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英語 For Basic English
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高等学校试用教材

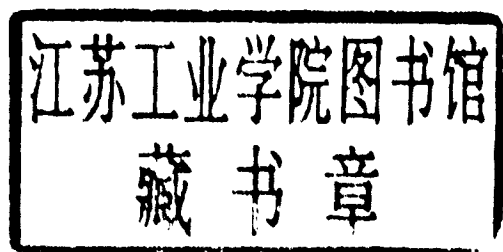
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马钟元 张国英 主编



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前 言

为了帮助高校英语专业的学生学好基础阶段英语泛读课程，受河北省教委的委托，由河北省高校外语教学研究会组织省内高校英语专业的骨干教师编写了这套《英语基础泛读教程》的配套教材《英语快读》上、下册。学生每学完一定量的泛读内容，由教师安排使用快速阅读教材进行测验，从而使学生能迅速地对自己英语阅读理解能力有一个全面的估价。本书的语言难度根据泛读教材的难易度安排。编著者在编写时力求题材、体裁多样化，语言现代、规范化。

本教材共两册，每学年使用一册。教师也可根据本校实际情况删减或增补。每册附有练习参考答案。

该教材既可供大学英语专业学生使用，也可作为非英语专业和英语自学者英文水平自测的测试题。该教材的大部分内容已在省内高校中试用过二至三年，效果很好。这次编写，又进行了筛选。

由于编者水平有限，本书难免有疏漏，错误之处，恳请读者批评指正，以便再版时修正。

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Contents

1. Daniel Mendoza	3
2. Will It Matter If I Skip Breakfast?	5
3. The London That Might Have Been	7
4. Sandpainting	10
5. The Hunchback	12
6. Getting a Driver's License	14
7. Teaching in China	17
8. A Typical American Classroom	19
9. Yuppies	21
10. Bonsai — A Marriage of Art and Nature	23
11. The Changing Role of American Women	26
12. They Help Vets Save Pets	28
13. The Hatchling Turtles	31
14. Shapes and Dimensions	33
15. Mr. Smith Blunders	35
16. Mysteries of the Sea	37
17. Hobbies	40
18. The Donkey's Secret	42
19. Learning by Doing	44
20. Entertainment in Britain	47
21. The Smoking Mountain	50
22. D. O. Guerrero's Plan	53
23. Higher Education in the United States	56
24. Thunderstorms	59
25. Young Sally Ride	61
26. Insects That Make Music	63
27. The Oldest Life on Earth	65
28. Tales of the Norse Explorers	67
29. Advantages and Disadvantages of the Lecturing Method	69
30. Nobody's Watching Me	71
31. The National Film Board of Canada	73
32. Industrial Production Shoots up in 1984	75
33. National Museum	77
34. How Well Do You See?	79
35. More People and More Products	82

36. The Necklace	86
37. Numbers and Mathematics	89
38. The Mississippi	91
39. How the Queen Keeps Her Weight Down	93
40. Letter in the Wallet	95
41. The Unicorn in the Garden	99
42. Extrasensory Perception	101
43. American Baseball	104
44. A Phenomenal Memory	106
45. Hostages Flying Out; Split over Talks Remains	109
46. Education in the United States	112
47. English Language.....	115
48. Versatile Potato	117
49. River Rats Save Stream	120
50. People and Colours	123
51. The Police Officer and the Lorry Driver	125
52. Rockets and Their Fuel	127
53. Creative Reading	129
54. The Development of Textile Fibres	132
55. Chicago	135
56. Why We Walk in Circles	138
57. The World of Microbes	141
58. Americans Have the Biggest!	144
59. Conjugal Prep	147
60. The Olympic Game	150
61. How Do Homing Pigeons Find Home?(1)	153
62. How Do Homing Pigeons Find Home?(2)	156
63. Reading.....	159

1. Daniel Mendoza

Boxing matches were very popular in England two hundred years ago. In those days, boxers fought with bare fists for prize money. Because of this, they were known as 'prize-fighters'. However, boxing was very crude, for there were no rules and a prize-fighter could be seriously injured or even killed during a match.

One of the most colourful figures in boxing history was Daniel Mendoza who was born in 1764. The use of gloves was not introduced until 1860 when the Marquis of Queensberry drew up the first set of rules. Though he was technically a prize-fighter, Mendoza did much to change crude prize-fighting into a sport, for he brought science to the game. In his day, Mendoza enjoyed tremendous popularity. He was adored by rich and poor alike.

