

College English
大学英语

快速阅读教程

第三级

Speed Reading Course
Band 3

汪开虎 主编

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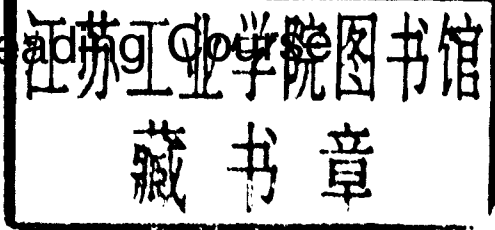
上海交通大学出版社

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主 编 汪开虎
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上海交通大学出版社

内 容 提 要

本书为套书大学英语快速阅读教程(1-6级)的第三级。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,得到温骏、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. Camp Counselor

Starting Time: _____

If you love working with kids, spending summer holidays as a camp counselor could be a great experience. If you think little kids are big pains in the ass, don't even think about it. You'll be with them all day, and maybe all night. "We look for a combination of qualities when we hire counselors," says Jeremy Sollinger, Associate Director of Camp Laurel in Readfield, ME. "The most important thing is that you love working with kids. We also look for counselors with great energy who are great listeners. You need to have finished at least your first year in college. You should enjoy being out doors. And you should really want to have a positive effect on children." You also need to be aware that being a camp counselor is no easy job. It's a summer-long task (Camp Laurel runs from mid-June to mid-August) and it's a commitment each and every day (no long lunches or crossword puzzles: you're always on the go.)

Those who fit the camp counselor bill should start looking for a job as early as possible and be prepared to apply to multiple camps, especially if you aren't returning from a previous summer. Sollinger says Camp Laurel receives thousands of applications for 270 counselor positions, and about 35% of the spots are filled by counselors coming back for another summer of fun. Other camps are less competitive, but simply wanting a job doesn't guarantee you one. You have to be active.

Once you land the camp job you want, you'll get plenty out of it. "It's hard work while you're doing it, but 99% of our counselors look back on their experience here as one of the most challenging and rewarding of their lives,"

Sollinger says. Plus, you get free room and board and a decent salary on top of that. Counselors at Camp Laurel make about \$1,500 for the summer.

If you have a special skill, you can increase your earning potential. "In addition to general counselors, we hire counselors who are able to teach activities like tennis, water skiing, and rock climbing." Salaries for activity counselors at Camp Laurel can be higher than \$1,500, depending on specific skills and experience.

That's often the case if you have skills and experience. I spent a summer working as the tennis counselor at a summer camp and was paid \$500 more for the summer than the general counselors.

If an overnight camp isn't what you're looking for, consider being a counselor at a day camp. Drew Wilson, a junior at Roger Williams University in Bristol, RI, has worked at Soccer Scene, a soccer day camp in Northborough, MA, for the past six summers.

When he was in high school, his title was 'counselor'. Now, as a college student returning to work there during the summer, he has been elevated to 'coach' status. Along with the title change, there was "a nice pay increase," Wilson says. He makes about \$350 a week teaching kids to dribble (运球), shoot and not use their hands.

Getting paid isn't the only thing Wilson likes about his camp job. "I just love it," he says. "Working with kids is great, soccer is something I love, so putting them together is the greatest. It's so much better than working at McDonald's."

Another benefit, he adds, is "being outside all summer." Wilson mentions that working at a camp, especially a sports camp, might not be for everyone. "Make sure the camp does something you're interested in doing. And you have to like kids and be willing to communicate with parents." Especially the first day, he explains, overprotective parents can circle around asking seemingly obvious questions like, "will you have water for the kids?" But they're parents, after all, and Wilson says you should be able to "comfort them and make

them feel ok about leaving their kids with you.” Christie Matheson loved being a camp counselor.

