



普通高等教育“十一五”国家级规划教材

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# 大学 实用英语

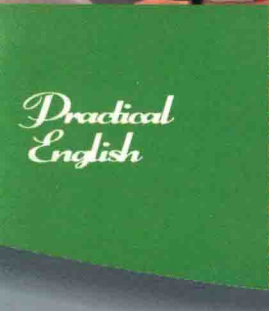
◆ 总主编 陈仲利 李德荣 ◆ 副总主编 郭浩儒 王秀珍 郭万群



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## 快速阅读教程

# 3

主编 刘彩丽

上海交通大学出版社



普通高等教育“十一五”国家级规划

# 大学 实用英语

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快速阅读教程 ③

上海交通大学出版社

## 内容提要

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本教程依据教育部颁布的《大学英语课程教学要求》，针对独立学院和非重点大学的教学实际，坚持以动机为先导，以兴趣为动力，以学生为中心，强调自主学习和任务型学习。注重选材语言的“原汁原味”和内容风格的新鲜多样，突出快速阅读能力和跨文化交际能力的培育。特别导入了“快速扫视法”，有效训练学生眼与脑的协调配合，提高阅读速度和效果。

本教程适用于独立学院和地方本科院校以及成人教育本科学生使用，也可作为英语学习爱好者的参考读物。

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# 前 言

为推动大学英语教学改革，提高大学英语教学质量，教育部颁布了《大学英语课程教学要求》。该《要求》明确指出大学英语课程的教学目标是：培养学生的英语综合应用能力，特别是听说能力，使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流。同时，该《要求》对我国大学英语教学提出了三个层次的要求，并要求各高校充分利用现代信息技术，采用基于计算机和课堂的英语教学模式，改进以教师讲授为主的单一教学模式。

为了有效地进行大学英语教学改革，我们实施了教育部批准的“实用性英语教学的改革与实践”教改项目。在该项目中，我们首次提出了“三主一体化”的教学理念，即主线、主体、主导为一体的教学机制。尤其要体现学生在学习过程中的主体地位和教师在教学中的主导作用。这一理念在《大学英语课程教学要求》中得到了体现和应用，在即将面世的《大学实用英语》教材中得到验证。

为贯彻落实教育部深化高等教育教学改革，加强教材建设的精神，针对独立学院和非重点大学的教学实际，我们组织了国内大学英语教学、教材研究专家和教学一线的优秀教师联合编写了《大学实用英语》系列教材。该教材分为《大学实用英语视听说教程》（共4册）、《大学实用英语综合教程》（共4册）、《大学实用英语快速阅读教程》（共4册）。

《大学实用英语》体现了大学英语教学的指导思想。以建构主义为理论，以动机为先导，以兴趣为动力，以学生为中心，以任务为基础，强调培养学生的英语听说能力，以及读写译等英语综合应用能力，适应主体化、个性化、自主化英语教学和学习的需要。《大学实用英语》无论是主要基于计算机的视听说教程还是基于课堂教学的综合教程，其内容都充分体现个性化。整套教材采用“以学生为中心的主题教学”理念。“以学生为中心”旨在理解和体现学生在知识、智力、情感、个性等方面的需求。“主题教学”指以主题为依据，选取与学生校园和社会生活息息相关的有关话题，提供给学生大量的、相互有联系的、符合认知需求的语言材料和丰富的语汇。《大学实用英语》提供了全新的教学模式，使英语教学朝着个性化、主动式学习方向发展，体现了英语教学的实用性、文化性和趣味性的融合，充分调动了教师与学生两个方面的积极性，确立了学生在学习过程中的主体地位。《大学实用英语》遵循了以学生的发展为本的理念，强调教材内容从学生的学习兴趣、生活经验和认知水平出发，倡导交互、体验、实践、参与、合作与交流，提高学生的综合语言运用能力。

《大学实用英语》应用了最新的英语教学理论，吸收了最新的英语教学成果，符合我国大学英语教

学改革的最新要求，其主要特色如下：

### 一、结构严谨，精细实用

本教材以培养学生英语综合应用能力（use English in an all-round way）和学习能力（learn to learn）为目的，前后按照由浅入深、循序渐进的原则系统而连贯地设计完成，篇章纵横结合、相得益彰，各册互相渗透、融会贯通，形成科学的有机整体。

