

科 技 英 语

快 速 阅 读 技 巧

张义斌 程恩洪 编著
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科技英语快速阅读技巧

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第一部分

快速阅读技巧和方法指导

第一章

从纠正不良的阅读习惯着手

要提高阅读速度，必须纠正不良的阅读习惯，才能掌握快速阅读技巧，养成良好的阅读习惯。“知己知彼，百战百胜。”学习快速阅读，亦应如此。我们如果找出了影响自己阅读速度提高的主要障碍，便能主动积极地克服自身的缺点。中国人阅读英文时有哪些常见的不良习惯呢？下面我们列举主要的几种，看看你有哪种不良习惯需要加以纠正？

一、逐词阅读。有些人习惯于一个词一个词地阅读，而不能将词连成词组连贯地进行阅读。你是否有此习惯呢？不妨检验一下。方法是阅读下面的短文时，注意开始和结束的时间，算出阅读所需时间。

EXERCISE 1

OUTER SPACE—WHAT'S OUT THERE?

The space age began on October 4, 1957, when

Sputnik I was launched. This first man-made satellite was followed by many others, some of which went around the sun. Now the conquest of the space between the planets, and between the earth and the sun, continues at a rapid rate.

Each new satellite and space probe gives scientists new information. As men explore outer space, some of the questions they have long wondered about will be answered at last.

The greatest question of all concerns life itself. Is there intelligent life outside the earth? Are there people, or creatures of some sort, living on Mars, Venus, or some other planet of the solar system? Are there planets going around stars other than our own sun?

The only kind of life we know about would have to be upon a planet. Only a planet would have the temperatures and gases that all living things seem to need. Until a short time ago, we thought there were only a few planets. Today, scientists believe that many stars have planets going around them.

We know that there are nine planets in our own solar system—Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto. If any other planets exist in our solar system, or anywhere else, our telescopes are not powerful enough to pick up

their feeble reflected light. But astronomers guess that one star in a hundred has at least one planet where life could exist.

We are quite sure that life could begin on a young planet. A new planet would be likely to contain great seas, together with heavy clouds of water vapor and other gases. Electric storms would be common. It is possible that simple living cells might form when electricity passed through the clouds. An experiment made in 1952 at the University of Chicago seems to prove this. By passing electricity through nonliving materials, scientists made cells like those of living creatures.

Our planet is part of the Milky Way Galaxy, a section of the universe. Astronomers believe it contains at least 150 billion stars. Perhaps planets with life upon them move around many of these stars in our own galaxy. Our telescopes show at least a billion other galaxies, each of which contains billions of stars. Perhaps planets move around some of those stars also.

A pail of sand may give you an idea of the size of a galaxy. Imagine that every grain of sand is a world teeming with life—maybe even containing intelligent creatures with a history much older than

ours. Then, to get an idea of the entire universe, let each grain of sand stand for an entire galaxy!

Our own galaxy is so large that some scientists think we shall never have telescopes powerful enough to explore all of it. Our view from earth is limited for our telescopes must look through the haze of the atmosphere. But large telescopes in satellites circling the earth beyond its atmosphere will give us a new look at the stars. Who knows what new planets they may reveal?

Before many years have passed, we may discover that creatures far more intelligent than we live on some far-off planet. We should remember that earth-man is very young indeed. He has had radio only 60 years, and the telescope only 350 years.

We knew very little about outer space. But no matter what we may find there, the exploring of outer space is one of the great adventures of man-kind.

上文共有 590 个词。你花了多少时间读完的？每分钟读的词数（words per minute, 简称 WPM）是多少？下表可帮助你找到结果：

minutes	words per minute
4	147
5	118
6	98
7	84
8	73
9	66
10	59
11	54

上文比较浅近易懂。如果你花的时间较多(超过6分钟),这说明你还没有掌握正确的阅读方法,也许你还是逐词阅读。

也许有人会问:单词既然是表意单位,那么阅读为什么不能逐词进行呢?这是因为在正常情况下,人们交流思想主要是通过词组或句子,而不是单词。孤立的单词所包含的意义比较笼统;只有在一定的上下文中,一个词才能获得具体的、确切的含义。例如。

We should read by phrases instead of word by word.

上句中每个词皆有若干意义。现以 we 和 by 为例。we 不仅表示“我们”,也可能表示“你们”、“本报”、“本刊”、“本人”、“人们”等等。by 可表示时间、地点、方向、原因、根据、方式、面积等十多种意义。脱离上下文便无法确定by的意义。若将 by 和 phrases 联系起来,便可断定 by 表示“按照”。如果把 by phrases 和前后词组联系起来,那么意义便更加清楚了。

有人认为，一个词一个词地阅读虽然费时，但读得慢有利于理解。事实怎样呢？仍以上句为例，我们试用两种方法阅读：一种是逐词阅读，即读一词，停一下，再读一词，再停一下。另一种是按词组读，并以较快的速度进行。试看哪种方法有利于理解？

(1) We / should / read / by / phrases / instead / of / word / by / word.

(2) We should read / by phrases / instead of / word by word.

