

前 言

《大学英语课程配套系列》是以教育部颁布的《大学英语教学大纲(修订本)》为依据,根据西部地区大学英语教学实际情况和学生英语水平编写的。在编写前,我们先后在数百名教师和学生中进行了调查,充分了解了大学英语教与学的实际情况和师生的真正需求。基于调查结果和大纲对大学英语教学的基本要求,我们确定了系列教材的编写方案和编写思路。在编写过程中,我们不断将所编写的部分用于教学实践,并不断对其进行修正。参加系列教材编写的人员有着丰富教学经验和教材编写经验,熟悉教学法和语言习得理论,科研成果突出。可以说,这套教材凝聚了他们多年的教学经验、心得体会和理论成果。

《大学英语课程配套系列》为大学英语主干课程的配套教材,包括以下分册:

《大学英语快速阅读教程》:共4册,难度分别相当于大学英语1~4级。旨在培养学生正确的阅读习惯,提高其阅读速度。每册16单元,每单元包括快速阅读技巧讲解或小型速度训练以及三篇文章,每篇文章后均配有理解练习。采用活页形式,便于教师课堂操作。

《大学英语四级应考进阶强化训练》:共4册,模拟试题集,难度分别相当于大学英语1~4级。每册包括10套试题,各套试题分开装订,方便教师和学生使用。所有试题均采用全国四级考试标准题型。每册书后附听力录音文稿、答案及注解。注解部分简洁、明了,为教师讲解与学生自测提供有利的参考和切实的帮助。每册书的听力部分均配有录音磁带。

《大学英语四级分级词汇手册》:共1册。旨在既教会学生如何使用单词,又有助于扩大学生的单词量,为学生顺利通过四级考试打下良好的基础。将大纲规定的四级词汇按1~4级分开编写,采用双语解释,并配以例句。同时提供相应的同义词、反义词和派生词,并对学生容易混淆的同义词展开辨析。此外还给出了一些重点单词的用法。

《大学英语六级分级词汇手册》:共1册。旨在既教会学生如何使用单词,又有助于扩大学生的单词量,为学生顺利通过六级考试打下良好的基础。将大纲规定的六级词汇按5~6级分开编写,采用双语解释,并配以例句。同时提供相应的同义词、反义词和派生词,并对学生容易混淆的同义词展开辨析。此外还给出了一些重点单词的用法。

《大学英语写作手册》:共1册。按照大纲对学生不同阶段写作能力的要求,分为上篇、中篇、下篇,分别介绍了大学英语基础写作、应试写作和应用文写作的技巧。本书循序渐进,内容丰富,含有大量的练习及优秀范文的点评。它不仅切实提高学生写作能力,而且对学生四六级考试和研究生入学考试进行写作指导。

《大学英语同步辅导》:共2册。本书是为大学英语精读课程提供的同步辅助练习。它以

全国有影响的精读教材为基础,但又不拘泥于某套教材,供学生在学完每个单元以后进行巩固和扩散练习。上册难度相当于大学英语1~2级,下册相当于3~4级。每单元由词汇与结构(覆盖现行有影响教材相应的核心词汇)、阅读理解、完型填空、句子翻译等题型组成。

本系列具有以下特点:

1. 充分考虑西部地区学生的英语水平及英语学习的特点,无论从选材和难易度上,还是从内容体系上,我们都从本地区学生的实际出发,认真筛选,精心设计。

2. 以培养学生扎实的语言技能、提高学生全面应用能力为主要目标,同时兼顾扩大学生知识面,开拓视野。本系列注意吸收我国长期在大学英语教学和教材编写中积累的经验,同时采纳国外先进的教学理论和方法,保证了教材编写的科学性和合理性,有利于学生扎实、有效地从各方面提高英语应用能力。与此同时,我们在编写时充分重视语言材料的信息含量和知识含量,力争采用最新的文章,努力拓宽文章所涵盖的知识面,让学生在提高语言技能的同时获取广泛的知识。

3. 训练学生语言技能的同时,训练其四、六级考试的应试能力。我们在编写时有意识地向国家四、六级考试靠拢,并在有些分册中对应试技巧给予适当的讲解。这当然不是提倡应试教育,而是以素质教育为基础,为学生提供应试方面的指导。更何况,全国大学英语四、六级考试是英语运用能力的考试,引导学生向其靠拢,反过来会促进学生语言技能的提高。

4. 充分为使用者着想,努力提供方便。从内容体系、版式设计到装帧设计,都考虑到了如何既方便教师课堂操作,又利于学生课后自学。例如,《大学英语快速阅读教程》和《大学英语四级应考进阶强化训练》两套书均采用活页形式,方便教师课堂安排定时练习。又如,在《大学英语快速阅读教程》中,我们为学生提供了文章字数和阅读速度计算公式,便于学生自测时记录自己的速度;在《大学英语四级应考进阶强化训练》中,我们提供答案注解,为教师备课提供参考,同时方便学生自测后自我检查、自我诊断。

在编写过程中我们得到了云南省大学外语教学及考试指导委员会会长梁育全教授、广西高校大学外语教学研究会会长刘明忠教授、贵州省外语学会会长丁廷森教授的悉心指导和热情支持,在此向他们表示衷心的感谢!

