

总主编 张树德

大 学 英 语

第 1 册

快速阅读高手

主编 谢雨利 龙星源



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前言

学习英语,阅读历来就是一条必不可少的重要途径,这既是提高学习者语言综合能力的手段,也是学习语言的重要目标之一。新一轮的大学英语教学改革特别强调培养学生实际使用英语的能力,尤其是通过多种阅读渠道获取知识和信息的能力。教育部颁布的《大学英语课程教学要求》将大学阶段的英语教学分为三个层次:一般要求、较高要求和更高要求,每个层次都对学生的阅读能力提出了具体而明确的要求。其中对阅读理解能力的一般要求为:“能够基本读懂一般性题材的英文文章,阅读速度达到每分钟70词,在快速阅读篇幅教长、难度略低材料时,阅读速度达到每分钟100词,能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”从2006年起,大学英语四、六级考试还增设了“快速阅读”的考试内容。因此,为适应快速阅读的这些新要求,我们组织相关教师编写了《大学英语快速阅读高手》系列教材,一方面积极应对大学英语教学改革,倡导大学英语个性化、自主性学习等学习理念;另一方面帮助广大学生扩大阅读范围,增加词汇量,提高阅读速度,培养独立阅读习惯和阅读能力。

《大学英语快速阅读高手》第1册至第4册编写遵循这样的原则:内容新颖,时代感强,选材既有历史、传统的内容,但更注重社会、科技发展的最新信息;体裁和题材多样化,考虑到知识的多样性,文、理、工等内容兼顾;内容富有知识性和趣味性,既注重国外社会、文化的介绍,也增加中国传统文化及风俗的描述,以便增长学习者的多元知识;练习题型多样化,既有四、六级考试快速阅读题型“是非判断”和“句子填空”,又设置“多项选择”。本套教材共4册,每册及单元之间由浅入深、由易到难、循序渐进。每单元以话题为线索,选取知识内容相近、体裁不同的阅读材料4篇并设置相关练习。为了便于学习者及时检验自己的阅读情况,教材后面附有参考答案。本教材每单元的内容,一部分可以作为课堂强化训练,一部分可以作为学习者的课后自主练习。

《大学英语快速阅读高手》第1册至第4册由广西工学院张树德任总主编,各分册采取主编负责制原则。其中第1册和第2册由河池学院组织相关教师编写,第3册和第4册由广西工学院组织相关教师编写。各分册的编写人员分别是:第1册由谢雨利、龙星源任主编,杨雪静、陆世雄、卢贞媛任副主编;第2册由梁荣敏、李晓兰任主编,韦合、罗潇潇、黄薇澈任副主编;第3册由黄江生任主编,郑丽萍、李彩霞、袁雄、谭玮任副主编;第4册由黄影妮任主编,贺颖、罗萍、覃美静、温颖茜任副主编。

在编写这套教材过程中,我们还得到了河池学院银云忠教授的热情指导和支持。

本教材的编写与出版得到了苏州大学出版社的大力支持,在此,我们谨致以诚挚的谢意!

由于编者水平有限,如有不当之处,衷心希望广大教师同仁和学生提出批评意见和建议,以便今后改进和完善。

编者

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大学英语 快速阅读 高手

第 1 册

目

录

Unit One Family	
Passage 1	10 Tips to Get Your Kids Moving (1)
Passage 2	A Family Divided by Obama and McCain (5)
Passage 3	Bunking In with Mom and Dad (8)
Passage 4	When Caring for Aging Parents Brings Back Sibling Tensions (12)
Unit Two Holiday	
Passage 1	Thanksgiving Day Celebration in Different Places (16)
Passage 2	Five Things to Do if You Aren't Celebrating Christmas (20)
Passage 3	Origins of Christmas and Santa Claus (24)
Passage 4	Chinese New Year (27)
Unit Three Schooling	
Passage 1	Students Covering Bigger Share of Costs of College (31)
Passage 2	No Dropouts Left Behind: New Rules on Grad Rates (35)
Passage 3	Should Kids Be Able to Graduate after 10th Grade? (38)
Passage 4	Courting Eighth-Graders (42)
Unit Four Technology	
Passage 1	Toy Companies Push High-Tech Robotic Toys (46)
Passage 2	Technology: Fighting Noise with Antinoise (50)
Passage 3	The Machines Are Listening (53)
Passage 4	Touch Screens Take Over (56)

