

《夸克英语笔记》使用声明：

我们不提供任何纸质版、完全免费且不提供任何付费服务。我们坚持公益、非营利原则，提供英语 PDF 资源，只为让优质内容触手可及。在非商业用途下，欢迎自由分享。本笔记会定期更新并修复发现的错误，最新版本以官网为准。

Lesson 3 Matterhorn man

马特霍恩山区人 定语从句 并列句 比较级

与课文关联的 18 个单词(点击每个单词可查看详细介绍)



Matterhorn /'mætəhɔ:n/

n. 马特霍恩峰（阿尔卑斯山峰之一，在意大利和瑞士边境）

alpinist /'ælpɪnɪst/ n. 登山运动员

pioneer /ˌpiəɪə'nɪə(r)/

v. 开辟，倡导；n. 先锋，开辟者

summit * /'sʌmɪt/ n. 顶峰

attain /ə'teɪn/ v. 到达

perilous /'perələs/ adj. 危险的

shudder /'ʃʌdə(r)/ v. 不寒而栗

court * /kɔ:t/ v. 追求

solitary /'sɒlətri/ adj. 唯一的

impoverish /ɪm'pɒvərɪʃ/

v. 使贫困

Alpine /'ælpain/ adj. 阿尔卑斯山的

flea-ridden /fli: 'rɪdn/

adj. 布满跳蚤的

coarse /kɔ:s/ adj. 粗劣的

boast * /bəʊst/ v. 自恃有

parishioner /pə'rɪʃənə(r)/

n. 教区居民

shepherd /'ʃepəd/ n. 牧羊人

linen /'lɪnɪn/ n. 亚麻布床单

The Alps /ðə ælps/

n. 阿尔卑斯山脉

目标 难度：5 级

※ **Matterhorn man** alliteration 头韵

- Writers often use **alliteration** to create rhythm and emphasis in poetry.
- "Peter Piper picked a peck of pickled peppers" is an example of **alliteration**.
- Using **alliteration** can make headlines more memorable and catchy.

※ Modern alpinists **try** to climb mountains by a route which **will give** them good sport, and **the more difficult it is**, the more highly it **is** regarded.

『 **modern** 现代的 』

- I had little acquaintance with **modern** poetry. 我对现代诗所知甚少。
- The rubbish in **modern** landfills does not rot. 现代垃圾填埋场里的垃圾不会腐烂。
- The gallery houses 2 000 works of **modern** art. 美术馆收藏了2 000件现代艺术作品。
- **Modern** fertilizers should be used judiciously. 现代化肥应被明智地使用。

modern-day 当代的	Many modern-day devices make life more convenient.
present-day 现今的	Present-day challenges require innovative solutions.
today's ...	The methods of communication used during the war were primitive by today's standards. 按今天的标准，大战时期使用的通讯方法非常简陋。
... of today	The worker of today is different from the worker of yesterday. 如今的工人跟过去的工人不一样了。
contemporary 当代的	This exhibition focuses on contemporary art.

『 **sport** n. [U] fun; amusement 乐趣 』

- Swimming in the sea gives you good sport.
- He tormented the cat only for **sport**.
- They rescued humans out of curiosity or for **sport**.
- ...which will give them **good sport**, ... ↔ ...which will give them **good / a lot of fun**, ...

On the occasions when they have pushed to shore an unconscious human being they have much more likely done it out of curiosity or **for sport**, as in riding the bow waves of a ship.

a good sport 输得起的人	When you lose the game, try to be a good sport . 当你的输掉比赛时，一定要保持风度。
---------------------------	---------------------------------------------------------------------------

a bad / poor sport 输不起的人	It will only make you look like a bad sport . 这只会让你看起来像个不尊重比赛的人。
a sore loser 输不起的人	Don't be a sore loser , just try your best. 不要作一个输不起的人，尽量去做好了。

