

应用型高等院校改革创新示范教材

APPLICATION-ORIENTED INNOVATIVE TYPICAL

# 大学英语 1

主 编 隋修平

副主编 王彩霞 张 宁 张喜秋



中国水利水电出版社  
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贵州师范学院内部使用



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• 北京 •

内 容 提 要

《大学英语》系列教材是根据教育部《关于全面提高高等教育质量的若干意见》的指示精神编写。

《大学英语》系列教材共 4 册，本书为第 1 册，共有 14 章，每章覆盖 1 个主题，并包括 Section A 和 Section B，部分章节有 Section C。Section A 和 Section B 包括课文及对应练习；Section C 是语法部分。

课文的长度控制在 300~450 词，主要目的是训练学生的读写能力。为了帮助同学们加深对课文的理解，每篇课文后附有与课文有关的延伸题目，不仅可以作为随堂问题，还可以作为口语话题进行口语练习。

本书适用于应用型大学本科各专业英语课程教材，也可作为大学英语四六级考试学习辅导材料，还可供广大英语爱好者学习参考。

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# 前 言

《大学英语》教材是根据教育部《关于全面提高高等教育质量的若干意见》，考虑到应用型本科院校大学生入学时英语水平参差不齐和需要参加全国大学英语四六级考试的现状，经过充分的调研，在研究、对比和分析了几套同类教材和历年考试真题和模拟题的基础上编写而成的。

《大学英语》教材共 4 册，本书为第 1 册，共有 12 章，每章覆盖 1 个主题。每章包括 Section A、Section B，部分章节有 Section C。Section A 和 Section B 包括课文及对应练习；Section C 是语法部分。

课文的长度控制在 300~450 词，主要目的训练学生的读写能力。为了帮助同学们加深对课文的理解，每篇课文后附有与课文有关的延伸题目，不仅可以作为随堂问题，还可以作为口语话题进行口语练习。

单词和短语部分选取的是课文中出现的单词和短语，并给出了单词的国际音标、词性和中文释义。

注释是针对课文的，主要包括两个方面的内容：一是从语法、词汇等方面对课文的难点、重点进行解释；二是补充与该单元有关的其他日常用语，扩大学生的知识面。

练习是针对本单元的重点内容而设计的，主要目的是为了巩固课文中出现的重点生词和短语，同时也补充了一些教学中行之有效的其它题型。

为了扩大学生的知识面，在每单元 Section B 中的练习部分，增加与全国大学生英语四级考试有关的完形填空题及阅读题，内容大部分与本单元主题相关。

Section C 是语法部分。按照《意见》要求，本套教材选取了学生最需要掌握的语法部分进行系统的学习，让学生对所学知识不断进行深入理解和系统化记忆。每个语法项目后附有配套练习。

参加本书编写的有：隋修平（编写第 1 至 4 章）、张宁（编写 5 至 7 章）、王彩霞（编写 8 至 10 章）、张喜秋（编写 11 至 12 章）。

由于编者水平有限，时间仓促，难免出现纰漏，恳请大家批评指正！

编 者  
2019 年 1 月

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# Unit One LIFE



## Section A

### TEXT

#### Living a Happy Life



If your life feels like it is lacking the power that you want and the motivation that you need, sometimes all you have to do is shift your point of view.

By training your thoughts to concentrate on the bright side of things, you are more likely to have the incentive to follow through on your goals. You are less likely to be held back by negative ideas that might limit your performance.

Your life can be enhanced, and your happiness enriched, when you choose to change your perspective. Don't leave your future to chance, or wait for things to get better mysteriously on their own. You must go in the direction of your hopes and aspirations. Begin to build your confidence, and work through problems rather than avoid them. Remember that power is not necessarily control over situations, but the ability to deal with whatever comes your way.

