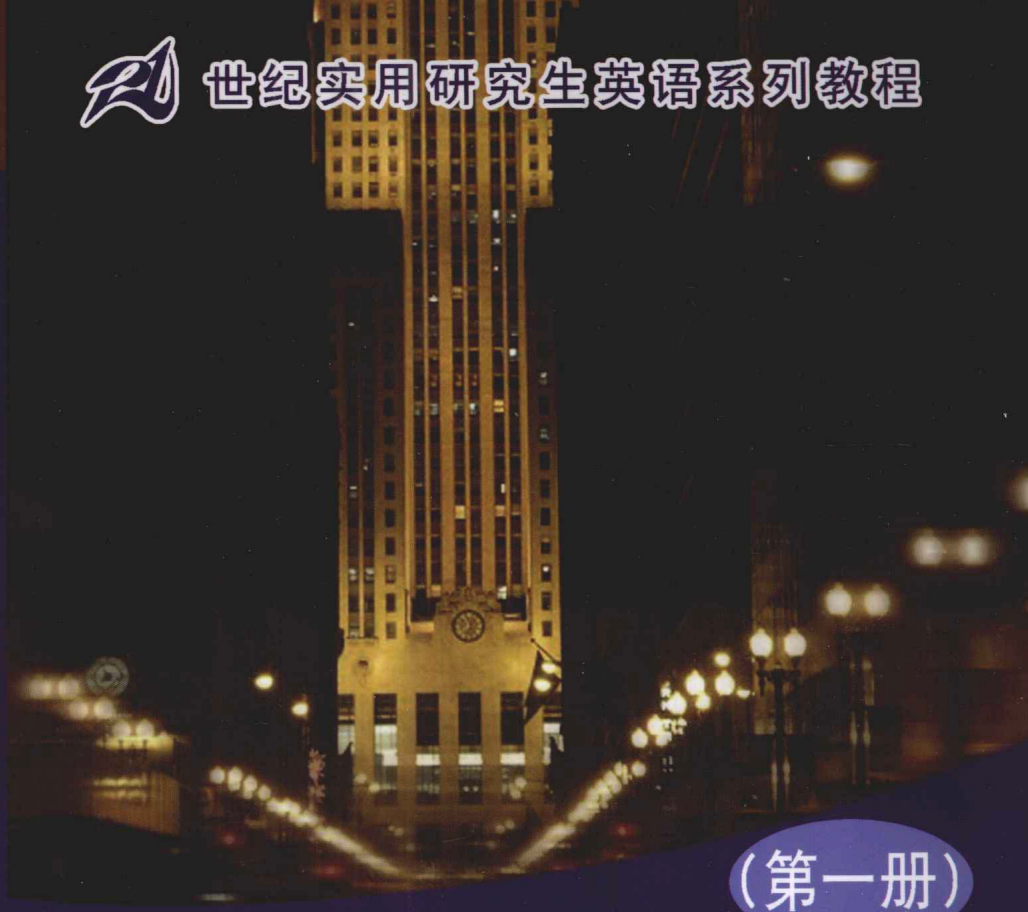
21世纪实用研究生英语系列教程

总主编/王健芳



ENGLISH READING

（第一册）

英语快速阅读

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中国人民大学出版社

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前言

根据1993年国家教委颁布的《非英语专业研究生英语（第一外语）教学大纲》，硕士生外语教学的目的是培养学生具有较熟练的阅读能力，一定的写、译能力和基本的听、说能力，能够以外语为工具进行本专业的学习和研究。可以看出，研究生英语教学仍把阅读教学放在各项技能的首位。此外大纲还具体规定了研究生在经过基础阶段的学习之后，在阅读能力方面须达到的要求：掌握并能运用各项阅读技能（如概括中心思想、猜词悟意、预见、推理和推论等），具有语篇水平的分析能力。能较顺利地阅读并正确理解有相当难度的一般性题材文章和其他读物，速度达到每分钟60词~70词，读后能够理解中心思想及内容。计时阅读难度略低、生词不超过总词数2%的材料，速度达到每分钟100词~120词，读后能理解中心思想及主要内容。由此可见，深化阅读教学，进一步提高阅读能力，仍是培养和提高研究生语言运用能力的关键所在。

