

21 世纪大学英语

快速阅读

(全新版)

第三册

主编 张增健

复旦大学出版社



21st Century College English

Fast Reading

Book III

21 世纪大学英语

快 速 阅 读

(全新版)

第三册

主 编 张增健

编写者 张增健 吴建蘅 程 寅

復旦大學出版社

图书在版编目(CIP)数据

21 世纪大学英语快速阅读. 第3 册: 全新版/张增健主编.
—上海: 复旦大学出版社, 2006. 2
ISBN 7-309-04880-6

I. 2… II. 张… III. 英语-阅读教学-高等学校-教材
IV. H319.4

中国版本图书馆 CIP 数据核字(2006)第 001080 号

21 世纪大学英语快速阅读 (全新版) 第三册

主编 张增健

出版发行 复旦大学出版社 上海市国权路 579 号 邮编 200433
86-21-65642857(门市零售)
86-21-65118853(团体订购) 86-21-65109143(外埠邮购)
fupnet@fudanpress.com <http://www.fudanpress.com>

责任编辑 林骧华
总编辑 高若海
出品人 贺圣遂

印刷 上海复文印刷厂
开本 850×1168 1/16
印张 7.5
字数 167 千
版次 2006 年 4 月第一版第二次印刷

书号 ISBN 7-309-04880-6/H·949
定价 15.00 元

如有印装质量问题, 请向复旦大学出版社发行部调换。

版权所有 侵权必究

《21 世纪大学英语·快速阅读》

编写及使用说明

《21 世纪大学英语·快速阅读》是为配合《21 世纪大学英语》教学而编选的一套阅读教材。全书共分四册，材料主要选自近年来英、美等国出版的原文作品或报刊文章。语言清新、活泼，内容生动、多样，文章具有一定的趣味性、知识性或信息性。

《快速阅读》每册设八个单元，每单元安排三篇课文。文章篇幅，第一册一般保持在三五百词左右。第二册增至 350—650 词之间。尔后两册，长度及难度再略增加，以形成一定的梯度。为引导学生有意识地提高阅读速度，每篇皆明确设定一完篇时限（time limit）。篇后还配置一定的练习，供学生在教师的指导下检测自己的阅读理解能力。

《快速阅读》一至四册均印成活页，单独成册，由教师保管。过去，本人执教大学英语时，一直是以“抓紧精读，巧用速读”的方式来处理《快速阅读》教材的。而当年使用《快速阅读》的情景，现在仍记忆犹新。

《快速阅读》材料短小精悍，内容生动有趣，语言清新流畅。教师留在手头，似乎拥有某种“新式武器”的感觉。每次使用前，先将材料准备好，可放在授课前，作为课程的“开篇”；也可放在课程中间，作为活跃课堂气氛的一种教学手段；也可于某堂课结束前使用，作为这堂课程结束时的一个“小高潮”。总之，要成功使用《快速阅读》教材，就必须“见缝插针”，发挥其“轻骑兵”的作用。

《快速阅读》本属读写教程的一个组成部分。英语读写教程的目的，在于全面培养学生的语言读写技巧及使用能力，其中自然也包含培养学生提高阅读速度的一项。鉴于 21 世纪是信息世纪，通过阅读英语资料获取信息，已成为生活、工作中不可或缺的一环。

此外，新颁布的修订版《大学英语教学大纲》及《大学英语四、六级考试大纲》，也对大学生的英语快速阅读能力提出进一步的明确要求。所以，根据形势，有必要编选一套着眼于强化快速阅读的教材，努力提高学生阅读速度并增强学生快速获取信息的能力。

谈到提高阅读速度，很多人首先会想到速读技巧的传授和掌握。其实，最直接影响个人阅读速度的，倒是各自平时的阅读习惯。有人在阅读时，或是逐词逐字地“细嚼慢咽”，或是在“有语无声”地进行默默诵读（vocalization，在读一些经典性好文章时倒是需要这样来念的）。要提高阅读速度，首先要改变这两种不良阅读习惯。这次我们在随书发

