



教育部推荐使用大学外语类教材  
全国高等学校第二届优秀教材特等奖  
国家教委高等学校第二届优秀教材一等奖

第三版  
Third Edition

# 大学英语快速阅读 College English

总主编 董亚芬  
FAST READING

## Book 4

主编 黎宏



上海外语教育出版社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS





教育部推荐使用大学外语类教材  
全国高等学校第二届优秀教材特等奖  
国家教委高等学校第二届优秀教材一等奖

第三版  
Third Edition

# 大学英语快速阅读 College English

总主编 董亚芬  
FAST READING

江苏工业学院图书馆  
藏书章

主 编 黎 宏  
编 者 黎 宏  
主 审 黎 石 坚



上海外语教育出版社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS



图书在版编目(CIP)数据

快速阅读. 第4册/黎宏主编. —3版. —上海:上海  
外语教育出版社, 2006

大学英语 (第三版)/董亚芬总主编

ISBN 7-5446-0054-8

I. 快… II. 黎… 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(2006)第 028389 号

本书著作权归上海外语教育出版社所有。未经书面授权,本  
书任何部分之文字及图片,不得以任何方式抄袭、节录或翻印;不  
得以任何形式出版与之配套的辅导材料。

本书封底印有版纹印刷防伪图标。如对版本真伪存有疑问,  
请致电本社反盗版办公室:021 6536 6698。

出版发行: 上海外语教育出版社

(上海外国语大学内) 邮编: 200083

电 话: 021-65425300 (总机)

电子邮箱: bookinfo@sflep.com.cn

网 址: <http://www.sflep.com.cn> <http://www.sflep.com>

责任编辑: 李振荣

印 刷: 昆山振苏彩印有限公司

经 销: 新华书店上海发行所

开 本: 787×1092 1/16 印张 3.5 字数 88千字

版 次: 2006 年 6 月第 1 版 2006 年 6 月第 1 次印刷

印 数: 80 000 册

书 号: ISBN 7-5446-0054-8 / H · 0019

定 价: 11.00 元 (附CD-ROM)



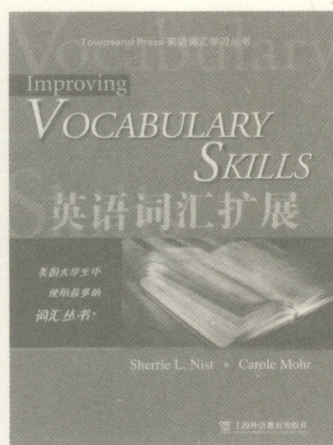
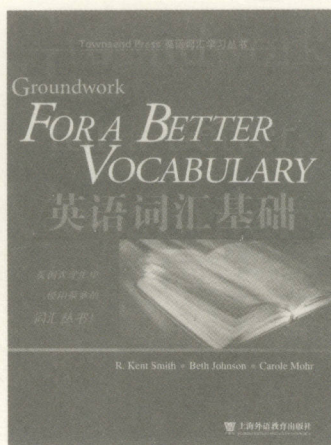
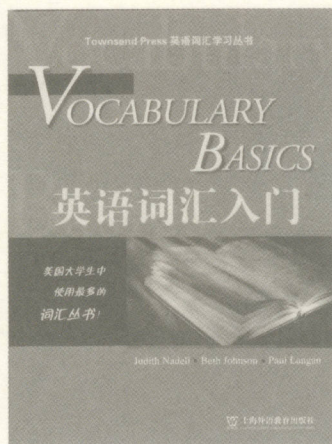
上海外语教育出版社





# “Townsend Press 英语词汇学习丛书”

## ——美国大学生使用最多的词汇丛书



- ★ 由美国专业教材教辅图书出版社Townsend Press出版，外教社引进并根据中国学习者的特点做了改编；
- ★ 丛书共有6册，每册重点介绍240—300个在TOEFL、GRE、SAT等测试中经常出现的单词；
- ★ 作者倡导基于认知原理的词汇积极学习法(active learning)，即引导学生根据语境，通过推测、猜测来理解单词；通过反复练习、多次使用来记忆单词，摒弃死记硬背；
- ★ 搭配、完形填空等各类练习能让学生反复使用新学单词多达10余次；部分练习设置与TOEFL、GRE、SAT考试题型相似，有助于准备留学的学生熟悉题型。