Mendoza rose to fame swiftly after a boxing-match when he was only fourteen years old. This attracted the attention of Richard Humphries who was then the most eminent boxer in England. He offered to train Mendoza and his young pupil was quick to learn. In fact, Mendoza soon became so successful that Humphries turned against him. The two men quarrelled bitterly and it was clear that the argument could only be settled by a fight. A match was held at Stilton where both men fought for an hour. The public bet a great deal of money on Mendoza, but he was defeated. Mendoza met Humphries in the ring on a later occasion and he lost for a second time. It was not until his third match in 1790 that he finally beat Humphries and became Champion of England. Meanwhile, he founded a highly successful Academy and even Lord Byron became one of his pupils. He earned enormous sums of money and was paid as much as £ 100 for a single appearance. Despite this, he was so extravagant that he was always in debt. After he was defeated by a boxer called Gentleman Jackson, he was quickly forgotten. He was sent to prison for failing to pay his debts and died in poverty in 1836.

Comprehension Exercises:

1. Boxers in England fought with bare fists for prize money _____.
 - a. one hundred years ago
 - b. at the turn of the century
 - c. in the 18th century
 - d. hundreds of years ago
2. In those days boxing was crude because _____.
 - a. boxers fought with bare fists
 - b. there were no regulations
 - c. boxers could be seriously injured or even killed during a match
 - d. all of the above

- 4 -

2. Will It Matter If I Skip Breakfast?

If you have to miss one meal a day (or if you want to do so), which meal will cause you fewest health problems if you don't eat it? If they have to make a decision of this type, most people (especially dieters or very busy people) will choose to skip breakfast.

However, many experts in the field of health consider breakfast (the meal which "breaks" you "fast" which started the night before) to be the most important meal of the day. If we eat a good breakfast, they say, we will have the energy and nutrients we need to begin our working day with vigor and hopefully with good humor. Nevertheless, many people skip breakfast or substitute a doughnut and a cup of coffee for a well-balanced meal. What happens if we ignore the importance of breakfast?

One recent study conducted in the United States tested a large number of people. Participants included both males and females who ranged in age from 12 to 83. During the experiment, these people were given a variety of breakfasts, and sometimes, they had to skip breakfast completely. Special tests, including blood tests and endurance tests, were set up to analyze how well the participants' bodies functioned when they had eaten a certain kind of breakfast.

The results showed that if a person eats an adequate breakfast, he or she skips breakfast or eats a very poor breakfast. This fact appears to be especially true if a person's work involves mental activity. The study showed that if schoolchildren eat fruit, eggs, bread, and milk before going to school, they will learn more quickly and will be able to concentrate on their lessons for a longer period of time than if their breakfast diet is inadequate.

The study also showed that, contrary to what many people believe, if you skip breakfast, you will not lose weight. This is because people become so hungry if they skip breakfast that they eat too much for lunch and end up gaining weight instead of losing. So remember, if you are on a diet, skipping breakfast will not help you. You will probably lose more weight if you reduce your other meals.

Comprehension Exercises:

1. The word "dieters" means _____.
 - a. those who eat less food than ordinary people
 - b. those who want to be slim
 - c. big eaters
 - d. those who restrict themselves to a special diet in order to control their weight
2. In the word "breakfast", "fast" probably means _____.
 - a. moving quickly
 - b. going without food

- c. unlikely to go fast d. fast food
3. Many experts in the field of health think _____.
a. that one must miss one meal a day
b. that most people should skip breakfast
c. that to skip one meal a day is no good for one's health
d. that breakfast is most important in a working day
4. Some people would substitute a donut and a cup of coffee for _____.
a. solid food b. a regular breakfast
c. three meals d. milk and bread
5. Those participating in the experiment _____.
a. were all adults
b. included youngsters as well
c. were both teenagers and grown-ups
d. were mostly young people under 20
6. During the experiment, these people were given _____, and sometimes they had to skip breakfast completely.
a. every kind of breakfast b. very good breakfasts
c. adequate breakfasts d. all kinds of meals
7. Special tests were set up to analyse how the participants' bodies functioned when _____.
a. they had skipped breakfasts
b. they had had breakfasts
c. they had eaten particular breakfasts
d. they had had all the three meals
8. The results showed that _____, he or she will work more efficiently.
a. if a person has a proper breakfast
b. if a person eats a big breakfast
c. if a person has a donut instead
d. if a person eats little breakfast
9. The study showed that if school children _____ before going to school, they will learn more efficiently.
a. eat eggs and coffee b. have adequate breakfasts
c. just eat fruit and milk d. skip breakfast altogether
10. We can safely say _____.
a. if you skip breakfast, you will not lose weight at all
b. if you skip breakfast, you won't eat much for lunch either
c. skipping breakfast does a lot of harm
d. skipping breakfast will help one lose weight

3. The London That Might Have Been

On the night of September 2, 1666, a fire broke out in a baker's shop near Fish Street Hill in London. Before the flames were finally extinguished, nearly the entire city had been reduced to ashes. Over thirteen thousand homes, fifty churches, and numerous public buildings and hospitals were lost in the blaze. For all practical purposes, London was destroyed.