本套教材是以《非英语专业研究生英语（第一外语）教学大纲》为指南，在参考国内外多种英语快速阅读教材的基础上，根据编者多年从事研究生英语快速阅读教学的经验，以及我国非英语专业研究生目前整体英语水平和实际英语能力，经过编委会认真、广泛的讨论之后编写而成的。

《英语快速阅读》分第一、二两册，供非英语专业硕士或博士研究生一学年使用，与中国人民大学出版社出版的《新编研究生英语系列教程》（第二版）、《研究生英语系列教材》（第三版）和《研究生英语综合教程》配合使用。本套教材旨在帮助读者扩大英语词汇量，提高阅读速度和阅读理解能力，广泛深入地了解世界各国，尤其是欧美国家的历史文化、风土人情以及自然科学和人文科学等方面的知识。

本套教材编写严谨。第一册遵循理论与实践相结合的原则，讲练结合，分为两大部分：（1）快速阅读概述及应试技巧；（2）快速阅读练习，共32篇短文。第二册共精选短文48篇，内容涉及中西文化、教育、生活、媒介、历史、科技、哲学、文学等，按阅读量与难度的递增分为3个部分，每部分包括16篇文章。两册书选材的原则突出体现科学性、信息性、可读性和趣味性，内容丰富、有趣、时尚，旨在帮助学生进行系统的、有针对性的快速阅读训练，掌握基本阅读技能，培养良好阅读习惯，提高阅读效率。练习形式多样，既有选择填空的客观题型，又有简短回答、填空、对错判断等主观题型；既注重寻读、略读、猜词悟意、写摘要等快速阅读基本技能的训练，又与各级考试的阅读题型相结合；每册书后附有本册书练习的参考答案供师生参考。使用本套教材非常有利于学生通过各种水平的英语考试。

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编　者

2009年2月

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第一章 快速阅读概述

所谓快速阅读，就是利用视觉运动的规律，通过一定的方法训练，在较短的时间里阅读大量书报资料的一种科学的学习方法。具体地说，它是一种从文字读物中迅速提取有用信息的高效读书方法。这种快速获取信息的阅读方法能充分帮助读者提高视觉感知和左右脑协调快速处理视觉信息的能力，以眼脑直映的信息全新处理方式省略了传统阅读中大脑的语言中枢、听觉中枢对文字信息处理的环节，从而达到眼看脑记、眼脑同步。

快速阅读的重要性

阅读能力包括精读（Intensive Reading）和泛读（Extensive Reading）两种能力。精读指的是对阅读材料进行详细的阅读。而泛读则是指对阅读材料进行粗泛的阅读。在实际阅读过程中，速度是人们最普遍关心的问题之一。在实际工作和生活中，我们所进行的阅读绝大多数情况下都是需要快速阅读的，精读的可能性和实用性远比快速阅读低得多。通过快速阅读，我们可以更广泛、更大量地阅读资料，猎取知识，增长见识，开阔眼界。通过大量阅读，频繁地接触语言材料，可以自觉或不自觉地学到和掌握大量的词汇和语汇，进一步熟练阅读技巧、提高阅读能力、培养阅读兴趣和习惯。

进行快速阅读的必要条件

那么，要达到快速阅读的各项要求，需要些什么条件呢？一般说来，进行快速阅读的必要条件是：基本知识、语言基础、阅读技能。快速阅读不是一种孤立的能力，它必须以了解一定的基本知识为先决条件，以具备一定的词汇和基本语法为基础，还要掌握一些重要的阅读技能。基本知识主要指的是阅读材料所涉及的相关基本常识。语言基础知识主要

