



普通高等教育“十五”国家级规划教材

# 新视野

NEW HORIZON  
COLLEGE ENGLISH

# 大学英语

快速阅读

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外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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普通高等教育“十五”国家级规划教材 ★ 教育部大学外语推荐教材

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# 前 言

为适应我国高等教育发展的新形势,深化教学改革,提高教学质量,满足新时期国家和社会对人才培养的需要,教育部于2004年初颁布了《大学英语课程教学要求(试行)》(以下简称《课程要求》)。新颁布的《课程要求》进一步明确了大学英语的教学目标是“培养学生的英语综合应用能力”,注重“英语语言知识与应用技能、学习策略”,“使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流,同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要。”

《课程要求》还对大学英语教学目标进行了定性和定量描述,将大学阶段的英语教学要求分为三个层次:一般要求、较高要求和更高要求。每个层次都对学生的英语快速阅读能力提出了具体而明确的要求。

《课程要求》规定,在一般要求层次,“在快速阅读篇幅较长、难度略低材料时,阅读速度达到每分钟100词。能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”正是依据《课程要求》的具体要求,《新视野大学英语》项目组专门编写了这套《新视野大学英语:快速阅读》,以期通过规范的选篇和练习设计循序渐进地提高学生的英语快速阅读水平,从而进一步提高他们的英语综合应用能力。

## 《新视野大学英语:快速阅读》编写说明和原则

1.《新视野大学英语:快速阅读》分为1-4级,达到《课程要求》规定的一般要求层次的快速阅读的具体要求。

2.为培养学生的“英语语言知识与应用技能、学习策略”,《新视野大学英语:快速阅读》每级教材都提供了“快速阅读技能指南”,供学生学习和教师教学参考。

3.为实现《课程要求》提出的充分利用多媒体和网络技术,实现个性化、自主式学习的要求,《新视野大学英语:快速阅读》提供配套光盘与网上补充练习,方便学生自主训练以及教师查询学生的学习记录。

4.《新视野大学英语:快速阅读》在编写和设计中充分考虑到不同起点的学生的需要。除了提供建议的标准阅读速度外,光盘和网上练习还提供了可调节的阅读速度与阅读模式,学生和教师可根据实际情况选择使用。

5.《课程要求》指出,“全面、客观、科学、准确的评估体系对于实现课程目标至关重要”,而教学评估分为形成性评估和终结性评估两种。本着通过评估检验学生学习效果、提高学生学习质量的原则,《新视野大学英语:快速阅读》为每一单元、每一级别提供了试题库,为实施两种教学评估提供了有效的工具。

6. 改革后的大学英语四级考试增加了快速阅读理解测试。“快速+准确”是这部分测试的考查重点。《新视野大学英语：快速阅读》在选篇长度、题型、阅读速度等方面参考了快速阅读理解测试的相关要求，帮助学生熟悉新题型，循序渐进地提高快速阅读能力。

本书为《新视野大学英语：快速阅读》系列教材的第2级。全书共10单元，每单元由4篇阅读短文组成。遵循由浅到深、由易到难的原则，阅读短文长度从每篇400词过渡到800词左右，难度不高于《新视野大学英语：读写教程2》，生词不超过短文词汇总量的3%。练习形式主要为判断题、信息填充题和综合题，与改革后的大学英语四级考试中快速阅读的题型基本一致。

本书在选材上注重趣味性、信息性、知识性和新颖性，题材广泛，内容丰富，涉及语言、文化、习俗、伦理、科学、社会焦点等方面。文章主要选自20世纪八九十年代出版的国内外书籍，以及本世纪的一些新作品，也包括适量应用文体裁的文章。

《新视野大学英语：快速阅读》第2级的建议标准阅读速度为每分钟100词。书中每篇短文之前都明确标出了完成短文及练习的建议用时，学生可以记录实际完成时间和答题的正确率，以便对自己的阅读速度和阅读水平进行评估。光盘和网络练习的阅读速度学生可自行调节，速度范围为90词/分钟—200词/分钟。学生可选择适合自己的阅读速度。每种阅读速度又提供了四种呈现方式：normal reading、scroll up、sentence flash和line flash。每种呈现方式都从不同的角度帮助学生提高阅读效率。光盘中共包含三种学习模式：标准速度阅读、自定义速度阅读以及自主阅读。在选择自主阅读模式的情况下，学生可以导入任意一篇文章的纯文本文件，进行快速阅读训练，提高阅读能力。

