



Ten Steps

toward Faster Reading and
Better Comprehension

张玲 主编

宇航出版社

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英语阅读 10 技能

Ten Steps toward Faster Reading
and Better Comprehension

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前 言

本书主要是为短期强化教学而编写的英语阅读技能训练教材。编者根据近 40 年的教学经验以及在对国外收集的大量资料进行研究后,深感中国学生以及广大读者英语阅读能力提不高的原因主要是没有掌握阅读技能;而这种技能不仅仅是“快速阅读”,还应包括如纵览、跳读、预测、略述、推断、总结等多种综合阅读技能。本书一步步地向读者详细介绍这些技能以及掌握这种综合阅读能力所必需的技能训练。

全书共分为 10 个单元,每一单元为一个步骤,即一种阅读技能;还配有大量练习供读者进行技能训练。

知己知彼才能百战百胜。在学习这 10 个阅读技能前,有必要进行一下自我测试(Self-Test Before Reading)。这是为了让读者了解自己的词汇量、阅读速度和理解能力而设计的。了解自己的水平,再根据本书的要求去做,就会有丰硕的成果。如果自我测试的结果不够理想,估计要顺利地完成任务较为困难。对于这些读者,我们建议先扩大一些词汇量再学习此书。这样做一方面对自己提高英语阅读能力有好处,另一方面也可以节约时间避免不必要的浪费。

第一单元是**速读**,目的是为了帮助读者养成良好的阅读习惯,扩宽视幅以及按意群进行阅读,为掌握好快速阅读的方法打下基础。

第二单元是**词缀**,目的是通过构词法扩大词汇量,指导读者减少对字典的依赖。

第三单元是**上下文中的词汇**,目的是教会读者如何根据上下文猜测词义而不是一遇见生词就查字典,同时又教会读者如何正

确使用字典。

第四单元是**标题、主题思想和细节**，目的是帮助读者区别略读和精读之不同，学会总结、归纳全文大意，提高分辨文章中心思想和细节之能力。

第五单元是**高速阅读**，目的是教会读者纵览、快读和查资阅读的技能以及快速找出所需信息的本领。

第六单元是**过渡词**，目的是让读者识别语篇中的过渡词并能理解过渡词在句中、段落之间的作用，明白句子与句子、段落与段落之间的联系。

第七单元是**文章结构**，目的是引导读者正确地认识与理解英语各种结构，并培养他们对其修辞的敏感性和用法的恰当性。

第八单元是**概要和总结**，目的是帮助读者分析文章结构，指导他们如何在读文章后写出提纲，从而更进一步、更深入地理解文章本身。

第九单元是**事实、看法及推论**，目的是让读者学会辨别文章中的事实与看法，学会预测、判断和推理的方法。

第十单元是**参考资料阅读**，目的是让读者接触一些报刊文章和图表，了解其特点和阅读方法，使读者在这信息发达的当今世界得到无法估量的好处。

书中的文章多选自英、美原版资料。本书曾在北京语言文化大学应用外语系部分学生中试用，取得了显著的效果，深受学生们的喜爱和欢迎。

在编写本书的过程中曾得到美国朋友 Marie Norman 的指正，在此表示衷心的感谢。

由于编者水平有限，时间紧迫，书中的缺点和错误在所难免，衷心希望广大读者和使用本书的老师们提出宝贵意见！

编 者

1998年6月于北京语言文化大学

目 录

读前自我测试.....	(1)
第一单元 速读	(21)
第二单元 词缀	(56)
第三单元 上下文中的词汇	(95)
第四单元 标题、主题思想和细节	(125)
第五单元 高速阅读.....	(156)
第六单元 过渡词.....	(210)
第七单元 文章结构.....	(232)
第八单元 概要和总结.....	(260)
第九单元 事实、看法及推论	(306)
第十单元 参考资料阅读.....	(345)
练习答案.....	(380)

