3-（50） 新概念英语3 要点记住

50 New Year **resolutions** 新年的决心

·**resolution** ['rezә-'lju:-ʃәn] **n.决心。**

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The New Year is a time for **resolutions**. **Mentally**, at least, most of us could **compile** **formidable** **lists** of 'dos' and 'don'ts'. The same old favorites **recur** **year in year out** with **monotonous** **regularity**.

（新年是下决心的时候，至少在大多数人的心里，会编排出一份“应做什么”和“不应做什么”的令人生畏的单子。相同的决心以单调的规律，年复一年地出现。）

·**mentally** ['mentli] **ad.内心里。**

**→ADJ内心的；在头脑中进行的**A mental act is one that involves only thinking and not physical action.

Practise **mental arithmetic** [when you go out shopping]... （**心算**）外出购物的时候，练习一下**心算**。（arith-metic [ə-ˈrɪθ-mə-tɪk] n. 算术，计算；算法）

Graham made a quick **mental calculation.** （adj.）格雷厄姆很快就**心算**出来了。（calcu-lation [ˌkæl-kju-ˈleɪ-ʃn] n. 计算，盘算；估计；计算的结果；深思熟虑，慎重的计划）

This technique will help people **mentally organize** information. （adv.） 这项技术将帮助人们，**在脑子里组织**信息。

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·most of us could **compile** **formidable** **lists** of 'dos' and 'don'ts'.

**compile** [kәm'pail] **v.编辑，编制。**compile指编辑词典，或编汇文集,暗示担任搜集、整理和编排的工作。

**→VERB汇编；编制；编纂**When you compile something such as a report, book, or programme, you produce it by collecting and putting together many pieces of information.

Councils were required to **compile a register** of all adults living in their areas... （编制一份名册登记薄） 各地政务委员会被要求编制一份该地区成年居民的名册。（①**council** ['kaʊn-sl] **n. 委员会；（郡、镇等）政务会；**（尤指旧时讨论特定步骤的）协商会议。 ②**register** ['re-dʒɪ-stə(r)] **n.** 登记，注册；记录；**登记薄**）

A report （**compiled** **by** the Fed's Philadelphia branch） **described** the economy **as** weak. （**由……汇编的**）

一份由联邦储备银行的费城分部，汇编的报告说，经济不景气。（①branch [brɑ:n-tʃ] n. 树枝；分支；部门，分科；支流. ②weak [wi:k] adj. 柔弱的，虚弱的；无力的，软弱的；不中用的）

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·most of us could **compile** **formidable** **lists** of 'dos' and 'don'ts'.

**for-mida-ble** ['fɔ:-midә-bl] **a.令人畏惧的。**

**→ADJ-GRADED可怕的；令人惊叹的；艰巨的**If you describe something or someone as formidable, you mean that you feel slightly（轻微地） frightened by them / because **they are very great or impressive（给人印象深刻的）**.

We have **a formidable task** ahead of us... 我们面临着**一项艰巨的任务**。

Marsalis **has a formidable reputation** in both jazz and classical music... 马萨利斯在爵士乐和古典音乐领域，都**有极高的声望**。

She looked **every bit** as **formidable** as her mother. 她看上去和她母亲一样，**令人望而生畏**。（Bit是名词,就是一点，一些的意思。a bit 多少，有点儿，相当；bit by bit 一点一点地；do one’s bit 做自己分内的事；**every bit 【非正式用语】 在各方面，完全地；同样地, 从头到尾，完全**）

Sofia was attractive and **formidably intelligent**. （adv.）索菲娅很有魅力，而且**才智过人**。（formidably [fə-'mɪdə-blɪ] adv. 可怕地，难对付地，强大地）

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·most of us could **compile** **formidable** **lists** of 'dos' and 'don'ts'.

dos and don’ts：为名词do或don’t的复数形式，意即“要做的事 和不要做的事”。

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·The same old favorites **recur** year in year **out** with **monotonous** **regularity**.

**recur** [ri'kә:] **v.再发生，又出现。**

recur的意思是“再发生”“重现”,即某事物以多少有规律的间隔再次发生，或在记忆中的浮现,这些事物包括:以前发生的事、经历的事、知道的事、记在心里的事，和对某人/物有影响的事等。

recur是vi.不及物动词,常跟介词to连用。

**→VERB复发；重现；再次发生**If something recurs, it happens more than once.

What do you want to **make it recur**? 如果你能选择的话，你希望**让什么重现**？

...a theme （that was to **recur frequently** in his work）. 一个在他的作品中**反复出现**的主题 （work：N-COUNT（艺术家、作家、作曲家等的）作品；著作A work is something such as a painting, book, or piece of music produced by an artist, writer, or composer.）

...**a recurring nightmare** she has had [since childhood]. **一个**从她童年起就**不断出现的噩梦**

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·The same old favorites **recur** year in year **out** with **monotonous** **regularity**.

year in year out 年复一年。作「时间状语」，修饰recur，如：

There she lay **year in year out**，unable to move，and with no hope of recovery. 她**年复一年地**躺在那里，不能挪动，没有恢复的希望。

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·The same old favorites **recur** **year in year out** with **monotonous** **regularity**.

mono-to-nous [mə-ˈnɒ-tə-nəs] adj. （声音，话语）单调的，无抑扬顿挫的；枯燥无味的

**→ADJ-GRADED单调乏味的；毫无变化的**Something that is monotonous is very boring because it has a regular, repeated pattern which never changes.

