



大学英语快速阅读教材系列

COLLEGE ENGLISH
FAST
READING
BOOK FOUR

大学英语
快速阅读

(第二版)

汪火焰 主编

4



WUHAN UNIVERSITY PRESS

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前 言

《大学英语快速阅读教材系列》是根据教育部颁发的《大学英语教学基本要求》以及大学英语四、六级考试最新题型而编写的。改革后的大学英语考试题型更注重扫读和寻读能力的培养,并增加了阅读的篇幅,改进了阅读理解题型,要求学生在15分钟之内完成约1 000个单词文章的阅读量。传统的阅读教材在阅读篇幅、阅读时间以及阅读理解题型方面都很难满足新的要求。为了适应大学英语四、六级考试的新变化,我们及时修订了《大学英语快速阅读教材系列》。

本教材有以下几个特点:首先是紧扣最新变化,无论是阅读篇幅还是题型都严格按最新大学英语四级考试要求编写。其次是选材多样,内容新颖,信息量大,所选短文全部是近两年英美正式发表的,以介绍英美社会、人文、习俗等背景知识为主,每单元以一个话题为中心。我们的编写宗旨不以应试为目的,而在于给学生提供高质量的英语阅读文章,使学生在愉快的阅读中欣赏美文,开阔视野,并在不知不觉中掌握阅读技能,尤其是快速阅读技能。最后,本教材适合于课堂和自学两种教学模式。每单元由四篇文章组成,前两篇为课内阅读,由教师按规定的时间安排随堂练习,有计划、有步骤地培养学生的阅读技能;后两篇文章为课后阅读,可作为课后作业和学生自主学习的材料,进一步强化和巩固课内所学的知识。

相信通过学习本教材,学生能更迅速和更有效地掌握英语阅读技能。

本教材由武汉大学外语学院大学英语部负责编写。第四册由汪火焰主编,阮琳、陈金兰参编。

由于编者水平和经验有限,且时间紧迫,教材中难免还有不足之处,热切期望广大读者不吝指正。

编 者

2010年6月于珞珈山

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Unit One

Entertainment

In-Class Reading

Passage I

Harry Potter Storms into Homes

Words to Know

1. captivation *n.* 迷惑, 着迷, 魅力
2. outburst *n.* (火山、激情等的) 爆发
3. astounding *a.* 令人惊骇的
4. spell *n.* 咒语; 魔力
5. execute *v.* 执行, 实行

Time Limit: 4'1"

1 The latest *Harry Potter* book was released on Saturday, *The Half Blood Prince*, and within its first 24 hours of retail it had sold 10 million copies, which is a clear sign of the growing popularity of the *Harry Potter* books.

2 The book is 600 pages of captivation and the constant outburst from Harry that couldn't have just annoyed me in the last book have been removed, and the book is so much the better for it. The latest *Harry Potter* is astounding and it demonstrates the time that the characters had spent in the school, as there is the constant use of spells that really puts forward the magical side of the characters rather than the occasional use of magic from Harry, Hermione, or Ron.

3 The characters have been developed excellently and the very obvious

connection that has existed between Ron and Hermione is being confronted quite clearly in this book. Dumbeldore takes a greater role in this book, which is what many readers would have probably been demanding. Harry's growth as a person is a welcomed sight as he moves away from his childlike past into an adult, is been brought forward as his decisions are that of adult problems and adult reasons although there is still the sense of the child that is still contained within his reasons, but I believe this to be a link with his being between adulthood and childhood, as many readers are.

4 I found myself captivated with this book and the clear growth of the characters was extremely enjoyable, especially Malfoy and Harry who clearly carry greater burdens that is changing the shape of their relationship. J. K. Rowling has done an astounding job with this book and, after the death of Sirius, which has been approached with a light touch that it hasn't consumed the book, but there was enough of a mention that it wasn't an unsettled affair.

5 J. K. Rowling wrote the end of the book with a twist that many would have seen coming throughout the series although they at the same time would never have thought that such an event would occur.

