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Lesson 39 Nothing to worry about

不必担心 单元复习

与课文关联的 20个单词(点击每个单词可查看详细介绍)



rough /rʌf/ adj. 崎岖不平的

boulder /'bɔːldə(r)/ n. 大石块

pit * /pɪt/ v. 使得坑坑洼洼

perturb /pə'tɜːb/ v. 使不安

underestimate /ˌʌndə

swerve /swɜːv/ v. 急转变

'estimeɪt/ v. 低估

scoop /sku:p/ v. 挖出

hammer /'hæmə(r)/

ominously /'ɒmɪnəsli/

v. (用锤)击打，锤打

adv. 有预兆的，不祥的

rip /rɪp/ v. 划破，撕，扯

petrol /'petrəl/ n. 汽油

stretch /stretʃ/

n. 一大片(平地或水)

obstacle /'ɒbstək(ə)l/ n. 障碍

clump /klʌmp/ n. 丛，簇

fissure /'fɪʃə(r)/ n. (地的)深缝

renew /rɪ'njuː/ v. 重复

pleading /'pliːdɪŋ/ n. 恳求

gear /gɪə(r)/ n. (汽车)排档

astride /ə'straɪd/ prep. 骑，跨

crack /kræk/ n. 缝隙

亡命狂奔 难度：3级

※ The rough road across the plain soon became so bad that we tried to get Bruce to drive back to the village we had come from.

『 get sb. to do 说服某人做某事 』

- He **got** his sister **to help** him **with** his homework.
- We couldn't **get** him **to sign** the agreement.

<p>persuade sb. to do / into doing 说服某人做某事</p>	<ul style="list-style-type: none"> • She persuaded him to join the team. 她说服他加入球队 (persuade sb. to do sth.)。 • They persuaded her into signing the contract. 他们说服她签署合同 (persuade sb. into doing sth.)。 • I finally managed to persuade her to go out for a drink with me. • Don't let yourself be persuaded into buying things you don't want. • In their efforts to persuade us to buy this or that product, advertisers have made a close study ...
<p>talk sb. into doing 说服某人做某事</p>	<p>We finally talked Father into buying the new car.</p>
<p>get sb. not to do 劝阻某人不要做某事</p>	<p>I managed to get him not to quit his job. 我设法劝阻他不要辞职 (get sb. not to do)。</p>
<p>persuade sb. not to do / out of doing 说服某人不要做某事</p>	<ul style="list-style-type: none"> • She persuaded him not to buy the expensive car. 她说服他不要买那辆昂贵的车 (persuade sb. not to do)。 • They persuaded her out of leaving the city. 他们说服她不要离开这座城市 (persuade sb. out of doing)。
<p>talk sb. out of doing 劝说某人不做某事</p>	<p>He talked his friend out of making a risky investment. 他劝说朋友不要做冒险的投资 (talk sb. out of doing)。</p>
<p>dissuade sb. from doing 劝阻某人不要做某事</p>	<p>His parents tried to dissuade him from dropping out of college. 他的父母试图劝阻他退学。</p>

※ Even though the road was **littered with boulders** and **pitted with holes**, Bruce was not in the least perturbed.

『 **be littered with ...** (杂乱的)放满了、堆满了 』

- The garden was soon **littered with** chunks of metal which had once made up a lawn mower.

<p>litter v. 散乱覆盖; (在公共场所) 乱扔 (垃圾); 使 (某事物) 充满</p>	<p>...will be found amongst the piles of assorted junk that litter the floors.</p>
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『 **be pitted with ...** (已经有)装备有、配备了... 』

- His face is **pitted with** smallpox.

- The rooms were all fitted with smoke alarms. 所有的房间都安装了烟雾报警器。
- It was also fitted with Wasp-like stingers in the gloves. 它在手套上还配备了像黄蜂一样的刺。

