



Fast Reading of College English

# 大学英语快速阅读

Intermediate ( 中级 )

■ 大学英语精品课程组 编著



浙江工商大学出版社  
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大学英语精品课程组 编著

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## 前言

2007年7月,教育部颁布了指导高等院校大学英语课程教学的纲领性文件《大学英语课程教学要求》,并在全国开始实施。与此同时,全国大学英语四级考试改革也在稳步推进。《教学要求》和新修订完成的《大学英语四级考试大纲》都突出强调快速阅读是培养学生英语应用水平很好的方法,明确提出了对学生快速阅读能力的要求:能运用略读和查读技巧从篇章中快速获取信息,在快速阅读篇幅较长、难度略低材料时,阅读速度达到每分钟100词。

正是在这样的背景下,“大学英语”精品课程组组织了一批年富力强的大学英语一线教师,积极探索,认真编写了本套《大学英语快速阅读》(初级、中级、高级)丛书,目的是为了帮助学生有的放矢地开展快速阅读训练,提高学生快速阅读能力。

本套教程的编写以《大学英语四级考试大纲》为依据,具有新颖性、趣味性、原创性、真实性和科学性的特点。本套教程的选材全部出自国外报纸杂志最新文章,材料来源权威,题材涉及广泛,内容趣味性强。教程中的习题均为参编教师独立编写,练习形式与四级考试完全一致,难度适中,分别与大学英语二、三、四级同步,具有很强的针对性。本套教程还参考了《2008年普通高等学校招生全国统一考试大纲英语词汇表》和大学英语基本要求、较高要求、更高要求三个层次的词汇表,运用 Antconc 等语料检索工具对选材进行了一定程度的筛选、统计和修改,选材更具科学性。

本套教程在编写过程中,借鉴了 *Reader's Digest*, *Science News for Kids*, *The History of Transportation*, *Junior Scholastic*, *Time*, *The New York Times*, *USA Today*, [www. about. com](http://www.about.com), [www. associatedcontent. com](http://www. associatedcontent. com), [www. msnbc. com](http://www. msnbc. com), [zenhabits. net](http://zenhabits. net) 等国外杂志及网站的文章。所选文章的作者如下: Arthur C. Brooks, Jacqueline Leo, Dr. Joyce Brothers, Ellen Michaud, Julie Bain, Emily Sohn, Doreen Kimura, Esther Mitchell, James K. Glassman, Karen Fanning, James Rall, Samantha, Roy McCrae, Charles W. Bryant, Michael Cahill, Kelci Lynn, Colin Stief, Larry West, Laura Blue, Billy Booth, David Leonhardt, 在此一并表示感谢。

本册为《大学英语快速阅读》(中级),共有10个单元,供大学英语三级学生以及程度相当的英语爱好者和自学者使用。每单元包括三篇文章,每篇文章后都有专门针对快速阅读的 Skimming and Scanning 练习。课文阅读和快速阅读练习设定了建议完成时间和实际完成时间,便于课堂操作和学生自学。每篇文章后还附有词汇拓展练习,旨在帮助学生巩固所学词汇。

本书由浙江工商大学外国语学院组织编写。Unit 1、Unit 2 由钟含春编写,Unit 3、

Unit 6 由沈志法编写, Unit 4、Unit 5 由陈培良编写, Unit 7、Unit 10 由余双全编写, Unit 8, Unit 9 由姜渭清编写。本册由沈志法统稿, 贾爱武教授、王蕾教授和美国作家 Chuck Wheeler 主审。

本书的编辑出版得到了浙江工商大学出版社和教务处等有关领导和部门的大力支持和帮助, 谨此一并表示感谢。

由于编者水平与经验有限, 教材中难免还有不足之处, 希望广大读者批评指正。

大学英语精品课程组

2008 年 9 月

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## Unit One

### Passage One

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#### Why We Are Happy?

You might suspect that Americans are getting happier all the time. After all, many are getting richer, and this should make them better equipped to follow their dreams. On the other hand, there's a lot of talk about the good old days, when kids could play outside without any worry about being kidnapped. And there's a great deal of stress in this country right now, due to financial concerns, negative workplace environments, and chronic health problems, among other pressing issues.