6 I enjoyed this book greatly and read it within three days and I would recommend everyone to read this book no matter what age they are and everyone will be so captivated by the end pages of this book that they will eagerly await the next and what I believe to be the final book, which I hope to execute with the same ability that is so clear throughout *The Half Blood Prince*.

7 The only fear I have for this book is the manner in which it will be presented on the big screen when the time comes, as with each film I as a reader have faced great disappointment at the hand of the films, but I just would like to say that following the order of the book is important and that even the smallest details are important especially in a series of films such as the *Harry Potter* books given that a small detail may grow in importance across each title.

(524 words)

Comprehension Exercises: Yes / No / Not Given

Directions: Judge whether or not the following statements agree with the information given in the passage, and mark **Y** for **Yes**, **N** for **No**, or **NG** if information is not given in the passage.

1. _____ The growing popularity of the *Harry Potter* books can be seen from the retail sale.
2. _____ That the latest *Harry Potter* has removed the astonishing outburst from Harry and put in the constant use of spells attracts the writer of the passage.
3. _____ Even if Harry moves away from his childlike past into an adult, his decisions are that of child problems.
4. _____ The details of one *Harry Potter* have nothing to do with the details of another *Harry Potter*.
5. _____ The writer suggested the film of the book should be produced according to every detail of the book.

Passage II

Happiness Isn't for Sale, but Some Planning

Words to Know

1. marginal *a.* 边缘的; 周边的
2. antioxidant *n.* 抗氧化剂
3. mope *v.* 忧郁, 闲荡
4. autonomy *n.* 自主性
5. spouse *n.* 配偶

Time Limit: 4'5"

1 Most people focus on saving as much money as possible before they retire, assuming that more money leads to increased happiness. And while studies show it is true that income and wealth do increase retirement

satisfaction, they do so less than you might think. “Dollars are nice, but they don’t have a large marginal impact,” says Keith Bender, associate professor of economics at the University of Wisconsin-Milwaukee. He found that a \$10,000 increase in pension income per year increases the probability that people are very satisfied with their retirement by only 1 percentage point.

2 Retirees with defined-benefit plans, like company pensions, or those with both defined-benefit plans and defined-contribution plans, are generally happier than those with only defined-contribution plans.

3 But here are some other things that will help make your retirement a happy one.

4 **Take care of your health.** Your physical well-being is the single most important factor in retirement happiness. Quite simply, the better your health is, the happier you are. If you or a relative is sick, every other concern takes a back seat. Conversely, better health allows for more fulfilling participation in all the activities that make you happy. Eating healthful foods, exercising regularly, and getting routine checkups throughout your life will increase your well-being during retirement.

5 John Trojanowski, a physician and PhD who directs the Institute on Aging at the University of Pennsylvania, recommends exercising mentally and physically, socializing with friends and family, maintaining a low cholesterol level and low blood pressure, and eating a heart-healthy diet rich in antioxidants.

6 **Pick your retirement date.** People who choose when they retire rather than being forced to quit because of illness or a layoff enter retirement much happier, and the effects continue for many years. Employees forced to retire are significantly less happy. This gap persists for up to 10 years after retirement, Bender’s research shows.

7 However, if you are laid off, you can regain control of your happiness. “Don’t sit at home and mope,” advises Bender. “Go back out and get a job. There’s something about the nature of work that can increase your enjoyment in retirement.” Being productive can help re-establish your autonomy and again let you set your own retirement date.

8 **Plan well ahead.** The time to be thinking about retirement is well before the date arrives. “So the key to post-retirement happiness is to plan earlier in

one's life cycle," says Debra Dwyer, assistant professor of economics at SUNY-Stony Brook. "Even if you don't have a lot, you can plan your preferences and needs and invest the resources you have efficiently." Figure out what you might like to do when you retire and where you might want to live. Try different hobbies and learn about other types of work. Retirees who work part-time or volunteer report feeling happier. Also, if you are married, research shows that you will probably be happier if you and your spouse retire at about the same time.

9 You may not have total control over when or how you retire. But with planning, you will be better prepared when the time comes. And that is likely to mean a happier retirement.