『 **The 比较级 ... , the 比较级 ...** 比较级句型 (越...越...) 两个the 分别放在句首，前从句(先翻译)，后主句 』

- **The younger** the child is, **the more** is the child's need of sleep. 主句中的【主语太长】可以用【倒装】
- **The younger** the child, **the more** the child's need of sleep. 如果谓语是be动词，且主语不是代词，则be动词【可省略】(可省一个留一个)
- **The stronger** the magnet ■, **the greater** ■ the number of lines of magnetic force. 主句主语长用倒装 (避免头重脚轻)
- **The higher** the standard of living ■, **the greater** ■ the amount of paper used.
- I play (the) **better**, **the more** I practice. 【变化形式】前半句放句中，后半句放句首 (后从前主) **The more** I practice, **the better** I play.
- They became **(the) hungrier** (前半句是主句), **the harder** they worked. 【变化形式】后半句是从句(从后往前翻译)

A compound is considered **the more stable**, **the smaller** its potential energy. 翻译真题练习 (前主后从)

- ... of becoming **more likely** to die **the older we get**, was something self-evident, like the cooling of a hot kettle or the wearing-out of a pair of shoes.
- ... because the dust becomes **thinner** **the further** we travel towards the outer edges of our own solar system.
- Needless to say, **the bigger** the risk an insurance company takes ■, **the higher** ■ the premium you will have to pay.
- **The harder** you work, **the greater** progress you will make. 你越努力，就会取得越大的进步。
- **The more** he gets, **the more** he wants. 他得到越多，想要的也越多。
- **The more** democracy spreads, **the stronger** become the forces of peace. 倒装 (谓语不能省)
- **The greater** the percentage of such customers ■, **the weaker** ■ the argument's evidence as an indication of customer satisfaction with the change.

※ * In the pioneering days, however, this **was not the case** at all.

『 **case** 真实的情况 (实情) 』

- No one suspected that there might be someone else on the farm who had never been seen. This was indeed the case.

- This is not the case **at all**. 这完全不是实情
- This is not **always** the case. 这并不总是实情。
- This is **indeed** the case. 这的确是实情
- This **might not be** the case. 这可能不是实情。
- This is not **necessarily** the case. 这不一定(未必)是实情

※ The early climbers **were looking** for the easiest way to the top, **because** the summit **was** the prize they sought, especially **if it had never been attained** before.

『 **the early climbers** 早期的登山者 』

pioneers 先驱	Pioneers of technology changed the world with their inventions.
predecessors 前人	We built on the work of our predecessors .
pioneer climbers 早期登山者	The pioneer climbers opened new routes to the summit.

『 **prize** 荣誉; 目标; 奖赏 (暗喻) sense of pride / honor / accomplishment 自豪感、荣誉感、成就感 』

- The summit was the **prize** they longed for. 荣誉
- Victory was a **prize** worth any risk. 目标
- He worked hard to win the **prize** of promotion. 奖赏

I came, I saw, I conquered! —Julius Caesar (原文是拉丁语: Veni, vidi, vici.)

『 **seek** v. try to achieve sth. 寻求; 寻找; 探索; 搜索 』

- **seek** refuge / asylum
- **seek** compensation
- **seek** advice
- The incumbent president will not **seek** reelection. 寻求连任
- Virgo woman **seeks** Scorpio man. 找对象
- She **sought** advice from her mentor. 寻求
- He **sought** compensation for the damage. 追求
- They **sought** a safer path to the peak. 探索

胆战心惊 难度: 6 级

✧ **It is true that during their explorations they often faced difficulties and dangers of the most perilous nature, equipped in a manner which would make a modern climber shudder at the thought, but they did not go out of their way to court such excitement.**

『 * **It is true that ..., but ...** 诚然...但...(让步、转折经常用于议论文) 』

- **It was true that he had just bought a lamb, but his lamb was black.** NCE3 L16
- **It is true that they faced danger, but they didn't seek it.** 诚然他们面对危险, 但他们并非刻意追求。
- **It is true that she is young, but she is very competent.** 诚然她很年轻, 但她非常能干。

It is true that China is still a developing country, **but** she is full of potential / potentialities.
诚然中国还是一个发展中国家, 但她却充满潜力。

Admittedly, ..., but ... 诚然...但...

Admittedly, I could have tried harder, **but** I still don't think all this criticism is fair. 诚然我本可以更努力, 但我仍觉得这些批评不公平。

Granted, ..., but ... 诚然...但...

