

# Lesson One

## The Time Message

### 一. 课文语言点补充

#### 1. Time is tricky. 时间真是不好对付。

**tricky** adj. (工作、问题等) 微妙的, 棘手的; (人) 狡猾的  
其名词形式是 **trick**。

类似的构词还有: wind → windy; fun → funny; health → healthy;  
noise → noisy; rain → rainy; salt → salty; sand → sandy; sun → sunny;  
storm → stormy; wealth → wealthy 等。

**time** 表示“时间”时, 是不可数名词; 表示“次、回、倍”时,  
作可数名词。

I have no time to cook my own meal. 我没有时间自己做饭。

I have met him several times since he retired. 自从他退休以来, 我已见到他数次了。

此外, **times** 还可以表示“时代、时势”。

The times are different. 时代不同了。

in ancient (modern) times 在古(近)代

#### 2. plenty of 许多的, 大量的 (既可以修饰可数名词, 也可修饰不可数名词)

plenty of water / sugar / money / time 大量的水 / 糖 / 钱 / 时间

plenty of books / chairs / bottles / fresh fruits 许多书 / 椅子 / 瓶子 / 新鲜

## 水果

3. ... you may suddenly find that time is running out. …… 你会突然发现已没有多少时间了。

**suddenly** adv. 其形容词是 **sudden**。类似的构词还有：**careful** → **carefully**; **actual** → **actually**; **active** → **actively**; **bad** → **badly**; **certain** → **certainly**; **easy** → **easily**; **exact** → **exactly**; **extreme** → **extremely**; **fair** → **fairly** 等。

**run out (of)** 被用完；将尽

**Their paper is running out.** 他们的纸快用完了。

**My patience is running out.** 我快要耐不住了。

**We have run out of ink.** 我们的墨水用完了。

4. **You don't have enough time to cover all your duties ...** 由于没有足够的时间完成你的学习任务 ……

**cover** 在这里是“处理”的意思；此外，**cover** 还有“包括，涵盖，行过（路程）”等意思。

**The exhibition covers an area of 1,000 square meters.** 展览会展出面积为 1000 平方米。

**The travelers covered 400 miles a day by car.** 旅行者们一天开车行进了 400 英里。

5. **dangerous** adj. 危险的，其名词是 **danger**。类似的构词还有：**courage** - **courageous**; **poison** → **poisonous** 等。

6. **As a first-year college student ...** 作为刚入学的大学生 ……

大学一年级的学生：**freshman**（复数是 **freshmen**）；二、三、四年级的学生分别是：**sophomore**, **junior**, **senior**。

7. **The more time you waste, the easier it is to go on wasting time.** 你越浪费时间，就越容易继续浪费下去。

“**the** + 比较级 …… **the** + 比较级 ……” 的结构用于形容词或副词，表示因果关系：当一方有变化时，另一方也随之而变。

The more you learn, the more you find you don't know.

学得越多，就发现知道的东西越少。

The harder you work, the greater progress you will make. 你越用功，进步就越大。

**go on** 继续

go on doing sth. 继续做（同一件事）

go on to do sth. 继续做（另一件事）

John's classmates told him that he oughtn't to go on living that way.

约翰的同学们告诉他不应再继续那样生活了。

After the class meeting, she went on to tell us about her study and life in the United States. 班会后，她接着给我们讲了她在美国的学习和生活。

8. If you seriously wish to get the most out of college, you must put the time message into practice. 如果你真的想充分利用上大学的机会，你就应该把利用时间的要旨付诸实践。

**get the most out of sth.** 充分利用……的机会

We've only got one day in Paris, so let's get the most out of it and see everything. 我们在巴黎只有一天的时间，因此让我们好好利用这一机会到处看一看。

**put ... into practice** 付诸实践

The law was put into practice on Oct. 1st. 这项法令于 10 月 1 日实行。

9. Once a weekly study plan is prepared, follow the same pattern every week with small changes. 一旦制订了一周的学习计划，就要实行，可以每周做些小的变动，但总的模式不变。

**once**

1) 一旦（用作连词）

Once one loses confidence, he can never expect to do his work well.