(530 words)

Comprehension Exercises: Sentence Completion

Directions: Complete the following sentences with the information given in the passage with *no more than three words* for each answer.

1. Income and wealth don't increase so much _____ as people assume.
2. Your _____ is the most important factor in retirement happiness.
3. Picking your _____ will make you happier when you retire.
4. One can _____ one's happiness by going out and getting a job when he or she is laid off.
5. The most important thing to post-retirement happiness is to _____ in one's life cycle.

After-Class Reading

Passage I

Bite the Big Apple

Words to Know

1. fabulous *a.* 极好的

2. charity *n.* 慈善机构; 慈善
3. marine *a.* 海洋的, 海上的
4. commando *n.* 突击队
5. regime *n.* 管理方法
6. shin *n.* 胫骨
7. splint *n.* 夹板
8. massage *n.* 按摩
9. stall *n.* 摊位, 露天摊子
10. boom *v.* 发出隆隆声
11. borough *n.* 自治市
12. arduous *a.* 难攀登的
13. pasta *n.* 意大利面食
14. hangover *n.* 宿醉
15. optimum *a.* 最适宜的; 最佳的
16. vibrant *a.* 充满活力的

Time Limit: 7'32"

The New York Marathon is not just an exciting event for runners, their supporters have a fabulous time to getting caught up in the atmosphere and seeing the sites.

Former Royal Marine John MacNeill ran the New York Marathon in 2004. This year he's headed back to the Big Apple to run again on November 5 in support of the charity Sense.

1 Before running the New York Marathon I'd done the Glasgow Marathon in 2000, so I had some idea of what I should expect. I used to be in the Royal Marine Commandos and prior to that I was an amateur boxer so I have always been quite physical.

2 I ran the New York Marathon in 2004 in support of a charity called Sense that I found through *Marathon News* magazine and felt that they were a group I'd like to support. They work with people who are deaf and blind and have other difficulties. The co-operation I received from them and support I got was amazing. They helped with everything from my diet to

training regimes.

3 In the lead up to running any marathon I do training in the months before and do one full run about five days before the race and from there rest right up until the day. During that time I try to fix any irritating injuries I may have. In 2004 I probably ran a bit too much in preparation. I think in my training I moved up to the bigger distances too soon, and went into the race with shin splints, which was a disadvantage so I didn't get the time I was hoping for. Even so I was well taken care of and when I arrived in New York I got a full massage on my leg. They try to prepare you as much as possible and even take you on a training run in Central Park when you arrive.

4 On the day of the marathon I had a coffee and a late breakfast. It was terrible weather the week before the event, but finally cleared up and was beautiful. They put us on a coach for an hour and a half to an assembly area. There was a checkpoint we went through where they checked that you weren't a terrorist, then we went to the starting line. Everyone was given an electronic tag to attach to your shoe which starts you by giving out a beep and registers your time when you get to the finish line. It was issued to us the day before the race along with the number for our shirts in a place that looked like a trade hall with lots of stalls for Nike, Adidas and others. Some people spend a lot of money there, but I really only bought a couple of things. I think most people really just look for a good pair of trainers and don't tend to need much other stuff.

5 I remember two moments from the marathon particularly strongly. The first was at the starting line where they'd set up big speakers that were booming out New York, New York by Frank Sinatra. Further along some guys sitting on their balcony were playing the rock theme tune, *Eye of the Tiger* at full volume. The crowd support was completely amazing.

6 It was all very friendly and social. I met a lad from Taunton on my way over who was using the event to try to get himself fit. We became mates and hung out over there but I lost my phone and lost contact with him when I came back. I had a few drinks with people I met over there and a group of my friends came out with me to watch the run and see the sights. It is a spectacular event. The start takes you over the Hudson River, and the first few miles are just excellent. You then go through all five boroughs from

Staten Island, up through Brooklyn to Queens and the Bronx and then down through Manhattan. You get great views of the Empire State Building and the city. There are so many communities you run through as well, with little Italy and the Bronx and the different groups uptown, but after the pain sets in it is harder to concentrate on what's around you. The bridges are quite arduous, but they are also the most spectacular parts of the course. All along the course there were people leaning over the barriers to hand you drinks, fruit and chocolate. I tend to go for the chocolate bars. And the water of course.

