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Lesson 50 New Year resolutions



**formidable ['fɔ:mɪdəbl] adj. 令人望而生畏的**

formidable / awesome adj. 令人望而生畏的

a / an ~ task / challenge

forbidding adj. 不友好的，冷冰冰的

a forbidding appearance / place

recur [rɪ'kɜ:(r)]

**v. 再次发生；反复发生**

We must make sure that the problem does not recur. a recurring illness / nightmare

occur v. 发生

When exactly did the incident occur? Something unexpected occurred. concur v. 同意；同时发生

We strongly concur *with* the recommendations of this report. Everything concurred to produce the desired effect.

incur v. 招致，引起，带来（不好的结果）

She had incurred the wrath of her father by marrying without his consent.

inveterate [ɪn'vetərət]

**adj. 根深蒂固的，积习难改的**

an inveterate smoker / drinker / gambler / liar

If we remain inveterate smokers, it is only because we have so often experienced the frustration that results from failure.

inveterate hatred / prejudice / distrust Hatred is inveterate anger.

— M. T. Cicero

deep-seated / deep-rooted a ~ bad habit / faith in god die hard

Old habits die hard.

assiduously [ə'sɪdjʊəslɪ]

**adv. 刻苦地**

assiduous

an assiduous student / researcher “sid” / “sed” = sit

sedulous insidious

However, there is an even more insidious kind of pollution that particularly affects urban areas and invades our daily lives, and that is noise.

preside president presidency

reside resident residence consider considerate consideration

sedate sedative sediment

subside subsidy subsidiary

Aunt Harriet presided *over* an invisible army of servants that continuously scrubbed, cleaned, and polished.

I wanna hold you till I die, till we both break down and cry. I wanna hold you till the fear in me subsides.

betray [bɪ'treɪ]

**v. 背叛；无意中暴露**betray v. 1. 背 叛Judas betrayed Jesus.

betray one’s beliefs / principles betray v. 2. 无意中暴露

Her voice betrayed her nervousness. betrayal

Forgetting history means betrayal. cheat on sb.

He cheated on his wife. desert

As he hated army life, he decided to desert his regiment. be loyal / disloyal to …

betrayer / traitor / Judas You Judas!

good-humoredly ['gʊd'hju:mədli] adv. 心情好地

good-humored ill-humored humor = mood

He is in a good / a bad / an ill humor. blood / choler / phlegm / melancholy New Year('s) resolutions

"Have you made any New Year's resolutions?" "Yes, I'm going to eat more healthily and give up smoking."

UN resolution

It’s time for sth.

It’s time for school / dinner / bed. It’s time to do sth.

It’s time to get up.

It’s (high / about) time (that) ... (虚拟)

It’s (high / about) time (that) we *went* home.

It’s already 5 o’clock now. Don’t you think it’s about time ?

we are going home

we go home

we went home

we can go home

If I were in movie, then it would be about time that I my head in my hands for a cry.

(A) bury (B) am burying

(C) buried (D) would bury mentally: at heart

compile a list: make a list dos and don’ts

likes and dislikes ups and downs highs and lows ins and outs same old ...

It’s the same old story.

It’s the same old excuse.

It’s the same old faces at the meeting. “How are you doing?” “Same old.” year in year out = year after year

day in day out = day after day

week in week out = week after week month in month out = month after month with monotonous regularity

The little boy wets the bed with monotonous regularity. History repeats itself with monotonous regularity.

造句：这个老问题总是日复一日地重复出现。

The same old story recurs day in day out with monotonous regularity.

We resolve to get up earlier each morning, eat less, find more time to play with the children, do a thousand and one jobs about the house, be nice to people we don't like, drive carefully, and take the dog for a walk every day.

decide to do ...

make up one’s mind to do ... make a decision to do ... determine / resolve to do ...

be resolved / determined to do ...

I determined to lodge a complaint as soon as we arrived. take the plunge

If you have been thinking about buying shares, now could be the time to take the plunge. a hundred / thousand / million and one = very many

housework household chores

I spent all morning doing (the) housework / household chores. do the laundry / washing

do / wash the dishes = do the washing-up

He has to wash a thousand dishes.

He has more dishes than his brother.

His brother takes too much time washing the dishes.

He has asked his brother to wash the dishes many times. W: Have you asked your brother to do the dishes?

M: Thousands of times.

Q: What does the man mean?

Answer: (D) He has asked his brother to wash the dishes many times. take the dog for a walk

walk the dog

be beyond sth. 无法……；不容…… The car is beyond repair.

The rumor is beyond belief.

The situation is beyond my control.