<p>be dotted with ... (没有规律的) 散布着...</p>	<ul style="list-style-type: none"> • The countryside is dotted / scattered with small villages. 乡村散布着小村庄。 • The sky is dotted / scattered with stars.
<p>be scattered with ... (杂乱的) 散落着...</p>	<ul style="list-style-type: none"> • The beach was scattered / dotted with seashells. 海滩上散落着贝壳。 • The lawn is dotted / scattered with pine trees.
<p>be covered with ... 盖满了...</p>	<ul style="list-style-type: none"> • The littler baskets were empty and the ground was covered with pieces of paper,cigarette ends... • As soon as he saw us, he picked up a long pipe which was covered with coins and opened one of the baskets. • ...my hands were soon covered with sticky pastry. • ... the decks were soon covered with colourful rugs from Persia, silks from India ...
<p>be loaded with ... (交通工具) 满载着...</p>	<ul style="list-style-type: none"> • Small boats loaded with wares sped to the great liner as she was entering the harbour. • The lorry was loaded with empty beer bottles and hundreds of them slid off the back of the vehicle and on to the road. • Country people run wild when they go shopping in the city and stagger home loaded with as many of the exotic items as they can carry.
<p>be filled with ... 装满了(物体)、充满了(抽象名词)</p>	<p>... it is filled with what looks like a thick, greyish substance. 装满了</p> <p>All at once, I noticed that my wife seemed to be filled with alarm. 充满了</p>
<p>be packed with ... 挤满了...</p>	<ul style="list-style-type: none"> • The train was packed with commuters during rush hour. 高峰时段火车挤满了通勤者。 • It has been estimated that if the bridge were packed with cars, it would still only be carrying a third of its total capacity.

<p>be crammed with ... 堆满了、塞满了...</p>	<ul style="list-style-type: none"> The room was crammed with old furniture and boxes. 房间里塞满了旧家具和箱子。 The streets were packed / crammed with Christmas shoppers.
<p>be stuffed with ... (在壳里)塞满了...</p>	<ul style="list-style-type: none"> a pillow stuffed with feathers duck stuffed with 'eight treasures' Whatever it consists of, stamps, records, ..., stuffed birds, toy animals, ... I'm stuffed. = I'm full.

『 **not in the least** “一点也不”、“绝不” 置于句首部分倒装 』

- She was **not in the least** worried about the exam. 她一点也不担心考试。
- I am **not** interested **in the least**. → **Not in the least** am I interested.
- They were **not** surprised **in the least**. → **Not in the least** were they surprised.

<p>by no means</p>	<ul style="list-style-type: none"> He is by no means an expert. 他绝不是专家。 By no means can theory be separated from practice. 引起部分倒装
<p>not by any means</p>	<p>This is not by any means what I expected. 这绝不是我所期望的。</p>
<p>not at all</p>	<p>I am not at all tired. 我一点也不累。</p>
<p>in no way</p>	<p>In no way is this acceptable. 这绝对不能接受。</p>
<p>on no account</p>	<ul style="list-style-type: none"> On no account should you open that door. 绝对不能打开那扇门。 On no account must you disturb me when I'm working.
<p>not on any account</p>	<p>Not on any account should you miss this opportunity. 你绝对不能错过这个机会。</p>
<p>not a bit</p>	<p>He was not a bit surprised by the news. 他对这个消息一点也不惊讶。</p>

not in the least	She was not in the least worried about the exam. 她一点也不担心考试。
on no condition	<ul style="list-style-type: none"> • On no condition should you share your password. 绝对不能分享你的密码。 • On no condition should untrained personnel use the equipment.
under no circumstances	<ul style="list-style-type: none"> • Under no circumstances should you leave your luggage unattended. 在任何情况下都不要把你的行李放在无人看管的地方。 • Under no circumstances will we agree to splitting up the company.
not a little = more than a little very 相当多(不是一点点), 很多	<ul style="list-style-type: none"> • Zibbi drink not a little drink, Zibbi drink and drink. 齐比喝了不止一点, 齐比喝了又喝。 • Graham was not a little / more than a little frightened by what he had seen.

『 **perturbed = disturbed = worried** 不安、担心 』

- She was **perturbed** by the sudden change in plans. 她被计划的突然变化扰乱了。
- He was **disturbed** by the loud noise outside. 他被外面的喧闹声打扰了。
- She is **worried** about her upcoming exams. 她担心即将到来的考试。

※ **Glancing at** his map, he **informed** us **that the next village was a mere** twenty miles away.

『 **inform sb. of / about sth.** 通(告)知某人某事 』

- Please **inform** me **of** any changes to the schedule. 请通知我任何日程安排的变化 (inform sb. of sth.)。
- The manager **informed** the team **about** the new policy. 经理通知了团队新政策的相关信息 (inform sb. about sth.)。

inform sb. that ...	He informed us that the meeting had been postponed. 他通知我们会议已被推迟。
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『 **a mere...** 仅仅... 』

- a mere + 单数名词 = only a / an + 单数名词
- a mere = only (在其他情况下)
- Glancing at his map, he informed us that the next village was **a mere** (= only) 20 miles away.
- It went direct from my local station and the journey lasted **a mere** (= only an) hour and 17 minutes.