是指对阅读材料所用语言词汇量和句型结构要有一定的了解。阅读技能则指的是在阅读过程中应该具备的获取有用信息的能力。对于已经进入大学本科和研究生阶段的学生来说，这三项技能都应该早已具备。

快速阅读的速度与理解的关系

快速阅读通常可分为三个阶段。第一个阶段是筛选阶段。在我们阅读文章的过程中，首先筛选出对我们有利用价值的信息。由于英文思维方式的不同，英文的行文方式也和汉语有很大差异。英语的段落通常会有主题句，且主题句的位置以段首居多。而段落的末句或文章的末段通常会对本段或本篇所述内容进行总结。因此，在阅读英语文章时，特别是学术性科学性较强的文章时，获取信息的重点通常应放在文章的标题和每段的第一句和最后一句上，这样能对文章的中心、作者的意图有个基本的了解。在此基础上，进入第二阶段，也就是快速阅读阶段。就是说对我们已筛选出的信息作进一步的遴选，再从中挑选出对我们有重要参考价值的内容来，然后进入第三阶段，也就是精研阶段。这一阶段，力求准确把握作者的观点，融会贯通，根据其利用价值进行取舍。

在提高阅读速度的初期，理解的降低是正常的，不必大惊小怪，只要继续以此速度读下去，就会发现理解会渐渐回升上来，达到原来速度时的理解水平。这里有一点必须注意，在理解水平还没有恢复到正常水平时，不要继续加快阅读速度。这二者的平衡在快速阅读的过程中是很重要的，不能过多地只注意其中一项。我们应该明白，一分钟读 400 字符且达到了 70% 的理解比一分钟读 200 字符而达到 90% 的理解效率高得多。理解了这一点，我们在阅读的过程中就可以减少一些不必要的担心，从而更好地提高自己的快速阅读能力。

阅读过程中的障碍

1. 阅读行为习惯的影响

在阅读过程中，我们或多或少有这样或那样的阅读习惯。但是我们要有意识地克服行为上某些不良的阅读习惯。

（1）出声读。快速阅读的关键之一在于“无声”训练。在阅读速度上，无声要比有声快，这是因为有声阅读是眼、脑、口、耳四个器官一起活动，文字符号反映到眼睛，再传到大脑，大脑命令嘴发音，耳再监听辨别正确与否。而无声阅读只是运用眼和脑两大器官，省去了口的发音和耳朵的监听，因而它的速度要快。快速阅读的信息变换方式为：书面信息→眼睛扫描信息→大脑记忆中枢的信息。

（2）逐字读。大多数人在看母语文章时是不自觉地进行快速阅读的。可在看外语文章

时就马上紧张起来，生怕漏掉一句话甚至是一个单词。尽管有时这些句子或单词对段落或文章总体意思的把握并无太大影响。为了寻求心理上的安慰和满足，非得字斟句酌才能放心。这样做的结果恰恰是只见树木，不见森林，是一种舍本逐末的办法。如果你这种多年的阅读习惯并未给你带来你所期望的效果，相信再继续这样的阅读也不会对你有太大的帮助。为什么不转变一下呢?

（3）默读。在阅读外语文章过程中，不少人虽然也不读出声，但其所看内容的每一个单词都会经过他的大脑再经过心声读一遍。这样做的结果和出声读并无太大差异，虽然没有大声读出来，但在脑中一字字读，也会影响速度，分散精力。

（4）指读。以手指挨个儿指着读，而且通常还伴有出声读或默读，就会更影响阅读速度。如果能将手指移动的速度提高且能控制一直以较快的速度移动，便能帮助提高阅读速度。

（5）回读。每看完一段或看完一句，对前面自己所看内容很无把握，对自己的理解很不放心，总希望能回头看看所看内容，以让自己感到安全或放心。但最终的情况是，对所看内容并不能做到完全彻底的理解，反到会感到更加迷茫。

