

《大学英语》(精读) 学习手册

第一册

浦向东 主编

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华中师范大学出版社



(精读)

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华中师范大学出版社

1999年 武汉

(鄂)新登字 11 号

图书在版编目(CIP)数据

《大学英语》(精读)学习手册 第一册/浦向东主编. —武汉:华中师范大学出版社, 1999. 8

ISBN 7-5622-2041-7/H·160

I. 大… II. 浦… III. 英语-高等学校-教学参考资料
IV. H31

中国版本图书馆 CIP 数据核字(1999)第 10190 号

《大学英语》(精读)学习手册

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© 浦向东 主编

华中师范大学出版社出版发行

(武昌桂子山 邮编:430079)

新华书店湖北发行所经销

武汉工业大学印刷厂印刷

责任编辑:月生 赵宏
责任校对:廖国春

封面设计:甘英
督印:方汉江

开本:850×1168 1/32

印张:8.875 字数:220千字

版次:1999年8月第1版

1999年8月第1次印刷

印数:1-5000

定价:10.70元

本书如有印装质量问题,可向承印厂调换。

前 言

为了进一步加强对学生语言应用能力的培养,教育部在新的《大学英语教学大纲》中对大学英语教学提出了更高的要求。根据修订大纲的精神,我们以新的视野、新的标准编写了这套与上海外语教育出版社 1997 年出版的《大学英语精读(修订本)》教材配套的学习指导书。该教材 1992 年获全国高等学校第二届优秀教材特等奖和国家教委高等学校第二届优秀教材一等奖。我们编写这套指导书旨在帮助读者提高学习效率,打好语言基础,大幅度提高用英语进行口头和书面表达的实际应用能力。

第一册由十个单元组成,每个单元包括语篇分析、重难点句子分析与讲解、重点词汇与短语、练习答案、阅读材料注释和指导作文参考答案六个部分。此外,书后附有课文参考译文。

“语篇分析”部分简明扼要地概括课文大意,归纳课文中心思想,分析文章层次结构以及文体特点,使读者更深刻地了解课文中的人物性格特点、文章的语言特色以及作者的写作风格等,使读者在学习语言知识的同时提高阅读欣赏水平。

“重难点句子分析与讲解”部分对课文中的疑难句子从语法、修辞的角度进行分析解释,便于读者对重点句型进行操练,加深对课文的理解。

“重点词汇与短语”部分对大纲中要求掌握的词汇与短语进行中英文诠释,对一些常见的同义词或近义词进行辨析,促进读者准确理解并正确使用核心词汇,扩大词汇量,巩固语言知识,为提高语言的实际应用能力打下坚实的基础。

“练习答案”部分提供了全部练习答案,包括讨论题的参考答案。这有利于读者在做练习的过程中开拓思路,提高灵活运用语言知识的能力。

“阅读材料注释”部分对文章中的重难点句子和短语进行讲解,旨在帮助读者更快、更有效地进行阅读。

“指导作文参考答案”部分提供了写作技巧练习答案和段落写作范文。范文仅供读者在做练习时借鉴,为读者有效提高应用语言的综合能力创造条件。

“课文译文”部分提供了课文参考译文,这有助于读者更好地理解原文,提高英译汉的能力。

在本书的编写过程中,得到了华中师范大学出版社外语编辑室全体同志的支持和帮助,在此,特向他们表示衷心的感谢。

编 者

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UNIT ONE

HOW TO IMPROVE YOUR STUDY HABITS

Discourse Analysis

1. Main Idea

Good study habits are very important for students. In this text, the author maintains that even a student of average intelligence can become a top one if he takes the six suggestions as follows: planning time carefully, finding a good place to study, skimming before reading, making good use of time in class, studying regularly and developing a good attitude towards tests. All these good habits will surely help improve students' grades, especially for freshmen, at universities.

2. Writing Style

This text is a typical piece of exposition about "improving study habits with specific steps". The whole discourse is well-knit and the author's viewpoints are efficiently delivered. At first the author points out the theme that "with good habits even students of average intelligence can become top students without additional work". Then he offers sound ways of improving study habits and illustrates

corresponding effects in detail respectively. At the end of the text, he restates the theme again by saying “Improving your study habits will improve your grades”. So we see the whole discourse is quite coherent and clear with the theme stressed. On the other hand, the language used in the text is very terse, which makes the author’s viewpoints very convincing. Moreover, in order to encourage students to develop a good attitude towards failures in tests, the author uses metaphor and hyperbole in “The world won’t end if you don’t pass a test”. As far as the whole discourse is concerned, the structure is very strict, with an interest-arousing introduction, trustworthy suggestions to support the theme and a thought-provoking conclusion.

