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# Lesson 50 New Year resolutions

新年的决心 强调句 状语从句

与课文关联的 28个单词(点击每个单词可查看详细介绍)



**resolution** \* /,rezə'lu:ʃ(ə)n/  
n. 决心

**mentally** /'mentəli/ adv. 内心里

**compile** /kəm'paɪl/ v. 编辑，编制

**formidable** /fə'mɪdəb(ə)l/  
adj. 令人畏惧的

**regularity** /,regjʊ'lærəti/ n. 规律性

**accomplishment** /ə  
'kʌmplɪʃmənt/ n. 成就

**attainment** /ə'teɪnmənt/ n. 达到

**inveterate** /ɪn'vetəret/  
adj. 根深蒂固的

**self-improvement** /,self ɪm  
'pru:vmənt/ n. 自我完善

**scheme** \* /ski:m/  
n. 简单的计划，方案

**ambitious** /æm'bɪʃəs/  
adj. 雄心勃勃的

**pitfall** /'pɪtfɔ:l/  
n. 意外的困难，易犯的错误

**modest** /'mɒdɪst/  
adj. 要求不过分的

**assiduously** /ə'sɪdʒuəsli/  
adv. 刻苦地

**self-discipline** /,self 'dɪsəplɪn/  
n. 自我约束

**frame** \* /freɪm/ n. 躯体

**betray** /brɪ'treɪ/ v. 暴露，显露

**troop** \* /tru:p/ v. 成群结队地走动

**unsettle** /ʌn'set(ə)l/ v. 使不安

**taunt** /tɔ:nt/ n. 嘲笑，奚落人的话

**jibe** /dʒaɪb/ n. 嘲弄，挖苦

**good-humouredly** /,gʊd  
'hju:mədli/ adv. 和气地，心情好地

**wane** /weɪn/ v. 逐渐变小，变弱

**diminish** /dɪ'mɪnɪʃ/ v. 减少，缩小

**hypnotize** /'hɪpnətaɪz/  
v. 使欲睡，使蒙眬

**undoing** /ʌn'du:ɪŋ/  
n. 祸根，毁灭的原因

**screen** \* /skri:n/ n. 电视机屏幕

**recur** \* /rɪ'kɜ:(r)/  
v. 再发生，又出现

## 观点 难度：3 级

### ※ New Year resolutions

- New Year('s) resolutions

"Have you made any **New Year's resolutions**?" "

Yes, I'm going to eat more healthily and **give up** smoking."

『 **resolution** 决议 』

- **UN** resolution 联合国决议

### ※ The New Year **is** a time for resolutions.

『 **It's time for sth.** 表达“到了该做某事的时候了” 』

- **It's time for** school / dinner / bed.
- **It's time for** her bottle. 该给她用奶瓶喂奶了。
- **It's time for** some straight talking. 现在该开诚布公地谈谈了。

It's time to do sth.	It's time to get up.
It's (high / about) time (that) ... (虚拟) 早该做某事	It's (high / about) time (that) we <b>went</b> home.

### ※ Mentally, **at least**, **most of us** could **compile** formidable lists of 'dos' and 'don'ts'.

『 **mentally** at heart 在心中 』

- **Mentally**, she is not very stable. 她的心理状态不十分稳定。
- He was found to be **mentally** unfit to stand trial. 发现他精神状况不适合接受审判。
- You may be physically and **mentally** exhausted after a long flight. 长途飞行后你可能身心都很疲惫。

『 **compile a list** make a list 列清单 』

- We are trying to **compile a list** of suitable people for the job. 我们在努力编制一份适合做这项工作的人员名单。
- What I'll do is **compile a list** of suitable properties for you and send them via email. 我会为您编制一份合适房产的列表，然后通过电子邮件发给您。
- Network traffic is filtered to **compile a list** of messages. 网络流量被过滤后汇编成一系列的消息。

『 **dos and don'ts** (名词) 应该做和不应该做 』

- Here are some **dos and don'ts** for exercise during pregnancy. 这是妊娠期间锻炼的一些注意事项。
- Eg: Before you study foreign language, you should know **dos and don'ts**. 在你学习外语之前, 应该知道注意事项。
- You want to be taken seriously and look good at work. Some basic fashion **Dos and Don'ts**... 工作中希望受到重视又必须穿着得体, 以下是一些基本的职场穿衣法则...

