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李 丰(主编) 张小梅 周大并 编

英语阅读之友

A PRACTICAL AID
TO IMPROVING
YOUR ENGLISH READING



**A Practical Aid to
Improving Your English Reading**

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北京语言学院出版社

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前 言

理工科大学英语教学目的之一是培养学生具有较强的阅读能力。为此,在教学过程中必须组织学生通过大量阅读来逐步提高他们的阅读速度和阅读理解能力。此书是在我们过去教学中编写的一些材料的基础上整理而成的。它对提高理工科大学生的阅读能力会有不少帮助。

本书内容选自英美等国报刊、杂志及普通读物。文章有长有短,有的只需一、两分钟即可读完,便于读者利用零散时间进行学习。它内容新颖、体裁多样、知识性、趣味性强,语言符合当代英语(或美国英语)规范。本书编排由浅入深、由易到难,并按启发式原则编写了各篇的练习。这些练习不仅有利于读者测定自己对每篇内容的理解程度,也有利于提高读者理解文章总体的能力,综合思考能力和逻辑推理能力。我们在练习答案中列出了每篇的词汇量,以便读者测定自己的阅读速度。本文单词表按理工科大学英语教学大纲分三种情况编排:凡大纲规定中学应掌握的只列单词不加注释;凡大学应掌握的用英文注释;凡超大纲的用中文注释。这样便于读者了解自己掌握词汇的情况,进而有的放矢地进行学习。根据我们的实践,这些材料理工科一、二年级大学生使用的效果良好,但也适用其他具有中等阅读能力的读者。

本书承北京化工学院美国专家 **Mrs. Paula Fulmer** 审阅修改,我们对此表示十分感谢。同时,我们也向对本书提供过各

种帮助的同志们表示衷心的感谢。

书中如有不当之处,请读者批评指正。

编者

1986年8月

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1 Study Time-Table

One of the wisest but most difficult rules of studying is to set a definite schedule and then follow it.

The kind of study schedule you plan will depend upon your class schedule, your school and social activities, and the time that you eat and sleep. The exact distribution of time is not important. What is important is that you make a schedule that that is realistic, one takes into consideration your other activities, and your own needs for each subject. Of even more importance, of course, is that you follow your schedule regularly.

Before you plan a time-table for studying, analyze your weekly class schedule. Count the number of class hours for each subject, and the number of hours that will be necessary to complete the outside assignments.

Distribute your study hours rather than mass them all together. Experiments have shown that learning is more effective if you space your practice. For example, three separate one-hour study periods are better than three solid hours of uninterrupted study. It is also better not to study a single subject for more than several hours at a time. You begin to tire and it becomes difficult to concentrate.

Plan to spend at least two hours on outside preparation for

each hour in class.

Most important of all: "Trade time, don't steal it." Naturally there will be unexpected events which will interrupt the time you planned for study. When this happens, rearrange your schedule so that the time is substituted elsewhere and not completely lost.

Choose the best answer:

1. To set a definite schedule and then follow it means
 - a. planning your work.
 - b. working your plan.
 - ☒ c. planning your work and working your plan.
2. What is a realistic study schedule like?
 - a. It takes into consideration your own needs for each subject.
 - ☒ b. It takes account of your other activities and your own needs for each subject.
 - c. It takes into consideration your other activities.
3. How can you study more effectively?
 - a. We must study hard.
 - b. We must study uninterruptedly.
 - ☒ c. We must arrange our study at regular or suitable time intervals.
4. How many hours should be spent on outside preparation?
 - ☒ a. At least two hours should be spent on outside preparation for each hour in class.

- b. Two hours should be spent on outside preparation for each hour in class.
 - c. This passage doesn't mention it.
5. When do you need to rearrange your schedule?
- ☒ a. When unexpected events interrupt our time-table for studying, we need to do so.
 - b. When we begin to tire, we need to do so.
 - c. When we meet difficulties in our study, we need to do so.
6. What is the meaning of the sentence "Trade time, don't steal it?"
- a. Don't waste time.
 - ☒ b. Organize your time, don't waste it.
 - c. Work hard.
7. What does the word "solid" mean in line 4 of paragraph 4?
- a. Without spaces.
 - ☒ b. Without a break.
 - c. Undivided.

2 Improve Your Reading Habits

To improve your reading habits, you must understand the characteristics of a good reader. First, he can concentrate. Because he is rapidly seeking out and categorizing main ideas and supporting details as he reads, he is able to complete an assignment without losing his way, without losing interest, without being distracted by random sights or sounds or thoughts.

