

COLLEGE ENGLISH

大学英语四、六级分题型指导丛书

Training of Reading
Comprehension College
English (Band 4&6)



英语四、六级统考

阅读理解训练指南

张文起 编著

南开大学出版社

英语四、六级统考阅读理解训练指南

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前言

阅读英语书刊的人都想读得快,但就是快不起来。这个问题一直困扰着许多人。这正是本书要讨论、要解决的问题。

本书的读者对象是大学生和研究生,特别是准备参加大学英语全国四、六级统考的大学生。

本书的目的是:为大学生的阅读,特别是快速阅读提供一套理论、一套技巧、一套方法和一套训练材料。通过这种训练,能使阅读速度迅速提高,并为听、说、写、译能力的提高奠定坚实的基础。

本书以国家教委颁发的《大学英语教学大纲》的精神为指导,紧密配合大学英语四、六级统考第二部分(Reading Comprehension),有理论有实践,配以视觉训练方法,新颖独特。训练材料,内容丰富,取材广泛,生动有趣,难易适中。

美国专家 Alana Boland 女士提供和改编了本书的原始材料,并审定了全部书稿。在此表示诚挚的感谢。

限于水平,加之时间仓促,疏漏谬误之处实属难免,敬请读者批评斧正。

编者

1995 年 10 月

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第一章 大学英语阅读概论

一、大学英语阅读与统考的要求和内容

《大学英语教学大纲》(文理科本科用)规定:“大学英语教学的目的,是培养学生具有较强的阅读能力、一定的听的能力、初步的写和说的能力”。我认为,在这四种能力中,阅读能力是基础、是关键。阅读能力的强弱决定着其它三种能力的高低。因此,大学生在大学期间,要想学好大学英语,首先必须下大力量抓好阅读。

《大纲》对于阅读能力提出了明确的要求。它的基本要求是:“掌握基本阅读技能,能顺利阅读并正确理解一般题材、语言难度中等的文章,速度达到每分钟 50 词。在阅读能力略低、生词不超过总词数 2% 的材料时,速度达到每分钟 90 词,阅读理解的准确率不低于 70%”。《大纲》规定的较高要求是:“掌握较高的阅读技能,能顺利阅读并正确理解一般题材、语言难度较高的文章,速度达到每分钟 70 词。在阅读难度略低、生词不超过总词数 3% 的材料时,速度达到每分钟 120 词,阅读理解的准确率不低于 70%”。此外,《大纲》还规定了专业阅读阶段的要求:“能顺利阅读并正确理解有关专业的书籍和文章。阅读速度达到每分钟 70 词,阅读理解的准确率不低于 70%,阅读总量不少于 250,000 词”。

除了《大纲》对于阅读作了明确的要求之外,国家教委还责成有关部门制定了大学英语四、六级全国统考的统一标准和内容。大学英语四级全国统考中关于阅读的要求和内容是:“第二部分:阅读理解(Part II: Reading Comprehension):共 20 题,考试时间 35 分钟。要求考生阅读若干篇短文,总阅读量不超过 1000 词。每篇短文后有若干个问题。考生应根据文章内容从每题四个选择项中选出一个最佳答案。选材的原则是:

1. 题材广泛,可以包括人物传记、社会、文化、日常知识、科普常识等,但是所涉及的背景知识应能为学生所理解;
2. 体裁多样,可以包括记叙文、说明文、议论文等;
3. 文章的语言难度中等,无法猜测而又影响理解的关键词

如超出教学大纲词汇表四级的范围,用汉语注明词义。

阅读理解部分主要测试下述能力:

1. 掌握所读材料的主旨和大意;
2. 了解说明主旨和大意的事实和细节;
3. 既理解字面的意思,也能根据所读材料进行一定的判断和推论;

4. 既理解个别句子的意义,也理解上下文的逻辑关系。

阅读理解部分的目的是测试学生通过阅读获取信息的能力,既要求准确,也要求有一定的速度。”

大学英语六级全国统考中关于阅读的要求和内容是:

