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精读



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# 大学英语

(修订本)

主编 大学英语考试命题研究室

英语精读修订本

学习效率手册

1

高等学校英语教材配套辅导丛书

航空工业出版社

# 《大学英语·精读》学习效率手册

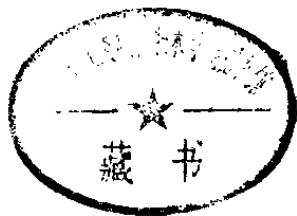
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主编 大学英语考试命题研究室

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## 内容简介

本书是《大学英语·精读》的学习效率手册,共四册。每单元分课前预习、课文注释和练习三大部分。课前预习包括重点词汇和短语的中英文解释、举例说明和易混词的辨析、重点语法的讲解、针对课文内容的附加练习;课文注释中对较难句子进行了分析,给出了英文解释及中文翻译;练习部分针对课后习题给出了生词及较难内容的汉译并对 Reading Activity 做出了详尽的注释,给出了习题参考答案,并增加了三项不带答案的补充练习。另外,每册书后还精选了四套相应级别的统考模拟试题(新题型),以便学完本册书后自测是否达到相应水准。

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## 前 言

目前,公共英语教学课时少,内容繁杂,为完成教学任务,教师不得不把整堂课用于讲解,学生很少有机会操练。因此,课前预习便成了解决这一问题的关键。本书编者根据多年教学经验,将有关预习材料精选汇编,形成了此书的第一部分,旨在给学生课前预习创造条件,使其有足够的时间在课堂上在老师的指导下进行语言实践。第二部分是围绕课文中易于造成歧义、理解困难的句子或表达方式,给予适当、简明的英汉两种注释,以期达到课前、课上、课后能有文字材料帮助学生学习的目的。第三部分,首先给出了课后练习中词汇、短语或习语的汉译,给出了练习的答案,对阅读和翻译实践中的文章作了注释和解答,并对写作实践提供了范文。这样做有助于学生认真地消化所学的知识,克服因某些掌握不牢的词汇、短语或习语等造成的消极情绪,鼓励学生在自我理解的前提下独立作题。此外,我们还补充了课后模拟试题,以期达到自测与大学英语四级考试接轨的目的。

本书共分4册,40个单元。每单元包括“Prestudying the Text”; “Notes to the Text”和“Exercises”三大部分。第一部分供学生学习课文之前预习使用,内容包括词汇和短语的解释与应用、易混淆词语辨析、句型与语法现象的阐述;并就课文提供了一定的背景知识,供学生理解课文时参考;为检查学生的课前准备程度,特设了预习习题,学生可用以自测,教师可用来课堂检测。所有内容均紧紧围绕本单元出现的词汇、短语和语法现象。使用本书可减少对常用词汇和常见语法结构查

找字典和语法书籍的麻烦。第二部分供学生在课堂上配合教师讲解课文时使用,以便加深理解,解除课堂笔记记不全的烦恼。做课后练习时请参考本书第三部分,它可使你能加快做题速度,避免看看停停,为那些没有掌握牢靠的词汇翻查字典,或者为那些不易理解的句型结构而冥思苦想。本部分为你提供了必要的提示,会增加你的做题兴趣、做题准确率和做题速度。特别是对那些基础稍差的学生,使用本书会为你迎头赶上助一臂之力。本部分又增加了与统考相近的练习,可为熟悉这类试题给你一定的帮助。

如能有效地利用本书预和复习,教师就可以在课堂上把讲解减少到最低程度,而腾出尽可能多的时间引导、帮助学生进行操练和巩固;学生则可一直处于主动地位进行学习,提高效率,会收到事半功倍的效果。由于编者水平有限,难免有疏漏之处。望使用者及同行不吝赐教。联系电话:13601002700。本书编写过程中参考了部分名家之著,恕不列举,谨表示感谢。

编 者

1999年8月

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## UNIT 1

## How to Improve Your Study Habits

## Part One      Prestudying the Text

## A. Word Study

1. *average* *n.*

1) the middle number of a group 平均数, 平均(可数)

— The amount of rain this year has been above *average*. 今年的降雨量高于平均降雨量。

— The *average* of 3 and 10 and 5 is 6. 3, 10 和 5 的平均数为 6.