**It's monotonous work**, like most factory jobs... （是个**单调乏味的工作**） 与工厂大部分工作一样，这份工作也很单调乏味。

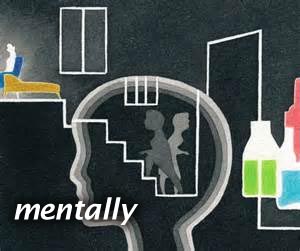
The food may **get a bit monotonous**, but there'll be enough of it. 饭菜可能会**有些单一**，但管够。

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·**regu-larity** ['re-gju-'læ-riti] **n.规律性。**

Financial problems had emerged with sickening **regularity**. 金融的问题总是以令人生厌的规律性出现。（sicke-ning [ˈsɪ-kə-nɪŋ] adj. 令人厌恶的，讨厌的；引起生病的）

here is nothing like **routine** and **regularity** / for preserving one's peace of mind. 日常事物和**规律性活动**，最能保持人的心境平衡。

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**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.

（**我们决心**每天早晨起得早些；吃得少些；多花点时间与孩子们一起做游戏；做大量的家务；对不喜欢的人友善一些；小心驾车；每天都要带着狗散步；等等。）

·resolve [rɪ'zɒlv] vt.& vi. 决定；决心。vt. 使消释；使分解，使解体；（指委员会或集会）表决；消退（炎症等）。vi. 下决定；分解

**→VERB决定；下定决心**If you resolve to do something, you make a firm decision to do it.

**He** **resolved** to make himself a somebody. **他决心**使自己成为一个了不起的人物。

**She resolved** to report the matter to the hospital's nursing manager... **她决定**，把这件事汇报给医院的护士长。

**She resolved that**, if Mimi forgot this promise, she would remind her. **她决定**，如果米米忘记了这个承诺，她就提醒她。

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·do **a thousand and one** jobs about the house,

a thousand and one许许多多的，如：

He **made a thousand and one excuses**，trying to justify himself. 他**提出了许许多多的借口**，企图为自己辩护。（**justify** ['dʒʌs-tɪ-faɪ] **vt.** 证明…有理；**为…辩护；对…作出解释**）

Past experience has taught us {that certain **accomplishments** are **beyond** **attainment**}. If we **remain inveterate smokers**, it is only because we have so often **experienc**ed the **frustration** （that **results** **from** failure）.

（以往的经验告诉我们，有些事是办不到的。如果我们**烟瘾大**，戒不掉，那是因为屡戒屡败，失去信心。）

·**accomp-lish-ment** [ә'kɔmp-liʃ-mәnt] **n.成就。**

·**attain-ment** [ә'tein-mәnt] **n.达到；成就，造诣。**

**1.N-UNCOUNT达到；获得**The attainment of an aim is the achieving of it.

**The attainment of wealth** did not make her happy. **获得财富**并没有使她幸福。

That will help lead you to **the attainment of your goals**. （**你目标的实现**）那会有助于你达到目标。

...**the attainment of** independence. **实现**独立

**2.N-COUNT成就；造诣；才能**An attainment is a skill you have learned / or something you have achieved.

...their **educational** **attainments**. 他们的**学业成就**

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·Past experience has taught us {that certain **accomplishments** are **beyond** **attainment**}.

beyond attainment 达不到的，做不到的。为介词短语，常作「补语」，如：

Such a lofty object is **beyond attainment**. 这么高的目标**是无法达到的**。（lofty ['lɒftɪ] adj. 高耸的，巍峨的；高尚的；傲慢的）

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·If we **remain inveterate smokers**,

**in-vete-rate** [in-'ve-tә-rit] **adj.** **积习不改的；上瘾的；根深蒂固的。**

It is hard for **an inveterate smoker** to give up tobacco. **老烟鬼**很难戒烟。

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·we have so often **experienc**ed the **frustration** （that **results** **from** failure）.

expe-rience [ɪk's-pɪə-rɪəns] **vt. 亲身参与，亲身经历**；感受；发现。n. 经验，体验；经历，阅历。

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·**fru-stration** [frʌ-'streɪ-ʃn] **n. 挫折；失败**；挫败；失意

He smashed the watch **in frustration**. **他在失意的情绪中**把手表砸了。

It's more of a **frustration** than anything else. 超过了其他一切事物的沮丧（没有比这更令人沮丧的）。

The results show **the level of frustration** among hospital doctors. 这些结果显示了医院医生的**不满程度**。

**→VERB使灰心；使沮丧；使愤怒**If something frustrates you, it upsets or angers you because you are unable to do anything about the problems it creates.

These questions **frustrated me**... 这些问题**让我沮丧**。

**Doesn't it frustrate you** {that audiences （in the theatre） are so restricted}? 观众在剧场里要受到如此多的限制，这**难道不令人恼火吗？**（res-trict [rɪ's-trɪkt] vt. 限制，限定；约束，束缚。restricted [rɪˈs-trɪk-tɪd] adj. 有受限制的）

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·If we **remain inveterate smokers**, it is only because we have so often **experienc**ed the **frustration** （that **results** **from** failure）.

that results from failure由于失败而产生的。作定语。result from由……产生。result前的主语为结果，而介词from后的宾语为起因，如：

