

北京市民讲外语活动组委会推荐教材

Teach yourself English



自学英语

大众版

Book 3 (第三册)

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社会科学文献出版社

北京人民广播电台有线调频 99.4 兆赫、中波
774 千赫“自学英语空中课堂”热播

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前 言

1992 年应社会科学文献出版社和中央电视台社教部的邀请，编写出版了《电视英语》，在全国播放了三年（两轮）。数以百万计的英语学习者借助这套书熟练地掌握了英语这一现代生活必备的语言工具，给自己的升学和就业插上了翅膀。近十个年头过去了，一批又一批的英语学习者对这套书的钟爱并未减退。而在这十年中，国内英语学习及教材等方面有了许多新的变化，日益加快甚至赶上世界英语学习的步伐。我虽离开英语教学第一线但仍关心国内的英语教学。这些年来经常来往于美国和深圳两地，继续从事英语方面的研究，积累了大批最新资料和研究心得。正因如此，当社会科学文献出版社决定在原《电视英语》基础上编写面向广大英语自学者的教材时，我欣然接受并编写了这套定名为《自学英语》的教材。这套教材循序渐进，按不同学习水平和深度分为四册。

第一册：包含 1200 多词汇和最基本的语法，学完后可以打好语言的初步基础。

第二册：也包含 1200 多词汇和主要的语法项目，学完后可以看多种简写读物。此时英语已接近中学毕业水平。

第三册：也包含 1200 多新词，主要语法项目都已学到，学完可以看浅易原著，相当于大学公共英语一年级水平。

第四册：积累词汇约为 5000，加上读物中出现的词，可能有 6000 词汇，接近公共英语二年级水平，能看多种知识性阅读材料，经过一段熟悉过程，可以看所学专业材料。

这套书有下面主要特点：

1. 课文短小精悍：一般一二十行，生词约为十一二个。文字尽量口语化。要尽量做到大部分都能背下来。只有把课文背熟，生词才能记住，语法也才能巩固。要反复背，定期复习，课文背得愈熟，基础打得愈好。

2. 内容反映现代生活，包括常用的现代词汇，学了就能用，所学词汇可表述现代生活的方方面面，强调语言材料的实用性。

3. 注意口语练习：每课除有对话练习、句型练习、问答等之外，还有附录中的口语练习。练习除了起复习巩固的作用外，还可打好初步口语基础，必要时

可干一些初级的口语工作。

4. 配有录音资料，便利学员自学，同时保证发展正确的语音、语调，为发展全面的语言能力打好基础。录音要反复地跟，务使自己有正确的语音语调。

5. 每课有详细的辅导材料，包括课文译文，课文注释，语法讲解，语音说明，练习答案，以利自学。

6. 有丰富的附录，主要包括练习及复习材料，各类读物（包括儿歌，小诗，故事等）来发展阅读能力，并巩固所学内容。本书可说是精泛并举。

这套教材是为英语自学者设计的，对职称考试、就业应聘及其他英语学习者也有很强的普适性、针对性，同时对在校大中小学生及教师的英语学习或教学也具有参考价值。至于学习这套书要用多少时间可以因人而异。如果是中学毕业生、在家待业，时间比较充裕，一年学完四本也是可能的。（学完四本后考大学，英文可望获得高分，如考英语专业，口语也可能通过。）如中学英语没基础，这四本书可细水长流地学，学三四年也可以。问题是真正学透，若按求学，学完后可申请干与英语有关的工作。

除此之外，还欢迎各地培训班利用此书作教材，想必能取得良好的效果。大学公英教师也欢迎你们利用部分材料来充实教学，特别是在语言实验室中使用，可能对发展学生的语言能力有一些积极作用。

张道真

2001 年 12 月于深圳

LESSON ONE

Section A

宰爆难拼音贵燥译

a little 一点儿

go back to 可追溯到

Roman ['rəʊmən] 罗马人

Christian ['kristʃən] 基督教的 ,
基督徒

cathedral [kə'θidrəl] 大教堂

Notre Dame [,nɔtrə'da:m]
(法)圣母院

Louvre ['lu:vʁə] 罗浮宫

up 往上

Eiffel Tower 埃菲尔铁塔

excursion [ik'skə:ʃən] 游览 ,
郊游

Versailles [və:'sai] 凡尔赛

painting 绘画 ,画

Text A

孕难译

Dear Pat ,

I want to tell you a little about Paris before you arrive. I'm sure you know it is the capital of France ,and it's on the River Seine. It's a large city with a population of about 8 million. The people are very nice and friendly.

