

CET 710分 百篇训练丛书

CET 4

FAST
READING

100

(新题型版)

大学英语四级考试 快速阅读100篇

朱新福 主编

上海外语教育出版社


外教社

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关于《大学英语四级考试快速阅读 100 篇》的 修订和使用说明

一、为什么要修订《大学英语四级考试快速阅读 100 篇》?

为适应我国高等教育新的发展形势,深化教学改革,提高教学质量,满足新时期国家对人才培养的需要,教育部于 2005 年 4 月公布了《全国大学英语四、六级考试改革方案(试行)》。《方案》指出:在考试内容和形式上,四、六级考试将增加快速阅读理解测试(fast reading),比重占 10%,测试题型为:是非判断+句子填空或其他。

根据《全国大学英语四、六级考试改革方案(试行)》精神以及 2005 年 11 月公布的“CET-4 试点考试样卷”题型,我们在原书的基础上重新修订编写《大学英语四级考试快速阅读 100 篇》。在题型上,修订后的练习题型有是非判断、句子填空、多项选择段落主旨等;在风格上,这次修改继承了原教材所主张的趣味性、知识性和可读性原则;在内容上,修改后的材料在保证语言规范化和反映当今生活的前提下,尽量选用了既能激发学生兴趣又能开拓他们的视野、扩大他们的知识面、启发他们去思考问题的短文。所选体裁不仅有一般快速阅读教材常见的科普小品、人物传记和表述性短文,还选用了一些小故事、对话、回忆录等,使教程内容丰富、语言生动,且颇具可读性。

二、为什么要进行快速阅读的训练?

阅读就意味着解释、说明、弄懂并掌握符号的意义,从中获取语言符号中的思想意蕴。在当今的信息时代,我们需要阅读的英语资料浩如烟海,而我们又没有时间去仔细阅读每一本书或每一篇文章。同时,每个人知识的储藏量随着社会的进步不断增加,在一个人的生活历程中,尽可能快地吸收有用信息的能力是获得成功的最有效的工具之一。快速消化吸收有用信息有助于促进人才的成长和社会的进步。一个人一生学到的知识大多数是通过阅读获得的,所以我们必须进行高效快速阅读,以适应时代的要求。因此,要适应信息量日益膨胀的形势并从中获取我们需要的信息,提高我们的阅读速度是必要的。

对于把英语作为一门外语来学习的中国大学生来说,英语输入的主要来源还是阅读。因此,欲进一步提高自己的听、说、写、译的能力,打好英语基础,培养对英语的语感,就首先要提高阅读能力,过好阅读关。所谓阅读,指的是为了

理解内容而感知文本。通过阅读达到的理解则称作阅读理解,即有目的地思考,并在思考过程中通过文本和读者构建意义。快速阅读是从文字符号中迅速摄取有用信息的读书方法,具有快速、高效的特点。它强调把注意力集中在寻找关键词、句、段落,用较快的速度边阅读、边理解、边记忆,使阅读处于一种十分活跃的状态,不仅能迅速占有大量信息,而且能正确理解文献内容,将所获得的信息及时地进行处理、分析、加工和储存。阅读的目的就是要理解所读的篇章并使之具有意义,因此,假如阅读速度过于缓慢,就会对阅读理解产生不利影响。这是因为我们的视线将会囿于单个的词语,而看不到文章的全貌和谋篇布局,亦即“只见树木,不见森林”,从而影响从篇章中获取所需要的信息。人的大脑能以极快的速度处理信息,因此阅读速度过于缓慢会使大脑处于一种未被充分利用的状态,致使思想不能高度集中,易受外界的干扰并最终影响阅读效果。故要提高阅读水平不仅要有一定的阅读量,而且还得有一定的阅读速度。

三、进行快速阅读训练应该注意哪些事项? 如何克服不良阅读习惯以便有效地进行快速阅读?