But average levels of happiness in America have stayed largely constant for many years. The factors that add up to a happy life for most people are not what we typically hear about. Things like winning the lottery and earning a master's degree don't make people happy for a long time. Rather, the key to happiness, and the difference between happy and unhappy Americans, is a life that reflects values and practices like faith, hard work, marriage, freedom, and charity.

#### Happiness predictor 1: faith

In general, religious Americans who attend a place of worship regularly are happier than those who rarely or never attend. In 2004 the General Social Survey found that 43 percent of religious folks said they were very happy with their lives, compared with 23 percent of secularists (世俗论者, 即不属于任何宗教的人). Religious people were a third more likely than secularists to say they're optimistic about the future. And secularists were nearly twice as likely as religious people to say "I'm inclined to feel I'm a failure".

The connection between faith and happiness holds regardless of one's religion. All nonpartisan (无党派者) surveys on the subject have found that Christians and Jews, as well as members of many other religions, are far more likely than secularists to say they're happy. It also doesn't matter if we measure religious practice in ways other than attendance at worship services. Of course, not every religious person is happy; neither is every secularist unhappy. Nonetheless, it's clear that faith is a common value among happy Americans.

#### Happiness predictor 2: work

In 2002 an amazing 89 percent of workers said they were very satisfied or somewhat satisfied with their jobs. This isn't true just for those with high-paying, highly skilled jobs but for all workers across the board. And the percentage is almost exactly the same among those with and without college degrees and among those working for private companies, nonprofit organizations,



and the government.

For most Americans, job satisfaction is nearly equivalent to life satisfaction. Among those people who say they are very happy with their lives, 95 percent are also satisfied with their jobs. Furthermore, job satisfaction would seem to be causing overall happiness, not the other way around. The bottom line here: If we want to be happy, we need to work.

### **Happiness predictor 3: marriage & family**

Marriage has taken a lot of hits since the 1960s. It's been said to hold back many people, especially women, from their full potential to be happy. Don't believe it. Marriage isn't just associated with happiness—it brings happiness, at least for a lot of us. One 2003 study that followed 24,000 people for more than a decade documented a significant increase in happiness after people married. For some, the happiness increase wore off in a few years, and they ended up back at their pre-marriage happiness levels. But for others, it lasted a lifetime.

What about having kids? While children, on their own, don't appear to raise the happiness level (they actually tend to slightly lower the happiness of a marriage), studies suggest that children are almost always part of an overall lifestyle of happiness. Consider this: While 50 percent of married people of faith who have children consider themselves to be very happy, only 17 percent of nonreligious, unmarried people without kids feel the same way.

### **Happiness predictor 4: freedom**

Freedom and happiness are intimately related: People who consider themselves free are a lot happier than those who don't. In 2000 the General Social Survey revealed that people who personally feel "completely free" or "very free" were twice as likely to say they're very happy about their lives as those who don't.

Not all types of freedom are the same in terms of happiness, however. Researchers have shown that economic freedom brings happiness, as do political and religious freedom. On the other hand, moral freedom—a lack of constraints on behavior—does not. People who feel they have unlimited moral choices in their lives when it comes to matters of sex or drugs, for example, tend to be unhappier than those who do not feel they have so many choices in life.

### **Happiness predictor 5: charity**

We've all heard that money doesn't buy happiness, and that's certainly true. But there is one way to obtain happiness: Give money away. The evidence is clear that gifts to charitable organizations and other worthy causes bring substantial life satisfaction to the givers. If you want \$50 in authentic happiness today, just donate that amount to a favorite charity.

People who give money to charity are 43 percent more likely than non-givers to say they're very happy. Volunteers are 42 percent more likely to be happier than non-volunteers. It doesn't matter whether the gifts of money go to churches or symphony orchestras (交响乐团); religious giving and secular giving leave people equally happy, and far happier than people who don't give.



8. Money cannot buy happiness, but we will be happy if we \_\_\_\_\_.
9. Suppose you have \$ 50 at hand and you want to be happy, you can give the money to \_\_\_\_\_.
10. The more people are devoted to charity, \_\_\_\_\_.

## II. Expanding Vocabulary

**Directions:** For each of the underlined words or phrases, four choices are given. Choose the one that best explains or defines the underlined word(s).

