

● 汪开虎 王春艳 主编

7/10

Fast Reading

大学英语

6级

快速阅读

能力训练

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上海交通大学出版社

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内 容 提 要

本书针对大学英语六级考试中新增的快速阅读的题型编写的。本书汇编了 300 篇阅读文章,材料主要选自有关英美社会生活、历史、科普知识、文化、文学等方面的原文材料,内容丰富,题材、体裁多样,具有较强的知识性、趣味性和时代感,全书的阅读难度由浅入深,循序渐进,可帮助读者掌握快速阅读技巧,有效地提高阅读速度、增强理解的能力。

本书适用于希望在大学英语四、六级或 TOFEL 等英语考试中取得好成绩的学生,本书也可作为广大英语爱好者掌握快速阅读技巧,提高快速阅读能力的用书。

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前 言

21 世纪是信息倍增、知识爆炸的时代。人们需要以最快的速度在浩如烟海的各类信息中获得最重要、最急需的信息。因此,掌握快速阅读技巧成为广大英语学习者的当务之急。

2006 年 1 月开始试行的大学英语考试大纲已经将考试内容中阅读理解部分的比例调整为 35%,其中仔细阅读为 25%,快速阅读部分占 10%。

面对新增加的快速阅读题型,教师希望有针对性的教材用于课堂教学,考生渴望得到相关题型进行针对性训练。本套快速阅读丛书正是针对这一需求而编写的。

本书共两册,四、六级各一册。每册 300 篇阅读材料,每篇 2~5 道左右选择题。阅读材料大多选自 2005 年后英语报刊、网站发表的有关社会生活、历史、科技、文化等多方面的原文材料,题材广泛、体裁多样,具有较强的知识性、趣味性和时代感。所有问题都根据大学英语教学大纲和考试大纲反复推敲、精心设计,贴近考试题型。全书的阅读难度由浅入深,循序渐进,可帮助读者迅速掌握快速阅读技巧,有效地提高阅读速度,增强理解能力。

本书可作为大学英语快速阅读教材,也可供广大英语学习者自学,适用于非英语专业、英语专业低年级等希望在大学英语四、六级、英语专业考试或 TOFEL 等英语考试中取得好成绩的学生,同样适用于其他希望提高英语阅读速度的广大英语爱好者。

在编写过程中,我们得到了全国大学英语四六级考试委员会及其第二考试中心的指导和帮助,得到了上海交通大学外国语学院有关领导的鼓励和支持,在此一并感谢。

主 编

2006 年 6 月

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Passage 1

First read the following questions.

1. The lady in this passage has always wanted to be a journalist and when she was young she once applied for a job with _____.
A. New York Times B. USA Today
C. The Washington Post D. National Geographic
2. What kind of articles is this lady most interested in writing?
A. Political. B. Business.
C. Entertainment. D. Sports.

Now, go through the text quickly and answer question 1 and question 2.

My mom always wanted to be a writer. In 1926, when she was 18, she applied for a job at The Washington Post. An editor there told her that the characters she'd meet as a reporter were far too shady for a nice young lady.

But someone who wants to write will find a way to write. And someone who wants to change the world can do it without a big platform or high-profile byline.

Besides raising five kids in high heels, my mom wrote with a prolific passion that would have impressed one of her idols, Abigail Adams.

In her distinct penmanship, learned from the nuns at Holy Cross Academy in Washington, she regularly sent letters to politicians. I'd often see form-letter responses on her table from the White House or Congress.

She loved Ronald Reagan and when he landed in a firestorm, she'd write to tell him to support him. She also appreciated Bill Clinton - his sunny style, his self-wounding insecurity and his work on the Ireland peace process - and would write to compliment him as well.

In 1995, after reading a newspaper analysis suggesting that Al Gore was not sexy enough to run for president, Mom swiftly dashed off a note reassuring the vice president that he was sexy and that he'd done a great job as host of Pope John Paul II's visit to Baltimore.

Passage 2

First read the following questions.

1. What may NOT be a good warm-up exercise among the following?
A. Leg swinging. B. Forward and side bends.
C. Jogging on the spot. D. Running quickly.
2. What is the main idea of this passage?
A. Warm up before a game.
B. When exercising, you should focus on some muscles.
C. Jogging slowly is a better exercise than running quickly.
D. Some professional players often forget to warm up.

Now, go through the text quickly and answer question 1 and question 2.

Warm up Before You Get Physical

Even professional athletes sometimes neglect to warm up before a game. Gentle warm-up exercises include arm circling, leg swinging, forward and side bends, and jogging on the spot. Many experts suggest that after you've warmed up, you should perform muscle stretches by extending gently until you feel a pull then holding the position for 20 to 30 seconds. Focus on the muscles you'll be using, shoulders and arms for baseball, for example. Dr. Ian Shrier, a sports medicine specialist at McGill University in Montreal, says: "If you're running, start slow until you work up a sweat, then pick up speed. For a throwing sport, throw easy for a while before you throw hard."