大学英语 快速阅读 高手 第1册

目

录

Unit Five Successful People	
Passage 1 Why Some People Almost Always (1) Are Successful	(61)
Passage 2 Bill Gates Tells the Secret of His (2) Success	(65)
Passage 3 Hometown Triumph for Tom Jones	(68)
Passage 4 Arthur Evans	(71)
Unit Six Business	
Passage 1 The Crash of 2008	(75)
Passage 2 The Outlook for Investing in Green Energy	(79)
Passage 3 Motown Is Bleak as Big Three (3) Could Become Two	(82)
Passage 4 How to Fix a Flat	(86)
Unit Seven Environment	
Passage 1 Coastal Dead Zones Are Growing	(90)
Passage 2 Fossil Fuels' Hidden Cost Is in (4) Billions	(94)
Passage 3 Exposing the Myth of Clean Coal (5) Power	(97)
Passage 4 Beijing Smog Cleanup: Has It (6) Worked?	(101)
Unit Eight War and Defence	
Passage 1 NATO's Road Map to Nowhere	(105)
Passage 2 Behind America's Shield	(109)
Passage 3 Pelosi's Defense of War on Gaza Raises Concerns	(112)
Passage 4 In Defence of the Environment, (7) Putting Poverty to the Sword	(116)
参考答案	(120)

Unit One

Family

Directions: You will have 15 minutes to go over each passage quickly and answer the questions. For questions 1–7, choose the best answer from the four choices marked A, B, C and D. For questions 8–10, complete the sentences with the information given in the passage.

Passage 1

10 Tips to Get Your Kids Moving

By David Bjerklie, Thursday, Jun. 12, 2008

Every parent wants to do the right thing. A recent survey found that 80% of parents of kids aged 6 to 11 feel they are responsible for their child's weight and physical fitness—and the fact is, in many ways they are. So why is there the disconnect between intentions and results? "This is a classic example in which parents need to literally walk the walk," says Dr. David Katz, of Yale University's School of Public Health. "We know that kids will be more active if their parents are more active." The key, says Katz, is to get the entire family to be more imaginative about what activity means. Not everyone likes to play soccer or climb trees, and most kids won't sit still for an hour-long workout—or more likely, sitting still is exactly what they will do. But none of that is necessary. Katz has developed school programs based on short bursts of activity five or more times a day. The goal is not to follow a single regimen (养生法) but to create your own.

1. Pull the plug.

The restricting that TV, video games and the Internet have on kids can seem unbreakable. But parents, who are used to laying down the law when it comes to drinking, drugs and smoking, need to be, well, parents. Set limits for screen time and make physical activity obligatory. Elevate fitness to a priority.

FACT: Kids spend nearly six hours daily glued to a screen.

2. Walk this way.

There is no better way to begin any fitness program than by walking. You already do it, so just do more of it. No matter where kids live—in cities, suburbs or small towns—there are opportunities to walk. Find places to stride, like a mall, and stairs to climb, and get friends to join you.

FACT: Log 10,000 steps on a pedometer and you've covered nearly five miles.

3. Stay flexible.

A regular routine can be a boon for discipline, but don't be too strict. Perfect attendance isn't the goal. Get kids to do their best to stay active on busy days, but also schedule longer activities for days when they have more time. Plan friends-and-family fitness dates.

TIP: Set modest goals and keep a record of successes.

4. Game your play.

Fitness is easier when it's fun, and you don't have to limit yourself to traditional sports. Active video games like Dance Dance Revolution or many of those available on Wii are good options. But kids can also improvise games—balloon volleyball in the rec (recreation ground) room, beach-ball tag in the backyard. The point is to move.

