

21st Century College English

Fast Reading Series III

21 世纪大学英语

快 速 阅 读

( 第三版)

第三册

主 编 张增健

副主编 孙延弢 王玉娟

编写者 张增健 吴建衡 程 寅

復旦大學出版社

**21st Century College English**

**Fast Reading Series III**

**21 世纪大学英语**

**快 速 阅 读**

**( 第三版)**

**第三册**

主 编 张增健

副主编 孙延弢 王玉娟

编写者 张增健 吴建衡 程 寅

**復旦大學 出版社**

# 《21 世纪大学英语·快速阅读(第三版)》

## 编写及使用说明

《21 世纪大学英语·快速阅读(第三版)》是为配合《21 世纪大学英语》教学而编选的一套快速阅读教材。全系列共含 4 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(第三版)》每册设 8 个单元,每单元收 3 篇课文。文章篇幅:第一册保持在 500—800 词之间。后三册,课文长度及难度均略有增加,以形成一定的梯度。为引导学生有意识地提高阅读速度,每篇皆设定一完篇时限(time limit)。篇后配置的练习:第一部分系按大学英语四级考试最新题型的要求加以设计,供学生在教师的指导下检测自己的阅读理解能力(Comprehension Check);第二部分则是一组供学生自行选择使用的翻译练习(Additional Practice)。

《快速阅读(第三版)》1—4 册,均印成活页,单独成册,由教师保管。过去,笔者执教大学英语时,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,至今记忆犹新。

《快速阅读(第三版)》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,可放在上课前,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;更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(第三版)》教材,就必须“见缝插针”,发挥其“轻骑兵”的作用。

《快速阅读(第三版)》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》、《大学英语四、六级考试大纲》及近两年的大学英语四、六级的实际测试,都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切实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,以利于阅读速度的提高。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:

I am excited / because I have a new group of students to teach, / and I look forward  
to / watching them learn writing, / mathematics, / and information about the  
community / and the world they live in. / Although it is sometimes difficult, / it is very  
satisfying to be a teacher. / I believe / each child has / a unique (独一无二的) pattern  
of qualities and abilities / that makes him or her special. / I am as concerned with their  
character / as with their success / and feel proud that / I am helping so many children  
become useful, / well-mannered, / and well-educated adults.

关于“快速阅读技巧”,这里想简单再讲几句。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,了解其中大致讲些什么。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,只要我们有目的、有意识地在阅读中加以运用,相信很快就会熟练掌握好的。

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”。如果阅读速度的提高无助于阅读理解,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。

# CONTENTS

## Unit One

Reading 1	The Sensation of a Smile .....	1
Reading 2	How to Read Body Language .....	6
Reading 3	To Find Happiness, Try These Exercises .....	13

## Unit Two

Reading 1	Variation in Language .....	19
Reading 2	Early Foreign Language Education .....	24
Reading 3	The Priceless Feeling: Weightless Above the Atlantic Ocean .....	31

## Unit Three

Reading 1	Life is a Marathon .....	37
Reading 2	Super-grandpa's Great Race .....	42
Reading 3	The Four-Minute Mile .....	48

## Unit Four

Reading 1	Is Anybody Out There? .....	54
Reading 2	Grab a Memory with Your Camera .....	59
Reading 3	The Gracious Impulse to Write a Letter .....	65

## Unit Five

Reading 1	Peace Prize for Women .....	71
Reading 2	Gender Differences in Friendship .....	76
Reading 3	Men and Women: Do They Speak the Same Language? .....	81

Unit Six

Reading 1 George Gershwin: A Tribute to America’s Greatest Composer ..... 87

Reading 2 In the Faces of Children ..... 92

Reading 3 Pablita Velarde: Artist Who Led the Way ..... 97

Unit Seven

Reading 1 Rooftop Gardens ..... 102

Reading 2 Sick Building Syndrome ..... 107

Reading 3 The San Francisco Earthquake ..... 112

Unit Eight

Reading 1 Americans Still Dream the American Dream ..... 119

Reading 2 Harsh Reality of the American Dream ..... 124

Reading 3 Movie Magic ..... 131

Appendix

Key to Exercises ..... 137

## Reading 1 ( Suggested Time Limit: 7 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 (颠簸的) road when it comes to selling yourself. A grouch (坏脾气的人) is going to get stuck in the ruts (车辙).

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.

( 651 words)



## Reading 1

## The Sensation of a Smile

## Comprehension Check

## Exercise A

*Read carefully the following set of statements about the passage. Write **Y** (for **Yes**) in the space if the statement agrees with the information given in the passage; write **N** (for **No**) if the statement contradicts the information given in the passage; write **NG** (for **Not Given**) if the information is not given in the passage.*

- \_\_\_\_\_ 1. In this passage Joe Girard (referred to as “the world’s greatest salesman” in *The Guinness Book of World Records*) discusses the magic power in a smile, with an emphasis on its spirit-lifting effect.
- \_\_\_\_\_ 2. Joe Girard tries hard to convince the reader of the superiority of smiling over frowning.
- \_\_\_\_\_ 3. The author has a sign in his office where it can be seen all the time; it is intended to light his heart as well as that of others.
- \_\_\_\_\_ 4. The statement “A heart just isn’t safe from theft” is meant to prove that anything can fall victim to theft.
- \_\_\_\_\_ 5. The author wonders why “smiles” have been a popular theme for songwriters.
- \_\_\_\_\_ 6. At the end of this article the author implies that a sensational smile may lead one all the way up to the top rung of life’s ladder.
- \_\_\_\_\_ 7. We may draw the conclusion from this article that an optimistic person is one who

appreciates best the sensation of a smile.

