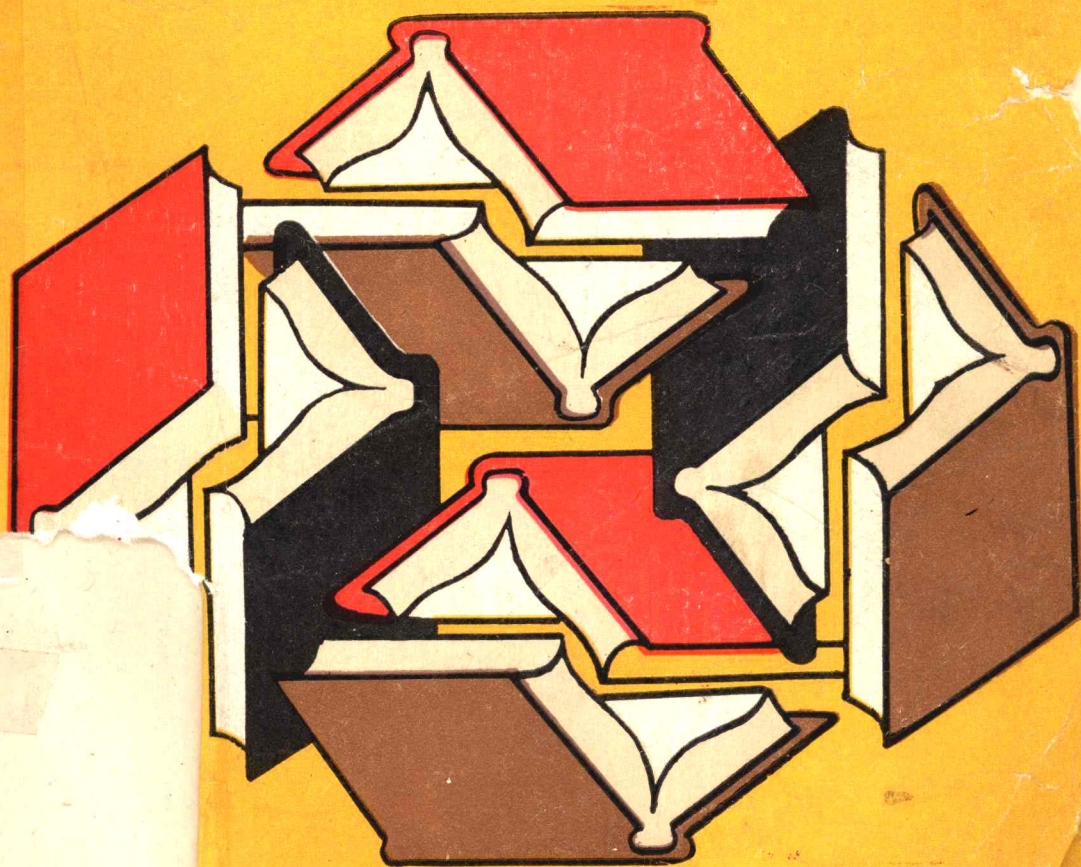




ENGLISH COURSE
FOR FAST READING PRACTICE

当代超级英语速读 训练教程

刘希彦 安晓灿 蔡明 郭荣灏 编著



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序

目前，全世界登记注册的学科约有2,000个。每个学科每年平均产生1,250~1,500条信息（包括专著、论文、调查报告、动态报道等）。在如此大量的科学信息面前，即使是最勤奋的人投入全部时间和精力去阅读，也只能读完5%左右的信息。因此，为了通过阅读去获取更多的信息，必须解决阅读速度问题。《大学英语教学大纲》对阅读理解准确率与阅读速度作了明确规定。

但是，目前大专院校英语阅读课的问题是对阅读技巧训练太少。刘希彦同志主编的《当代超级英语速读训练教程》为大专院校学生提供了丰富的语言材料。该教程不仅选材内容新颖，题材广泛，语言生动地道，而且配有多种阅读技巧练习，对培养学生的英语速读能力，无疑地是有实用价值的。我相信学生只要认真读刘希彦同志著的《当代超级英语速读法》和他主编的《当代超级英语速读训练教程》，认真地做每一项练习，阅读速度和应试能力肯定会得到提高。

《当代超级英语速读法》和《当代超级英语速读训练教程》的出版是吉林省大学英语教学研究的又一成果，也是中、青年教师奋发图强，为深入开展大学英语教学改革所做出的奉献。借此机会，我热烈祝贺他们所取得的可喜成就。