<b>likes and dislikes</b> (名词) 喜欢做的和不喜欢做的事	Everyone has their own <b>likes and dislikes</b> when it comes to food. 每个人在饮食方面都有自己喜欢和不喜欢东西。
<b>ups and downs</b> (名词) 沉浮	Life is full of <b>ups and downs</b> ; you just have to keep going. 生活充满了起伏; 你只需要继续前行。
<b>highs and lows</b> (名词) 兴衰	The athlete experienced many <b>highs and lows</b> during his career. 这位运动员在职业生涯中经历了许多兴衰。
<b>ins and outs</b> (名词) 来龙去脉	She knows all the <b>ins and outs</b> of the company's operations. 她了解公司运营的所有细节。

※ **The same old favourites recur year in year out with monotonous regularity.**

『 **same old ...** (略贬义) 司空见惯的、非常熟悉的 』

- 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** 年复一年的 』

- day in day out = day after day 一天又一天的
- week in week out = week after week
- month in month out = month after month

『 **with monotonous regularity** (贬义) 老是 』

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

The same old story recurs day in day out with **monotonous regularity**. 这个老问题总是日复一日地重复出现。

✧ 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 ...** 表达“决定做某事” 』

- Students may **decide to seek** tutorial guidance. 学生们可以决定寻求助教的指导。
- At this point I don't care what you **decide to do**. 到这个时候, 我不在乎你决定要怎么做。
- When they **decide to have a party** they don't mess around. 他们决定搞聚会, 便会迅速操办起来。

<b>make up one's mind to do ...</b>	She finally <b>made up her mind to</b> move to another city. 她终于下定决心搬到另一个城市。
<b>make a decision to do ...</b>	They <b>made a decision to</b> expand the business next year. 他们决定明年扩大业务。
<b>determine to do ...</b>	<ul style="list-style-type: none"><li>• He <b>determined to</b> finish the project by the end of the month. 他决心在月底前完成这个项目。</li><li>• I <b>determined to lodge a complaint as soon as we arrived</b>.</li></ul>
<b>resolve to do ...</b>	She <b>resolved to</b> start a new career after graduation. 她决心在毕业后开始一份新的职业。
<b>be resolved to do ...</b>	He <b>was resolved to</b> overcome all the challenges he faced. 他决心克服所有面临的挑战。
<b>be determined to do ...</b>	She <b>was determined to</b> succeed despite the difficulties. 尽管困难重重, 她决心取得成功。
<b>take the plunge ...</b>	If you have been thinking about buying shares, now could be the time to <b>take the plunge</b> .

『 **a hundred / thousand / million and one = very many** 非常多 』

- There are **a hundred and one** things to do before the event starts. 在活动开始前有非常多的事情要做。

『 **housework** [U] 表达“家务”及相关 』

- I spent all morning doing (the) **housework / household chores**. 做家务

<b>household chores</b> [C]	He often helped his mother with the <b>household chores</b> . 他常常帮助妈妈干家务活。
<b>do the laundry / washing</b> 洗衣服	When shall we <b>do the laundry</b> ? 我们什么时候洗衣服?
<b>do / wash the dishes = do the washing-up</b> 洗碗	If you <b>do the washing-up</b> , I'll see to the baby. 如果你去洗碗, 我就负责照看孩子。

『 **take the dog for a walk = walk the dog** 遛狗 』

- It's sunny outside, let's **take the dog for a walk**. 外面阳光灿烂, 我们去遛狗吧。
- Can we **walk the dog** in the park? 我们可以在公园遛狗吗?
- Taken for a ride

※ Past experience has taught us that certain accomplishments are beyond attainment.

<b>experience</b>	[U] 经验、阅历	He has also had managerial <b>experience</b> on every level. 他还具备各层次的管理经验。
	[C] 经历	His only <b>experience</b> of gardening so far proved immensely satisfying. 他仅有的园艺经历到目前为止非常令人满意。

『 **be beyond sth.** 无法...; 不容... 』

- The car **is beyond repair**. 无法修理
- The rumor **is beyond belief**. 无法相信
- The situation **is beyond my control**. 无法控制
- The results **are beyond dispute / controversy**. 不容争辩
- Her beauty **is beyond words / description**. 无法形容
- His conduct **is beyond reproach / criticism**. 无可指摘
- The pain **is beyond human endurance**. 无法忍受
- Working with you **is beyond my wildest dreams**. 做梦都想不到
- We might say that justice has been done when a man's innocence or guilt has **been proved beyond doubt**. 毫无疑问的

『 **be beyond sb. = be a mystery to sb.** 某人无法理解 』

- 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.