显然，用第二种方法比用第一种方法更容易理解句子的意义。这不仅是因为人们在交际时，不论表达思想还是理解他人的意思，皆以词组或句子为单位，而不以词为单位，而且还因为人们的思维总是连贯的，而不是时断时续的。适当地增加速度有利于将大脑中闪现的各种印象相互联系起来。特别是阅读长句，如果速度过慢，很可能读到后面忘记前面，反而给理解带来困难。

总之，逐词阅读是一种不良的习惯。克服这种习惯的办法，除了进行计时阅读，有意识地加快阅读速度以外，还应当通过大量练习，学会按词组摄取和理解信息，充分发挥视力的作用。

二、过多地依赖词典。词典是学习语言的重要工具。查阅词典可了解到词的读音、词类、词义、用法、词源、辨异、搭配等。学习外语，少不了词典。但是阅读外文时，不应当依赖词典。有人阅读时，一见生词便停下来，翻阅词典，查找词义。然后将所获词义带进句中，反复推敲，试图选到适当的词义，但往往事与愿违。即使找到了适当的词

义，也费时太多。再者，由于频繁地查阅辞典，读者往往不能连贯地进行思维。经常出现这样的情况：读到句子后一部分，忘记了句子前一部分的内容。为了抓住作者的思路，常常要回过头去重读上文。如此反复，怎能快读？应当知道，一般阅读，如泛读一篇文章，并不要求每个词都必须认识。有些词，如果读者不知道词义，并不妨碍继续阅读下去，也不影响读者了解文章的主要思想内容。对于有些带关键性的词，不了解其词义，当然会妨碍理解原文，但这时也不一定要马上查阅词典。不妨根据上下文，通过各种线索猜测词义。请阅读下列两段文字，文中斜体词可根据上下文和构词知识猜出词义，黑体词可跳过不看。看看你是否能读懂大意？

EXERCISE 2

The word "*mōnsōon*" comes from an Arab word meaning "season." It has to do with a type of a climate in which winds blow from sea to land during the warm season, and from land to sea during the cool season. The warm season of *onshore* winds is often very rainy, while the cool season of *offshore* winds may be dry.

Mathematics goes back to *prehistoric* times. Even before recorded history, *prehistoric* men probably counted their animals or other **possessions**. By 3000 B.C., people in *ancient* Egypt, China, and **Babylonia** used written symbols to represent numbers. These people also knew simple arithmetic **operations**,

some practical geometry, and even some basic algebra. We believe this because we see pyramids that were built by the Egyptians.

三、不必要的语法分析。大家知道，语法分析对理解句子结构有益。特别是长难句，适当地分析其语法结构可以帮助我们弄清句子的意思。但是有些人已经养成这样的习惯：每读一句，都要分析，不分析一下总觉得不踏实。有的人甚至分析得很细，每个句子的组成部分，都得在语法上对号入座，结果花费不少的时间推敲语法术语。对于专门研究语法的人，这种分析也许有用，但对于一般的读者，便是有害无益的。我们认为，在一般情况下，特别是对那些结构并不复杂的句子，意思一看就懂的，便没有必要再进行语法分析。如果你在阅读时有分析语法成分的习惯，那么在阅读下文时，请不用分析，看看究竟能读懂多少？

EXERCISE 3

阅读下面短文，并做理解练习。

The popular name for UFO's is "flying saucers." UFO stands for "unidentified flying object."

Do they really exist? Many books have been written about them and thousands of people claim they have seen them; some even claim they have photographed them. And no matter what scientific investigations reveal, there will still be people who believe they exist.

Studies of saucer reports show that UFO's are

very different from one another. Some people report having seen flat saucers; others see saucers shaped like spheres, cigars, or doughnuts.

The colors of saucers seem to be as different as their sizes. Saucers of nearly all colors have been reported. Some seem to change color as they are being watched.

Saucers have been seen to move in every direction and at nearly every speed. They can turn at right angles, move straight down, or travel in a zigzag path. They can hang motionless in the air, and make either a hissing noise or a roar.

When the United States Air Force started to investigate the reports about flying saucers, it discovered that people weren't "imagining" what they saw. Everyone who reported a flying saucer had seen something. But what?

In some cases, the "something" was actually a weather balloon. In other cases, it was a satellite, a cloud, a meteor, a star, a bird, a comet, a planet, or fireworks. It was also what are called sun dogs. These are images of the sun reflected through ice crystals. Many flying-saucer stories have been traced to fireballs, which are formed by lightning.

If saucers were really spaceships, there would be a certain pattern in the reports about them. But

there is no such pattern. The reason is that people are not seeing spaceships but many other things. So scientists believe that there is no evidence that we are being visited, watched, or invaded by intelligent being from other worlds.

全文词数	所需时间	每分钟词数	答对题数	理 解 度
316				%

(读完全文后, 填写左边的两项。答完下面的理解检查题之后, 再填写右边的两项。100WPM的速度和70%的理解度为及格标准。)

1. UFO is used to refer to:
 - a. something unusual in the sky.
 - b. something from another world.
 - ☒ c. a flying object which has not been identified.
 - d. an unidentified flying machine.
2. People report that flying saucers:
 - a. are flat.
 - ☒ b. are shaped like spheres, cigars, or doughnuts.
 - c. are of different shapes.
 - d. are of the same shape.
3. Saucers are said to be:
 - a. of almost all colors.
 - ☒ b. yellow.

- c. green.
 - d. red.
4. The sizes of saucers are reported to be:
 - a. almost the same.
 - ~~b. very large.~~
 - c. as large as an airplane.
 - ~~d. different from one another.~~
 5. People have seen saucers:
 - a. turn at right angles.
 - b. move up and down.
 - c. travel in a zigzag path.
 - ~~d. all of the above.~~
 6. The United States Air Force found:
 - a. people had hidden something.
 - ~~b. people were imagining what they saw.~~
 - c. people had seen flying saucers.
 - d. people had really seen something.
 7. The article implies that:
 - a. saucers are spaceships.
 - b. a flying saucer is something which causes a person to report about it.
 - c. we have been visited by intelligent beings from other worlds.
 - d. saucers are nothing but balloons.

Answers: 1.c, 2.b, 3.a, 4.d, 5.d, 6.d, 7.b