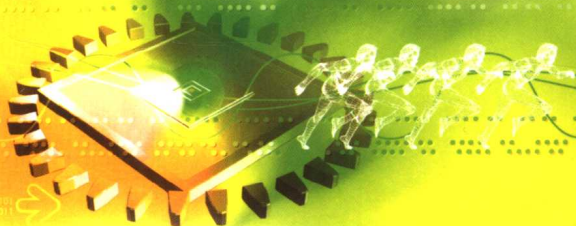


新编大学英语 阅读技能训练

A book is a friend that never betrays.
— W.S. Gilbert

NEW COLLEGE ENGLISH
SPEED READING APPROACH

李玉艳 编著



广西科学技术出版社

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前 言

以培养学生扎实的语言技能、提高学生全面应用英语的能力为主要目标，同时兼顾提高大学英语四、六级考试应试能力，《新编大学英语阅读技能训练》集合编者多年从事英语学习与教学的体会，以及他人的研究成果，针对性地择选训练，解决中国学生阅读速度上不去的困难。

基于学生难于长时间集中精力阅读的难点，我们采纳国外先进的教学理论和方法，有效地精选那些趣味性、启发性、知识性强的规范原文。课文有很强的时代感，难易适中，让学生做到快乐阅读，在享受中学到所需知识，充分发挥学生的学习自主性和能动性。该书旨在逐步扩大学习的阅读量和词汇量，提高学生阅读技能，培养学生跨文化意识，并帮助学生通过阅读获取知识，开阔视野。该书的编写参考了有关大学英语系的教材，同时结合本人所积累的经验，在许多方面做了调整，以符合学生学习上的实际需要。

本书语言规范，材料新颖，都是当前学生感兴趣的话题，适合非英语专业学生课堂使用，也可作为课外读物，供具有相应英语水平的学生和英语爱好者自学。词汇表作背记使用，每日一页。

编 者

2006 年 3 月于广西大学

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第一部分 阅读材料

Reading Skill:

略读与扫读 (Skimming & Scanning)

这是两种常见的快速阅读方法。略读是阅读过程中，挑出重点信息而忽略部分细节，以求在短时间内把握主旨的一种做法。比如读报时，常常读完标题和篇首句之后，就了解了文章的中心意思，其他信息就有取舍性了。Skimming helps double your reading speed and improves your comprehension as well (略读不仅使你的阅读速度提高一倍，而且还有助于提高你的理解力)。扫读是确定略读对象的一种办法，目的是让读者在短时间内找到最需要的信息。在查阅文献、检索资料时，常常运用扫读法。

读书不仅是一个知识累积的过程，而且也是一个学习方法培养的过程。从某种程度上讲，后者比前者更重要，因为好的学习方法直接影响一个人的学习结果。关键是如何发现并贯彻一套适合自己的学习方法，这需要交流。

Unit One

Starting Time: Minutes _____ Seconds _____

How to Read Body Language

[1] All of us communicate with one another nonverbally, as well as with words. Most of the time we're not aware that we're doing it. 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 (任意的) and incidental. But researchers have discovered in recent years that there is a system to them almost as

consistent and comprehensible (可理解的) as language.

[2] Every culture has its own body language, and children absorb its meaning along with spoken language. A Frenchman talks and moves in French. The way an Englishman crosses his legs is nothing like the way a male American does it. In talking, Americans are apt to end a conversation with a droop (低垂) of the head or hand, a lowering of the eyelids. They wind up a question with a lift of the hand or a widening of the eyes.

[3] One of the most effective elements in body language is eye behaviour. Americans are careful about how and when they meet one another's eyes. In our 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 becomes more intimate(亲密). Therefore, we carefully avoid this, except in appropriate circumstances.

[4] Postures sometimes offer a guide to broad relationships within a group. Imagine that at a party, guests have been fired up by an argument over student radicalism. You may be able to spot at a glance the two sides of the argument by postures adopted. Most of the pros, for example, may sit with crossed knees, the cons with legs stretched out and arms folded. A few middle-of-the-roaders may try a little of each—crossing their knees and folding their arms.

[5] The amount of space a man needs is also influenced by his personality—introverts (内向), for example, seem to need more elbow room than extroverts (外向). Situation and mood also affect distance. Moviegoers waiting in line to see a sexy movie will line up much more densely than those waiting to see a family-entertainment movie.

[6] Communication between human beings would be just that dull if it were all done with words. But actually, words are often the

smallest part of it.

