

# 大学英语 阅读 自助读本

仲锡 李兆平 编著

TEACH-YOURSELF  
TEXTBOOK OF  
COLLEGE  
ENGLISH  
READING

中国书籍出版社

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## 前 言

在英语学习中,阅读占有极其重要的地位。培养阅读文章的能力应当是语音、听说、词汇、语法、写作等一系列语言知识学习和训练的最终目的之一。认识和理解外语文章的基础是词汇和语法,而阅读反过来又起着巩固词汇和语法知识的作用;一定的听说能力为阅读理解能力的培养提供了物质基础,而阅读理解能力的培养又巩固了听说训练的成果。由于在阅读活动中词汇、句法等各种知识都能得以反复交叉出现,学生得以巩固和加深对这些知识的认知,进而拓宽与文章相联系的文化背景知识面。此外,读者细致地观察语言、假设判断、分析归纳、推理验证和逻辑思维等能力也能在阅读过程中得到很好地培养。

阅读的学习和训练不能孤立地进行,它必须和词汇语法的学习以及听说能力的训练紧密配合起来进行。阅读的目的旨在培养学习者阅读文章的能力,因此,在阅读的学习和训练中,要注意阅读方法和技巧的探讨和掌握,不仅仅是解决阅读活动中所遇到的语言问题本身。本着这一考虑,我们精心编著了这本适应于文、理科在校大学生研读的《大学英语阅读自助读本》,以期将大学英语学习者顺利地引入英语阅读之门,使他们怀着极大的兴趣去领略各类文章的内涵、特点和精华,从而丰富知识结构,提高英语综合水平,

为顺利通过英语级别考试奠定基础。

《大学英语阅读自助读本》共含 60 个单元,每个单元或编或著,包括 Learn the Following Ways of Saying Things (供读者的热身活动使用,熟悉了这些内容,可以减轻阅读难度)、Try to Answer the Following Questions While Reading the Text (带着这些问题,能使阅读更有目标,各种信息会更自然地流向大脑中流淌,进而更有利于理解);Text(研习的主要内容和语言等各种知识的载体)。所选文章内容涵盖了科普、社会生活、体育运动、经济、文化等各个方面,能起到丰富词汇、语法、句法和社会生活等各个方面知识的作用);Study the Following Language Points (对语言重点、句法难点、理解疑点所作的详尽分析和对比,以及切题、简明的例句可以使读者更易于理解文章、增长语法、词汇和结构知识);Answers to the Questions (检验对文章的理解程度);Text in Chinese (有助于理解文章);How to Read (丰富实用的阅读技巧,可以帮助读者在短期内学会如何进行阅读和怎样准确、快速吸收文章信息和解答四、六级阅读理解试题)等七个栏目。学习者只需按部就班,依照要求去研读和强化训练,便能起到特殊的学习效果,使自己在没有老师的指导下,达到迅速提高阅读理解能力的目的。

作者

1998 年 8 月

## 目 录

UNIT 1. How to Choose Your Career .....	[ 1 ]
UNIT 2. Instant or Regular Coffee? .....	[ 7 ]
UNIT 3. Housing in Britain .....	[ 13 ]
UNIT 4. Energy Cycle .....	[ 21 ]
UNIT 5. Importance of the Stock Exchange .....	[ 27 ]
UNIT 6. How to Remember Things .....	[ 34 ]
UNIT 7. A Career in Fashion .....	[ 42 ]
UNIT 8. The Lives of Women .....	[ 49 ]
UNIT 9. No Employment for Everyone .....	[ 54 ]
UNIT 10. Problems of Noise .....	[ 61 ]
UNIT 11. The Importance of Curriculum Vitae .....	[ 69 ]
UNIT 12. Immunization of Diseases .....	[ 75 ]
UNIT 13. Parent-Child Relationships .....	[ 81 ]
UNIT 14. Meetings .....	[ 87 ]
UNIT 15. Geomancy .....	[ 94 ]
UNIT 16. College and Intelligence .....	[101]
UNIT 17. Women and Society .....	[109]
UNIT 18. Cities .....	[116]
UNIT 19. Bathing .....	[125]
UNIT 20. How to Modify the Human Daily Cycle of Activity .....	[132]