行的光盘中, 试用多种方式, 引导学生养成良好的阅读习惯, 以利阅读速度的提高。其中一种就是在阅读时, 要求读者的眼睛不是随着行文逐词逐字地向前挪动, 而是按“意群”(词组或语法结构) 快速往前跃动。例如下文, 我们用斜线符号“/”将短文按“意群”划开, 以引导学生扩展“视线跨度”(eye span), 能按“意群”加以视读。这不但能加快阅读速度, 而且还可以收到“眼到意明”的理解效果:

Mr. Jones was surprised / to see the professor / come to a halt / when he saw the rope, / and look carefully up and down the road. / When he saw that / there was nobody in sight, / he stepped quietly into the garden, / put his umbrella, / newspaper, / bag and hat / neatly on the green grass / and took hold of the rope. / He pulled it hard / to see whether it was strong enough / to take his weight, / then ran as fast as he could / and swung into the air / on the end of the rope, / his grey hair blowing / all round his face. / Backwards and forwards he swung, / occasionally / taking a few running steps / on the grass / when the rope began to swing / too slowly for him. /

关于“快速阅读技巧”, 这里想再简单讲几句。所谓“速读技巧”, 一般即指“skimming”(略读) 和“scanning”(掠读) 两项阅读技能。平时, 我们拿到一份材料或一篇文章后, 多半会很快地从头至尾浏览一遍, 了解内中大致讲些什么。我们这么做, 实际上已在运用 skimming 这一技巧了。用快速阅读的术语说, 就是“Skimming for the main idea”。而速读中的 scanning, 则多半用于搜索所需的特定信息或材料, 例如查阅电话簿, 翻看电影广告, 查找史书中某一事件的年代等等, 这就是所谓的“Scanning for the specific fact or information”。

所以, skimming 和 scanning 这两项速读技巧, 实际上也是常识性技巧, 我们在生活和学习中一直都在使用, 只是没有意识到罢了。现在, 我们只要有目的、有意识地在阅读中加以运用, 相信很快会熟练掌握好的。

最后似乎还得强调一点。提高阅读速度固然重要, 但是阅读理解总体能力的加强, 才是英语阅读教学中的“重中之重”。阅读速度的提高若无助于阅读理解, 那么这种提高显然毫无意义; 反之, 如果阅读理解能力总体加强了, 自会促进阅读速度的提高——这一道理想必是不言而自明的吧。

但愿大家能喜欢这套教材, 更希望能在使用中提出宝贵意见。

张增健
2005 年 12 月

CONTENTS

Unit One

- Reading 1 The Sensation of a Smile
- Reading 2 The Unattractive
- Reading 3 How to Read Body Language

Unit Two

- Reading 1 The Strictest, Hardest and Best Teacher
- Reading 2 Variation in Language
- Reading 3 Early Foreign Language Education

Unit Three

- Reading 1 Life is a Marathon
- Reading 2 Grandpa's Great Race
- Reading 3 The Four-Minute Mile

Unit Four

- Reading 1 Is Anybody Out There?
- Reading 2 Grab a Memory with Your Camera
- Reading 3 The Gracious Impulse to Write a Letter

Unit Five

- Reading 1 Peace Prize for Women
- Reading 2 Male-Female Friendship
- Reading 3 Men and Women: Do They Speak the Same Language?

Unit Six

Reading 1 Why Is This Man So Popular?

Reading 2 In the Faces of Children

Reading 3 Pablita Velarde

Unit Seven

Reading 1 Rooftop Gardens

Reading 2 Sick Building Syndrome

Reading 3 The San Francisco Earthquake

Unit Eight

Reading 1 Americans Still Dream the American Dream

Reading 2 Harsh Reality of the American Dream

Reading 3 Movie Magic

Appendix

Key to Comprehension Check

Reading 1 (Suggested Time Limit : 6 minutes)

The Sensation of a Smile

by Joe Girard

There is something sensational about a smile. It can light up the sky. It can lift the spirit. It can change those around you. It can change you. It's easier to sell yourself with a smile; it's a rough job without one.