Paris goes back to the Romans. They called it Lutetia. The first Christian king was Clovis. The famous cathedral of Notre Dame was begun in the 12th century ,and finished in the 19th century.

Paris is a very busy town. People work in offices , banks , restaurants , etc. But shops are closed on Mondays. You'll see that the buses are smaller and noisier than the ones in London. You can travel by an underground railway , too—the Metro.

When you are here you must see the Louvre. It's the biggest museum in the world. You can go up the Eiffel Tower (it's 1 000 feet tall). You'll get a wonderful view of Paris from the top. And you can go on excursions to some very interesting places—Chantilly , Versailles and Fontainebleau. We're looking forward to seeing you.

Love ,

Chris

—adapted from 配乐独白稿 裁缝帮办月燥燥

配乐独白稿 裁缝帮办月燥燥

- 1) Who wrote the letter ?
(Chris did.)
- 2) Who did she write to ?
(She wrote to her friend Pat.)
- 3) What does Chris want to do in the letter ?
(She wants to tell Pat a little about Paris because Pat is coming to visit the city.)
- 4) Which river is Paris on ?
(It's on the River Seine.)
- 5) What's the population of the city ?
(It has a population of about 8 million.)
- 6) What does Chris think about the people in Paris ?
(She thinks they are very nice and friendly.)
- 7) Is Paris an old city ?
(Yes , it is. It goes back to the Romans.)
- 8) What was it called by the Romans ?
(They called it Lutetia.)
- 9) Who was its first Christian king ?
(Its first Christian king was Clovis.)
- 10) What's the name of the famous cathedral in Paris ?
(It's called Notre Dame.)
- 11) When was it begun and when was it finished ?
(It was begun in the 12th century and finished in the 19th.)

- 12) Is Paris a very busy town ?
(Yes , it is. There are lots of tourists.)
- 13) On which days are the shops closed ?
(On Mondays.)
- 14) How are the buses in Paris ?
(They're smaller and noisier than those in London.)
- 15) Is there an underground railway in Paris ?
(Yes , there is. It's called the Metro.)
- 16) What's the Louvre ?
(It's a museum. In the past it was a palace.)
- 17) What has the museum got ?
(It has got a large number of fine paintings , including Mona Lisa.)
- 18) How tall is the Eiffel Tower ?
(It's 1 ,000 feet tall. You can get a wonderful view of Paris from the top.)
- 19) What other interesting places can you see in Paris ?
(You can go on excursions to lots of places , such as Chantilly , Versailles and Fontainebleau.)
- 20) Do you know anything about Versailles ?
(Yes , I know a little. It was a palace before the French Revolution. French kings lived here.)

Section B

宰燥曲译莽世耘音费膜译译

borough ['bʌrə] 行政区

consist of 由.....构成

nation ['neɪʃən] 国家 ,民族

skyscraper ['skaiˌskreɪpə]

摩天大楼

skating rink 溜冰场

cross 跨过

tunnel 隧道

port 港口

Pole 波兰人

Greece 希腊

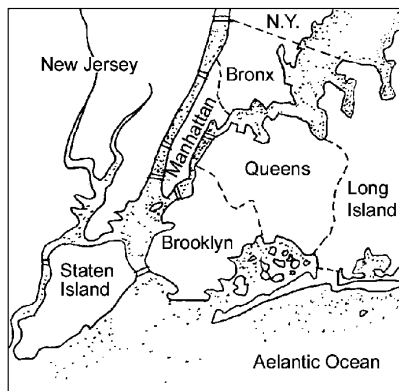
Romania [rəu'meɪniə] 罗马尼亚

Chinatown ['tʃaɪnətaʊn] 唐人街

Text B

曼哈頓再興

New York City consists of five boroughs : Manhattan , Brooklyn , Queens , the Bronx and Staten Island. The population is about 7.5 million and 1.5 million live in Manhattan.



Manhattan , the centre of the city , is on an island between the Hudson River and the East River. Most of the famous buildings such as the Empire State and the United Nations and other skyscrapers are in Manhattan. Some of its districts are : Broadway , which has many theatres and cinemas ; Fifth Avenue , with stores and apartments ; Greenwich Village , where many artists and writers have lived ; and Central Park , with a small zoo and a skating rink. From Manhattan you have to cross to the other boroughs through a tunnel or over a bridge. The bridge from Brooklyn to Staten Island is the longest in the world.