Passage 3

First read the following questions.

1. What was the only sport that did not damage the writer's knees?
A. Tennis. B. Jogging.
C. Ice-skating. D. Swimming.
2. How would you best describe the writer of the passage?

- A. A man who loves sports.
- B. A man who does sports moderately.
- C. A man who does exercises to keep fit.
- D. An obligatory exerciser.

Many people have asked me why my knees were hobbled by arthritis long before I turned 60. Being born bowlegged gave them a start. But I made things worse by jogging daily for about 10 years and playing singles tennis for an hour nearly every day for more years than I can remember until increasing knee pain forced me to cut back.

Still, in winter, I went ice-skating most days, and during the warmer months, I cycled 10 miles nearly every morning. About the only activity that did not damage my knees was lap swimming, which I did four or five times a week.

For the obligatory exerciser, exercise becomes a top priority, even more important than work, school, friends and family. It is no longer a free choice.

This affliction is by no means limited to runners or to adults. While it can happen to anyone, young females are especially at risk. It is more common among those young women and men involved in sports that focus on weight and appearance like gymnastics, figure skating, dance, cheerleading, swimming, crew, track, wrestling and horseback riding. It is also more common among noncompetitive female college students who worry about weight.

Passage 4

First read the following questions.

1. What is the passage mainly about?
 - A. Heavy use of air conditioners.
 - B. Thermostats in factories.
 - C. Local generators.
 - D. Power shortages and power theft.
2. Power stealers, once caught, would have to pay about _____ times their unpaid fees.
 - A. 3
 - B. 4
 - C. 5
 - D. 6

Now, go through the text quickly and answer question 1 and question 2.

Heavy use of air conditioners, as Shanghai residents try to beat the heat, has sent power consumption soaring in the city of around 20 million people.

Summer demand in the city has been expected to outstrip supply from local generators by more than 10 percent.

Like many Chinese cities, Shanghai has ordered factories to operate in off-peak hours and told offices and malls to set thermostats higher as it struggles to keep up with growing power demand.

Power theft is making a bad situation worse.

In the first half of this year 11,000 megawatt-hours of power were not paid for.

Thieves caught in the current crackdown would face fines of five times their unpaid fees, but that might not be enough to pull the plug on the crimes. The penalty is too mild to really curb the big power thefts.

Passage 5

First read the following questions.

1. Which of the following statements is NOT true?
 - A. We can learn about a culture by examining the way its people see food.
 - B. We can learn about a culture by learning the role food plays in this culture.
 - C. We can learn about a culture by looking at the techniques its people have developed for creating meals using local foods.
 - D. The only way to learn about a culture is by visiting it.
2. This passage is taken out from a _____.
 - A. movie review
 - B. book review
 - C. tour guide
 - D. memo

Now, go through the text quickly and answer question 1 and question 2.

One of the best ways to learn about a culture is by examining the way its people eat. How do they see food? What role does it play? What techniques have they developed for creating meals using their indigenous foods?

Cookbooks are like snapshots of a people. This book in particular, *La Parilla*, captures the Mexican culture by examining the mainstay of their kitchens, the simple grill. Grilling in Mexico is an integral part of the lifestyle. Author Reed Hearon masterfully details the ingredients used – ingredients not found in other countries or at least not in the same combination. He notes the use of “recados” – spice blends that mimic in function but not in taste the garam masalas of India, or France’s herbs de Provence. What a country does with its native fruits and vegetables also paints a picture of the resources, terrain and climate. In Mexico, the heat of the chilies causes sweat, making us cooler, while banana leaves act as both cooking vessels and flavoring agents.

Passage 6

First read the following questions.

1. What is the one necessary quality in people who have succeeded?
 - A. The confidence in themselves.
 - B. The help of motivational therapy.
 - C. The ability to read fast.
 - D. The gift they were born with.
2. Which fact may prevent people from becoming speedreaders?
 - A. The habit of reading word-by-word.
 - B. Our eyes can catch several words at the same time.
 - C. Our eyes have a great range of scope.
 - D. Our brain computes at a very high speed.

Now, go through the text quickly and answer question 1 and question 2.

All motivational therapy tells people that in order to succeed – they must believe in themselves.