首先,进行快速阅读训练要克服下列不良的阅读习惯:(1)低诵和默读。在阅读时,许多人喜欢读出声或者在心里默读单词,初学者尤其如此。进入高层次的阅读时,这种习惯会限制我们的阅读速度和学习能力,因为低诵和默读会把阅读速度降到说话的速度,妨碍眼睛扫视的速度。这种逐字逐句地阅读,其结果是读了后面的内容却忘了前面的内容。(2)回视。回视并不是指读者读完一遍后由于未能掌握所读材料内容而有目的地重新进行阅读,而是指有些人读完一句或一段后,又返回开头重读一遍,总害怕漏掉信息。回视这种不良习惯是由于平时对自己的理解感到不踏实或者精力不太集中而慢慢地、不知不觉地养成的。(3)视幅窄。阅读时,许多人习惯于一个单词一个单词逐个看,或用手、铅笔指着看,或用尺子比着一行一行向下移。(4)口译或心译。这是学习外语最应避免的问题,也是阅读能力差的普遍表现。边读边译要花费别人二、三倍的时间读完同一篇文章,阅读速度远远慢于其他人。(5)生词恐惧。有的人担心生词会影响自己的阅读质量,不停地查字典。过度依靠词典不但减慢阅读速度,而且会打断阅读思路,使读者不能完整地理解和消化所读信息。

如何克服不良阅读习惯以便有效地进行快速阅读呢?(1)要训练按意群来读的能力,即视线在一个意群上停留一次,而非在每个单词上都停留。这样,阅读的速度大大加快。同时,经过大量练习之后可以培养出视读的能力,即看到单词大脑中直接反映出含义而不必借助于读音。(2)学会利用句子结构信号及标点符号信号。句子结构信号包括词序、语法词尾及各种时态、语态的助动词等,它们都是表示词在句中的结构关系。若我们能迅速识别并有意识地利用这些信号,把握句子的结构关系,再加上关键词的词义,就更容易实现以意群为单位的阅读。(3)掌握基本的段落、篇章结构知识,即从文体的角度把握全文。记

叙、议论、说明等各类型的文章都有自己的结构规律,如果我们能识别一篇记叙文的写作是按照时间的先后顺序还是倒叙、插叙,一篇议论文的中心主题在哪里以及各个段落的主题句、辅助句在哪里,一篇说明文是按照由里向外、由远及近还是别的说明顺序,那么在阅读时就知道哪里可以略读、跳读,哪里需要细读,从而提高阅读速度。(4)不要遇生词就查词典。许多单词的意思是通过上、下文以及单词的构成方式(派生、合成、转化等)等线索猜测出来的。猜测词义的能力是语言使用能力的一个重要方面,也是许多考试考核的一项内容。(5)培养良好的心理素质。阅读时,要保持良好的心理状态,遇到难词难句不要紧张,保持情绪稳定,注意力高度集中,强迫自己读下去,抓住突破口。同时,平时注意积累经验,想办法克服心理障碍。平时在进行阅读训练时,应选好材料,注意阅读的趣味性以及阅读材料的难易程度。所选材料要由易到难,循序渐进,以便激发学生的阅读兴趣,从而达到提高阅读速度和效率的目的。

为了有效地进行快速阅读,我们特别推荐以下三种阅读方法:(1)浏览(surveying)。在正式阅读之前,通过浏览,可以初步了解材料的类型、内容。阅读目的和学习目标是阅读中至关重要的因素,浏览能帮助我们快速选择哪些是重要的、有价值的内容,去除那些不符合目的或者不能达到预期效果的材料,使我们了解阅读材料的组织形式,对作者要表达的主题有一个总的印象,有助于我们快速地组织思考过程,完成阅读目标。(2)略读(skimming)。略读即“全景式”地通览全文。略读时,读者以很快的速度进行阅读,并略去部分材料内容,主要是获取文章要旨和主题思想。略读要求读者有选择地略去某些材料,如果读者自己已掌握了主题,可以不读完整段,甚至可以略去许多段落。英语段落一般包含一个要点和几个说明要点的细节,主题句通常是段落的第一句话,有时也会出现在段落的中间或结尾。读者在阅读时偶尔也可以略去许多句子,不要担心略去太多会影响理解,略读只要求掌握文章的要点。最后一个段落通常是对全部材料的总结或者缩写,一定要全面阅读。(3)寻读(scanning)。所谓寻读,指的是快速扫视所读的文章以寻找所需要的信息,主要用于读者想从材料中找出某一事实或者一些具体信息,不需要阅读全部材料。

编者

2006年6月



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APPENDIX KEY TO COMPREHENSION

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PASSAGE 1

Happiness can be described as a positive mood and a pleasant state of mind.

According to recent polls, sixty to seventy percent of Americans consider themselves to be moderately happy and one in twenty persons feels very unhappy. Psychologists have been studying the factors that contribute to happiness. It is not predictable whether a person in an apparently ideal situation is necessarily happy. The ideal situation may have little to do with his actual feelings.