《大学英语课程配套系列》

编写组

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编者的话

《大学英语快速阅读教程》是根据教育部颁布的《大学英语教学大纲(修订本)》编写的一套快速阅读教材,为“大学英语课程配套系列”之一,供大学英语教学第一、二学年使用。

阅读是掌握语言知识、打好语言基础、获取信息的重要渠道。阅读能力是大部分大学生今后工作所需的主要语言技能。从语言学习的规律来看,英语应用能力的提高是建立在大量的语言输入,尤其是大量的阅读的基础之上的。因此,英语阅读能力的培养与提高显得十分重要。本书就是基于培养学生的快速阅读能力,迅速获取信息的能力而编写的。它旨在培养学生正确的阅读习惯,提高学生的阅读速度和阅读理解能力。本书的特点是文章短小精悍,内容新颖,题材多样,具有可读性、可思性和趣味性。书中插入相应的阅读技巧介绍,方便学生灵活运用。练习的设计科学、合理,使学生通过练习,加深对文章的理解,从而达到提高阅读能力的目的。

《大学英语快速阅读教程》共分4册,难度分别相当于大学英语1~4级,每册16单元。第1、2册每个奇数单元在正文前介绍一些阅读注意事项和快速阅读技巧,每个偶数单元则根据前面单元的介绍设计一个小型练习,训练阅读速度;第3、4册在每个单元的正文前安排1个小型练习,对学生进行阅读速度训练。这些技巧和训练旨在培养学生正确的阅读习惯以及词汇辨认能力、短语辨认能力、猜测词义能力等。1~4册正文部分每单元各包含3篇文章,每篇文章均给出字数以及速度计算公式,方便学生记录自己的阅读速度。每篇文章后设计阅读理解练习,供学生检测阅读效果。每单元最后提供一个公式让学生计算自己本单元阅读理解的准确率。由于课堂时间有限,建议教师在课堂上根据情况从每单元中选取1~2篇文章对学生进行训练,余下的留给学生课后完成。

使用本教材时,应注意以下几点:

1. 学生在阅读正文之前仔细阅读每单元的技巧讲解,并在规定的时间内做完速度训练题。在阅读正文的过程中有意识地运用学过的技巧。

2. 学生要养成先了解问题,后读文章的良好习惯,做到有的放矢,以达到提高阅读速度和准确率的效果。

3. 学生阅读时不要查词典,如有生词,可根据上下文和构词法进行猜测以确定词义,或直接跳过那些不影响理解的生词。

4. 学生应注意培养边阅读、边理解、边记忆的良好习惯。读完课文立即做练习,做练习时,不再翻阅已读过的课文。

广西大学外国语学院刘明忠教授在百忙中审阅了《大学英语快速阅读教程》1~4册的全部书稿,并提出了宝贵的意见。在此,我们向他表示诚挚的谢意!

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Unit 1

Before you read ...

☆ 阅读速度与阅读目的

阅读活动多种多样,就其目的而言,可大致分为3类:研读(study reading)、略读(skimming)和查读(scanning)。所谓“研读”,就是为了获取详细的知识或信息、彻底弄清某个问题等而仔细阅读,不放过一句话、一个字,甚至一个标点符号。这时,就必须放慢速度,边阅读,边思考,边做笔记。所谓“略读”,也叫浏览,是为了了解文章或书籍的主题思想和中心内容而进行的快速阅读。读者只需关注那些重要信息经常出现的地方,而不必面面俱到。这时对速度的要求就非常高,读者必须一目十行。所谓“查读”,就是为了特定的信息或细节而在文章或书籍中快速查找。读者只关心自己需要的信息,一旦查到便可终止阅读。这时对速度的要求更高,你必须在若干不相干的信息中以最快的速度找出相关的信息。



Passage 1

"It hurts me more than you," and "This is for your own good." These are the statements my mother used to make years ago when I had to learn Latin, clean my room, stay home and do homework.