One of the first reasons I learned when it came to selling yourself was this: Your face isn't only for eating, or for washing, or for shaving if you're a man, or for makeup if you're a woman. Rather, it was actually made to order for the greatest gift God ever gave a human being — a smile. Made to order? You bet. It takes a lot more muscles to make a frown than it does to make a smile.

The more muscle you use to put on a frown, the more "muscle" you'll get back from others. But, if you give a smile the odds are ten to one you'll get one back.

I have a little sign in my office right where I can look at it all day long. It reads: *I saw a man who didn't have a smile, so I gave him one.* I don't know who first said that, but I don't apologize for using it and I wish I could give him or her credit for the way it brings a smile to the lips of everyone who sees it.

Maybe that's why songwriters have written so many tunes about smiles. They tell us that when you smile the whole world smile with you... and that you should pack up your troubles in your old kit bag and smile, smile, smile... that there are smiles that make you happy... that you should let a smile be your umbrella... that you should smile, darn you, smile... and that when Irish eyes are smiling, they'll steal your heart away.

I've got news for that last songwriter. When Italian eyes are smiling, or German, or Spanish,

or English, or Russian or Greek, or *anyone's* eyes are smiling, they'll do the same thing. A heart just isn't safe from theft.

That's giving a lot of credit to a smile, isn't it? But, why not? As I said, a smile can smooth out many a bumpy road when it comes to selling yourself. A grouch is going to get stuck in the ruts.

Not too long ago, Dolly Cole, wife of the then president of General Motors, said to me, " Joe, I'm the chairperson this year of the March Dimes campaign and we're having a number of celebrities in to help us on our drive. I'd like you to join us. "

Although I didn't count myself a celebrity, I told her I would be honored to help out. Then I added a condition: " I'll do it, Dolly, if you'll introduce me to your husband, Ed. " I figured this was a reasonable request; after all, I'd been selling his cars for the better part of my career. Dolly smiled and agreed.

I'll never forget that occasion. When Dolly did introduce me he was in the company of Phil Donahue, the talk-show host. Dolly must have told him about me, because he turned to Donahue and said, " Phil, this is Joe Girard, the world's number one retail car salesman. He's the guy who makes my assembly lines move! "

Who could top that for openers? But Ed, himself, did, because then he turned on a sensational smile as he shook my hand. It was a smile so big, so warm, so full, it could melt a piece of steel.

Now, he didn't have to sell himself to me. In a very real sense he was my " boss " at that time. But he sold himself with a smile, the same smile that moved him to success after success in the world's greatest automotive company. We became friends and remained so until his too-soon tragic death in an air crash.

Reading 1

The Sensation of a Smile

Comprehension Check

Choose the best answer for each of the following questions.

1. The passage mainly discusses _____.
 - A) the magic power in a smile, with an emphasis on its spirit-lifting effect
 - B) the contributory function of smiling to one's career
 - C) the necessity to put on a smile whenever possible
 - D) the superiority of smiling over frowning
2. By saying“ The more muscle you use to put on a frown, the more ‘ muscle’ you'll get back from others,” the author means _____.
 - A) the more you frown at others, the more muscular you will be
 - B) if you often frown at others, you are likely to get a similar response — to be frowned at by others
 - C) when you try really hard to frown, your muscle contracts
 - D) don't mobilize too much muscle when frowning
3. The author has a sign in his office where it can easily be seen all the time; it is intended to _____.
 - A) amuse himself and his colleagues
 - B) find the writer and express his gratitude
 - C) encourage frustrated people to keep going