“第二部分:阅读理解(Part II: Reading Comprehension):共20题,考试时间35分钟。要求考生阅读若干篇短文,总阅读量不超过1400词。每篇短文后有若干个问题。考生应根据文章内容从每题四个选择项中选出一个最佳答案。选材的原则是:

1. 题材广泛,包括科技、社会、文化等方面,但是所涉及背景知识应能为学生所理解;

2. 体裁多样,可以包括记叙文、说明文、议论文等;

3. 文章的语言难度以教学大纲中的规定为准,无法猜测而又影响理解的关键词,如超出教学大纲词汇表六级的范围,用汉语或英语注明词义。

阅读理解部分主要测试下述能力:

1. 既能理解个别句子的意义,也能理解上下文的逻辑关系;
2. 既能理解字面的意思,也能理解隐含的意思;
3. 既能理解事实和细节,也能理解所读材料的主旨和大意;
4. 能就文章的内容进行判断、推理和信息转换。

阅读理解部分的目的是测试学生通过阅读获取信息的能力,既要求准确,也要求有一定的速度。”

阅读理解部分在统考中,虽然只有20题,却占总分的40%。

大学英语自从实行全国统考以来,大学英语的教学引起了各级领导的重视,大学生的英语水平普遍有了提高。为了适应新形势的需要,为了进一步提高大学生的英语水平,凡是有理想、有抱负的大学生,要想对国家做出较大的贡献,就不能不学好英语,要想学好英语,就不能不首先抓好阅读,要想抓好阅读,首先了解《大纲》和统考关于阅读的要求和内容是完全必要的。

二、阅读理解与快速阅读理解

这一节主要讨论两个问题：一个是阅读理解，另一个问题是阅读速度。下面先谈第一个问题。

阅读的首要任务是理解。如果对所读的材料不理解，读得再快也是没有用的。但是，对理解的要求是不同的。不同的材料，不同的目的，要求理解的程度也不一样。有的要求全面理解，有的要求重点理解。大学生的阅读考题基本上要求全面理解。而查阅资料，浏览当天的报纸基本上是重点理解。所谓全面理解主要包括哪些内容呢？

1. 掌握文章的中心思想，包括表明的中心思想和隐含的中心思想。

2. 掌握文章的主要事实和细节，包括主要细节和次要细节。

3. 掌握作者的写作意图和写作技巧，包括作者的风格、作者的语气和语调。试读下面一篇短文，然后回答有关短文的 10 个问题，如果能答对，那就是全面理解了。

Line

1 Chris Evert Loyd is an American tennis champi-
2 on and one of the top women players in the
3 world. She is noted for her strong backhand and her
4 intense concentration during a match.

5 Christine Marie Evert was born in Fort Laud-
6 erdale, Florida. She learned to play tennis from her
7 father. Because she learned to play on the show clay
8 tennis courts which are common in southern Florida,
9 Evert is at her best on show courts.

10 In 1971, at the age of sixteen, Evert became the
11 youngest player to reach the semifinals of the United
12 States Open Tennis Championships. This was her
13 first time to participate in the U. S. Open. In 1972,
14 she turned professional and was able to accept money
15 and other prizes for winning matches.

16 In 1974, she won the women's singles titles in

17 two major tournaments. These titles were an Wim-
18 bledon, the British ~~championship~~, and the French
19 Open, which is played on clay. Later she won the
20 U. S. and Australian Opens, the two other major ten-
21 nis championships.

22 Evert set an impressive record of wins on clay
23 courts. From August 1973 to May 1979, a period of
24 almost six years, Evert beat 125 opponents. Her un-
25 believable record will be remembered for a very long
26 time in the sports world.