《新视野大学英语》系列教材总主编为上海交通大学郑树棠。

《新视野大学英语：快速阅读》第2级主编为周洁，参加编写的人员有李侠、车淑珍、何琼、周洁。由郑树棠和美籍专家Erick Peterson审定全稿。在材料整理、计算机处理、复印、外教事务、材料传递、信息沟通等方面上海交通大学陈庆昌、周国强、左克文等做了大量工作，在此一并表示感谢。

编者

2005年12月

# 快速阅读技能指南

快速阅读是一种科学的阅读方法,旨在通过一定训练,在较短时间内阅读大量文字材料以获取尽可能多的信息。在快速阅读中,读者没有必要识别所有的语言信息,而只需选择少量的必需的语言信息,以便在短时间内获得最佳的理解效果。快速阅读是一种需要专门学习、培养和训练的阅读技能,这种技能要求一定的语言能力、心理素质和实用的速读技巧。下面就将针对快速阅读的特点和一些实用技巧进行介绍。

## 一、快速阅读的主要特点

### 1. 快速阅读是限时阅读 (Time-limited reading)

在训练快速阅读技能时,要特别注意阅读的时限。快速阅读的文章一般难度较低,如果不按规定的时限阅读,就失去了快速阅读训练的意义。在阅读时,先记下“起读时间”(starting time),阅读完毕后,再记下“止读时间”(finishing time),然后就可以计算出阅读速度。这样长期坚持记录,限定自己的阅读时间,逐步提高阅读速度,会收到比较明显的效果。此外,在阅读过程中应尽量保持精力集中,不受干扰。因为在快速阅读时,精力高度集中,时间一长很容易疲劳,精力分散,所以每次训练时间不宜过长。

### 2. 快速阅读是略读 (Skimming)

略读又称“跳读”(reading and skipping)或“浏览”(glancing),是指以尽可能快的速度阅读,迅速获取文章大意或中心思想。换句话说,略读可以跳过某些细节,以求抓住文章的大概,从而加快阅读速度。

略读时可以运用下列技巧:

(1) 略读的关键是把阅读的视野从个别词语扩大到整句,乃至整段,能在眼停(瞳孔不运动时)的瞬间感知到更多的词汇,也就是我们平时所说的“一目十行”。略读可以帮助我们迅速掌握文章的脉络,抓住文章的主旨,节省阅读时间。要注意在略读时应以意群为单位,一组一组地进行视读(visual reading)。

(2) 学会利用文章中的印刷细节(typographical details),如标题、副标题、小标题、斜体词、黑体词、脚注、标点符号等。这些细节往往传达了作者的写作思路和意图,了解这些细节可以帮助掌握文章大意。

(3) 以正常阅读速度阅读文章的首段及尾段。这两段在文章中的位置十分重要,要力求从中了解文章的主题、背景、作者的写作风格,以及写作口吻或语气等。在阅读其他段落时,也要注意其主题句和结论句,段落大意往往隐含其中。其他细节则可以略去不读。

(4) 阅读时只要知道文章所举例子的大致意思即可。文章中的例子、类比和比喻等都服务于段落大意或文章中心思想。

(5) 注意文章中的连词。顺接连词(如 in addition、moreover、furthermore、also 等)前后的内容大致相似,作者观点也不会发生变化,所以在读懂前句的前提下,后句可以不读。但要注意, but、however、yet、nevertheless 等表示转折意义的词往往引出新的内容和观点。此外,引导让步状语的 although、despite、in spite of 等之后必有转折,阅读时可以着重阅读让步的内容,因为这才是作者的态度所在。

(6) 注意表示结论的信号词,如 as a result、in short、in conclusion、all in all 等,它们引出的是作者对前面所述内容的概括和总结,这些对了解作者的观点至关重要。