Second, the good reader reads rapidly. True, he does not read every piece of material at the same rate, but whether he is reading a newspaper, a novel, the instructions accompanying a do-it-yourself kit, or a chapter in a physics text, his rate is relatively fast. He has learned to read for ideas rather than words one at a time.

Next, because the good reader is reading for ideas and moving through the material quickly, he is able to recognize and understand the elements that form any piece of prose—the author's general thesis, and the details that support the ideas. Thus he is able to comprehend the material with a minimum of effort and a maximum of interest.

Finally, the good reader has at his command several special skills which he can apply to reading problems as they occur. For the college student, the most helpful of these skills include taking

advantage of the various aids to understanding that most textbooks provide and skim reading for a general survey.

Choose the best answer:

1. What must you do to improve your reading habits?
 - a. Concentrate.
 - b. Read rapidly.
 - ☒ c. Know the characteristics of a good reader.
2. What is the first thing a good reader is used to doing when he reads?
 - ☒ a. Concentrating.
 - b. Not losing his way.
 - c. Not losing interest.
3. Why can good reader read rapidly?
 - a. Because he is not distracted by any other things.
 - ☒ b. Because he has learned to read for ideas rather than words one at a time.
 - c. The passage doesn't mention it.
4. What are the most helpful skills of reading to college students dealing with some difficult things?
 - a. Reading for ideas and moving through the material quickly.
 - b. Recognizing and understanding the elements that form any piece of prose.
 - ☒ c. Using the various aids to understanding that most textbooks provide and skim reading for a general survey.

5. What does the phrase "do-it-yourself kit" mean in line 4 of paragraph 2 ?

- ☒ a. A set of components for constructing something to be put together by the purchaser.
- b. A collection of tools.
- c. All the equipment of a soldier.

6. What is the meaning of the phrase "a general survey" in the last line of the last paragraph?

- ☒ a. A general examination.
- b. A general view.
- c. A general inspection.

3 The Pacific Ocean

The Pacific Ocean is a little less than twice the size of the Atlantic Ocean, covering more of the earth than all of the continents combined. Between the Philippines and Panama, the ocean is more than 10, 000 miles wide. In some places it is more than 6 miles deep. This ocean was named by the Portuguese explorer, Ferdinand Magellan, who led the first expedition around the world. In 1519, when he first saw the ocean, he called it "Pacific" because it was so smooth and calm compared to the stormy Atlantic which he had just crossed.

Choose the best answer:

1. Which ocean is smaller?
 - a. The Pacific Ocean.
 - b. The Atlantic Ocean.
 - c. The passage does not mention it:
2. What size is the Pacific Ocean?
 - a. It is half the size of the Atlantic Ocean.
 - b. It is larger than all of the continents combined.
 - c. The passage does not mention it.
3. How wide is the Pacific Ocean between the Philippines and Panama?

- ☒ a. Ten thousand miles.
 - b. Ten thousands miles.
 - c. One thousand miles.
4. Who named the Pacific Ocean?
- a. An explorer.
 - b. A Portuguese.
 - ☒ c. Ferdinand Magellan.
5. Why did he call it "Pacific"?
- a. It was smooth and calm when he first saw it.
 - ☒ b. It was much smoother and calmer than the Atlantic Ocean when he first saw it.
 - c. There was no storm on it when he first saw it.
6. When was the Pacific Ocean discovered?
- a. When Ferdinand Magellan led the first expedition around the world.
 - ☒ b. In 1519.
 - c. When Ferdinand Magellan had just crossed the Atlantic Ocean.

4 Easy Rider

Riding a motorcycle is a popular way to travel. A motorcycle often has better acceleration than the fastest car. A motorcycle is easier to mend than a car; most parts of the engine are not too difficult to reach. A motorcycle is faster in heavy traffic. It's smaller than a car, so it can avoid traffic jams and can speed ahead while the cars wait. A motorcycle is cheaper to run — you need less petrol per mile for a motorcycle than for most cars.

Take a look at any motorcycle magazine and you will have an idea of what motorcycling means to the fanatic. In some magazines there is a page where people send messages to their friends, or advertise for something. Here are two examples from these pages, taken from a British motorcycle magazine:

Happy Birthday — to my beautiful, magic bike.

Kawasaki Z₁ R.

Rest in Peace — my ever-faithful RD₂₀₀, I'll never forget you.

Choose the best answer:

1. What type of vehicle can reach a high speed quicker than the fastest car?