heard the news she couldn't help crying.

她听到那消息时, 禁不住哭起来。

- 19) succeed in (doing sth.): achieve or gain one's aim or purpose 成功

e.g. He did succeed in borrowing his father's car.

He succeeded in winning the prize. 他获奖了。

- 20) depend on (upon):

① get help from 依赖, 依靠

e.g. He depends on his parents for his university fees.

② trust; rely on (upon) 信任, 依赖, 指望

e.g. You can depend on this newspaper.

You can't depend on the weather being fine. 你不能指望天气会晴起来。