### 二、个性鲜明，针对性强

本教材广泛汲取国内外同类教材的精华，针对独立学院和非重点大学的教学实际，按照《大学英语课程教学要求》设定英语学习起点和目标，充分体现国家教育部有关大学英语教学改革的精神，真正彰显英语教学个性化风格。

### 三、选材广泛，内容鲜活

本教材选材语言规范，场景真实准确，表达地道优美，让学生在浩瀚的知识海洋中，多方汲取营养；内容涉猎文学、政治、科技、经贸、金融、教育、文化、艺术、宗教、娱乐等多个领域，适合不同专业学生的学习需求。

### 四、理念新颖，题型多样

本教材练习题型的设计基于帮助学生促进猜测、预测和验证能力的提高，运用最新的“相互关联”（Interactive）阅读模式，将“用法”（Usage）与“运用”（Use）有机地结合在一起。同时，为适应 CET4/6 机考最新要求，加大了视听说训练，并在第四册设计具有针对性的 CET 应试强化内容。

本系列教材适用于独立学院和非重点大学以及成人教育本科学生使用，也可作为英语学习爱好者的参考读物。作为我国大学英语教学改革实践的创新成果，虽经我们精心编纂，精心制作，但难免百密一疏，恳请各位读者和专家提出宝贵意见，以便在修订中日臻完善。

总主编 陈仲利

# 编写使用说明

## 一、编写思想和原则

《大学实用英语快速阅读教程》与《大学实用英语综合教程》、《大学实用英语视听说教程》相配套，适用于高校独立学院、地方普通本科院校及成人本科院校非英语专业学生使用。

本教程立足于《大学英语课程教学要求》的一般层次要求，以学生为中心，强调自主学习和任务型学习，突出快速阅读能力和跨文化交际能力的培育；内容实用，主题鲜明，时代性强；体裁多样，风格各异，个性突出；语言地道，难易适中，循序渐进；任务设计顺应大学英语四级考试改革要求，侧重学生自我评价、反思与个人发展。在编写原则上，遵循基本的阅读理论和外语教学理论，立足高校独立学院及地方普通高校学生实际，着重呈现以下方面：

### 1. 真实性原则

首先，选材坚持真实性原则，突出语言材料的“原汁原味”，采用常规出版物和丰富多彩的互联网资源，力求内容实用、选材多样、难易适当，满足学生学习与个人发展的多样性要求。其次，在编写体例中以真实性为驱动，在每个单元的练习和课后拓展活动设计中，都很好地贯彻了真实性原则。

### 2. 任务型教学原则

每个单元的练习设计和课后拓展活动都努力遵循任务驱动的原则，突出语言理解以及理解基础上的信息转换及语言输出。学以致用，以学生将来可能从事的职业或可能遇到的生活场景为中心，落实任务型教学原则。

### 3. 跨文化语言学习原则

在课文选材、练习设计诸方面，力求全面实用，注重培养学生的跨文化交际能力；课文选材以《大学英语课程教学要求》为基准，注意选择与大学生学习和生活息息相关的内容，并通过推荐主题网站，引导学生开展有效的课外阅读，提升学生的跨文化交际意识和能力水平。

## 二、编写体例

快速阅读教程共四个分册，每册八个单元，按照主题线索编写，单元主题与《大学实用英语》综合教程、视听说教程系列教材保持一致。

每个单元包括 Warming-up, Passages, Practice, Reader's Notes 和 Useful Websites 五大部分。

### • 【Warming-up】

每个单元以 Warming-up 热身训练开始，旨在提高读者的扫视速度，训练“一目数词”的能力，克服逐词阅读的不良习惯，提高眼睛的运动技能，从而更加有效地发挥眼与脑的协调作用。热身训练包括 Horizontal Word Recognition Drill（左右扫视训练）；Vertical Word Recognition Drill（上下扫视训练）；和 Beginning-and-End Scanning Drill（首尾段寻读训练）三种类型。每个单元选用其中一种类型。