经历 难度：3 级

※ 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 / liar** (指人) 老... (人) 』

- old friend 老朋友
- regular / patron 常客
- **hardened smuggler** 老牌走私犯
- **maidservant** 老妈子

『 **it is because ...** 原因是... (主系表) 』

- **It is because** my cousin makes me forget that she makes me better. 因为我的表妹使我忘记那件事，所以她让我越来越好。
- Maybe you would say **it is because** the teacher's class is boring. 也许你会说是因为老师的课很无聊。
- One of the reasons that I like **it is because** I love the bright colors of the characters. 我喜欢它的原因之一是我喜欢字体的明亮色彩。

<b>the reason is that ...</b> 原因是... 原	<b>The reason is that</b> we need more time to complete the project. 原因是我们需要更多的时间来完成这个项目。
<b>..., the only reason is that ...</b> 原因是...	He failed the exam, and <b>the only reason is that</b> he didn't study enough. 他考试不及格，唯一的原因是他学习不够。

The reason is **because ...** × 表达错误 (reason 已表达了逻辑关系，如果再用because就是逻辑重复)

『 **result from ... = be caused by** 由...导致的 (接原因) 』

- The accident **resulted from** the driver's negligence. 事故是由于司机的疏忽造成的。
- The accident **was caused by** pilot error. 这场事故是飞行员的失误造成的。

<b>... result in ... = cause ...</b> 导致 (接结果)	The heavy rain <b>resulted in</b> flooding in the area. 大雨导致了该地区的洪水。
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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.

『 fail to do 未能做成某事 』

- If you receive a request like this, you cannot **fail to obey** it!
- The pirates would often bury gold in the cave and then **fail to collect** it.
- Cats never **fail to fascinate** human beings.

<b>fail in one's efforts / attempts to do</b> 努力某事, 但没有成功	<ul style="list-style-type: none"><li>• Latham <b>failed in his efforts / attempts</b> to fly across the English Channel. Latham 试图驾机飞跃英吉利海峡, 但没有成功。</li><li>• The archaeologists <b>failed in their efforts / attempts to discover the identity of the reconstructed statue</b>. 考古学家试图要确认被修复的女神像的身份, 但没有成功。</li></ul>
<b>fail in one's efforts / attempts at ...</b> 努力某事, 但没有成功	The archaeologists <b>failed in their efforts / attempts at</b> the identification of the reconstructed statue.

『 **scheme** n. 1. 计划, 方案; 2. 阴谋诡计 』

- **schemes** and intrigues 阴谋诡计

『 **never / not get round / around to sth./ doing** 没时间做某事 』

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

『 **carry sth. ↔ out** 执行, 实施 』

- We **carried out** her instructions precisely.
- One is the general atmosphere of secrecy in which it is **carried out**, the other the lack of freedom of the individual research worker.

※ 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.** 犯了根本性的错误

He **made the fundamental error** of despising his enemy. 他犯了轻敌这个根本性的错误。

『 **so (that)** 作连词时一般来说有两种用法 』

1. 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。

- We paid him immediately, **so (that)** he **left** contented.
- The pie committee decided that the best way to transport the dish would be by canal, **so** they **insured** it for the trip.
- In the new country he became absorbed in making a new life for the two of us, **so that** he gradually **ceased** to grieve.

2. 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.
- We paid him immediately, **so (that)** he **would leave** contented. (以便)
- It had been purchased by a local authority **so that** an enormous pie **could be baked** for an annual fair.
- This time they fixed heavy metal clamps to both sides of the dish **so that** they **could fasten** the chains.

