

第1辑

英语阅读速度训练

TIMED READING

徐庆新 编
顾 华 校

广东科技出版社

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内 容 简 介

中学英语和高等学校公共英语教学，都把培养学生的阅读能力放在首位。即将推广的英语标准化考试和国外流行的TOEFL考试，都把阅读理解能力的测验作为重要内容。本书就是为读者提高英语阅读能力的训练而编写的。

本书第1辑共编入30篇文章，每篇文章含有350至400个单词。读者可按“起读时间”、“结束时间”和文后的“理解程度测验”题目，检测自己的阅读速度和理解程度。书末附有参考译文、参考答案和阅读情况总结表。

本书可供中学和大学低年级学生作为课堂或课外阅读的材料，更适宜于自学英读者使用。

前 言

提高阅读速度，才能迅速地、大量地摄取信息。不少先进国家从六十年代起，就建立了专门研究阅读和速读的机构，出版了很多训练阅读能力的书籍，创造出许多训练阅读能力的方法，其中最普遍、最常用和最有效的是视读练习(perception drills)和计时阅读(timed reading)两种。

阅读能力包括阅读速度和理解能力两个方面。本书就是根据这种原则编选的，不仅强调训练阅读速度，而且十分注意训练阅读的理解能力，每篇文章前有STARTING TIME(起读时间)，后有FINISHING TIME(结束时间)，从中换算出每分钟阅读的平均单词数，填入WORDS PER MINUTE项中。每篇文章还附有十道选择题，以测定读者的理解能力。理解程度用百分比计算，每题计10%，结果填入%COMPREHENSION项中。书末附有阅读情况总结表，以供前后对比。

事实证明，进行速读训练并不是一件很难的事。根据多年的教学经验，笔者认为，读者如能按下述方法练习，可望在较短时间内提高阅读速度。

1. 纠正不良习惯

训练时要注意只让视线移动，不让头部随视线而左右摆动。要专心致志地默读，默读速度会比朗读速度快很多。切勿用手指或笔沿着所读的字行移动，并尽量避免身体的活动。

2. 精神高度集中

速读时要象读推理小说那样，既紧张迫切地往前读，又要全

神贯注地抓住要领，紧跟作者的布局进行逻辑推理，对全文进行连贯的理解。边读边思索，有助于精神高度集中。

3. 养成短语视读习惯

一个人的视线能扫射4~5个词。速读时必须有意地扩大视幅，把句子划分为短语进行视读。

4. 预猜文章内容

从文章的标题，可大致推测其内容。如标题为“paper”，便可想到纸张的发明、纸张的制造、纸张的用途等。这有助于提高阅读速度。

5. 从语境悟意

充分利用构词法知识或根据上下文联系推测，悟出词义。出现几次的生词，可以通过前后对照而了解其含义。对理解全文关系不大的词可以暂搁在一边。如果有的词无法悟出，又影响理解，则可作记号，待读毕全文再查词典。

阅读时一遇到生词便查词典的做法必然影响阅读速度，而且时断时续的阅读又使理解不易连贯，妨碍掌握全文大意。所以速读训练时不应使用词典。速读的目的在于了解全文的主要信息，个别生词对它不会有太大的影响。

6. 坚持计时阅读

记下开始阅读和读完全文的时间，计算出每分钟所读词数(words per minute, 简写为w·p·m)。记下阅读速度后，接着做练习。一般要求70%以上的习题能做对。为了有重点地加深理解，可以对文章某些部分进行第二次以至第三次速读。

可以相信，读者经过一段时间的阅读训练后，阅读速度和理解能力一定会相应提高，有助于更快地、更大量地摄取信息。

编者

一九八五年十月

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1. PAPER AND ITS USES 纸张及其用途

(349 WORDS)

Paper, like many other things that we use today, was first made in China. The Chinese made paper about 2,000 years ago. China still has pieces of paper which were made as long ago as that. But Chinese paper was not made from the wood of trees. It was made from bamboo.

Paper was not made in southern Europe until about the year 1100. Scandinavia did not begin to make it until 1500. It was a German who found out that one could make the best paper from trees. After that, the forest countries of Canada, Sweden, Norway, Finland, and the United States became the most important in paper making. Today in Finland, which makes the best paper in the world, the paper industry is the biggest in the world. New paper-machines are very big, and they make paper very fast.

When we think of paper, we think of newspapers, books, letters, envelopes, and writing paper. But there are many other uses. Only half of the paper that is made is used for books and newspapers, etc.

Each year, more and more things are made of paper. We have had paper cups, plates, and dishes for a long time. When you have used them once, you throw them away and buy new ones.

Paper is very good for keeping you warm. Houses are often insulated with paper. You have perhaps seen homeless men asleep on a large number of newspapers. They are insulating themselves against the cold. In Finland, where in winter it is sometimes -40°C , the farmers wear paper boots in the snow. Nothing could be warmer.

The latest use in paper seems to be paper houses. These are not small houses for children to play in, but real, big houses for people to live in. You can buy a house with three chief rooms for about \$500. You can put it up yourself in a few hours, and you can use it for about five years.

People have made paper boots, but they have not yet made paper airplanes and cars. Just wait—they probably will.

FINISHING TIME _____
WORDS PER MINUTE _____

理解程度测验

I. Fill in the blanks with suitable words.

1. Paper was first made in _____.
2. Chinese paper was made from _____.

3. Paper is good for keeping you

4. According to the author, what paper article has not yet been made?

5. How long can a paper house be used?

I. Choose the best answer to complete each sentence:

1. Today the best paper is made in

- a. China.
- b. Canada.
- c. Finland.