（6）断读。断读是指看文章时总是被打断。上次所看内容到下次再拿起时已被遗忘，又得从头开始，时间持续很长，可看来看去还是在文章的前面。几次下来，对前面已看内容已经滚瓜烂熟，而很难进行下一步的阅读。这样的阅读无疑会影响到正常的阅读速度和理解程度。

2. 阅读中心理因素的影响

阅读时，除了克服不良的阅读习惯外，还要注意克服一些影响阅读速度和理解程度的不良心理因素。

（1）期望值过高。阅读者在阅读前就给自己定下很高的目标，有的甚至是不现实的，比如希望一次阅读就能看懂所有内容并能掌握所读材料。这种急于求成的心理状态，不仅影响阅读时的心境，也使得视觉器官和大脑都不能集中于阅读过程本身，阅读的效果自然不好。

（2）过度重视阅读方法和技巧。阅读过程中过多注意阅读的方法、技巧等因素，而忽视了阅读材料及阅读本身。从某种程度上讲，这会使我们注意力分散，阅读的兴趣自然大大减弱。

（3）思想开小差。文章摆在面前，眼睛盯着文字，但对文字内容却视而不见。有时像是安慰自己一样还不断往后翻，可对所看内容却一无所知，翻了许多页，但脑子里仍一片空白。眼睛看的是书，大脑想的却是千里之外的事情。这样的事情在看外语文章时时有发生。这样难免会分散我们的注意力，影响我们的正常思维，降低我们的阅读速度，从而影响我们对文章的理解。

怎样培养快速阅读的技巧

1. 心理暗示

一个人要想在快速阅读上获得成功，首先要有自信心。给自己足够的自信心，就能给自己足够的心理暗示。这种心理暗示对自己所起的作用远远超过我们的想象。

2. 视幅要宽

每一眼看的词要尽量的多。我们阅读表面是用眼睛看，实际是用脑子读，眼睛只是起了照相机镜头的作用。努力使自己的眼睛变成“广角镜”，争取把尽可能多的词一眼“尽收眼底”。

3. 视时要短

第一眼和第二眼之间停顿的间隙要尽量短。我们阅读时，若视幅相同，谁的停顿时间短，谁就能读得快。

4. 意群要长

每个视幅中不是让你把很多单个的单词都收进脑子，而是要学会寻找一个总体意思上该有的停顿。极慢的读者是一个字一个字地读，视幅就很窄，句子中间的停顿就多，而频繁的停顿必然妨碍正常的理解。快速阅读者是半句或一句句地读，视幅大大加宽，停顿的间隙少而短，获取的都是有意义的词组，因而理解全句或全段就能做到水到渠成。

当然，快速阅读技巧远远不止这些，还有一些技巧，我们将结合具体考试中的问题在后面的章节中继续进行说明。

第二章 快速阅读应试技巧（一）

如何迅速地提高阅读能力，在考试中充分发挥自己的水平，是所有考生十分关心的问题。首先，平时尽可能扩大阅读量，多阅读各种适合自己英语水平的报刊和书籍，提高自己的阅读能力。同时，也应学习、了解一些在阅读考试中常用的基本阅读技巧，以便考试时能提高阅读速度，在规定时间内快速准确地答题。

在阅读考试时，不要盲目阅读文章和做题。了解一些基本的阅读技巧和方法，并不断在平时阅读练习中操练，可以达到事半功倍的效果。

在参加快速阅读考试时，该怎么做呢？

- 在开始之前先要浏览一遍试题内容。
- 在作答的时候要安排好自己的时间。如果在规定的时间之内没有完成问题，就直接回答下一道问题。在一道问题上花的时间不要超过 1 分钟。
- 仔细阅读问题。
- 要尽可能回答完所有问题。如果有必要，就猜一个答案。
- 要尽可能了解不同题型。常见的题型有：多项选择 (Multiple-choice questions)、简短问题回答 (Short-answer questions)、正误判断 (True or false) 等。例如，2008 年 6 月的大学英语六级考试快速阅读部分：

Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on Answer Sheet 1 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.