Always believe that good things are possible, and remember that mistakes can be lessons that

lead to discoveries. Take your fear and transform it into trust; learn to rise above anxiety and doubt. Turn your “worry hours” into “productive hours”. Take the energy that you have wasted and direct it toward every worthwhile effort that you can be involved in. You will see beautiful things happen when you allow yourself to experience the joys of life. You will find happiness when you adopt positive thinking into your daily routine and make it an important part of your world.



## NEW WORDS

lack [læk]

shift [ʃɪft]

concentrate [ˈkɒnsntreɪt]

incentive [ɪnˈsentɪv]

goal [ɡəʊl]

negative [ˈneɡətɪv]

performance [pəˈfɔːməns]

enhance [ɪnˈhɑːns]

enrich [ɪnˈrɪtʃ]

perspective [pəˈspektɪv]

mysteriously [mɪˈstɪəriəsli]

aspiration [ˌæspəˈreɪʃn]

confidence [ˈkɒnfɪdəns]

discovery [dɪˈskʌvəri]

transform [trænsˈfɔːm]

anxiety [æŋˈzaɪəti]

energy [ˈenədʒi]

worthwhile [ˈwɜːθˈwaɪl]

routine [ruːˈtiːn]

positive [ˈpɒzətɪv]

v. 缺乏; 不足

v. 移动; 改变

v. 集中, 专心, 浓缩

adj. 刺激的, 鼓励的

n. 目标, 目的

adj. 否定的, 负的, 消极的

n. 表演, 表现; 履行, 实行

vt. 提高, 增加; 加强

vt. 使富裕, 使富有

n. 远景, 看法, 透视

adv. 神秘地; 不可思议地; 诡秘地

n. 渴望; 抱负; 志向

n. 信心; 信任; 秘密

n. 发现; 发觉

vt. 转换, 变形

n. 焦虑, 担心, 渴望

n. [物] 能量; 活力; 精力

adj. 值得(做)的

n. 常规; 例行程序

adj. 积极的; 确实的, 肯定的



## PHRASES & EXPRESSIONS

feel like

concentrate on

hold back

on one's own

go in the direction of

rather than

deal with

有……的感觉; 想要……

集中于; 专心于

抑制

靠自己的力量, 独自地; 独立

朝……的方向走

宁可……也不愿; 与其……倒不如; 而不是

应付; 对待

lead to	把……带到; 领到; (道路) 通向; 导致
transform it into	把……转变成……
involve in	陷入; 卷入

## NOTES TO THE TEXT

1. By training your thoughts to concentrate on the bright side of things, you are more likely to have the incentive to follow through on your goals. You are less likely to be held back by negative ideas that might limit your performance.

试着训练自己的思想朝好的一面看, 这样你就会汲取实现目标的动力, 而不会因为消极沉沦停滞不前。

2. Your life can be enhanced, and your happiness enriched, when you choose to change your perspective.

一旦变换看问题的角度, 你的生活会变得更好, 也会更幸福。

3. Don't leave your future to chance, or wait for things to get better mysteriously on their own. You must go in the direction of your hopes and aspirations.

别交出掌握命运的主动权, 也别指望局面会不可思议地好转。你必须朝着你的希望和抱负前进。

on one's own 靠自己的力量, 独自地; 独立

go in the direction of 朝……的方向走

4. Begin to build your confidence, and work through problems rather than avoid them. Remember that power is not necessarily control over situations, but the ability to deal with whatever comes your way.

建立自信, 敢于与困难短兵相接, 而非绕道而行。记住, 力量不是驾驭局势的法宝, 无坚不摧的能力才是最重要的。

whatever comes your way 无论你遇到什么

5. Always believe that good things are possible, and remember that mistakes can be lessons that lead to discoveries. Take your fear and transform it into trust; learn to rise above anxiety and doubt.

请坚信, 美好的降临并非不可能, 失误也许是成功的前奏。将惶恐化作信任, 学会克服担忧和疑虑。

rise above 升到……之上; 超越……; 克服;

6. Turn your "worry hours" into "productive hours". Take the energy that you have wasted and direct it toward every worthwhile effort that you can be involved in.

