

# 高中英语泛读指导

第一册(下)(供高中一年级第二学期使用)

中学生学习报社 郑州第一中学/编  
禹海军 赵维平/主编



知识出版社

ENGLISH EXTENSIVE READING

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## 前 言

目前,国内供高中生使用的英语泛读教材很少,且大都不能切合学生的实际需要。有鉴于此,我们组织有丰富教学和辅导经验的老师们研究编写了这套《高中英语泛读指导》。

《高中英语泛读指导》与人教版英语新教材相配合,但又有自己独特的编写指导思想,它既不偏离高中英语教学,又为高中生的英语学习指引一条新路。

《高中英语泛读指导》共分三册(五本),按单元编写,每单元在内容上又分为三部分:①速度阅读。旨在培养学生快速并正确地获得书面信息的能力。②扩大词汇量。培养学生猜测词义及从上下文中理解词义的能力,帮助学生扩大词汇量。③趣味阅读。提供原汁原味的英语文章,精选欧美名家名作,并融入一些风土人情及相关知识,以激发学生的学习兴趣。同时指导学生在对篇章结构等方面整体认识与理解的基础上进行训练。

本套书与人教版英语新教材相对应:第一册(上)供高一年级第一学期使用,第一册(下)供高一年级第二学期使用,第二册(上)供高二年级第一学期使用,第二册(下)供高二年级第二学期使用,第三册供高三年级使用。《高中英语泛读指导》是根据高中各年级学生的学习情况和实际水平编写的,经郑州市第一中学试用效果良好。同学们如果能按要求坚持学用此书,英语水平一定会逐步地明显提高;即使毕业后继续深造,也还会感觉到本书“指导”的深刻影响和积极作用。

编 者

# 注意扩大阅读量

——《高中英语泛读指导》代序

秦玉文

英语阅读分为精读(intensive reading)和泛读(extensive reading)。

高中生学习英语课文是以掌握知识和技能为目的。在教师的指导下,对课文进行语义、语法甚至篇章结构的分析,对部分或全部课文进行背诵,伴之以写作训练,这样的阅读可称之为精读。

要学好英语只靠精读课文是不够的。有专家指出,我国高中学生至少还要有 20 万字的阅读量,这是现行教材阅读量的三倍多。这种阅读以扩大词汇量、提高阅读速度和掌握文章要义为主要任务,我们可称之为泛读。

据了解,有很大一部分同学忽视英语课外阅读,他们虽然对教科书下劲不少,但仍显得学不敷用,缺乏实际运用英语的能力。他们亟需扩大英语的阅读量。

这样做是十分必要的。首先,大量阅读可以巩固课本上学到的词汇,扩大词汇量。学习单词不能脱离文章就词记词。因为脱离文章,就词记词,一是不易记忆;二是记住了也往往是其静止的意义,基本上没用。绝大多数单词只有在特定的语言环境中才有确定的意义。扩大阅读量,与文章中大量的在多种多样情况下复现的单词不断“见面”,也就能记得牢、记得活。

其次,大量阅读能真正掌握英语语法知识。课本中的语法知识,是从运用中归结出来的。对于英语非母语的我们,这些条条通常只有通过大量阅读英语材料才能加深理解,才能学会灵活运用。

不少同学对规则记得很熟,但做起题来老是出错,原因就在于他的规则是背出来的,而不是在“用”中学会的。

通过大量阅读,慢慢地你就会产生一种感觉,这种感觉引导你正确运用和理解语言,这就是“语感”。学习任何一种语言,培养语感是非常重要的。没有一定的阅读量,就不会有什么语感。

大量阅读还可以了解英语国家的社会文化背景。不了解使用这种语言的人们的思维方式及价值观念,不了解他们的历史、风俗习惯及待人接物的方式等,就不能真正读“通”他们的语言。

大量地阅读,首先可在老师的指导下选择难易适中的读物。正像 John Churchman 在 On Reading 一文指出的那样:“Don't start reading a book unless you see, from the first few pages, that it's one you can read with ease and understanding.”只有这样,你才会越读越有兴趣,不致中途放弃。

另外,当你拿到一本书或一篇材料时,要一口气把一个篇章读完。John Churchman 告诉我们:“Don't stop every time you come to a word or phrase you don't know ... Quite often you'll find the unknown word comes again, perhaps several times, and by end of the chapter you will have guessed its meaning.”