His success **results from** hard work. 他的成功，是艰苦工作的结果。

His death **resulted from** an overdose of drugs，他因过量吸毒,而丧生。（over-dose ['əʊvə-dəʊs] n. 过量用药

vi. 用药过量。vt. 给服过量的药）

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·result

result from意为“因……而起”，

而result in表示“导致……的结果”。[Hard working results in success.|努力工作成就成功。}

as a result of普遍被应用。

with the result后常接that从句。

**（1）vi. （from）（作为结果）产生，发生**：

If these two substances are combined，an enormous explosion will **result**. 如果将这两种物质混合在一起，**会产生**巨大的爆炸。（①sub-stance ['sʌb-stəns] n. 物质，材料；实质。 ②com-bine [kəm-'baɪn] v. 使结合；（使）组合；（使）综合；兼有。**combine的基本意思是“联合”“合并”,主要指两个或多个东西“搅拌”“渗透”或“混合”在一起,强调已结合成一体,且被结合物已失去各自的特性。可用于物理变化,也可用于化学变化；** 可用于有形物,也可用于抽象事物。combine有时也可指人或人群联合行动或组成更大的团体。本词着重强调共同的宗旨和目的。）

His blindness **resulted from** a childhood illness. 他的失明，**是由**小时候的一场疾病**引起的**。 （blind-ness ['blaɪnd-nəs] n. 失明；盲目）

**（2）（in）导致，结果是**：

The traffic accident **resulted in** the death of two passengers. 这场交通事故，**导致**两名乘客的死亡。

Environmental pollution is **resulting in** the forests dying. 环境污染，**正在导致**森林的死亡。（en-viron-men-tal

[ɪn-ˌvaɪ-rən-ˈmen-tl] adj. （个人）环境的，由个人环境产生的）

**（3）n.结果，成果，比分，成绩**：

She was late for school **as a result of** the snow. 她上学迟到，**是因为**下雪**的缘故**。

When will you get your **examination results** ? 你什么时候能得到**考试成绩**？

Your hard work is beginning to **show results**. 你辛勤的工作，正在**开始见成效**。



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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]. 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].

（我们大多数人想自我完善，却遭到失败，这是因为我们的规划过于宏大，而又根本没有时间去实施。我们还犯有一个根本性的错误，即把我们的决心向大家宣布。这样一旦滑回到那些老习惯上去，我们在别人的眼里会显得更加难堪。）

·Most of us **fail in** our efforts at **self**-**improvement**

（1）fail in在……方面失败。后接名词、代词或「动名词」，如：

He **failed in everything （he tried）**. 他想的一切办法**都没成功**。

She **failed** **in** persuad**ing** me. 她**没能说服我**。

（2）**self-improvement** **n.自我完善。**

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·because our **schemes** are too **ambitious**

**scheme** [ski:m] **n.简单的计划，方案。**

scheme的基本意思是“计划”“阴谋”“诡计”,多用于贬义,指小心地设计一种秘密、狡诈的手段以谋取私利。

用作不及物动词时,与against连用,表示“勾心斗角”； 与for连用表示“计划”“图谋”； 与out连用,表示“设计”。

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·**ambi-tious** [æm'bi-ʃәs] **a.雄心勃勃的。**

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·because our **schemes** are too **ambitious** / and we never have time to carry them out.

carry的基本意思是“运输”“传送”,可指人自身提、搬、拿、抱、背、扛,也可指人役使牲畜，或使用交通工具如飞机、汽车将某物由一地运往另一地。作此解时, carry多用作及物动词,主语多为人,也可为天然或人工的通道等,宾语则为运送的有形物或无形物。

**carry引申用于抽象事物**,用作及物动词,可接反身代词,**表示“举止,行动**”,此时不用于被动结构。

**carry out**

**（1）实行，执行，进行**：If you **carry out a threat, task, or instruction**, you do it or act according to it.

He will **carry out his plan**. 他要**执行他的计划**。

He made no attempt to **carry out his undertaking**. 他无意**实现他的诺言**。（under-taking [ˌʌndə-ˈteɪ-kɪŋ] **n. 承诺；保证**）

An investigation into the cause of the crash / will be **carried out** by the Department of Transport. 一项有关这次坠机的调查，**将由**运输公司**进行**。（inves-ti-gation [ɪn-ˌves-tɪ-'ɡeɪ-ʃn] n. （正式的）调查，研究；侦查；科学研究；学术研究）

Our planes **carried out a bombing raid** on enemy targets . 我们的飞机，对敌人的目标进**行了一次空袭**。（bomb [bɒm] vt. 轰炸，投弹于）

**（2）完成，实现（诺言、职责等）**：

It is hoped that the kidnappers will not **carry out** their threat （to kill the hostages）. 希望綁架者不要履行他们杀害人质的威胁。（①kidnapper ['kɪdnæpə(r)] n. 拐子，绑匪。VERB劫持；绑架。 ②hos-tage ['hɒs-tɪdʒ] n. 人质；抵押品）

They have **failed to carry out** their orders. 他们**没能完成**他们的任务。（order作“次序,顺序”“治安,秩序”“整齐,有条理”解时,是不可数名词。作“订购,订货”“命令,嘱咐”“汇票,汇单”解时,是可数名词。**order的复数形式orders可指一条命令。**）

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·We also make **the fundamental error** （of……）.

funda-men-tal [ˌfʌndə-ˈmen-tl] adj. ①基础的，根本的，根本性的，主要的；②十分重大的，最根本的，最重要的。

**A fundamental human right** is being withheld from these people... 这些人被剥夺了**一项最基本的人权**。（with-hold [wɪð-'həʊld] vt. 扣留；拒绝给予）

But on this question, the two leaders **have very fundamental differences**... 但在这个问题上，两位领导人**有着根本性的分歧**。

Moderate exercise **is fundamental** to good health. 适度的运动封健康**是绝对必要的**。（mode-rate [ˈmɒdə-rət] adj. 有节制的；稳健的，温和的；**适度的，中等的**）

Industry leaders want scientists to engage in **fundamental research**, not **applied research**. 行业领袖希望科学家从事**基础性研究**，而非**应用性研究**。（engage [ɪn'ɡeɪdʒ] VERB参与；从事 If you engage in an activity, you do it or are actively（adv. 活跃地，积极地） involved with it.）