TIP: The CDC (computer development-center) has a website that helps kids make up games at [verbnow.com/game generator](http://verbnow.com/game-generator).

5. Make it a contest.

Challenge friends and family members to see who can do the most jumping jacks or push-ups, who can dribble a basketball the fastest or who can hop 100 yards on one leg. Start slow but build up, and be creative. Use a pedometer to track steps and miles, and see who can be the first to “climb” Mount Everest and “walk” across your state.

FACT: The world nonstop hula hoop record is nearly four days.

6. Mighty milers.

Running is a great way for kids to boost their confidence while getting fit. And running can be a great social experience too. Most towns have “fun runs” open to all ages. Think kids in big cities don’t run? The New York Road Runners Foundation (NYRRF) has a program that involves 30,000 kids from 182 schools and community centers.

FACT: NYRRF plans to expand the program to all 50 states.

7. Spin your wheels.

Forget the car and move by other means. Get kids rolling on bikes, scooters, rollerblades or skateboards. Need a birthday idea? A new set of wheels can be the perfect way to appeal kids off the couch.

FACT: Nearly 20 million bikes are sold yearly in the US.

8. You know you can dance.

Can the suppression, crank up(开始) the music and shake, bounce and move it. Pick a style, fake it or make one up. And yes, air guitar counts. The beauty of dance, says Yale’s Katz, is that it often appeals to kids who say no to traditional exercise.

FACT: Dancing 15 minutes a day can trim 10 pounds in a year.

9. Take a hike.

Organize a weekend outing. You don’t have to tackle the Appalachian Trail; simply find a nearby large park to explore or make it an urban hike. Plan a picnic and bring a ball or Frisbee.

FACT: There are nearly 4,000 state parks in the US.

10. Start young.

Get kids moving with games of tag or hide-and-seek. And for tinier children? Easy, says Dr. Edward Laskowski, co-director of Sports Medicine at Mayo Clinic. Ask them to run like a gorilla(大猩猩), walk like a spider, hop like a rabbit or stretch like a cat. Just try to get them to stop.

FACT: 14% of kids aged 2 to 5 are already overweight.

From: <http://www.time.com/time/magazine/article/0,9171,1813963,00.html>

1. How do you understand the sentence “... and the fact is, in many ways they

are” (Paragraph 1)?

- A. It means that every parent wants to do the right thing.
- B. It means that parents are responsible for their child's weight and physical fitness.
- C. It means that in fact, parents of kids aged 6 to 11 should be responsible for their child's weight and physical fitness in many respects.
- D. It means that the fact is, many parents do so.
2. What's the suggestion of “So why is there the disconnect between intentions and results” (Paragraph 1)?
- A. Results match intentions.
- B. Results disconnect intentions.
- C. Results should connect intentions.
- D. Intentions are good, but results aren't satisfied.
3. According to Paragraph 1, most kids like to _____.
- A. play soccer
- B. sit still
- C. sit still for an hour-long workout
- D. climb trees
4. The fact “Log 10,000 steps on a pedometer and you've covered nearly five miles” is used to support the tip: _____.
- A. Pull the plug
- B. You know you can dance
- C. Spin your wheels
- D. Walk this way
5. According to the passage, effect of “run” includes the following EXCEPT _____.
- A. training a good runner
- B. boosting kids' confidence
- C. getting fit for kids
- D. a great social experience
6. In this passage, “to spin your wheels” doesn't mean _____.
- A. rolling on bikes
- B. rolling on scooters
- C. rolling on rollerblades or skateboards
- D. rolling on motorbikes
7. Which of the following actions doesn't belong to the proper activities for getting tinier children moving?
- A. Asking them to run like a gorilla.

- B. Asking them to take run contest.
C. Asking them to walk like a spider.
D. Asking them to hop like a rabbit or stretch like a cat.
8. The key is to get the entire family to be more _____ about what activity means.
9. The beauty of dance is that it often appeals to kids who say no to _____ exercise.
10. The goal is not to follow a single regimen but to _____ your own.