一旦失去了信心，就别想做好工作。

## 2) 一次；曾经（用作副词）

I have been to Shanghai once. 我去过一次上海。

He once lived in a small village. 他曾经生活在一个小村庄里。

**follow** vt. / vi. 跟随；听从；遵循；领会

Follow this street, and you will get to the post office. 沿着这条街走，就可以到邮局。

If you follow my advice, you can surely find a satisfactory job. 如果你听从我的建议，你肯定能找到令人满意的工作。

Speak slower; I can't follow you. 说慢点儿，我听不懂。

- 10. Often you know from experience how long it takes you to write a short essay, to study for a quiz, or to review for a final exam.** 通常凭经验你会知道写一篇短文、准备一次测验或期末考试复习需要花费多长时间。

句型：It takes / took sb. + 多长时间 + to do sth.

It took me a whole week to prepare the experiment. 我花了一星期的时间准备实验。

**how long** 多长时间

How long will it take you to get to the airport? 你到机场要用多长时间？

- 11. Allow for unexpected things.** （定计划）要留有余地，要预计发生意外的事情。

**allow for** 考虑到；体谅

It takes about an hour to get there, allowing for possible traffic delays. 把路上可能的耽搁算进去，大约一小时可到那里。

We must allow for his inexperience. 我们必须考虑到他缺乏经验。

**unexpected** adj. 想不到的，意外的，突然的

He made an unexpected appearance and took up two hours out of my limited time. 他突然出现了，占用了我两个小时的有限时间。

The old woman was shocked by the unexpected death of her son.

那位老妇人对她儿子的意外死亡感到震惊。

12. **Otherwise your entire plan may be upset.** 否则你的整个计划就会被打乱。

**otherwise** adv.

- 1) 另外，别样

He thinks otherwise. 他不这样认为。

- 2) (在)其他方面

He is noisy, but otherwise a nice boy. 他爱吵闹，但在其他方面倒是一个好孩子。

- 3) 否则，不然

We'll go early; otherwise we may not get a seat.

我们得早一点儿去，不然就没有座位了。

**upset** vt. / vi. (过去式、过去分词 **upset**) 打翻；使烦乱

I upset the soup all over the table. 我把汤打翻在桌上了。

James was upset because he had lost his ticket. 詹姆斯很烦躁，因为他把车票丢了。

13. **at least** 至少，起码

It requires at least 2 days. 这事至少需要两天。

与之相对的词组 **at most**：至多，不超过

The railway will be completed in six months at most.

这条铁路至多过六个月即将完成。

14. **depend on / upon** 依靠；信赖；依……而定

All living things depend on the sun for their growth. 万物生长靠太阳。

We can depend on his arriving here on time. 我们可以相信他会准时到来。

That depends on how you deal with the problem. 这要看你如何处理

那个问题。

### 15. In many cases ... 在许多情况下 ……

case 构成的词组还有：

1) in case 以防；可能；倘若

Take your raincoat in case it rains / should rain. 带上雨衣，以防下雨。

In case they are late, we can sit in the bar and wait.

如果他们来晚了，我们可以在酒吧里等他们。

2) in case of 如果；万一

In case of rain they can't go. 万一下雨，他们就不能去了。

3) in any case 无论如何

I am ready to help you in any case. 无论如何我都要帮助你。

4) in no case 决不

In no case should you lose heart. 你决不要失去信心。

### 16. It is important that you re-plan your time on a weekly basis so that you can make certain changes when necessary. 每周重新安排时间很重要，这样才能在必要时（对计划）进行调整。

句型：It is important + that 引导的虚拟从句（从句中的谓语用 should + 动词原形，should 可以省略）

可以用于这一句型的其他形容词还有：necessary, essential, strange, urgent, vital, best, better, imperative 等。

It is best that everyone bring a map. 最好是每人带一张地图来。

It is necessary that workers have a pleasant place to relax.

