

# 大学英语 快速阅读新目标

总主编 李长忠 李 灏  
主 编 王克强

第4册

苏州大学出版社

H319.4/1525

:4

2007

审图章

# 大学英语

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江苏工业学院图书馆  
藏书章

陆裕耀

倪艳章

苏州大学出版社

## 图书在版编目(CIP)数据

大学英语快速阅读新目标. 第4册/王克强主编. —苏州: 苏州大学出版社, 2007. 9  
ISBN 978-7-81090-959-4

I. 大… II. 王… III. 英语—阅读教学—高等学校—教材 IV. H319.4

中国版本图书馆 CIP 数据核字(2007)第 142681 号

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## 大学英语快速阅读新目标 第4册

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责任编辑 沈 琴

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苏州大学出版社出版发行

(地址: 苏州市干将东路 200 号 邮编: 215021)

通州市印刷总厂有限公司印装

(地址: 通州市交通北路 55 号 邮编: 226300)

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开本 787mm×960mm 1/16 印张 30.75(共四册) 字数 568 千

2007 年 9 月第 1 版 2007 年 9 月第 1 次印刷

ISBN 978-7-81090-959-4 定价: 44.00 元(共四册)

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苏州大学版图书若有印装错误, 本社负责调换

苏州大学出版社营销部 电话: 0512-67258835

# 前言

## Preface

阅读是提高外语技能的重要手段,而快速阅读又是阅读技能的重要方面,进行科学合理的快速阅读训练,有助于帮助学生运用和掌握正确的阅读方法,养成良好的阅读习惯,有效培养阅读能力,从而促进学习者外语综合技能的迅速提高。实际阅读都具有明确和特定的目的:对整篇文章主旨内容的把握,对文章观点的评判,对局部内容的理解,对事实与细节的分辨,对具体信息的捕捉等。

《大学英语快速阅读新目标》第1册至第4册按照《大学英语课程教学要求(试行)》,结合大学英语四级新题型对快速阅读能力的要求,并根据大学英语阅读能力培养的实际需要编写。所选内容遵循的原则是:内容新颖,时代感强,选材既有历史、传统的内容,也有社会、科技发展的最新信息;体裁和题材多样化,考虑到知识的多样性,文、理、工、医等内容兼顾;内容富有知识性和趣味性,既增长学习者的多元知识,又能使学习者保持阅读兴趣;材料来源多样化,语言地道。本套教材共4册,每册及单元之间由浅入深、由易到难、循序渐进。第1册至第4册文章的长度梯度增长,最终与大学英语四级考试的要求相吻合。每册由8个单元构成,每单元有4篇阅读材料。每篇阅读材料后面设10道测试题,按照大学英语四级快速阅读题型设计,一般前7题为理解题,后3题为填空题。为了便于学习者及时检验自己的阅读情况,后面附有参考答案。本教材每单元的内容,一部分可以作为课堂强化训练,一部分可以作为学习者的课后自主练习。

在编写这套教材的过程中,苏州大学出版社给予了多方面的支持。对此,我们表示感谢。

在使用过程中,如发现有不当之处,衷心希望广大老师和同学提出批评意见和建议,以便今后改进和完善。

编者



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# Unit 1

## Skimming and Scanning(15 minutes)

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

For questions 1-7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

### Passage 1 Air Pollution and Heart Disease

A new study shows that air pollution may be more of a risk for heart disease than scientists have thought. The research involved more than 65,000 women in the United States. Kristin Miller was the lead writer of the study. She says the study showed that disease risk was linked not just to which city a woman lived in, but also where in a city.

The study found that estimates of the effects of air pollution were often larger within cities than between cities. Yet averages between cities have served as the main measure of the long-term effects of pollutants.

The findings lead some experts to suggest that current pollution limits may not be strong enough.

The research team examined rates of heart attack, stroke and other cardiovascular events in women with long-term exposure to air pollution. The cardiovascular system is the heart and all of the passages that carry blood throughout the body.

The study involved women who had no sign of cardiovascular disease at the start



of the research. All of the women were more than fifty years of age. The study followed them for as long as nine years to see how many developed cardiovascular problems.

The researchers used information from a government project, the Women's Health Initiative. They also examined levels of fine particles in the air in 36 areas across the country. That information came from the Environmental Protection Agency. The small particles come from industrial smoke and traffic. They also come from things like wood-burning fireplaces in homes.