『 **slip** 滑到 』

- 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.
- I **slipped and fell** downstairs.
- carefully **slip** 小心地“滑”(滑冰时小心一点, 不要摔跤了)
- Caution! Wet Floor 小心“地滑”(地面是湿滑的)

『 **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 ... 渐渐陷入债务/昏迷
- He had begun to **slip into** debt.
- She **slipped into** unconsciousness and died the next day.
- The country is **slipping into** recession. 渐渐陷入萧条

※ **Aware of these pitfalls, this year I attempted to keep my resolutions to myself.**

『 **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** 保密 』

- I **keep** my love for Helen **to** myself. 保持我对海伦的爱只给我自己 (我暗恋海伦)

『 **keep sth. from sb.** 向某人保密 』

- 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** 揭示秘密

a secret becomes known 秘密被知晓

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

『 **modest** adj. 些许的; 不太大 (或贵、重要等) 的 』

- They made a **modest** donation to the charity. 他们为慈善机构捐了一笔不太大的款项。

『 **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.
- He **limited** himself **to** two cups of coffee a day. 他每天只喝两杯咖啡。

『 **do (physical) exercises** 锻炼身体 』

- She **does physical exercises** every morning. 她每天早晨做锻炼。

『 **of an evening / of a weekend ...= in the evenings / at weekends ...** 【英】【习语】 』

- We usually go for a **walk of an evening**. 我们通常在晚上散步。

※ 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** 重要日子的前一夜 』

- We always open one present **on** Christmas **Eve**. 我们总是在圣诞前夜打开一件礼物。
- **on New Year's Eve** he was able to hobble along to a party.

『 **provide sb. with sth.** 为某人提供某事 』

- The company **provided** us **with** all the necessary materials. 公司为我们提供了所有必要的材料。

<p><b>an excuse for (doing) sth.</b> 做某事的借口</p>	<p>He used his busy schedule as <b>an excuse for</b> not attending the meeting. 他用忙碌的日程作为不参加会议的借口。</p>
<p><b>sth. provide sb. with a good excuse for (doing) sth.</b> 某事为某人提供了借口做...</p>	<ul style="list-style-type: none"> <li>• A sudden illness <b>provided him with a good excuse for</b> not attending the meeting. 突然得病使他有借口没有参加会议。</li> <li>• The bad weather <b>provided him with a good excuse for</b> staying indoors all day. 糟糕的天气为他提供了整天待在室内的好借口。</li> </ul>

**A long and arduous journey provided me with a good excuse for** going to bed early. 漫长的旅程使我有借口很早起睡觉。

『 **plead ignorance / illness / a headache / tiredness / insanity** 以...为借口 』

- He **pleaded ignorance** when asked about the missing documents. 当被问到丢失的文件时，他以不知情为借口。
- He **pleaded illness** as the reason for absence. 他苦苦思索她缺席的原因。

『 **either of ...** 两个中任何一个..... 』

- **Either of** the two options is fine with me. 两个选项中的任何一个我都可以接受。

<p><b>each of ...</b> 三个以上中任何一个...</p>	<p><b>Each of</b> the participants received a certificate. 每位参与者都得到了证书。</p>
<p><b>neither of ...</b> 两个都不...</p>	<p><b>Neither of</b> the two proposals was accepted. 两个提案都没有被接受。</p>
<p><b>none of ...</b> 三个以上都不...</p>	<p><b>None of</b> the students passed the exam. 这些学生中没有一个通过考试。</p>
<p><b>both of ...</b> 两个都...</p>	<p><b>Both of</b> the candidates are qualified for the job. 两位候选人都具备这份工作的资格。</p>
<p><b>all of ...</b> 三个上都...</p>	<p><b>All of</b> the children enjoyed the party. 孩子们都很喜欢这次派对。</p>

『 **apply oneself to sth. = work hard at sth.** 努力、致力去做 』

- Recently I have been **applying myself** assiduously **to** studying English. 近来我一直在努力地学习英语。
- People tend to **work hard at** this stage of life. 人在这个人生阶段往往发奋努力。
- He began to **work hard at** it. 他开始为之努力。

## 结果 难度：3 级

※ 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 』

- It's still far from clear what action the government **proposes** to take over the affair. 尚不清楚政府打算采取什么行动接手这件事。
- How do you **propose** getting home? 你打算怎么回家?
- What would you **propose**? 你想提什么建议?

