大学英语
快速阅读进阶

第 *1* 册

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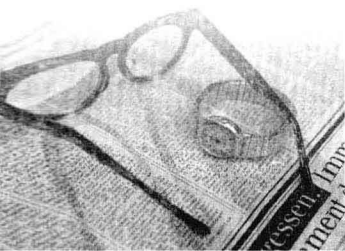
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前言

　　《大学英语快速阅读进阶》系列教材终于和各位读者见面了,这是多方努力的结果,是各位编委辛勤汗水的结晶。

　　本阅读教程是在这样的背景下孕育而生的:(1) 根据2007年国家教育部高教司颁布的《大学英语课程教学要求》(以下简称《课程要求》),大学英语的教学目标是培养学生的英语综合应用能力。阅读作为一项基本技能,始终是英语综合能力训练中的一个重要环节。从一定意义上讲,提高阅读能力,仍是培养和提高大学生英语综合运用能力的关键之一。(2) 在新改革后的大学英语四、六级考试中,快速阅读理解部分的分值比例为10%,这对学生的阅读能力提出了更高的要求。(3) 正如《课程要求》所言,我国幅员辽阔,各地区、各高校之间情况差异较大,大学英语教学应贯彻分类指导、因材施教的原则,以适应个性化教学的实际需要。因此,新升本科院校需要有与自己实际情况相符的阅读教材,以促进大学英语教学改革之需。

　　鉴于此,本阅读教程是百色学院联合广西民族师范学院,在参考国内外多种英语快速阅读教材的基础上,根据编者多年从事大学英语快速阅读教学的经验,以及目前新升本院校实际整体英语水平和英语能力编写而成的。

　　本套教程的编写有如下特点:

　　(1) 本教程由具有丰富的教学经验的大学英语教师分工协作、集体编写而成,具有很强的专业性。

　　(2) 每册书单元内部及各册书之间都是由浅入深、由易到难、循序渐进的排列顺序。各册书之间的过渡跳跃幅度不大。

　　(3) 1—4册文章的长度梯度合理,1—2册相对短少,第3册接近大学英语四级,第4册与四级相同并略有超过,充分体现进阶的梯度。

（4）精心选择阅读文章，新颖，富于时代气息，给人耳目一新的感觉。其中主题涵盖教育、科技、政治、经济和文化等各个方面，具有时代性、可读性、文化教育性和针对性，并体现一定的区域性文化与经济特色。

（5）体裁和题材多样化，具有知识性、趣味性、应用性等特点。

（6）练习题型的设计均按照最新的大学英语四、六级考试标准和难度进行，具有针对性。

《大学英语快速阅读进阶》第1—4册由百色学院陆勇任总主编，各分册采取主编负责制原则。第1册由邓大飞、陈正利任主编，黄浩、陆晓蓉、覃丽霞任副主编；第2册由陆勇、符赛男任主编，罗翠琼、王雅兰、周彩玉任副主编；第3册由陆勇、刘菁筠任主编，罗莉莉、李涵、谭丽、潘忠文任副主编；第4册由邓大飞、廖志恩任主编，覃丹、农雅琪、蒙志珍任副主编。

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，我们表示衷心的感谢。

由于编者水平有限，加之时间仓促，如有不当之处，衷心希望广大教师同仁和学生提出批评和建议，以便今后进一步改进和完善。

编者
2011 年 6 月

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Unit 1   Online

Passage One

Internet Users Wired for LOVE

The Internet is playing a big role today in almost every aspect of a human's life. We search for information from the net, we study from e-learning programmes, we use emails to keep in touch with people for both personal and business purposes, while many become hard-core fans of the popular chat engines like MSN and Skype.

It's no longer surprising the Internet has also become a tool for singles to search for their right matches and soul mates. Some directly login to the online dating sites, while many start from social networking Internet services such as MySpace, facebook.com, Millionairecupid. com, etc. Despite many harms known to exist in the cyberworld, a lot of singles are still willing to jump in and the number of online dating sites as well as their members have kept increasing over the years.