UNIT 21. Code of Etiquette .....	[140]
UNIT 22. Egg Cartons .....	[149]
UNIT 23. There is No Hierarchy in Languages .....	[155]
UNIT 24. Parents in Educating Children .....	[162]
UNIT 25. Television in America .....	[169]
UNIT 26. Children's Learning .....	[175]
UNIT 27. Arthur .....	[181]
UNIT 28. Life with Father .....	[188]
UNIT 29. Harlem .....	[195]
UNIT 30. Unemployment .....	[201]
UNIT 31. Taboo .....	[207]
UNIT 32. Ways of Communication .....	[215]
UNIT 33. English Teaching in China and Canada .....	[221]
UNIT 34. Main Causes for the Development of American Higher Education .....	[228]
UNIT 35. Buying A Hi-Fi Set .....	[235]
UNIT 36. Computer and Schools .....	[241]
UNIT 37. The Development of Attitudes .....	[247]
UNIT 38. Let Children Learn to Judge Their Own Work .....	[254]
UNIT 39. Imitation .....	[260]
UNIT 40. Returning to the Nest .....	[267]
UNIT 41. Manners in Cities .....	[273]
UNIT 42. Sports and Friendship .....	[280]
UNIT 43. Lawsuits in U. S. A. ....	[287]
UNIT 44. The Form of Money .....	[295]
UNIT 45. Speed Reading .....	[300]
UNIT 46. The Poor Are Sicker .....	[307]
UNIT 47. The Olympic Games .....	[313]



UNIT 48. Endangered Species .....	[319]
UNIT 49. The Madrid Fault .....	[325]
UNIT 50. Harmful Effects of Mercury .....	[332]
UNIT 51. The First Hospital Artist .....	[337]
UNIT 52. American Federalism .....	[343]
UNIT 53. The Arab Way of Being Alone .....	[351]
UNIT 54. Retroreflectors .....	[357]
UNIT 55. Hatred in America .....	[363]
UNIT 56. Sandpaintings .....	[371]
UNIT 57. Solid or Liquid Fuel? .....	[377]
UNIT 58. Alternative Treatment .....	[383]
UNIT 59. Warnings of Using Water .....	[391]
UNIT 60. Weather Maps .....	[399]

# UNIT 1. HOW TO CHOOSE YOUR CAREER

## A. LEARN THE FOLLOWING WAYS OF SAYING THINGS

1. as much help as possible
2. draw up a list of questions
3. give thought to
4. bear in mind
5. affect the future course of your life
6. partially determine your range of friends
7. recreational activities
8. other important aspects of your life
9. a clear knowledge of my abilities and aptitudes
10. as well as my interests and aims
11. be honest about your weak points
12. take a really good look at yourself
13. give real thought to the kind of person you are
14. what you can do with yourself
15. gain some idea of
16. challenging in the careers

17. talking to people already in the careers that interest you
18. watch these people at work
19. the immediate advantages
20. the long-term prospects offered by the jobs
21. in the years to come
22. the importance of education in all fields
23. talk about my job preferences with my careers master
24. a tremendous fund of experience
25. stimulate you /to give careful thought to
26. offer useful suggestions
27. take full advantage of your personal qualities

## **B. TRY TO ANSWER THE FOLLOWING QUESTIONS WHILE READING THE TEXT**

1. What is the main idea of the second paragraph?
2. What is the main idea of the third paragraph?
3. What does "...your next question is what you can really do with yourself " mean?
4. What does this passage focus on?
5. What can you conclude from the last paragraph?

## **C. READ THE FOLLOWING TEXT**

### **HOW TO CHOOSE YOUR CAREER**

In order to give you as much help as possible, I have drawn up a list of questions that you ought to ask yourself.