Granted, he doesn't look too bad for his age, **but** I don't fancy him. 诚然他这个年纪看上去还不错, 但我不喜欢他。

It is true that	...,	but yet	that is not to say that ... 这并不少说...
			it does not follow that ... 这不一定得出这样的结论...
Admittedly,			it does not necessarily mean that ... 这并不意味着...
we cannot ensure that ... 不能保证...			
Granted,			it cannot guarantee that ... 不能保证...
there is no guarantee that ... 不能保证...			

『 **be faced / confronted with** 面临着、面对着... 』

- **China is faced / confronted with** the problem of overpopulation. 中国正面临人口过剩的问题。
- They were **faced / confronted with** a serious economic crisis. 他们面临着严重的经济危机。
- **Animals confronted with** uncontrollable situations may behave passively later. 动物在无法控制的情况下可能会表现出消极的行为。

But if the animals **are confronted with** situations they have no control over, they later behave passively when **faced** with experiences they can control. 六级阅读真题

『 **of ... nature** 某种类型的... 做后置定语, 修饰前面的名词 』

- I can't approve **of things of this nature**. 这种事
- treaties **of a political nature** 政治性的条约
- books **of an erotic nature** 色情的书刊
- questions **of an academic nature** 学术性的问题
- articles **of a technical nature** 技术性的文章
- dangers **of the most perilous nature** 极其危险的危险

『 **be equipped with** 装备上 』

- The soldiers were **equipped with** night vision goggles. 士兵配备了夜视仪。
- This car is **equipped with** the latest safety system. 这辆车配备了最新的安全系统。
- **The city was even equipped with a drainage system.**
- **Armed with the new machine, a search party went into the cave hoping to find buried treasure.**

『 **in a manner** 以...方式(a manner单数) 』

- He spoke **in a manner** that impressed everyone. 他说话的方式让所有人印象深刻。
- She behaved **in a manner** not suitable for the occasion. 她的行为方式不适合这个场合。
- The machine works **in a manner** that saves energy. 这台机器的工作方式很节能。

『 **at the ... of ...** 【时间状语短语】一...就... 』

- She screamed **at the sight of** the ghost. 一看到就...
- She trembled **at the thought of** the murder. 一想到就...
- She woke **at the sound of** the bell. 一听到就...
- She fainted **at the news of** her father's death. 一获得(消息)就...
- She wept **at the mention of** the accident. 一提到就...

at the thought of 一想到...就...	He laughed at the thought of his childhood antics. 一想到小时候的恶作剧他就笑了。
at the idea of 一有...念头就...	... your stomach would turn at the idea of frying potatoes in animal fat...
the + adj. + mention of ... 一提到...就...	... they always go into raptures at the mere mention of the country.

Riot police were patrolling the stadium, equipped in a manner which would make a soccer hooligan shudder at the sight. 防暴警察在体育场外巡逻，装备得使足球流氓一看到就不寒而栗。

『 go out of one's way (to do ...) 不怕麻烦地 / 特意做... 』

- Please don't **go out of your way** for me. 请别为我特意麻烦。
- It was very kind of you to **go out of your way to meet** us at the airport. 专门、专程
- He **went out of his way** to help the new employee. 他特意去帮助那位新员工。
- They **went out of their way** to welcome us. 他们不辞辛劳地欢迎我们。

※ They **had** a single aim, a solitary goal -- the top! 同义词连用(重要的事情说三遍)

『 a single aim, a solitary goal 唯一的目标 (同义词连用, 用于加强语气) 』

- She had **a single aim, a solitary goal** -- to win the championship. 她只有一个目标——赢得冠军。
- He lived his life with **a single aim, a solitary goal** — to find the truth. 他一生的目标就是寻找真理。
- The explorers pushed forward with **a single aim, a solitary goal** — the summit. 探险者们只有一个目标——登顶。

『 词语重复以加强语气 强调情感或语气 』

- 虚情假意、山盟海誓、千刀万剐、深仇大恨 中文举例
- I'm **sick and tired** of your excuses / silliness. 我受够了你的借口。
- She always complains of her **aches and pains**. 她总是抱怨这疼那疼。
- He never wants to **pick and choose**. 他从不挑三拣四。

登山先驱们 难度：4级

※ **It is hard for us to realize nowadays how difficult it was for the pioneers.**

『 it is hard for sb. to do sth. sb.很难去做某事 』

- **It is hard for me to believe** that he did this.
- **It is hard for students to concentrate** during long lectures.
- **It is hard for animals to survive** in extreme weather conditions.