2) ordinary, not special standard or level 平均水平(不可数)

Tom's work at school is above the *average*, Harry's is below the *average*. 汤姆的学业高出平均水平, 而哈理的学业却低于平均水平。

20 per cent above the *average* 比一般水平高 20%

~ *adj.* ordinary

— Perhaps you are an *average* student with *average* intelligence. (L. 1) 也许你是个智力一般的普通的学生。

— She reacts just like the *average* housewife. 她作出了普通家庭妇女常会作出的反应。

~ *v.* find the average of 平均

— The annual rate of increase in heavy industry has *averaged* 10 per cent. 重工业年均增长率为 10%。

用于短语中

**on the/an average** 平均, 通常, 按平均数计算

— He smokes twenty cigarettes a day *on an average*. 他每天平均抽 20 支香烟。

— *On the average*, rent does not exceed 5 percent of the wage. 房租平均不超过工资的百分之五。



- - *On average*, the potato matures faster than any of these foods (in 90 to 120 days), and can be harvested after a mere 60 days. 一般说来,土豆比生长期为九十至一百二十天的任何一种粮食成熟得更快些,仅六十天之后便可收获。

## 2. intelligence *n.*

- 1) powers of learning, reasoning, or understanding, esp. . to a high degree 智力,理解力

*Intelligence* is related to the ability to learn, to the speed with which things are learned. 智能跟学习能力及学东西的速度有关

- 2) information 情报,消息

the Central *Intelligence* Agency 中央情报局

- - The *intelligence* is given by the Times. 这消息是由《泰晤士报》提供的。

## 3. top *n.* the highest part 顶端,最上部

- - Clouds cover the top of the mountain. 云笼罩了山顶。

用于短语中:

**at the top of** on the highest part 在最高处,在顶端

*at the top of* the hill 在山顶

**on top of/on the top of** over or covering sth. 在...之上

- - A man was lying in the box *on the top of* pile of woolen goods. 一个男子躺在箱子里的一堆毛织品上。

~ *adj.*

- 1) highest 最高的

at top speed 开足马力地,全速地

The train was running *at top speed*. 火车正全速前进。

- 2) best 最佳的

- - Even students of average intelligence can be *top* students without additional work. (L. 3) 即使智力一般的学生,在不增加学习负担的情况下,也能成为优等生。

~ *v.* exceed 高过,超过

Production in many factories *topped* the highest level in history. 许多工厂的生产超过了历史的最高水平。

4. **necessarily** *adv.* inevitably 必然地;必定地

该词的否定形式为 *not necessarily*, 其意为“未必, 不一定”。

**This is not necessarily the case, however.** (L. 4) 然而, 事实未必如此。

Big men are not *necessarily* strong. 大个子不一定力气大。

-- Rich people are not *necessarily* happy. 有钱人不一定幸福。

5. **case** *n.*

1) real situation, true fact 实情, 事实

--- I hope similar *cases* won't happen again. 我希望类似事件不再发生。

用于短语中

**in case** because sth. might happen 以防; 假使

I shall take my umbrella with me *in case* it rains. 我要带雨伞, 以防下雨。

**in any case** whatever happens 无论如何, 不管怎样

--- I won't object to his suggestion *in any case*. 无论如何我不会反对他的建议。

**in case of** if sth. might happen 假如, 如果发生

Break the circuit first *in case of* fire. 如遇火警, 先断电源。

**in the case of** as for 就...来说; 至于

-- *In the case of* a chemical change new substance is formed. 就化学变化来说, 会产生新的物质。

**in no case** under no circumstance 无论如何不; 决不

--- *In no case* will they look on with folded arms. 他们决不袖手旁观。

**in that case** if that happens 如果那样的话, 既然这样

"We are going back now." said the conductor. "Well, *in that case*, I prefer to stay on the bus." I answered. "我们现在要返回去了,"售票员说"好吧, 既然如此, 我还是留在车上吧。"我回答说。

2) example of a bad happening or something special 病例; 案例

- - There are five *cases* of food poisoning in the hospital. 这家医院里有五位食物中毒患者。

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

- I put the *case* in the hands of the police. 我把案子交给警方处理。

- The manager has lost his *case* and he'll go bankrupt. 这位经理败诉并将破产。

4) box, holder 盒子, 箱子, 套子

a dressing *case* 梳妆盒

6. **schedule** *n.* timetable; the times fixed in the timetable 计划表; 时间表, 课程表

- Then make a ***schedule*** or ***chart*** of your time. (L. 7) 然后制定一张作息表或时间分配图。

- She always has full *schedule*. 她的时间表一向排得很紧。

- - The *schedule* of games is not yet completely made out. 比赛日程表还未完全排出来。

用于短语中

**on schedule** at the right time 按时间表, 准时

The train arrived *on schedule*. 火车正点到达。

**ahead of schedule** before time 提前

- They had fulfilled the production plan *ahead of schedule*.