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·**announcing** our **resolutions** to everybody

resolution [ˌrezə-'lu:ʃn] n. 正式决定，决议；决心，决定

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·so that we look even more foolish [when we **slip back** into our bad old ways].

slip back滑回，退回，如：

Your work has been **slipping back** recently，so you must make more effort. 近来你的工作**在倒退**，你必须再努力一点。

The pack of wolves **slipped back into the jungle** [after they had had their wonderful feast]. 那群狼在饱餐了一顿后，悄悄**溜回到丛林地区**。（①pack [pæk] n. （1）pack的基本意思是“包裹,背包”,指专为背负而包扎的包裹或驮物等,形状可大可小,是可数名词。（2）pack也可作“小纸包,小纸盒”解,尤用于美国,为可数名词。（**pack也可指野兽或骑马狩猎用的猎狗的“一群”,引申可指作战舰艇或飞机的“一队”**,也可指橄榄球运动中的“全体前锋”。**pack还可作“一帮,一伙,一堆”解,用于人时常有贬义**）。（4）pack还可指纸牌的“一副”。

②feast [fi:st] n. 盛会；宴会；宗教节日；使人欢快的事物（或活动））



Aware of these **pitfalls**, this year I attempted to keep my resolutions to myself. I limited myself to two **modest** ambitions: to do physical exercise every morning / and to read more **of an evening**.

（我深知这些问题，于是，今年我对自己的计划要严加保密，只给自己定下两项适中的任务；每天早上锻炼身体，每天晚上多看点书。）

·**pit-fall** ['pit-fɔ:l] **n.意外的困难，易犯的错误。**

**→N-COUNT隐患；陷阱；圈套**The pitfalls involved in a particular activity or situation are the things that may go wrong or may cause problems.

**The pitfalls （of** working abroad） are numerous... （**……的陷阱**） 到国外工作，存在许多陷阱。

He also points out {that forward planning can help **avoid** stressful **pitfalls**}. （**避免陷阱，消除隐患**） 他也指出，预先计划可有助于消除令人不安的隐患。（①**avoid** [ə-'vɔɪd] **vt.** 避开，**避免，预防**；[法]使无效，撤销，废止。 ② **stress-ful** 英[ˈstres-fl] **adj. （状况、经历）压力大的，令人紧张的** If a situation or experience is stressful, it causes the person involved to feel stress.）

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·[Aware of these pitfalls]， this year I attempted to keep my resolutions to myself.

（1）Aware of these pitfalls由于知道这些易犯的错误。形容词短语，在句子中作「结果状语」，修饰attempted。

（2）keep… to oneself 把……秘藏心底，如：

**Keep** your remarks **to yourself**. 我不要听你的评论。

Don’t **keep the news to yourself.** Let’s all share it. 不要**把这个消息藏着**。让我们都来分享一下。

————————————

·I limited myself to two **modest** ambitions

**modest** ['mɔdi-st] **a.要求不过分的,谦虚的。**

①modest作“谦虚的,谦恭的 ”解时,**指没有夸大地估计自己的能力或价值,没有浮夸或自负**； ②作“适度的”解时,主要用于质量、大小、价值。③modest还可作“端庄的”“庄重的”解,此时多指女性的品行或修养； ④也可指妇女的穿着、言行、举止等“羞怯的,不好意思的”。

**→ADJ-GRADED（数量、比率或改进程度）不太高的，适度的，适中的** You use modest to describe something such as an amount, rate, or improvement which is fairly small.

Swiss unemployment rose to **the still modest rate of 0.7%**... （**仍然不算太高的**0.7的百分比率） 瑞士的失业率上升到了0.7%，这个百分比仍然不算太高。

The democratic reforms **have been modest**... 民主改革的**力度并不太大**。

Britain's balance of payments **improved modestly** last month. （adv.）上个月英国的国际收支差额，**稍有改善**。

You don't get rich, but you can **get a modest living** out of it. 你不会因此而发财，却可以**使自己的生活能过得去**。

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·I limited myself to two **modest** **ambitions**: to do physical exercise every morning / and to read more **of an evening**.

（1）limit… to… 把……限定在……，如：

I shall **limit** myself **to** three aspects of the subject. 我只准备讨论这个问题的3个方面。（as-pect ['æs-pekt] n. **aspect 表示事物等的“方面”**时，专指由意外情况或特殊原因造成的“表面变化”。要注意得是，这个单词常用于描述事物的外表及一些明显的特征，而不是用来指事物的某个部分。）

**Limit your answer to** yes or no. **你只要回答**“是”或“不是”。

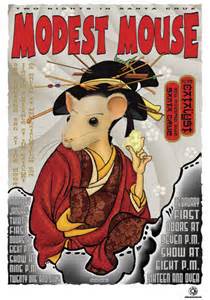
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·……and to read more **of an evening**.

**of an evening相当于in the evenings**，类似的表达法如：

**of a Sunday = on Sundays of a night = at nights**

****



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.

（新年除夕举办的一次通宵晚会，使我理直气壮地在新年头一天免去了这两项任务。不过，新年第二天，我全力以赴地照着去做了。）

·excuse [ɪk's-kju:s] n. 借口，托辞

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·provided me with **a good excuse** （**for** not carrying out **either of** these new resolutions……）.

either [ˈaɪ-ðə(r)] pron. （两者之中）任何一个

————————————

·**I applied myself assiduously to** the task.