让“诚惶诚恐”的时光变得“富有成效”。不要挥霍浪费精力, 将它投到有意义的事情中去。当你下意识品尝生命的欢愉时, 美好就会出现。

7. You will see beautiful things happen when you allow yourself to experience the joys of life. You will find happiness when you adopt positive thinking into your daily routine and make it an

important part of your world.

当你积极地看待生活，并以此作为你的日常准则时，你就会找到快乐的真谛。



## QUESTIONS

1. Do you usually feel happy in your life?  
If you do, give some reasons.
2. In our life, what attitude should we have?
3. If you feel disappointed or upset, how do you deal with it?
4. What do you think is important to make you happy?



## Phrase Exercises

Fill in the blanks with the words given below. Change the form where necessary.

concentrate	lack	incentive	perspective
enhance	performance	aspiration	anxiety
transform	routine		

1. He said there was no \_\_\_\_\_ of things for them to talk about.
2. If they have a direct \_\_\_\_\_ to do so they will think about it.
3. There is much that might be said about friendships. They allow us to see ourselves from the \_\_\_\_\_ of another.
4. He devoted in excess of seventy hours a week to the \_\_\_\_\_ of his duties.
5. Remember this important success strategy: Preparation Attracts \_\_\_\_\_.
6. These include anger, \_\_\_\_\_, sadness, isolation, and fear.
7. But not just join them, I would completely \_\_\_\_\_ myself.
8. We must introduce some system into our office \_\_\_\_\_.
9. The confusing matters make him unable to \_\_\_\_\_ on his study.
10. He made many efforts to \_\_\_\_\_ his reputation.

Fill in the blanks with the phrases given below. Change the form where necessary.

concentrate on	on one's own	rather than
transform...into	involve in	go in the direction of

1. Having failed my French exams, I decided to \_\_\_\_\_ science subjects.
2. Mr. Hollein's efforts have helped to \_\_\_\_\_ Frankfurt \_\_\_\_\_ a city of world-class culture.
3. He and a partner set up \_\_\_\_\_ and built a successful fashion company.
4. I don't want to get \_\_\_\_\_ any romantic relationship with him.
5. We will have the meeting in the classroom \_\_\_\_\_ in the great hall.

6. You must \_\_\_\_\_ your hopes and aspirations.



## Section B

### TEXT

#### Romantic Summer



Summer afternoon to me those have always been the two most beautiful words.

Summer is the glorious time of the year when most of us can put on our shorts and short-sleeved shirts and actually feel the air and sunlight on our skin; when we don't have to turn up the heat in the morning when we get up; but also when we lay hot and sweaty in bed, unable to sleep at times (those of us who don't have air conditioning, anyway); when we get the sunburn and the heatstroke and all those wonderful things.

All green and fair the summer lies, just budded from the bud of spring, with tender blue of wistful skies, and winds that softly sing. How beautiful the summer night is, which is not night, but a sunless, yet unclouded day, descending upon earth with dew and shadows and refreshing coolness! How beautiful the long mild twilight, which, like a silver clasp, unites today with yesterday!

Summer is a sailor in a rowboat and ice-cream on your dress when you're four years old. Summer is a man with his coat off, wet sand between your toes, the smell of a garden an hour before moonrise. Summer is silk itself, and music from a flute far away!

No matter how we see it, summer has a magic that we can't deny—all four seasons do. Here to

those who have addressed that magic: enjoy your summer!