A good education and income are usually considered necessary for happiness. Though both may contribute, they are only chief factors if the person is seriously undereducated or actually suffering from lack of physical needs.

The rich are not likely to be happier than the middle-income group or even than those with very low incomes. People with college education are, somewhat, happier than those who do not graduate from high school, and it is believed that this is mainly because they have more opportunities to control their lives. Yet people with a high income and a college education may be less happy than those with the same income and no college education.

Poor health does not rule out happiness except for the severely weakened or those in pain. Learning to cope with a health problem can contribute to happiness. Those with a good sex life are happier in general, but those who have a loving affectionate relationship are happier than those who rely on sex alone. Love has a higher correlation with happiness than any other factors.

It should be noted that people quickly get used to what they have, and they are happiest when they feel they are increasing their level no matter where it stands at a given time.

Children whose parents were happily married have happier childhoods but are not necessarily happier adults.

The best formula for happiness is to be able to develop the ability to tolerate frustration, to have a personal involvement and commitment, and to develop self-confidence and self-esteem.



Comprehension Exercises

I. Decide whether the following statements are true (T) or false (F).

1. Happiness is not necessarily connected to one's situation in society. T ☐ F ☐
2. People with college education are not happier than those who have only an education at high school. T ☐ F ☐
3. According to the passage, happiness is greatly dependent upon a happy childhood. T ☐ F ☐
4. Having a loving, affectionate relationship is most likely to contribute to happiness. T ☐ F ☐
5. Self-esteem and self-confidence are most likely to be found in happy people. T ☐ F ☐
6. The tone of the passage can be best described as objective. T ☐ F ☐

II. Fill in each blank with an appropriate word.

According to the author, happiness is a(n) 1 mood and a pleasant state of mind. The majority of Americans consider themselves to be 2 happy and around 5% of Americans feels very unhappy. Factors that 3 to happiness may include ideal situation, good education and high income, etc. It is true that the rich are not always happier than the poor, and children whose parents were happily married have happier childhoods but are not 4 happier adults. Therefore, in order to be a happy man, one must try to develop the ability to 5 frustration, to have a personal involvement and commitment, and to develop self-confidence and self-esteem.



PASSAGE 2

Promptness is important in American business, academic, and social settings. The importance of punctuality is taught to young children in school. Lateness slips (迟到条) and the use of bells signal to the child that punctuality and time itself are to be respected. An amusing report of a school-child's experience with time appeared in a recent newspaper article. As a child, my mother used to tell me how crucial it was to be at school when the first bell rang. Preparation for my "on-time" appearance began the night before. I was directed to go to bed early, so I could wake up wide-eyed at 7 a.m. with enough time to get ready. Although I usually managed to watch my share of TV cartoons, I knew that in one hour I had to get dressed, eat breakfast, brush my teeth, comb my hair, and be on my way to school or I would be violating an important rule of Mom's, the school's or of the world's. It was hard to tell which.

People who keep appointments are considered dependable. If people are late to job interviews, appointments, or classes, they are often viewed as unreliable and irresponsible. In the business world, "time is money" and companies may fine their executives for coming late to business meetings. Of course, it is not always possible to be punctual. Social and business etiquette (礼节) also provides rules for late arrivals. Calling on the telephone if one is going to be more than a few minutes late for scheduled appointments is considered polite and is often expected. Keeping a date or a friend waiting beyond ten to twenty minutes is considered rude. On the other hand, arriving thirty minutes late to some parties is acceptable.

Respecting deadlines is also important in academic and professional circles. It is expected that deadlines for class assignments or business reports will be met. Students who hand in assignments late may be surprised to find that the professors will lower their grades or even refuse to grade their work. Whether it is a question of arriving on time or of meeting a deadline, people are culturally conditioned to regulate time.



Comprehension Exercises

I. Decide whether the following statements are true (T) or false (F).

1. A lateness slip the child must bring home if he is late is for him to learn the importance of punctuality. T ☐ F ☐
2. Social etiquette in the United States allows people to be excused from certain parties. T ☐ F ☐
3. According to the passage, if one can keep appointments, people will consider him dependable. T ☐ F ☐
4. The author mentions people should be punctual on all occasions except business meetings. T ☐ F ☐
5. If a student hands in his assignments late, his professor will grade his work correspondingly. T ☐ F ☐

II. Fill in each blank with an appropriate word.

According to the author, the importance of being 1 is taught to children in school. Parents and teachers always tell children how 2 it is to be at school when the first bell rings. A child is usually 3 to go to bed early, so he / she can wake up wide-eyed at 7 a.m. with enough time to get 4. It is universally known that people who 5 appointments are considered dependable. If people are late to job interviews, appointments, or classes, they are often viewed as unreliable and 6.