That was before we entered the permissive period in education in which we decided it was all right not to push our children to achieve their best in school. The schools and the educators made it easy on us. They thought that it was all right to be parents who take a let-alone policy. We stopped making our children do homework. We gave them calculators, turned on the television, left the teaching to the teachers and went on vacation. Now teachers, faced with children who have been developing at their own pace for the past 15 years, are realizing we've made a terrible mistake. One such teacher is Sharon Klompus who says of her students — "so passive" — and wonders what happened. Nothing was demanded of them, she believes. Television, says Klompus, contributes to children's passivity. "We're not training kids to work any more", says Klompus. "We're talking about a generation of kids who've never been hurt or hungry. They learned somebody will always do it for them. Instead of saying 'go look it up', you tell them the answer. It takes greater energy to say 'no' to a kid."

Yes, it does. It takes energy and it takes work. It's time for parents to end their vacation and come back to work. It's time to take the car away, to turn the TV off, to tell them it hurts you more than them but it's for their own good. It's time to start telling them "no" again.

(283 words)



How fast do you read?

283 words ÷ _____ minutes = _____ wpm





Exercise: Multiple Choice

1. According to the passage, children are becoming more inactive in study because _____.
 - A. they find it very boring
 - B. they are let alone
 - C. they prefer to watch TV
 - D. Both B and C
2. "Permissive period in education" in the first sentence in paragraph 2 means _____.
 - A. a period when children are educated
 - B. a period when children are permitted to act at will
 - C. a period when children are raised
 - D. a period when children are permitted to go on vacation alone
3. According to the passage, the following statements are true EXCEPT that _____.
 - A. parents do not force their children to do homework
 - B. parents leave the education to the teachers
 - C. children are becoming active as a result of watching TV
 - D. parents have a great trouble refusing their children's requests
4. Sharon Klompus believed that her students were very passive because _____.
 - A. she knew little about her students
 - B. she was not good at teaching
 - C. they were too naughty
 - D. they were asked to do nothing
5. The passage mainly discusses _____.
 - A. parents and teachers should be more strict with their kids
 - B. the present education system should be improved
 - C. children should be let alone
 - D. the relationship between the schools and the parents



Passage 2

People have sailed around the world in quite small boats. It is not an easy thing to do. Sometimes the weather gets bad. *That can be the end of a boat; and the end of everyone in it.* Accidents can happen easily and quickly.

One family had an accident with some big fish. (Perhaps it wasn't an accident for the fish.) The fish swam under their boat and bit holes in it. The sea came in, of course; and the boat soon sank. However, these people had another, smaller boat — a life-boat; and they all got into that. They lived and hoped for many days. They ate and slept, and they always hoped ... At last a ship found them.

How do people live in a very small life-boat? Perhaps for weeks or months? They must be strong in every way. They must have hope — they must *want* to live. But you cannot eat and drink hope.

You cannot drink sea water. Drink a lot of sea water — and you will quickly die. Sailors can drink rain water. They must catch rain water in their boat. They must also catch fish and birds for food. Life-boats do not often carry a cooker; and so the sailors cannot cook their food. Raw fish and bird-meat is not very nice. But there won't be any choosers in a life-boat! The sailors must eat raw food or they will die.

What do people think about in a life-boat? They think about land, a warm bed, dry clothes, fresh water and food, food, food.

(260 words)



How fast do you read?

260 words ÷ _____ minutes = _____ wpm





Exercise: Multiple Choice

1. By "... be the end of a boat" (line 2, Para 1) the author means that _____.
 - A. it is a part of a boat
 - B. it is an easy thing to sail a boat
 - C. it is the last boat
 - D. the sea came in and the boat sank in bad weather
2. One family had an accident with some big fish, they _____.
 - A. all died
 - B. kept swimming to an island
 - C. put their broken boat into a life-boat
 - D. were saved by a ship
3. People live in a very small life-boat, and they must _____.
 - A. drink sea water
 - B. keep crying
 - C. complain about being in pain
 - D. have hope to live
4. In this passage the word "raw" means _____.
 - A. cooked
 - B. uncooked
 - C. roasted
 - D. heated
5. This article is mainly about _____.
 - A. how accidents happen at sea
 - B. how to use a life-boat
 - C. how to catch fish and birds for food
 - D. how to live in a small boat at sea



The elephant is the biggest four-legged animal in the world. It is also, perhaps, the gentlest; but not always!

Elephants are like us in some ways. They live for a long time — fifty or sixty years. They can remember things very well. They never forget great sadness or great happiness. A female elephant dies; her daughters and her grand-daughters are sad for many months. They stay with the dead body. Then they carry a bit of it away with them. They never forget a dear friend.

