

College English
大学英语

快速阅读教程

第五级

Speed Reading Course
Band 5

汪开虎 主编

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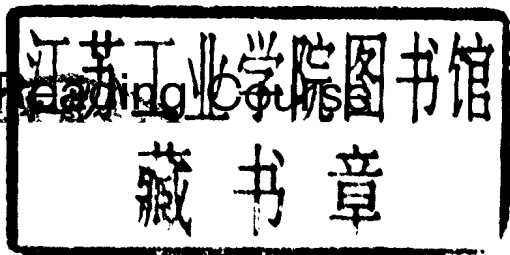
上海交通大学出版社

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主 编 汪开虎
本册编者 奚俊芳

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内 容 提 要

本书为套书大学英语快速阅读教程(1-6级)的第五级。本套书按大学英语的相应难度分为6级,每级一册,便于不同水平的读者选择使用。本套书选材新,体裁广,包括了科普、财经、体育、政治、经济等各领域文章,文章全部选自英语国家2000年出版的报纸、杂志等。选材具有时效性、趣味性和知识性等特点。

本书适合大学学生和具有同等英语水平的学习者使用。

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前言

阅读能力是大学英语教学的重心。根据《大学英语教学大纲》(修订本),大学英语教学的目的是“培养学生具有较强的阅读能力和一定的听、说、写、译能力”。较强的阅读能力包括一定的阅读效率和速度。但是,阅读速度慢是广大英语学习者遇到的普遍问题。造成这一问题的主要原因之一是缺乏合适的快速阅读教材。虽然大学里的英语教材大都配有快速阅读,但对学习者来讲,仅仅这一点材料是远远不够的。为此,我们编写了这套《大学英语快速阅读教程》,为读者提供适量的训练材料,帮助读者培养良好的阅读习惯,提高阅读能力。

全套丛书共选编 300 篇文章,按难度分为 6 册,每级 1 册,每册含 50 篇文章。各级的难度大体与大学英语教学大纲的要求相符或略高一点。这些文章大多数出自英语国家 2000 年出版的各类报刊杂志,题材广泛,涉及政治、经济、金融、旅游、军事、外交、航天、天文、生物、基因科学、医药、计算机、体育等诸多领域;文章体裁丰富,有新闻、广告、专访、评论、论述、游记、感想、摘要等等。

本书初稿完成后,我们在上海交通大学组织在读大学生进行了阅读测试。根据反馈,我们对初稿进行了调整,撤换了过难和过易的文章,对正误集中的阅读理解题做了相应调整,为超过大纲要求并影响阅读理解的词汇加上了中文解释。

为便于读者了解文章的难易度,编者在每篇文章后面附上了文章的统计信息,包括字数、段落数、句数、段落平均句数、句子平均字数和被动句比例。正是这些因素决定了文章的难易,同时,它们也体现了英语不同文体的特点。对生词的统计信息是文章难易度分级的主要依据之一,因为编者对生词做了控制并适当加了注释,因此关于生词的信息我们没有列出来。

阅读速度项(Your Reading Speed),由读者自己记时填写,并可根

据下表检验是否达到相应等级水平。阅读效率项(Your Reading Efficiency),由读者参照书后答案计算出答题正确率。

级	阅读速度(wpm)		技能要求
	一般阅读	快速阅读	
一	60	80	能读懂语言难度一般的普通题材的文章。学会基本阅读技能。
二	65	90	同上
三	70	100	能读懂语言难度中等的一般性题材的文章。掌握基本阅读技能
四	70	100	同上
五	70	120	能读懂语言难度较高的一般性题材的文章。掌握较高的阅读技能
六	70	120	同上

——摘自《大学英语教学大纲》(修订本)上海外语教育出版社

本书可作为普通高校学生学习英语的快速阅读教材,也可供广大英语学习者自学。

本套丛书由汪开虎主编,参加本书编写的人员都是上海交通大学的英语教师,他们都长期从事英语教学工作。本书第一册(Band 1)由刘萍编写,第三册(Band 3)由王春艳编写,第四册(Band 4)由何艳编写,第五册(Band 5)由奚俊芳编写,第六册(Band 6)由汪开虎编写,第二册(Band 2)由上述人员共同完成。