Finishing Time: _____

Reading Comprehension

1. What is the most important if you want to be a camp counselor?
 - A. You like to be together with children.
 - B. You have some special skills.
 - C. You have been a camp counselor.
 - D. You like to be out doors.
2. According to Jeremy Sollinger, _____ of their employed camp counselors usually have once had such experience.
 - A. about 95
 - B. about 35
 - C. about 270
 - D. thousands
3. If you have special skills, how much can you probably earn in one summer as a camp counselor?
 - A. About \$ 500.
 - B. About \$ 1,500.
 - C. About \$ 2,000.
 - D. About \$ 1,850.
4. Wilson likes to be a camp counselor because _____.
 - A. he has special skills.
 - B. he loves children and soccer, and like going out.
 - C. he does not like to work in McDonald's.
 - D. he likes get higher pay.
5. This passage is probably written for _____.
 - A. college students
 - B. college teachers
 - C. the unemployed
 - D. sportsmen

Statistics on the Passage

Words:	652	Sentences per Paragraph:	44
Paragraphs:	9	Words per Sentence:	16.3
Sentences:	40	Passive Sentences:	2%

Your reading speed: _____ words/minute

Your reading efficiency: _____ %

2. Straight Talk with Your Kids

Starting Time: _____

When it comes to kids and drugs, the most effective influence is you. Today, the stone-cold truth is that even young kids experiment with drugs—the average age for first-time marijuana (大麻, 大烟) use is under 14. Parents have a powerful voice that can influence their children's decisions about whether or not to get involved in the risky business of drugs, alcohol and tobacco. Case in point: Teens who've learned about drugs from their parents are 36% less likely to try drugs than teens who've learned nothing. The bottom line is kids want their parents to be open with them. Here are some ways to speak up and help your kids stay away from drugs.

Your best weapon: communication

Your relationship with your children is the key factor in determining their tendency for drug use. The closer the relationship, the more motivated kids will be to respect parents' wishes. Having regular, two-way communication—not scolding—is the best way to connect with your kids. Set aside time every day to let them talk about issues that are important to them, without being critical. Good listening on your part will build children's confidence and self-esteem and will help them feel comfortable when coming to you with questions and problems. Try to gather round the dinner table every night. It's an excellent place for discussion, and studies show that families who eat together six to seven times a week have kids who are less apt to use drugs or alcohol.

The golden rules

Young people whose parents don't mention the great harmful effects of drug abuse are three times more likely to take in drugs, alcohol and tobacco.

Be clear that your home is a no-drug zone and that you don't want your kids keeping company with those who do use drugs. Help them avoid the chances of drugs taking by prohibiting free time with friends—especially after school when drug-use risk is highest—and make for them. Some examples of household rules are:

- Friends are welcome only when an adult is present
- Call home if running late
- Do homework before watching TV or socializing
- Be home by the curfew (禁令)
- Zero drug tolerance
- Golden rule for parents: Praise and reward your children's good behavior!

Be aware—be very aware

Parents' decision to monitoring their kids' activities plays a big role in preventing substance abuse. Keep up on how—and with whom—they spend their free time. Get to know your children's friends as well as their friends' parents, and keep in touch with teachers to make sure assignments are completed. Get your kids into the habit of checking in to let you know where they are and when they'll be home. Being aware of your children's comings and goings means you won't be caught unaware—or unpleasantly surprised.

Get involved

Help structure your kids' time by encouraging them to participate in sports, music, after-school clubs or other positive activities that provide alternatives to drug use. Likewise, getting—and staying—involved in your children's lives will go a long way toward building a healthy, enjoyable, close relationship. Even simple activities can be meaningful, including:

- Playing cards
- Playing sports or following a sports team
- Making something together
- Hiking, hiking, fishing, camping
- Going to the movies