《英语词汇入门》	TOEFL培训初级阶段、高中及大学入学水平
《英语词汇基础》	4,200词，TOEFL培训初、中级阶段、大学英语四级水平
《英语词汇提高》	6,500词，TOEFL培训中、高级阶段、大学英语六级水平
《英语词汇扩展》	8,000词，TOEFL培训高级阶段、GRE培训初级阶段、英语专业一二年级
《英语词汇突破》	12,000词，TOEFL培训高级阶段、GRE培训中级阶段、英语专业高年级
《英语词汇飞跃》	GRE培训高级阶段、英语专业高年级及以上水平



上海外语教育出版社  
SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

地址：上海市大连西路558号 网址：www.sflep.com.cn  
电话：021-65425300转各部 邮编：200083



## 《大学英语》第三版 编委会名单

总主编 董亚芬

编委 (以姓氏笔画为序)

王德杰 (兰州大学)

石 坚 (四川大学)

刘浣波 (华南理工大学)

余渭深 (重庆大学)

张 森 (河北科技大学)

李 超 (西南民族大学)

李霄翔 (东南大学)

杨世强 (昆明理工大学)

杨惠中 (上海交通大学)

周玉忠 (宁夏大学)

姜毓锋 (哈尔滨理工大学)

贾国栋 (中国人民大学)

章少泉 (江西师范大学)

曾凡贵 (湖南大学)

雷小川 (华中科技大学)

白永权 (西安交通大学)

刘龙根 (上海交通大学)

庄智象 (上海外国语大学)

宋 黎 (大连理工大学)

张砚秋 (北京大学)

李荫华 (复旦大学)

杨 跃 (西安电子科技大学)

杨治中 (南京大学)

汪火焰 (武汉大学)

罗立胜 (清华大学)

徐青根 (苏州大学)

崔 敏 (吉林大学)

谢之君 (上海大学)

虞苏美 (华东师范大学)

臧金兰 (山东师范大学)



## 总 序

《大学英语》是遵照 1986 年国家教委审定的《大学英语教学大纲(文理科本科用)》编写的一套系列教材,分精读、泛读、听说、快速阅读和语法与练习五种教程,由全国六所重点大学合作编写。教材于 1986 年出版试用本,1992 年出版正式本,并于同年 9 月荣获全国高等学校第二届优秀教材特等奖,以及国家教委高等学校第二届优秀教材一等奖。

1998 年,在广泛征求意见的基础上,《大学英语》系列教材根据《大学英语教学大纲(高等学校本科用)》进行了第一次修订。修订本更加注意文、理、工、农、医等各科的通用性,力求给学生打好“宽、厚、牢”的语言基础。

为了推进大学英语教学改革,适应社会各界对大学生英语能力的要求,教育部于 2004 年颁布了《大学英语课程教学要求(试行)》(以下简称《课程要求》)。遵照《课程要求》对大学英语提出的教学目标,即“培养学生的英语综合应用能力”,编者于 2004 年决定对教材进行第二次修订,以满足新时期国家和社会对人才培养的需要。

### 本次修订原则:

1. 教材的定位不变。《大学英语》是综合教育型(English for integrative purposes)而非特殊目的型(English for specific purposes)的教材,旨在帮助大学本科各专业学生进一步打下扎实的语言基础。

2. 选材原则不变。正因为《大学英语》是综合教育型的,选材必须做到题材广泛,体裁多样,语言规范,有利于打好语言基础。选材遵循三性原则,即趣味性、知识性、可思性,以激发学生学习英语的兴趣。

3. 在更新课文时注意经典性与时代性的融合,科普性与文学性的融合,使选文内容经得起时间考验,文字经得起反复咀嚼。这两个融合是教材可教性与可学性的保证,也是教材生命力之所在。

4. 本次修订按照《课程要求》所提出的培养“英语综合应用能力”这一目标,着重考虑增强听与说的训练,提高听与说尤其是说的要求。

### 本次修订重点:

#### 精读:

1. 更新部分课文。选用一些时代感更强、更贴近现代生活、语言更地道的文章取代部分相形见绌的课文。

2. 梳理全教程的练习。除了设置新的听、说练习外,还针对近年来学生在口、笔试中经常出现的语言错误设计了用法方面的练习,以提高学生在使用英语时的准确性。



3. 为了帮助学生集中精力学好基本词语,这次修订继续遵循前次修订时的方法,把全书单词分为三类:(1)words to drill(通过反复操练能熟练掌握其用法的单词);(2)words to remember(能记住其形、音、义的单词);(3)words to have a nodding acquaintance with(能于再次出现时根据上下文识别其词义的单词),并进一步调整各项练习,以确保常用词语的复现率。