本书在编撰过程中,得到上海交通大学外国语学院院部、英语系和大学英语教学部的大力支持与鼓励,在选材、统稿和校对过程中,得到温弢、郑晓卿及英国 Mary Feng 女士的大力帮助,特此致谢。另外,上海交通大学外国语学院英语系四年级 F9714001 班和 F9714002 班全体同学对本书初稿提出了不少宝贵意见,在此一并表示感谢。

本书大多数文章选自美国、英国、加拿大、澳大利亚、新西兰等国家 50 多种报纸和杂志,此处无法一一注明,谨此铭谢。

由于时间仓促,工作量较大,错误遗漏之处在所难免,望行家不吝指正。

汪开虎

2000 年 10 月 11 日

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1. The Ford File and Its Surprises

Starting Time: _____

Twenty-five years ago last Sunday night, there were thousands of people in Lafayette Park, eager witnesses to the final act of Richard Nixon's tortured presidency. Many of them were weeping, others cheering. Dan Rather was sitting on a chair, under spotlights, in mordant (讥讽的) tones announcing the end of a political world.

Most others on that Aug. 8, 1974, were searching the facade of the nearby Old Executive Office Building and wondering behind which of the lighted windows sat Vice President Gerald Ford, who the next day would become the most powerful man in the world, a man who last week thought back and said, "I never asked for it. I never wanted it. But I never was afraid of it."

Ford laughed when he talked about his assumption of power. He and his wife Betty had been worrying about furniture and drapes (窗帘) for the new Vice President's residence up on Observatory Hill. Ford knew a political fire storm was on the way. But he kept hearing whispers from others about Nixon's ambivalence: fight, don't fight, hang in, resign. "I was 90% certain that sooner or later he had to resign," recalled Ford. "I was certain the die was cast for impeachment (弹劾). If Nixon had decided to fight the House and the Senate, it would have been a terrible thing for the country."

Nixon called a Cabinet meeting for that Tuesday, Aug. 6. Ford felt that the President was in fantasyland. There were demonstrators along Pennsylvania Avenue. The headlines screamed for Nixon's resignation.

Nixon wanted to talk about inflation and the U.S. economy. Ford stared across the Cabinet table in wonder at this odd tableau. "The 'smoking gun' tape was out - the country was up in arms about it," recounted Ford. "Nixon was just plain out of touch, and his mind off there somewhere."

"That is when I read a statement that I could no longer defend the Administration or participate on the President's behalf," recalled Ford. "I looked over at Nixon, and he was shocked. I wasn't sure what would happen. Then the strangest thing of all took place. Instead of blowing up or criticizing me, Nixon complimented me for taking exactly the right position. I would not say he was mentally incompetent then, but he was strained emotionally."

Ford has watched with interest over these 25 years as the books, movies, plays and television programs have rolled forth about Watergate and Nixon, the good, the bad and the unspeakable. "The people who do these things are exploiting the worst part of Nixon's personality," says Ford. "It is unfair. He had many achievements." The latest piece of Nixonmania is *Dick*, a movie of the absurd in which two teenage girls are *Deep Throat*, the long-dead Nixon dog *Checkers* is transposed to the White House and detests his President, G. Gordon Liddy looks like a yuppie *Groucho Marx*, and Pat Nixon snores like a truck driver.

Most real teenagers probably think "Tricky Dick" is a hip-hop band. Middle-agers weaned on Oliver Stone won't find Nixon nearly malevolent enough. But those of us who remember Watergate will get many twinges seeing the White House and the presidency once again the setting for wretched comedy. In the world of black humor, however, the true Watergate story was far more hilarious.

Ford has said very little over the years about the Nixon tapes that thrust him into the presidency. But there is a part of them that still upsets him. "One of the most disappointing things about Nixon was that

language he used as revealed in the tapes,” recalled Ford. “I knew Dick Nixon for 25 years, and I never heard him use that kind of language, not in conversations with me. I was so shocked by it that I asked Henry Kissinger if he had ever experienced Nixon using such foul language. He hadn’t either. That opened up a bad side of Dick Nixon. That was very disappointing.”

Ford is resigned to history’s continuing struggle to sort out the Watergate tangle, including the shadow that follows him over his pardon of Nixon. Few people who know Ford believe he is hiding a great secret about that decision, or about anything else. He is a stranger to guile(诡计). Just last week he was chuckling again over the most famous line he uttered as President: “My fellow Americans, our long national nightmare is over.” It was not his line, and he almost rejected it.