工人们必须有个舒适的地方放松一下。

It is vital that all these figures be checked twice.

所有这些数字核对两遍，这很关键。

basis n. 基础

On the basis of students' score in this exam. we can tell that the exam

is too difficult. 根据学生的考试成绩，我们可以判断考试太难了。

on a weekly basis 一周的

类似的表达方式还有：work on a five-day-a-week basis 每周工作五天；hold a job on a full-time basis 全职工作；pay on a piece-work basis 按件付酬

so that 为了，以便（这里引导目的状语从句）

Some supplies of water must be treated so that they can be used.  
某些水源必须经过处理才可供使用。

so that 还可引导结果状语从句，其含义为“所以”。

The kitchen was small so that the housewife could reach everything without difficulty. 厨房小巧，所以主妇能很轻易地拿到任何东西。

**17. A good plan must be a little flexible ...** 一个好的计划一定要灵活一些 .....

a little 稍许，一点儿（语气肯定）

I felt a little cold. 我觉得有点儿冷。

little 几乎不（语气否定）

I have seen him very little recently. 最近我不大看到他。

**18. solid adj.** 固体的；坚固的；确实的

on solid ground 在稳固的基础上

We got solid support from them. 我们得到了他们可靠的支持。

solid 也可以作名词，意思是“固体”。

Water is liquid while rock is solid. 水是液体，而石头是固体。

**19. When you work out your schedule, try to include at least two study hours each day.** 当你制订时间计划的时候，每天尽量留出两小时的学习时间。

work out 制定出

They worked out a plan for their travel. 他们制定了出游的计划。

**schedule** n. 时间表；计划表

The next thing on our schedule is to telephone our friends.

我们的日程安排中要做的下一件事是给我们的朋友打电话。

常见词组有：ahead of schedule 提前；on schedule 准时；behind schedule 迟于，落后。

The airplane arrived one hour behind schedule. 飞机晚到了一小时。

与 schedule 意思相近的词是 timetable，它表示“时刻表，时间表”，不用于抽象含义。例：our time table for the week 我们这一周的安排

20. **not only ... but (also) ...** 不仅……，而且……（连接两个并列结构）

Siberia is extremely rich in natural resources, having not only oil and gas but also vast resources of coal, land and water.

西伯利亚蕴藏着丰富的自然资源，不仅富有石油、天然气，而且煤、土地、水资源丰富。

21. **Sunday, on the other hand, seems to be the best study day for many students.** 而星期天对许多学生来说似乎是最好的学习日子。

**seem to be** 看起来，好像

There seems (to be) no point in refusing. 看来没有道理拒绝。

He seems to be a lawyer. 他好像是名律师。

seem 还可以与引导词 it 连用。

It seems that you were lying. 看来你在撒谎吧。

It seems as if it is going to rain. 看来快下雨了。

22. **alive** adj. 活着的，存在的（常作表语或补语）

辨析：**alive, living, live**

alive 作表语形容词，反义词是 dead。

Many people are still buried alive after the earthquake.

地震后，许多人仍被活活地埋着。

living 意思是“活着的，生存着的，有生命的”，作定语；指所有有生命的东西。反义词是 non-living。

Air is everywhere and it gives life to every living thing.

空气无处不在，它给予任何生物体生命。

live 作形容词时，作定语，常常与除去人以外的名词构成词组。

a live mouse 一只活老鼠 a live rabbit 一只活兔子

此外，live 常作副词，意思是“现场直播、演奏、录制地”。

This show is going out live. 演出正在现场直播。

The football match was televised live. 足球赛在现场直播。

## 二. 课后练习答案

### 课文问题

1. The article is written for the first-year college students. We can tell this from the sentence in paragraph two “As a first-year college student, time management will be your number one problem.”
2. Time is tricky. Time is dangerous. Time is valuable.
3. He advises us to start our plan at the beginning of the term.
4. We can use it to plan our study time each day.
5. When we plan time for a short essay, or an exam, we should allow for unexpected things. Otherwise our entire plan may be upset.
6. We should plan at least one hour for each class hour, in many cases, even more than one hour will be required.
7. A good plan must be a little flexible so that we can make certain changes when necessary and do special projects well.
8. Yes, I think so. This will not only keep our study habit alive but also