**apply** VERB**使（自己）全神贯注于；使（注意力等）集中于** If you a**pply yourself to** **something** / or **apply** **your mind to** **something**, you concentrate hard on doing it or on thinking about it.

Faulks has **applied himself to** this task [with considerable energy]... 福克斯为这项任务**倾注了大量精力**。

In spare moments **he applied his mind to** how rockets could be used to make money. 在业余时间，**他潜心研究**如何能用火箭来赚钱。

————————————

·**I applied myself assiduously to** the task.

**assi-duou-sly**[ə-'sɪ-djʊə-slɪ] **ad.刻苦地。勤勉地，恳切地；孜孜不倦**

**→ADJ-GRADED刻苦的；勤奋的；兢兢业业的**Someone who is assiduous works hard or does things very thoroughly.

...an **assiduous** **student**... 勤勉的学生

Podulski had been **assiduous in** learn**ing** his adopted language. 波多斯基一直**很努力地学习**他所移民国的外语。（**adopt** [ə-'dɒpt] **vt. 移居（某国）；选择（某国）定居** If you **adopt a country,** you choose it as a place to live.）

They planned their careers / and **worked assiduously** to see them achieved... （adv.） 他们规划了自己的事业，并且**勤奋工作**以实现目标。（ca-reer [kə'-rɪə(r)] n. 生涯；职业；事业；速度，全速。adj. 作为毕生职业的。vi. 全速前进，猛冲）

He liked beautiful women / and **courted them assiduously**. （adv.）他喜欢美女，并且**对她们大献殷勤**。（**court** [kɔ:t] **v.①**（**为使某人、团体或国家按自己的意愿做某事而）试图取悦，讨好。②追求（异性）；向…求爱；恋爱**）

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·but on the second, **I applied myself assiduously to** the task.

（1）on the second 后承上省略了 day of the year。

（2）apply oneself to（介）… 全力以赴于……，致力于…… **用动词apply表达此义时，其后需要使用「反身代词」，to为介词，其后需使用 名词、代词形式。该表示法不能用于「被动语态」，**如：

You must **apply yourself to the job** （you have to do）. 你必须**尽力做好你**该做**的工作**。

He **applied himself** diligently **to** the Chinese classics. 他孜孜不倦地研究中国古典作品。（dili-gen-tly ['dɪlɪ-dʒən-tlɪ] adv. 勤勉地，勤奋地；用心；孜孜不倦）

The daily exercises lasted only eleven minutes / and **I proposed to do them** early in the morning [before anyone had got up]. The **self**-**discipline** （required to **drag** **myself out of bed** eleven minutes earlier than usual） was **considerable**.

（早锻炼一共只有11分钟，**我打算**在别人起床之前进行。这就要求我比平时早11分钟把自己从床上拽起来，这种自我约束是很艰苦的。）

·exercise ['ek-sə-saɪz] n. 练习；运动，训练；

·**self-discipline** **n.自我约束。**

·drag [dræɡ] vt. 拖拽；吃力地往前拉；拖地而行

drag myself out of bed 把自己从床上拽起来。

·considerable [kən-ˈsɪdə-rəbl] adj. 相当多的；相当大的 Considerable means great in amount or degree.

considerable作形容词时,指在数量、体积、程度、重要性等方面“相当多的,相当大的”“不可忽视的,值得考虑的”。

****

**Nevertheless**, I managed to **creep** **down** into the living room for two days [before anyone found me out]. 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. It was this that **betrayed** me.

（不过开头两天我还是成功地蹑手蹑脚地来到楼下起居室，被谁也没发现。我在地毯上跳来蹦过去，扭曲身子，摆出各种姿势，弄得浑身不舒服，然后坐到桌边吃早饭，一副筋疲力尽的样子。正是这副模样泄露了我的秘密。）

·never-the-less [ˌnevə-ðə-ˈles] adv. 然而；尽管如此；不过；仍然。conj. 然而；尽管如此

·twist [twɪst] vt. 扭成一束；搓，捻；绕，卷；连结，交结。vi. 被搓揉；蜿蜒，曲折；**扭曲身体，扭动；旋转**，转动

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·and **twisting** **the human frame** **into** uncomfortable positions,

twist （…）into ……使（……）扭曲成……，把（……）扭曲成……，有时被引申用来表示“将（……）歪曲成……，把（……）歪曲成……”，如：

Her face **twisted into** a picture of pain. 她面部**扭曲**，神情痛苦。（picture N-SING事态；情况；局面When you refer to the picture in a particular place, you are referring to the situation there.）

The police tried to **twist his words into** a confession of guilt. 警察企图**把他的话曲解为**供认有罪。（con-fession [kən-ˈfe-ʃn] n. 承认，自首；忏悔）

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·the human frame

**frame** [freim] **n.躯体。**

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·It was this that **betrayed** me.

（1）**「强调句」由it引导。被强调部分是指示代词this，**系指前文I sat down at the breakfast table in an exhausted condition。

（2）**betray** [bi-'trei] **v.暴露，显露。**

betray源于trai-tor（['treɪ-tə(r)] n. 卖国贼；叛徒；背叛者；背信弃义的人）,基本意思是“背叛,出卖”,通常指主动的、有意识的； **betray也作“泄露,流露”解,一般是无意识的。**

betray常与介词to连用,表示“将…出卖〔泄露〕给…”。

betray后有时接介词into,动词宾语为人,介词宾语为事物,表示“诱入”,且常用于被动结构。

**→VERB流露出；暴露出**If you betray a feeling or quality, you show it without intending to.

She studied his face, but **it betrayed nothing**... （**她的脸什么信息也没有泄露**）她仔细端详了一番他的脸，但什么也没有看出来。

He nodded his head **instead of** say**ing** anything [where his voice might **betray him**]. 他一言不发，只是点头，因为一开口可能会**露出破绽**。



[The next morning] the whole family **trooped** **in** / to watch the performance. That was really **unsettling**, but I **fended** **off** the **taunts** and **jibes** of the family **[good**-**humouredly]** / and soon everybody **got used to** the idea. However, my **enthusiasm** **waned**.