The results are beyond dispute / controversy. Her beauty is beyond words / description.

His conduct is beyond reproach / criticism. The pain is beyond human endurance.

Working with you is beyond my wildest dreams.

We might say that justice has been done when a man's innocence or guilt has been proved beyond doubt.

be beyond sb. = be a mystery to sb.

Why people are prepared to tolerate a four-hour journey each day for the dubious privilege of living in the country is beyond me.

It has always been a mystery to me why city dwellers, who appreciate all these things, obstinately pretend that they would prefer to live in the country.

If we remain inveterate smokers, it is only *because we have so often experienced the frustration that results from failure*.

an inveterate smoker / drinker / gambler old friend

regular / patron hardened smuggler maidservant

it is because … √

the reason is that … √

The reason is because … ☓

…, the only reason is that … result from ... = be caused by ... result in ... = cause ...

Most of us fail *in our efforts at self-improvement* because our schemes are too ambitious and we never have time to carry them out.

fail to do

fail in one’s efforts / attempts *at … / to do*

造句：Latham 试图驾机飞跃英吉利海峡，但没有成功。

Latham failed in his efforts / attempts to fly across the English Channel.

造句：考古学家试图要确认被修复的女神像的身份，但没有成功。

The archaeologists failed in their efforts / attempts to discover the identity of the reconstructed statue.

The archaeologists failed in their efforts / attempts at the identification of the reconstructed statue.

scheme n. 1. 计划，方案；2. 阴谋诡计

schemes and intrigues

never / not get round / around to sth./ doing

It had broken down the previous summer, and though I promised to repair it, I had never got round to it.

It's new.

It's dull.

It's not clean.

It has a broken handle.

W: I'm having trouble slicing the bread with this knife.

M: Oh. Sorry about that. I haven't gotten around to sharpening it yet. Q: What can be inferred about the knife?

Answer: (B) It’s dull.

carry sth. ↔ out 执行，实施

We carried out her instructions precisely.

We also make the fundamental error *of announcing our resolutions to everybody* so that we look even more foolish when we slip back into our bad old ways.

fundamental adj. 根本性的fundamental error / mistake fundamental change / difference

make the fundamental error of doing sth.

造句：他犯了轻敌这个根本性的错误。

He made the fundamental error of despising his enemy.

so (that) 作连词时一般来说有两种用法：

**引导结果状语从句，译为“所以”，从句谓语动词中一般没有情态动词。**

**引导目的状语从句，译为“以便”= in order that …，从句谓语动词中多出现情态动词 can,**

could, may, might, should, would 等。

Drive carefully so that everyone *can* enjoy a long life.

It had been purchased by a local authority so that an enormous pie *could* be baked for an annual fair.

In the new country he became absorbed in making a new life for the two of us, so that he gradually ceased to grieve.

He was still mumbling something about hospitals at the end of the party when he slipped on a piece of ice and broke his left leg.

slip into … to gradually start to be in a bad state or situation 渐渐陷入某种不良状态

slip into debt / unconsciousness … He had begun to slip into debt.

She slipped into unconsciousness and died the next day. The country is slipping into recession.

pitfall n. a likely mistake or problem in a situation 易犯的错误，易出现的问题

the potential pitfalls of buying a house

Her advice helped me avoid some of the common pitfalls. keep sth. to oneself

= keep sth. secret

I keep my love for Helen to myself. keep sth. from sb.

The only other people who knew the secret were Joe and Bob. They did not even tell their wives. They even kept it from their wives.

reveal a secret

a secret becomes known

limit oneself to sth. 给自己限定……

I limit myself to 2 glasses of beer a day.

She limits herself to 1,000 calories a day to lose weight. do (physical) exercises 锻炼身体

of an evening / of a weekend ...

= in the evenings / at weekends ...

An all-night party *on New Year's Eve* provided me with a good excuse for not carrying out either of these new resolutions on the first day of the year, but *on the second*, I applied myself assiduously to the task.

*on* … Eve

provide sb. with sth.

an excuse *for* (doing) sth.

sth. provide sb. with a good excuse for (doing) sth.

造句：突然得病使他有借口没有参加会议。

A sudden illness provided him with a good excuse for not attending the meeting.

造句：漫长辛苦的旅程使我有借口很早去睡觉。

A long and arduous journey provided me with a good excuse for going to bed early. plead ignorance / illness / a headache / tiredness / insanity

either of … 两个中任何一个…… each of … 三个以上中任何一个…… neither of … 两个都不……

**none of … 三个以上都不…… both of … 两个都……**

**all of … 三个以上都……**

apply oneself to sth.