## NEW WORDS

glorious ['glɔ:riəs]

sleeve [sli:v]

sweaty ['sweti]

heatstroke ['hi:tstrəʊk]

bud [bʌd]

tender ['tendə]

wistful ['wis(t)ful; -f(ə)l]

dew ['dju:]

shadow ['ʃædəʊ]

refresh [rɪ'freʃ]

coolness ['ku:lnəs]

mild [maɪld]

twilight ['twailaɪt]

silver ['sɪlvə]

clasp [klɑ:sp]

rowboat ['rəʊbəʊt]

flute [flu:t]

magic ['mædʒɪk]

deny [di'naɪ]

address [ə'dres]

*adj.*辉煌的, 荣誉的, 极好的

*n.*袖子, 袖套, 唱片套

*adj.*出汗的, 吃力的, 使人出汗的

*n.* [中医] 中暑

*n.*芽, 萌芽; 蓓蕾

*vi.*发芽, 萌芽

*vt.*使发芽

*adj.*温柔的; 柔软的; 脆弱的; 幼稚的

*adj.*渴望的; 沉思的, 默想的

*n.*珠, 滴; 露水; 清新

*n.*阴影; 影子; 幽灵; 庇护; 隐蔽处

*vt.*更新; 使……恢复; 使……清新; 消除……的疲劳

*vi.*恢复精神; 喝饮料, 吃点心; 补充给养

*n.*冷; 凉爽; 冷静

*adj.*温和的; 轻微的; 淡味的; 文雅的

*n.*黎明, 黄昏, 暮光, 暮年, 晚期, 晚年

*n.*银; 银器

*vi.*变成银色

*vt.*镀银; 使有银色光泽

*n.*拥抱, 扣钩, 扣环, 握紧

*vt. & vi.*紧握, 扣住, 紧拥

*n.*划艇, 小船, 小舟, 有桨的船

*vt.*用长笛吹奏

*vi.*吹长笛

*n.*巫术; 魔法; 戏法

*adj.*不可思议的; 有魔力的; 魔术的

*vt.*否定, 否认; 拒绝给予; 拒绝……的要求

*vi.*否认; 拒绝

*vt.*演说; 从事; 忙于; 写姓名地址

*n.*地址; 演讲; 致辞; 说话的技巧; 称呼



## PHRASES & EXPRESSIONS

turn up

出现; 翻起; 开大; 被发现

air-conditioning

空调; 空调系统空调机; 空调设备

descend upon

突然到达; 袭击

unite with

联合; 混合

## NOTES TO THE TEXT

1. All green and fair the summer lies, just budded from the bud of spring, with tender blue of wistful skies, and winds that softly sing.

夏日展现出一片翠绿、美丽的图画, 就像春天的蓓蕾刚刚萌芽, 湛蓝的令人遐想的天空, 还有那轻声吟唱的微风。

wistful skies 令人遐想的天空

2. How beautiful the summer night is, which is not night, but a sunless, yet unclouded day, descending upon earth with dews and shadows and refreshing coolness!

夏日的夜晚也是美丽的, 与其称它为夜晚, 它其实更像一个没有阳光, 但却晴朗的白昼。它携带清露, 阴凉以及一丝丝清爽降落到了大地。

descending 递减; 下来 (descend 的现在分词); 下去; 下降; 下斜

3. No matter how we see it, summer has a magic that we can't deny—all four seasons do.

不管我们如何看待它, 夏季总有着那么一种我们无法否认的魔力——每个季节独有的魔力。



## QUESTIONS

1. Which season do you like best? Tell the reasons please.
2. Do you like summer? Tell the reasons please.
3. What do you usually do in summer holidays?
4. What do you like best in summer?
5. What attitude should we have to different season?



## Vocabulary Exercises

Fill in the blanks with the phrases given below. Change the form where necessary.

glorious      sweaty      tender      deny      shadow

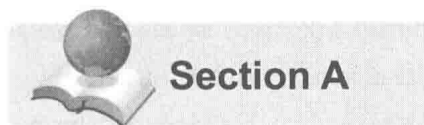
wistful      coolness      magic      address      exclaim

1. Harrison had a \_\_\_\_\_ career spanning more than six decades.
2. \_\_\_\_\_ is darkness in a place caused by something preventing light from reaching it.
3. He is due to \_\_\_\_\_ a conference on human rights next week.
4. If parts of your body or your clothes are \_\_\_\_\_, they are soaked or covered with sweat.
5. We could see them 3 kilometers off in the distance, and it was kind of a \_\_\_\_\_ feeling.
6. In the middle of another conversation, he chanced to \_\_\_\_\_.