April Sparks, senior vice-president of Sanook Online Limited, which runs the matchmaking website seekwealthy.com, says after 10 years of service, the number of users have increased from 30,000 people at the beginning to almost one million at present. Among them, 300,000 people are active members, meaning they are still using the service within 90 days. The number of users online is about 6,000 per day.

Why Online Dating?

"Think of what most people do when they arrive at the office every morning—make a cup of coffee, turn on the computer, check emails and browse websites. If they are feeling lonely or are heartbroken, then tapping into the online dating sites is a likely choice. The way of life today makes the Internet closer to people, and online matchmaking services easier to access," says April.

What's a Crush?

The appeal of online dating lies with the excitement when you are connected to someone you do not know. For some, chatting online with a stranger living a long distance away may allow them to better express their own selves and attitudes without caring for each other's physical appearances. One more good point of online dating is that you can search through the web until you find the one you are contented with.

Rules for Online Dating

As every coin has two sides, online dating also has its pros and cons. Since this kind of relationship develops in a cyber world, it is difficult for us to know what is and is not true, or whether the persons we talk to are really good or bad. Once we're engaged in online dating, there are a lot of things we have to take into account, and here are some rules for the cyber love.

1. Be careful in pursuing a relationship.

It is recommended that you go back to those previous emails since you first contacted each other. Read them carefully. The messages between the lines will tell you something about your date.

2. Clarify the age and status.

Age and marital status are what to be clarified from the beginning. A tricky or dishonest guy will speak hesitantly, or not tell you straightly.

3. Be cautious about an overly extroverted(性格外向的) person.

Be careful if your date is so quick to disclose his personal information. Note that online dating is a mutual communication between two persons. It's better to give your relationship some more time, let it grow naturally and gradually.

4. Don't rush your relationship.

One good point of online dating is that you can take time with your date as long as you want, be it one week, one month or even a year. Don't rush to meet a man or a woman just after the first few talks. He or she may not be a person you imagine.

5. Be honest to your date.

Be yourself and true to your date. Do not overstate your personality to make it sound as if you were a hero or an angel. Your partner may have over-expectations on you, and that may trouble your relationship when you both come out of the cyber world.

6. When having a date, do not go to private places.

For your first date, make sure you'll see each other in a public place. If anything wrong happens, you can ask for helps or run away from the guy.

7. Ask yourself what you really want.

Study your own feeling. Think of what you really need, a soul mate, a friend, or you're just playing games for fun. When you have an online dating, it means you already step into someone else's world, so be careful of each other's feelings, otherwise it can get you in trouble.

(http://facer0.spaces.live.com/blog/cns! 91EEC31OB1E1O468! 205.entry)

1. According to the passage, how many users does Sanook Online Limited have now?

    A. 30,000.   B. 300,000.   C. 1,000,000.   D. 6,000.

2. People can date online without _____.

    A. caring about distance

    B. caring about the physical appearance

    C. caring about the time spent in searching

    D. all of the above

3. The underlined phrase "pros and cons" in Paragraph 6 means "_____".

    A. positives and negatives

    B. professional and constant

    C. prospect and construction

    D. prose and argumentation

4. People have to take a lot of things into account, because _____.

    A. it is difficult for us to know what is and is not true

    B. whether the person we talk to is really good or bad

    C. your partner will not tell you straightly

    D. both A and B

5. Once we are engaged in online dating, we should take a lot of things into account EXCEPT _____.

    A. how rich he/she is

    B. the age and the status

    C. those previous emails

    D. what you really want

6. Which of the following will NOT be safe?

    A. Paying attention to an overly extroverted person.

    B. Being honest to your date.

    C. Going to private places to have a date.

    D. Being careful in pursuing a relationship.

7. Which of the following statements is NOT true according to the passage?

    A. The number of single jumping in online dating is increasing over the year.

B. Tapping into the online dating sites is a likely choice for those people when they arrive at the office.

C. The appeal of online dating lies in excitement.

D. You can search through the Web until you find the one you like.

8. Contrary to most users, who start for social networking Internet services, some people like to log in to the online site _____.