"Have I given thought to what I would like to be doing 15 to 20 years from now?" Bear in mind that the career you choose will affect the future course of your life. It will partially determine your range of

friends, your choice of husband or wife, where you live, your recreational activities, and other important aspects of your life.

“Have I a clear knowledge of my abilities and aptitudes, as well as my interests and aims?” Be honest about your weak points as well as your strong ones. Take a really good look at yourself and give real thought to the kind of person you are, what you are good at, and what kind of person you want to be.

“Do I know the kind of occupations in which people like myself tend to find success and satisfaction?” Once you have examined and found out about yourself, your next question is what you can do with yourself. You can gain some idea of what other people, with similar abilities and interests, consider to be important and challenging in the careers that they chose, by talking to people already in the careers that interest you. Watch these people at work.

“Have I weighed carefully the immediate advantages against the long-term prospects offered by the jobs I am considering?” Will the occupation you select give you satisfaction, not just when you start, but in the years to come? Realize now the importance of education in all fields, technical and professional. Remember that when promotion occurs, preference is usually given to educated persons other things being equal.

“Have I talked about my job preferences with my careers master, my parents, teachers and my headmaster?” Remember they have a tremendous fund of experience from which you should benefit. They can help you think about the jobs in which you will find satisfaction and challenge. They can stimulate you to give careful thought to what you really want to do, and offer useful suggestions as to how you might take full advantage of your personal qualities and qualifications.

个人特点和能力

## D. STUDY THE FOLLOWING LANGUAGE POINTS

1. I have drawn up a list → I have made a list. "To draw up" means "to compose, form or write". The past form of "draw" is "drew", and "drawn" is its past participle.

2. Have I given thought to → Have I ever thought of...

3. like to be doing 15 to 20 years from now → The infinitive form of the continuous tense "to be doing" used after the verb "like" means the action will be happening in a specific period of future time.

e. g. I will be writing my paper at 8 tomorrow evening. Please don't come to disturb me.

4. bear in mind → remember, not to forget. Remember that the verb "bear" can be a noun, meaning "a large and heavy animal called *gou xiong*" in Chinese. And when used as a verb, it has the following meanings:

to carry from one place to another

to support

to have or show

to suffer without complaining

to give birth to

to produce a crop, fruit, etc.

The past form of the verb is "bore", and the past participle "borne". You are to compare the verb with words like "abide, endure, stand and tolerate".

5. aspect → a particular side of a many-side state of affairs, idea, plan, etc.

6. a clear knowledge of → The word "knowledge" means "familiarity with" or "information about". Though it is an uncountable noun, it can be used with the indefinite article "a", but you can't make it plural. Here the sentence means "Have I known my abilities and apti-

tudes quite well?"

7. your next question is what you can do with yourself → your next question is to decide what you are best at.

8. Here I have weighed carefully the immediate advantages against the long-term prospects offered by the jobs I am considering → In this sentence, the verb "weigh" means "to consider or compare", while "against" has the meaning of "in contrast to".

9. other things being equal → This is an absolute nominative construction, meaning "when other things are equal".

10. have a tremendous fund of experience → The word "tremendous" means "very great in size, amount, or degree"; "fund" means "a supply or sum of money set apart for a special purpose". Here it is used figuratively to mean "a great deal".

11. take full advantage of → The word "advantage" means "profit, gain or benefit". "To take advantage of" means "to make use of".

## E. ANSWERS TO THE QUESTIONS

1. The main idea of the second paragraph is that a person should choose his career very carefully.

2. The main idea of the third paragraph is that the person choosing career should examine himself.

3. It means that the person should decide what he is best at.

4. This passage focuses on how you can choose the right career.

5. From the last paragraph we can conclude that one's careers master, parents, teachers and headmaster can give good advice to him.