PASSAGE 3

Elderly people respond best to a calm and unhurried environment. This is not always easy to provide as their behavior can sometimes be irritating. If they get excited or upset, then they may become more confused and more difficult to look after. Although sometimes it can be extremely difficult, it is best to be patient and not to get upset yourself. You should always encourage old people to do as much as possible for themselves but be ready to lend a helping hand when necessary. At the same time it is also important that you don't make them feel like children.

Failing memory makes it very difficult for the person to recall all the basic kinds of information we take for granted. The obvious way to help in this situation is to supply the information that is missing and help them make up for the poor memory. You must use every opportunity to provide information but remember to keep it simple and straightforward.

The kinds of information that may be required are (1) who you are (2) where you are (3) where you are going (4) what's happening and why and (5) what's to be done, e.g. "Good morning, Mum. This is Fiona, your daughter. It is eight o'clock, so if you get up now we can have breakfast downstairs."

When the elderly person makes confused statements e.g. about going out to his or her old employment or visiting a dead relative, correct in a calm matter-of-fact fashion: "No, you don't work in the office any more. You're retired now. Will you come and help me with the dishes?"

We rely heavily on information provided by signposts, docks, calendars and newspapers. These assist us to organize and direct our behavior. Confused old people need these aids all the time to compensate for their poor memory. Encourage them to use and refer to reminder boards or diaries for important forthcoming events and label the contents of different cupboards and drawers. Many other aids such as color coding, cards of information, photographs, scrap books, addresses or shopping lists could help in individual cases. You will probably have to encourage the elderly person to use these aids at first.



Comprehension Exercises

I. Decide whether the following statements are true (T) or false (F).

1. The main topic of the passage about elderly people is how they can be helped to look after themselves as far as possible. T ☐ F ☐
2. The passage gives help for anyone responsible for an elderly forgetful person by suggesting sensible things to do in these circumstances. T ☐ F ☐
3. A difficulty experienced by friends and relatives is that they may worry too much about the old person's condition. T ☐ F ☐
4. We should deal with old people's confused statements and ideas by ignoring them and talking about something else. T ☐ F ☐
5. Visual aids can give practical help to elderly people by bringing back to mind various kinds of useful information. T ☐ F ☐
6. The best way for elderly people to help their poor memory is touring around a department store. T ☐ F ☐
7. Confused old people do not need information provided by signposts, calendars and newspapers to make up for their poor memory. T ☐ F ☐
8. Information to elderly people should be simple and straightforward. T ☐ F ☐

II. Fill in each blank with an appropriate word.

Memory can 1 as one is getting old. So when old people get confused about any information we take for 2 , we can help them by providing them with straightforward information and different kinds of 3 to 4 for their poor memory.



PASSAGE 4

Most people know that water is unevenly distributed over the earth's surface in oceans, rivers, and lakes. Few realize, however, how very uneven the distribution actually is. It is important to think of the total amount of water on the planet Earth, the areas where the water occurs, and the long-term importance of the findings.

The oceans of the world cover 140 million square miles of the Earth's surface. The average depth of the ocean basins is about 12,500 feet. If the basins were shallow, seas would spread far onto the continents. Dry land areas would consist mainly of a few major island groups with high mountain ranges rising above the sea.

Considered as a continuous body of fluid, the atmosphere is another kind of ocean. Yet, in view of the total amount of rain and snow on land areas in the course of a year, one of the most amazing water facts is the very small amount of water in the atmosphere at any given time. The volume of the lower seven miles of the atmosphere — the realm of weather events — is roughly four times the volume of the world's oceans. But the atmosphere contains very little water. It is chiefly in the form of invisible vapor, some of which is carried over land by air currents. If all vapor suddenly fell from the air onto the Earth's surface, it would form a layer only about one inch thick. A heavy rainstorm on a given area may use up only small percentage of the water from the air mass that passes over. How, then, can some land areas receive more than 400 inches of rain per year? How can several inches of rain fall during a single storm in a few minutes or hours? The answer is that rain-yielding air masses are in motion, and as the drying air mass moves on, new moist air takes its place.