有的同学有种错误的想法:“我课文还没学会,哪有精力去读课外的东西。”他不明白“凡事只有多接触才能熟悉之”的道理,更何况加读的是那些经行家精心选择科学安排的呢。读一篇合适的课外文章就好像在两篇课文中加个小台阶,使学习提高的“坡度”减缓,这样你就容易学好学通教科书了。

# 学法指导

## 一、关于速度阅读

### 1. 什么是速度阅读

速度阅读即快速地阅读。初学者阅读的速度一般相当慢。如果想尽快提高速度,就应当接受针对性的系统训练。

速度阅读部分不教词汇和语法,目的只在于培养读者通过阅读迅速获取信息的能力。

### 2. 如何进行速度阅读的训练

①在阅读开始及结束时要认真填写文章前的表格,计算时间要精确到秒。

②每进行一次阅读训练,都要有意识地在不影响正确理解文章内容的前提下尽力缩短时间。

③阅读时不纠缠语言细节,不查字典,不探究语法问题。

④在阅读过程中,身体不要晃动,要克服头部随字行的阅读来回转动的习惯,克服用手或笔指读的习惯,要做到口不出声(嘴唇也不翕动),不回读,注意力高度集中。

⑤做文章后的练习时,要凭借阅读时的记忆思考答案,不再查阅文章。

⑥每学期结束,要依据记录划出坐标线来检查阅读速度及理解水平的提高幅度。

## 二、如何处理后两部分中的生词

阅读中常会有生词挡道,一遇到生词就查字典或问老师,要耗掉不少时间和精力,会影响阅读速度,还会减弱阅读的兴趣。有些

生词的出现不影响对文章的整体理解,像人名、地名此类专有名词或物品名称等,尽可跳过不管,而有些生词的意义从上下文中就可判断出来。如果有的生词阻碍了阅读,并且十分关键,可以查查字典,但只需弄清楚在文中的意思即可,不必费时费力硬记,因为随后的阅读中它们往往会反复出现,查阅二三次后就可掌握了。

### 三、如何使用此书

英语阅读应坚持每天进行。“速度阅读”是要一气呵成的,因其内容相对简单些。可安排在单元教学开始时进行,但要始终注意阅读速度是否放慢,答题正确率是否降低等。“扩大词汇量”部分的各篇文章,可根据其难易程度确定自己是一次还是两次完成阅读,时间拖得过长,阅读时间太分散,会影响自己对文章的整体理解。可以在教师的指导下完成,也可自己借助字典来进行。该部分所附的练习如能做正确,就表明你已很好地理解了与练习相对应的各篇内容了。“趣味阅读”部分读懂、读明白就算可以了,所附练习做得对错是检查你是否读懂的依据。此部分的注释是帮你理解阅读内容的,没必要下大力去记忆相关的生词。若有些生词你感到面熟,不妨先猜一下词义,然后再看注释,这也是记单词的一个好方法。

读者朋友们可以根据自己的实际情况安排一个星期内每天的阅读任务,但每个单元的阅读任务必须在下单元的学习开始前完成,以免造成任务的积压。



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## Unit 15

### Part One Speed Reading

文章词汇量	开始时间	读完时间	阅读速度	理解练习	做对	正确率
约 550 词	分 秒	分 秒	词/分钟	10 题	题	%

#### How to Keep Healthy

【1】Ten years ago I used to be very healthy. I went to work by bike and I got a lot of exercises at the weekends. I played tennis a lot and went for long walks. In those days, I didn't earn very much. I had a job in an office. It wasn't a very good job, but I had a lot of time to do the things I enjoyed.

【2】Then, about 8 years ago, I got a much better job. The pay was better. But the hours were a lot longer. I bought a car and drove to work every day, and began to take people out to lunch. And I began to put on weight, too. I stopped playing tennis and going for long walks at the weekend, because I just didn't have any time for things like that any more. There's a lot of stress in a job like mine, perhaps that's why I started drinking more than I used to. For example, I used to have only half a glass of whisky when I got home, then I started filling the glass to the top. Then I had another glass, and then another. I started smoking a lot, too. I never used to smoke at all.