Once you have learned and practiced the methods in speed reading you can progress to reading faster than 1,000 wpm. But that requires a belief system change which might be difficult to adapt to if you are not persistent. It takes a leap of faith plus a belief in yourself. If you’re stuck in the habit of reading word-by-word, repeating every word silently to yourself, you might get stuck in the belief

Your eyes have phenomenal photographic powers and range of scope. Your brain is a computer operating at very high speeds. Although you might be clearly focused on one thing, your vision can still absorb the neighboring information and store it for later recall. Training yourself to expand your peripheral vision will expand your ability to take in several words simultaneously.

First read the following questions.

- Now, go through the text quickly and answer question 1 and question 2.*

The whale shark is the largest fish in the sea. Fully grown, it can be as long as a school bus. Yet it does not hunt large animals. Instead this shark swims with its mouth wide open. It gathers anchovies, sardines, and tiny animals and plants called plankton.

The hammerhead shark uses its head to pin down prey, or food, while eating. The saw shark has a snout that looks like a saw blade. It sweeps the sand with its strange snout until it finds a meal.

Great whites get blamed for most shark attacks. But tiger and bull sharks can also be dangerous. So can a few other species.

Passage 8

First read the following questions.

1. How much money was stolen from the biggest bank in Brazil?
A. \$68 million. B. \$156 million.
C. \$6.8 million. D. \$100million.
2. How long have the thieves been digging the tunnel?
A. 2 months. B. 3 months.
C. 4 months. D. 5 months.

Thieves Steal \$68 mln from Biggest Brazil Bank

RIO DE JANEIRO, Brazil (Reuters) – Thieves tunneled into a bank in northeastern Brazil and stole \$68 million, the biggest bank in the nation's history, police said on Monday.

"It's something you see in the movies. They dug a tunnel ... that goes underneath two (city) blocks. They've been digging for three months," police investigator Francisco Queiroga told Reuters by telephone.

The thieves broke into a branch of the central bank in the northeastern state of Ceara over the weekend and removed 156 million reais (\$68 million).

The theft was not discovered until Monday morning because the bank was closed.

"The tunnel was dug right underneath the vault," Queiroga said. "We've never heard of so much money being stolen from a bank in Brazil."

Passage 9

First read the following questions.

1. What is Phantom Ranch?
A. It is the name of a mule.

- B. It is the name of the canyon floor.
 C. It is the name of a travel agency.
 D. It is a ranch which accommodates people in rustic cabins and dormitories.
2. People considering going down to the canyon floor by muleback sometimes have to book as much as _____ months in advance.
 A. 3 B. 4 C. 5 D. 6

Now, go through the text quickly and answer question 1 and question 2.

If the extremely challenging hike to the canyon floor (8 miles; 12.9 kilometers) down the Bright Angel Trail and 6.5 miles (10.5 kilometers) on the steeper South Kaibab Trail is not for you, consider going by muleback. (Though mule trips are not for everyone either!) Mules leave the South Rim for day trips and overnights at Phantom Ranch, which accommodates guests in rustic cabins and dormitories. The ranch lies in a deep gorge of the inner canyon near the confluence of Bright Angel Creek and the Colorado River. The creek's clear waters are known for their excellent trout fishing. The lodge is the only place within the canyon where you can spend the night without camping, and it serves as a good base for hikes up Bright Angel Canyon. Advance reservations as much as 6 months ahead for mule trips are necessary.

Passage 10

First read the following questions.

1. Who is Lance Armstrong?
 A. A cyclist. B. A scientist.
 C. A newborn child. D. A football player.
2. How long has Ed Coyle been studying Lance Armstrong?
 A. For 33 years. B. For 13 years. C. For 7 years. D. For 5 years.

Now, go through the text quickly and answer question 1 and question 2.

Studies have found Lance Armstrong was born, and built, to win.
 As Lance Armstrong cruises to a probable seventh consecutive victory in the Tour de France, the world's premier road cycling event, most of us are left to

marvel; How does the man do it?

Is there something in the 33-year-old Texan's genetic makeup that makes him superhuman? Not if you ask Ed Coyle, director of the Human Performance Laboratory at the University of Texas at Austin.

Coyle has been testing Armstrong, who will retire from cycling after this Tour de France, for 13 years. The result is a rare comprehensive study of an athlete over his entire career. Coyle's findings were reported in a recent issue of the Journal of Applied Physiology. Armstrong clearly has some great genetic advantages.

Passage 11

First read the following questions.

1. What does the first sentence in the passage mean?
 - A. American people like cars.
 - B. American people like to race cars.
 - C. American people like to collect cars.
 - D. American people like to talk about cars.
2. Why do "red lights often encourage question-and-answer sessions with drivers of regular cars"?
 - A. Because people like to ask questions when they see red lights.
 - B. Because people have nothing to do while waiting for the green lights.
 - C. Because people are curious about the solar-powered car.
 - D. Because drivers have a lot of questions.

Now, go through the text quickly and answer question 1 and question 2.