4. 为了提高学生的写作能力,这次修订还强调微观与宏观的写作技能同时发展,即一方面训练学生如何写好各类句子,同时从第一课开始就要求学生写成段的文章。

#### 泛读:

在第一次修订的基础上进一步选用时代感较强、故事情节动人的文章取代内容相对陈旧的课文。丰富了练习类型(如增加了词汇练习和翻译练习),以帮助学生提高阅读理解能力的同时适当扩大词汇量。

#### 听说:

除了大幅度更新听力材料,适当提高听力理解的要求之外,这次修订还有针对性地增强了说的训练。根据不同话题提供了丰富的口语素材,并通过多种练习方式为培养学生具有实质性的口语能力打下基础。

#### 快速阅读:

除了原有的版本继续发行之外,还另外编写了一套全新的快速阅读教程,内容侧重科普,供各类院校选择使用。

#### 语法与练习:

把原有四册书删繁就简为两册,以便于学生携带。删除部分章节,增补和替换了大量例句和练习。为方便学生自学,例句都附有中文译文。本教程既可作为语法参考书,也可作为补充练习手册。

#### 精读(预备级)、泛读(预备级)、听说(预备级):

分别将精读(预备级)和泛读(预备级)由原来的各两册修订成各一册。精读(预备级)为重新设计编写,不仅课文与练习是全新的,对听与说的要求也比原书有较明显的提高。泛读(预备级)和听说(预备级)也作了相应的更新与改进。

本教材的起点为1800单词,从这个起点开始要为学生打下扎实的语言基础并达到培养英语综合应用能力这一目标,教材除了必须提供丰富的语言素材之外,还必须编写出多种口笔头练习以保证学生有足够的语言实践机会。因此本教材的精、泛读教程仍坚持每册编写10单元。但目前大学英语的有效授课时间有限,各校可以根据学生的具体情况制定自己的教学计划,灵活选用练习,不必每题必做。与此同时还应当尽可能争取合理的周学时并充分调动学生课外自学的积极性。如果师生双方能共同努力,相互配合,认真学好每一单元,则必能取得良好的教学效果。

《大学英语》从试用本问世到本次修订本完稿历时20余载,跨越两个世纪。使用者一度遍及全国百余所高等院校,受到了师生们的广泛欢迎。教材之所以有这样的规模和影响力主要可以归结为以下几个原因:

(1) 一支优秀的编写队伍:《大学英语》的编者为来自全国六所重点大学的骨干教师,他们都有长期的大学英语教学经历,具备深厚的英、汉语功底与高度负责的工作态度。这是本套教材获得大学英语教学界普遍认同的基础。

(2) 精心挑选的精、泛读课文和听力材料:课文为教材之本,能否为读者提供理想的课文是教材成功的关键。不少人认为当前选材自由度很大,各类原版的素材铺天盖地,俯拾即是,



选材不存在困难。然而事实证明,选材却是编写工作中最为辛苦费力的环节。《大学英语》的编者虽然长期积累了大量素材,但为了找出更合适的内容,往往需要翻阅数十篇甚至上百篇文章才能筛选出一段文字优美纯正,内容引人入胜的选文材料,正是这样,才确保了课文的趣味性、知识性和可思性。

(3) 科学设计和认真编写的练习:在编写和历次修订的过程中,本书编者不仅重视练习的针对性和实用性,还十分注重练习的语言质量。几乎每个例句都经过了集体讨论、反复推敲和论证,以确保语言规范、内容完整和难易度适中,使学生能够在轻轻松松的课堂气氛中进行语言操练。

(4) 审稿层层把关:为了使教材更完善,在正式定稿前,约请了多位中外专家多次审阅和润饰。

除了上述各点外,本教材经久不衰的另一重要原因是广大读者多年来的支持和关爱。他们通过文章、书信和座谈等渠道,在充分肯定我们教材的同时,还向我们提出了不少宝贵的意见和建议,对我们的再修订工作助益颇丰。对此,我代表编写组全体成员向他们表示最诚挚的感谢,并衷心希望他们能够一如既往地支持我们的教材,随时向我们反馈各种意见和建议。