※ **Except for one or two places such as Zermatt and Chamonix, which had rapidly become popular, Alpine villages tended to be impoverished settlements cut off from civilization by the high mountains.**

『 except for / but for 除了 / 若没有... 』

- **Except for** your help, I couldn't have finished the project. 若没有你的帮助，我无法完成这个项目
- **But for** the rain, we would have gone hiking. 若不是下雨，我们就去远足了
- I would buy a Mercedes **except / but (that) I** poor. 真实（接宾语从句后面的for要去掉）
- I would buy a Mercedes if I rich. 虚拟

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.

except for / but for / if it were not for ... 若没有.....的话（虚拟语气）

- **If it were not for** her advice, I would be lost. 若没有她的建议，我就迷路了。
- **Except for / But for / If it were not for** your support, I ~~would~~ be in big trouble now.

『 **Zermatt / Chamonix** 地名：滑雪/登山胜地 』

- **Zermatt** is a famous ski resort in Switzerland. Zermatt是瑞士著名的滑雪胜地
- **Chamonix** is the cradle of modern mountaineering. Chamonix是现代登山的发源地

『 **tend to do** 往往（常常）、倾向于（客观的趋势） 』

- People **tend to need** less sleep when they get older.
- Women **tend to live** longer than men.
- People **tend to** trust familiar brands. 人们往往信任熟悉的品牌
- Teenagers **tend to** stay up late. 青少年往往熬夜
- We **tend to** forget things when we're tired. 我们疲惫时往往会忘事

have a tendency to do 倾向于做某事	The drug has a tendency to cause dizziness / headaches. 这药有引起头晕的倾向
in most cases 多数情况下	In most cases, the software works fine. 多数情况下这软件运行良好
by and large 总的来说	By and large, he is a good student. 总的来说，他是个好学生
generally 普遍地	It is generally believed that... 人们普遍相信...
In general 通常，一般来说	This hobby educates one not only in the chosen subject, but also in general matters which have some bearing on it.

mostly adv.多半, 主要地; 几乎全部/所有	The audience were mostly adolescents. 听众几乎都是年轻人.
on the whole 总体来说	Today we tend to go to the other extreme, but on the whole this is a healthier attitude both for the child and the parent.
for the most part 多半	The contributors are, for the most part , professional scientists. 投稿者大多是专业科学家.
most of the time 大多数时候	It's crazy here most of the time . 这儿经常吵吵闹闹的.

『 settlements 居民点、村庄 』

- Many **settlements** were established near rivers. 许多居民点建立在河流附近
- The early **settlements** faced harsh conditions. 早期居民点面临恶劣环境
- These small **settlements** gradually turned into towns. 这些小村落逐渐变成了城镇

『 (which were) **cut off from civilization** 与文明隔绝(相当于定语从句, 定语的关系代词做主语, 如果是Be动词, 则可以同时省略) 』

out of touch with civilization 脱离文明	They were out of touch with civilization for months. 他们几个月与文明隔绝
isolated from civilization 被文明隔绝	The tribe was isolated from civilization for centuries. 这个部落与文明隔绝了数百年
separated from civilization 与文明分离	The island remained separated from civilization . 这个岛一直与文明隔离

※ Such inns as there were were generally dirty and flea-ridden; the food was simply local cheese accompanied by bread often 12 months old, all washed down with coarse wine. 并列句, 省掉了谓语动词be (was)

『 inn 乡下小旅馆 』

- We stayed at a cozy **inn** in the mountains. 我们住在山里的一个舒适的小旅馆
- The old **inn** has been turned into a museum. 这家老旅馆被改成了博物馆
- They opened a new **inn** near the hiking trail. 他们在徒步小径附近开了家新旅馆

『 **such / the same / as / so + 先行词 + as ...** 限定性定语从句 (不用which和that) 』

- I need **the same** tool **as** you are using. / I need **such** a tool **as** you are using. / I need **as** useful a tool **as** you are using.
- I want **such a** phone **as** you have. 我想要你那种手机
- She needs **the same** book **as** I read. 她需要我读过的那本书
- We admire **such** people **as** help others. 我们敬佩那些帮助他人的人

『 并列句中谓语动词省略 』

- ...; the food (was) simply local cheese accompanied by bread often 12 months old.
- ...,for a spider always has eight legs and an insect never (has) more than six.
- Paul **likes** poetry, and Peter (likes) fiction.
- Paul **likes** poetry, and I know that Peter **likes** fiction.