Passage 2

A Family Divided by Obama and McCain

By Elizabeth Gilbert, Thursday, Oct. 09, 2008

The last time my father and I voted for the same political candidate was in 1976, when we both supported Gerald Ford. Of course, my father's vote mattered more than mine at the time, given that he voted at the county courthouse, whereas I (a mere 7-year-old) was allowed to vote only in a mock (模拟) election in Mrs. Amerghetti's second-grade class. Still, we were in alliance! I believed in Ford because my dad believed in Ford, and I worshipped my dad. I was rather surprised, then, to wake up on the morning of Nov. 3 and discover that my new President was Jimmy Carter. Up until that moment, it had never occurred to me that my father could be wrong about anything.

As I grew up, I took after my dad in dozens of ways. I inherited his height, his humor, his softheartedness, his love of walking and reading. But I didn't inherit his politics. In that regard, I more closely resembled my mother—a woman who believes that we are actually morally required to look after our fellow man. Of course, my dad believes that too (as long as it doesn't raise his taxes). Confoundingly, my father shares many beliefs with me and my mom and a lot of people who will be voting for Barack Obama this year. Like us, my dad believes that women should have access to abortion (堕胎) and that gay couples should have access to marriage. Like us, he'd prefer a little more gun control and a little less war. Like us, he admires immigrant

aggressiveness, dislikes George W. Bush, approves the separation of church and state and suspects that human behavior might be affecting climate change. But unlike us, he's voting Republican. Why?

One answer, I suppose, is lifelong habit. A more complicated answer might involve the economy, which my father—against all recent evidence—still believes Republicans will safeguard better than Democrats. Of course, there's another answer too: That perhaps my father's beliefs are none of my stinking(讨厌的) business.

So why can't I leave it alone? I've become obsessed(困扰的) with my father's vote, losing sleep over it, worrying about it so much that you'd swear this entire election hinged on one man's choice. Nothing could be further from the truth, actually. My dad votes Republican in the Democratic-leaning state of Connecticut. As he himself assures me, his vote will mean nothing in 2008. Yet it somehow means everything to me. I struggle because I'm trying to reconcile this man's wisdom against his sometimes puzzle decisions.

Good Lord, how much simpler it is to dismiss your political enemies when you don't know them personally! Knowing my father as I do, I'm forced to acknowledge that his political views come to him from an honest and thoughtful place, as do all of his most cherished beliefs. My dad, after all, is not a sucker(容易受骗的人) or a scoundrel(无赖) or a zealot(狂热者), but a deeply principled individual. Yet he's gone and raised himself a deeply principled daughter who happens to see the world very differently. And this frightens me. I fear that our conflicting political choices could somehow threaten our affection, our kinship. Is it like this for everyone from a loving family divided by politics? I have a friend who spent an hour on the phone screaming at her Republican brother in Florida. That's a strategy, sure, but I'm not sure what it achieves. And anyway, I don't come from a conflictive family; when Gilberts get angry with each other, we work it out by taking walks in the woods, alone, until the heat passes.

Last week, after a sleepless night, I got wise and shifted my attention to my mother. How does she handle the divide? Interestingly, Mom—who routinely cancels out Dad's vote—isn't worried about his opinions. Nor does he worry, by the way, about hers. They will vote as they always have—privately, differently, diffusing each other's impact, creating in their opposition an alkaline(碱性的) neutrality(中立) in

which serenity(平静) can endure.

To someone who cares deeply about politics, this feels too passive. Yet I know my parents care too. And they understand that if they made their love conditional on political harmony, they could lose all. Politeness is how they mend the breach. And then they have lunch.

I sometimes long to call my dad and beg him or scold him or force him to accept my worldview. It would certainly make me feel more comfortable if he surrendered. But he won't. So I will take my mother's example and hold back. And then I will take my father's example and go for a walk in the woods until I calm down. I am certain that somewhere today, in the cool Connecticut autumn, my beloved dad is doing the same. Walking along with me, in a different direction, in a different forest, quietly.