《大学英语》系列教材(第三版)由复旦大学、北京大学、华东师范大学、南京大学、四川大学、苏州大学等高校的资深教授、英语教学专家通力合作,修订编写而成。英籍专家 Anthony Ward 协助编写与审阅。出版社的同志协助编写组安排修订日程,随时提出改进的意见和建议,协调有关编写和编辑工作,为保证这次修订工作的顺利完成付出了辛勤的劳动。在此一并致以诚挚的感谢。

本教程由四川大学外国语学院负责编写。黎宏任主编,石坚任主审。参加本书编写的有李虹和赵文东。

在本书的编写过程中,美籍专家 Eleanor Ward 和英籍专家 Anthony Ward 提供了许多宝贵的意见,在此一并表示谢意。

由于编者水平和经验有限,教材中难免有疏漏和不当之处,敬请广大使用者批评指正。

总主编 董亚芬  
2006年3月

编者  
2006年3月



## 编者的话

《大学英语》系列教材(第三版)快速阅读教程依据教育部 2004 年颁布的《大学英语课程教学要求(试行)》,并结合目前我国大学英语的实际情况编写。本教程旨在培养学生正确的阅读习惯和有效的阅读方法,提高学生浏览、阅读和查读的能力。

本教程取材于近年来英美和其他英语国家出版的书籍和报刊杂志,内容涵盖了当前社会经济、文化、科技、政治、教育等方面,使本教程具有时代性、趣味性、知识性和广泛性等特点。

本书为快速阅读教程第四册,共 20 课。为了保证快速、有效地阅读,课文篇幅在 300~500 词左右,生词量不超过总词数的 3%。本教程每课练习安排有多项选择、是非判断或句子填空等题型,以检查学生快速阅读理解和获取信息的能力。本教程可配合精读教程使用,也可作为快速阅读专项训练材料单独使用。使用时应规定阅读时间,以每分钟 120 词为宜。

本教程由四川大学外国语学院负责编写。黎宏任主编,石坚任主审。参加本册编写的有齐虹和赵艾东。

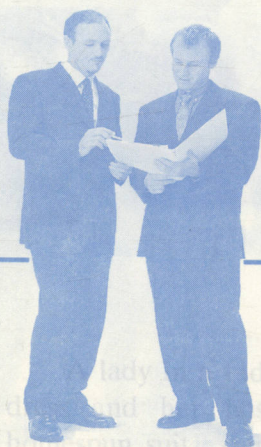
在本书的编写过程中,美籍专家 Eleanor Ward 和英籍专家 Anthony Ward 审阅了全书,并提出了许多宝贵的意见,在此一并表示谢意。

由于编者水平和经验有限,教材中难免有疏漏和不当之处,敬请广大使用者批评指正。

编者

2006 年 3 月





# An Unwise Refusal Contents

1. An Unwise Refusal .....	1
2. Discovery .....	3
3. Academy Awards — The Oscars .....	5
4. The Potato — A Power Pack .....	7
5. Life or Death .....	9
6. Is Global Warming Harmful to Health? .....	11
7. A Precious Moment .....	13
8. Da Vinci — Scientist, Inventor, Artist .....	15
9. The Renaissance .....	17
10. What Is Fashion? .....	19
11. An Online Library .....	21
12. Distance Learning .....	23
13. Can You Feel the Music? .....	25
14. How to Panic More Efficiently at Crunch Time ...	27
15. The Return of Spring .....	29
16. The Nobel Peace Prize .....	31
17. Rap .....	33
18. Jack's Gift .....	35
19. Media Literacy .....	37
20. How an Ad Works .....	39
ANSWER KEYS .....	41



# 1. An Unwise Refusal

A lady in a faded gingham (方格花布) dress and her husband, dressed in a homespun suit, stepped off the train in Boston, and walked timidly without an appointment into the president of Harvard's outer office. The secretary could tell in a moment that such country hicks (乡下人) had no business at Harvard and probably didn't even deserve to be in Cambridge.

"We want to see the president," the man said softly.

"He'll be busy all day," the secretary snapped.

"We'll wait," the lady replied.

For hours, the secretary ignored them, hoping that the couple would finally become discouraged and go away.

They didn't. The secretary grew frustrated and finally decided to disturb the president, even though it was a chore (琐事) she always regretted to do. "Maybe if they just see you for a few minutes, they'll leave," she told him.