The basic source of most water vapor is the ocean. Evaporation, vapor transport, and precipitation make up a major arc of the hydrologic cycle — the continuous movement of water from ocean to atmosphere to land and back to the sea. Rivers return water to the sea along one chord of the arc. In an underground arc of the cycle, flowing bodies of water discharge some water directly into rivers and some directly to the sea.



Comprehension Exercises

I. Decide whether the following statements are true (T) or false (F).

1. This article is concerned primarily with the hydrologic cycle. T ☐ F ☐
2. According to the author, most people realize how unevenly water is distributed on the Earth. T ☐ F ☐
3. We may describe the author's style as factual and informative. T ☐ F ☐
4. The process of water returning to the atmosphere is called precipitation. T ☐ F ☐
5. According to the author, a change in the ocean's depth would have an effect on the size and shape of dry land areas. T ☐ F ☐
6. In the third paragraph, the author presents a question about what makes it possible for heavy storms to occur. T ☐ F ☐

II. Fill in each blank with an appropriate word.

The atmosphere, which is considered as a continuous 1 of fluid, is another kind of ocean. But the atmosphere 2 very little water. It is mainly in the 3 of invisible vapor, some of which is carried over land by air 4. If all vapor suddenly fell from the air onto the Earth's surface, it would form a(n) 5 only about one inch thick.



PASSAGE 5

Proteins are built up from approximately twenty food elements called “amino-acids”, which are found more abundantly in animal protein than in vegetable protein. This means you have to eat a great deal more vegetable than animal food in order to get enough of these amino-acids. A great deal of the vegetable food goes to waste in this process and from the physiological point of view there is not much to be said in favour of life-long vegetarianism.

The economic side of the question, though, must be considered. Vegetable food is much cheaper than animal food. However, since only a small proportion of the vegetable protein is useful for body-building purposes, a consistent vegetarian, if he is to gain the necessary 70 grams of protein a day, has to consume a greater bulk of food than his digestive organs can comfortably deal with. In fairness, though, it must be pointed out that vegetarians claim they need far less than 70 grams of protein a day.

Whether or not vegetarianism should be advocated for adults, it is definitely unsatisfactory for growing children, who need more protein than they can get from vegetable sources. A lacto-vegetarian diet, which includes milk and milk products such as cheese, can, however, be satisfactory as long as enough milk and milk products are consumed.

Meat and cheese are the best sources of usable animal protein and next come milk, fish and eggs.

Slow and careful cooking of meat makes it more digestible and assists in the breaking down of the protein content by the body. When cooking vegetables, however, the vitamins, and in particular the water-soluble vitamin C, should not be lost through over-cooking.

With fruit, vitamin loss is negligible, because the cooking water is normally eaten along with the fruit, and acids in the fruit help to hold in the vitamin C.

Most nutrition experts today would recommend a balanced diet containing elements of all foods, largely because of our need for sufficient vitamins. Vitamins were first called “accessory food factors” when it was discovered in 1906. Most foods contain, besides carbohydrates, fats, minerals and water, and other substances necessary for health. The most common deficiencies in Western diets today are those of vitamins. The answer is variety in food. A well-balanced diet having sufficient



amounts of milk, fruit, vegetables, eggs, and meat, fish or fowl (i.e. any good protein source) usually provides adequate minimum daily requirements of all the vitamins.

Comprehension Exercises

I. Decide whether the following statements are true (T) or false (F).

1. Proteins are built up from about twenty different vegetables. T ☐ F ☐
2. Physiologically, life-long vegetarianism may not be good because the body must process too much waste. T ☐ F ☐
3. One thing in favor of vegetarianism is that vegetable food is cheaper. T ☐ F ☐
4. The body's daily need for protein is at least 100 grams. T ☐ F ☐
5. The digestive organs can comfortably deal with a limited quantity of food per day. T ☐ F ☐
6. Vegetarianism is not suitable for growing children because they need more protein than vegetables can supply. T ☐ F ☐
7. Slow and careful cooking of meat preserves the vitamins. T ☐ F ☐
8. Most nutrition experts today believe the food we eat should contain more meat than vegetables. T ☐ F ☐

II. Fill in each blank with an appropriate word.

Amino-acids are found more abundantly in 1 protein than in vegetable protein. Economically speaking, vegetable food is much 2 than animal food. People who consume mostly vegetables are called 3. When we cook vegetables, the vitamins should not be lost through 4. Vitamins are substances necessary for health. A(n) 5 diet may provide adequate minimum daily requirements of all the vitamins.