27 In 1979, Evert married English tennis player
28 John Loyd.

1. Wimbledon is the site of
 - A. the U. S. Open
 - ☒ B. the British championship
 - C. the French Open
 - ☒ D. both B and C
2. A tennis competition between two people is called a ten-
nis
 - A. game
 - B. champion
 - C. open-
 - ☒ D. match
3. Chris Evert's husband is from
 - ☒ A. England
 - B. France
 - C. the U. S.
 - D. Australia
4. At her first U. S. Open, Evert was a
 - A. finalist
 - ☒ B. semifinalist
 - C. winner
 - D. champion

5. How many major tennis championships are there?
☒ A. four
☒ B. three
☐ C. two
☐ D. one
6. About how old was Evert when she turned professional?
☒ A. nineteen
☐ B. fifteen
☒ C. seventeen
☐ D. twenty
7. Which of the following happened first?
☐ A. Evert turned professional.
☐ B. Evert married John Loyd. ✕
☐ C. Evert won her first Wimbledon.
☒ D. Evert won her first U. S. Open.
8. Which of these statements is true?
☒ A. Evert learned tennis in Florida..
☐ B. Evert is excellent on fast courts.
☐ C. Evert has won the U. S. Open more than any other player.
☐ D. All of the above.
9. The word *turned* in line 14 probably means
☐ A. could
☐ B. wanted
☒ C. became
☐ D. remembered
10. The word *noted* in line 3 probably means
☒ A. recognized
☐ B. turned
☐ C. played
☐ D. defeated

10 个问题的答案是: 1. B 2. D 3. A 4. B 5. A 6. C

7. A 8. A 9. C 10. A

关于重点理解的问题,我们将在第二章和第三章进行重点讨

论。

下面讨论阅读的速度问题。

阅读的速度问题,对阅读的人来说,特别是对于大学生外语考试来说,是个关键问题。现在人们常说:时间就是生命,时间就是金钱。时间,对于一个人,对于一个企业、对于一个国家来说,都是十分宝贵的。时间从哪里来?从速度中来。有速度才会有时间。高速度就会赢得时间,低速度就会浪费时间。国家的发展争速度,企业的进步抢速度,大学生的学习、考试的成败,在某种意义上讲,关键在于速度。

首先,我们要明确,我们所说的阅读速度,是在理解基础上的速度。如果对所读的材料一无所知,谈速度是毫无意义的。国外一些研究阅读的专家,关于阅读的速度问题,提出如下的标准。

以英语为母语的人,他们的阅读速度应该是:

1. 低速度(slow)——每分钟 250 词以下。
2. 中速度(medium)——每分钟 250—350 词。
3. 快速度(fast)——每分钟 800—1000 词。

以英语为第二语言的人,他们的阅读速度应该是:

1. 低速度(slow)——每分钟 80 词。
2. 中速度(medium)——每分钟 120 词。
3. 快速度(fast)——每分钟 150—180 词。

《大纲》规定:我国大学生的阅读速度是:每分钟 50 词(四级)至 70 词(六级)。这个速度与国外专家定的速度对比一下可以看出,它只是低速度。要达到高速度,即快速,视觉必须经过训练,必须克服快速阅读的各种障碍。

三、影响快速阅读理解的因素及其解决办法

影响大学生快读理解的因素很多,象文化素质、背景知识、作家的时代与风格等等。但是,从教学的角度来看,最主要、最直接的因素有三个:

1. 词汇量不足或较低

《大纲》规定,大学生在入学时应该掌握单词 1600 个(其中复用式掌握的单词为 1200 个),四级应领会式掌握单词 4000 个(其中复用式掌握单词为 2300 个),以及一定量的常用词组,并具有按

照基本构词法识别生词的能力；六级应领会式掌握单词 5300 个（其中复用式掌握的单词为 2800 个），以及一定量的常用词组。

从多年的教学情况来看，有相当一部分学生，词汇量达不到这种要求，特别是复用的能力和构词法的知识较差。因此，要想提高阅读速度，首先必须扩大词汇量。关于词汇与阅读的关系，西方有一句表面似乎矛盾，但却是千真万确的名言：要想读得快，必须有强大的词汇量；要想有强大的词汇量，必须读得快。这句话道出快读与词汇的真正关系。所以，要想提高阅读速度，扩大词汇量是关键的一步。扩大词汇量的方法，不是去背辞典，也不是去背单词书，而是要大量地阅读。本书提供了充足的阅读材料。如果你能将这些材料认真地读完，你的词汇量必然有惊人的增加。

