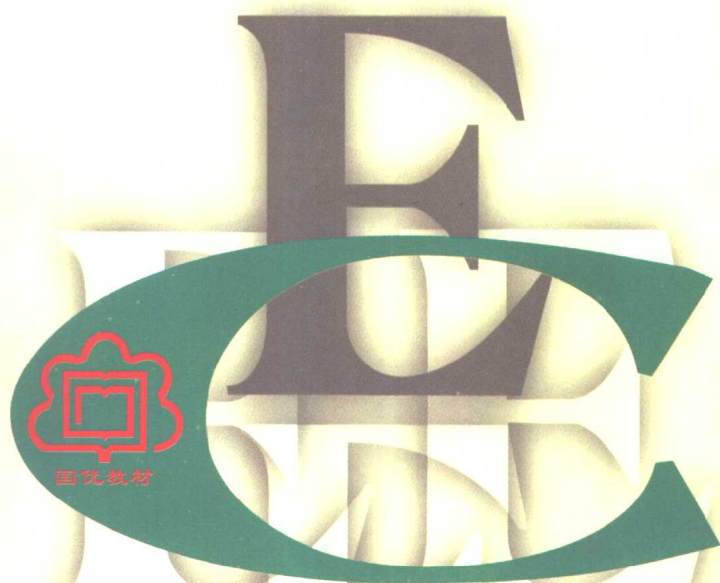


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修订本

# 大学英语

# 4

Shanghai Foreign Language Education Press

总主编 董亚芬

# 大学英语

College English (修订本)

( Revised Edition )

## 快速阅读

Fast Reading

第四册

湛馨荪 (主编)

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## 修 订 本 前 言

《大学英语》是根据国家教育委员会审定批准的《大学英语教学大纲（文理科本科用）》编写的一套系列教材，分精读、泛读、听力、快速阅读、语法与练习五种教程，于1986年出版试用本，1992年出版正式本。

本教材的精读、泛读、快速阅读和听力教程各按分级教学的要求编写六册，每级一册，供1—6级使用；语法与练习编写四册，供1—4级使用。精读与听力教程均配有教师用书和录音磁带；泛读教程1—6级也配有教师用书。对低于大纲规定入学要求的学生，另编预备级精读、泛读教程各两册。全套教材由复旦大学、北京大学、华东师范大学、中国人民大学、武汉大学和南京大学分工编写，复旦大学董亚芬担任总主编。前大学外语教材编审委员会综合大学英语编审组的全体成员对这套教材的设计与编写自始至终给予关注。

这次修订是在广泛听取全国各地使用本系列教材的教师们的意见并通过答卷形式对数以万计的师生征求意见的基础上进行的。大学外语教学指导委员会综合大学英语组对本教材的修订提供了多方面的指导与帮助。修订的宗旨是“面向21世纪，将大学英语教学推上一个新台阶”。修订本根据各教程的具体情况，对课文作适当调整，提高大纲词汇的覆盖率和常用词汇的重现率，进一步完善练习，突出重点词语的操练；同时加强各教程间的横向联系，做到既自成体系又相互补充，形成整体。修订本更加注意文、理、工、农、医等各科的通用性，力求给学生打好“宽、厚、牢”的语言基础。

《大学英语》快速阅读教程由中国人民大学外语系负责编写。湛馨荪担任主编、许孟雄担任主审，参加本册编写的有余申燕和王敏。

在编写过程中，本教程还承英国专家 Anthony J. Ward 审阅，谨此致谢。

本书为快速阅读教程修订本第四册，供大学英语四级学生使用，由湛馨荪修订。上海外语教育出版社的编辑同志在付梓前仔细编审，精心设计，给予我们很大帮助和促进，谨此一并致谢。