“When I felt it was pretty certain Nixon was going to resign, I asked my aide Bob Hartman to write a speech for my swearing-in,” said Ford. “He was a late-night operator, and he brought me a draft the morning before. I wasn’t sure I wanted the ‘nightmare’ line in the speech. Bob blew up. He stamped toward the door and said, ‘To hell with it. If that line is not in the speech, I’m quitting.’ I read the speech over a few more times, and I got to like that line better. So I used it in the speech. And that is the line that everybody remembers.”

Finishing Time: _____

Reading Comprehension

1. The passage is mainly about _____.
 - A. the relationship between Nixon and Ford
 - B. the history of presidency in the U.S.
 - C. Ford’s political life

- D. Ford's recall about his taking office 25 years ago
2. Ford's attitude towards public view on Nixon is ____.
- A. positive
B. neutral
C. critical
D. suspicious
3. Ford was most disappointed at ____.
- A. the language Nixon used in the tapes
B. Nixon's personality
C. Watergate incident
D. Nixon's resignation
4. This article is most likely ____.
- A. an interview
B. a preface
C. a news report
D. a survey report

Statistics on the Passage

Words	844	Paragraphs	10
Sentences	58	Sentences per Paragraph	5.8
Words per sentences	14.5	Passive Sentences	5%
Your reading speed: ____ words/minute			
Your reading efficiency: ____ %			

2. Get Some Sleep

Starting Time: _____

It's 2 a.m. and you've counted enough sheep to fill a paddock, but you still can't get the shut-eye you need. Do you a) start counting goats; b) get out of bed and read; or c) take a sleeping pill? If you picked reading, your restless nights may soon be over. According to a report in a recent Journal of the American Medical Association, adopting a few basic habits - like limiting the amount of time you spend in bed - works better than pills or goats in controlling chronic insomnia.

Led by Charles Morin, a professor of psychology at Laval University in Quebec, the JAMA. study is the latest in a series of sleep experiments stretching back 50 years. Much remains mysterious. Despite thousands of hours measuring the brain waves of unconscious subjects, monitoring their breathing and noting the effects of sleep deprivation, scientists still don't know the answers to some of the most basic questions, like why we need to sleep in the first place. That hasn't stopped some wild ideas from gaining popularity. In December, Pocket Books paid a whopping \$200,000 advance for a yet-to-be published book that claims you can lose weight by sleeping longer. (Darn! Why didn't I think of that one?)

But back to reality. Almost everyone experiences a sleepless night or two at some point in their lives. The subjects in Morin's study - all of whom were over age 55 - had been fluffing up their pillows in vain for 15 to 20 years. Most of them had no trouble falling asleep. The hard part was staying asleep through the night.

After excluding patients whose insomnia may have resulted from

some other condition, such as depression, researchers divided the remaining 78 subjects into four groups. One group took the sleeping pill Restoril. The second group underwent cognitive-behavior therapy designed, among other things, to promote better sleep habits. The third group received both medication and behavior therapy, and the last group took a placebo(安慰剂), or sugar pill. Each of the groups was treated for eight weeks.

Not surprisingly, the sleeping pills helped test subjects sleep longer right away. But the results were not really different, at least in the short term, from those provided by behavior therapy and the combined treatment. And when the researchers contacted their subjects two years later, only the behavior therapy group had maintained its initial recovery. As soon as participants stopped taking sleeping pills, the sleepless nights returned. How can you improve your chances of getting a good night's sleep? Start by restricting your time in bed to two activities: sleep and sex. If you don't fall asleep within 20 minutes, get up and read quietly in another room so that your brain associates your bed with sleep, not anxiety. Meanwhile, work with your body instead of against it. Don't nap after 3 p. m. Cut back on caffeine, especially in the afternoon or evening. Don't drink alcohol at night; it may allow you to fall asleep more easily but you're likely to suffer a rebound effect in a few hours. Getting up at the same time every morning is also important, because that makes it easier to synchronize your body's biological clock. Whatever you do, don't panic if you become sleepless once again. Most folks find they can't break the cycle of insomnia overnight.