(374 words)

Finishing Time: Minutes _____ Seconds _____

Comprehension

1. What does “wind up” in paragraph 2 mean?
A. Put forward. B. Raise. C. Talk about. D. End.
2. The main idea of this text is that _____.
A. body language is new and interesting enough to learn and practice
B. non-verbal communication is as important as verbal communication
C. people from different cultures have different gestures
D. the same gesture has different meaning in different cultures
3. _____ is one of the most effective body language.
A. Posture B. Gesture C. Space D. Eye behaviour
4. When we communicate with other people nonverbally, we usually do it _____.
A. with a purpose B. by chance
C. without any reason D. unconsciously
5. The last sentence seems to suggest that _____.
A. the communication done with words is really boring and meaningless
B. verbal communication is not as interesting and important as nonverbal communication
C. body language is rich, therefore, it is worth studying more than written words
D. body language largely does exist in every culture and add much interest and meaning to the communication

Writing

Summarize the passage in about 100 words.

Unit Two

Starting Time: Minutes _____ Seconds _____

The Voices of Time

[1] Time talks. It speaks more plainly than words. Time communicates in many ways.

[2] In the United States, it is not customary to telephone someone very early in the morning. If you telephone him early in the day, while he is shaving or having breakfast, the time of the call shows that the matter is very important and requires immediate attention. The same meaning is attached to telephone calls made after 11 p. m. If someone receives a call during sleeping hours, he assumes it is a matter of life or death. The time chosen for the call communicates is important.

[3] If the telephone call is regarded in the United States as a cause for concern, imagine the excitement and fear caused by a crowd of people arriving at the door at 2:00 am. On an island in the South Pacific, a plant manager from the United States had just such an experience. The natives of the island met one night to discuss a problem. When they arrived at a solution, they went to see the plant manager and woke him up to tell him what had been decided. Unfortunately, it was after two o'clock in the morning. They did not know it was a very serious matter to wake up Americans at this hour. The plant manager, who did not understand the local culture, thought there was a fight and called out the military. It never occurred to him (or the natives) that parts of the day have different meanings in different cultures.

[4] In social life, time plays a very important part. In the United States, guests tend to feel they are not highly regarded if the invitation to a dinner party is extended only three or four days before the party date. But this is not true in all countries. In other areas of the world, it might be considered foolish to make an appointment too far in advance because plans which are made for a date more than a week away tend to be forgotten.

[5] The meanings of time differ in different parts of the world. Thus misunderstandings arise between people from cultures that treat time differently. Promptness is valued highly in American life. For example, if people are not prompt, they may be regarded as impolite or not fully responsible. In the US, no one would think of keeping a business associate waiting for an hour; it would be too impolite. When equals meet, a person who is five minutes late is expected to make a short apology. If he is less than five minutes late, he will say a few words of explanation, though perhaps he will not complete the sentences.

(439 words)

Finishing Time: Minutes _____ Seconds _____

Comprehension

1. The very early morning call and late call after 11 pm in the United States suggests that _____.
 - A. it is a matter of life and death
 - B. it is a special concern from friends
 - C. it is a happy surprise
 - D. it is a threatening call
2. Paragraph 3 is a good example to show that _____.
 - A. the local people are ignorant and rude
 - B. the local people are impolite and unthoughtful
 - C. the American plant manager had poor knowledge about the lo-

cal culture

D. different treatment of time can bring about misunderstanding

3. The main idea of Paragraph 5 is that _____.

A. misunderstanding often arise between people from different cultures

B. promptness is valued highly in American life

C. making a short apology is necessary when one is five minutes late

D. the meanings of time differ in different parts of the world

4. If people are not prompt in the United States, they will be regarded as _____.

A. slow and lazy

B. not effective

C. impolite and irresponsible

D. rude and ignorant

5. From the passage, we can learn that _____.

A. cultural difference may lead to misunderstandings and even serious conflict

B. cultural difference is so enormous that it's difficult to understand other cultures in the world

C. culture is so complex that we don't know how to deal with it

D. it's necessary to know a foreign culture besides one's own

Writing

Summarize the passage in about 100 words.

Unit Three

Starting Time: Minutes _____ Seconds _____

The Pleasures of Eating

[1] The first man who cooked his food, instead of eating it

raw, lived so long ago that we have no idea who he was or where he lived. We do know, however, that for thousands of years, food was always eaten cold and raw. Perhaps the first cooked food was heated accidentally by a forest fire or by the molten lava from an erupting volcano. No doubt, when people first tasted food that had been cooked, they found it tasted better. However, even after this discovery, cooked food must have remained a rarity until man learned how to make and control fire.

[2] Early people who lived in hot regions could depend on the heat of the sun to cook their food. For example, in the desert areas of the southwestern United States, the Indians cooked their food by placing it on a flat stone in the hot sun. They cooked pieces of meat and thin cakes of corn meal in this fashion.