In the study, every ten-microgram increase in pollution was linked to a 24% increase in the risk of a cardiovascular event. But it was linked to a 76% increase in the risk of death from cardiovascular disease.

Winter has brought severe weather to parts of the United States. The weather has already resulted in several deaths. One of the major concerns during cold weather is hypothermia. Hypothermia is a condition that happens when the body's inner temperature drops below 35°C. The lowered body temperature leads to loss of mental and physical abilities.

Hypothermia can also lead to death. The condition kills hundreds of Americans each year. Late last year, a thirty-five-year-old father of two died of hypothermia in the state of Oregon. James Kim died while attempting to find help for his family after their car became stuck in a mountain snowstorm. Weeks later, three Oregon mountain climbers were caught in a severe snowstorm. Only one man's body was recovered. The other men are believed dead.

There are two kinds of hypothermia. The first kind is called primary hypothermia. It happens when cold air, water or wind causes harm to a healthy, but unprotected individual during an extended period.

The second kind of hypothermia is called secondary hypothermia. This happens when existing conditions interfere with the body's natural ability to stay warm. Two such conditions are drug use and lack of food. Health problems that have been linked to hypothermia include infection, diabetes, spinal cord injury or stroke.

The first signs of hypothermia are usually cold, light-colored skin and shaking. Other signs include unclear thinking, tiredness, slowed speaking, and slowed reactions.

Babies and older adults are at risk of hypothermia because their bodies can lose heat and drop in temperature quicker. Others at risk are people who take part in





outdoor activities like hiking, fishing and climbing. If clothing becomes wet, hypothermia can result even in mild temperatures.

Anyone who appears to be suffering from hypothermia should receive medical help immediately. Hypothermia victims must be slowly warmed. It is important to move the person out of the cold and remove any wet clothing.

Medical experts advise covering the person with dry, warm clothing. Sharing body heat by lying next to the person can help if warm clothing is not found. Experts say hot objects should not be used on a hypothermia victim. Keep the victim awake and avoid moving them. If possible, give the victim something warm to drink. Do not give the person drinks containing alcohol or caffeine. Such drinks can increase heat loss.

America's National Academies has announced plans for more than two hundred scientific explorations in the Arctic and Antarctic. The explorations are to be part of the International Polar Year, which begins in March.

The National Academies represents the National Academy of Sciences and three other organizations. They give advice on scientific issues to the American public and Federal government.

The National Academies says the polar research is expected to answer important questions about climate change and the environment. They say scientists from more than 60 nations will cooperate on many research activities.

The scientists will examine many physical, biological and social research issues. They include studying changes in the permanently frozen ground and observing sea life near the North and South Poles.

Many public education and information programs are also being planned. The coming International Polar Year will be the fourth in history. Other polar years took place in 1882, 1932 and 1957.

British businessman Richard Branson and former American vice president Al Gore recently announced a competition. They are seeking a way to remove at least one billion tons of carbon dioxide each year from Earth's atmosphere. Mr Branson is offering 25 million dollars to the developer of such a technology.

Last year, he offered to invest 3 billion dollars to fight climate change. The money would come from profits from his companies, including Virgin Atlantic Airlines.

The new competition is called the Virgin Earth Challenge. The winner of the



contest must develop a plan to remove industrial gases from the atmosphere without causing harm. The first 5 million dollars would be paid to the winner immediately. The rest of the money would be paid only after the prize-winning technology had worked successfully for ten years.

Mr Branson and Mr Gore announced the contest in London earlier this month. They said that some scientists are working on technologies to capture carbon dioxide at power stations and other industrial centers. But no one has developed a way to remove industrial gases already released into the atmosphere. Many scientists say those gases are causing an increase in temperatures around the world. They say continued warming will have serious results in the future.

Mr Branson said the warming caused by industrial gases is threatening the existence of human beings. He said he believes that people are able to find answers to problems that they have created.

The former vice president said people are facing an emergency. Last year, Mr Gore made a documentary film about climate change. The film has helped him become one of the world's leading experts on climate change issues.

Mr Gore and Mr Branson noted a report released last month by the Intergovernmental Panel on Climate Change. The group included hundreds of scientists from more than 100 countries.

The report said that human activity is warming the Earth at a dangerous rate. It said Earth's temperatures could increase by as much as six degrees centigrade by the end of this century. This could result in sea levels around the world rising by five meters.