1. You might suspect that Americans are getting happier all the time.  
A. argue                      B. conclude                      C. guess                      D. remark
2. Rather, the key to happiness, and the difference between happy and unhappy Americans, is a life that reflects values and practices like faith, hard work, marriage, freedom, and charity.  
A. includes                      B. expects                      C. judges                      D. shows
3. It also doesn't matter if we measure religious practice in ways other than attendance at worship services.  
A. no more than                      B. rather than                      C. different from                      D. similar to
4. Nonetheless, it's clear that faith is a common value among happy Americans.  
A. Furthermore                      B. Therefore                      C. However                      D. Instead
5. For most Americans, job satisfaction is nearly equivalent to life satisfaction.  
A. superior                      B. equal                      C. particular                      D. advantageous
6. For some, the happiness increase wore off in a few years, and they ended up back at their pre-marriage happiness levels.  
A. went down                      B. went up                      C. gave in                      D. gave out
7. Freedom and happiness are intimately related; People who consider themselves free are a lot happier than those who don't.  
A. closely                      B. hardly                      C. possibly                      D. gradually
8. On the other hand, moral freedom—a lack of constraints on behavior—does not.  
A. politeness                      B. consideration                      C. restrictions                      D. education
9. The evidence is clear that gifts to charitable organizations and other worthy causes bring substantial life satisfaction to the givers.  
A. minor                      B. doubtful                      C. immediate                      D. considerable
10. If you want \$ 50 in authentic happiness today, just donate it to a favorite charity.  
A. simple                      B. admiring                      C. real                      D. further

## Passage Two

### Laura Bush: A Second Look at the First Lady

#### Why she's so popular

On the day of our visit last January, as my colleague Bill Beaman and I sat in a room waiting for the First Lady, we noticed a wall full of children's books, and thought they might be some of her favorites. The room was plain, rather cozy and under-decorated. We were told the interview would take place in Mrs. Bush's office, and assumed this was a waiting room. Wrong. This was Laura Bush's office: child-centric art and literature, a simple desk, a small sitting area, and that is it. How true to her style, I remember thinking. You could imagine her in jeans and a work shirt, organizing anything from a bake sale (家制糕饼义卖) to an inaugural (就职的) ball. Then it dawned on me. The reason Laura Bush is perhaps the most popular First Lady since her mother-in-law, Barbara Bush, is because of the jeans and work-shirt attitude she projects to the country.

Her numbers are striking: According to a recent Gallup Poll (民意测验), she has an 85% approval rating, about 30 points higher than her husband. One reason is that she hasn't made any mistakes—not one—during her years in the White House. Laura Bush's most dramatic contribution to White House had nothing to do with her or her social life in Washington. It had only to do with her husband. She designed a beautiful rug for the Oval Office (美国总统办公室), replacing the blue one you will see if you watch "The West Wing".

Laura Bush's hidden strength is that she doesn't have to be "First Lady" to be the President's wife. And if she were going to change anything with taxpayers' dollars, it would have to have lasting value and a return on the investment—therefore, the Oval Office, where heads of state could be as impressed as we were.

#### Not exactly a "desperate housewife"

To her critics, Laura Bush's solid and consistent behavior is translated as dull and boring. But after 9/11, some began to see her true value. She emerged from that tragedy as a true believer in the fight against terrorism. But her war would be waged in the classroom. She jump-started an educational reform program in Afghanistan that would allow women to attend school for the first time. "Women had no power, and the result was that one-half of the population couldn't contribute to society," she says, "We are building an American school in Kabul, where women teachers can be trained and have a safe place to live, so they can go back to their provinces and teach."

Laura Bush's commitment to education has gone well beyond chairing the occasional charitable fund-raiser, or offering photo opportunities as she tours schools. Growing up an only

child in Midland Texas and having no interest in sports, Laura Bush turned to books for pure joy and entertainment. She had plenty of friends, and still sees some who date back to her days in the Brownies. But books offered a special joy. Her close friend Penny Royall says that Laura Bush's love of literature accounts for her thoughtful and intelligent image. "Being so well-read has enriched her life as well as the country."

I try to fill in the blanks about Laura Bush's childhood. No brothers or sisters to fight with, no competition among girls for the latest pair of Prada shoes, no pressure to be a top student in class. She would hang out, have fun, watch a school football game, and feel loved by her parents and friends. Not exactly the groundwork for becoming a "desperate housewife".