Horizontal Word Recognition Drill 旨在训练提高眼睛自左至右的扫视速度。首先，辨认目标词，即每行行首紧挨顺序标号边的单词；然后，在所给选项（4~5 个单词）中找出与之拼写相同的一个。要求在 15 秒钟以内完成这一练习，所花时间越短，说明扫视速度越快，当然还要检查正确率。训练要领是不要回头看；不要发出读声；脑子里也不要下意识地发声。

Vertical Word Recognition Drill 旨在训练眼睛自上而下的扫视速度。首先，辨认目标词组（Target Phrase）；然后，用秒表或带秒针的手表，记下开始时间（Starting Time），以最快速度一眼看整个词组，而不是一个单词，在左栏中自上而下看，用铅笔给与目标词组相同的词组标上记号，做完左栏，再做右栏。结束时记下完成时间（Finishing Time），从完成时间中减去起始时间就得出了实际使用时间（Total Reading Time）。该练习最好在 10 秒钟以内完成，所花时间越短越好。在 20 个选项中，目标词共出现 5 次，看看能找出多少。

Beginning-and-End Scanning Drill 旨在训练眼睛的语篇扫视速度。通过首尾段寻读训练，一方面可以强化关注语篇首尾段信息的阅读习惯；另一方面可以强化学生成组视读（Phrase Reading）的阅读习惯。重视首尾段扫读的重要性不言而喻，成组视读也是训练视读技能的重要方法之一。通过这些训练，逐步克服逐字母阅读和逐词阅读的不良习惯，不断扩大视野角度，逐步养成成组视读的习惯，有效提高阅读速度（参见汪士彬主编《中级英语快速阅读》，南开大学出版社，2009：14）。

### • 【Passages】

每个单元围绕预定话题，选编阅读材料四篇。每个 Passage 配置一条“Reading Tip”，简要给出本篇阅读材料的核心阅读技巧，（即为每个 Passage 各支一招），启发学生在阅读训练中有意识地巩固和运用所学的阅读技巧。

每篇材料后附有阅读速度登记栏，参照《大学英语课程教学要求》中规定的一般层次要求，确定了每册教材每个单元阅读材料的阅读速度，按册分单元递增划定，具体标准如下：Book 1：69~76 词/分钟；Book 2：77~84 词/分钟；Book 3：85~92 词/分钟；Book 4：93~100 词/分钟。在此基础上，每单元每篇文章后有参考阅读时间（Target Reading Time）。学生可参考该时间进行阅读训练，读完文章后，在表中填入自己阅读所用的时间（Actual Reading Time），进而计算出自己的阅读速度



(Reading Rate), 并把这个阅读速度填入书后的“快速阅读测试自我评价表”中。

#### • 【Practice】

每单元每篇阅读材料后都有一份测试题, 练习后附有 Your comprehension rate (理解率), 即得分率, 学生可根据附录“参考答案”, 自我评价, 并将自己每篇练习的得分率填入附录的“快速阅读测试自我评价表”中, 进而计算出自己每篇练习的阅读效率(详见下文“三、附录及其使用说明”)。

#### • 【Reader's Notes】

为了强化学生的学习反思、语言吸收与输出, 每个单元四篇阅读训练之后, 设计了“Reader's Notes”, 要求学生完成 Look up & Write down 和 Review & Recite 两项任务。前者旨在帮助学生反思阅读中的 3~5 个关键词语, 通过查阅字典加深理解, 巩固学习成果; 后者要求学生或者就所阅读的材料主题进行评论 (Review), 或者把阅读材料中的重要语句或段落抄写下来进行背诵 (Recite)。

#### • 【Useful Websites】

每个单元最后都安排了“课外阅读”, 向学生推荐与本单元主题紧密联系的主题网址, 引导学生充分利用互联网资源, 进一步扩大阅读量。

### 三、附录及其使用说明

第 3 册附有“参考答案”, 以便学生自测评定; “快速阅读测试自我评价表”, 以便学生及时进行自我评价; “阅读效率进展表”, 以帮助学生及时了解自己的进步情况。

