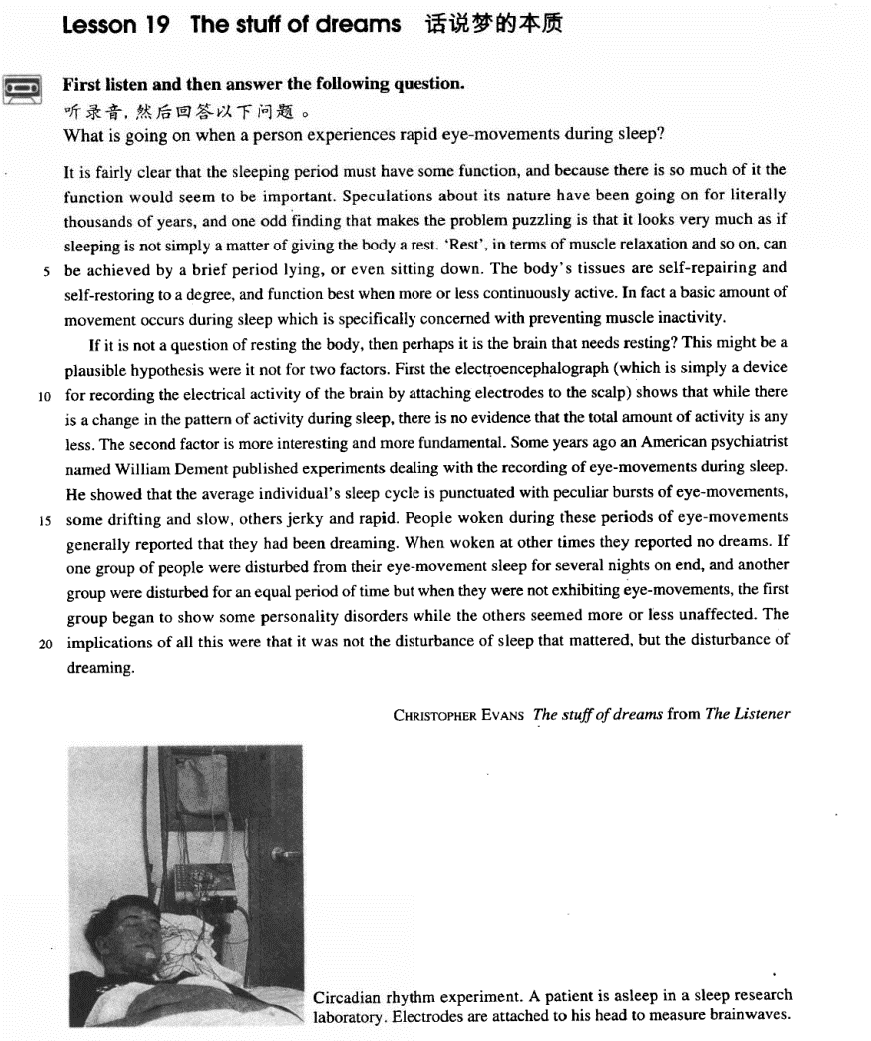
Book



课文

It is fairly clear that the sleeping period must have some function, and because there is so much of it the function would seem to be important.

很清楚，睡眠必然具有某种作用。睡眠占去那么多时间，所以其作用似乎还是很重要。

Speculations about its nature have been going on for literally thousands of years, and one odd finding that makes the problem puzzling is that it looks very much as if sleeping is not simply a matter of giving the body a rest.

人们对睡眠作用的种种猜测，确实有数千年之久，一项使人对这个问题感到困惑的奇怪的发现是，睡眠在很大程度似乎并不仅仅是为了使身体得到休息。

'Rest', in terms of muscle relaxation and so on, can be achieved by a brief period lying, or even sitting down.

“休息”，从使肌肉得到放松等方面来看，只要稍微躺一躺，甚至坐一坐就能达到。

The body's tissues are self-repairing and self-restoring to a degree, and function best when more or less continuously active.