(7) 注意冒号和分号的使用。一般来说,冒号后面的句子与其前面的句子相似,可以略而不读。而分号后的句子与其前面的句子则为并列内容,内容可能与前面不一致。

### 3. 快速阅读是寻读 (Scanning)

寻读又称查读,指从大量资料中迅速查找出某一具体事实或特定信息,如人物、事件、时间、地点、数字等,而对其他无关部分略去不读。这是一种带着明确目的寻找特定信息,而忽略无关内容的点式阅读。运用这种方法,读者可以大大提高阅读效率,在最短的时间内扫视尽可能多的材料,检索到所需要的信息。例如,在车站查找某次列车或汽车的运行时刻,在机场寻找某次航班的起飞或到达时刻,在图书馆查找书刊的目录,在文献中查找某一日期、作者或编号等,都可以运用这种方法。

作为一种快速寻找信息的阅读技巧,寻读既要求速度,又要求准确性。寻读与略读不同:略读时,读者事先对材料一无所知,而寻读则是读者在对材料有所了解的情况下进行的,而且寻读经常用于阅读应用文。应用文是功能性、实用性较强的文章,为特定目的写作,表达特定的内容。在阅读应用文时,要尽量了解应用文的功能内容和写作目的,文中包含的各种程式对读者理解内容和查找信息会有很大帮助。例如,在一本电话号码簿中寻找一位名叫 Brown 的人的电话号码时,你知道受话人的姓名,还知道电话号码簿是按姓氏字母顺序排列的,这样利用书页上方的标识词,再按姓氏的字母顺序翻到以 B 开头的部分,就能找到 Brown 名下的电话号码了。

## 二、快速阅读的方法

在快速阅读中,除了利用上面介绍的阅读技巧外,还可以使用以下一些方法:

### 1. 推断法

对文章的理解是通过对文中词句的理解实现的。在推断词义、获取句义方面可以借助以下方法:

(1) 略过无关紧要的词汇。文章中的各个句子由一些起结构作用的词和具有实际意义的词构成。在句中这些词的重要性是不一样的。有些词具有关键意义,是句子的中心成分;有些只是结构信号,如介词、冠词、系词、连词等,还有些只传达辅助性信息,如形容词、副词等。在快速阅读时,可以将那些结构信号词略去不读,对起辅助作用的词稍加注意,



而将时间和主要精力放在那些具有关键意义的词上(动词、名词等)。这样就可以大大加快阅读的速度,提高阅读的效果。

(2) 利用英语构词法推断词义。英语的构词法主要有三种:转换、派生与合成。分析单词的构成是猜测词义的一个好方法。英语中很多单词是由词根加前缀、后缀或前后缀构成的。词根表示词的基本词义。词根加上不同的前缀和后缀,可以构成不同的词,词性或词义也会相应改变,读者在阅读过程中可以分析生词结构,以便理解词义。

(3) 利用上下文猜测词义。如(a)利用定义:在生词出现的上下文中,有时能找到文章对它的定义或解释,由此可判断其词义;(b)利用同义词或反义词的线索:生词出现的上下文中有时会出现它的近义词、反义词或用来对比的词语,可以帮助推测该词的词义。

## 2. 关键词句法

段落或文章的关键词是联接上下文的纽带,在阅读中只要抓住了这些关键词,句子的意思就可以基本掌握。而所谓抓住关键句也就是要找出文章段落的主题句。主题句是用来概括段落大意的句子,一般位于段落的起始或末尾,在特殊情况下也可能出现在段落当中。理解了主题句,就可以理解各个段落的主要意思,进而掌握全篇文章的中心思想。在阅读中识别和理解段落的主题句,有助于了解作者的思路,分析文章的结构,把握段落之间的逻辑关系,从而提高阅读的速度和理解的准确性。

## 3. 强记法

快速阅读要求读者具有较强的短时记忆能力,因为熟记文中的重要事实或情节是提高阅读理解速度的重要手段。边读边忘、不断回视、复读等阅读习惯都会影响阅读的速度和效果,在阅读中要注意克服。

## 三、快速阅读的一般步骤

### 1. 解读文章的首段和尾段

要认真阅读文章的首段,尽量记住作者提出的问题(现象或观点)和一些与文章内容相关的概念和词汇,如文章的论题是什么,作者想表达什么等。阅读文章的尾段则是对已有的理解判断做进一步的确认,同时深化对文章主旨和作者观点的认识。