He sighed in great anger and nodded. Someone of his importance obviously didn't have the time to spend with them, but he hated gingham dresses and homespun suits cluttering up his outer office. The president, stern-faced with dignity, strutted (架子十足地走) toward the couple. The lady told him, "We had a son that attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. And my husband and I would like

to erect a memorial (纪念碑) to him, somewhere on campus."

The president wasn't touched. "Madam," he said gruffly (粗声地). "We can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery (墓地)". "Oh, no," the lady explained quickly. "We don't want to erect a statue. We thought we would like to give a building to Harvard." The president rolled his eyes. He glanced at the gingham dress and homespun suit, and then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical plant at Harvard." For a moment the lady was silent. The president was pleased. He could get rid of them now. And the lady turned to her husband and said quietly, "Is that all it costs to start a university? Why don't we just start our own?" Her husband nodded. The president stared at the couple in great confusion. And Mr. and Mrs. Leland Stanford walked away, traveling to Palo Alto, California where they established the university that bears their name, a memorial to a son that Harvard no longer cared about.

(419 words)







## Comprehension Exercises

**I.**

Choose the best answers to the following questions.

1. Why did the couple go to Boston?
  - A. They had an appointment with the president of Harvard.
  - B. They wanted to do business with Harvard University.
  - C. They wanted to see the president of Harvard.
  - D. They were invited to visit Harvard University.
2. The couple had waited for hours before they were able to see the president because \_\_\_\_\_.
  - A. the president told his secretary he didn't want to see anyone before he finished his work
  - B. the president was in a bad mood and didn't want to be disturbed
  - C. a lot of people wanted to see the president and the couple had to wait their turn
  - D. the secretary, judging them by appearances, didn't care for them
3. Which of the following statements is true according to this passage?
  - A. The president doubted whether the couple was rich enough to donate a building to Harvard.
  - B. The president didn't accept the couple's donation since it was not adequate for a new building.
  - C. The president turned down the couple's request to put up a statue on the campus of Harvard.
  - D. The president turned away the couple with ease.
4. What did the couple do after they left Harvard?
  - A. They donated the money to the president of a new university.
  - B. They erected a memorial for their son at Palo Alto, California.
  - C. They gave a building to the new university at Palo Alto, California.
  - D. They set up a new university named after them.
5. Which of the following is mentioned in this passage?
  - A. The couple felt quite proud and confident when they walked into the president of Harvard's outer office.
  - B. The secretary hoped that hours' waiting would finally discourage the couple and make them leave.
  - C. The secretary was ready to keep visitors from seeing the president all the time.
  - D. The son of the couple had been studying at Harvard until they came to see the president.

**II.**

Complete the following sentences with the information given in the passage.

1. The secretary thought the couple probably didn't \_\_\_\_\_, the site of Harvard University.
2. The president assumed that the couple wanted to set up \_\_\_\_\_ on the campus of Harvard.
3. The couple wanted to donate \_\_\_\_\_ to Harvard.
4. According to the passage, \_\_\_\_\_ was all it cost to establish a university.
5. From this passage, we know that the name of the new university in Palo Alto, California is \_\_\_\_\_.



## 2. Discovery

In the early 1840s, California was a distant outpost (边远村落) that only a handful of Americans had seen. The sleepy port that would become San Francisco had just a few hundred residents.

One of the wealthiest people in the region was John Sutter — a Swiss immigrant who came to California in 1839, intent on building his own private empire. Sutter soon built a fort with 12,000 head of cattle, and took on hundreds of workers. Sutter was a man with a dream; a dream of a vast agricultural domain (领地) that he would control.

By the mid 1840s, more and more Americans were moving into California by wagon and ship. Sutter welcomed the newcomers — he saw them as subjects for his self-styled kingdom. But Sutter had no idea that the movement would become a flood — a flood of people that would destroy his dream.

Sutter's undoing (毁灭) began 50 miles northeast of his fort on the American River. In late 1847, James Marshall and about 20 men were sent to the river by Sutter to build a sawmill (锯木厂) — to provide lumber for Sutter's growing farm. The sawmill was nearly complete when a glint (闪光) of something caught Marshall's eye. It was January 24th, 1848. James Marshall reached his hand down and picked it up; it made his heart beat quickly, for he was certain it was gold. The piece was about half the size and shape of a pea. Then he saw another.