人体组织在一定程度上有自我修补和自我恢复的能力，有张有弛地连续活动时，其功能最佳。

In fact a basic amount of movement occurs during sleep which is specifically concerned with preventing muscle inactivity.

事实上，睡眠状态下仍有着基本的活动量，以防止肌肉活动停止。

If it is not a question of resting the body, then perhaps it is the brain that needs resting?

如果睡眠的功能不是在于使身体得到休息，那么也许是让大脑得以休息？

This might be a plausible hypothesis were it not for two factors.

若不是下面两点，这种假使似乎是有道理的。

First the electroencephalograph (which is simply a device for recording the electrical activity of the brain by attaching electrodes to the scalp) shows that while there is a change in the pattern of activity during sleep, there is no evidence that the total amount of activity is any less.

第一点，脑电图记录仪显示，人在睡眠时大脑活动的方式有变化，但没有迹象表明，其活动总量有任何减少。

The second factor is more interesting and more fundamental. Some years ago an American psychiatrist named William Dement published experiments dealing with the recording of eye-movements during sleep.

第二点更有意思，也更重要。前些年，美国一位精神病学者发表了一篇报告，报告中记录了眼球在睡眠时的活动情况。

He showed that the average individual's sleep cycle is punctuated with peculiar bursts of eye-movements, some drifting and slow, others jerky and rapid.

他指出，平常人的睡眠周期中不时伴有一阵阵奇怪的眼球队活动，这些活动有的飘忽而缓慢，有的急剧而快速。

People woken during these periods of eye-movements generally reported that they had been dreaming.

在眼球活动期间被叫醒的人都说自己在做梦；

When woken at other times they reported no dreams.

在其他期间叫醒他们，则说没有做梦。

If one group of people were disturbed from their eye-movement sleep for several nights on end, and another group were disturbed for an equal period of time but when they were not exhibiting eye-movements, the first group began to show some personality disorders while the others seemed more or less unaffected.

如果有两组人，一组人连续几夜在眼球队活动时被叫醒；另一组人也是连续几夜被叫醒，但是在眼球队没活动时被叫醒的；结果第一组人开始出现性格失常，而第二组人似乎没受什么影响。

The implications of all this were that it was not the disturbance of sleep that mattered, but the disturbance of dreaming.

这一切暗示我们：睡眠受到干忧没关系，而做梦受到干忧是有问题的。

词汇讲解

### speculation

* **speculation** [7spekju'leɪʃn] n. 推测；投机

**【****近似词组】**表达“**推测**”：

**speculation**

**conjecture**

**guesswork** / **guess work**

* She dismissed the newspaper reports as **pure speculation**.
* There has been a great deal of **speculation *about*** *（对于…的投资+about）*what will happen after the elections.
* **speculation *in*** *（某方面投资+in）*property development

**【同根词】**

**speculate** v. 1. 猜测

* We can only **speculate *on***the reasons for his sudden resignation.

**speculate** v. 2. 投机

* He **speculated *in***stocks.

**speculative** adj. 猜测的；投机的

* His conclusions are **purely speculativ**e. 猜测的
* Beyond two or three days, the world's best weather forecasts are **speculative**, …
* **speculative** investments 投机的