此为试读，需要完整PDF请访问：www.ertongbook.com

What Will the World Be Like in Fifty Years?

This week some top scientists, including Nobel Prize winners, gave their vision of how the world will look in 2056, from gas-powered cars to extraordinary health advances, John Ingham reports on what the world's finest minds believe our futures will be.

For those of us lucky enough to live that long, 2056 will be a world of almost perpetual youth, where obesity is a remote memory and robots become our companions.

We will be rubbing shoulders with aliens and colonizing outer space. Better still, our descendants might at last live in a world at peace with itself.

The prediction is that we will have found a source of inexhaustible, safe, green energy, and that science will have killed off religion. If they are right we will have removed two of the main causes of war—our dependence on oil and religious prejudice.

Will we really, as today's scientists claim, be able to live for ever or at least cheat the ageing process so that the average person lives to 150?

Of course, all these predictions come with a scientific health warning. Harvard professor Steven Pinker says: "This is an invitation to look foolish, as with the predictions of domed cities and nuclear-powered vacuum cleaners that were made 50 years ago."

Living longer

Anthony Atala, director of the Wake Forest Institute in North Carolina, believes failing organs will be repaired by injecting cells into the body. They will naturally to straight to the injury and help heal it. A system of injections without needles could also slow the ageing process by using the same process to "tune" cells.

Bruce Lahn, professor of human genetics at the University of Chicago, anticipates the ability to produce "unlimited supplies" of transplantable human organs without the needed a new organ, such as kidney, the surgeon would contact a commercial organ producer, give him the patient's immunological profile and would then be sent a kidney with the correct tissue type.

These organs would be entirely composed of human cells, grown by introducing them into animal hosts, and allowing them to develop into and organ in place of the animal's own. But Prof. Lahn believes that farmed brains would be "off limits". He says: "Very few people would want to have their brains replaced by someone else's and we probably don't want to put a human brain in an animal body."

Richard Miller, a professor at the University of Michigan, thinks scientist could develop

"authentic anti-ageing drugs" by working out how cells in larger animals such as whales and human resist many forms of injuries. He says: "It's now routine, in laboratory mammals, to extend lifespan by about 40%. Turning on the same protective systems in people should, by 2056, create the first class of 100-year-olds who are as vigorous and productive as today's people in their 60s."

Aliens

Conlin Pillinger, professor of planetary sciences at the Open University, says: "I fancy that at least we will be able to show that life did start to evolve on Mars well as Earth." Within 50 years he hopes scientists will prove that alien life came here in Martian meteorites (陨石).

Chris McKay, a planetary scientist at NASA's Ames Research Center, believes that in 50 years we may find evidence of alien life in ancient permanent frost of Mars or on other planets.

He adds: "There is even a chance we will find alien life forms here on Earth. It might be as different as English is to Chinese."

Princeton professor Freeman Dyson thinks it "likely" that life form outer space will be discovered before 2056 because the tools for finding it, such as optical and radio detection and data processing, are improving.

He says: "As soon as the first evidence is found, we will know what to look for and additional discoveries are likely to follow quickly. Such discoveries are likely to have revolutionary consequences for biology, astronomy and philosophy. They may change the way we look at ourselves and our place in the universe."

Colonies in space

Richard Gott, professor of astrophysics at Princeton, hopes man will set up a self-sufficient colony on Mars, which would be a "life insurance policy against whatever catastrophes, natural or otherwise, might occur on Earth".

"The real space race is whether we will colonise off Earth on to other worlds before money for the space programme runs out."

Spinal injuries

Ellen Heber-Katz, a professor at the Wistar Institute in Philadelphia, foresees cures for injuries causing paralysis such as the one that afflicted Superman star Christopher Reeve.