Finishing Time: ____

Reading Comprehension

1. ____ is the most effective way to control chronic insomnia.
 - A. Counting goats in bed
 - B. Getting out of bed and reading
 - C. Taking a sleeping pill
 - D. Not mentioned in the passage
2. If you drink alcohol at night, you will _____.
 - A. fall asleep quickly, but you are likely to wake in a few hours
 - B. have a sound sleep for the whole night
 - C. have to stay up for the whole night
 - D. fall asleep in a few hours
3. The word “whopping” (Line 7 of Para. 2) means _____.
 - A. unbelievable
 - B. wise
 - C. very large
 - D. sharp
4. The problem of the subjects in Morin’s study is that _____.
 - A. they cannot fall asleep
 - B. they keep losing weight
 - C. they cannot stay asleep over the night
 - D. their insomnia has resulted from depression
5. The passage is mainly about _____.
 - A. some cases of insomnia
 - B. study on controlling chronic insomnia
 - C. Professor Charles Morin’s new experiment
 - D. how to get a good night’s sleep

Statistics on the Passage

Words	552	Paragraphs	5
Sentences	35	Sentences per Paragraph	7.0
Words per sentences	15.7	Passive Sentences	2%
Your reading speed: ____ words/minute			
Your reading efficiency: ____ %			

3. The Energy Noncrisis Explained

Starting Time: _____

Recently I picked up a book that predicts a long-term glut in the oil market. Potential oil reserves, the book asserts, are huge relative to world oil demand, and costs of production are declining. Although the oil cartel has had some success in keeping prices up, its power is waning. The prospect is for flat or falling prices as far as the eye can see.

Sound reasonable in these days of exceedingly low petroleum prices? Well, yes – but Morris Adelman's *The World Petroleum Market* was published in 1973. You might call this a case of oil wells that ended well – that Adelman had it right and that the oil price hikes that began almost as soon as the book was in print were merely a blip. But what a blip! Oil now sells for around \$ 10 a barrel, which in real terms is about what it sold for in 1972. In 1975 the price rose to the equivalent of \$ 25, and peaked in 1981 at around \$ 53; not until 1985 did the era of high oil prices truly come to an end.

And during those dozen years of high oil prices, the energy crisis loomed large in economics and politics. Oil shocks, argued many economists, were a major culprit in the “stagflation” that afflicted the world economy. Jimmy Carter told us that to fight the energy crisis, the nation needed to declare the “moral equivalent of war.” (Washington desperately needed someone to police these 1970s-era acronyms. In addition to the “meow” program, we also had a Council on Wage and Price Stability, or “cowpiss”.) Lines at the gas pumps helped make Ronald Reagan President; reckless “recycling” of Arab oil money helped cause

the Latin American debt crisis.

How could such a thing happen? During the '70s, doomsayers declared that the world was running out of resources, civilization was doomed, and that was that. In retrospect, it seems clear that this was all wrong; experts like Adelman were right that there was plenty of oil and for that matter most minerals. (Renewable resources like fisheries are another story.) But then how could prices have gone so high for so long?

One answer is that this was a case of cartel that made good, then went bad. For a while, goes the story, oil-producing nations agreed to limit their production and raise prices; but then they got greedy, started cheating, and the whole thing fell apart. The trouble with this story is that OPEC was never a very cooperative group; indeed, during the cartel's glory days two of its members fought a remarkably vicious war with each other. How can so quarrelsome a club have been effective enough to engineer the most spectacular commodity price increase in history?

Another answer says that OPEC is a myth, that it was all really about Saudi Arabia, which was essentially the price maker for the world. According to this story, the global shortage following the 1973 Arab-Israeli war revealed to the Saudis that they had far more market power than they realized – that if they cut production, nobody else was in a position to make up the shortfall, and prices would soar. So they took advantage of this discovery, but over time their market power was eroded by cut-backs in demand and new sources of supply. Eventually they realized that by restricting their production they were simply providing a price umbrella to their cheating OPEC partners, and the game was up.

Yet a third story says the energy crisis was a classic case of market instability. Oil-rich countries found it hard to spend the new wealth generated by high prices, so they attempted to save for the future – believing wrongly that the best way to do that was to leave the oil in the ground. The initial result was that higher oil prices reduced supply and