After making the greatest find in the history of the West, Marshall and the oth-

er workers went back to work. But they came across more gold here and there. Still in disbelief, Marshall took samples back to Sutter's Fort. Sutter and Marshall tested the shiny metal as best they could. It was gold, they concluded — but neither man was happy about it. Sutter was building an agricultural kingdom — he didn't want the competition that gold-seekers might bring. And Marshall had a sawmill to build — gold hunters would just get in his way. So they made an agreement to keep the discovery a secret.

But it wasn't long before stories of gold spread in the surrounding countryside. Yet there was no race to the American River. The news of Marshall's gold was just another fantastic (荒唐的) tale — too unlikely to be believed.

The Gold Rush needed a booster (鼓吹者), and Sam Brannan was the man. A San Francisco merchant, Brannan was a skilled craftsman of hype (大肆宣传). Eventually, the Gold Rush would make him the richest person in California — but Sam Brannan never mined for gold. He had a different scheme — a plan he set into motion by running through the streets of San Francisco shouting about Marshall's discovery. As proof, Brannan held up a bottle of gold dust. It was a masterstroke (绝招) that would spark the rush for gold — and make Brannan rich.

(483 words)







## Comprehension Exercises

**I. Choose the best answers to the following questions.**

1. In the early 1840 California was a place \_\_\_\_\_.
  - A. where only a few hundred people lived
  - B. that many people were interested in
  - C. that few people visited
  - D. where there were a lot of immigrants
2. What Sutter didn't expect was \_\_\_\_\_.
  - A. the movement of Americans into California would turn into a flood
  - B. he would get into debt
  - C. his dream would turn out to be impractical
  - D. San Francisco would have only a few hundred inhabitants
3. Why did Sutter not want the discovery to be known to all?
  - A. He was afraid of losing his farm.
  - B. He wanted to own all the gold himself.
  - C. He feared that what gold hunters did would destroy his dream.
  - D. He wanted to be more successful than all the others.
4. The news of Marshall's discovery of gold \_\_\_\_\_.
  - A. spread all over the country
  - B. made many people excited
  - C. aroused the curiosity of the people in the countryside
  - D. was taken as an imaginary story at first
5. What can be inferred from this passage?
  - A. Sutter realized his dream of building a vast agricultural domain.
  - B. Sutter's dream of building a large ranch was smashed owing to the Gold Rush.
  - C. Sutter eventually built his self-styled kingdom.
  - D. Sutter finally built his private empire with the help of gold seekers.

**J. Judge whether or not the following statements agree with the information given in the passage, and mark Y for YES, N for NO, or NG if information is not given in the passage.**

1. At first Sutter welcomed those who moved to California because he hoped to have some of them work on his farm.
2. The first piece of gold found in California on January 24th, 1847 was something like a pea in shape.
3. Marshall did not mind how much his find meant to the world.
4. Sam Brannan became rich when he took to mining gold.
5. It was Sam Brannan who made the discovery of gold known to the public.



### 3. ACADEMY AWARDS — THE OSCARS

The Academy Awards, affectionately (亲切地) known as the Oscars, are the oldest, best known, most influential and famous of film awards. The awards have been presented annually (the first awards ceremony was held in May of 1929) by a non-profit professional organization — the Academy of Motion Picture Arts and Sciences (AMPAS), based in Beverly Hills, California, and founded in 1927. Pricewaterhouse has managed the Academy Awards balloting (投票选举) process since 1935 — all but the first six years of the Oscars. Ever since 1941, when their now-famous confidential (秘密的) envelope system was introduced, marking the first year of complete secrecy, “the Envelope Please” has become a familiar phrase that has been associated with the Academy Awards ceremony.

Except for the early years of the institution, the awards honored films made during the previous 12-month calendar year. At first, to be eligible (有资格的) for an award, a film had to open in Los Angeles during the twelve months ending on July 31 of the preceding year. To allow each ceremony to cover films for a single calendar year — matching the eligibility period, the 1932/33 awards were based on a 17-month qualifying period. Ever since then, beginning with the 1934 awards ceremony, all awards have been based on openings in the previous calendar year. Until 1954, the Oscars were presented mostly on a Thursday evening. From 1955 to 1958, they were presented

on a Wednesday. From 1959 until 1998 the Oscars were, with a few exceptions, presented on a Monday night. Only since 1999 has the Awards ceremony taken place on a Sunday (traditionally in March). In 2004, the ceremony was moved even earlier to improve ratings and to be more relevant to the awards ‘season’.