【3】Two months ago I had a heart attack. At first I just couldn't believe it. "I'm too young," I said. Luckily it wasn't very serious. I was in hospital a few days and they did a lot of tests. The doctor advised me to stop smoking and to eat less. He told me to do a lot of other things. For example, he advised me to work less and get more exercises. But I just haven't any time! My job takes everything out of me!

【4】Sometimes I wonder if I should get another job. Perhaps I could do something as I used to do. But if I do that, I won't earn as much. I have a family to support. I just don't know what I should do.

【5】Later, I knew one person who really believes in keeping fit. She is 45 but looks at least 10 years younger. Let's listen to her story: Two years ago, I was overweight. I used to smoke a lot — about 30 cigarettes a day. I never got any exercise. I stayed at home all day. I never went out, except for the shopping. And even then I drove the car. One day I looked at myself in the mirror.

【6】'My God', I thought. 'I look terrible!' I found an old dress. I couldn't put it on. It was too small. Or rather, I was too fat!

【7】The next day, I tried to jog a little. At first it was terrible. I mean I just couldn't run. Not even a short distance. And at first people used to laugh at me.

【8】But now I've completely changed the way I live. I've stopped eating meat and I've started eating far more fresh vegetables. At first my husband and daughter didn't like the new food. About six months ago I sold my car and bought a bike. Recently I've started doing yoga exercises. My husband often goes cycling with me now and my daughter jogs with me in the evening. They've both lost weight and are much healthier than they used to be.

**Write down the time and choose:**

1. The story is about \_\_\_\_ .  
A. smoking      B. drinking      C. keeping healthy      D. driving
2. The writer used to \_\_\_\_ ten years ago.  
A. take short walks      B. drive  
C. drive a car      D. go to work by bike
3. His first job is \_\_\_\_ .  
A. good      B. comfortable      B. to sell books      D. in an office
4. 10 years ago he \_\_\_\_ .  
A. had much money      B. made a lot of money from his work  
C. earned much money      D. could get only a little money in the office
5. He \_\_\_\_ 8 years ago.  
A. bought an expensive car  
B. still went to work by bike  
C. worked for longer hours and had no rest  
D. stopped doing exercises and started to smoke and drink more
6. What happened two months ago?  
A. His car was stolen.      B. He got a headache.  
C. He had a heart illness.      D. He changed his job.
7. One day the woman found out \_\_\_\_ .  
A. she was too fat      B. all of her dresses were small  
C. she was in the mirror      D. she was terrible
8. The other people laughed at her because \_\_\_\_ .  
A. she was too fat  
B. she looked funny  
C. she couldn't run, even for a short distance as the result of being fat  
D. her clothes were strange
9. She changed her way of life. For example, \_\_\_\_ .  
A. she started to run

- B. she began to eat meat
  - C. she began to have a jog
  - D. she started to eat more fresh vegetables and do exercises
10. If you want to be fit, you must \_\_\_\_.
- A. eat much meat
  - B. do a lot of exercises without going to work
  - C. have a scientific food supply and do a lot of exercises
  - D. stay at home and go nowhere

## Part Two The Increase of Your Vocabulary

A) Look up the following words in your dictionary and then fill them in the blanks.

convenience, bear, argument, ashamed, object, amuse

1. I can't \_\_\_\_\_ sleeping in a cold bed.
2. He wants to find a place to \_\_\_\_\_ himself at the weekend. I suggest a disco hall.
3. I had an \_\_\_\_\_ with George over politics. Neither of us would give in.
4. You should be \_\_\_\_\_ to tell such lies!
5. We bought this house for its \_\_\_\_\_. It's very near the shops and where I work.
6. Do you \_\_\_\_\_ to smoking here in the office? I remember you're also a smoker.

### I Had a Much Nicer Father Than You'll Ever Have!

[1] Charlie Yates was 17 years old, and although he had left school, he preferred living in the comfort and convenience of his parents' home to

living alone. He said that he was trying to find to job, but there never seemed to be one that he thought good enough for him. His father wanted him to leave home and earn some money, but his mother loved Charlie very much and wanted him to stay, so she never interfered with what he might want to do.