他们已提前完成生产计划。

**behind (the) schedule** after time 晚了, 落后于计划, 迟于规定的时间

- The train was in an hour *behind schedule*. 火车晚一小时到达。

- The planes are running *behind schedule* because of the strike. 飞机由于罢工晚点起飞。

- v. make an arrangement of; enter in a list of arrangements  
排定, 安排

- The President *is scheduled* to make a speech tomorrow.  
总统定于明日发表演说。

- The arrival of the train *is scheduled* for Friday. 这次火车预定星期五到达。

7. **commit** *vt.*

1) carry out (a crime, foolish act, etc.) 犯(罪, 错等)

--- He was arrested for *committing* several crimes. 他因犯有多种罪行而被捕了。

--- A violent crime *was committed* every 32 seconds. 暴力犯罪每32秒发生一起。

When a man *commits* a crime he tries to avoid leaving any clues to his identity. 当一个人犯罪时总是竭力避免留下任何有关他的身份特征的线索。

2) assign to some particular course or use 调配…供使用; 指定…用了

**Fill in committed time such as eating, sleeping, meeting, classes, etc.** (L. 7) 把用于吃饭、睡觉、开会、听课等非用不可的时间先填上。

The building company has *committed* one million dollars worth of iron and steel in capital construction. 这家建筑公司已调拨一百万美元的钢铁用于基本建设。

3) leave sb. /sth. to 移交; 交付

--- I *commit* my daughter to you. 我把女儿委托你照管。

4) transfer 把…提交给

--- They have *committed* the matter to a committee. 他们已把这件事提交委员会(讨论)。

The judge *committed* him to prison. 法官将他监禁了。

8. **normal** *adj.*

1) usual; ordinary 正常的; 普通的

--- **Be sure to set aside enough time to complete your *normal* reading and work assignments.** (L. 9) 一定留出足够的时间来完成正常的阅读及课外作业。

--- The *normal* temperature of the human body is about 36. 5° C. 人体的正常温度约为36. 5度。

--- Will you be late for lunch or will you have it at the *normal* time? 你的午饭晚些时候吃, 还是在平常的时候吃?

2) regular 正规的

--- New *normal* working days in our country are from Monday

to Friday. 我国新的正规工作日是从星期一到星期五。

~ *n.* usual state, level, standard, etc. 常态, 常规, 正常标准等

return to *normal* 恢复正常

- His temperature is a little above the *normal*. 他的体温稍高于正常标准。

below, above *normal* 标准以下/以上

9. **assignment** *n.*

1) a position, post, or job to which one is assigned 安排的职位、工作等

- He will soon be leaving for an *assignment* in the United Nations. 他即将赴联合国就任。

The policeman's *assignment* was to discover the murderer. 警察的任务是查找凶手。

2) the act of assigning 分派; 指派

The foreman is responsible for the *assignment* of jobs. 这个工头是负责分派工作的。

3) homework 作业

What is tomorrow's *assignment* in physics? 明天的物理作业是什么?

10. **occupy** *vt.*

1) take or keep a country, town, etc. 占据, 占领

The P. L. A *occupied* the enemy's headquarters. 解放军占领了敌人的指挥部。

2) take (room, someone's time) 占(空间、时间等)

- - **Of course, studying shouldn't occupy all of the free time on the schedule.** 当然, 学习不应该把作息表上的所有时间占去。(L., 10)

- - I'm afraid I've *occupied* too much of your time. 我恐怕占了你太多的时间。

3) be engaged in 忙于; 从事于(用于被动态时)

- - For two weeks he was *occupied* from morning till night. 两周来他从早忙到晚。

- - She is *occupied* in translating an English novel. 她正忙

于翻译一部小说。

He is *occupied* in repairing farm tools. 他在忙着修理农具。

用于短语中

**occupy oneself with/in** be busy doing (sth.) 忙于(某事)

— Having retired from business, he now *occupies* himself with his garden. 退休后,他现在忙于园艺工作。

· He *occupied* himself with solving some algebra problems. 他在忙着解决一些代数问题

**occupied** *adj.* busy

I can't come for a moment — I'm *occupied*. 我太忙,眼下不能来。

11. **relaxation** *n.*

1) the act of becoming less tight 放松,放宽,松懈

He requires a little *relaxation*. 他需要放松一下。

2) pastime 娱乐活动

— It's important to set aside time for *relaxation*, hobbies, and entertainment as well. (L. 11) 给休息、业余爱好和娱乐活动留出一定的时间也是很重要的。

· Mountainclimbing is his favourite *relaxation*. 爬山是他最喜欢的娱乐活动。

12. **adequate** *adj.*

1) enough, sufficient 足够的;充分的

— The schedule will enable you to plan your activities so that you have *adequate* time for both work and play. (L. 14) 这张作息表能让你安排好各种活动,既有足够的时间工作,又有足够的时间娱乐。

— If you think her experience is *adequate* we will employ her. 如果你认为她有足够的经验,我们就雇佣她。

— The supply is not *adequate* to the demand. 供不应求。

2) having the necessary ability or qualifies 胜任的

Though a bit too old, he is still *adequate* to the work. 虽然他的年龄大了一点,却能胜任这项工作。

· His abilities were not *adequate* to the demands of his posi-

tion. 他的能力不适应他的职位要求。

13. **distraction** *n.*

1) sth. that attracts one's mind or attention 分心, 干扰

-- There are too many *distractions* here to work properly.