= work hard at sth.

造句：近来我一直在努力地学习英语。

Recently I have been applying myself assiduously to studying English.

The daily exercises lasted only eleven minutes and I proposed to do them early in the morning before anyone had got up.

propose v. (fml.) to intend to do something 打算

propose to do sth.

How do you propose *to deal* with the situation? propose doing sth.

How do you propose *getting* home?

The self-discipline *required to drag myself out of bed eleven minutes earlier than usual* was considerable.

造句：连续数年 (for years on end) 每天早晨锻炼身体需要很强的自制力。The self-discipline *required to do physical exercises every morning for years on end* is considerable.

nevertheless / nonetheless / still / all the same / just the same 尽管如此，还是……

'You certainly did give me a surprise!' said the vicar. 'You've probably woken up everyone in the village as well. Still, I'm glad the bell is working again.'

The girl is not beautiful.

Nevertheless / Nonetheless / Still / All the same / Just the same, I like her very much. creep v. 蹑手蹑脚地走

One bad winter we watched the river creep up the lower meadows.

After jumping about on the carpet and twisting the human frame into uncomfortable positions, I sat down at the breakfast table in an exhausted condition.

about / around adv. 各处, 到处

As there are so many people about, the dogs have to be kept in a special enclosure. round about adv. 在附近，在周围

Round about, piles of limestone glistened in all the colors of the rainbow. twist v. 转动，扭曲，缠绕

twist … into … 把……扭曲、缠绕成……

We twisted the bed sheets into a rope and escaped by climbing down it. frame n. human or animal body（人或动物的）身体

Sobs shook her slender frame. 她抽泣着, 苗条的身体都在颤动. Inevitably you arrive at your destination almost exhausted.

It was this that betrayed me.

troop v. to walk somewhere together as a group 成群结队而行

The bell rings and they all troop into school. unsettling adj. = disturbing

unsettle v. = disturb

fend sb. / sth. ↔ off 挡开，躲避开，抵御住

He tried to kiss her but she fended him off. She managed to fend off awkward questions. taunt jibe / gibe

taunts and jibes aches and pains

schemes and intrigues hustle and bustle

wax and wane

Dynasties waxed and waned throughout the history. ebb (away) subside

However, my enthusiasm ebbed (away) / subsided. diminish: reduce / decrease

gradually / slowly / little by little / bit by bit / by degrees fall / drop to …

The temperature drops to – 30 〫 and very few people attempt to cross the Pass.

plunge / dive to …

be back to where … start from 前功尽弃

bring … back to where … start from 使……前功尽弃造句：一个根本性的错误使我们前功尽弃。

A fundamental error brought us back to where we had started from. pick up where we left off

After lunch shall we pick up where we left off?

Chandler: Wait! I just want you to know that ... I'm so happy you're going to be here. Janice: Oh, me too ...

Chandler: Because ... that way ... we can pick up where we left off. Janice: Huh?

Chandler: I never stopped loving you.

I argued that if I spent less time exhausting myself at exercises in the morning, I would keep my mind fresh for reading *when I got home from work*.

fresh adj. 精神饱满的

However you decide to spend your time, one thing is certain: you will arrive at your destination fresh and uncrumpled.

keep one’s mind fresh

A cup of coffee will keep your mind fresh in class.

Resisting the hypnotizing effect of television, I sat in my room for a few evenings *with my eyes glued to a book*.

glue vt. 粘住 & n. 胶水

be glued to sth. 全神贯注于……

We were glued to the television watching the election results.

造句：抵制着去睡觉的诱惑，我坐在书房里全神贯注地看《新概念英语》。

Resisting the temptation to go to bed, I sat in my study with my eyes glued to ‘New Concept

English’.

One night, however, *feeling cold and lonely*, I went downstairs and sat in front of the television pretending to read.

That proved to be my undoing, for I soon got back to my old bad habit *of dozing off in front of the screen*.

be one’s undoing 是某人失败的原因

Slack defense was the team’s undoing.

prove to be one’s undoing 被证明是某人失败的原因造句：缺乏经验被证明是他失败的原因。

Lack of experience proved to be his undoing. downfall n. 1. 垮台

Greed led to his downfall.

A long-lost brother, who was presumed dead, was really alive all the time and wickedly plotting to bring about the hero's downfall.

downfall n. 2. 失败，垮台的原因

be one’s downfall

His vanity was his downfall. prove be one’s downfall

An addiction to gambling proved to be her downfall. doze off / nod off

take / have a nap

I usually take a nap after lunch. get round / around to sth./ doing

…, but I have never got round / gotten around to reading it.