(出自美国之音)

1. A person's relative risk due to air pollution is small compared with the impact of established cardiovascular risk factors such as smoking, obesity, or high blood pressure. (     )
2. A woman's risk of dying from cardiovascular disease is linked to where she lives and its damage is greater than what anyone had suspected. (     )
3. Someone with hypothermia typically experiences gradual loss of mental acuity and physical ability. (     )
4. Older adults, infants, young children and people who are very lean are at higher risk of hypothermia. (     )



5. To care for someone with hypothermia, use hot water to warm the victim. (     )
6. Polar research aims to help us understand and address problems brought on by climate change. (     )
7. Anyone who can remove industrial gases from the atmosphere without causing harm can get the prize of 3 billion dollars immediately. (     )
8. The competition announced by British businessman Richard Branson and former American vice president Al Gore is aimed at \_\_\_\_\_.
9. According to many scientists, the increase in temperature around the world is partly caused by \_\_\_\_\_.
10. According to the report by Mr Gore and Mr Branson, the rising sea levels around the world results from \_\_\_\_\_.

## Passage 2 Scientists Study Children Who Feel No Pain

Have you ever wished you could not feel pain? There are people in the world with this ability. They do not know when they are hurting. If you have ever broken a leg or given birth, this might sound good to you. But a person unable to feel physical pain can be in danger and do not know it. Last year, *Nature* magazine published a report about six children who have never suffered pain. C. Geoffrey Woods of the Cambridge Institute for Medical Research in England and his team wrote the report.

The six children come from three families from northern Pakistan. The research team found the children after hearing about a boy who apparently felt no pain. The boy stood on burning coals and stabbed his arms with knives to earn money. He died in a fall before the researchers could meet him. But the team was able to find members of the boy's extended family. They also seemed unable to feel pain.

These children were six to fourteen years of age. They sometimes burned themselves with hot liquids or steam. They sat on hot heating devices. They cut their lips with their teeth, but felt no pain. Two of the children bit off one-third of their tongue. Yet they could feel pressure and tell differences between hot and cold.

Doctor Woods and his research team studied DNA from the children. They also examined DNA from the children's parents. The team found that all had a gene with a mistake, or fault. Except for the genetic fault, the children had normal intelligence and health. The researchers found that each child received a faulty version of the gene from a parent.





The gene is called SCN9A. It gives orders to a protein that serves as a passageway for the chemical sodium. All nerve cells have such passages. This is how pain signals from a wound or injury are communicated to the spinal cord and brain.

Two years ago, investigators at Yale University in the United States discovered something important about SCN9A. They linked it to a rare condition in which patients suffer painful burning in their feet or hands. The problems of these patients were nearly opposite to those of the children who felt no pain. In patients with the burning hands and feet, SCN9A was too active.

The findings of the British and American groups may mean better medical help for pain. Doctor Woods' team says this could happen if medicine can be developed to control the faulty gene. That would be welcome news to people whose pain resists current medicines.

Another report says many Americans believe they are suffering more pain now than in earlier years. The National Center for Health Statistics released the report last November. The center is an agency of the Centers for Disease Control and Prevention.

25% of American adults said they had a full day of pain in the month before they were questioned. 10% were more deeply affected. Their pain continued for a year or more.

Amy Bernstein was lead research writer for the study. Miss Bernstein said pain is rarely considered as a separate condition. Yet she said costs linked to pain overload the health care system.

The study found that lower back pain was a big problem. More than 25% of adults who were asked said they had lower back pain in the past three months.

Painful knees caused the most trouble of the body's joints. But some victims of knee pain are doing something about it. They are having operations to replace the painful joint. Their replacement knees are man-made, or artificial. Starting in 1992, rates of hospital stays for knee replacement rose almost 90% among older Americans. The patients were 65 years of age or older.

Americans also reported head pain. 15% of adults said they suffered a migraine or other severe headache in the past three months. This pain affected young people three times as much as older adults.

Reports of severe joint pain increased with age. Women said they had painful joints more often than men.



The study showed that painful conditions caused increased use of narcotic drugs. Narcotics can be strong painkillers. The study compared two periods. One period lasted 6 years and ended in 1994. The other began in 1999 and ended 4 years ago. Between those periods, the percentage of adults who said they used a narcotic for pain in the past month rose from 3 to 4 percent.

Doctors usually order opiates for patients with severe pain. Opiates include morphine, codeine and methadone. Most of these drugs come from the poppy flower. Doctors have used one opiate, opium, to treat pain for more than 2,000 years. A newer drug, oxycodone, is called an opioid. An opioid is similar to an opiate. Doctors use it to control moderate to severe pain over a long period.