The establishment of the Academy (and its awards system) has had a major effect and influence upon the film industry, due to the enormous boost a nomination (提名) or award (for a film or actor) creates, by giving prestige and bottom-line profits to a studio or performer. Studios have often engaged in expensive marketing and advertising campaigns to sway votes. Although the Academy has, with limited success, tried to limit the influences of pressure groups and promotion, box office gross receipts, studio public relations and marketing, sentimentality and personal popularity, those influences have had a decided effect upon the outcome of some of the poll results. Especially since the 80s, moneymaking ‘formula-made’ successful films have often been crowd-pleasing titans (大片), but they haven’t necessarily been great films with depth or critical acclaim (赞誉) by any measure.

(425 words)







## Comprehension Exercises

**I. Choose the best answers to the following questions.**

- When were the first Academy Awards presented?
  - 1935.
  - 1927.
  - 1929.
  - 1934.
- Why did the qualifying period of a film made in 1932 last for 17 months?
  - A new awards system started to make sure that the films had opened during the twelve months ending on July 31 in the previous year.
  - A new rule was put into operation that each ceremony should cover the films made in a single calendar year.
  - Some changes were made so that the ceremony was moved earlier to improve ratings.
  - An agreement was not reached on when the ceremony was held.
- Which of the following can be regarded as a major effect of the Academy Awards upon the film industry?
  - A film, if winning the Academy Awards, will do quite well at the box office.
  - Studios often carry out advertising campaigns to win the favor of the public.
  - The film industry has put economic benefits above all others.
  - A studio or an actor will try every means to affect the outcome of the poll results.
- The word "sway" in Line 9, Para 3 means \_\_\_\_\_.
  - promote
  - influence
  - distribute
  - recollect
- What can be inferred from the last paragraph?
  - The Academy Awards have done a lot to revolutionize the film industry.
  - The Academy awards system is fair and free from any outside pressures and influences.
  - The award-winning films are not always applauded by audience.
  - Some people, including the author, don't think much of the award-winning films.

**II. Complete the following sentences with the information given in the passage.**

- People don't know who will win the Academy Awards until \_\_\_\_\_ is opened.
- Studios often carry out some \_\_\_\_\_ to persuade people to vote for their films.
- Studios and performers will become \_\_\_\_\_ and \_\_\_\_\_ when the Academy Awards go to them.
- A film has to go through a \_\_\_\_\_ before it enters the competition for the Academy Awards.
- The Academy Awards ceremony is held once \_\_\_\_\_.



## 4. The Potato — A Power Pack

Every potato is a power pack, overflowing with natural goodness. Potatoes contain Vitamins C, B1, B2, B3, and B6. The most important is Vitamin C. The entire recommended daily amount can be found in 14 ounces of potatoes. The vitamin content is at its peak at harvest time, and decreases during storage. More vitamins disappear during cooking. Potatoes boiled in their skins and large baked potatoes lose about 20 – 40% of their Vitamin C content alone, while French fries and roast potatoes lose about 30 – 40%, and peeled, boiled potatoes lose as much as 30 – 50%.

The quality of protein we consume matters more than the quantity. Potato protein is an ideal blend of essential amino acids (氨基酸). Since the body functions most efficiently on a vegetable protein, this is some of the best nature can offer.

The high potassium content (钾含量) of potatoes means it is an ideal way to counterbalance the surplus acid found in such foods as meat and dairy products. Many people, women more than men, suffer from a deficiency of iron, particularly those who are pregnant or are very active in sports. Those who eat potatoes regularly have no need to take iron supplements.

Many people used to believe that carbohydrates (碳水化合物) led to excess weight. But it is now known that they are the body's most important source of energy. Among the complex carbohydrates are starch (淀粉) and fiber. During digestion, starch is converted to energy and stored in the liver and muscles. Fiber is a vital aid to digestion. It absorbs a great deal of body waste and expands enormously. This increased bulk encourages more efficient bowel function. Fiber-rich foods stay in the system only half as long as those with little fiber.

As an aid in losing excess pounds, without feeling that you are starving yourself, potatoes are highly recommended. They can be made in so many ways so that while you have them often, they do not need to look the same. Remember, however, that these must be eaten with as little extra added fat (butter, sour cream, and deep fried, such as in fries) as possible — or their benefit will be turned into a detriment!

(384 words)