- Surfing the Internet

Paid for by the Office of National Drug Control Policy

Finishing Time: ____

Reading Comprehension

1. This passage is an advertisement on ____ .
 - A. how to make friends with kids
 - B. kids' taking drugs problem
 - C. how to get along with children
 - D. how to discipline children
2. According to the author, the best way to prevent your child from taking drugs is ____ .
 - A. communicating with your kids often.
 - B. encouraging your kids to make more friends.
 - C. always knowing where your kids are.
 - D. encouraging your kids to get involved in activities.
3. The proper way to communicate with your child is to ____ .
 - A. listen to them without being critical
 - B. listen to them with confidence and self-esteem
 - C. listen to them and point out their improper behavior
 - D. eat with them and not to use drugs or alcohol
4. In the sentence "do homework by the designated curfew", "curfew" means " ____ ".
 - A. the time during which people must be indoors according to this rule
 - B. a time of night, at which lights and fires had to be put out
 - C. a sheet of heavy material hung covering the windows
 - D. something that covers, provides, and protects
5. " Help structure your kids' time" include ____ .

- A. have your kids participate in sports
- B. have your kids often listen to music
- C. have your kids attend some school clubs
- D. have your kids attend all kinds of activities except taking drugs

Statistics on the Passage

Words:	550	Sentences per Paragraph:	6.0
Paragraphs:	22	Words per Sentence:	19.2
Sentences:	24	Passive Sentences:	4%

Your reading speed: ____ words/minute

Your reading efficiency: ____ %

3. Goals Will Shape Your Direction

Starting Time: _____

Goals are the first step in any serious effort to improve your effectiveness and accomplish what you want in your life and work. First of all, you need them just to measure your progress. Until you have a goal or a set of goals in front of you, there is no way to measure whether you are achieving any more or less, or getting any better or worse results, than you were before.

Even more important, goals are the basic direction arrows of your life. In Paris, whenever you get on the underground Metro, you choose your direction by heading toward a Destination (the last station on a particular line). If you want to go in a different direction, you simply follow the signs to a different Destination. You may transfer from one train line to another, from one direction to another, many times in your journey. But you always keep track of where you are headed by noting the ultimate destination of the train you are riding.

Goals serve the same function in your work and your life. (They serve other functions as well, but let's concentrate on this one for now.) You don't have to arrive at your goal for it to have provided a worthwhile direction. In fact, most goals are not reached. As in the Paris Metro, most times we don't travel all the way to the end of the line. Most times we simply exchange one goal for another and keep on moving.

And there's nothing wrong with exchanging goals quite often. In general, you should feel perfectly free to adopt a goal for as long as it suits you, and then exchange it for some other objective (目标) when the time seems right.

There's little or no virtue in sticking to a goal that no longer feels right to

you. A century ago, for example, it was fashionable to think that a serious young gentleman should totally dedicate himself from youth to a lifetime goal, often a financial one. People who did not follow the same goal were said to be frivolous (轻浮的).

And this attitude was nothing new. The Bible even tells the story of Jacob, who worked seven years for the hand of Rachel, the woman he wanted to marry. But Rachel's father, Laban, forced Jacob to marry, instead, the girl's oldest sister, Leah, saying: "How can my younger daughter marry before her elder sister?" Jacob, apparently a man who knew his goals and stuck by them, toiled for another seven years, and eventually earned the hand of Rachel in marriage.

That was fine for Jacob. Such way may have been the best for him to accomplish what he wanted. But today, we are a little more understanding of people who want to be flexible (灵活的).

Today, Jacob would probably elope with his true love. Or, having learned that he would have to marry Leah before Rachel, he might have changed his mind about the entire family. He would realize that a more reasonable goal he could still believe in would be more likely to lead him to the satisfaction and success he undoubtedly deserved.

And changing your goals is one good way—a perfectly fair way—to be sure you accomplish what you want. The paradox is this: You can achieve more of what you want if you quickly abandon your unreasonable goals. You see, with the time and effort you would expend struggling toward but not reaching one unreasonably difficult goal, you can reach and accomplish several smaller but still desirable ones. Goals you cannot achieve with a reasonable effort are not rewarding, and they are not motivating at all. Instead, they consume your strength a lot.

Discourage you, and make you more likely to settle for limited success on other, easier goals, when you should not. When the goal is too much to hope for with reasonable effort, as Jacob's goal of marrying Rachel turned out to be,