由于编者水平与经验有限，教材中难免还有不足之处，希望广大读者批评指正。

编 者  
1997年3月

## 使用说明

**本**教程旨在培养学生的正确阅读习惯,提高学生的阅读能力和速度。为保证语言文字的规范化,课文全部选自英、美原著,但有少量删改。选材力求多样化,知识性和趣味性兼顾。

全书共分6册,每册10单元20课。每篇选文均配有多项选择练习,以测试学生对课文的理解能力。快速阅读主要着眼于培养阅读速度,强调在单位时间内快速获取所需信息,因此每篇材料均略浅于相应的精、泛读课文。篇幅跨度为250—600词左右,生词量力求控制在3%左右。快速阅读的全部教学活动都要求在课内进行。每单元进行一次,每次使用一至两篇,阅读后即做练习。为帮助学生培养良好的阅读习惯,控制和检验阅读速度,每篇课文前规定阅读时间(含做题时间),超过规定而未完成阅读者为不合格。

使用本教程时,应注意下列各点:

1. 为便于教学,本教程印成活页,由教师保管,使用时临时分发。学生不得预习。
2. 阅读时不能查阅词典,如有生词,可根据上下文进行猜测以确定词义。
3. 培养边阅读、边理解、边记忆的良好习惯。读完课文即做练习,做练习时,不再翻阅已读过的课文。
4. 严格按照规定时间阅读和做题,时间一到,应立即停止阅读。

编者  
1997年3月

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## 1. Self-Protection

On Thursday afternoon Mrs Clarke, dressed for going out, took her handbag with her money and her key in it, pulled the door behind her to lock it and went to the Over 60s Club. She always went there on Thursdays. It was a nice outing for an old woman who lived alone.

At six o'clock she came home, let herself in and at once smelt cigarette smoke. Cigarette smoke in her house? How? Had somebody got in? She checked the back door and the windows. All were locked or fastened, as usual. There was no sign of forced entry. Had anything been taken? She went from room to room, checking. Yes, some things were missing — her small radio, her spare watch, a camera. That was all, she thought; but she couldn't be sure just yet. She was annoyed, of course, but rather glad that nothing had been thrown about.

Over a cup of tea she wondered whether someone might have a key that fitted her front door — “a master key” perhaps. So she stayed at home the following Thursday. Nothing happened. Was anyone watching her movements? On the Thursday after that she went out at her usual time, dressed as usual, but she didn't go to the club. Instead she took a short cut home again, letting herself in through her garden and the back door. She settled down to wait.

It was just after four o'clock when the front door bell rang. Mrs Clarke was making a cup of tea at the time. The bell rang again, and then she heard her letter-box being pushed open. With the kettle of boiling water in her hand, she moved quietly towards the front door. A long piece of wire appeared through the letter-box, and then a hand. The wire turned and caught around the knob on the door-lock. Mrs Clarke raised the kettle and poured the water over the hand. There was a shout outside, and the skin seemed to drop off the fingers like a glove. The wire fell to the floor, the hand was pulled back, and Mrs Clarke heard the sound of running feet.

That evening she reported the matter to the police. They were not too pleased, but they came and took away the wire and the skin. “It was only self-protection,” she told the officer. “An old woman must try to look after herself.” With the help of a

doctor the police found the man and recovered Mrs Clarke's things. She has become something of a heroine at the Over 60s Club.

**$4\frac{1}{2}$  minutes**

**422 words**



**1. Self-Protection**

**Comprehension Exercise**

1. Mrs Clarke looked forward to Thursdays because \_\_\_\_\_.
  - a. she was working at the Over 60s Club on that day
  - b. she usually had visitors Thursday afternoons
  - c. she would very much like to visit a club for lonely people like her
  - d. There was always something cheap on sale in the market
2. The smell of cigarette smoke surprised her because \_\_\_\_\_.
  - a. she had not taken her cigarettes with her that day
  - b. she remembered not having left a cigarette burning
  - c. she never smoked herself
  - d. she could not bear anyone smoking in her house
3. On the third Thursday Mrs Clarke went out at her usual time \_\_\_\_\_.
  - a. because she didn't want to miss the club again
  - b. to see if the thief was hanging about outside
  - c. to the club, entirely forgetting about that unpleasant theft
  - d. in an attempt to trick the thief
4. The lock on the front door was one which \_\_\_\_\_.
  - a. needed a piece of wire to open it
  - b. could be opened from inside without a key
  - c. couldn't be opened without a key
  - d. used a knob instead of a key
5. The thief was arrested and Mrs Clarke's things recovered after \_\_\_\_\_.
  - a. he went to have his hand treated at a clinic
  - b. the police found his fingerprints on the wire
  - c. he complained to the police about the wound inflicted upon him
  - d. the old lady gave the police a detailed description of the thief
6. Which of the following is true?
  - a. Every Thursday afternoon Mrs Clarke went to a club for lonely people.
  - b. Mrs Clarke strongly believed that a small radio, a watch and a camera were