其次，要了解构词法的知识。构词法的知识很多，这里简单介绍几种，供大学生学习、掌握：

(1) Important prefixes

A. The following prefixes all mean, in some way, “no” or “not”:

Prefix	Meaning	Example
a-	not, without	amoral
in-	not	insensitive
im-	not	immobile
non-	not	nonreturnable
mis-	wrongly	misdirected
mal-	badly	malformed
anti-	against	antisocial
ir-	not	irresponsible
un-	not	unattractive
il-	not	illegal

B. These prefixes all deal with time.

Prefix	Meaning	Example
pre-	before	prerequisite
post-	after	postoperative
ante-	before	antedated

C. These prefixes deal with numbers, one or more than one

Prefix	Meaning	Example
uni-	one	unicycle
mono-	one	monologue
auto-	self	autograph
bi-	two	bifocal
tri-	three	tripod
poly-	many	polygon
multi-	many	multicolored

D. These prefixes all deal with placement.

Prefix	Meaning	Example
ab-	away, from	abnormal
circum-	around	circumscribe
com-	with, together	committee
de-	down, from	deceit
dis-	away	discharge
ex-	out of	expel expel
inter-	among	intertwine
per-	through	perceive
re-	again	revoke
sub-	under	submarine
super-	above	superior
trans-	across	transition

(2) Important Roots

Root	Meaning	Example
cred	believe	credible
equ	equal	equate
fac, fact	do, make	factory
graph	written	monograph
mis, mit	send	missile

mor, mort	die	mortify
nomen	name	nominal
port	carry	portable
pos	place	position
spic, spec	look	spectator
tang	touch	tangible
vib, vis	see	vision
voc	call	evoke

(3) Important Suffixes

Suffix	Meaning	Example
-able	able to be	manageable
-ible		defensible
-al	relating to	regal
-ance		resistance
-ence		independence
-ic		heroic
-ion	state of quality of	union
-ism		patriotism
-hood		brotherhood
-ity		legality
-ment		puzzlement
-er	one who	writer
-or		advisor
-ite		Mennonite
-y	full of	soapy
-ful		wishful

2. 不懂或不太懂快读技巧

所谓快读技巧就是快读的方法。难度与内容不同的材料,目的与要求不同,也就是说,应该用不同的速度。但是,有些大学生,不论读什么书,也不论什么目的,都采用一种方法,就是一个字一个字地读。这种读法不但影响了平时的学习,而且影响考试的做题速度。他们之所以这样做,其原因在于:他们不懂得略读法、跳读法等

这些快读技巧。例如下面这篇文章,文章附有三个问题。如果我们一个词一个词地读这篇文章,读完之后回答下面的三个问题,必然用较长的时间。如果我们先看一下三个问题,并抓住三个问题当中的关键词,象第一个问题中的 antifreeze,第二个问题中的 legal limit on the amount of air,第三个问题中的 shipping... to Colorado,然后,用跳读法读这篇文章,必然能节省很多时间,而且效果比较好。读者不妨试一试。

The first factory-made ice cream in the world, marketed by Jacob Fussell of Baltimore in 1851, probably contained only fresh milk and cream, sugar, eggs, and natural flavoring. These are the classical ingredients. Today, a typical supermarket brand contains milk fat and nonfat milk, sugar, corn sweetener, whey, mono-, and diglycerides, guar gum, polysorbate 80, carrageenin, and natural and artificial flavor, to quote one label. Many lists are longer. Because recipes fluctuate with the ingredient marker, the same brand may have a different composition from week to week. The trick is to make them all simulate the same ice cream.

Essentially, ice cream is air, oil, and ice crystals suspended in water. The water never completely freezes, because an antifreeze suger is dissolved in it, making a stronger, more cold-proof syrup as more water freezes out. At its optimum dipping temperature, about eight degrees Fahrenheit, a half gallon of ice cream contains nine tablespoons of liquid.