**【词根】**

“**spec(t)**” / “**spi(c)**” = **to see**;  **to look**

**speculate** v. 推测；投机；思索

**speculation**

**speculative**

**inspect** v. 检查；视察；检阅

**inspector**

**inspection**

**suspect** v. 怀疑；猜想

**suspicious** adj. 可疑的；怀疑的；多疑的

**suspicion** n. 怀疑；嫌疑；疑心；一点儿

**expect** v. 期待；预期

**expectation** n. 期待；预期；指望

**expectancy** n. 期望，期待

**respect** v. 尊敬，尊重；遵守

**respectable** adj. 值得尊敬的；人格高尚的；相当数量的

**respectful** adj. 恭敬的；有礼貌的

**introspect** v. 反省；内省

**retrospect** v. 回顾，追溯；回想

**perspective** n. 观点；远景；透视图

**circumspect** adj. 细心的，周到的；慎重的

**circumspection** n. 慎重；细心

**spectacle** n. 景象；场面；奇观；壮观；公开展示；表相，假相 n.（复）眼镜

**spectacular** adj. 壮观的，惊人的；公开展示的

**specious** adj. 似是而非的；外表美观的；华而不实的；徒有其表的

**despise** vt. 轻视，鄙视

**espionage** n. 间谍；间谍活动；刺探

**conspicuous** adj. 显著的；显而易见的

### literally

* **literally** ['lɪtərəli]dv. 多达，长达，足足有；逐字地，字面地

**literally** adv. **含义1：** used to emphasize that sth, especially a large number, is actually true （加强语气）多达，长达，足足有……

* The Olympic Games were watched by **literally** billions of people.
* Now there are **literally** thousands of companies using our software.

**literally** adv. **含义2：**If a word or expression is translated literally, its most simple or basic meaning is translated 字面地，逐字地

* The word 'planet' **literally** means 'wandering body'.
* Idioms usually cannot be translated **literally** into another language.

**【同根词】**

**literal** adj. the literal meaning of a word or expression is its basic or original meaning 字面的，逐字的

* The **literal** meaning of 'television' is 'seeing from a distance'.

**literal translation** 直译

**liberal translation** 意译

**【词根】**

“**liter**” = **letter** 字母

**literal** adj. 文字的；逐字的；无夸张的

**literally** adv. 照字面地；逐字地；不夸张地；正确地；简直

**literary** adj. 文学的；书面的；精通文学的

**literature** n. 文学；文献；文艺；著作

**literate** adj. 受过教育的；精通文学的

**literacy** n. 读写能力；精通文学

**illiterate** adj. 文盲的；不识字的；没受教育的

**illiteracy** n. 文盲；无知

### plausible

* **plausible** ['plɔ:zəbl] adj. 合理的，可信的，可能正确的

**plausible** adj. **英文解释：**reasonable and likely to be true

* a **plausible** explanation / excuse
* His story certainly sounds **plausible**.

**【同根词】**

**plausibility** n. [U] 合理，可信

* This new evidence lends **plausibility** to the theory that she was murdered.

**【近义词】**表达“**合理的，可信的**”：

**reasonable**

**believable**

**credible**

**convincing**

**persuasive**

**cogent**

**【反义词】**

**implausible** adj. 难以置信的，不太可能是真的

* a highly **implausible** claim / idea / theory
* Her explanation is not implausible.

**【近义词】**表达“难以置信的，不太可能是真的”：

**unbelievable**

**incredible**

**unconvincing**

**improbable**

**inconceivable**

**unlikely**

**preposterous**

**shaky**

**lame**

### hypothesis

* **hypothesis** [haɪ'pɒθəsɪs] n. 假说，假设

**hypothesis** n. **英文解释：** an idea that attempts to explain something but has not yet been tested or proved to be correct 假说，假设

* to formulate / confirm a **hypothesis**
* a **hypothesis *about***the function of dreams
* There is little evidence to support these **hypotheses (pl. [hai'pɔθisiːz])**.

**注意：不规则复数变化形式；拉丁词**

basis / bases

axis / axes

thesis / theses

ellipsis / ellipses

analysis / analyses

diagnosis / diagnoses

hypothesis / hypotheses

### psychiatrist

* **psychiatrist** [sai'kaiətrist]n. 精神病医生，精神病学家

**【同根词】**

**psychiatrist** n. **英文解释：** a doctor who studies and treats mental illnesses 精神病医生，精神病学家

**psychiatry** n. **英文解释：** [U] study and treatment of mental illness 精神病学，精神病治疗

**psychiatric** adj. **英文解释：** relating to the study and treatment of mental illness 精 神病学的；治疗精神病的

* a **psychiatric** clinic
* **psychiatric** treatment
* Charles was suffering from a **psychiatric** disorder.
* This result merely confirms earlier American and British studies: if there is any effect of noise upon mental health, it must be so small that present methods of **psychiatric diagnosis** cannot find it.