本教程旨在帮助学生循序渐进地提高快速阅读技巧和效率。在学习过程中, 学生应该学会处理速度和效率之间的平衡关系。为此, 本教程引入了国际上通用的施道弗阅读效率计算公式, 以便学生能够及时了解自己的阅读效率, 并及时调整阅读速度。根据美国阅读学家施道弗博士的阅读效率公式, 阅读速度和理解率互相制约, 两者应适当保持平衡。通常情况下, 如果理解率介于 70%~80%, 说明阅读速度适中; 如果理解率低于 70%, 应该适当放慢阅读速度, 如果理解率高于 90%, 则表示阅读速度过慢, 应该适当加快。

在施道弗公式 ( $E=RC$ ) 中,  $E$  为阅读效率,  $R$  为阅读速度,  $C$  为理解率。阅读速度一般以分钟为单位, 即以单词总数除以分钟数:  $R=G/T$ 。理解率指阅读测试的通过率或得分率:  $C=答对题数/总题数$ , 或  $C=所得分/总分$ 。本教程每单元阅读训练后, 学生可以根据参考答案进行自我评价, 将每篇阅读练习的阅读速度、阅读理解率、阅读效率填入书后所附的“快速阅读测试自我评价表”中, 并将每个单元的“总评”阅读效率, 填入所附的“阅读效率进展表”中, 以及时掌握自己的阅读效率变化, 了解自己的进步情况, 进而适时调整学习计划。

本教程编写过程中, 得到了汪士彬教授的热情指导, 借鉴了汪士彬教授关于快速阅读“扫视”训练的做法。在此, 表示衷心的感谢。

由于编者水平有限, 加之时间仓促, 书中难免存在疏漏, 敬请指正。

编者

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## 1

# Interests and Hobbies



## Warming-up: Horizontal Word Recognition Drill

**Directions:** Note the word by the number on the left of each line; then scan the words given behind from left to right. Underline the word where it appears again in the same line. Try to finish it in 15 seconds or less.

Starting Time: \_\_\_\_\_

1. acceptance      acceptable acceptances acceptance accept accentuate
2. happiness      happily happening hangar happy happiness
3. opportunity    opposition oppression optimism opportunity option
4. confident      confine confiding confidence confines confident
5. worthwhile     worthless worsted worthwhile worthy worship
6. secure          secrecy secure second secret security
7. constantly      constabulary constantly constable constancy consulate
8. appreciate    apprehensive appreciate apprentice appreciative apportion
9. complain      complaint complain compile complex compliant
10. honesty        honey honest honesty honestly homily

Finishing Time: \_\_\_\_\_

Total Reading Time: \_\_\_\_\_ seconds

Errors: \_\_\_\_\_ Check each line carefully for mistakes.

## Passage 1

**Reading Tip:** Try to underline the words which can express the significance of self-acceptance and summarize the ways to develop your own self-acceptance.

## How Self-Acceptance Leads to Happiness Within

Finding acceptance is a natural desire of most people. When we are young, it is important for us to be accepted by a group and to be seen as “cool” by our peers. To do this, we will often adopt the views and interests of the group rather than develop our own.

Over time, however, we have the opportunity to learn to accept ourselves. People who have done this are confident in their true abilities; they do not feel the need to create a façade (虚伪的外表) to impress other people. They are concerned with whether their actions produce worthwhile results rather than with how they are seen by others.

Less secure people are quite different. Instead of finding security in themselves, they look for other people to provide it. This kind of person constantly agrees with everything others suggest, for fear of having their own ideas rejected. Arrogant (傲慢) or defensive people are also usually insecure; in an attempt to hide their insecurities, they belittle (轻视) or blame others.

Secure people do not give up when faced with a difficult situation; they say “I can” rather than “I can’t”. Knowing that each day is an opportunity to use their talents to acquire good health, good friendships, and great happiness, they always put their best foot forward. Contented people do not judge others, nor do they judge themselves. They can appreciate the differences between themselves and other people.