3. Division of the Text

- Part 1. (L. 1—5) This part serves as an introduction to the importance of good study habits.
- Part 2. (L. 6—41) The author advances six suggestions and explains them in detail.
- Part 3. (L. 42—46) The author calls upon readers to share more good study habits with others, which will surely improve their grades.

Difficult Sentences and Useful Patterns

1. Want to know how to improve your grades without having to spend more time studying? 想知道怎样才能既不用多花时间学习又可以提高你的成绩吗?

该句省略了句首部分的助动词和主语 “Do you”, 这种用法在

非正式英语中较为普遍。例如：

(Are you) Better today?

(Are you) Looking for me?

(Have you) Had a good time?

(It's) Good to see you again.

(I've) Never heard such things before.

除此之外，句首部分的冠词、助动词、主语、谓语或谓语的一部分、宾语等也可省略。例如：

(The) Trouble is we don't have enough time.

(Does) Anybody need help?

(I) Hope to hear from you soon.

(Is there) Anything you want?

(Come) This way, please.

(Pass me) The newspaper, please.

2. Sounds too good to be true? 听起来好得令人难以置信，是吗？

- 1) 口语中可通过升调将陈述句变成疑问句。例如：

Sound fine to you?

Looks like rain?

He hasn't got any better?

You don't need the dictionary now?

- 2) 该句中的 too ... to 句型意为“太……以致不能”。例如：

Ten o'clock is too late an hour for a boy of his age to stay up.

He speaks too quickly for us to understand.

cf. can't ... too (……也不算过分，越……越好)；too ...
not to (太……不会不)；too ready to (非常)；only too
...to (非常，实在)

You can't be too careful with your work.

The opportunity afforded by the change was almost too

good not to be grabbed by any of them.

She is too ready to criticize others.

He is too ready to find fault. 他很爱挑毛病。

I'm only too glad to be of assistance.

It's only too likely to happen.

We shall be only too pleased to hear from you.

3. This is not necessarily the case, however. 然而, 事实未必如此。
be the case: be the actual condition; be the real situation; be true
是实情

He thought he had found the right answer, but that was not the case.

That's often the case with him.

be not necessarily the case: might not be true 未必如此

Some people think that money and power can bring happiness. That is not necessarily the case, however.

4. You can receive better grades if you want to.
为了避免重复, to 后面的动词短语 receive better grades 被省略了。又如:

I asked them to stay till the next day, but they didn't want to.

At first he didn't want to apologize, but I persuaded him to.

I couldn't find them, though I tried to.

He didn't come, though we had invited him to.

5. It's important to set aside time for relaxation, hobbies, and entertainment as well.

and ... as well: also 也

She insisted on having her hair cut, dyed, and set as well.

I'm going to London and my sister's coming as well.

China possesses enormous quantities of coal and oil, and she is

rich in other minerals as well. 中国拥有大量的煤和石油,其他矿产也很丰富。

cf. may/might (just) as well 还是……的好,不妨

You may as well start all over again.

You might just as well tell us what you really want.

You might just as well ask for the moon as for a new car, because you are not going to get either.

6. It will enable you to plan your activities so that you have adequate time for both work and play.

1) enable sb. to do sth. : make sb. able to do sth. ; give power or means to sb. 使某人能做某事; 赋予某人权利或方法

This document will enable him to pass the enemy lines easily.

The Internet enables people to communicate more conveniently.

2) so that: in order that 以便

She arrived early so that she might get a good seat.

Speak loudly so that the students at the back can hear you.

He saved up his money so that he might go abroad for his vacation.

cf. so ... that: to such a degree that; in such a way that 如此……以致

The statement was so clear that it couldn't be misunderstood.

He walked so quickly that we couldn't catch up with him.

Note: so 之后接形容词或副词表示程度,但如果用于句型“so + 形容词 + 不定冠词 a + 名词 + that”中,则表示“这样……(的一个人)以致于”。例如:

He is so shameless a man that he will not admit his

mistakes.

Darcy was so proud a man that nobody liked him.