✧ It **was not that** Bruce always **underestimated** difficulties. He **simply had no sense of danger at all.**

It was not that Bruce always underestimated difficulties, **but (that)** he simply had no sense of danger at all. 可以合并为一句

『 It is / was not that..., but (that) ... 不是因为..., 而是因为... 』

- It **was not that** I actually remembered anything at all. **But** my father had described over and over again ...

It is not that the scales in the one case, and the balance in the other, differ in the principles of their construction or manner of working; **but that** the latter is a much finer apparatus and of course much more accurate in its measurement than the former.

not that ..., but that... 不是因为..., 而是因为(平行结构)	Not that I love Caesar less, but that I love Rome more. — Shakespeare 'Julius Caesar'
	Not that I love you less, but that I love liberty more. 不是我不爱你, 而是我更爱自由。
	Not that I love my teacher less, but that I love truth more. 吾爱吾师, 但吾更爱真理。

『 **simply** adv. used to emphasize what you are saying (用以加强语气) 简直, 实在, 根本, 就是 』

- His pronunciation is **simply** terrible. 简直
- That is **simply** not true! 根本
- I **simply** refuse to go! 就是

※ No matter what the conditions were, he believed that a car should be driven as fast as it could possibly go.

Whatever the conditions were, ... 替换

『possibly 经常与 can / could 连用 尽全力』

表示“尽全力”的意思，后跟动词时常用 can / could possibly + 动词，后省略动词时常用 possibly can / could.

- ... handed it to an assistant who wrapped it up for her as quickly as possible.
- Then, jumping into the car, he drove off as quickly as he could. 省略后面动词
- After it had passed, they swam on as quickly as they could because they knew that the boat would soon return.
- She's done everything she could possibly think of to help. could possibly + 动词
- We shall be contributing as much as we possibly can to (contribute) the campaign. 省略后面动词
- Doctors did everything they possibly could to save his life.

No matter what the conditions were, Lei Feng believed that a person should contribute as much as he possibly could to society. 无论在任何情况下，雷锋都认为一个人应该尽可能地为社会做出贡献。

No matter what the conditions were, Lei Feng believed that a person should make as many contributions as he could possibly think of to society. 无论在任何情况下，雷锋都认为一个人应该为社会做出他能想到的尽可能多的贡献。

险象环生的经过（遇到了一个天棒司机） 难度：6 级

※ As we bumped over the dusty track, we swerved to avoid large boulders.

『bump v.碰撞(拟声词)』

- bomb n.炸弹 v.轰炸
- balloon n.气球 v.膨胀
- I felt a little bump and I knew instantly what had happened. 我感到了一下轻轻的撞击，立刻就明白发生了什么。
- A police car bumped down the track.

bump over 颠簸过去

The car bumped over the pothole in the road. 汽车在路上的坑洼处颠簸过去。

bump across 颠簸穿过	She bumped across the uneven ground. 她在不平整的地面上颠簸行走。
bump along 颠簸行驶	The boat bumped along the rough waves. 小船在波涛汹涌中颠簸前行。
bump down 颠簸而行	He bumped down the stairs in a hurry. 他匆忙中跌跌撞撞地下了楼梯。

『 **track** n. a narrow path or road with a rough uneven surface, esp. one made by vehicles, people or animals 小道, 小径 』

- We set off once more, over a rough mountain **track**. 我们又一次出发了, 走在一条崎岖不平的山间小路上。
- The path was no better than a **sheep track**. 那条小路简直就像是羊肠小道。

※ The wheels **scooped** up stones which **hammered** ominously under the car.

『 **scoop** n. a tool with a deep bowl-shaped end which is used to dig out and move a soft or powdery substance. 勺 v. (用勺子) 舀 』

- a measuring **scoop**
- an ice-cream **scoop** 名词
- a **scoop** of ice-cream 量词

scoop (up / out) sth. 舀(起/舀出)某物	<ul style="list-style-type: none"> • He scooped water from the stream and splashed it on his face. 用手捧起水洗脸 • She bent down and scooped up the little dog. 抱起小狗(用2只手捧起来) • Carefully scoop out the pulp with a small spoon.
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『 **hammer / thunder** 名词动用 』

- He **hammered / thundered** at the door.
- She **googles** the answer.
- He **telephoned** me four times yesterday and three times the day before yesterday.
- ... a puma will not attack a human being unless it is **cornered**.
- He **elbowed** his way through the crowd.
- I **am fogged** by the issue.
- The lady **housed** the homeless. 收容、收留

※ We felt sure that sooner or later a stone would rip a hole in our petrol tank or damage the engine.