读前自我测试

SELF-TEST BEFORE READING

开始读这本书前,读者应先测测自己的阅读速度和阅读理解力,这对充分利用这本书是极为有用的。下面的练习就是为此目的而设计的。

练习1是测词汇,由两部分组成。该练习由一些较容易的词汇组成,看看你知道多少。如果练习1做起来有困难,你恐怕缺少必要的词汇量。

此书重点不是放在扩大词汇量上(虽然第二单元重点讲构词法中的词缀和词的组成),而是放在阅读技能上。如果词汇量少,读者应先增加些词汇量再读此书就比较方便了。

练习2是180个词的短文,其后有5个理解题。

练习3是600个词的文章,其后有5个理解题。

练习4是1000词的长文,其后有10个理解题。

读完每个练习后,请记住你阅读的时间,然后立即做后面的理解题(均为四项选择题)。

我们希望读者在7分钟内做完练习1的第一部分,5分钟内完成第二部分。每部分所犯错误不得超过5个。

要求3分钟读完练习2,即阅读速度为每分钟60词(60word/min),再花2分钟做理解题,正确率应达到80%,即错误不得超过1个。

要求7分钟读完练习3,即每分钟要读80个字以上(80word

/min), 读后 2 分钟做完 5 个理解题, 正确率应达到 80%。

要求 10 分钟读完练习 4, 即阅读速度为每分钟 100 词 (100word/min), 读后用 3 分钟做完 10 个理解题, 正确率应达到 70% (即 7 题正确就达标)。

如果你达到以上要求, 顺利完成这本书的学习, 一定没有多大困难, 祝你成功!

DIAGNOSING YOUR READING ABILITY

Before you begin this book, it would be useful for you to find out how fast you can read and how well you can understand a certain writing. The following exercises are designed to test both your reading speed and your comprehension.

The first of these exercises is Diagnostic Vocabulary Test which is made up of relatively easy English words. If you have much difficulty with the first one, you probably still lack a good “working vocabulary” for dealing with college-level reading materials.

This book does not mainly concentrate on vocabulary building (though, we deal with word formation in Unit Two), but concentrates on reading skills. So, you will have to work on this problem yourself, primarily by learning affixation and by doing as much reading as you can.

The second of the exercises is a 180-word article followed by 5 questions about the content of the passage. And the third of the exercises is a bit longer piece, consisting of 600 words, 5 questions will be followed on the content. By timing your reading of the passages, you can determine the speed at which you can read college materials of moderate difficulty. Your score on the comprehension questions will give you some idea of how well you can understand what you

read.

We expect you to finish Exercise 1, part 1 within 7 minutes and make no more than five errors; part 2 within 5 minutes, no more than 5 errors. For Exercise 2, within 3 minutes no more than one mistake for comprehension questions; for Exercise 3, within 7 minutes, no more than one error for comprehension; for Exercise 4, within ten minutes, no more than 3 errors for comprehension.

Exercise 1 Diagnostic Vocabulary Test

Part 1 Directions: Each problem consists of a test word followed by four possible definitions. Underline one which you think is the best definition of the test word.

Example; wealthy a) dry b) strong c) rich d) sad

Work as rapidly and as accurately as you can. Be sure to time yourself on the test. As soon as you finish, record your time on the line marked Time just after the last problem.

- | | | |
|-----------|---------------------|--------------------|
| 1) tiny | a) very swift | b) very strong |
| | c) very small | d) very sharp |
| 2) moist | a) slightly wet | b) quite large |
| | c) very dark | d) rather noisy |
| 3) nap | a) a happy song | b) a short meeting |
| | c) a sharp rock | d) a brief sleep |
| 4) ache | a) a dull pain | b) a sharp knife |
| | c) a sudden thought | d) a deep cut |
| 5) glance | a) a loud cry | b) a brief look |
| | c) a quick reply | d) a sharp weapon |

- | | | |
|--------------|-------------------------|------------------------|
| 6) gigantic | a) excited | b) foolish |
| | c) huge | d) dangerous |
| 7) chilly | a) quite foolish | b) extremely rough |
| | c) rather cold | d) very sick |
| 8) brass | a) a yellow metal | b) a rough cloth |
| | c) a thick plant | d) a farm animal |
| 9) vanish | a) to paint | b) to disappear |
| | c) to defeat | d) to suffer |
| 10) console | a) to save | b) to correct |
| | c) to examine | d) to comfort |
| 11) gaze | a) to burn brightly | b) to sleep briefly |
| | c) to walk slowly | d) to look steadily |
| 12) hazard | a) a danger | b) a storm |
| | c) a battle | d) a fire |
| 13) fragrant | a) sweet-smelling | b) fast-moving |
| | c) finely built | d) easily broken |
| 14) slender | a) long and thin | b) polite and kind |
| | c) complete and final | d) hard and strong |
| 15) dismiss | a) to look for | b) to send away |
| | c) to pour out | d) to cut apart |
| 16) keen | a) brief | b) new |
| | c) kind | d) sharp |
| 17) handy | a) attractive | b) powerful |
| 便利 | c) convenient | d) careful |
| 18) drowsy | a) hungry | b) ugly |
| | c) friendly | d) sleepy |
| 19) tumble | a) to talk quietly | b) to fall suddenly |
| 跌倒 | c) to strike repeatedly | d) to walk slowly |
| 20) spade | a) a tool for digging | b) a large, flat field |