New York is the second biggest port in the world and it has two airports. The people who live there come from all over the world and speak many different languages. There are 324 ,000 Germans and 390 ,000 Poles as well as people from Greece , Scotland , Ireland , Italy and Romania. People call one district “ Little Italy ” and another “ Chinatown ”.

—adapted from 秘島粵語

- 1) How many boroughs does New York City consist of ?
(It consists of five boroughs.)
- 2) What are they ?
(They are Manhattan , Brooklyn , Queens , the Bronx and Staten Island.)
- 3) What's the population of the city ?
(It has a population of seven and a half million.)
- 4) How many of them live in Manhattan ?
(About one fifth of them live in Manhattan.)
- 5) Is Manhattan the centre of the city ?
(Yes , it is.)
- 6) Where is it situated ?
(It's on an island between the Hudson River and the East River.)
- 7) Which famous buildings , for example , are in Manhattan ?
(Many famous buildings , such as the Empire State , the United Nations , are there.)
- 8) They are skyscrapers , aren't they ?
(Yes , many of them are.)
- 9) How tall are the Empire State and the United Nations ?
(They're both over 100 storeys high.)
- 10) Which are the most important districts in Manhattan ?
(They're Broadway , Fifth Avenue , Greenwich Village and Central Park.)
- 11) Which district has the greatest number of theatres and cinemas ?
(Broadway does.)
- 12) In which district do we find lots of stores and apartments ?
(In Fifth Avenue.)
- 13) Where do many artists and writers live ?
(In Greenwich Village.)
- 14) What do we find in Central Park ?
(There is a small zoo and a skating rink in it.)

- 15) How do you travel from Manhattan to other boroughs ?
(You can cross from Manhattan to other boroughs either through a tunnel or over a bridge.)
- 16) Which bridge is the longest in the world ?
(The bridge from Brooklyn to Staten Island is.)
- 17) Is New York a big port ?
(Yes , it is the second biggest port in the world.)
- 18) How many airports has it got ?
(It's got two airports.)
- 19) Where do people in New York come from ?
(They come from all over the world , from Greece , Scotland , Ireland , Italy , Romania and many other countries.)
- 20) How many Germans and Poles are there in New York ?
(There are 324 000 Germans and 390 000 Poles in New York.)
- 21) Are there many people in New York City from China ?
(Yes , there are tens of thousands of them. Most of them live in Chinatown.)

Section C

宰爆甑莽甑耕音费甑甑甑

ma'am [ma:m] (madam 的
缩写)夫人

side 边

facility [fə'siliti] 设施

directory [di'rektəri] 电话簿 ,
指南

nightstand 床头柜

lobby 门厅 , 门内大厅

newsstand 报摊 , 售报处

housekeeper 管家 , 客房负责人

press 熨烫

laundry 要洗的衣裳

sauna ['saunə] 桑拿(蒸汽)浴室

page 页

A : Here's your room , ma'am. Um. . . after you.

B : Thank you. Oh , what a nice , large room !

A : Oh yes , all the rooms here at the hotel are quite large , and the rooms on this side of the building have a lovely view.

B : Oh , you're right ! The view is wonderful !

A : You'll find information about the facilities at the hotel in the directory , which is next to your telephone. The TV is across the room in the corner and you'll find your radio on the nightstand by the bed.

B : Fine , I see. Thank you.

A : In the directory you'll find information about room service , our restaurants , and coffee shop. The two restaurants are on the second floor , and the coffee shop's in the lobby. There's also a hairdresser and a newsstand just off the lobby.

B : Oh that's wonderful. Thank you very much.

A : You can call the housekeeper if you need your clothes pressed or your laundry done. There is a pool and sauna in the basement. The hours I think you'll find in the directory there. It's on the last page.

B : I see. Well , thank you so much. I'll be fine.

—adapted from 蕴译录早裁屏译

别葬皂葬

粤成辞匀爆噪悦噪译录(定语从句)

Sometimes clauses can be used as attributes. They are called Attributive Clauses. (从句有时可用作定语 称为定语从句。)

An attributive clause is usually introduced by a relative pronoun or a relative adverb (定语从句通常由一关系代词或关系副词引起) :

The people 憎噪土蒙刺屏译录 come from all over the world.

One district is called Broadway , 憎噪土蒙刺屏译录
精噪皂葬

We should also visit Greenwich Village , 憎噪土蒙刺屏译录

憎噪土蒙刺屏译录