- D) light up his heart as well as that of others
4. According to the author, one of the popular themes for songwriters is _____.
- A) love
- B) the loss of love
- C) smiles
- D) troubles in life
5. The statement“ A heart just isn't safe from theft” is meant to _____.
- A) illustrate the power of a smile
- B) show that theft is a common crime
- C) prove that anything can fall victim to theft
- D) reveal that people are emotional
6. From the passage we know that the author worked for a long time as a(n) _____.
- A) executive of an auto company
- B) successful car dealer
- C) manager of a sales department
- D) technician in a big car manufacturer
7. The author's first meeting with the then president of General Motors was a sweet experience because the author was _____.
- A) regarded as a celebrity
- B) warmly greeted by the host
- C) touched by the way he was introduced
- D) melted by the friendliness other people exhibited
8. Judging from his personal experience, the author (who is referred to as“ the world's greatest salesman” in *The Guinness Book of World Records*) would most probably agree that _____.
- A) smiles make the world go
- B) a big smile is worth of a thousand warm words
- C) smiles may lead one all the way up to the top rung of life's ladder
- D) all of the above

Reading 2 (Suggested Time Limit : 4 minutes)

The Unattractive

by Paul B. Horton

A number of research studies have shown that beautiful people “ get the breaks.” Other things being equal, most employers prefer pretty secretaries to homely ones. Research shows that people evaluate pretty women and handsome men higher than homely people in ability, personality, kindness, and professional success. Attractive children get significantly higher grades and score somewhat higher on achievement tests than unattractive children. Attractive interviewers get better cooperation from interviewees than homely interviewers, suggesting another reason why employers prefer attractive persons as salespersons or counselors. Attractiveness appears to be the most important single factor in dating preferences, with the handsome dating the beautiful while the unattractive date each other, if they date at all. Glamour even rubs off.

In one experiment a group of student judges rated a man higher in ability and personality when he was paired with a beautiful woman than when the same man was paired with a less attractive woman. People are also judged to be more moral and upright if they are good-looking. In a study of this phenomenon, written accounts of child misconduct were presented to a group of subjects for evaluation. Each account was presented to one group of judges with a picture of an attractive child attached, and to another group of judges with a picture of an unattractive child. Most judges excused or minimized the conduct when it was attributed to an attractive child, but severely condemned it when it was attributed to a homely child. Two studies even found that physically attractive persons are less likely to become mentally ill, and that they recover more quickly, than unattractive persons. Many similar experiments and surveys show how an attractive appearance opens

doors, excuses shortcomings, and gains advantages.

Once again, this is a form of discrimination that no law can completely remove. As far as we know, all societies have always distinguished beautiful people (however defined) from the unattractive and have continued to treat them differently.

As recently as April 2005, Dr. Andrew Harrell, a researcher at the University of Alberta, has shown that parents are more likely to give better care and pay closer attention to good-looking children compared to unattractive ones. His latest results are based on a parent's instinctive Darwinian response: we're unconsciously more likely to lavish attention on attractive children simply because they're our best genetic material.

“ Attractiveness as a predictor of behavior, especially parenting behavior, has been around a long time,” said Dr. Harrell, the executive director of the Population Research Lab, a father of five and a grandfather of three. “ Most parents will react to these results with shock and dismay. They'll say, ‘ I love all my kids, and I don't discriminate on the basis of attractiveness.’ The whole point of our research is that people do. ”

460 words

Reading 2

The Unattractive

Comprehension Check

Choose the best answer for each of the following questions.

1. What is the main idea of the passage?
 - A) One's physical appearance makes up an important element in one's career.
 - B) Beautiful people tend to get lucky opportunities and favorable treatments in all societies.
 - C) Attractive appearance could be a decisive factor in one's academic and professional assessments.
 - D) Laws should be laid down to remove discrimination against the unattractive.
2. From the context, we can figure out that the phrase“ get the breaks” most probably means _____.
 - A) get the lucky opportunities or favorable treatments
 - B) needn't exert oneself too much
 - C) take one's time in making decisions
 - D) impress others favorably
3. In many cases, good-looking people are even judged more capable with better personality and _____.
 - A) higher intelligence
 - B) more personal charm
 - C) more glamour