- keep us up to date on class assignments.
9. They stop all study activities on Saturday because it is good for them to rest after a whole week and take part in sports or social activities. Then they can study again from Sunday.
  10. No, the author doesn't think so.
  11. Sunday is a good day to catch up on back reading and other assignments.
  12. I think they are all important. Yes, I am going to put them into practice.

### 笔头作业

将下面短文译成英语。

Time is very important. Everyone has 24 hours each day and 365 days each year. Once a day in our life passes, it will never come back again. If we love life, we shouldn't waste time. We should control time. The best way of using time is to plan it well.

When making a study plan, we should keep two things in mind. Firstly, we should be realistic. Don't try to do too many things. Secondly, a good plan should be flexible. We can make some small changes while following the same pattern every week.

Let's be the master of time and start our plan today.

### 词汇练习

1. 根据下列构词法规则完成以下练习。

|            |            |          |         |          |
|------------|------------|----------|---------|----------|
| 1) easily  | faithfully | truly    | quietly | badly    |
| 2) kingly  | lovely     | fatherly | manly   | friendly |
| 3) nightly | yearly     | weekly   | daily   | monthly  |

## 2. 将下列句子译成英语。

## 1) 用课文的词或词组。

- (1) I have run out of food and have to buy some more.
- (2) Since you have said so, you should put your words into practice.
- (3) It will take at least two hours to get there by bus.
- (4) Although we failed, at least we had tried our best.
- (5) Speak louder so that everyone can hear you.
- (6) How long did it take you to write that article?
- (7) You seem to be rather sad. Tell us what has happened so that we can help you.
- (8) We should keep our classroom clean.
- (9) We may ask Xiaowang to help us. He seems to have plenty of time.
- (10) My brother will come to Beijing next week. He will get the most out of his stay here.

## 2) 用本课的动词句型 1。

- (1) You are the very person I'm looking for.
- (2) The book isn't mine. It's John's.
- (3) They have always been the best friends.
- (4) Beijing is a beautiful city.
- (5) That seems to be the best choice.

## 3. 用恰当的介词或副词填空。

- |                |            |               |           |             |
|----------------|------------|---------------|-----------|-------------|
| 1) back; ahead | 2) up      | 3) toward (s) | 4) of     | 5) against  |
| 6) on          | 7) out; at | 8) from       | 9) up; on | 10) on; for |

## 4. 用方框里的单词填空，每词限用一次。

- |           |                |           |         |             |
|-----------|----------------|-----------|---------|-------------|
| (1) use   | (2) of         | (3) named | (4) by  | (5) want    |
| (6) comes | (7) situations | (8) for   | (9) may | (10) custom |

## 语法练习

1. 从括号内的两个词或词组中选择正确的完成下列句子。

- 1) homework    2) information    3) has    4) are    5) are    6) How much  
7) a cup of sugar    8) baggage    9) are    10) is    11) are    12) does not

2. 在需要冠词的空处填入恰当的冠词。

- 1) /    2) A    3) / ; The    4) a; The    5) a; The  
6) An; a    7) / ; /    8) an    9) a; the    10) an; the

## 三. 课文译文

## 利用时间的要旨

埃尔伍德·N·查普曼

1. 时间真是不好对付，既难以控制好，又很容易浪费掉。当你向前看的时候，你觉得你的时间用不完。比如说，在新学期开始的时候，你或许觉得你有许多时间，但当期末临近的时候，你会突然发现已没有多少时间了。由于没有足够的时间完成你的学习任务，你就非常着急。怎么办呢？要控制时间。