9. Connection to someone strange will be exciting because they don't have to care about their _____.

10. One good point of online dating is not to _____ your relationship.

Passage Two

Internet Addiction Disorder (*IAD*)

A habituation (成瘾) centre at Beijing Army General Hospital published "The Diagnostic Criteria for Internet Addiction" (The Criteria hereafter), the first of its kind in the world. After proving to numerous psychiatrists in China, it had Internet Addiction Disorder included into the scope of psychiatric(精神病的) treatment. However, society still has doubts over the definition of IAD, its status as a psychiatric disease and treatment methods. It drew different specialists, commentators, netizens to discuss the problems related to Internet Addiction Disorder.

What Is Internet Addiction Disorder?

According to the Criteria, Internet Addiction Disorder(互联网成瘾症) refers to an psychiatric impediment that an individual faces as he excessively uses the Internet repeatedly. IAD can lead to introversion, self-abasement(自卑), resistance against family members and other psychiatric or psychological problems. It may also adversely affect his

social functions, including studying, working and social abilities.

The Diagnostic Criteria for Internet Addiction		
Behaviour	1. Strong thirst (渴求) or impulse (冲动) for Internet usage	
	2. Reduction or cessation (停止) of Internet usage brings about reactions such as bodily unrest, annoyance, loss of concentration and sleeping difficulty, which can be soothed (缓解) by television or TV games.	
	3. Meeting at least one of the five criteria below: ◆ Using the net longer for satisfaction; ◆ Inability to control the time spent online; ◆ Knowing how dangerous to overuse the net but cannot stop; ◆ Participation in other hobbies, entertainment or social activities dropped or given up because of the net; ◆ Using the net to evade (逃避) problems or soothe bad sentiments.	
Standard	Using the net continuously for at least six hours on average—not for working/studying purposes—for at least 3 months.	
Classification	Online games, online networking, online pornography, online information and online transactions.	
Treatment	A combination of medicine and psychotherapy, together with military training and social experience programmes.	

Since the 6-hour standard refers to non-working/studying usage, some commentators believe the whole standard targets at children and youngster at school and the unemployed.

According to the 24th Statistical Reports on the Internet Development in China published by the China Internet Network Information Centre, there are now 338 million netizens in China, quoting the Criteria in its online interviews, found that every one netizen out of six has the tendency to have IAD.

Killing Time Online Equals Disorder?

"Using the Internet for six hours a day" is a quantitative measure of IAD? Sun Xueli, director of a psychological health centre at West China Hospital, said doing a certain thing for a long time does not necessarily imply it is a disease. For example, studying for a long time will not be

diagnosed as "Studying Addiction Disorder". Getting addicted to the Internet only means a state of engrossment (入迷状态), like people who are keen on chess or books. It is only a strong habit.

Internet Addiction = Psychiatric Disease?

Another controversy the Criteria has stirred has to be the inclusion of IAD into the scope of psychiatric diseases, meaning that IAD patients will have to take psychiatric medicine.

However, many scholars in the fields of education and social work tend to think that IAD patients are dependent on the Internet because they cannot obtain satisfaction from real life. That they switch to the net for emotional sustenance (寄托) is purely psychological. Because IAD is not only a personal problem, it reflects social problems such as parent-children relationship and personality education at school.

But no matter how Internet addiction is defined, experts and netizens seem to agree on one thing: Internet addiction has become a pervasive social problem that needs immediate attention.