## F. TEXT IN CHINESE

### 如何找职业

——为了尽量多给予你一些帮助,我列出了一系列你应该扪心自问的问题。

——“我有没有想过 15 到 20 年之后自己会干什么?”记住,你所选择的职业将会影响到你的未来。它会或多或少地决定你的朋友圈、你对配偶的选择、你的居住环境,你的娱乐活动以及你生活中其他一些重要的方方面面。

——“我对自己的能力和才智,以及自己的兴趣和志向有没有一个清楚的认识?”对于自己的长处和弱点都应持坦诚的态度。以一种真正公正的目光去看待自己,真实地想一想你是什么样的人,你在什么方面擅长,你想成为什么样的人。

——“我了解那种像我这样的人易于得到成功和满足的职业吗?”一旦你审视并了解了自己,你的下一个问题就是找到你确实能干的事情。你可以通过与那些已经从事你感兴趣的职业的人交谈来得到启发,想一想那些有着同样能力和兴趣的人是怎样考虑他们选择职业的重要性和挑战性的。观察那些工作着的人吧。

——“我有没有把我所考虑的职业所带来的近期效益与其前景放在一起而仔细地权衡一番?”你所选择的职业是不是刚开始并不一定使你满意,而要在若干年之后?你现在该明白教育在所有行业中的重要性了,无论是技术上的还是职业上的。要记住,当晋升机遇到来时,同等条件下受过较多教育的人往往被优先考虑。

——“我有没有与我的职业负责人、我的父母、我的老师和班主任商谈过我所喜爱干的工作?”要记住,他们有着极其丰富的生活经历,你可以从中获益。他们能够帮助你想出令你满意并具挑战性的工作。他们会激励你认真思考你到底想干什么,而且,还会对怎样才能充分施展你的个人特点和才能提供一些有用的建议。



## G. HOW TO READ

在外语的学习中,阅读占有极其重要的地位。培养阅读文章的能力应当是语音、听说、词汇、语法、写作等一切语言知识学习的最终目的之一。各分支之间良好促进作用在阅读中能得到充分的显现。认识和理解外语文章的基础是词汇和语法,而阅读反过来又起着巩固词汇和语法知识的作用;一定的听说能力为阅读理解能力的培养提供了基础,而阅读理解能力的培养则又巩固了听说训练的成果。由于在阅读中词汇、语法、句法等各种知识能得以反复交叉出现,学生得以巩固和加深对这些知识的认知,进而拓宽与文章相联系的文化背景知识面。此外,读者细致地观察语言、假设判断、分析归纳、推理验证和逻辑思维等能力也能在阅读过程中得到很好地培养。阅读是一种交际行为,是读者接收文字符号所带信息或知识的过程。接收质量的高低,取决于接收者本身的逻辑思维、判断、引申能力、文化水平、语言能力、消化吸收、反馈和转换能力的高低。因此,在平时的阅读活动中,读者要刻意在这几个水平和能力方面加强训练和提高。

## UNIT 2. INSTANT OR REGULAR COFFEE?

### A. LEARN THE FOLLOWING WAYS OF SAYING THINGS

1. the producers of instant coffee

2. find their product strongly resisted in the market places
3. despite their manifest advantages
4. the advertising expenditure for instant coffee
5. far greater than that of regular coffee
6. the consumers' seemingly unreasonable resistance to the product
7. the reason given by most people
8. one of motivation research's classic studies
9. with the brands or amounts specified
10. each person in a group of fifty women
11. another group of the same size
12. as far as they could
13. a poor planner
14. On the other hand
15. regular coffee
16. instant-coffee user
17. draw such a conclusion about the housewife
18. intend to buy regular coffee

**B. TRY TO ANSWER THE FOLLOWING QUESTIONS WHILE READING THE TEXT**

1. What was the purpose of motivation research?
2. What did the investigation indicate?
3. What did the producers probably revise their advertising to show on the results of the test?
4. What does the fact that producers found resistance to their product although they spent more advertising money on instant coffee show?
5. Why was instant coffee strongly resisted?