2. 时间是很危险的，如果你不控制它，它就会控制你；如果你不能让它为你所用，它就会反作用于你。因此，你一定要做时间的主人，而不是它的仆人。作为刚入学的大学生，妥善安排时间是你的头等大事。

3. 时间是很宝贵的，浪费时间是不好习惯。浪费时间就像吸毒一样。你越浪费时间，就越容易继续浪费下去。如果你真的想充分利用上大学的机会，你就应该把利用时间的要旨付诸实践。

要旨 1. 从一开始就控制时间。

4. 抓紧时间就是抓紧当前的时间，不要把事情推到明天或是下周。新学期一开始，就着手你的学习计划。

要旨 2. 养成用笔记本的习惯。

5. 今天就去买一个笔记本，每天用它来计划你的学习时间。一旦制订了一周的学习计划，就要实行，可以每周做些小的变动，但总的模式不变。星期天是制订下周计划的好日子。

要旨 3. 要现实一些。

6. 通常凭经验你会知道写一篇短文、准备一次测验或期末考试复习需要花费多长时间。当你为这些事情计划时间时，要实际一些，（定计划）要留有余地，要预计意外发生的事情。否则你的整个计划就会被打乱。

要旨 4. 为每节课安排至少一个小时的学习时间。

7. 你为每节课安排多少学习时间，取决于四个因素：（1）你的能力；（2）这节课的难度；（3）你希望取得的分数；（4）你如何利用学习时间。不管怎样，有一件事情是确定的：你应该为每节课安排至少一个小时的学习时间。在许多情况下，需要两三个小时。

要旨 5. 你的计划要灵活一些。

8. 每周重新安排时间很重要，这样才能在必要时（对计划）进行调整。比如在期中或期末考试前，你要花费更多的时间用于复习。一个好的计划一定要灵活一些，这样才能做好一些特殊的项目。

要旨 6. 有课的日子每天都要抽出一些时间来学习。

9. 每天都踏踏实实地学习一会儿，比一天学习很长时间而第二天什么也不学要好。当你制订时间计划的时候，每天尽量留出两小时的学习时间。这不仅能使你保持这一（好的）学习习惯，而且还能帮你跟上课堂进度。

要旨 7. 星期六放松——星期天学习。

10. 星期六一整天停止一切学习活动是有益的。许多学生选择在星期六进行体育活动或参加社交活动。而星期天对许多学生来说似乎是最好的学习日子。星期天是用来补上拖欠的阅读任务和其他作业的好时机。

# Lesson Two

## Hans Christian Andersen's Own Fairy Tale (I)

### 一. 课文语言点补充

1. **Once upon a time there was a poor boy who lived in Denmark.** 从前，在丹麦住着一个可怜的小男孩。

定语从句 **who lived in Denmark** 作 **a poor boy** 的定语，即“一个住在丹麦的可怜的小男孩。”

2. **His father, a shoemaker, had died ...** 他的父亲是鞋匠，已经去世了……

**a shoemaker** 作 **his father** 的同位语。

**die** vi. / vt. 死，死亡 **death** n. 死，死亡 **dead** adj. 死的

3. **... and gave him a sensible answer...** 便明智地答复道……

**sensible** adj. 明智的，合理的

**If you are sensible you will study for another year.** 如果你明智的话，你就再学习一年。 **sensible** 的名词是 **sense**。

注意区别 **sensible** 与 **sensitive**, **sensitive** adj. (常与 **to** 连用) 敏感的；易感受的

**She is sensitive to what people think of her.** 她很敏感人们对她是怎么想的。

4. **... learn a useful trade like shoemaking. ....** 还是学学像做鞋这样有用的手艺吧。

**useful** adj. 有用的    **use** vt. 使用； n. 用处    **useless** adj. 没用的  
**used** adj. 旧的

Prof. Wang tells us to make good use of our time in class. 王教授告诉我们要充分利用课堂的时间。

My bicycle is broken; it is completely useless. 我的自行车坏了，完全没用了。

May I use your English dictionary for an hour or two    ? 我可以借用你的英文字典一两个小时吗？

This is a very useful dictionary for beginners of English. 这本字典对英语初学者来说非常有用。

It's much cheaper to buy a used car than a new one. 买辆旧车比买辆新车要便宜得多。

### 5. ... started out to seek his fortune. .... 到外面闯去了。

**start out / off** 出发，动身    类似的短语还有    **set out / off**。

It's a long trip; we'll have to start out / off early and start back for home in the afternoon. 这是一次长途旅行；我们必须一早出发，下午开始向回返。