Recognizing the details that we cannot change about ourselves is also a sign of personal growth. We cannot change our height, so why waste energy complaining about being short? Our energy would be better spent on more constructive projects. Instead of dwelling on personal characteristics we are not satisfied with, we ought to focus more on what we are good at.

Such expressions as “Love thyself” and “to thine own self be true” are about self-acceptance and confidence, as well as honesty and morality. We should consider them to be good advice, and treat them as signposts showing the way to happiness within.

(Word count: 353)

Target reading time	4'9"
Your reading time	
Your reading rate	_____ words/min.



### Practice

**Directions:** Go over the passage quickly and then 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, com-

*plete the sentences with the information given in the passage.*

1. What does the writer mainly talk about in this passage?
  - A) Happiness can develop from self-acceptance.
  - B) How to pursue happiness in our life.
  - C) The relationship of making friends and self-acceptance.
  - D) How to recognize details in pursuing self-acceptance.
2. Whom does a person like to be accepted by when he is young?
  - A) His fellow friends.
  - B) His teachers in middle school.
  - C) His parents and others.
  - D) His old friends.
3. Why don't we have to put on a façade in front of others when we grow up?
  - A) Because we seize the chance to learn to know ourselves better.
  - B) Because we seize the chance to learn to accept ourselves.
  - C) Because our friends have the chance to learn to get on well with us.
  - D) Because people around us learn to accept ourselves.
4. What do people who can accept themselves have great confidence in?
  - A) Appearance and character.
  - B) Personality and ability.
  - C) Personal success.
  - D) True abilities.
5. What did less secure people usually do instead of finding security in themselves?
  - A) They rely on other people to provide them with security.
  - B) They belittle or blame others in an attempt to hide their insecurities.
  - C) They constantly agree with everything others suggest, for fear of having their own ideas rejected.
  - D) They can appreciate the differences between themselves and other people.
6. People who are contented with themselves \_\_\_\_\_ the differences between themselves and other people.
  - A) criticize
  - B) consider
  - C) acknowledge
  - D) approve
7. Which one of the following is considered as signpost(s) showing the way to happiness?
  - A) Don't change our height.
  - B) Let others judge us.
  - C) Love ourselves and be true.
  - D) Focus on constructive projects.
8. In order to be accepted by a group and to be seen as "cool" by our peers, we will often adopt

the views and interests of the group \_\_\_\_\_ develop our own.

9. \_\_\_\_\_ or defensive people are also usually insecure; in an attempt to hide their insecurities, they belittle or blame others.
10. Instead of \_\_\_\_\_ personal characteristics we are not satisfied with, we ought to focus more on what we are good at.

Your comprehension rate	_____ %
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## Passage 2

**Reading Tip:** *Try to comprehend the theme of this passage and state the importance of being still in modern life.*

### Be Still

Just for a moment. Listen to the world around you. Feel your breath coming in and going out. Listen to your thoughts. See the details of your surroundings.

Be at peace with being still.

In this modern world, activity and movement are the default (默认) modes, if not with our bodies then at least with our minds, with our attention. We rush around all day, doing things, talking, emailing, sending and reading messages, clicking from browser tab to the next, one link to the next.

We are always on, always connected, always thinking, always talking. There is no time for stillness—and sitting in front of a frenetic (发狂的) computer all day, and then in front of the hyperactive television, doesn't count as stillness.

This comes at a cost: we lose that time for contemplation, for observing and listening. We lose peace.

And worse yet: all the rushing around is often counterproductive. I know, in our society action is all-important—inaction is seen as lazy and passive and unproductive. However, sometimes too much action is worse than no action at all. You can run around crazily, all sound and fury, but get nothing done. Or you can get a lot done—but nothing important. Or you can hurt things with your actions, make things worse than if you'd stay still.

And when we are forced to be still—because we're in line for something, or waiting at a doctor's appointment, or on a bus or train—we often get nervous, and need to find something to do. Some of us will have our mobile devices, others will have a notebook or folder with things to do or read, and others will fidget (坐立不安). Being still isn't something we're used to.