『 sooner or later 固定搭配“迟早、早晚、早晚有一天” 』

- You should tell her, because she'll find out **sooner or later**.
- **Sooner or later** you will have to make a decision. 你早晚得拿个主意。
- **Sooner or later** she would be caught by the police. 迟早她会被警方抓住的。
- **Sooner or later**, I'm going to have to face the music. 迟早我得自食其果。

『 rip / tear a hole 撕开一个洞 』

- The nail **ripped / tore** a hole in my jacket.
- He accidentally **ripped a hole** in his jacket while climbing the fence. 他在爬栅栏时不小心撕破了夹克上的一个洞。
- She **tore a hole** in the paper when she was removing the staple. 她在拆除订书钉时把纸撕破了一个洞。

※ Because of this, we kept looking back, wondering if we were leaving a trail of oil and petrol behind us.

『 leave a trail of ... behind ... 留下一(连串的)...在...后面 』

- The bus **left a trail of** black smoke **behind** it. 公交车抽黑烟。
- He **left a trail of** muddy footprints **behind** him. 乔治 跳 mud puddles than went home.

※ What a relief it was when the boulders suddenly disappeared, giving way to a stretch of plain where the only obstacles were clumps of bushes.

『 relief n. 宽慰, 痛苦的缓解或解脱 』

- What a pity!
- What a mess!
- What a beautiful ship!
- find a temporary **relief**.
- permanent **relief**
- to my great **relief** 令我松了一口气(使我大为宽慰的是)
- give immediate **relief** from pain

give way to sth. 被(更新更好的事物)代替

- Steam trains **gave way to** electric trains.
- Winter **gave way to** spring. 冬去春来

	<ul style="list-style-type: none"> The storm gave way to bright sunshine. 阳光风雨后
give way to sb. / sth. 让路, 向 ... 屈服	<ul style="list-style-type: none"> Drivers must give way to cyclists. We must not give way to their demands. 不屈服

『 **stretch** n. an area of land or water, esp. one that is long and narrow (狭长的) 一片或一段地或水域 』

- **a stretch of** 一段, 一(大)片
- It's **a very dangerous stretch of** road. 这是一段非常危险的路 (形容词通常放到量词前)
- a stretch of plain
- a narrow **stretch of** water
- a beautiful **stretch of** field

『 **clump** n. a group of trees, bushes, or other plants growing very close together 丛 』

- a clump of trees / bushes / flowers / grass 一丛树/灌木/花/草
- ...**a clump of trees** bordering a side road. ...一丛长在小道边的树木。

※ But there **was** worse to come.

『 **worse** n. [U] something worse 』

- I'm afraid **there is worse to come.**

worse was to follow 更糟糕的事情接踵而至	We thought the situation was bad, but worse was to follow.
I've seen worse. 我见过更糟的(还凑和、还行)	A: "What about the bride's dress — wasn't it appalling?" B: "I don't know, I've seen worse. "

※ **Just ahead of us** there **was** a huge fissure.

『 **fissure** n. long deep crack in rock or in the earth (岩石中或土地中的) 深长裂缝 』

- She blinked quickly, and then turned to the **fissure.** 她快速眨着眼, 然后转向裂缝。
- But the new tower was found to contain a **fissure**, discovered in 1939, which is very slowly spreading. 但在1939年钟楼就被发现存在裂缝, 并以缓慢的速度蔓延开来。

※ **In response to renewed pleadings**, Bruce **stopped**.

『 **in response to ...** 作为对...回应、反应 』

- The president stepped down **in response to** public pressure.
- ... **move in response to a gust of wind** are quite familiar to everybody.

『 **renewed** adj. happening again with increased interest or strength [only before noun] 更强烈的... 』

- The threat of **renewed** civil war looms ahead. 新一轮内战的威胁在逼近。
- He worked with **renewed** vigour and determination. 他以新的活力和决心工作着。
- They regrouped their forces and **renewed** the attack. 他们重新聚集兵力，再次发动进攻。

※ **Though we all got out to examine the fissure**, he **remained** in the car.