7. If part of your body is \_\_\_\_\_, it is sensitive and painful when it is touched.
8. In advertising, white is associated with \_\_\_\_\_ and cleanliness because it's the color of snow.
9. When you \_\_\_\_\_ something, you state that it is not true.
10. There is no \_\_\_\_\_ formula for producing winning products.

# Unit Two EDUCATION



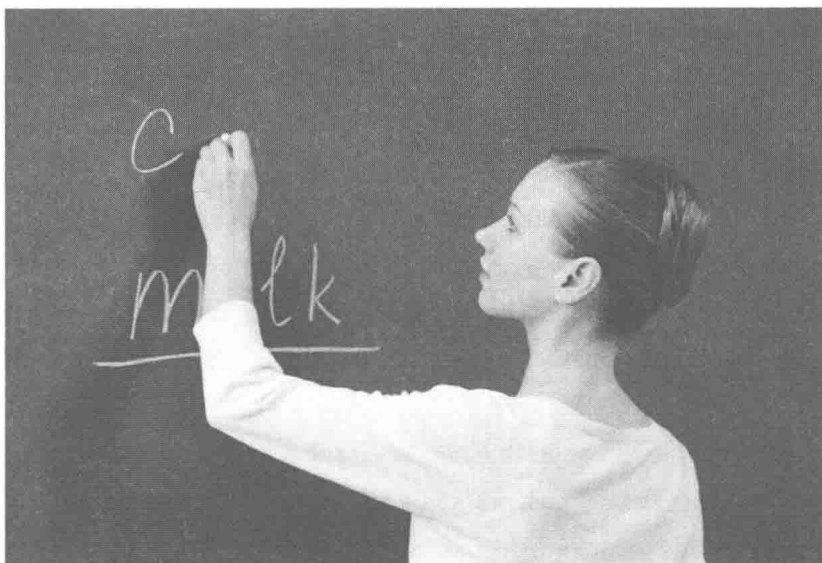
## TEXT

### The Best Teacher In My Life

There is a story from many years ago of a primary school teacher. Her name was Mrs. Thompson. And as she stood in front of the 5th grade class on the very first day of school, she told the children a lie. Like most teachers, she looked at her students and said that she loved them all the same.

But that was impossible because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he didn't play well with the other children, his clothes were messy and constantly need a bath. And, Teddy could be unpleasant.



It got to the point where Mrs. Thompson would actually take delight in making his papers with a red pen, making bold Xs and then putting a "F" at the top of his papers. At the school where Mrs.

Thompson taught, she was required to relieve each child's past records and she put Teddy's off until last.

However, when she relieved his file, she was in a surprise, Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners...he is a joy to be around."

His second grade teacher wrote, "Teddy is an excellent student, well liked by his classmates. But he is troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tried to do his best but his father doesn't show much interest in him, and his home life will steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and sometimes sleeps in class."

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped in beautiful paper and tied with pretty ribbons, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag.

Mrs. Thompson opened it in the middle of the other presents. Some of the children started to laugh when she found a bracelet with some of the stones missing, and a bottle that was one-quarter full of perfume. But she stopped the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and putting some of the perfume on her wrist. Teddy stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my mom used to."

After the children left she cried for at least an hour. On the very day, she quit teaching reading, and writing, and arithmetic. Instead she began to teach children how to be a man.

Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class.

A year later, she found a note under her door, from Teddy, telling her that she was still the best teacher he ever had in his whole life.

Six years later went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still the best teacher he ever had in his whole life.

Four years after that, she got another letter, saying that he would soon graduate from college with the highest of honors. Then four more years past and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favorite teacher he ever had. But now his name was a little longer—the letter was signed, Theodore F. Stoddard, MD.

