

Wade E. Cutler (美) 著

TRIPLE
YOUR
READING
SPEED



FOURTH EDITION

倍速
英语阅读

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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Before You Start to Read . . .

停！在你开始阅读之前……

To get the greatest benefit from this or any book, *do not* start to read on the first page of the text (Part I). Get acquainted with the whole book first.

1. Thoroughly read the outside. (Check the title, the author's name, and read all comments on the covers.)
2. Note any information given about the author, his qualifications, experience, etc.
3. Check the publisher's name and the copyright/revision/printing dates on the back of the main title page.
4. Carefully read the introduction and preface to the revised edition.
5. Study the contents pages.
6. Thumb through the entire book. (Note the layout.)
7. Peruse the information contained in the appendices.

Only now are you ready to turn to Part I for serious reading. You know a lot about this book—the subject, the author, the treatment of the topic, the typography, etc. This book has its own individuality that sets it apart from all others; the same is true of all other books with different titles. If you take a few minutes to preview any book, you will get much more from your study. More will be explained about previewing in Part II.

Go now to Part I with the confidence that you are prepared to begin meaningful study.

Preface to the Fourth Edition

第4版序言

Triple Your Reading Speed has been in print continuously since 1970, and has undergone three previous revisions. While this type of self-help book course seldom, if ever, becomes a “best-seller,” this book has been in consistent demand for over 30 years, and now is approaching one million copies in print.

In this newly-revised fourth edition, numerous improvements and additions have been incorporated—including additional book-length assignments with tests to measure your reading speed and comprehension. Also included are additional explanations and new easy-to-do-anywhere exercises to help you become a faster and more effective reader in the shortest time possible.

Still, however, it is only fair to caution that a pronounced desire to succeed and a willingness to practice as required are necessary if you aspire to become an outstanding *Acccelereader*. No one will become an effective faster reader overnight.

Triple Your Reading Speed is a complete how-to course; everything you require to learn and succeed is here, but you will need to do the work necessary to assure that the techniques work for you.

In Appendix 1, you can learn the tested and proven techniques for making your study time easier, more successful, and more productive.

In Appendix 2, you will discover rock-solid ways to prepare yourself psychologically and otherwise to score higher on all types of tests: true and false, multiple choice, and even essay tests.

Appendix 3 explains clearly and logically how the *Accceleread* Method works.

Introduction

前言

From the mid-sixties to the early seventies, the Cutler *Accelerated* Method was taught successfully in classrooms to over 10,000 persons—both students and adults—primarily in the Southwest.

In-residence classes conducted for relatively small study groups developed dramatic improvements in individual reading rates and comprehension scores. Accelerated Education Schools, the name under which the *Accelerated* Course was marketed exclusively, operated for the most part in Texas, New Mexico, Oklahoma, Louisiana, and Mississippi.

The schools guaranteed that all graduates of the program would be able to read 1,000 words-per-minute or three times the pre-course tested rate (whichever was greater), with improved comprehension. Records prove the average rate increase for graduates of the closely-supervised, individualized course ranged from seven to twelve times—depending upon the individual student's basic ability, the type of material being read, the purpose for which it was read, and other factors.

Comprehension, as measured by objective tests, typically improved an average of 13 percent. However, overall understanding of what was read improved markedly—usually far more than that which could be measured solely by objective testing. An integral part of the outstanding success of this reading method was the intensive, specialized training and practice in developing previewing techniques, better study habits, and improved test-taking skills.

This book course contains all the necessary theory, explanations, drills, study, and practice exercises to enable a motivated, “average” reader to at least *triple* his or her present reading rate, and improve overall comprehension—if the program outlined here is closely followed.

This is a tested and proven method; it is in no way experimental. You can put the techniques that are described here to valuable use by applying them to improve your personal/business success and educational prowess. Remember: reading is the basis of all education.

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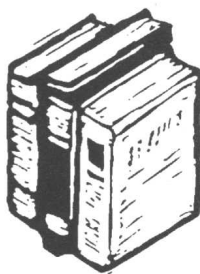
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PART I

Learn About Reading and Yourself

了解阅读和你自己

In this section you will learn...

-  that you definitely can read faster, much faster—and comprehend more of what you read
-  how to measure your present reading rate and comprehension with two inventory reading exercises and tests
-  how you actually were taught and, consequently, learned to read slowly
-  the important role eye movements play in determining your reading speed
-  some of the many actual rewards of accelerated (speed) reading

You Can Read Much Faster



你能读得快得多

“如果你能轻松地阅读这些文字，你就能读得更快。”

If you can read these words easily, you can read faster. You probably have some doubts or reservations. You might say that it just is not possible, that you can only read so fast and that is it. Not true! It is now possible for all readers (possessing at least average abilities) who apply themselves to the guides and materials in this book-course to at least triple their present words-per-minute rate, and improve overall comprehension of what is required or chosen reading.

What does this mean to you personally?

It means you will be able to read *three* similar books in the time you now require to read only one—and you will understand what you read much better.

- You will reduce normal reading fatigue by as much as two-thirds.
- You will be able to keep up with the required reading of your profession or professional pursuit—the paper backlog that seems to get bigger with each passing day.
- You will be able to read daily newspapers, magazines, reports, and letters in much less time.
- You will also have time to read a few of the current bestsellers so you can discuss them intelligently with friends. (It does get to be embarrassing to always have to say no when an acquaintance asks if you have read such and such a book!)

- You might even be able to have a lot more leisure- and fun-time when you become an Accelerated Reader.

These are just a few of the many advantages of successful faster reading. You will no doubt be able to add to this limited list.

Interested?

Wonderful! Read on.