**【词根】**

“**psych(o)**” = **soul**

**psychiatry**

**psychiatric**

**psychiatrist**

**psychology**

**psychological**

**psychologist**

**psychoanalysis**

**psychoanalyze**

### punctuate

* **punctuate** ['pʌŋktʃueɪt] v. 加标点；不时打断，穿插
* The children have not yet learned to **punctuate** correctly. 加标点
* The transcription of his speech must be **punctuated**. 加标点

**be punctuated by / with sth.** 被不时地打断

* Her speech **was** **punctuated by** bursts of applause.
* The silence **was** occasionally **punctuated by** laughter.
* He showed that the average individual's sleep cycle **is punctuated with** peculiar bursts of eye-movements, …

**【词根】**

“**punct**” = to prick 扎破

**punct**uate

**punct**uation

**punct**ual

**punct**uality

**punct**ure

acu**punct**ure

课文讲解

# （标题）

# The stuff of dreams

知识点（1）

**stuff** n. **英文解释：**fundamental material 基础材料，本质

* the **stuff** of greatness
* Real life is the **stuff** of all good novels.
* We must find out what **stuff** he is made of.

# （第一段）

# It is fairly clear that the sleeping period must have some function, and because there is so much of it the function would seem to be important.

**语法分析：**

it（形式主语）is fairly clear that sleeping period must have some function（that...主语从句）, and *because there is so much of it（原因状语）* the function would seem to be important.

知识点（1）**【课文句型提炼】**

**it is fairly clear that …** 很明显

**it is as clear as daylight that …** 像白天一样明显

* **It was as clear as daylight** then **that** burglars had forced an entry during her absence.

**it is obvious that …**显然

* The rope had been cut, so **it was obvious that** the lamb had been stolen.

**it becomes apparent that …** 明显看出

* **It** later **became apparent that** rabbits were developing a degree of resistance to this disease, so that the rabbit population was unlikely to be completely exterminated.

知识点（2）

**would seem / appear** 想比

* It **would seem** more sensible to apply standards flexibly rather than rigidly.
* A more plausible explanation **would seem** to be that people are fed up with the Conservative government.
* It **would appear** that the legal profession is the nearest thing to a recession-proof industry.
* Time **would appear** to be the significant factor in this whole drama.

**would** 表“推测”

* That **would be** his mother.
* —Who is the man you want to speak to?
* —You **wouldn’t** know him.
* He **would have** reached New York.

# Speculations about its nature have been going on for literally thousands of years, and one odd finding that makes the problem puzzling is that it looks very much as if sleeping is not simply a matter of giving the body a rest.

**语法分析：**

Speculations *about its nature* have been going on for literally thousands of years, and one odd finding that makes the problem puzzling（that ...定语从句） is *that it looks very much as if sleeping is not simply a matter of giving the body a rest（as if… 内部表语从句）*. *（that… 表语从句）*

知识点（1）**【课文句型提炼】**

**speculations about … have been going on for literally thousands of years.**

关于…的推测已经延续数千年了

* **造句：**对于宇宙起源的猜测已经持续长达数千年了。
* **Speculations about** the origins of the universe **have been going on for literally thousands of years**.
* **造句**：除夕 (Lunar New Year’s Eve) 放鞭炮 (let off firecrackers) 的习俗已经持续长达数千年了。
* The custom of letting off firecrackers on Lunar New Year’s Eve **has been going on for literally thousands of years**.

知识点（2）

**finding** n. **英文解释：**information that is discovered as the result of research 研究结

果

* These **findings** suggest that there is no direct link between unemployment and crime.

知识点（3）**【课文句型提炼】**

**It looks very much as if …** 看上去很可能……

* **It looked very much as if** teeth, and not an axe, had cut down that tree.
* **It looks very much as if** the 19-year-old Chinese player will regain the title she first won at sixteen.

知识点（4）

**be simply a matter of doing** 不过是……的事儿/问题

* Success in business **is simply a matter of** knowing when to take a chance.

**be not simply a matter of doing** 不仅仅是……的事儿/问题

* Reducing the number of road deaths **is not simply a matter of** improving roads.