Hanging in the liquid are billions of tiny air bubbles and quadrillions of even tinier oil droplets. Because oil and water don't mix, these fat droplets would rather clump together and float to the top, but they can't. They are jacketed with negatively charged proteins, which make them repel each other. Similar forces keep the bubbles in place. Ultimately, ice cream is held together electrically.

The simplest way to give customers more ice cream for their money, says Keeney, is to pump in more air. It is easy. Just turn a silver knob on the freezer and the ice cream swells. The manufacturer must be careful, however, not to go over the legal limit of

50 percent air. By federal law, a half gallon of ice cream must weigh at least two pounds, four ounces. Most brands weigh close to the limit, but expensive ones like Haagen-Dazs (\$ 1.79 a pint) may be nearly twice as heavy.

Originally, air got into ice cream as an accident of stirring, but today it is ushered in by pumps and metering valves. "Ice cream is a frozen foam," says John Speer, president of the ice cream manufacturers' lobby, on the phone. "My God, you need that air in there! Try squeezing the air out of a loaf of bread sometime, see what you get. "

It's true, some air is needed in ice cream or it won't collapse readily in the mouth. The bubbles should burst like tiny balloons when the heat comes up. But too much air can insulate the interior, slow the meltdown, and make the ice cream feel strangely warm, more like Dream Whip than ice cream. Expensive, quicker melting ice creams feel colder.

Occasionally, overinflation backfires. The bubbles overstretch their skins and burst while still in the carton. The ice cream shrinks from the walls of the containers, prompting phone the calls from angry consumers.

Recently Keeney conferred with a manufacturer who had been trying to ship cylindrical cartons of ice cream into Colorado. Whenever the trucks climbed into the Rocky Mountains, the air bubbles would expand, puffing up the ice cream and blowing the lids off.

"Try underfilling," Keeney told him. "But don't sell that ice cream at sea level. "

Milk fat, the prime ingredient of ice cream, adds smoothness and richness by lubricating the palate and suffusing it with dozens of volatiles. Found in cream, it is one of the most complex of all natural oils, comprising more than 150 different fatty acids. To make a quart of cream, a half-ton cow must eat 30 pounds of feed and filter 2,500 gallons of blood through her udder. Because of this and because cream keeps only a week or two under refriger-

eration, it is by far the costliest ingredient.

"You don't have to get your milk fat from cream," Keeney told a class of 85 ice cream technicians. "In fact, you could make a pretty decent ice cream without any milk fat at all. Any kind of oil will do — vegetable oil, mineral oil, even motor oil, if that's what customers want."

Students were scratching on notebooks.

"But it's illegal," Keeney said. "If you want to label it ice cream, you've got to use milk fat. You can use butter, which is just milk fat globules pressed into a cake. Butter will keep for months without much deterioration, and sometimes it'll give you a little more milk fat for your money. Go ahead and use it, but be careful: The longer any milk product is stored, the greater the chance it'll lose flavor notes or develop foreign ones. Some of these stinky compounds in stale milk can be tasted in parts per trillion. That's one drop in all the ice cream produced in the U. S. in a week. You're gonna be a lot more confident with fresh cream, believe me."

- 陈永新
1. What is the antifreeze used in ice cream?
 2. What is the legal limit on the amount of air in ice cream?
 3. Why did a manufacturer have trouble shipping ice cream to Colorado?

本书第三章详细介绍了快读的各种技巧,读者可参考。

3. 视觉缺乏严格的训练

所谓视觉缺乏严格的训练包括两个方面的内容:1. 眼睛自左至右的运动速度;2. 眼睛捕捉信息的敏感程度。我们中国人,自小学至大学,养成了一个词一个词地读的习惯。特别是,有些报刊的文章,文字常常竖排,更与英语的习惯不同。所以,我们的视觉横运动的速度是很慢的,横向捕捉信息的能力也是比较低的。在这种情况下,要想快读是不可能的,必须要经过严格的训练。实践证明:经过训练之后,阅读的速度可以成倍的提高。训练的材料大体分为两类:一类是词与短语,另一类是短文。不论哪一类,都是定时的。规定时间是30秒,或更多一点。第一类,从右边的词中找出与 key