(http://ls.hket.com/UserFiles/Image/192/Chapter_192.doc)

1. What does "psychiatric disease" refer to in the first paragraph?

    A. Heart disease.   B. Mental disease.

    C. Fever.   D. Cancer.

2. Internet addiction excludes _____.

    A. strong thirst for Internet usage

    B. lack of sleeping due to reduction of Internet usage

    C. inability to control the time spent online

    D. not realizing the harm of overusing the net

3. The standard applies to _____.

    A. children   B. youngsters

    C. the unemployed   D. all of the above

4. According to the Criteria, there are more than _____ netizens tending to have IAD.

A. 40 million　　B. 50 million　　C. 60 million　　D. 70 million

5. According to some experts in the field of education, IAD has some relationship with _____.

　　A. a combination of medicine and psychotherapy

　　B. personality education

　　C. military training

　　D. social experience programmes

6. Which of the following statements is true according to the passage?

　　A. IAD draws different kinds of people to discuss.

　　B. IAD can only cause the problems to IAD patients themselves.

　　C. IAD refers to those who use the net continuously at least 6 hours for studying.

　　D. IAD doesn't need social attention now.

7. The attitude of the author to the Criteria is _____.

　　A. supportive　　B. disagreeing　　C. agreeing　　D. not mentioned

8. Internet Addiction Disorder refers to those persons who overuse the _____.

9. Sun Xueli (Para. 5) insisted that using the Internet can not be classified as _____.

10. Many scholars think that IAD patients' depending on the Internet for _____ is quite natural.

Passage Three

What Are Computer Viruses?

　　Computer viruses are programs written by "mean" people. These virus programs are placed into a commonly used program so that the program will run the attached virus programs as it boots(启动), therefore, it is said

that the virus "infects" the executable file or program. Executable files include Macintosh "system files" and application programs. Viruses work the same ways in Windows or DOS machines by infecting zip or exe files.

A virus is inactive until you execute an infected program or application or start your computer from a disk that has infected system files. Once a virus is active, it loads into your computer's memory and may save itself to your hard drive or copies itself to applications or system files on disks you use.

Some viruses are programmed specifically to damage the data on your computer by corrupting programs, deleting files, or even erasing your entire hard drive. Many viruses do nothing more than display a message or make sounds / verbal comments at a certain time or a programming event after replicating themselves to be picked up by other users one way or another. Other viruses make your computer's system behave erratically or crash frequently. Sadly many people who have problems or frequent crashes using their computers do not realize that they have a virus and live with the inconveniences.

What Viruses Don't Do!

Computer viruses can not infect write-protected disks or infect written documents. Viruses do not infect compressed files, unless the files were infected prior to the compression. Viruses do not infect computer hardware, such as monitors or computer chips; they only infect software.

In addition, Macintosh viruses do not infect DOS/Windows computer software and vice versa. For example, the Melissa virus incident of late 1998 and the ILOVEYOU virus of 2000 worked only on Windows-based machines and could not operate on Macintosh computers.

One further note: viruses do not necessarily let you know they are present in your machine, even after being destructive. If your computer is not operating properly, it is a good practice to check for viruses with a current "virus checking" program.

How Do Viruses Spread?

Viruses begin to work and spread when you start up the program or application in which the viruses are present. For example, a word processing program that contains a virus will place the virus in memory every time the word processing program is run.

Once in memory, one of a number of things can happen. The virus may be programmed to attach to other applications, disks or folders. It may infect a network if given the opportunity.

Viruses behave in different ways. Some viruses stay active only when the application they are part of is running. Turn the computer off and the viruses are inactive. Other viruses will operate every time you turn on your computer after infecting a system file or network.

How to Prevent a Virus Invasion(入侵)!

Load only software from original disks or CD's. Pirated or copied software is always a risk for a virus.

Execute only programs with which you are familiar as to their origin. Programs sent by email should always be suspicious.

Computer uploads and "system configuration" changes should always be performed by the person who is responsible for the computer. Password protection should be employed.

Check all shareware and free programs downloaded from online services with a virus checking program.

Purchase a virus program that runs as you boot or work your computer. Up-date it frequently.

(http://www.microsoft.com/security/pc-security/virus-whatis.aspx)

1. Viruses can not infect _____.
   A. system files   B. application programs
   C. zip files   D. write-protected disks
2. Viruses are inactive until you _____.
   A. run a disk that has infected system files