The Great Fire was not seen as a total tragedy, however. The deplorable conditions of the city had been attacked by physicians and humanitarians for years before the fire; thus, with the opportunity clearly presented to create a shining new city, artists and craftsmen from all over England hurried to submit their designs for the rebuilding of London.

Among those who submitted plans was Sir Christopher Wren, one of England's leading architects and the Surveyor General of London. The task of rebuilding the city was given to him. Wren realized that the Great Fire would not have been so damaging if the city had been better laid out: broader streets were needed to replace the crooked, narrow alleys overhung with dilapidated wooden houses and shops. He also felt that redesigning the main thoroughfares of London would result in increased and more effective transportation within the city.

Shortly after Wren began working on his first drafts for the rebuilding, King Charles I issued a proclamation prohibiting the construction of any house or shop within the city limits until after the plans were completed. When the plans were unveiled to the citizens of London, however, they were overwhelmingly rejected. The most vocal leaders of the opposition were the landlords, who feared that such a drastic widening of the streets would reduce the amount of land available for development.

Winter was approaching; consequently, it was necessary for the rebuilding to proceed at once. Permission was, therefore, granted for the townspeople and landlords to commence reconstruction of their houses and shops at the sites where they had been before the fire. Had the need for immediate action not been so pressing, some kind of compromise could likely have been reached. This was not to be, however, and the ideas that could have made London one of the world's most beautiful cities never came to pass.

Comprehension Exercises

1. The Great Fire of London began _____.

- (1) in a bakery
- (2) in 1666
- (3) at night
- (4) on the second of September

- a. (1), (2), (3) b. (1), (3), (4)
 - c. (1), (2), (4) d. (1), (2), (3), (4)
2. The probable meaning of "reduced to ashes" is _____.
- a. made unbearable hot b. discolored by the fire and smoke
 - c. covered with ashes d. destroyed by fire
3. Which of the following were probably among the "deplorable conditions" that London physicians and humanitarians had spoken out against?
- (1) Lack of adequate lighting.
 - (2) The run-down condition of many houses and shops.
 - (3) The high taxes required of poor people.
 - (4) The narrowness and crookedness of many streets and alleys.
- a. (4) b. (2) and (3) c. (2) and (4) d. (1), (2), (3), (4)
4. The word "thoroughfares" refers to _____.
- a. public buildings b. streets
 - c. alleys d. houses and shops
5. Who was the head of the British government at the time of the Great Fire of London?
- a. Elizabeth the First. b. General Surveyor.
 - c. Sir Christopher Wren. d. Charles the First.
6. Who was selected to make the plans for the rebuilding of London after the Great Fire?
- a. Christopher Robin.
 - b. Artists and craftsmen from all over England.
 - c. Sir Christopher Wren.
 - d. The leading architects and surveyors of London.
7. What became of the plans for the rebuilding of London?
- a. Nothing — they were never finished.
 - b. They were adopted in modified form.
 - c. They were followed and London was rebuilt at once.
 - d. Nothing — London was rebuilt as it had been before the fire.
8. To whom or what does "they" refer?
- a. The original building sites. b. The townspeople.
 - c. The burned-down houses and shops. d. The landlords.
9. Why was it necessary to rebuild London quickly?
- a. Sir Christopher Wren was an influential man.
 - b. People came from all over England to help with the project.
 - c. England was a very wealthy country.
 - d. None of the above.
10. Which of the following describes the author's probable attitude toward

Sir Christopher Wren's plans?

- a. He feels it would have been a mistake to rebuild London according to Wren's designs.
- b. He feels it was a mistake for London not to have been rebuilt according to Wren's designs.
- c. He feels that someone other than Wren should have been chosen to plan the rebuilding.
- d. He feels that Wren's ideas had much more influence than commonly acknowledged.

4. Sandpainting

Art is considered by many people to be little more than a decorative means of giving pleasure. This is not always the case, however; at times, art may be seen to have a purely functional side as well. Such could be said of the sandpaintings of the Navaho Indians of the American Southwest; these have a medicinal as well as an artistic purpose.

According to Navaho traditions, one who suffers from either a mental or a physical illness has in some way disturbed or come in contact with the supernatural — perhaps a certain animal, a ghost, or the dead. To counteract this evil contact, the ill person or one of his relatives will employ a medicine man called a "singer" to perform a healing ceremony which will attract a powerful supernatural being. During the ceremony, which may last from 2 to 9 days, the "singer" will produce a sandpainting on the floor of the Navaho hogan. On the last day of the ceremony, the patient will sit on this sandpainting and the "singer" will rub the ailing parts of the patient's body with sand from a specific figure in the sandpainting. In this way the patient absorbs the power of that particular supernatural being and becomes strong like it. After the ceremony, the sandpainting is then destroyed and disposed of so its power will not harm anyone.