- | | | |
|--------------|---------------------------|--------------------------|
| | c) a device for writing | d) a long deep valley |
| 21) reckless | a) useless | b) hopeless |
| | c) careless | d) worthless |
| 22) mute | a) hungry | b) angry |
| | c) little | d) silent |
| 23) gale | a) an ancient story | b) a serious accident |
| | c) a strong wind | d) a high wall |
| 24) shun | a) to push | b) to avoid |
| | c) to burn | d) to brighten |
| 25) pebble | a) a wide stream | b) a high hill |
| | c) a deep hole | d) a small stone |
| 26) weary | a) early | b) careful |
| | c) tired | d) unhappy |
| 27) conceal | a) to describe | b) to injure |
| | c) to praise | d) to hide |
| 28) gloomy | a) foolish | b) sad |
| | c) timid | d) open |
| 29) wrath | a) hard labor | b) a large crowd |
| | c) great anger | d) a sudden storm |
| 30) blunder | a) a sudden fall | b) a deep thought |
| | c) a loud noise | d) a foolish mistake |
| 31) speck | a) a small spot | b) a cruel remark |
| | c) a strange sight | d) a short talk |
| 32) haul | a) to shout | b) to pull |
| | c) to cut | d) to cover |
| 33) twig | a) a double amount | b) a small branch |
| | c) a sudden push | d) a false-hair covering |
| 34) sketch | a) a long deep cut | b) a loud warning cry |
| | c) a simple rough drawing | d) a small light boat |

- 35) discard a) to oppose b) to injure
 c) to throw away d) to find by accident
- 36) hoist a) to raise up b) to shout joyfully
 c) to throw away d) to wash thoroughly
- 37) snatch a) to break completely b) to seize suddenly
 c) to strike forcefully d) to examine closely
- 38) kindle a) to set on fire
 b) to act friendly toward
 c) to handle roughly
 d) to reduce in size
- 39) crave a) to cover completely b) to deny strongly
 c) to wash carefully d) to desire greatly
- 40) twine a) a double amount b) great success
 c) strong string d) a pleasant drink
- 41) lofty a) very amusing b) very frequent
 c) very expensive d) very high
- 42) genial a) strong and bold
 b) noble and wise
 c) cheerful and friendly
 d) famous and respected
- 43) bewildered a) greatly angered b) greatly amused
 c) greatly confused d) greatly injured
- 44) astonish a) to destroy entirely b) to hide completely
 c) to shout loudly d) to surprise suddenly
- 45) strive a) to wait very eagerly
 b) to measure very carefully
 c) to walk very rapidly
 d) to try very hard
- 46) lull a) a soft area of land

- b) a small group of people
 c) a loud cry of pain
d) a short period of quiet
- 47) swamp a) a piece of soft, wet land
 b) a kind of strong, thick rock
 c) a group of small, low houses
 d) a flash of clear, bright light
- 48) pond a) a large pile of earth
 b) a strong wall of stone
 c) a thick mass of tree
d) a small body of water
- 49) yearn a) to acquire great wealth
b) to feel great desire
 c) to speak at great length
 d) to cause great damage
- 50) wade a) to walk through water
 b) to tear into pieces
 c) to beat with the hands
 d) to observe from distance

Time _____

Score _____

Part 2 Directions: In each problem there are two words whose meanings are either approximately the same or approximately the opposite. If the two words have about the same meaning, underline the letter S. If they have opposite meanings, underline the letter O.

Examples:

stop	go	<u>S</u>	<u>O</u>	(They mean the <i>opposite</i>)
speak	talk	<u>S</u>	O	(They mean the <i>same</i>)

Work as rapidly and as accurately as you can.