For example, a woman from Rockville, Maryland, has a painful back. Her doctor says he cannot operate on it without putting her in danger of losing the use of her legs. The woman was in severe pain much of the time until the doctor ordered a form of oxycodone. She still has pain at some times of day. But she is able to work at home and take part in at least some of the activities she loves.

Many doctors order, or prescribe, narcotic drugs for patients with continuing severe pain like that of the Maryland woman. Narcotic drugs may help to decrease pain, but can make many people sleepy. They also can be addictive. The user may need increasing amounts to get the same effect.

Some doctors have prescribed more narcotic drugs than are medically necessary. Doctors face possible arrest and jail sentences if they knowingly order narcotics for other than medical reasons. Non-medical use of oxycodone and similar drugs has killed many Americans. Some people break them up and mix them with other drugs.

Recently, the Centers for Disease Control and Prevention (CDC) reported an increase in the number of accidental deaths from prescription drugs. CDC officials say the number increased more than 60% between 1999 and 2004. That made accidental drug-poisoning the second largest cause of accidental death in the United States. Only traffic accidents rated higher.

The CDC got its information from official death reports. The reports do not always clearly state which drugs were involved. But researchers say they believe painkillers ordered by doctors caused the increase.

Clearly, strong painkillers can be dangerous, but many patients need them. To meet this need, some doctors and hospitals today provide special services for such patients. For example, doctors who teach at the University of Cincinnati School of





Medicine in Ohio offer advice and treatment for several kinds of pain.

Recently, an English study suggested that women feel pain more than men. Psychologist Ed Keogh says the study found that women also feel pain in more body areas than men. It also found that women suffer pain more often and for longer periods than men.

In the study, several people at the University of Bath held one arm in warm water. Then they put the arm in icy cold water. Both men and women were told to think about the physical nature of the pain. They were not to think about their emotional reactions to it. Using this psychological trick, men said they felt less pain than women.

Mr Keogh says many explanations of these differences depend on genetic and hormonal influences. But he says psychological and social reasons are also important. One medical worker who has cared for hundreds of people says it is never fair to say someone is making too much of their pain. She adds that no one can ever know what other people are feeling.

(出自美国之音)

1. In people's opinion, it is a good thing to feel no pain when hurting. On the contrary, it can do great harm to the victim for he does not know he is in danger. (     )
2. People who feel no pain can feel nothing, including hot, cold, pressure and so on. (     )
3. Study finds the people who feel no pain get a genetic fault so they are in bad condition of health. (     )
4. SCN9A is closely related to pain nerve. If one's SCN9A is too active he will feel great pain. (     )
5. Generally speaking those who suffer painful knees are old people and the effective treatment is to have a knee replacement. (     )
6. Many doctors advice patients with continuing severe pain to take narcotic drugs because narcotics can be effective to stop pain. (     )
7. It's easy to be a narcotic-addict for the patients will need more and more amounts to kill pains. (     )
8. Now the two major causes of accidental death in the United States are from \_\_\_\_\_.



9. Strong painkillers can be so dangerous that it's better for the doctors to \_\_\_\_\_.
10. According the study by Mr Keogh, women feel pain more than men because of genetic and hormonal influences as well as \_\_\_\_\_.

### Passage 3 Stop the Spread of Deadly Bird Flu

The disease bird flu has killed people in at least ten countries since 2003. The United Nations World Health Organization confirmed 165 human deaths by the end of January.

Earlier this month, health officials in Britain reported that more than 2,000 turkeys had died of bird flu. The officials immediately ordered people to keep at least three kilometers away from the turkey farm. Workers destroyed more than 100,000 healthy birds as a safety measure. There is no evidence that any people became sick with the disease.

The new head of the World Health Organization says it will be years until farm birds are safe from bird flu. WHO Director-General Margaret Chan says that, until then, the world must work very hard to keep the disease from infecting many people.

Wild and farm birds often get a flu virus. Yet they usually are able to carry the virus without getting sick. In 1997, six people in Hong Kong died of a different kind of bird flu virus. It is called the H5N1 virus. The Hong Kong government quickly ordered the killing of all farm birds there. That stopped the spread of H5N1 to people in Hong Kong. Yet the virus had already spread to other parts of Asia. It was found in 16 countries between 2003 and 2006.