Pick your vehicle – stock car, motorcycle, pickup truck, riding lawn mower – and competitors in the United States race them. So, too, the solar-powered car.

Robert Becho is a member of the solar-powered car racing team at the University of Missouri, Rolla. His crew's sleek vehicle is covered with cells that convert sunlight to electricity and power the vehicle. (The world's fastest solar racer, the Netherlands-based Nuna 2, has topped out at 105 miles an hour/170 kilometers an hour.)

Competitions take place on public roads. As a result, "we become a rolling science project," said Becho, a computer and engineering student. He notes that red lights often encourage question-and-answer sessions with drivers of regular cars.

Passage 12

First read the following questions.

1. How old was Aaron when a shark attacked him?
A. 10. B. 11. C. 12. D. 13.
2. How did Aaron fight against the shark?
A. He hit the shark in the eye. B. He hit the shark in the gills.
C. He kicked the shark on the body. D. He kicked the shark on the tail.

Now, go through the text quickly and answer question 1 and question 2.

Sharks are in trouble. Some kinds may die out in the near future.

What would you do if a hungry shark attacked you? Hopefully you will never have to answer that question for real. Aaron Perez was not lucky. Last summer, when the 11-year-old was wading in the Gulf of Mexico, a bull shark suddenly attacked him.

Fortunately, Aaron knew what to do. Just the day before, he had learned that one should punch an attacking shark in the gills or eyes. As the bull shark bit down on the boy's arm, Perez punched it in the gills. The shark let go. Aaron managed to get to shore safely.

Aaron survived the attack. A few days later, he talked about it. The shark was big and ugly, he said, bigger than my dad.

Shark attacks are nasty. Luckily, they are also rare. Worldwide, sharks attack fewer than a hundred people a year. Only about six die.

Passage 13

First read the following questions.

1. According to the passage, how much does it cost to clone a cat?

- A. \$50,000. B. \$100,000.
C. \$150,000. D. \$200,000.
2. Which of the following statements is NOT true?
- A. A cloned cat is a unique, newborn cat.
B. A cloned cat shares genes and some behavioral tendencies with its predecessor.
C. A cloned cat is a reproduced cat using the cloning technology.
D. A cloned cat is unique in the sense that it has nothing in common with its predecessor.

Now, go through the text quickly and answer question 1 and question 2.

Now cats may have more than nine lives. The company that funded the first successful cloning of a domestic cat two years ago has gone commercial.

An e-mail sent in early February to the company's gene-banking clients offered to clone up to six cats. The cost? U. S. \$50,000 each. Clients had less than a month to take advantage of the offer, which ended Friday, February 27.

A cloned cat is a unique, newborn animal that shares genes and possibly behavioral tendencies with its genetic predecessor.

Ben Carlson, vice president of communications for Genetic Savings and Clone, said four clients signed up to duplicate their cats, and work to reproduce the pets will begin immediately. The privately held company based in Sausalito, California, plans to present the clones to owners in November.

Passage 14

First read the following questions.

1. What is the best temperature for long-term storage in the freezer?
A. -10°F . B. 0°F . C. 10°F . D. 20°F .
2. Who may be the targeted reader of this passage?
A. Travelers. B. Refrigerator manufacturers.
C. Businessmen. D. Housewives.

Now, go through the text quickly and answer question 1 and question 2.

You regularly check the temperature of your oven. How about your freezer? According to the Tupperware Corporation, a freezer temperature of 0°F is optimal for long-term storage.

If your freezer temperature is above 0°F, or if you have a frost-free freezer where the temperature fluctuates, you may have to shorten the suggested maximum times to maintain high quality.

There are a few simple keys to ensuring that your food survives its time in the freezer. Only freeze fresh foods of good quality and prepare them following the procedure recommended for that food type. Cool in the refrigerator before freezing to prevent raising the temperature in the freezer.

Store in airtight freezer containers that are sized to allow for some expansion during the freezing process while minimizing air exposure. Label with the date when you put them in the freezer.

Passage 15

First read the following questions.

1. According to the passage, what may be a Factor that is slowing down your reading speed?
 - A. Subvocalization.
 - B. Reading with a friend.
 - C. Reading unfamiliar subjects.
 - D. Reading silently.
2. What is the average speed in wpm (words per minute) for speech for normal people?
 - A. About 100 wpm.
 - B. About 200 wpm.
 - C. About 300 wpm.
 - D. About 400 wpm.

Now, go through the text quickly and answer question 1 and question 2.

Learning our speed reading methods is easy and financially beneficial in life. Even if you are just learning for pleasure, you can read an entire book in under an hour. Anyone can double their reading speed with very little effort - it's that easy. Others can increase far beyond that!