**【复习】**Lesson03-46、Lesson04-06、Lesson04-19、Lesson04-33

**a / the + matter / question of …** ……的事儿/问题

* … but as soon as **the question of prestige** arises,
* … It is **a question of pride** as much as anything else.
* If it is not **a question of resting** the body, then perhaps it is the brain that needs resting?
* Education in the wilderness is not **a matter of monetary means**.
* These are partly **a matter of personal circumstances**, partly **a matter of psychology**.

# 'Rest', in terms of muscle relaxation and so on, can be achieved by a brief period lying, or even sitting down.

**语法分析：**

'Rest', *in terms of muscle relaxation and so on**（插入语）*, can be achieved by a brief period lying, or even sitting down. （做achieved…的伴随状语）

# The body's tissues are self-repairing and self-restoring to a degree, and function best when more or less continuously active.

**语法分析：**

The body's tissues are self-repairing and self-restoring to a degree, and function best when more or less continuously active.

知识点（1）**复合形容词**

**self- 英文解释：***prefix* by yourself or by itself 自己、自我、自动

* a **self-**propelled vehicle
* **self-**closing doors
* a **self-**cleaning oven
* a **self-**winding watch

知识点（2）**复合形容词**

**to a (certain) degree** / **to some degree** = **partly** 部分的、某种程度上

* **To a degree**, it is possible to educate oneself.
* We're all willing to support him **to a certain degree**.
* Disillusionment with the parents, however good and adequate they may be both as parents and as individuals, is **to some degree** inevitable.

**【近义词组】**

**to a (certain) extent** / **to some extent** = **partly** 部分的、某种程度上

* This will relieve pressure on the trains **to some extent**.
* We all **to some extent** remember the good times and forget the bad.
* I do agree with him **to an extent**.

**【句型】**

**I agree with you to a certain extent, but ...** 我在某种程度上同意你，但是….

知识点（3）Lesson03-09

function best

**语法**：副词的最高级修饰动词不一定加定冠词

* One of the things that **fascinates** us ***most***about cats is the popular belief that they have nine lives.
* Those who **work** *(the) most* often get **paid** *(the) least*.

知识点（4）

**more or less** adv. **almost** 几乎；差不多

* a place where the ground was **more or less** flat
* They've settled here **more or less** permanently.
* He **more or less** admitted he'd done it.
* … the first group began to show some personality disorders while the others seemed **more or less** unaffected.

知识点（5）Lesson03-18、42、49、54、57

**【辨析】**

**continually**               adv. 不断地；频繁地；（含贬义，不希望发生的事总是发生）

**continuously**           adv. 连续不断地 （强调一刻不停，一直持续下去的）

* He is **continually** being late.
* He is **continually** asking me for money.
* They're **continually** arguing.
* Everything around him was full of her presence, **continually** reopening the wound.
* He has lived and worked in France almost **continuously** since 1961.
* These lights flickered **continuously** like traffic lights which have gone mad.
* Almost immediately he began to complain about the weather, for even though it was still summer, it rained **continually** and it was often bitterly cold.

**be continually / always doing** 老做某事（03-Lesson2）

# In fact a basic amount of movement occurs during sleep which is specifically concerned with preventing muscle inactivity.

**语法分析：**

In fact a basic amount of movement occurs during sleep which is specifically concerned with preventing muscle inactivity. （which...定语从句）

知识点（1）

**specifically** adv. **英文解释：**relating to or intended for one particular type of person or thing only 特定地，专门地

* liquid vitamins **specifically** designed for children
* a magazine aimed **specifically** at working women

**【相关词组】**

**(be) specifically designed for …** 对…专门设计的

**(be) aimed specifically at …**  专门针对…

**(be) specifically concerned with …**  专门关于

知识点（2）

**concern …** 与…有关

**be concerned with …** 与…有关

* The book **concerns** music.
* The book **is concerned with** music.
* a book **concerning** music
* a book **concerned with** music concern …

**【辨析】**

**concern …** 令某人担忧（人做宾语）

**be concerned about …** 为某事担忧

* What **concerns me** is our lack of preparation for the change.
* The police said they **were** very **concerned about** the boy's safety.