2. After you have used the paper cup once, you

- a. wash it.
- b. discard it.
- c. put it into a cupboard.

3. The author points out that

- a. some farmers use paper boots in cold weather.
- b. some farmers use plastic boots in cold weather.
- c. Nobody uses paper boots in cold weather.

4. Paper houses are

- a. real houses for people to live in.
- b. small houses for children to play in.

- c. real houses for young man only.
5. The author implies that
- paper is no longer a useful material.
 - paper will be replaced by some other materials.
 - paper remains a very useful material.

% COMPREHENSION _____

New Words

- bamboo [bæm'bu:]n. 竹
- Scandinavia [skændi'neivjə]n. 斯堪的纳维亚 (半岛)
- forestry country 有森林的国家
- Sweden ['swi:dn]n. 瑞典
- Norway ['nɔ:wei]n. 挪威
- Finland ['finlənd]n. 芬兰
- throw away 抛掉
- buy new ones 买些新的
(ones代表上句的 paper plates and dishes)
- are insulated with paper 用纸隔开
- wear paper boots 穿纸靴
- put it up yourself 你自己把纸屋搭起来 (it 代替 paper house)
- Just wait—they probably will. 等着吧, 将来会造出来的

2. PLASTICS 塑料

(360 WORDS)

Plastics are man-made material. They have been used for many purposes. Plastics are not damaged by water, they will not catch fire. We like them because they are light, much lighter than wood or metal. They can be harder than wood or softer than rubber. They can be made any color you like. Plastics can be divided into two main types.

Plastics of the first type are hard. Once they have been taken from their moulds, they will never melt or soften again under heat. But if you drop plastics of this kind onto a hard floor, they often break, and you cannot bend them.

Plastics of the second type can be bent because they are softer. They do not usually break if they are dropped. But if you put plastics of this kind too close to a fire, they will melt,

Did you know that many of the clothes you wear have plastics in them? That beautiful dress you are going to put on are really made of plastics! Clothes made from plastic fibres have big advantages over clothes made from natural materials like cotton, wool or silk. They are lighter, easier to wash and dry,

they keep their shape much longer, and they don't wear out so quickly.

Will the spread of plastics mean the end of natural materials? One day, perhaps, this may happen. But many people still prefer the look and the feel of natural materials. The trouble with plastics is that they are—at the moment—too perfect. Two objects made of wood never look quite the same, even if they have been made by machines.

It is not likely, either, that plastic fibres will ever completely take the place of natural fibres. Materials made entirely of plastic fibres are not quite as beautiful to look at as silk, or quite as soft as wool. Besides, clothes made of pure plastic fibres do not 'breathe' like clothes made of natural materials—at least, not yet! They make the wearer feel hot and sticky. Therefore cloth manufacturers now usually mix cotton or wool with the plastic fibres.

Certainly more and better plastics will be made in the future.

FINISHING TIME _____
WORDS PER MINUTE _____

理解程度测验

I. Fill in the blank with suitable words.

1. Plastics are artificial _____.
2. Plastics have been used for _____.

_____ purposes.

3. Two objects made of wood will never look _____.
4. If you drop an object made of hard plastics onto a hard floor, it will _____.
5. Plastics of the second type are _____.

I. Choose the best answer to complete each sentence:

1. Plastic fibres are
 - a. as beautiful to look at as silk.
 - b. more beautiful to look at than silk.
 - c. not so beautiful to look at as silk.
2. Plastic fibers make the wearer feel
 - a. very comfortable. b. comfortable. c. hot and sticky.
3. If you put soft plastics too close to a fire, they will
 - a. catch fire. b. melt. c. bend.
4. The author implies that plastics industry
 - a. will develop in the future.
 - b. will cease to develop in the future.
 - C. will remain unchanged as today.
5. The disadvantage of plastics is that they are
 - a. too hard.
 - b. too soft.
 - c. too perfect.

% COMPREHENSION _____

New Words

1. plastic[ˈplæstɪk] *a.* 塑料的 plastics *n.* 塑料
2. mould[meuld] *n.* 模; *v.* 制模, 塑造
3. bend[bend] *v.* 弯曲
4. clothes made from plastic fibres 用塑料纤维制成的衣服
5. keep their shape 保持它们的外形
6. wear out 穿坏, 用坏
7. spread[spreɪd] *n. v.* 普及, 散布, 传播, 流行
8. the trouble with plastics 塑料的缺点
9. perfect[pəːfekt] *a.* 完善, 千篇一律
10. either[ˈaɪðə] *adv.* (用于否定词或否定句之后, 以加强语气)
11. as beautiful to look at as silk 如丝绸那样的美观
12. at least, not yet. 至少现在还不行
13. sticky[ˈstɪhi] *a.* 胶粘的, 不愉快的

3.A NEW WAY OF LIFE 新的生活方式

(386 WORDS)

The history of our form of government begins with its settlers. Most of the early settlers came from England. They lived in groups called colonies. The King of England was their ruler.

The English settlers founded the Virginia colony at Jamestown in 1607. It was the first permanent English colony. In 1620 other English people came to America. They were known as Pilgrims. They went to Holland first. In Holland, their children began to forget the English ways. They decided to leave Holland and go to the New world. They struggled to build homes and to exist. After a hard winter, the Pilgrims who survived held a feast with the Indians who had helped them begin their new way of life. This was the first American Thanksgiving.

More Englishmen, as well as people from other European countries, came to live in America. Many, like the Pilgrims, wanted to be free to worship God in their own way. Others were looking for political freedom. Traders were seeking to make money. The poor and the unemployed people wanted jobs and the