<b>propose to do sth.</b> 打算做某事	How do you <b>propose to</b> deal with the situation?
<b>propose doing sth.</b> 打算做某事	How do you <b>propose</b> getting home?

※ The self-discipline required to drag myself out of bed 11 minutes earlier than usual **was** considerable.

『 **self-discipline** 自律能力；自我约束能力 』

- The self-discipline **required to do physical exercises every morning for years on end** is considerable. 连续数年每天早晨锻炼身体需要很强的自制力。
- The self-discipline was considerable. 自律是相当重要的。

※ Nevertheless, I **managed to creep** down into the living room for two days before anyone **found** me out.

『 **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 』

- You always **twist** everything I say. 你总是歪曲我说的每一句话。
- She gave the lid another **twist** and it came off. 她又拧了一下, 盖儿开了。
- Her hands began to **twist** the handles of the bag she carried. 她的双手开始拧她拎着的那个包的拎柄。
- Just a **twist** of the handle is all it takes to wring out the mop. 只需旋转一下那个手柄就可以拧干拖把。

**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。
- Their belts are pulled tight against their bony **frames**. 他们的腰带紧裹着瘦骨嶙峋的躯体。

『 **语法: 补足语** 课文写法替换 』

I sat down at the breakfast table exhausted.

Inevitably you arrive at your destination almost exhausted.

※ It was this that **betrayed** me. §

- This betrayed me. → It was this that betrayed me.

※ The next morning the whole family trooped in to watch the performance.

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

- The bell rings and they all **troop** into school.

※ 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.

『 **unsettling = disturbing** adj. 令人不安的 』

- Phil had several **unsettling** dreams every night. 菲尔每晚都做好几个令他不安的梦。
- There was something about him she found **disturbing**. 她发现他身上有些东西让她觉得不安。

**unsettle = disturb** v. 不安; 动荡不定

The presence of the two policemen **unsettled** her. 两名警察的出现令她不安。

『 **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** 嘲笑 』

- **taunts** and **jibes** 讥笑和嘲笑
- **aches** and **pains** 这疼那疼
- **schemes** and **intrigues** 阴谋诡计
- **hustle** and **bustle** 忙忙碌碌

※ However, my **enthusiasm** **waned**.

『 **wane** 1.月亏; 2.衰落; 衰败; 败落; 减弱 』

- While his interest in these sports began to **wane**, a passion for lacrosse developed. 他对这些运动项目的兴趣开始减退的同时, 对长曲棍球的兴趣却浓厚起来。
- Something in the drip began to **wane**. 点滴里的药劲儿开始消退。
- When the interest in art began to **wane**, the two fell to talking. 当对艺术的兴趣开始减退时, 两人开始交谈起来。
- We cannot let this momentum **wane**. 我们不能让这种势头减弱。

**wax and wane** 月圆月亏; 派生: 兴衰、盛衰

Dynasties **waxed and waned** throughout the history.

『【扩展】表达“热情减退”：』

- ebb (away) 落潮；退潮
- subside 回落；减退

However, my enthusiasm **ebbed** (away) / **subsided**. 课文写法替换

坚持 难度：3级

※ The time I **spent** at exercises gradually **diminished**.

『diminish [书]: reduce / decrease 』

- Federalism is intended to **diminish** the power of the central state. 联邦制度旨在削弱中央政府的权力。
- Deserts in sub-Saharan Africa will **diminish** gradually. 撒哈拉以南非洲的沙漠将逐渐减少。
- In zones of increased turbulence, the planes' wakes will decay more quickly and the effect will **diminish**. 在湍流增强的区域，飞机的尾流会消失得更快，它的效果也会减弱。

※ Little by little the 11 minutes **fell** to zero.

『Little by little 同义替换 』

- gradually / slowly / little by little / bit by bit / by degrees

『fall / drop to... 下降到... 』

- The temperature **drops to**  $-30^{\circ}$  and very few people attempt to cross the Pass.