Take a moment to think about how you spend your days—at work, after work, getting ready for work, evenings and weekends. Are you constantly rushing around? Are you constantly reading and answering messages, checking on the news and the latest stream of information? Are you always trying to Get Lots of Things Done, ticking off tasks from your list like a machine, rushing through your schedule?

Is this how you want to spend your life?

If so, peace be with you. If not, take a moment to be still. Don't think about what you have to do, or what you've done already. Just be in the moment.

Then after a minute or two of doing that, contemplate (沉思) your life and how you'd like it to be. See your life with less movement, less doing, less rushing. See it with more stillness, more contemplation and more peace.

Then be that vision.

It's pretty simple, actually: all you have to do is sit still for a little bit each day. Once you've gotten used to that, try doing less each day. Breathe when you feel yourself moving too fast. Slow down. Be present. Find happiness now, in this moment, instead of waiting for it.

Savor the stillness. It's a treasure, and it's available to us, always.

(Word count: 502)

<b>Target reading time</b>	5'54"
<b>Your reading time</b>	
<b>Your reading rate</b>	_____ words/min.

 **Practice**

**I. Read the following statements, and mark**

**Y** (for **YES**) if the statement agrees with the information given in the passage;

**N** (for **NO**) if the statement contradicts the information given in the passage;

**NG** (for **NOT GIVEN**) if the information is not given in the passage.

- \_\_\_\_\_ 1. Activity and movement are the favorite things of the author.
- \_\_\_\_\_ 2. Sometimes too much action is better than no action at all.
- \_\_\_\_\_ 3. When we are forced to be still—because we're in line for something, or waiting at a doctor's appointment, or on a bus or train—we often get quiet.
- \_\_\_\_\_ 4. We're not used to being still.
- \_\_\_\_\_ 5. According to the author, seeing your life with less movement, less doing, less rushing is helpful.
- \_\_\_\_\_ 6. Actually all you have to do is to sit still for a little while each week.
- \_\_\_\_\_ 7. Savoring the stillness is a habit, and it's hard for us, always.



II. Complete the following sentences using ONE word from the passage for each blank.

8. There is no time for stillness—and sitting in front of a \_\_\_\_\_ computer all day, and then in front of the hyperactive television, doesn't count as stillness.
9. We lose that time for \_\_\_\_\_, for observing and listening.
10. \_\_\_\_\_ the stillness. It's a treasure, and it's available to us, always.

Your comprehension rate	_____ %
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### Passage 3

**Reading Tip:** Pay attention to specific ideas and tell adventurous hobbies from traditional ones.

## Adventurous Hobbies

When most people consider the term hobby they imagine things like art or collecting. But hobbies do not have to be limited to specific activities. There are many types of hobbies that speak to the adventurous side in people as well as the artistic. Never make the misassumption that hobbies are low key ways to pass the time. There are several ways to get wild and crazy all in the name of your hobby.

Getting up close and personal with the outdoors is a hobby beloved by many. Skiing, fishing and camping are just a few of the physically active hobbies you can enjoy. The best part is that they are all things that you can do on your own, learning as you go. For the really daring types, try hang gliding or sky diving for a real rush. Of course activities like this should be done with the utmost in safety and care. Safety should never be compromised for anything.

Those who truly love being tourists may claim travel to be their hobby. It can be an incredible adventure to pack up and fly off to a new and foreign destination. There is nothing quite so exciting. Go sightseeing to a city like Paris or New York or try an exotic (奇异的) island known only to the locals.

Have you ever taken a moment to gaze into the wonder of the starry galaxy? Astronomy is a well loved pastime by so many. All you need is a good telescope and you're all set. Of course if you live in the city you may have to travel outside town to get a good view of the stars, but it's well worth it. Print off a reference from the internet to help you pick out things like the big and little dipper (北斗七星).

Who would have thought that something as fabulous (极好的) as wine tasting could be considered a hobby activity? Sipping (品尝) delicacies (美味佳肴) from all over the world goes hand in hand with gourmet (美食家) cuisine. Take a cooking class that teaches students the preparation of exotic dishes. Between wine tasting and fancy dinners, it will be hard to find a fun hobby that can compare.

Though many people do not find learning to be fun, learning a new language opens up a whole