（第二天早晨全家人结队来到起居室看我表演。这真叫人不好意思，但我心平气和地顶住全家人的嘲笑和奚落。不久，大家对我习以为常了，而这时我的热情却减退了。）

·**troop** [tru:p] **v.成群结队地走动。**

**→VERB（常指疲惫或忧伤地）成群移动，结队前行**If people troop somewhere, they walk there in a group, often in a sad or tired way.

They all **trooped back** to the house for a rest... 他们都**成群结队地回到**房子里休息。

The audience began to **troop away**. 听众开始**成群结队地离去**。

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[The next morning] the whole family **trooped** **in** / to watch the performance.

（1）trooped in 结队而入。

（2）to watch the performance为**「动词不定式」短语，作「目的状语」**。这里 performance 指 jumping about on the carpet / and **twisting** the human frame **into** uncomfortable positions。句中的 trooped in 和performance均有夸张意味，以增强文章的幽默效果。

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·That was really **unsettling**,

**unsettle** [ʌn-'se-tl] **v.使不安。**

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·but I **fended** **off** the **taunts** and **jibes** of the family **[good**-**humouredly].**

（1）fend off… 挡开……，回避……，制止……，如：

This soup will help you to **fend off hunger** for a time. 这汤可以暂时帮你**解除饥饿**。

This medicine is enough to **fend off a chill and fever**. 这药能**退寒热**。（①**chill** [tʃɪl] n. **寒冷，发冷**；冷漠；扫兴。vt.& vi. （使）变冷；使很冷；使冰冷；使恐惧。②**fever** ['fi:və(r)] n. **发热，发烧**；热病；一时的狂热；激动不安。v. 引起发热；使狂热；使患热病）

（2）good-humouredly心平气和地。**作「方式状语」，修饰fended off**。

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·fend [fend] vt.& vi. 谋生；防御，保护；供养；**闪避，挡开**

fend通常用作不及物动词，**作“独立生活，照料自己”解时常与for连用**，后常接oneself作宾语；

**作“挡开，避开”解时常与off连用。**

**→PHRASAL VERB挡开，避开（问题或人）** If you **fend off unwanted questions, problems, or people**, you stop them from affecting you or defend yourself from them, but often only for a short time and without dealing with them completely.

He looked relaxed and determined [as he **fended off questions** from the world's Press]... 他**回避**各国媒体的**提问**时，显得轻松而果决。

**→PHRASAL VERB挡住，抵挡（攻击）**If you **fend off someone** who is attacking you, you use your arms or something such as a stick to defend yourself from their blows.

He raised his hand / to **fend off the blow**. 他抬起手来**抵挡那一拳**。

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·but I **fended** **off** the **taunts** and **jibes** of the family **[good**-**humouredly].**

**taunt** [tɔ:nt] **n.v.嘲笑，奚落人的话。**

**→VERB笑话；嘲笑；奚落；羞辱** If someone taunts you, they say unkind or insulting things to you, especially about your weaknesses or failures.

A gang **taunted** a disabled man... 一伙小混混**嘲笑**一位残疾人。（①gang [ɡæŋ] n. 帮派，团体；盗贼等的)一帮。 ②dis-abled [dɪs-'eɪ-bld] adj. 残废的，有缺陷的）

Other youths **taunted** him **about** his clothes. 其他年轻人**笑话他的衣服**。

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·but I **fended** **off** the **taunts** and **jibes** of the family **[good**-**humouredly].**

**jibe** [dʒaib] **n. ,v. 嘲弄，挖苦。**

→**N-COUNT嘲讽；嘲弄；讥讽**A jibe is a rude or insulting remark about someone that is intended to make them look foolish.

...**a cheap jibe** about his loss of hair... （**关于……的廉价嘲讽**） 对他脱发的恶意讥讽 （cheap [tʃi:p] adj. 便宜的，廉价的；**劣质的，低劣的**；小气的，可鄙的）

The bank is clearly **fed up** with the constant **jibe** （that it has no clear **management strategy**）.

银行显然已经听厌了 那些嘲讽其“缺乏明确**管理策略”**的风凉话。（①**fed up** [fed ʌp] adj. **对…感到厌烦[不满] 的；烦透了，受够了。** ②cons-tant ['kɒns-tənt] adj. 不断的，持续的；永恒的，始终如一的；坚定；忠实的。 ③stra-tegy ['stræ-tə-dʒɪ] n. 策略，战略；战略学）

————————————

·**good-humouredly** [,gud- 'hju:-mə-dli] **ad.和气地，心情好地。**

·**enthu-sia-sm** [ɪn-ˈθju:-ziæ-zəm] **n. 热情，热忱**；热衷的事物；宗教的狂热

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·However, my **enthusiasm** **waned**.

**wane** [wein] **v.逐渐变小，变弱。衰落**；（月）亏，缺；结束；**变暗淡**

**→VERB衰落；减少**If something wanes, it becomes gradually weaker or less, often so that it eventually disappears.

**While** his interest in these sports **began to wane**, a passion for rugby developed. （**当开始衰退时**）他对这些运动项目的兴趣开始减退，倒是对橄榄球开始有了热情。（①**passion** ['pæ-ʃn] **n. 激情，热情；**热心**，爱好**；热恋；**酷爱**。 ②rug-by ['rʌɡ-bɪ] n. 橄榄球运动）

As time went on, so their hopes **began to wane**. 随着时间的消逝，他们的希望**开始变得渺茫**。

...her mother**'s waning strength**. 她母亲**日渐不济**的**体力**

****

****

The time （I spent at **exercises**） gradually **diminished**. **[Little by little]** the eleven minutes **fell to** zero. By January 10th, I was back to where I had started from.