【2】Charlie did not wash his hair very often. He shaved once a week, and he could not bear wearing shoes, so his feet were nearly always dirty.

【3】His father did not see him very frequently, because he worked quite a distance from home and was in the habit of leaving the house early, before Charlie got up; and when he got home in the evenings, Charlie was usually somewhere else, amusing himself with a few of his friends, or playing the drums in a band. Also, Charlie's father often had to go abroad on business.

【4】But Mr Yates sometimes saw his son at weekends, and then he was always angry with him. He used to say to him: "Why ever don't you shave every day? Who ever would give you a job with your dirty hair? Where ever are your shoes?" and so on.

【5】"But father," Charlie always said, "I don't care about those things. All my friends are like me nowadays, and if I changed, I wouldn't be popular with them any more."

【6】One Saturday morning, while Charlie and his father were having their usual argument, his father said to him, "You should be ashamed to live like that. I was brought up quite differently. When I was 17, my father never allowed me to do any of the things that you do all the time. I was forbidden to stay out till three o'clock in the morning, and come down to breakfast at 10, and walk about the house with dirty feet, and grow a beard, and wear gold chains, and behave like a ..."

【7】He went on and on until Charlie said kindly, “Poor father. My grandfather died before I was born, so I never met him, but he must have been a terrible old gentleman.”

【8】“Not at all!” Mr Yates objected angrily. “For your information, I had a much nicer father than you’ll ever have!”

B) Match the words in Column I with the definitions in Column II.

Column I

Column II

- |               |  |
|---------------|--|
| 1. interfere  | a. often; happening many times                           |
| 2. shave      | b. prevent the action of another; get in one’s way       |
| 3. nowadays   | c. to refuse to allow (sb.) to do sth.                   |
| 4. comfort    | d. to cut off(hair or beard) close to the skin           |
| 5. frequently | e. at the present time; now                              |
| 6. forbid     | f. the state of being free from anxiety(焦虑) or suffering |

C) Fill in the blanks with proper words.

1. He objected \_\_\_\_\_ my going there. He said a fighting had just broken out.
2. He \_\_\_\_\_ my use of his car. He didn’t allow me even to touch it.
3. The children \_\_\_\_\_ themselves by playing games while their parents talked.
4. I’ve decided to \_\_\_\_\_ off my beard.
5. He feels \_\_\_\_\_ to cheat in the exams.
6. I never \_\_\_\_\_ with his work. In fact I have given him much help.

## Part Three Reading for Pleasure

**Preface:** Are you familiar to a work fan? When he starts to work,



the beautiful world of nature and the world of human feelings are far away from him. There is nothing except working in his mind. He doesn't seem to be a man any more. He becomes a tireless machine.

**本文导读:**你熟悉工作狂吗? 当他开始工作时,大自然的美好和人类的情感都离他远去,在他的脑海里只有工作。他似乎不再是个人了,他变成了一台不知疲倦的机器。

## The Romance of a Busy Broker

O. Henry

### I

【1】Pitcher had worked for many years in the office of Harvey Maxwell, the stockbroker<sup>1</sup>. Pitcher was a quiet man. He didn't usually let his face show his feelings. But this morning he looked surprised — and very interested. Harvey Maxwell had arrived energetically<sup>2</sup> as usual at 9:30. But this morning, the young lady who was his secretary<sup>3</sup> had arrived with him. Pitcher watched them with interest. Harvey Maxwell didn't pay attention to Pitcher. He said only a quick "Good morning," and ran to his desk. He dug energetically into the mountain of letters and telegrams that waited for him.

【2】The young lady had been the stockbroker's secretary for a year. She was beautiful, and she dressed simply. Unlike some secretaries, she never wore cheap glass jewelry<sup>4</sup>. Her dress was grey and plain<sup>5</sup>, but it fitted her body nicely. With it she wore a small black hat with a green-gold flower at the side. This morning her face shone with happiness. Her eyes were bright, her face a soft pink<sup>6</sup>.

【3】Pitcher, still interested, noticed that she acted differently this morning. Usually she walked straight inside to her own desk. But this morning she stayed in the outside office. She walked over near Maxwell's