The story doesn't end there. You see, there was yet another letter that spring. Teddy said he'd

met his girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit in the place at the wedding that was usually reserved for the mother of the groom. Of course Mrs. Thompson did.

At the wedding ceremony, they hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you Mrs. Thompson for believing in me, thank you so much for making me feel important and showing me that I could make a difference."

Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."



## NEW WORDS

primary ['praɪm(ə)rɪ]

*adj.* 主要的; 初级的; 基本的

*n.* 原色; 最主要者

row [rəʊ]

*n.* 行, 排; 划船; 街道; 吵闹

*vt.* 划船; 使……成排

*vi.* 划船; 争吵

slump [slʌmp]

*vi.* 下降, 衰落; 倒下; 大幅度下降

*vt.* 使降低; 使衰落; 使倒下

*n.* 衰退; 暴跌; 消沉

messy ['mesi]

*adj.* 凌乱的, 散乱的; 肮脏的, 污秽的;

[比较级 messier 最高级 messiest]

constantly ['kɒnst(ə)ntli]

*adv.* 不断地; 时常地

actually ['æktʃuəli]

*adv.* 实际上; 事实上

bold [bəʊld]

*adj.* 大胆的, 英勇的; 黑体的; 厚颜无耻的

file [faɪl]

*n.* 文件; 档案; 文件夹; 锉刀

*vt.* 提出; 锉; 琢磨; 把……归档

*vi.* 列队行进

surprise [sə'praɪz]

*n.* 惊喜, 惊奇; 意外的事

*vt.* 使惊奇; 奇袭

*adj.* 令人惊讶的

terminal ['tɜːmɪn(ə)l]

*n.* 末端; 终点; 终端机; 极限

*adj.* 末端的; 终点的; 晚期的

struggle ['strʌɡ(ə)l]

*vi.* 奋斗, 努力; 挣扎

*n.* 努力, 奋斗; 竞争

*vt.* 使劲移动; 尽力使得

withdrawn [wɪð'drɔːn]

*adj.* 偏僻的; 沉默寡言的; 孤独的



ribbon ['rɪbən]

clumsily ['klʌmzɪli]

grocery ['grəʊs(ə)rɪ]

bracelet ['breɪslət]

exclaim [ɪk'skleɪm; ek-]

wrist [rɪst]

quit [kwɪt]

arithmetic [ə'riθmətɪk]

respond [rɪ'spɒnd]

reserved [rɪ'zɜ:vəd]

groom [gru:m]

hug [hʌg]

whisper ['wɪspə]

v. 取出; 撤退

n. 带; 缎带; 绶带

vi. 形成带状

vt. 把……撕成条带; 用缎带装饰

adv. 笨拙地; 粗陋地

n. 食品杂货店; 食品杂货

n. 手镯; 手链

vi. 呼喊, 惊叫; 大声叫嚷

vt. 大声说出

n. 手腕; 腕关节

vt. 用腕力移动

vt. 离开; 放弃; 停止; 使……解除

vi. 离开; 辞职; 停止

n. 算术, 算法

vi. 回答; 作出反应; 承担责任

vt. 以……回答

n. 应答; 唱和

adj. 保留的, 预订的; 冷淡的, 高冷的

vt. 整饰; 推荐; 喂马; 刷洗(马等)

vi. 打扮

n. 新郎; 马夫; 男仆

vt. 拥抱; 紧抱; 抱有, 坚持

vi. 拥抱; 紧抱在一起; 挤在一起

n. 拥抱; 紧抱; 固执

n. 私语; 谣传; 飒飒的声音

vi. 耳语; 密谈; 飒飒地响

vt. 低声说出



## PHRASES & EXPRESSIONS

tell a lie

all the same

play well with others

take a delight in

put...off

be hard on

show much interest in

说谎

尽管如此, 仍然

打成一片

以……为乐, 喜欢

延迟; 推迟

对……苛刻; 对……严格要求

对……有兴趣