『 accompany vt.伴随 (常见被动) 』

- The disease **is accompanied by** sneezing and fever.
- strong winds **accompanied by** heavy rain 非谓语
- The fever **is accompanied by** a severe cough. 发烧伴随着严重咳嗽
- Success **is** often **accompanied by** stress. 成功常伴随压力
- The meal **was accompanied by** fine wine. 这顿饭配上了美酒

『 wash down with 用...送(服)下 』

- We ate some sausage, and **washed it down with** whiskey.
- He **washed down** the pill **with** water. 他用水把药咽了下去。
- She **washed** the meal **down with** beer. 她用啤酒把这顿饭吃下去。
- They **washed down** the cake **with** coffee. 他们用咖啡吃下蛋糕。

※ Often a valley **boasted** no inn at all, **and** climbers **found shelter** wherever they **could** --sometimes with the local priest (who **was** usually as poor as his parishioners), sometimes with shepherds or cheese-makers.

『 boast (事物) 拥有; (人) 自夸 』

- The town **boasts** a rich history. 这座城拥有丰富的历史
- The school **boasts** excellent facilities. 这所学校拥有一流设施
- He **boasts** of his achievements constantly. 他总是夸耀自己的成就

find one's way	人做主语; 表示“找到道路”	Specially-made lanterns are hung outside each house to help the dead to find their way. (鬼做主语)
-----------------------	-------------------	-------------------------------------------------------------------------------------------------------

	事物做主语；表示“到达某地”	My nephew, George, has a money box but it is always empty. Very few of the fifty pence pieces and pound coins I have given him have found their way there.
threaten to do	(人做主语) 威胁做某事	They threatened to kill him if he didn't obey.
	(物做主语) 有...的威胁	<ul style="list-style-type: none"> Mining operations threaten to destroy our environment. We keep trying all four methods, but the sheer volume of rubbish we produce worldwide threatens to overwhelm us.
promise to do	(人做主语) 承诺做某事	He promised to call me every week.
	(物做主语) 有...的可能	<ul style="list-style-type: none"> It promises to be warm today. Groundbreaking research by two French geophysicists promises to shed some light on the mystery. 六级真题

『 **shelter** 住处、庇护所 (不可数) 』

- **Food, clothing, shelter** and **transportation** are basic necessities of daily life. 衣食住行【不可数】
- They found **shelter** under a tree. 他们在树下找到了避难处
- Many refugees need food and **shelter**. 许多难民需要食物和住处
- The cave provided **shelter** from the storm. 山洞为他们挡住了风暴

※ **Invariably** the background **was** the same: dirt and poverty, and very uncomfortable. 两个同谓语

『 **invariably** 总是、不变地 』

- **Invariably**, he arrives late. 他总是迟到
- **Invariably**, the result is the same. 结果总是一样的
- **Invariably**, she chooses chocolate. 她总是选巧克力

※ For men accustomed to eating seven-course dinners and sleeping between fine linen sheets at home, the change to the Alps **must have been** very hard indeed.

『 be accustomed to sth. / doing 习惯于做某事 』

- Men **accustomed to struggling** for survival against the elements and Indians were bewildered by politicians, bankers and businessmen, and unhorsed by fences, laws and alien taboos.
- He is **accustomed to working** late. 他习惯了晚工作
- She is **accustomed to the cold**. 她习惯了寒冷
- They are **accustomed to city life**. 他们习惯了城市生活

be used to sth. / doing	I am used to traveling by air, and only on one occasion have I ever felt frightened.
be in the habit of sth. / doing	I'm not in the habit of letting strangers into my apartment. 我不习惯让陌生人进我家。

『 法式套餐之7道菜 常识 』

1. appetizer
2. soup
3. fish
4. main dish
5. salad
6. dessert
7. beverage



In the heat of the moment

一时冲动；在情绪激动时

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。