### 2. 在脑中形成一个作者的思路图

各个段落的目的是什么,主题又是什么?着重阅读各段的主题句,快速浏览其余部分。当“读”完这篇文章时,应能对文章的结构思路有总体的把握,在脑中形成一个作者的思路图。

### 3. 总结文章大意

在做练习前,花几秒钟总结一下文章的主题和思路。



#### 4. 开始答题

根据对文章整体思路的把握来答题。将选项或问题定位到文章中具体某个段落甚至某个句子中去。此时对作者思路的整理应该比步骤2更细致。

以上只是介绍在快速阅读中经常采用的一些技巧和方法。要提高阅读水平，还要在掌握基本阅读技能的基础上不断总结、积累，养成科学、正确的阅读习惯，并通过持续的训练稳步提高。

# CONTENTS

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前言 .....	i
快速阅读技能指南 .....	iii
<i>Unit 1</i> .....	1
<i>Unit 2</i> .....	15
<i>Unit 3</i> .....	31
<i>Unit 4</i> .....	47
<i>Unit 5</i> .....	63
<i>Unit 6</i> .....	79
<i>Unit 7</i> .....	95
<i>Unit 8</i> .....	111
<i>Unit 9</i> .....	127
<i>Unit 10</i> .....	143
Key .....	159



# Unit 1

## Passage 1

**Directions:** Read the following passage, and then decide whether the statements are true (T) or false (F).

快速阅读自查表

阅读和练习建议用时: 6分44秒

实际用时:

正确答题数记录:

### Differences Between Two Kinds of Youth

The trip to the United States opened my eyes to the fact that there are a lot of similarities as well as differences between American youth and French youth. Now I will talk about the differences between them.

The first difference is in appearance. Going around in the U.S., I found that American youth do not really care about their appearance. In the morning, they choose something in their closet and wear it with another thing, often of different colors and styles, without wondering whether their choices make them look strange. The reason behind this is that they don't care what people look like, but are just interested in their ideas. I think it's great, but it also causes problems. Since they don't care about their appearance, they don't really care about their weight. Often they get fat without realizing it.

I observed that there are differences in relationships too. When the American youth fall in love, they don't really think of the future. Also, there are differences in the rules concerning behavior that is allowed. In some respects, the French are more accepting. For example, in America it is generally unacceptable to make physical display of love. Lovers, in theory, can't kiss or hold each other everywhere they want. People think that not showing love in public places is a way to respect others. On the contrary, the French youth can do almost everything they want, and they are usually more concerned about the future of the relationship than the American youth.

With regard to other types of relationships, there are also big differences. Americans act differently from French people in front of unknown people. When an American girl, for example, arrives in front of people she has never met before, she will talk with them, trying to create a kind of bond between her and this new circle of people. The French girls will just think about rather than really do this kind of thing because they are too shy and lacking in self-confidence.

To finish, I noticed that in American classes, when pupils want to say or ask something, they just do it. In general, they don't really care how the others will judge them. In France, it's not the same case. If somebody wants to ask something, he/she will think about it before speaking up. I appreciate the freedom in Americans' behavior, ideas, and ways of expressing themselves.

(408 words)



- ( ) 1. This article is mainly about the differences between American youth and French youth.
- ( ) 2. American youth show more concern for people's appearance than their ideas.
- ( ) 3. According to the author, Americans get overweight due to their carelessness about their appearance.
- ( ) 4. Americans are more accepting than the French towards physical display of love.
- ( ) 5. French youth may be more interested in the future of their relationship with their lovers.
- ( ) 6. Generally speaking, American girls are more willing to talk to people they have never met before.
- ( ) 7. French girls are not afraid of talking with strangers because they are self-confident.
- ( ) 8. If French students want to ask a question in class, they will just do it.





## Passage 2

**Directions:** Read the following passage, and then complete the sentences with the information given in the passage.

### 快速阅读自查表

阅读和练习建议用时: 7 分 34 秒
实际用时:
正确答题数记录:

### What Can We Do About Insomnia (失眠症)?

Millions of people suffer from difficulty in falling asleep and staying asleep. Here are some effective ways to get a better night's sleep without taking dangerous or habit-forming drugs.