## Exercise B

*Complete each of the following statements by filling in the blank with suitable words on your own.*

8. By saying “The more muscle you use to put on a frown, the more ‘muscle’ you’ll get back from others,” the author means if you often frown at others, you are likely to get a similar response — \_\_\_\_\_.
9. From the passage we know that the author worked for a long time as \_\_\_\_\_.
10. Joe Girard was so touched by \_\_\_\_\_ when he first met with Dolly’s husband — the then president of General Motors.

## Additional Practice

## Exercise C

*The following sentences are taken from the passage. Carefully read them again and put them into Chinese.*

1. 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.

---

---

---

---

2. 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.

---

---

---

- 
3. 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.
- 
- 
- 

- 
4. 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.
- 
- 
- 
-

## Reading 2 ( Suggested Time Limit: 7½ minutes)

## How to Read Body Language

*by Flora Davis*

All of us communicate with one another nonverbally ( 用非语言方式 ) , as well as with words. We gesture with eyebrows or a hand, meet someone else's eyes and look away, shift position 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 ( 倾斜 ) 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 La Guardia, politicked ( 从事政治活动 ) 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 ( 英语配音的 ) foreign films often seem flat is that the gestures don't match the language.

Experts in kinesics — the study of communication through body language — are not prepared to spell out a precise vocabulary of gesture. For example, when a student in conversation with a professor holds the older man's eyes a little longer than is usual, it can be a sign of respect and affection. The expert looks for patterns in the context, not for an isolated meaningful gesture.

Kinesics is a young science — about nineteen years old — and very much the brain child of one man, anthropologist Dr. Ray L. Birdshistell. But it already offers a smorgasbord ( 大杂烩 ) of

small observation.

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 disturbing," 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 leg 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 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.

( 729 words)

## Reading 2

## How to Read Body Language

## Comprehension Check

## Exercise A

*Choose the best answer for each of the following questions.*

1. Researchers have found that eyebrow raising and shifting positions in a chair are \_\_\_\_\_.
  - A) random gestures or casual movements
  - B) part of a systematic means of communication
  - C) effective ways to convey emotions
  - D) uncontrollable reflexes
2. By saying “A Frenchman walks and moves in French” the author means that \_\_\_\_\_.
  - A) ethnically diverse, nonverbal behavior carries cultural distinctions
  - B) Frenchmen’s body language is more expressive
  - C) Frenchmen walk and move in a unique way
  - D) the French are as dramatic in body language as with their verbal communication
3. Foreign films dubbed in English often seem dull because \_\_\_\_\_.
  - A) audiences are ignorant of cultures other than their own
  - B) the translation of the scripts is poorly done
  - C) performers’ body language does not fit with their utterances
  - D) actors’ gestures often lead to misunderstanding
4. Among the various elements in body language \_\_\_\_\_ is / are believed to be the most

powerful.

- A) eye contact
  - B) running motions
  - C) facial expressions
  - D) uneasy shifts of positions
5. When that American said, “Tel Aviv was disturbing,” he meant that he felt uncomfortable there because Israelis \_\_\_\_\_.
- A) were impolite
  - B) were very indifferent to foreigners
  - C) lived in constant fear
  - D) would size others up with stares
6. In Para. 7, the author suggests that in some cases body language can \_\_\_\_\_.
- A) help get across complex ideas
  - B) promote mutual understanding in social interaction
  - C) betray the speaker’s dishonesty
  - D) enhance one’s self-esteem
7. Men’s “private bubble” refers to \_\_\_\_\_.
- A) their cozy home
  - B) their comfort zone — a sort of space of privacy
  - C) shelter from danger
  - D) a kind of physical protection
8. Which of the following may NOT be a factor affecting the amount of space someone needs?
- A) Personality.
  - B) Cultural background.
  - C) Profession.
  - D) Mood and situation.
9. We may infer from the concluding paragraph of this article that \_\_\_\_\_.
- A) word utterances without accompanying body language are either pale or lifeless
  - B) language is, to a certain extent, an ineffective means of communication by itself
  - C) it would be much fun to pay close attention to people’s verbal communication coupled with nonverbal behavior
  - D) All of the above.



## Additional Practice

## Exercise B

*The following sentences are taken from the passage. Carefully read them again and put them into Chinese.*

1. Every culture has its own body language. A Frenchman walks and moves in French.

---

---

---

---

2. The person who is truly bilingual is also bilingual in body language.

---

---

---

---

3. 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.

---

---

---

---

4. 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.

---