（我花在锻炼上的时间逐渐减少，慢慢地从11分钟减到了零。到了1月10日，我恢复了原来的作息时间。）

·**dimi-nish** [di-'mi-ni-ʃ] **v. ①减少，缩小。②贬低；轻视**

diminish的基本意思是“减少”“缩小”,指某事物对照原本基础上，数量或质量少了很多； 常引申表示“减弱…的权势”。

**→V-ERG（使）减小；（使）减弱；（使）降低** When something diminishes, or when something diminishes it, it becomes reduced in size, importance, or intensity.

The threat of nuclear war **has diminished**... 核战争的威胁**已经减小了**。

Federalism is intended to **diminish the power** of the central state... （**削弱权力**） 联邦制，旨在削弱中央政府的权力。（fede-ra-lism ['fe-də-rə-lɪ-zəm] n. 联邦政治，联邦制度；联邦主义）

Universities are **facing grave problems** because of **diminishing resources**...

由于**资源的减少**，大学正**面临严峻的问题**。（grave [ɡreɪv] adj. 重大的，重要的；严重的；[音乐]沉重的；（颜色等）朴素的。adv. 沉重地，庄重地；极慢地）

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·[**Little by little]** the eleven minutes **fell to** zero.

little by little 一点点地，逐渐地。**表程度状语**，如：

**Little by Little** the flood water **receded**. 洪水渐渐退去。（**recede** [rɪ'si:d] **vi. 退回；后退；远离** If something recedes from you, it moves away.）

After the operation，the old man was **gaining in health** [**little by little**]. 手术后，老人**渐渐康复**。（**gain用作vi.不及物动词时，后接介词in：表示“在某方面有所增长”；** 后接介词on或upon表示“接近,胜过或赶上”。）

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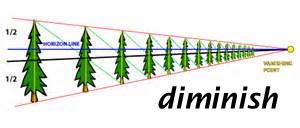
·By January 10th, I was back to where I had started from.

**where I had started from起始点。**这里where连词引导 一个「名词性从句」，作介词to的宾语。

除where外，「名词性从句」 还可由连词 what、whatever、whoever、whichever、wherever、 when、whenever等引导。这样使用的连词，相当于「定语从句」中 “先行词+关系代词/副词”的作用，**如文中那样，当用于介词之后时，介词不能省略**，如：

I’ll vote for whoever promises to reduce taxes. **谁答应减税**，我就投谁的票。

I often think about when I was young. 我经常回想**我年轻的时候**。

****

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]}. [目的状语**Resisting** **the hypnotizing effect** of television], I sat in my room for a few evenings [with my eyes **glued to book**].

（我辩解说，早晨少耗费精力锻炼，晚上下班回家看书时头脑更清醒些。有几天晚上，我极力摆脱了电视的诱惑，坐在自己的房间里，两眼盯在书上。）

·argue

argue的基本意思是“争”,可以是双方为某事而争吵或争论； 也可以是单方运用事实或道理，坚持自己的主张或证明自己的观点； 还可以是说服他人同意自己的观点。

argue作vi.不及物动词时，常接「介词短语」表示附加意义：

**表示“为…而争论”时接 about , on或over；**

**表示“为反对…而争论”时接against；**

**表示“为赞成…而争论”时接for；**

**表示“与…争论”时接with。**

argue用作vt.及物动词时,可接the matter, the point, the question之类的名词作宾语,也可接that引导的从句(有时可用虚拟语气)。

**（1）vi. （with，over，about）争执，争论，争吵**：

They are always **arguing about /over** **money**. 他们总是在**为钱而争吵**。

I wish you wouldn’t **argue with me** all the time. 我希望你不要总**跟我争吵**。

**（2）vi.，提出理由，提供理由**：

The minister **argued for** making cuts in military spendings. 部长**提出**削减军费**的理由**。（①mini-ster ['mɪnɪ-stə(r)] n. 大臣；部长；公使；牧师。 ②spending [ˈspen-dɪŋ] n. 开销，花费）

I would **argue that** sending men to the moon is a waste of money. 我会**摆出理由说明**，送人上月球是浪费金钱t

**（3）vt.说服**；

argue作“说服”“劝说”解时：

**接out of表示“拒绝”,即“不做某事”；**

**接into表示“采纳”,即“做某事”。**

She **argued** him **into** leaving his job. （劝某人**做**某事）她说服他放弃了他的工作。（argue into 说服（某人）做某事）

He **argued** her **out of** her decision. （劝某人**不做**某事）他说服她改变她的决定。

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·I would **keep my mind fresh for** reading

keep one’s mind fresh for…… 保持头脑清醒地……，如：

You’ll **keep your mind fresh for** this complicated situation [if you have **had the comprehensive knowledge** **of** the facts]. 如果你对事实已**有全面的了解**，你就会**头脑清醒地处理**这种复杂局面。（①compli-cated ['kɒm-plɪ-keɪ-tɪd] adj. 结构复杂的；混乱的，麻烦的。 ②**compre-hen-sive** [ˌkɒm-prɪ-ˈhen-sɪv] **adj. 广泛的，全面的，综合性的**；有理解力的，悟性好的）

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·[目的状语**Resisting** **the hypnotizing effect** of television], I sat in my room for a few evenings [with my eyes **glued to book**].