7. Skimming helps double your reading speed and improves your comprehension as well.

help 后面的复合宾语既可是带 to 的动词不定式,也可是不带 to 的动词不定式。例如:

Can I help you (to) carry the case?

He helped me (to) mend the bicycle.

但如果主语与复合宾语的动词没有逻辑上的动宾关系或宾语较长时,通常用带 to 的动词不定式。例如:

Will you help the little boys at the back of the hall to carry the chairs out?

These tablets will help you to sleep.

8. Sit where you can see and hear well.

此处 where 相当于 in the place where, 引导地点状语从句。

It's where the old government used to be.

Make a mark where you have any doubts or questions.

Wuhan lies where the Yangtze River and the Han River meet.

9. Go over your notes as soon as you can after class.

1) as ... as you can 表示“尽可能……”, 容易被误写为 as possible as you can; 正确的表示法为:

as ... as possible 或 as ... as you can

We'd like to extend our program as far as possible. 我们想尽可能扩展我们的计划。

He came as soon as he could.

2) as soon as 意为“一……就”, 但 as soon 则表示“宁可, 宁愿”; as soon as not 则表示“再乐意不过地”。

As soon as James saw Cynthia, he began to walk fast.

I would just as soon stay home and watch television. 我宁愿呆在家里看电视。

Thank you for your kind invitation. I'd like to go to your party as soon as not. 谢谢你们的热情邀请,我非常乐意参加你们的聚会。

10. Tests provide grades, but they also let you know what you need to spend more time studying, ... 考试提供分数,但也让你明白自己在哪些方面需要多花功夫……
此处 what 是 studying 的宾语。

Useful Words and Expressions

1. improve

- 1) bring into a more desirable or excellent condition 改善

You could improve your handwriting if you tried.

You should take vitamins to improve your health.

- 2) increase in value, etc. 提高价值

Land is improved by using it for a farm or putting up a building on it.

2. habit: (an example of) customary behavior 习惯

She has a habit of shaking her head when she speaks.

Smoking is a habit with me.

by/out of habit 出于习惯,习惯性地

I smoke out of habit/by habit.

be in the/a habit of 有……的习惯

He is in the habit of doing morning exercises.

The boy is in the habit of watching the Cartoon Network at dinner.

form the habit of 养成……的习惯

Children are required to form the habit of looking both ways before crossing the street.

fall/get into the/a habit of 染上……的习惯

Don't let him get you into the habit of taking drugs.

More phrases:

abandon/give up/get out of a habit 戒掉一种习惯

acquire a habit 染上一种习惯

change one's habit 改变习惯

correct a habit 改正一种习惯

cultivate a habit 养成一种习惯

cure a bad habit 纠正不良习惯

form a habit 形成一种习惯

keep a habit 保持一种习惯

maintain a habit 保持一种习惯

an anti-social habit 孤僻的习性

a deep-rooted habit 根深蒂固的习惯, 固癖

a domestic habit 家风, 家庭习惯

a long-existing habit 长期存在的习惯

3. average

- 1) found by making an average; ordinary 平均的; 普通的

What is the average rainfall in July?

There was nothing special about it, it was only average.

- 2) the amount found by adding together several quantities and then dividing by the number of quantities 平均数

The average of 3, 8 and 10 is 7.

John's salary in the firm is above the average, Jack's is below the average, and mine is just the average.

on the/an average: 按平均数计算

On the average the machine turns out one bottle every minute.

He works six hours a day on the average.

3) find the average of 均分

Will you average those numbers for me?

4) have as an average; amount on the average to 平均为

The cost of our lunches at school averaged two dollars a week.

This month my mail averages 20 letters a day.

5) divide among several proportionately 按比例分配

We averaged our gains according to what each had put in.

4. necessarily: by or of necessity; as a necessary result 必定, 必然

You don't necessarily attend.

Big men are not necessarily strong men.

That conclusion doesn't follow necessarily from the foregoing (前文).

5. case

1) an example; an instance 事例, 实例

The lost books were another case of his carelessness.

2) an instance of a disease 病症, 病例

The doctor said it was a hopeless case.

A case of measles kept him in bed.

3) a matter for a law court to decide 诉讼, 案件

The judge decided the case in favor of her.

The case will be brought before the court tomorrow.

4) container; receptacle; a covering; sheath; a box 容器; 盒子; 套子; 箱子

Put the knife back in its case.