这里叫人分心的东西太多, 使人无法好好工作。

2) an anxious confused state of mind near madness 狂乱, 精神错乱

-- The children's shouting drives me into *distraction*. 孩子们的喊声简直使我发疯了。

-- She scarcely knew what she was doing in her *distraction*. 她几乎不知道在心烦意乱中自己在做什么。

14. **concentrate** *v.*

1) draw together to one central place or point 集中

-- Most of our forces have *concentrated* at the bridge. 我们的大部分兵力集结在桥边。

-- Industrial development is being *concentrated* in the south of the country. 工业发展目前正集中在这个国家的南部。

2) focus one's powers, energies or attentions on sth. 全神贯注于; 倾全力于

Many firms are *concentrating* on increasing their markets overseas. 许多公司正全力以赴扩大海外市场。

**When you begin to work, you should be able to *concentrate* on the subject.** (L. 18) 当你开始学习的时候, 应该把注意力都专注在功课上。

-- If you don't *concentrate* more on your work you'll be fired! 如果你再不专心地工作, 你终将被解雇!

3) condense 浓缩

-- The solution *concentrates* on evaporation. 溶液经蒸发而浓缩。

**concentrate on** focus one's powers, energies of attention on sth. 贯注于; 专心于, 倾全力于

In the first year, most students *concentrate* on a program centered around mathematics, physics, chemistry or biology, and humanities. 在第一学年, 大多数学生攻读以

数学、物理、化学或生物以及人文学科为中心的课程

——His whole attention is *concentrated* on the subject. 他的全部注意力都集中在这个问题上。

-----Please *concentrate* on your typing, Miss Li, and stop looking out of the window. 刘小姐, 请你集中精力打字, 不要往窗外看。

15. **skim** *v.*

1) pass swiftly or quickly over 掠过; 擦过

The swallows *skimmed* along the ground. 燕子掠过地面。

A bird *skimmed* over the stream. 鸟儿飞过小溪。

2) read quickly, paying attention only to the chief point, or to get the main idea 浏览, 略读

**Skim before you read.** (L. 20) 阅读之前先进行略读。

You'd better *skim* subtitle, photo captions and available summaries if want to understand the material you read very well. 要想更好理解所读的材料, 你最好略读小标题、图片、解说词及任何可得到的摘要。

16. **content** *n.*

1) The amount of a substance contained in sth. 含量; 容量

Some cities have passed laws that allow coal and oil to be burned if their sulfur *content* is low. 有些城市已通过只有降低煤和油的硫含量才允许燃烧的法律。

the vitamin D *content* of the milk 牛奶中维生素 D 的含量

2) what is written or said in a book, etc. 内容; 目录

——My mother smiled over the *contents* of the letter. 看到信的内容时母亲笑了。

——With books, glance at the table of *contents* and introduction. 看书, 则先看目录和介绍。

用于短语中

**to one's heart's content** 尽情地

——The children ate *to their heart's content*. 孩子们尽情地吃。



17. **skip** *v.*

- 1) run, jump lightly with each foot 轻轻跳过;蹦

The little girl *skipped* down the road. 小女孩蹦跳着朝路那边走过去了。

We were standing watching him *skip* rope. 我们站着看他跳绳

- 2)
- pass over*
- 跳过;略过

You may *skip* some of these portions. (L. 23) 你可以略去某一部分不读

You may *skip* through a book, reading only those passages which concern you. 你可以跳读一本书,只读那些与你有关的段落读一下即可。

- 3)
- leave hurriedly or secretly*
- 悄悄走掉,溜掉

Miss Li *skipped* out without paying her bill. 李小姐没付帐就悄悄溜走了

The boy *skipped* school two days in a row. 这个男孩连两天逃学

用于短语中:

**skip off/out** *leave secretly* 悄悄溜走

- - He *skips* off without saying anything to any of us. 他对我们任何人都没有留下一句话就悄悄走了。

- - Just as the business was beginning to go well, his partner *skipped* out with the money. 就在生意开始好转时,他的合伙人携款溜走了。

*n.*

- 1) a slight bouncing step 轻跳

- - The child gave a *skip* of joy. 这个孩子高兴地跳起来

- 2) the act of omission (e. g. in a book) 略读;略过

I read the book *Improve Your Memory Skills* without a *skip*. 我一字不漏地读了《提高你的记忆技巧》这本书。

18. **portion** *n.* *share; part* 一份;一部分;一股

a *portion* of land 一部分土地

one *portion* of roast beef 一份烤牛排

The money was divided into five *portions*. 这笔钱分成