#### What Causes Insomnia?

Recent studies of patients at sleep clinics have revealed significant facts about the causes of insomnia as well as the methods for dealing with it. It's no surprise that stress and sadness (over family, health, job, or other problems) are linked to insomnia. Insomnia may also be caused by physical discomfort.

#### How Can You Cure Insomnia?

In order to overcome insomnia, millions of Americans turn to drugs. However, research shows that no pill will produce normal sleep. Therefore, people can't reach proper level of sleep by taking pills.

Then what can you do if you suffer from insomnia? There are two things that are helpful. First, you can eat certain foods that will help you fall asleep easily. Second, you can do certain things that will put you to sleep. Here are some guidelines Dr. Alice has worked out after years of research:

- If you've had a bad night's sleep, don't stay in bed later the next morning.

- Don't go to bed earlier the next night. Stick to your usual bedtime and rising pattern.
- Don't nap during the day. Naps cut down on night sleeptime.
- Never lie awake in bed for more than 30 minutes. Lying in bed sleepless can make connections between your bed and sleeplessness, which supports your poor sleeping pattern.
- When you get out of bed after half an hour of sleeplessness, do something, but make sure it's something dull. Read a book that doesn't interest you much. Never watch TV or listen to the radio.
- Try sitting still in a chair in a darkened room; you'll be surprised how fast you'll get sleepy.
- When you retire for the night, don't lie there recalling the mistakes of the day. Nor is this the time to plan your next day's activities—you may become too anxious or too excited.
- Get as much exercise as possible, preferably early in the day. Exercise is great for helping a person fall asleep.
- Do a regular set of activities before going to bed each night. You can do such things as bathing, turning out lights, making the pillows rounded and soft by shaking, and so on. Sleep studies show that doing things in sequence—in a way that tends to calm and relax—can help you achieve a good sleep pattern.

### **What Food Helps Sleep?**

As for food intake that helps you sleep, make sure that your daily diet is balanced and healthy. Some specific foods that can help are: whole or skim milk, eggs, cheese, meat, peanuts, apples, bananas, cherries, figs (无花果), and watermelon. If you include these foods in your daily diet, and make exercise an important part of your life, the chances are good that you will achieve a restful and relaxing sleep.

(491 words)



# Unit 1



1. Nowadays millions of people have trouble in falling asleep and \_\_\_\_\_.
2. This passage suggests some effective ways to get \_\_\_\_\_.
3. It's understandable that \_\_\_\_\_ are connected with insomnia.
4. Taking naps during the day may reduce \_\_\_\_\_.
5. When we get out of bed after half an hour of sleeplessness, we should do something dull, but never watch TV or \_\_\_\_\_.
6. When we have trouble in falling asleep, we may try sitting still in a chair in \_\_\_\_\_.
7. Sleep studies find that doing things in sequence can help us obtain \_\_\_\_\_.
8. By having a balanced and healthy diet and doing exercise in our daily life, we are likely to have \_\_\_\_\_.







**Directions:** Read the following passages, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, or mark NG (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 3

### 快速阅读自查表

阅读和练习建议用时：7分21秒
实际用时：
正确答题数记录：

### Shopping in America

Going shopping seems easy, but actually it takes a lot of learning, especially in America. In fact, many Americans who are not so well-off often shop at “sales” or at special stores that sell things at low prices, which you may find interesting. In America, the important rule of dressing is that one should change his/her clothes every day. For example, in an American college, neither professors nor students are seen in the same clothes two days in a row. So you may find it necessary to buy more clothes than you have in China. While you are shopping in the States, you will discover that prices range considerably from time to time. The purchase of used, second-hand clothing, furniture, or other household articles may be an excellent way of saving money. Most second-hand clothes are of pretty good quality. If you are going to settle down in the States and want some furniture, you may go to a “loan closet”, where furniture rents at low cost, or you may also go to a “furniture exchange” place in the community.

Sheets, blankets, and other bedclothes go on sale in most communities twice a year. Advertisements for “white sales”, that is, sales on bed linen, towels, etc., often appear in January, as well as in May, June or July. Once or twice every season, there will be “garage sales”, where you can