Elephants are like us, but they are also different. They live in families; families of females. There will be a few young males — a few “baby boys”. But the females will soon send them away. An elephant family keeps only its daughters, mothers and grandmothers. And its great-grandmothers.

The females stay together for fifty, sixty ... a hundred years. The older animals look after the young ones. The mothers teach their daughters and set a good example.

And what happens to male elephants? Well, the young males stay with their mothers for a time. Then they must leave the family. The females just send them away. A bull elephant does not often have a friend. He lives apart; away from the family, and often away from other bulls.

Sometimes the females call a bull. He can visit them then, and stay for a time. But soon his “wives” and sisters send him away again. The females have a very happy family life. What do the bulls think about it? We don't know.

(261 words)



How fast do you read?

261 words ÷ _____ minutes = _____ wpm





Exercise: True or False Statements

1. () Elephants are the biggest animal in the world.
2. () They have a very good memory.
3. () They live in families of males and females.
4. () A bull elephant often has a friend.
5. () The female elephants have a long life.

How well have you read?

_____ $\div 15 \times 100\% =$ _____ %



Unit 2

Before you read ...

☆ Speed Drills

Underline the word in the right column whose form is the same as the one in the left column. Try to finish in 15 seconds or less.

1. cheerful	cheerily	cheerly	cheerful	colourful	plentiful
2. unlucky	unlikely	unhappy	unlucky	unlovely	unworthy
3. swimming	spreading	swimming	skimming	smacking	snoopy
4. painfully	painful	painless	painting	passively	painfully
5. distant	distance	discrete	distant	distinct	discover
6. harbour	labour	harbor	barber	hopper	harbour
7. greatest	interest	greenness	greatly	greatest	grassless
8. fisherman	fishermen	fishery	fisherman	fishplate	fisher
9. powerful	powerless	powerful	powerfully	practically	precisely
10. beautiful	beautify	beauty	helpful	beautiful	healthful



Scientists think there are thirteen vitamins that humans need. Vitamins are important because they prevent diseases and help control body processes. Vitamin A is important for healthy skin and eyes. People who do not have enough vitamin A may have night blindness. Some car accidents happen in the evening because people who lack vitamin A do not see the road well after they look at the bright headlight of a car. Vitamin A in the meal comes from deep yellow fruits and vegetables, dark green leafy vegetables, and whole milk.

When people have enough B vitamins, their desire for food is good and their nerves are calm. B vitamins in meal come from some meats and vegetables, milk and whole grain. When a grain is processed, it loses vitamins. For example, there is a big difference between brown and white rice. When rice is processed, the brown outside is lost. The brown outside of rice has an important B vitamin which rice has less than enough. In short, brown rice has more B vitamins than processed rice.

Vitamin C keeps the cells of body together. It helps skin tissue become all right from cuts and burns. Vitamin C in the meal comes from tomatoes, some fruits like oranges and lemons, and some vegetables such as cabbages.

Vitamin D is called the "sunshine" vitamin. When people sit outside, ultraviolet rays from the sun change a fat in their skin to Vitamin D. Vitamin D is also in cod liver oil and the yellow of eggs. It is sometimes added to milk. Vitamin D helps the body take in Ca. It helps build strong bones, and it prevents a disease in children that is called rickets. When children have this disease, their bones bend because they do not become hard.

Rickets is seldom found in sunny countries. Rickets is more common in countries that have long winters with little sunshine, in cities that have pollution that keeps the sun out, and in towns surrounded by mountains that keep the sun out.

(332 words)



How fast do you read?

 $332 \text{ words} \div \text{minutes} = \text{wpm}$ 



Exercise: Multiple Choice

1. It is accepted that there are _____ vitamins we need.
 - A. four
 - B. five
 - C. thirteen
 - D. thirty
2. Lack of Vitamin A may cause _____.
 - A. serious car accidents
 - B. illness
 - C. failure to control body
 - D. night blindness
3. Which is not true about brown rice?
 - A. It has not been processed.
 - B. It contains an important B vitamin.
 - C. It is the same as white rice.
 - D. It has more B vitamins than processed rice.
4. Vitamin D is called "sunshine vitamin" because _____.
 - A. it produces ultraviolet
 - B. it is made from a fat in human skin with the help of ultraviolet
 - C. it helps people take in Ca
 - D. it comes from milk
5. Rickets often appears among the children _____.
 - A. living in mountain areas
 - B. living near equator
 - C. living in places where the sun is often kept out
 - D. living in cities