The art of sandpainting is handed down from old "singers" to their students. The materials used are easily found in the areas the Navaho inhabit; brown, red, yellow, and white sandstone, which is pulverized by being crushed between 2 stones much as corn is ground into flour. The "singer" holds a small amount of this and in his hand and lets it flow between his thumb and forefingers onto a clean, flat surface on the floor. With a steady hand and great patience, he is thus able to create designs of stylized people, snakes and other creatures that have power in the Navaho belief system. The traditional Navaho does not allow reproduction of sandpaintings, since he believes the supernatural powers that taught him the craft have forbidden this; however, such reproductions can in fact be purchased today in tourist shops in Arizona and New Mexico. These are done by either Navaho Indians or by other people who wish to preserve this craft.

Comprehension Exercises:

1. According to traditional Navaho beliefs, a person can become ill _____.

(1) from contact with a "singer"

(2) from contact with a certain animal

(3) from contact with a ghost

a. all of the above

c. (2) and (3)

b. (1) and (2)

d. none of the above

2. The purpose of a healing ceremony is _____.
a. to please supernatural powers b. to attract supernatural powers
c. to frighten supernatural powers d. to create a sandpainting
3. The "singer" rubs sand on the patient because _____.
a. the patient receives strength from the sand
b. it has medical value
c. it decorates the patient
d. none of the above
4. What is used to produce a sandpainting?
a. Paint. b. Beach sand. c. Crushed sandstone. d. Flour.
5. "This" in line 2 refers to _____.
a. art
b. giving pleasure
c. the feeling that art is more than a decorative means of giving pleasure
d. the feeling that art is only a decorative means of giving pleasure
6. The Navaho are found in the American _____.
a. East b. North c. South d. Southwest
7. "a hogan" is probably _____.
a. a Navaho house b. a medicine man
c. a supernatural power d. a ghost
8. The writer probably feels that most art today is _____.
a. purely decorative b. purely functional
c. both decorative and functional d. useless
9. Sandpaintings are not allowed to reproduce, because _____.
a. the Navaho are not able to
b. reproduction needs great patience and hard work
c. the supernatural powers have forbidden it
d. the Navaho want to keep them in secret
10. Arizona and New Mexico are _____.
a. two cities in Mexico
b. two different states in U.S.
c. two countries in North America
d. places where only Navaho Indians inhabit

5. The Hunchback

The good friends, Lionel and Ulysses, walked toward the public library. A block before them a funeral procession emerged from a Church. Some people carried a plain casket to an old hearse. Following the casket the two boys saw a handful of mourners.

"Come on, Ulysses," Lionel said, "it's a funeral. Somebody's dead." They ran, Lionel holding Ulysses by the hand, and very soon they were at the center of everything.

"That's the casket," Lionel whispered. "Somebody's dead in there. I wish I knew who it is. See the flowers. They give them flowers when they die. See them crying. Those are the people who knew him."

Lionel turned to a man who wasn't very busy crying. The man had just blown his nose and touched his handkerchief to the corners of his eyes.

"Who's dead?" Lionel asked the man.

"It's poor little Johnny Merryweather, the hunchback," the man said.

Lionel turned to Ulysses. "It's poor little Johnny Merryweather, the hunchback," Lionel said.

"Seventy years old," the man said.

"Seventy years old," Lionel said to Ulysses.

"Sold popcorn on the corner of Mariposa and Broadway for thirty years," the man said.

"Sold popcorn on the corner of ——" Lionel stopped suddenly and looked at the man. He almost shouted. "You mean the popcorn man?" Lionel said.

"Yes," the man said, "Johnny Merryweather — gone to his rest."

"I knew him!" Lionel shouted. "I bought popcorn off of him many times! Did he die?"

"Yes," the man said, "he died peacefully. Died in his sleep. Gone to his Maker."

"I knew Johnny Merryweather!" Lionel said, almost crying. "I didn't know his name was Johnny Merryweather, but I knew him."

"It's a pity I can't buy anything around the corner any more," Ulysses said, "From now on we must walk farther to a shop where we want to spend some money after school." Ulysses put his small hand into his pocket and felt about coins given by his mother.

Lionel turned to Ulysses and put his arm around his friend. "It's Johnny," he almost wept. "Johnny Merryweather, gone to his Maker. One of my best friends gone to his rest."

Comprehension Exercises:

1. "The good friends Lionel and Ulysses" must be about _____ years old?
a. 4 b. 7 c. 12 d. 20