[3] We can surmise that the earliest kitchen utensil was a stick to which a piece of meat could be attached and held over a fire. Later this stick was replaced by an iron rod or spit which could be turned frequently to cook the meat on all sides.

[4] Cooking food in water was impossible before man learned to make water containers that could not be destroyed by fire. The first cooking pots were reed or grass baskets in which soups and stews could be cooked. As early as 1600 BC, the Egyptians had learned to make more permanent cooking pots out of sandstone. Many years later, the Eskimos learned to make similar pans.

[5] History reveals that early Greeks knew how to cook porridge and how to make flat, round powders of bread from wheat and barley. They used olive oil as a cooking grease. Since food was scarce in the Greek peninsula, the Greeks expanded their territory in order to increase their food supply. From the country they conquered, the Greeks learned how to cook and enjoy many new foods.

[6] All of man's history has been shaped by his search for food.

Man's first occupation was that of hunter, and his first stone weapons were made for hunting. Man discovered that groups of men, banded together, could hunt animals more easily. As a consequence, men began to live together. Then, when men learned to grow plants for food, they settled in communities next to the fields. More people lived in the places where food grew the best. Progress has been greater in those parts of the world where there is more food to eat.

[7] Many wars have been fought by poor, hungry countries which try to conquer rich countries for their food. Governments have fallen because the people of the country were hungry; starving people will follow any man who promises them food. Rulers who want to stay in power try to feed their people well, because, during times of famine, there are often revolutions.

(496 words)

Finishing Time: Minutes _____ Seconds _____

Comprehension

1. What does "rarity" in first paragraph mean?
A. Precious. B. Shortage. C. Seldom. D. Uncommon.
2. The earliest more permanent cooking pots were made by _____.
A. Greek B. Eskimos C. Egyptians D. Indians
3. What's the main idea of paragraph 6?
A. Progress has been greater in the place where there is more food.
B. How communities came into being.
C. It is in the process of searching for food that human society took its form.
D. Man can conquer nature.
4. According to the text, wars are most likely to be started by people _____.
A. who have different ideas about other people's way of living

- B. who like to conquer other people and the world
- C. who want to occupy more land and food resources
- D. who suffer from hunger

5. The text suggests that _____.

- A. food is the basic need for all the people in the world
- B. enjoying good food is one part of human nature
- C. food is the driving force of the development of society and history
- D. the need is the source of war

Writing

Summarize the passage in about 100 words.

Unit Four

Starting Time: Minutes _____ Seconds _____

Monday Morning Feeling

[1] That “Monday morning feeling” could be a crushing pain in the chest which leaves you sweating and gasping for breath. Recent research from Germany and Italy shows that heart attacks are more common on Monday mornings and doctors blame the stress of returning to work after the weekend break.

[2] The risk of having a heart attack on any given day should be one in seven, but a six-year study coordinated by researchers at the Free University of Berlin of more than 2,600 Germans revealed that the average person had a 20 percent higher chance of having a heart attack on a Monday than on any other day.

[3] A study of 11,000 Italians identified 8 am on a Monday morning as the most stressful time for the heart, and both studies

showed that Sunday is the least stressful day, with fewer heart attacks in both countries.

[4] The findings could lead to a better understanding of what triggers heart attacks, according to Dr. Stefan Willich of the Free University. “Monday mornings have a double helping of stress for the working body as it makes a rapid transition from sleep to activity, and from the relaxing weekend to the pressure of work.” he said.

[5] But although it is tempting to believe that returning to work increases the risk of a heart attack, both Willich and the Italian researchers admit that it is only a partial answer. Both studies showed that the over-65s are also vulnerable on a Monday morning even though most no longer work. The reason for this is not clear, but the Italian team at the Luigi Sardo Hospital in Milan speculate that social interactions — the thought of facing another week and all its pressures — may play a part.

[6] What is clear, however, is that the Monday morning peak seems to be consistent from northern Germany to southern Italy in spite of the difference in diet and lifestyle.

[7] Willich is reluctant at this stage to make specific recommendations, but he suggests that anyone who suffers from heart disease should take it easy on Monday mornings and leave potentially stressful meetings until midweek. “People should try to create a pleasant working environment,” he added. “Maybe this risk applies only to those who see work as a burden, and people who enjoy their work are not so much at risk. We need to find out more.”

(396 words)

Finishing Time: Minutes _____ Seconds _____

Comprehension

1. The passage is mainly about _____.

A. the difficult transition from the relaxing weekend to the nerv-