From: <http://www.time.com/time/magazine/article/0,9171,1848811,00.html>

- The author and her father voted for the same political candidate in 1976, because _____.
 - she was just 7 years old
 - she worshipped her father
 - she and her father were in alliance
 - her father believed in Ford, so she believed in Ford
- The author took after her father many ways EXCEPT _____.
 - his height and humor
 - his softheartedness
 - his love of walking and reading
 - his politics
- How many beliefs mentioned in the passage did the author share with his father?
 - 8.
 - 9.
 - 10.
 - 11.
- How many answers did the author suppose to her father who voted Republican?
 - 2.
 - 3.
 - 4.
 - 5.
- According to the author, her father is a _____.
 - sucker
 - deeply principled individual
 - scoundrel
 - zealot
- The author's fear of conflicting political choices excludes _____.
 - her father's political beliefs
 - her father's political choices
 - her father's political actions
 - her father's political opinions

- A. making people mad
- B. threatening affection
- C. threatening kinship
- D. making people from a loving family divided by politics
7. Which of the following statements is NOT true?
- A. Sometimes the author longs to call her dad and beg him to accept her worldview.
- B. Sometimes the author longs to scold him to accept her worldview.
- C. Sometimes the author longs to force him to accept her worldview.
- D. Sometimes the author longs to threaten him to accept her worldview.
8. The author struggles because she's trying to her father's wisdom against his sometimes puzzle decisions.
9. They will vote as they always have—privately, differently, diffusing each other's impact, creating in their opposition an alkaline neutrality in which serenity can .
10. Politeness is how they the breach.



Passage 3

Bunking In with Mom and Dad

By Laura Koss-Feder, Thursday, Feb. 19, 2009

Jennifer Bliss was no inexperienced lawyer when she moved back in with her parents. At 39, she had burned through her retirement funds after losing her law-firm job in July 2007. She gave the bank the keys to the home she was unable to sell in Grand Rapids, Mich., and last November, she packed up her two Great Danes and moved about 60 miles, to Lansing, to live with her mother and stepfather. "This has been awful," says Bliss, who has sent out some 600 resumes nationwide looking for legal work or a managerial position in another field. "I went to law school to have a solid profession so that I wouldn't wind up in a situation like this."

The term boomerang children used to refer to young adults moving back in with their parents, but the recession is forcing people in their 30s and 40s and older—often

with a spouse and kids dragging—to bunk in with the parents until they regain their financial footing. Since the recession began in December 2007, the US has lost 3.6 million jobs. An AARP (American Association of Retired Persons) survey released in May found that more than a third of retirees have had to help a child pay bills in the past year. And the number of multigenerational households has increased from 5 million in 2000 to 6.2 million in 2008, according to AARP. Limited quarters, wounded pride and general anxiety about the global economic crisis do not make the most pleasant living situation. But there are ways to ease the transition.

Talk about expectations.

And be sure to discuss one another's needs up front, says Brian Carpenter, a psychology professor at Washington University in St. Louis, Mo. Failure to do so can lead to a lot of conflict. That's what happened when Michael Gallagher, 40, moved in with his mother in Los Angeles in October 2007 after he was downsized from his job as an audio engineer. "When he came home to live, I was thinking 'family', and he was thinking 'roommate'," says BJ Gallagher, 59, an author and a video producer. "I would feel bad when he wouldn't say hello when he walked in the door." At the same time, her son felt she was checking up on him and "lurking" (潜伏) around, she says. "We both ended up disappointed and annoyed until we discussed it and dealt with it."

Donna Butts, executive director of Generations United, an intergenerational advocacy group based in Washington, says it's a good idea to create an approximate timetable for achieving specific goals.

Build in privacy.

If possible, everyone should have at least some space of his or her own. For instance, when Michael Gallagher took over the part of his mother's house that she had been using as an office, she moved her computer and video equipment into a much smaller room adjoining her bedroom. "We each needed our own space. There was no way around that," BJ says of the rearranging she did to accommodate her son.

Share household expenses.

Pay parents rent, or help with bills, and take over chores like mowing the lawn. "This way, everyone is helping in some way, and no one feels taken advantage of,"