### Who she is today

In many ways, Laura Bush has been liberated. There are no more campaigns to face, no more debates and no more political speeches after this term. She would never want to toss her own hat in the political arena. "I'm not really interested in running for anything. That's just not my personality." Penny Royall says, "It's fair to say that Laura is a natural introvert. She's not shy. She prefers quiet company. Just a week or so ago, I was over on Saturday, we worked out, showered and dressed, had a coffee. We were sitting in the living room. She was working, I was reading a book. We were quietly sitting, just being together. The President came in and said, 'Aren't you all going to talk to each other? You haven't said one word to each other.' We were just quietly enjoying being there together."

That's the difference between George and Laura Bush. He's extroverted; she's private and reserved. He's a plain-speaking Texan who can upset people with fighting words. She's measured and thoughtful. He's a true politician. She avoids the spotlight. They fill in the blanks for one another. At the end of his term, they'll be empty nesters, living on their farm in Crawford, watching football and baseball games, doing puzzle-solving games, and wearing jeans and work shirts. But George W. Bush's political life will likely continue. And Laura Bush will write a children's book about Barney, their dog, and do what she's been doing all of her adult life—making sure that children read the books that will inspire their lives, just like she did.

(895 words)

阅读及练习 I 建议用时: 13 分 27 秒

实际用时: \_\_\_\_\_

## Exercises

## I. Skimming and Scanning

**Directions:** Go over the passage quickly and answer the following questions.

For questions 1–7, select the most appropriate answer for each of the following questions.

*For questions 8–10, complete the sentences with the information given in the passage.*

- The room where the author and her colleague waited for Laura Bush is \_\_\_\_\_.  
A. the waiting room  
B. the children's room  
C. Mr. Bush's office  
D. Mrs. Bush's office
- From the recent Gallup Poll, we can infer that the approval rating of Laura's husband is \_\_\_\_\_.  
A. 85%  
B. 30%  
C. 55%  
D. 25%
- The greatest contribution Laura has made to the White House is related to \_\_\_\_\_.  
A. herself  
B. her social life in Washington  
C. her mother-in-law  
D. her husband, George Bush
- Before changing anything with taxpayers' money, what Laura should consider is \_\_\_\_\_.  
A. whether it can prove she is a good "first lady"  
B. whether it is related to the President's office  
C. whether it will be worthwhile and valuable  
D. whether it can be reused or recycled
- After the 9/11 tragedy, Laura Bush started an educational reform in Afghanistan to \_\_\_\_\_.  
A. get away from the tragedy  
B. allow women to go to school  
C. wage a war against terrorism  
D. wage a war against classroom education
- According to Penny Royall, Laura's thoughtful and intelligent image is due to her love of \_\_\_\_\_.  
A. fashion  
B. sports  
C. books  
D. photos
- Which of the following is NOT true about Laura's childhood?  
A. She didn't have many friends.  
B. She was loved by her parents.  
C. She is the only child of her family.  
D. She didn't have to be an excellent student.
- Laura has been liberated, and now she has no interest in \_\_\_\_\_.
- George and Laura fill in the blanks for one another very well. The former is a true politician, while the latter \_\_\_\_\_.
- At the end of Bush's term, Laura will not only write a book about their dog, but also make children read the books that will \_\_\_\_\_.

## II. Expanding Vocabulary

**Directions:** For each of the underlined words or phrases, four choices are given. Choose the one that best explains or defines the underlined word(s).

- We were told the interview would take place in Mrs. Bush's office, and assumed this was a waiting room.  
A. ensured                      B. supposed                      C. doubted                      D. found
- The reason Laura Bush is perhaps the most popular First Lady since her mother-in-law, Barbara Bush, is because of the jeans and work-shirt attitude she projects to the country.  
A. pretends                      B. provides                      C. shows                      D. shares
- Her numbers are striking: According to a recent Gallup Poll, she has an 85% approval rating, about 30 points higher than her husband.  
A. interesting                      B. outstanding                      C. exciting                      D. depressing
- She designed a beautiful rug for the Oval Office, replacing the blue one you will see if you watch "The West Wing".  
A. mixing with                      B. throwing away                      C. taking the place of                      D. making up for
- To her critics, Laura Bush's solid and consistent behavior is translated as dull and boring.  
A. expressed                      B. blamed                      C. expected                      D. understood
- Laura Bush's commitment to education has gone well beyond chairing the occasional benefit fund-raiser, or offering photo opportunities as she tours schools.  
A. devotion                      B. campaign                      C. requirement                      D. preference
- Her close friend Penny Royall says that Laura Bush's love of literature accounts for her thoughtful and intelligent image.  
A. improves                      B. emphasizes                      C. explains                      D. spoils
- Not exactly the groundwork for becoming a "desperate housewife".  
A. playground                      B. preparation                      C. activity                      D. routine
- She would never want to toss her own hat in the political arena.  
A. speech                      B. competition                      C. field                      D. career
- He's extroverted; she's private and reserved.  
A. talkative                      B. friendly                      C. aggressive                      D. outgoing