She says: "I believe that the day is not far off when we will be able to prescribe drugs that cause severed(断裂的) spinal cords to heal, hearts to regenerate and lost limbs to regrow."

"People will come to expect that injured or diseased organs are meant to be repaired from within, in much the same way that we fix an appliance or automobile: by replacing the damaged part with a manufacturer-certified new part." She predicts that within 5 to 10 years fingers and toes will be regrown and limbs will start to be regrown a few years later. Repairs to the nervous system will start with optic nerves and, in time, the spinal cord. "Within 50 years whole body replacement will be routine," Prof. Heber-Katz adds.

Obesity

Sydney Brenner, senior distinguished fellow of the Crick-Jacobs Center in California, won the 2002 Nobel Prize for Medicine and says that if there is a global disaster some humans will survive and evolution will favour small people with bodies large enough to support the required amount of brain power. "Obesity," he says, "will have been solved."

Robots

Rodney Brooks, professor of robotics at MIT, says the problems of developing artificial intelligence for robots will be at least partly overcome. As a result, "the possibilities for robots working with people will open up immensely".

Energy

Bill Joy, green technology expert in California, says: "The most significant breakthrough would be to have an inexhaustible source of safe, green energy that is substantially cheaper than any existing energy source."

Ideally, such a source would be safe in that it could not be made into weapons and would not make hazardous or toxic waste or carbon dioxide, the main greenhouse gas blamed for global warming.

Society

Geoffrey Miller, evolutionary psychologist at the University of New Mexico, says: "The US will follow the UK in realizing that religion is not a prerequisite (前提) for ordinary human decency."

"Thus, science will kill religion—not by reason challenging faith but by offering a more practical, universal and rewarding moral framework for human interaction."

He also predicts that "absurdly wasteful" displays of wealth will become unfashionable while the importance of close-knit communities and families will become clearer.

These there changes, he says, will help make us all "brighter, wiser, happier and kinder".

1. What is John Ingham's report about?
   A. A solution to the global energy crisis.
   B. Extraordinary advances in technology.
   C. The latest developments of medical science.
   D. Scientists' vision of the world in half a century.
2. According to Harvard professor Steven Pinker, predictions about the future _____.
   A. may invite trouble
   B. may not come true
   C. will fool the public
   D. do more harm than good
3. Professor Bruce Lahn of the University of Chicago predicts that _____.
   A. humans won't have to donate organs for transplantation
   B. more people will donate their organs for transplantation
   C. animal organs could be transplanted into human bodies
   D. organ transplantation won't be as scary as it is today
4. According to Professor Richard Miller of the University of Michigan, people will _____.
   A. live for as long as they wish
   B. be relieved from all sufferings
   C. live to 100 and more with vitality
   D. be able to live longer than whales
5. Princeton professor Freeman Dyson thinks that _____.
   A. scientists will find alien life similar to ours
   B. humans will be able to settle on Mars
   C. alien life will likely be discovered
   D. life will start to evolve on Mars
6. According to Princeton professor Richard Gott, by setting up a self-sufficient colony on Mars, Humans _____.
   A. might survive all catastrophes on earth
   B. might acquire ample natural resources
   C. will be able to travel to Mars freely
   D. will move there to live a better life
7. Ellen Heber-Katz, professor at the Wistar Institute in Philadelphia, predicts that _____.
   A. human organs can be manufactured like appliances
   B. people will be as strong and dynamic as supermen

C. human nerves can be replaced by optic fibers

D. lost fingers and limbs will be able to regrow

8. Rodney Brooks says that it will be possible for robots to work with humans as a result or the development of _____.
9. The most significant breakthrough predicted by Bill Joy will be an inexhaustible green energy source that can't be used to make _____.
10. According to Geoffrey Miller, science will offer a more practical, universal and rewarding moral framework in place of _____.