all the things she lost in the theft.

- c. On the third Thursday, Mrs Clarke went out and then returned home by taking another route.
- d. ~~The old~~ lady used a glove of man-made skin as a weapon for self-protection.

## 2. The Blues — the Song of the Walking Wounded

Jazz is the art of surprise, producing always the sudden and unexpected. But the blues is something else. Jazz has been developed into one of those intellectual art forms that scares people away. The blues can be faked. It is faked more today than ever before. But it is an emotional song and even the finest of blues singers cannot always possess true emotions, the real grief which is at the heart, in the soul.

Of course, I had heard the blues all my life. I had heard it all as a teenage jazz fan in America, travelling long distances to sit, perfectly still, listening with religious reverence to the great progressive jazzmen of the day. But I was never moved by the blues until I was a young soldier, marching along one long, desperately hot afternoon under a south Texas sun. We were marching four abreast, rifles slung, singing as we swung along.

An officer marched at the head of us. He did not sing. God knows how we hated them, the officers. We all hated them. The officer was only there for show. Like a fancy motor car radiator cap. Suddenly on our left there appeared this ghostly vision. All in white. Pure white. It was men. A prison work-gang. All black men dressed in white. They sang as they worked. They were not in chains, but men on horseback watched over them.

The men on horseback were unmoved, bored by the singing of the prison work-gang. Maybe they heard too much of it. But the beauty of their singing stirred us. We stopped singing our own silly song as we drew near them. Many of us were university graduates. Being soldiers in the infantry was the closest we would ever come, with luck, to joining the down-trodden of the earth.

The prison gang were singing some work-song. We all, all of us felt it; knew the feeling of the song for we were prisoners too and knew something at least of the longing that went into that song.

Without ever stopping their work the black convict gang saw us. The scene, the beauty of their singing, of these black men who were the grandsons of kidnapped African men and women, the descendants of slaves, burned our eyes. The blues, sung like this, in the condition of penal servitude which was its true roots, and set

against this dusty lonesome Southern backdrop, was the real thing. All the concerts, jazz sessions and recordings I had listened to again and again — none of them was like this.

**5 minutes**

**429 words**

**2. The Blues — the Song of the Walking Wounded**

**Comprehension Exercise**

1. Which of the following is NOT mentioned in the passage?
  - a. The blues is an emotional song.
  - b. Jazz is the U.S.A.'s contribution to popular music.
  - c. The blues originated in U.S. slavery.
  - d. The author was a jazz fan when he was in his teens.
2. The writer compares an officer to a car radiator cap to show that \_\_\_\_\_.
  - a. the officer was good for nothing
  - b. he resented the officer
  - c. the officer annoyed him
  - d. all of the above
3. Being an infantry soldier, the writer \_\_\_\_\_.
  - a. could return to Nature
  - b. could come close to the poor and the weak
  - c. could act on impulse
  - d. remained cut off from the poor and the weak
4. The soldiers enjoyed the prisoners' song because \_\_\_\_\_.
  - a. they identified themselves with its singers
  - b. its words were clearly enunciated
  - c. it was sung in their native language
  - d. they recognized its tune
5. Which of the following is NOT true?
  - a. The prisoners sang songs while they worked.
  - b. The prisoners' song expressed their emotional response to forced labour.
  - c. The black prisoners wore white clothes.
  - d. The prisoners worked for wages.
6. The sentence "none of them was like this" means \_\_\_\_\_.
  - a. "the prisoners' songs differed from those on tapes, sung at concerts and jazz sessions"