<b>dive to ...</b> 骤降到...	The plane made a dive to a lower altitude. 飞机俯冲到较低高度。
<b>plunge to...</b> 骤降到...	His weight began to <b>plunge</b> . 他的体重开始骤然下降。

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

『be back to where ... start from 前功尽弃 』

- Now we are **back to where we started**. 现在我们回到我们的起点。
- Let's go **back to where we started**. 让我们重回出发点。
- One small step **back to where we started**. 一小步，重返初始之地。

**bring ... back to where ...**  
**start from** 使...前功尽弃

A fundamental error **brought** us **back to where** we had **started from**. 一个根本性的错误使我们前功尽弃。

『 **pick up where we left off** 从中断的地方继续 』

- After lunch shall we **pick up where we left off**?

### 老友记

- **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** 使某人精神饱满

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 』

- Her eyes were **fixed on** her plate and in a short time, she was busy eating.
- I made a model out of paper and **glue**. 我用纸和胶水做了一个模型。
- He felt light-headed, as if he'd sniffed **glue**. 他觉得头晕，好像吸了胶毒一样。
- We used **glue** to stick the broken pieces together. 我们用胶把碎片粘到一起。
- The smell of sawdust and **glue** pervaded the factory. 锯屑和胶水的气味弥漫在工厂里。

**be glued to sth.** 全神贯注于...

We **were glued to** the television watching the election results.

Resisting the temptation to go to bed, I sat in my study with my eyes **glued to** 'New Concept English'. 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》。

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

『 **pretend to do** 假装做某事 』

- If a shop assistant told him she had not heard of it, he would **pretend to** be considerably put out.
- Many people **pretend** that they understand modern art. They always tell you what a picture is 'about'.
- ... obstinately **pretend** that they would prefer to live in the country.

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

『 **undoing** 失败的原因 』

- His lack of experience may prove to be his **undoing**. 缺乏经验可能就是他失败的原因。

<b>be one's undoing</b> 是某人失败的原因	Slack defense was the team's undoing.
<b>prove to be one's undoing</b> 被证明是某人失败的原因	Lack of experience proved to be his undoing. 缺乏经验被证明是他失败的原因。

『 **downfall** n. 含义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. 含义2. 失败，垮台的原因 』

- Jeremy's honesty had been his **downfall**. 诚实是杰里米失败的原因。

<b>be one's downfall</b> 是某人失败的原因	His vanity was his <b>downfall</b> .
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『 **prove to be one's downfall** 被证明是某人失败的原因 』

- An addiction to gambling **proved to be her downfall**.

『 **doze off / nod off** (无意的) 打盹 』

- I closed my eyes for a minute and must have **dozed off**. 我闭了会儿眼，后来一定是睡着了。
- The judge appeared to **nod off** yesterday while a witness was being cross-examined. 昨天当一名证人被盘问时，法官好像在打瞌睡。

**take / have a nap** (有意的) 打盹

I usually **take a nap** after lunch.

※ 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.

『 **entitle** v. 给...命名, 给...题名 』

- ...a performance **entitled** "United States." ...一场名为“合众国”的演出。

※ Perhaps it will solve my problem, but I just haven't had time to read it!

『 **get round / around to sth./ doing** 有时间做某事 (多用于否定) 』

- I'll **get round** to mending it eventually. 我最后会抽出时间来修理它的。
- I meant to do the ironing but I didn't **get round** to it. 我本想熨衣服的，可就是抽不出时间。
- I hope to **get around** to answering your letter next week. 我希望下周能抽出时间给你回信。

..., but I have never **got round / gotten around** to reading it. 课文写法替换



Get cold feet

临阵退缩

共有4道练习题(解题方法与答案需要在“ncego.com”笔记官网查看)

1. It's already 5 o'clock now. Don't you think it's about time \_\_\_\_\_ ? (单选)

- A、 we are going home      B、 we go home      C、 we went home  
D、 we can go home

2. If I were in movie, then it would be about time that I \_\_\_\_\_ my head in my hands for a cry. (单选)
- A、bury      B、am burying      C、buried      D、would bury
3. W: Have you asked your brother to do the dishes?M: Thousands of times.Q: What does the man mean? (单选)
- A、 He has to wash a thousand dishes.  
B、 He has more dishes than his brother.  
C、 His brother takes too much time washing the dishes.  
D、 He has asked his brother to wash the dishes many times.
4. 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? (单选)
- A、 It's new.      B、 It's dull.      C、 It's not clean.  
D、 It has a broken handle.

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](mailto:hibenba@gmail.com) 批评指正。  
同时可通过网址([ncego.com](http://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。