对考试题型有了一定的了解后，我们再来探讨一下考试中可以采用什么样的策略。在上文中引用的快速阅读考试题中，题目里的“**Skimming and Scanning**”就是经常采用的阅读策略。

第一步：略读 (Skimming)

略读文章，对文章的要点获得基本的了解。

略读的英语对应单词“**Skim**”有“掠过”的意思，又有“从牛奶等液体上撇去”的意思，转意为“快速掠过，从中提取最容易取得的精华”。用于阅读，这种读法包含了原词的所有意思——快速读过去，取出读物中关键性的东西。因此，我们可以把这种读法理解为快速浏览课文，领会文章大意。因此，在为了对文章有基本了解而进行略读的时候，不要试图去弄明白每一个单词的意思。要从一个段落跳到另一个段落，其间迅速找到每一个段落的要点，就像踩着石头过河一样。一般而言，通过标题可知道文章的主题。对文章的首段和末段要多加注意，以便发现作者的观点。

段落的要点即段落的主题，要找到段落的主题，通常可以通过以下方法：

1. 利用文章题目和段落小标题

快速阅读考试中一般文章都会给出题目，有时还给出段落的小标题。在这种情况下，先读文章题目以猜测了解文章大意，同时根据段落的小标题快速了解文章内容和组织结构。在做题时通过段落的小标题得知在哪一个段落或部分可能找到答案。以 2007 年 12 月的六级快速阅读考试为例：

Seven Ways to Save the World

Forget the old idea that conserving energy is a form of self-denial—riding bicycles, dimming the lights, and taking fewer showers. These days conservation is all about efficiency: getting the same—or better—results from just a fraction of the energy. When a slump in business travel

forced Ulrich Ramer to cut costs at his family-owned hotel in Germany, he replaced hundreds of the hotel's wasteful light bulbs, getting the same light for 80 percent less power. He bought a new water boiler with a digitally controlled pump, and wrapped insulation around the pipes. Spending about £100,000 on these and other improvements, he slashed his £90,000 fuel and power bill by £60,000. As a bonus, the hotel's lower energy needs have reduced its annual carbon emissions by more than 200 metric tons. "For us, saving energy has been very, very profitable," he says. "And most importantly, we're not giving up a single comfort for our guests."

Efficiency is also a great way to lower carbon emissions and help slow global warming. But the best argument for efficiency is its cost—or, more precisely, its profitability. That's because quickly growing energy demand requires immense investment in new supply, not to mention the drain of rising energy prices.

No wonder efficiency has moved to the top of the political agenda. On Jan. 10, the European Union unveiled a plan to cut energy use across the continent by 20 percent by 2020. Last March, China imposed a 20 percent increase in energy efficiency by 2020. Even George W. Bush, the Texas oilman, is expected to talk about energy conservation in his State of the Union speech this week.

The good news is that the world is full of proven, cheap ways to save energy. Here are the seven that could have the biggest impact.

Insulate

Space heating and cooling eats up 36 percent of all the world's energy. There's virtually no limit to how much of that can be saved, as prototype "zero-energy homes" in Switzerland and Germany have shown. There's been a surge in new ways of keeping heat in and cold out (or vice versa). The most advanced insulation follows the law of increasing returns: if you add enough you can scale down or even eliminate heating and air-conditioning equipment, lowering costs even before you start saving on utility bills. Studies have shown that green workplaces (ones that don't constantly need to have the heat or air-conditioner running) have higher worker productivity and lower sick rates.

Change Bulbs

Lighting eats up 20 percent of the world's electricity, or the equivalent of roughly 600,000 tons of coal a day. Forty percent of that powers old-fashioned incandescent light bulbs—a 19th-century technology that wastes most of the power it consumes on unwanted heat.

Compact fluorescent lamps, or CFLS, not only use 75 to 80 percent less electricity than incandescent bulbs to generate the same amount of light, but they also last 10 times longer.

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