- b. "the prisoners' songs were incomprehensible"
  - c. "the prisoners composed their own songs"
  - d. "the prisoners sang work songs"
7. The **writer** is most likely a \_\_\_\_\_.
- a. black prisoner
  - b. middle-class white
  - c. middle-class black
  - d. musician

### 3. A Carrot a Day May Keep Cancer Away

**A**mong all the malignancies, lung cancer is the biggest killer; more than 100,000 Americans a year die of the disease. Giving up smoking is one of obvious ways to reduce the risk, but another answer may lie in the kitchen. According to a new report, even heavy smokers may be protected from developing lung cancer by a simple dietary measure: a daily portion of carrots, spinach or any other vegetable or fruit containing a form of vitamin A called carotene.

The finding, published in the British medical journal *The Lancet*, is part of a long-range investigation of diet and disease. Since 1957 a team of American researchers has monitored the dietary habits and medical histories of 2,000 middle-aged men employed by the Western Electric Co. in Chicago. Led by Dr. Richard Shekelle of Chicago's Rush-Presbyterian-St. Luke's Medical Center, the researchers recently began to sort out the links between the subjects' dietary patterns and cancer. Other studies of animals and humans have suggested that vitamin A offers some protection against lung cancer. The correlation seemed logical, explains Shekelle, since vitamin A is essential for the growth of the epithelial (上皮的) tissue that lines the airways of the lungs.

**Vegetables:** But the earlier research did not distinguish between two different forms of the vitamin. "Preformed" vitamin A, known as retinol, is found mainly in liver and dairy products like milk, cheese, butter and eggs. But vitamin A is also made in the body from carotene, which is abundant in a variety of vegetables and fruits, including carrots, spinach, squash, tomatoes, sweet potatoes and apples.

In the Western Electric study, Shekelle and his colleagues found little correlation between the incidence of lung cancer and the consumption of foods containing preformed vitamin A. But when they examined the data on carotene intake, they discovered a significant relationship. Among the 488 men who had the lowest level of carotene consumption, there were fourteen cases of lung cancer; in a group of the same size that ate the most carotene, only two cases developed. The apparent protective effect of carotene held up even for longtime smokers — but to a lesser degree.

Further studies will be necessary before the link between lung cancer and carotene can be firmly established. In the meantime, researchers warn against taking large numbers of vitamin A pills, because the tablets contain a form of the chemical that can be extremely toxic in high doses. Instead, they advise a well-balanced diet that includes foods rich in carotene. For a smoker, a half-cup of carrots every day might possibly make the difference between life and death.

<b>5 minutes</b>
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<b>435 words</b>
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**3. A Carrot a Day May Keep Cancer Away**

**Comprehension Exercise**

1. What does “malignancy” in the text refer to?
  - a. Cancer.
  - b. Sickness.
  - c. Vitamins.
  - d. Disease.
2. Dr. Richard Shekelle \_\_\_\_\_.
  - a. is leading the nutrition study
  - b. works in a Chicago medical center
  - c. has been studying the links between food and cancer
  - d. all of the above
3. Why did Dr. Shekelle think the correlation between vitamin A and lung cancer protection was logical?
  - a. Vitamin A causes lung cancer.
  - b. Vitamin A cures lung cancer.
  - c. Vitamin A is necessary for the growth of the tissue lining the lungs.
  - d. Vitamin A is a molecule that prevents smoke from being inhaled.
4. Carotene is present in all of the following except \_\_\_\_\_.
  - a. tomatoes
  - b. carrots
  - c. squash
  - d. butter
5. Among the groups studied, who had the most cases of lung cancer?
  - a. Those with the lowest level of carotene intake.
  - b. Those with the highest level of carotene intake.
  - c. Those who ate only foods containing carotene.
  - d. Those with the lowest intake of carrots.
6. Why do researchers warn against taking large numbers of vitamin A pills?
  - a. The pills are hard to swallow.