知识点（3）

**inactivity** n. [U] **英文解释：**the state of not doing anything, not moving, or not working

* Don't suddenly take up violent exercise after years of **inactivity**.

# （第二段）

# If it is not a question of resting the body, then perhaps it is the brain that needs resting?

**语法分析：**

If it is not a question of resting the body（条件状语从句）, then perhaps it is the brain that（强调句） needs resting?

知识点（1）

**rest** v. **英文解释：**to not use a part of your body that is tired or injured so that it can get better

* **Rest** *your eyes* every half an hour.
* I need to sit down and **rest** *my legs*.

知识点（2）

**need / require / want + *doing / to be done***

* The watch needs / requires / wants *mending / to be mended*.
* … then perhaps it is the brain that needs *to be rested*?

知识点（3）【课文仿写】

* **造句**：如果不是更换贸易伙伴的问题，那可能需要更换的就是贸易标准了。
* If it is not a question of replacing trading partners, then perhaps it is trading standards that need replacing.

# This might be a plausible hypothesis were it not for two factors.

**语法分析：**

This might（虚拟语气） be a plausible hypothesis were it not for two factors（条件状语从句；倒装）.

知识点（1）

* **课文写法替换：**
* This might be a plausible hypothesis if it were not for two factors. This might be a plausible hypothesis **but for** / **except for** two factors.

知识点（2）Lesson03-42 **虚拟语气的倒装**

* **正常语序：**
* This might be a plausible hypothesis **if it were not for** two factors.
* Insects would make it impossible for us to live in the world; they would devour all our crops and kill our flocks and herds, **if it were not for** the protection we get from insect-eating animals.

**【复习】**Lesson03-42… :虚拟语气

**1.语法：虚拟语气if从句的虚拟**

1.与现在事实相反

If + S. + did / were, S. + would / should / could / might + do

2.与过去事实相反

If + S. + had done, S. + would / should / could / might + have done

3.与未来趋势相反

If + S.+ should do, S.+ would / should / could / might + do

If + S.+ did / were to do, S.+ would / should / could / might + do （强调及其不可能）

**2.语法：虚拟语气的倒装**（只用于书面语）**；if从句的虚拟语气中，出现were**、**had**、**should可用倒装**；

* 1.与现在事实相反：
* If I **were** you, I would go abroad at once.
* **Were** I you, I would go abroad at once. （倒装）
* 2.与过去事实相反：
* If you **had** come here a little earlier just now, you might have met her.
* **Had** you come here a little earlier just now, you might have met her. （倒装）
* The cave might never have been discovered **had not** the entrance been spotted by the distinguished French pot-holer, *Berger*. （倒装）
* The cave might never have been discovered **if the entrance had not** been spotted by the distinguished French pot-holer, Berger. （正常语序）
* 3.与未来趋势相反
* If it **should** rain tomorrow, you could stay at home.
* **Should** it rain tomorrow, you could stay at home. （倒装）
* 3.与未来趋势相反
* If the sun **were** to rise in the west, I would lend you the money.
* **Were** the sun to rise in the west, I would lend you the money.
* **考研英语：**
* The millions of calculations involved, had they been done by hand,\_\_\_B\_\_\_ all practical value by the time they finished.

(A) could lose

(B) would have lost

(C) might lose

(D) ought to have lost

# First the electroencephalograph (which is simply a device for recording the electrical activity of the brain by attaching electrodes to the scalp) shows that while there is a change in the pattern of activity during sleep, there is no evidence that the total amount of activity is any less.