- D) more integrity
4. What is the most important factor in dating preference?
- A) Familiarity.
 - B) Attractiveness.
 - C) Kindness.
 - D) Affection.
5. According to this passage, which group people tend to think is less likely to become mentally ill?
- A) Physically strong.
 - B) Psychologically healthy.
 - C) Physically unattractive.
 - D) Physically attractive.
6. By saying“ an attractive appearance opens doors” , the author means that _____.
- A) attractive people are likely to have advantages and more opportunities
 - B) physical attractiveness is a prerequisite to getting started in any profession
 - C) good-looking people are granted special privileges
 - D) attractive people are optimistic and mentally sound
7. According to Dr. Andrew Harrell, the underlying reason for more parental attention given to attractive children is largely _____.
- A) psychological
 - B) social
 - C) biological
 - D) aesthetic
8. Most parents are shocked to learn that _____.
- A) their behavior is used to predict their parenting style
 - B) their unconscious mind controls their behavior
 - C) they unintentionally care less about their unattractive children
 - D) their behavior and intention are misinterpreted in some researches and surveys
9. What type of evidence is mostly given in this article for discrimination against the unattractive?
- A) Scientific experiments.
 - B) Gallop Poll.
 - C) Research studies and surveys.
 - D) Psychological analysis.

Reading 3 (Suggested Time Limit: 6 minutes)

How to Read Body Language

by Flora Davis

All of us communicate with one another nonverbally, as well as with words. We gesture with eyebrows or a hand, meet someone else's eyes and look away, shift positions in a chair. These actions we assume are random and incidental. But researchers have discovered in recent years that there is a system to them almost as consistent and comprehensible as language.

Every culture has its own body language. A Frenchman walks and moves in French. In talking, North Americans are apt to end a statement with a droop of the head and hand, a lowering of the eyelids. They wind up a question with a lift of the hand, a tilt of the chin, or a widening of the eyes.

The person who is truly bilingual is also bilingual in body language. New York's famous mayor Fiorello La Guardia, discussed politics in English, Italian and Yiddish. When films of his speeches are run without sound, it's not too difficult to identify from his gestures the language he was speaking. One reason English-dubbed foreign films often seem flat is that the gestures don't match the language.

One of the most potent elements in body language is eye behavior. Americans are careful about how and when they meet one another's eyes. In normal conversation, each eye contact lasts only about a second before one or both individuals look away. When two Americans look searchingly into each other's eyes, emotions are heightened and the relationship tipped toward greater intimacy.

Americans abroad sometimes find local eye behavior hard to interpret. " Tel Aviv was distur-

bing,” one man recalled. “ People looked me up and down. Finally, a friend explained that Israelis think nothing of staring at others on the streets.”

In the United States you are supposed to look at a passer-by just enough to show that you’re aware of his presence. In parts of the Far East it is impolite to look at the other person at all during conversation. In England the polite listener fixes the speaker with an attentive stare and blinks his eyes occasionally as a sign of interest.

There are times when what a person says with his body gives the lie to what he is saying with his tongue. Thus a man may appear calm, self-controlled — unaware that his foot is beating the floor constantly, restlessly. Rage is another emotion feet and legs reveal. Fear sometimes produces barely perceptible running motions — a kind of nervous leg jiggle. Then there are the subtle, provocative gestures that women use.

While children learn spoken and body language — proper postures, eye behaviors, etc. — they also learn a subtler thing: how to react to space around them. Man walks around inside a kind of private bubble, which represents the amount of air space he feels he must have between himself and other people.

Anthropologist Dr. Edward T. Hall points out that, for two unacquainted adult male Americans, the comfortable distance to stand for private conversation is from arm’s length to about four feet apart. The South American likes to stand much closer.

The American and the Arab are even less compatible in their space habits. Arabs may stand very close together to talk, staring intently into each other’s eyes and breathing into each other’s face. These are actions the American may associate with sexual intimacy and he may find them disturbing in a nonsexual context.

The amount of space a man needs is also influenced by his personality — introverts, for example, seem to need more elbow room than extroverts. Situation and mood also affect distance. Movie-goers waiting in line to see a sexy film will queue up much more densely than those waiting to see a family-entertainment movie.

Communication between human beings would be dull if it were all done with words. But words are often the smallest part of it.

636 words