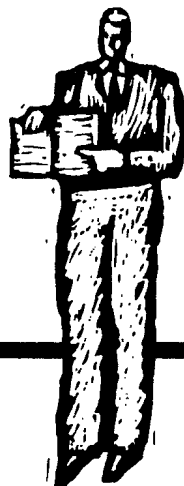
A strong *desire* to improve reading speed and comprehension is absolutely necessary before a marked change for the better is to be either expected or actually noted—know this from the outset. If you honestly desire improvement, you will drill, practice, and read with the regularity and determination that will assure you achieve your reading speed and comprehension goals sooner.

Perhaps you still question your innate ability to succeed with tripling your reading rate *and* improving comprehension. If so, contemplate the following statement: Psychologists have estimated that the average individual uses only about 10 percent of his or her mental abilities. Ten percent! What a pity to waste some 90 percent! If you are reading at say 100 to 300 words per minute now—using 10 percent of your reading ability—how fast could you read if you used 20, 30, 40 percent or more?

A primary purpose of *Triple Your Reading Speed* is to assist you to search out, perfect, and more fully utilize the wonderful skills you already possess. After you learn to exploit this innate “genius potential” for faster reading with better comprehension, you certainly should be able to make reading and study time a more meaningful, valuable, productive, and enjoyable experience.

When you learn to triple your reading speed, you will confront two pleasant scenarios: (1) you will be able to reduce markedly the time you now require to do necessary reading; and (2) you will be able to get much more done in the same amount of time. Either way *you* are the winner!

Measure Present Reading Rate/ Comprehension



测试目前的阅读速度、理解力

“请以你正常的阅读速度阅读本部分的两篇文章。”

Before beginning serious study and practice for becoming an Accelerated Reader, you must take an “inventory” to determine your present reading rate of words-per-minute and comprehensive ability.

The purpose for the two selections that follow is to get a most-accurate-as-possible measure of both your reading speed and comprehension. Therefore, you are urged to read each at your normal rate. Following each selection is a thorough multiple-choice test to measure comprehension. Read for understanding and details.

In order to time yourself, you will need a watch or clock with a second hand. Do not read the timepiece from an angle, which could result in an inaccurate computation of actual reading rate.

It is best, if possible, to adjust the clock so that the minute and second hands are synchronized. If a timer or stopwatch is available, all the better.

Select a starting time in advance and note it on the lines below.

Starting Time: MINUTES _____ SECONDS _____

As the second (and minute) hands reach the time you have written down, begin reading.



INVENTORY SELECTION 1

Radio Communications and the Sun

by Wade E. Cutler

Through the years, man has become more and more critical about carefree and undistorted radio communications, but frequently he finds reception poor or totally impossible. What is the principal reason?

Radio interference, often the major reason for poor long-distance communication, can be widely classified into two groups: (1) that caused by man; and (2) that caused by nature. The disturbances caused by man and man-made machines are numerous; but, overall, they are not as important regarding radio communications as are those caused by nature. It is not the purpose of this article to discuss the numerous man-made interferences with which most radio users are already quite familiar, but to discuss the greatest hamperer of radio communication over great distances—the sun and the role it plays.

The sun is looked to for many things; in fact, all life is dependent on it for survival. However, it is unlikely that many radio users are aware of the dominant influence the sun exercises on radio-wave transmission and reception. Therefore, an explanation of what happens to a radio wave after transmission seems appropriate at this point.

All signaling by means of radio occurs as the result of waves that travel from a transmitter to a receiver. These waves, which are electromagnetic in character, arise from the presence of rapidly alternating currents in the antenna of the transmitter. From the antenna, these waves spread out in all (or specifically engineered) directions with the velocity of light—186,000 miles per second. The distant receiving antenna intercepts only a very small amount of the wave energy that is radiated by the transmitter's antenna. In most instances, this tiny amount of energy is quite adequate for satisfactory communication levels.

The carrier waves that are sent out by the radio station's antenna may be divided into two categories: First, the ground wave; and second, the sky wave. The distance of ground-wave travel is limited

and, therefore, is seldom of importance for communication over distances of more than a few hundred miles. The sky wave is relied upon for long-range communications.

When the receiver is far from the transmitter—say, well around the curve of the earth—transmission and reception would be impossible were it not for the presence of several layers of electricity high above the surface of the earth at altitudes of 60 to 250 miles. These layers act as “mirrors,” reflecting back to earth radio waves that otherwise would be lost in interplanetary space. This upper region of the atmosphere consists of electrically charged particles originally emitted by the sun, and molecules and atoms whose electrons have been torn from them as the result of ultraviolet radiation. The charged particles are commonly referred to as ions; hence, the reflecting layers are usually referred to as the ionosphere.

Considering the above, it is evident that the sun is instrumental in forming this complex layer known as the ionosphere. Although the ionosphere has been referred to as a sort of mirror, it might more accurately be compared to a “sieve.” This ionospheric sieve that encloses the entire spherical earth is not at all uniform. Over that portion of the earth where the sun’s rays strike nearly vertically, the sieve openings are small. This characteristic arises from the fact that in the vertical striking area solar radiation produces the greatest electrification.

The conclusion that radio waves are literally bounced off this mirror is a very accurate one. Then it is easy to see that a radio wave, which, instead of bouncing off this electrical field goes through it, would be lost and could not be picked up by the antenna of any earth-based receiver. Most of the time the “mesh” of this sieve remains fairly constant; radio experts have been able to set frequencies of the correct size and length so that they normally bounce as they are intended to do. But at times they do not reflect or bounce and go right through enlarged sieve openings to become lost in interplanetary space forever. Why do these openings or “holes” in the ionospheric layers vary in size? Why do they tend to change somewhat even from minute to minute? For the answer, the radio user must look to the sun and its habits.

As has been stated earlier, the sun is responsible for the creation of