**语法分析：**

First the electroencephalograph *(which is simply a device for recording the electrical activity of the brain by attaching electrodes to the scalp（方式状语）)* （插入语、定语从句）shows that while（尽管） there is a change in the pattern of activity during sleep（让步状语从句）, there is no evidence *that the total amount of activity is any less（同位语从句）*. （that… 宾语从句）

知识点（1）

**electroencephalograph** n. 脑电图仪；[内科] 脑电描记器

**【词根】**

*“***electr***”* = electron + *“***encephalo***”* = brain + *“***graph(y)***”* = to write bovine

spongiform **encephalopathy** (BSE)

**photograph**

**telegraph**

**autograph**

**geography**

**biography**

**autobiography**

**demography**

**bibliography**

**calligraphy**

知识点（2）

**device for doing sth. / to do sth.** 做某事的设备

* a **device for** measuring humidity in the air
* a **device to** detect carbon monoxide

知识点（3）

**attach … to …** 连上、贴上、系上…

* Lined up against the wall, there were long thin wires **attached to** metal spheres.
* The sides of the dish were so smooth that it was almost impossible to **attach** hawsers and chains **to** the rim without damaging it.

**be sentimentally attached to …** 在感情桑相连

* She **was sentimentally attached to** this house, for even though it was far too big for her needs, she persisted in living there long after her husband's death.

知识点（4）

**evidence + 同位语**

* There is some **evidence that** the economy is improving.
* Is there any scientific **evidence that** a person's character is reflected in their handwriting?
* There is now clear **evidence that** these chemicals are damaging the environment.

知识点（5）

**any** adv. **英文解释：u**sed before the comparative form of an adjective or adverb to mean ‘even a small amount’ 一点儿，丝毫

* I can't run **any** faster.
* Are you feeling **any** better?

# The second factor is more interesting and more fundamental. Some years ago an American psychiatrist named William Dement published experiments dealing with the recording of eye-movements during sleep.

**语法分析：**

Some years ago an American psychiatrist *named William Dement* （后置定语）published experiments dealing with the recording of eye-movements during sleep（时间状语）. （dealing… 非谓语动词做后置定语）

知识点（1）

**deal with:** **英文解释：**if a book, speech etc. deals with a particular subject, it is about that subject 关于

* The story **deals with** the psychological conflicts between mother and son.

**【近义词组】**表达“**关于**”：

**concern / be concerned with …**

* Much of the material in her early letters **concerns** events which happened some years before.
* Elton's books **are** often **concerned with** environmental issues.
* In fact a basic amount of movement occurs during sleep which **is** specifically **concerned with** preventing muscle inactivity.
* One case **concerns** and eleven-year-old schoolgirl, Vera Petrova, who has normal vision but who can also perceive things with different parts of her skin, and through solid walls.
* A recent case **concerns** Jane Butlin whose fiancé, John, runs a successful furniture business.

**be about …**

* Have you ever read 'Hideous Kinky'? It'**s about** an English woman and her daughter travelling in Morocco.

**focus on …** 主要关于

* The next chapter will **focus on** this problem in greater detail.
* a weekly magazine mainly f**ocusing on** business-related issues

# He showed that the average individual's sleep cycle is punctuated with peculiar bursts of eye-movements, some drifting and slow, others jerky and rapid.

**语法分析：**

He showed that the average individual's sleep cycle is punctuated with peculiar bursts of eye-movements*, some drifting and slow（独立主格1；*后置定语*）*, *others jerky and rapid（独立主格2；*后置定语*）*. （that… 宾语从句）

知识点（1）

**burst** n. **英文解释：**a short period of a particular activity or strong emotion that often starts suddenly 一阵

* a sudden **burst** of activity / energy / anger / enthusiasm
* spontaneous **bursts** of applause
* A **burst** of activity associated with the laying of submarine cables soon confirmed the challenger's observation that many parts of the ocean were two to there miles deep, and the existence of underwater features of considerable magnitude.

知识点（2）

**语法**：独立主格

* He showed that the average individual's sleep cycle is punctuated with peculiar bursts of eye-movements*, some* **being** *drifting and slow*, *others* **being** *jerky and rapid*.

知识点（3）

**drift** v. **英文解释：**to move, change, or do sth. without any plan or purpose 漫 无 目标地移动、改变等

* The crowds **drifted** away from the stadium.
* Jenni spent the year **drifting** around Europe.

知识点（4）

**jerky** adj. **英文解释：**making sudden starts and stops and not moving smoothly 忽动

忽停的，颠簸不稳的

* The disease causes sudden **jerky** movements of the hands and legs.