『 **get out** 使离开、泄露，走漏 』

- **get out of** a car / taxi 接宾语要加介词of

get in 进入	get into a car / taxi 接宾语换成介词into
get on 登上(大型交通工具)	get on a bus / train / ship / plane On 本身是介词和副词，所以不需要额外介词
get off 下去(大型交通工具)	get off a bus / train / ship / plane 同On, Off既是介词又是副词

※ We **informed** him that the fissure **extended** for fifty yards **and was two feet wide and four feet deep**.

『 **extend** v. (时间或空间) 延伸 』

- The Sahara Desert **extends for** miles. vi. 要加介词for
- The show has been **extended for** another six weeks. 被动

※ Bruce **went into a low gear and drove at a terrifying speed**, **keeping the front wheels astride the crack as he followed its zigzag course**.

『 **gear** n. 排挡，齿轮 』

- automatic **gear** 自动档
- manual **gear** 手动档
- Helen changed **gear / gears** as she approached the intersection.

go / move / shift into ... gear 换到、挂到了第 N 档

I **went / moved / shifted into** fourth **gear** when I got onto the highway.

『 **astride** prep. with one leg on each side of sth. 跨在...上 』

- She sat proudly **astride** her new motorbike.
- The town lies **astride** a river.

『 **zigzag** adj. a pattern that looks like a line of z's joined together 』

- a **zigzag** path along the cliff

※ **Before** we **had** time to worry about what **might happen**, we **were** back on the plain again.

『 **have time to** 有时间做某事 』

- hardly **have time to** breathe 没有喘息的时间
- The ferry did not even **have time to** send out an SOS. 这艘渡船甚至没有时间发出紧急呼救信号。
- We don't often **have time to** talk. 我们常常没有时间谈话。
- We barely **had time to** catch the train. 我们差点没赶上火车。

before sb. have time to ...
还没来得急

Before the poor wretch **had time to** speak, he was shot. 这个可怜的人，还没来得及开口就中弹了。

※ Bruce **consulted** the map **once more** and **told** us that the village **was** now only fifteen miles away.

『 **consult** v. 咨询，请教；商量，商讨；查询，查阅；当顾问 』

- **Consult** your doctor about how much exercise you should get. 咨询你的医生你应做多少运动。
- **Consult** the chart on page 44 for the correct cooking times. 查阅第44页的图表找正确的烹调时间。
- I have to **consult** with the manager about the matter. 我得与经理商量一下这件事。
- The two countries will have to **consult** their allies. 两国得同各自的盟友协商。

※ Our next obstacle **was** a shallow pool of water about half a mile across.

『 **a shallow pool of water** 形容词放在量词前面 』

- a **nice** cup of tea

- a **beautiful** stretch of field
- a **stagnant** pool of water
- For most of them, 50 pence is a small price to pay for a **nice big bar** of chocolate.

※ Bruce **charged** at it, but in the middle, the car **came** to a grinding **halt**.

『 **charge at...** 朝...猛冲 』

- Suddenly the bear **charged at** us.
- He **charged at** me with his **fists flying**.

『 **come to a stop / halt / standstill** 停了下来 』

- It **came to a stop** outside the jeweler's.
- come to **an end / a close** 结束 (come to 达到某一个状态)
- come to a **decision / conclusion / agreement** 得到一个结论、达成协议

『 **grind** v.磨碎, 碾碎 』

- come to a **grinding** halt adj.刺耳的
- You make me **grind** my teeth! 你使我咬牙切齿!

※ A yellow light **on the dashboard** **flashed** angrily and Bruce **cheerfully** **announced** that there **was** no **oil** in the engine!

『 **flash angrily** 发出刺眼的强光 』

- Sparks were emitted from small black boxes and red lamps **flashed** on and off **angrily**.

『 **no oil in the engine** 发动机里没有油了 (指没有机油、润滑油) 』

- It's not long enough so I can't see if there is any **oil in the engine**. 它不够长, 所以我无法知道引擎里有没有油了。



When pigs fly

除非太阳从西边出来

受限于个人水平, 笔记若有疏漏之处, 恳请发送邮件至 hibenba@gmail.com 批评指正。

同时可通过网址(ncego.com)页面底部“举报”错误 (更新于:2026-03-01)。

一场孤独的修行, 需要相信积累的力量。专注当下、珍惜时间、心怀感恩、顶峰相见。