7 After the race was over, me and the boys from England went for a meal, I think it was pasta, but I don't remember clearly. You just feel alive afterwards. Then we went for a few drinks, I'm not sure how many but when you're fit you don't really get hangovers so I didn't suffer too much the next day.

8 For me the most important thing is the personal challenge rather than beating other people, I just try to beat my own time. I was hoping to get under 4 hours but got 4.15 because of my injury. This year I'm hoping to better that. For me it is about self-discipline. The training leading up to the event is as hard as the race itself. There's no optimum age to be a runner—I've run races and have people pass me and realize that they're old enough to be my grandparents.

9 Immediately after I did the marathon I wanted to go back to New York. It was very vibrant and more than I expected. Having done New York inspired me to try to get to the other majors. For me London is next, but one step at a time.

(976 words)

Comprehension Exercises: Multiple Choice

Directions: For each of the following questions, decide on the best choice.

1. Why did the writer take part in marathon?
 - A. Because he used to be in the Royal Marine Commandos.
 - B. Because he was once an amateur boxer.
 - C. Because he was always quite physical.

- D. Because he thought it was a personal challenge.
2. What is the organization called Sense do?
- A. To call for athletes of marathon by making advertisements in *Marathon News* magazine.
- B. To work with disabled people, especially those who are deaf and blind.
- C. To support the athletes of marathon and cooperate with them.
- D. To help the athletes of marathon with their diet and training.
3. What did NOT the writer do before marathon?
- A. He ran everyday before marathon.
- B. He did training months before the very day of marathon.
- C. He did one full run about 5 days before marathon.
- D. He had a rest for the last 5 days up until the day of running.
4. All the athletes must do the following things EXCEPT ____.
- A. being sent to an assembly area
- B. being checked that they weren't terrorists
- C. being given an electronic tag to register the time to the finish line
- D. being asked to buy some sport stuff by themselves
5. What was NOT true before and during the marathon?
- A. People played songs to support the athletes.
- B. His friends came to see the sights of marathon.
- C. The writer got great views of the places he ran past during the marathon.
- D. People handed the athletes drinks, fruit and chocolate.

Passage II

How to Give Negative Feedback

Words to Know

1. suck *v.* 讨厌
2. twist *v.* 使扭转, 缠绕
3. punch *v.* 用拳猛击; 打孔
4. problematic *a.* 有问题的

5. air v. 发表, 表达

Time Limit: 7'11"

1 Giving negative feedback sucks. Period. It's uncomfortable for you and it's uncomfortable for the person hearing it. But no matter how much you twist and turn to avoid it, giving negative feedback may be the kindest way to change behaviour. And believe it or not, there are ways of giving negative feedback that make it less painful for all parties involved.

Tough Management Love

2 Your team is complaining Tony's smelly feet are putting them off their work. What do you do? Ignore it? Open the window? Or do you talk to Tony?

3 So you decide to ignore it. What happens then? Your team thinks you don't listen to them and gradually your communication channels shut down. Ignoring the issue is not going to make it go away.

4 You decide to open the window, as you don't want to embarrass Tony. Problem is that most modern office windows don't open so that the air conditioning works. Even if you could open the window, you've avoided tackling the real problem.

5 So you pick up the courage to have a chat with Tony. From this you discover he has recently separated from his partner and has been sleeping on a friend's couch and living out of a backpack. No one in the team knew this, and Tony didn't know how to mention it. You chat about the situation and Tony feels better for it. Bet you didn't expect that to happen (Names have been changed to protect identities. This is a real example)!

6 This conversation could have gone horribly wrong. But it didn't as it's possible to give negative feedback well.

(1) Choose Your Time and Place

7 Always give negative feedback in private. Book a room or office where you will not be disturbed, out of view of curious eyes.