The H5N1 virus first appeared in Africa last year. This raised many concerns about the spread of the disease. Scientists do not know exactly how bird flu came to Africa. At first, they thought wild birds were to blame. Now, officials with the UN Food and Agriculture Organization believe the main cause is trade in farm birds.

The bird flu virus is found in the waste and liquids of infected birds. The virus spreads when healthy birds or people touch sick birds or any infected part of sick birds. Right now, the virus is not spreading from person to person. But the virus could change and start spreading among people. Health officials believe that is even more possible now that bird flu has spread to Africa. That is why international organizations are working so hard to stop its spread.



Nigeria is the first African country where bird flu was reported. Scientists have learned that the virus came into the country on chickens imported from China. Now bird flu has been found in farm birds in seven other African countries. They are Burkina Faso, Cameroon, Djibouti, Egypt, Ivory Coast, Niger and Sudan. By the end of January, 12 people had died of the disease in Africa.

Health officials believe bird flu could be an even bigger problem in Africa than it has been in Asia. In Africa, many people are already suffering from serious diseases like AIDS, malaria and tuberculosis. There is not enough money to fight these diseases. There is even less money to fight a disease like bird flu, which has yet to kill many people. People are more likely to get a disease like bird flu if they are sick or weak from hunger. Both of these conditions are problems in many African countries.

Stopping the spread of bird flu is most successful when action is taken quickly. But the signs of bird flu are like many other diseases. So there could be many cases of bird flu, in birds or in people, before health care workers learn about it and are able to take action.

Africa does not have enough laboratories that can confirm an H5N1 bird flu infection. There are also not enough hospitals to take care of patients who have bird flu. And, there are not enough animal health care systems to control the disease among farm birds.

Bird flu causes both health and financial problems. In Asia and Africa, most of the cases have been found on small farms or among families who keep chickens. These birds often come into people's homes and share spaces where children play. The chickens often mix freely with wild birds.

The best way to stop the spread of bird flu is to kill all the chickens in an area where bird flu has been discovered. More than 450,000 chickens have been killed in Nigeria since bird flu was first found one year ago.

In many countries, small farms provide food and even money for the education of children. The city of Jos, Nigeria, supports 2,000 farmers who sell eggs all over the country. A man named Pius Ilonah lost 7,000 chickens when bird flu infection was discovered in a farm near his. "We do not have any savings or earn money now," says Mr Ilonah.

Two of his children are in high school. Two others are university students. But Mr Ilonah says there is no more money to keep them in school. Nigeria is attempting to organize a program to replace chickens as soon as the disease has stopped

spreading.

The story is similar in Niger. Nana Aicha raises chickens to sell in Nigeria. She buys grain with the money she earns to feed her children. One day, traders from Nigeria brought bird flu virus to the border on their clothes or vehicles. People and chickens returned to Niger after the day of trading. They already had been infected with the disease.

Ms Aicha says she lost everything because the chickens and ducks died or government workers killed them. “Today,” she says, “I will feed my five children and myself with millet, rice, some milk, salt and peppers.”

Indonesia has the most human deaths from the H5N1 virus. 81 people had been infected with bird flu by the end of January. More than sixty of them died. That is more than in any other country. A twenty-six-year-old woman from West Java was the most recent victim. Indonesian officials said she had been involved in killing sick chickens.

Countries in Africa are using many ways to inform people about bird flu and stop its spread. Nigeria continues to give children medicine to protect against the disease polio. When health care workers visit homes, they are also talking about bird flu. Benin plans to spend more than 5 million dollars to pay chicken farmers if their chickens are killed because of bird flu. Angola, Congo, Kenya and other countries have banned the import of live birds and eggs from areas infected with bird flu. In Ivory Coast, the government has a program to clean vehicles and airplanes that travel through infected areas. Mali has programs to study the large numbers of wild birds that fly along the Niger and Senegal Rivers. In Togo, groups are investigating deaths of farm birds that cannot be easily explained.

By the end of January, 11 people had died of bird flu in Egypt. A fifteen-year-old girl and two members of her family died in December 2006. They all lived in the same house where birds were being raised. All three people who died had been cleaning and killing infected ducks. Most of the people who died in Egypt were raising birds in their homes, not on large farms. Almost 30% of the population there raises birds near their homes. Farm birds bring in 13% of their earnings. Up to 30 million farm birds all over Egypt have been killed. That represents a loss of 1 billion dollars to the chicken industry.

The Egyptian government is training health care workers and others to help stop the spread of bird flu. The government operates centers for people to call with