1)journey	trip	S	O	26)drop	lift	S	O
2)rough	smooth	S	O	27)employ	hire	S	O
3)hurt	injure	S	O	28)funny	amusing	S	O
4)narrow	wide	S	O	29)under	over	S	O
5)gift	present	S	O	30)locate	find	S	O
6)never	always	S	O	31)awake	asleep	S	O
7)certain	sure	S	O	32)mischief	naughty	S	O
8)distant	near	S	O	33)excuse	forgive	S	O
9)dine	eat	S	O	34)sad	mourn	S	O
10)tale	story	S	O	35)young	aged	S	O
11)succeed	fail	S	O	36)widow	widower	S	O
12)cease	stop	S	O	37)ancient	old	S	O
13)enjoy	like	S	O	38)exhausted	weary	S	O
14)dangerous	safe	S	O	39)ban	prohibit	S	O
15)ready	prepared	S	O	40)define	limit	S	O
16)public	private	S	O	41)peculiar	common	S	O
17)calm	quiet	S	O	42)weep	sob	S	O
18)consent	agree	S	O	43)forum	platform	S	O
19)cheap	expensive	S	O	44)squash	suppress	S	O
20)forget	remember	S	O	45)levy	collect	S	O
21)enter	leave	S	O	46)null	valid	S	O
22)huge	large	S	O	47)attorney	solicitor	S	O
23)top	bottom	S	O	48)decree	ordinance	S	O
24)sorrow	joy	S	O	49)terminate	begin	S	O
25)terrible	awful	S	O	50)front	rear	S	O

Time _____

Score _____

Exercise 2 Read the following article and then answer the questions.

TEXT

Britain's first commercial surrogate baby was born to Mrs. Kim Cotton in 1985 and sold to a childless American couple. Mrs. Cotton was offered 6,500 pounds through an agency for the baby and 15,000 pounds by a newspaper for the story.

Many people think commercial surrogacy is wrong but Kim Cotton wanted money and having a baby for someone else was one way of getting it. However, a committee was quickly set up to look into the rights and wrongs of commercial surrogacy and it is now illegal.

There was a lot of publicity at the birth of the baby. As soon as she was born, the daughter and her mother were photographed by the press and then separated forever. The baby was flown out of the country without the natural mother having the satisfaction of handing her over to the parents.

Perhaps Kim Cotton will have regrets about doing what she did, but at the moment she feels she has done the right thing. But what about 'Baby' Cotton. How will she feel when she is old enough to understand? Will she feel her mother loved money more than her daughter?

Time _____

Questions for Exercise 2

- 1) What is a surrogate mother? She is the one who
 - a) sells babies to other people.
 - b) wants money
 - c) gives a birth to a baby for others.
 - d) works for other mothers.
- 2) Commercial surrogacy is
 - a) wrong
 - b) against the law
 - c) right
 - d) still under discussion
- 3) The mother
 - a) kept the birth a secret.
 - b) made an announcement about the birth.
 - c) sold the news about the birth.
 - d) pressed the agency not to say anything about the birth.
- 4) When the baby was born, the mother
 - a) met the American couple.
 - b) was forced to give the baby.
 - c) flew to America to hand over the baby.
 - d) was separated from the baby.
- 5) How does Kim Cotton feel about the whole thing?
 - a) She feels that is the only way out.
 - b) She is sorry she sold her baby.
 - c) She is happy she got a lot of money.
 - d) She regrets she did a foolish thing.

Score _____

Exercise 3 Read the following article and then answer the questions.

TEXT

The person who has done more than any other in the past two decades to revolutionize the personal computer is still only 39 years old. When he was 31, Bill Gates became America's youngest ever billionaire and today his wealth is estimated at nine billion dollars.

From his early school days, it was obvious that Gates would be an achiever. He was the school's best mathematician and he had a photographic memory. And at the age of 13, he worked out a new class schedule for his teachers:

"Some friends and I wanted to take our expertise in computers, and make it a business. We had the idea of helping our schools decide when classes would meet and who would be in which class. We set up classes the way we wanted them. We didn't have many girls in my school but all my classes had the best-looking girls!"

His big break (lucky opportunity) came when he was studying at Harvard University. He'd heard that a computer company needed software with which to run its machines. For six weeks he worked day and night with a colleague, together creating "Basic". It was accepted, and so Bill Gates left university and set up his company Microsoft. He then went on to develop DOS (a system for IBM-compatible machines) and its latest incarnation (form or state) Windows. Today, four-fifths of the computers in the world run on either DOS or Windows.

Gates company Microsoft, from its base in Seattle in the state of Washington, now employs 15,000 people. Even so, Gates, who is chairman, still admits to getting as much excitement from the tech-