**fortune** n. 财富；运气    **fortunate** adj. 幸运的    **fortunately** adv. 幸运地    **unfortunate** adj. 不幸的    **unfortunately** adv. 不幸地  
**misfortunate** n. 不幸

He is loved by anyone who has the fortune to know him. 有幸结识他的人都喜欢他。

Unfortunately the sea was very rough that day. 不幸的是，那天海面波涛汹涌。

You are fortunate in having such good friends. 你很幸运，有这么好的朋友。

Misfortunes never come singly. 祸不单行。

### 6. He was sure that ... 他坚信……

句型：be sure + that 从句或 be sure of / about ... 肯定……

I am sure that I put the money in the box. 我肯定把钱放在盒子里了。

You are completely wrong; I'm sure of it. 我肯定，你完全错了。

7. ... but the boy, pretending to sleep, understood every word. …… 可是装着睡觉的男孩全懂了。

现在分词短语 pretending to sleep 在句中作定语，相当于定语从句 who pretended to sleep ,修饰 the boy。

I saw a notice warning people not to smoke. (warning = which warned)  
我看到了一份布告，警告人们不要吸烟。

A doctor examined the astronauts returning from space today.  
(returning = who returned ) 医生给今天从太空返回的宇航员们进行了检查。

**pretend to do sth.** 假装做某事

He pretends to know everything. 他假装无所不知。

She pretended not to know me when we met in the street.

我们在街上相遇时，她假装不认识我。

8. By day, Hans Christian went to a house where old women worked as weavers. 白天，汉斯·克里斯琴来到许多老妇人们做编织活儿的一所房子。

定语从句 where old women worked 修饰 a house , 这里 where 作关系副词，= in which。

The Tower of London, where so many people lost their lives, is now a tourist attraction. 在伦敦塔中曾有许多人丧命，它现在是旅游胜地。

9. There he listened to the tales that the women told as they worked at their weaving. 在那儿他倾听着老妇人们一边编织一边讲述的故事。

定语从句 *that the women told* 修饰 *the tales*，即“妇女们讲的故事”。

辨析：**listen to, hear, hear of, hear about**

*listen to* 听，强调“听”的动作。

*He listens to the radio every morning.* 他每天早晨收听广播。

*hear* 听见，强调“听”的结果。

*Speak louder so that I can hear you.* 大点儿声，这样我就能听见你讲话了。

*hear of* 听说，强调“得知、知道了某事的大概情况”。

*People in that mountainous district have not even heard of TV sets.* 那个山区的人们甚至连电视都没听说过。

*We jumped with joy when we heard of their success.* 听说他们成功了，我们高兴得跳了起来。

*hear about* 听说，强调“得知、知道了某事的详细情况”

*I have just heard about his dismissal.* 我刚听说有关他被解雇的事。

*We've been hearing quite a lot about that young tennis player lately.* 最近我们听到了不少关于那位年轻网球选手的事。

**as** 当……时候 这里作连词，引导时间状语从句。此外，**as** 还可以引导原因、方式状语从句。

*As it was cold outside, he didn't go to swim in the river.* 因为外面很冷，他没有去河里游泳。

*You must try to hold the tool as I do.* 你必须试着像我这样握住这个工具。

10. ... *there were almost as many tales in Denmark as there were people to tell them.* …… 在丹麦，故事与讲故事的人一样多。

“**as + 形容词或副词 + as..**” 的结构用来表达人与人、事与事之间在某一方面一样。

*Waiting for a plane to take off from an airport can often take as long*