**resist** [rɪ-'zɪst] v. **抵抗，抗拒**；忍耐；反对，**抵制**

·**hy-pno-tize** ['hi-pnә-taiz] **v.使欲睡，使朦胧。**

→**VERB对…施催眠术；使进入催眠状态**If someone hypnotizes you, they put you into a state in which you seem to be asleep but can still see, hear, or respond to things said to you.

Surprisingly, the ability to **hypnotize yourself** can be learnt in a single session. 出人意料的是，**自我催眠术**只要上一次课就可以学会。

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·[目的状语**Resisting** **the hypnotizing effect** of television], I sat in my room for a few evenings [with my eyes **glued to book**].

glue [ɡlu:] vt. 胶合；紧附于。n. 胶水；胶粘物；粘聚力

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·[目的状语**Resisting** **the hypnotizing effect** of television], I sat in my room for a few evenings [with my eyes **glued to book**].

Resisting… television为**「现在分词」短语，在句中作「目的状语」**。

with my eyes glued to a book为**带有介词with的「独立主格结构」**，my eyes为分词短语glued to a book的逻辑主语。

****

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）.

（可是，有一天夜里，我感到又冷又孤单，便来到楼下坐在电视机前假装看书。这下我可完了，因为不一会儿，我就恢复了以前的坏习惯，在屏幕前打起瞌睡来。）

·That **proved to be** my undoing,

**prove+ to be**+ n./adj./prep. –phrase：充当补足语的复合宾语。**to be一般可以省略**,但当to be是完成式即to have been时不可省略。

**prove还可用作「系动词」**,意思是“显现出是,被发现是”,**其后可接“(to be)+ adj./prep. -phrase”或介词短语作「表语」。**

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·**un-doing** [ʌn-'du:iŋ] **n.祸根，毁灭的原因。**

**→N-SING失败的原因；毁灭的原因**If something is someone's undoing, it is the cause of their failure.

His lack of experience may **prove to be** his **undoing**... 他缺乏经验，可能会最终导致他的失败。

In the end / his ambition was **his** **undoing**. 到最后，他的野心是**他完蛋的原因**。

————————————

·for I soon **got back to** my old bad habit （of **dozing** **off** in front of the screen）.

get back to回到，恢复到，如：

His only desire is to be cured / and to **get back to work.** 他惟一的希望是治好病，**重新工作**。（**cure** [kjʊə(r)] **vt. 治愈；矫正**；解决；消除。vi. 受治疗；被加工处理）

Let’s **get back to** what we were saying [before we were interrupted]. 我们还是**回到**刚才被打断的话题上吧。

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·for I soon **got back to** my old bad habit （of **dozing** **off** in front of the screen）.

doze off 打瞌睡。

doze [dəʊz] vi. 打盹儿，打瞌睡；假寐。vt. 打瞌睡度过。n. 瞌睡

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·**screen** [skri:n] **n.电视机屏幕。**

I still haven't given up my resolution （to do more reading）. In fact, I have just bought a book （**entitled** How to Read a Thousand Words a Minute）. Perhaps it will solve my problem, but I just haven't had time to read it!

（但我还没有放弃多看些书的决心。事实上，我刚买来一本叫《一分钟读一千字的诀窍》的书。也许这本书能解决我的问题，但我一直还没时间去看这本书！）

·en-title [ɪn-'taɪ-tl] VERB给（书、电影、绘画等）命名；给…题名

entitl**ed** How… Minute为**「过去分词」短语，作定语**，修饰 book，意即“题为《一分钟读一千字的诀窍》”。

语法 Grammar in use

perhaps 与 maybe

perhaps与maybe均表示某事有可能，但是并不肯定。**这两个词在词义上没有什么区别。只是：**

|  |  |
| --- | --- |
| perhaps | maybe |
| **正式文体中用** | **常用于非正式的口语中，不常用于正式文体中** |
| perhaps**可以用在句子中任何地方** | 通常maybe**只用在句首** |

**Maybe /Perhaps** the weather will get better. 也许天气会晴好起来。

Julius Caesar is **perhaps** the greatest of Shakespeare's early plays. （**perhaps用于正式文体中**）《裘力斯.恺撒》也许是莎士比亚最伟大的早期戏剧。

The Allies had better luck，**perhaps**，than they deserved.（**perhaps可用在句中任何位置**）盟军的运气也许太好了。（de-serve [dɪ-'zɜ:v] vt. 应受；应得；值得。vi. 应受报答；应得报酬；应得赔偿；应受惩罚。）

Ask him again. **Perhaps** he’ll change his mind. 再请他一次。也许他会改变主意。

**→注意maybe是副词，不要将其与may be（情态助动词+ be）相混淆**，如：

**Maybe** Jane will stay at home tomorrow. **也许**简明天呆在家里。

Jane **may** be at home tomorrow. 明天简可能在家。

英语中表示可能性和肯定性的词还有（从可能性最小列起）:

possibly：adv. 可能地；也许，或许

perhaps，maybe：adv. 或许；（表示不确定）也许；（用于粗略的估计）或许

hopefully：adv. 有希望地；有前途地；抱有希望地

probably：adv. 大概；或许；很可能

presumably：adv. 据推测；大概；可能；想来

almost：adv. 几乎，差不多；将近；快要；近乎

certainly：adv. 无疑地，确定地；当然地；必定；准

no doubt，doubtless：adv. 无疑地；确定地；多半

definitely：adv. 明确地；确切地；一定地；肯定地。int. （表强烈的肯定）当然