## Passage Three

### How to Be a Great Mom

I'm a mom. I am also a woman, a wife, a daughter, and a friend. Recently I started blogging. As it turns out, I am a writer too. I am wearing many hats and doing so is not always easy. I was grateful to discover an article by Leo, where he shares useful tips on how to be a great dad. When I read Leo's article, I was curious: Do these tips apply to moms? Can I incorporate his advice into my own life? Obviously, a great mom loves her kids, takes care of their basic physical and emotional needs, and spends quality time with them. But what are the subtler, less obvious ways to become a great mom?

#### 1. Stay true to yourself.

You don't have to give up your own passions and interests once you become a mom. It's important that you find time for what you love to do. Reading, writing, exercising should take precedence over others. Find a way to incorporate these into your routine. Easier said than done, I know, but you should at least aim to keep doing what you love, even if you don't get to do it as often as before. If you take care of your own needs, you will be happier and will function better as a mom.

#### 2. Don't be a martyr (牺牲者).

The kids don't ask for it, they don't need it, and they certainly don't need to pay the price that comes with being mothered by a martyr. Need some time alone? Let the kids watch TV for an hour and go and read a book. Feel like you haven't had adult interaction in ages? Leave them with Dad for the evening and make plans to have dinner with a friend. Getting to the point where you are extremely exhausted is not good for you or for your kids.

#### 3. Don't try to be perfect.

This is true for life in general, and is a major personal goal of mine, regardless of motherhood. Striving for perfection is always a bad idea, because life is messy and unpredictable and full of surprises. Trying to create perfection, or to maintain complete control, is simply impossible and should never be your goal. Once you become a mom, life is messier and crazier than ever before, so it's more important than ever to let go of that perfectionism. You need to accept that the house will sometimes be untidy, that once in a while dinner will be takeout, and that the kids will sometimes have to entertain themselves while you recharge and regroup.

#### 4. Teach them simplicity.

You will do them a huge favor, if you teach them at a young age to avoid associating



happiness with the accumulation of material possessions. The younger they are, the more likely they are to listen to you, so start early. My kids are 6 and 8, and I often feel that now is the time to instill my values in them, before they are teens (or pre-teens) and peer pressure takes over. When it's time to get rid of clutter (混乱), I allow my daughters to be part of the process, and we talk about how we don't need all that stuff. We never go shopping as a fun outing. They know that shopping is a necessary evil, something that you do when you really need something. Instead of buying books, we borrow books at the library. We reuse as much as we can. Together, we take pride in living in a clean and airy home.

### 5. Teach them to be self-reliant.

It's very likely to help your children in a way that robs them of the opportunity to help themselves. At every developmental stage your child reaches, she can do things by herself. If you do them for her, you are not really helping her, but rather holding her back. Gently teach her independence and let her do what she can do, and what is appropriate for her to do, by herself. The sense of accomplishment that comes with being independent is essential for a child.

### 6. Laugh and have fun!

When you're a mom, it's easy to become so absorbed in taking care of your kids—what Leo refers to as the “mom stuff”—that you forget to relax and have fun. But kids are fun. They give you a wonderful opportunity to be a child all over again, and to do things that you never thought you would do as an adult and see the world through their innocent, curious eyes. Haven't noticed interesting insects and colorful butterflies in several years? You are going to start noticing them again once you have kids.

So, are the lists any different? They're different in some ways, and similar in others. While both emphasize being good to your kids and to yourself, my list places more emphasis on the “be good to yourself” part. I think that the biggest mistake dads make is that they become so absorbed in their careers that they do not spend enough time with their families. The biggest mistake moms make, in my opinion, is that they become so absorbed in their families that they do not spend enough time on their own passions. Leo's list helps dads find their balance. My list, hopefully, helps moms find theirs.

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