# People woken during these periods of eye-movements generally reported that they had been dreaming.

**语法分析：**

People woken during these periods of eye-movements（后置定语） generally reported *that they had been dreaming（that… 宾语从句）*.

# When woken at other times they reported no dreams.

**语法分析：**

When (they were)（状语从句的省略） woken at other times they reported no dreams.

# If one group of people were disturbed from their eye-movement sleep for several nights on end, and another group were disturbed for an equal period of time but when they were not exhibiting eye-movements, the first group began to show some personality disorders while the others seemed more or less unaffected.

**语法分析：**

If one group of people were disturbed from their eye-movement sleep *for several nights on end（时间状语）*, and another group were disturbed *for an equal period of time but when they were no exhibiting eye-movements**（时间状语从句）*（if... 条件状语从句）, the first group began to show some personality disorders while（而） the others seemed more or less unaffected.

知识点（1）

**on end** 连续的

= **in a row**

= **successively**

* Some plays are so successful that they run for years **on end**.
* She's been voted Best Actress three years **in a row**.
* **托福听力真题：**

A. She rearranged the chapters of her book.

B. She assured him that the chapter was finished.

C. She worked on the chapter for **quite a while**.

D. She wasn't sure how to end the book.

* W: Did Linda ever finish that introductory chapter?
* M: I'm not sure. She's spent hours **on end** rewriting it.
* Q: What does the man imply about Linda?
* Answer: (C) She worked on the chapter for quite a while.
* **托福听力真题：**

A. She wishes the rain would stop soon.

B. She doesn’t care about the weather.

C. She’ll go out after the rain stops.

D. She expects it to rain for four more days.

* M: It’s raining again.
* W: This makes it four days **in a row**. Do you think it’ll ever stop?
* Q: What does the woman mean?
* Answer: (A) She wishes the rain would stop soon.

知识点（2）

**exhibit** v. (fml.) **英文解释：**to show a particular feeling, quality, ability, or form of behavior 表现，显示，显出

* She's beginning to **exhibit** symptoms of stress.
* The patient **exhibited** signs of fatigue and memory loss.

知识点（3）

**disorder** n. 1. 混乱，骚乱

**disorder** n. 2. an illness of the mind or body 疾病，不适，障碍

* He's suffering from severe mental **disorder**.
* He had treated her for a stomach **disorder**.

知识点（4）

**unaffected (by …)** adj. **英文解释：**not changed or influenced by sth 未改变的，未受

影响的

* People's rights are **unaffected by** the new law.
* The children seem **unaffected** emotionally **by** their parents’ divorce.

# The implications of all this were that it was not the disturbance of sleep that mattered, but the disturbance of dreaming.

**语法分析：**

The implications of all this were that it was（强调句） *not（不是）* the disturbance of sleep that mattered, *but（而是）* the disturbance of dreaming. （that… 宾语从句）

知识点（1）Lesson04-05、06、12、29

**【课文句型提炼】**

**it is not … that matters, but ...**  不是…重要；而是…

**it is … that / who / which …, not …**  是…而不是

**the significant thing is not … but …**  重要的不是…而是

* 表达“**是…而不是**”：
* If there is one—which I take leave to doubt—then **it is** older people **who** create it, **not** the young themselves.
* If this facilitates forgery, **it is** the bank **which** will lose, **not** the customer.
* 表达“**重要的不是…而不是**”：
* But **the significant thing is not** the behaviour of the players **but** the attitude of the spectators: …
* **课文写法替换：**
* … **it was not** the disturbance of sleep that mattered, **but** the disturbance of dreaming.
* … **it was** the disturbance of dreaming **that / which** mattered, not the disturbance of sleep.
* … **the significant thing was not** the disturbance of sleep **but** the disturbance of dreaming.
* **课文写法替换：**
* … **the significant thing is not** the behaviour of the players **but** the attitude of the spectators …
* … **it is not** the behaviour of the player that matters, **but** the attitude of the spectators …
* … **it is** the attitude of the spectators **that matters**, **not** the behaviour of the players …