卓如飞

1990年4月10日于吉林大学

前 言

在这个知识激增的信息时代，科技发展突飞猛进，国际交流日趋频繁，科技文献、文史资料、报刊、书籍源源不断地出版，浩如烟海。目前，全世界的书籍和报刊给人类带来的总信息量每二、三年就增加一倍。面对日益增长的书山，沿袭了很长时间的传统阅读方法已经难以适应现代科技发展的新形势。为了在知识的海洋中获取所需要的全部信息，现代读者（包括政府工作人员，企事业管理人员，科技人员，大学生和研究生）都必须具备快速阅读能力和高度理解能力。为了培养他们的阅读能力，在过去的二十年里，在全世界范围内掀起了一个讲授阅读课的热潮，快速阅读法已成为不少国家的时髦课。为此，法国成立了研究委员会，英国出版了《快速阅读课》一书。苏联和美国对快速阅读方法更加重视。苏联由一批心理学家、语言学家、生理学家、教育学家组成了快速阅读研究机构。不仅在大、中、小学开展快速阅读教育，而且还组织国家和政府一些要员专门学习了这种方法。在美国，阅读中心及其他形式的研究机构遍及各个州，不仅中学和高等院校普遍开设快速阅读课程，而且还在一些为外国人开办的英语学校教授快速阅读技能。

我国教授英语已有200多年的历史，但是对英语阅读能力，尤其是对快速阅读能力的开发和训练还是在最近几年才开始的。

几年来，我国选派了大批本科生，研究生及进修生出国留学深造，他们大都必须通过某种形式的英语考试。在这些试题中，无论是 TOEFL (Test of English as a Foreign Language)，还是 GRE (Graduate Record Examination)，阅读理解和词汇都占有相当大的比例。

在国外试题影响下，我国各类英语考试，如高等院校本科生和研究生入学考试，EPT (English Proficiency Test)，VST (Visiting Scholar Test)，以及科技人员晋升职称的英语考试，阅读理解都是不可缺少的内容，并占有相当大的比例。

为了训练学生的快速阅读能力，为了培养学生对各种英语测试手段的应试能力，阅读课已成为我国大专院校英语专业学生的基础课，也是非英语专业学生及众多的英语爱好者提高阅读速度，增强理解能力，扩大词汇量，增加文化背景知识的重要途径。特别是实行英语分级教学以来，阅读课倍受重视。原因之一就是二、三、四级英语统考卷中，阅读理解和词汇约占65%以上（包括完形填空在内）。

从根本上讲，快速阅读的目的当然不仅仅是应付考试，而是在于提高阅读效率。阅读在我们的工作、学习和生活中占有重要地位，是获取信息、占有知识、认识世界的重要途径！可以说谁要想继续深造，他就必须进行大量阅读！

为了配合《当代超级英语速读法》，不但从理论上，而且从实践上提高现代读者的阅读能力，我们编写了这本《当代超级英语速读训练教程》。本书所选篇章均为最新原文资料，题材多样，内容广泛，语言地道生动，程度由浅入深，颇具知识性，科学性和趣味性。

本书特为大专院校编写，可作为学生通过二、三级英语考试练习用书，也可供各类中、高级英语培训班及具有一定英语基础的人使用。在《当代超级英语速读法》的指导下，经过八周至十周的训练（每周四节），便可成倍地提高阅读速度，从每分钟50~100个单词提高到150~300个单词。理解能力将随之提高。

本书共30个单元，每个单元由课文，生词和习语，理解与词汇练习，语法结构练习，快

速阅读练习和完形填空六部分组成。

课文长1,000~1,500个单词,生词量不超过3%。为了方便读者,我们用中文注释生词,并注音标。每篇课文配有理解与词汇练习16个。语法结构练习是根据二、三级统考试卷设计的,为多项选择式,共20个。快速阅读短文长约250~350个单词,生词量不超过2%,也配有理解练习。完形填空也是根据二、三级统考试卷设计的,配有选择填空20个。总体说来,本书囊括了英语二、三级统考试卷形式的65%。因此,采用本书来训练学生的应试能力将获得最佳效果。

对书中各项练习均提供答案,供读者参考。

本书由刘希彦同志主编,其中1~7单元由郭荣灏同志编写,8~15单元由安晓灿同志编写,16~23单元由刘希彦同志编写,24~30单元由蔡明同志编写。

编者

一九九〇年四月

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Unit 1

PASSAGE FOR COMPREHENSION

GO TO BED, GET A GOOD NIGHT'S DREAM

Starting Time, Minutes _____ Seconds _____

Everybody talks about "the dream I had last night." In fact, dreams and dream interpretations have been acknowledged from the beginning of recorded history. Biblical Joseph interpreted a dream of Egypt's Pharaoh that saved the country from famine. Freud used dreams in an attempt to solve people's psychological troubles. Artists/writers Federico Fellini, John Keats, August Strindberg, Nathaniel Hawthorne, Ingmar Bergman, and Anais Nin have all used dreams in their works.

"Dreams are a vehicle for knowledge not open to the waking mind," declared Robert Abrams, University of Washington assistant professor of English, who taught a class on dreams and literature last year. "In some ways, our dreams may be smarter than we are," he continued. "Our waking conscious mind is culturally contaminated, constricted" —by things like media and current morality.

Nineteenth-century writers—the Romantics—were fascinated by dreams and encouraged people to look inward and be more receptive to irrationality, according to Abrams. They believed that the greatest minds should have a negative capability—the ability to be in doubt, mystified, or uncertain without any irritable reaching after fact or reason.

Ignoring the Romantics, 20th-century psychologists, psychiatrists, and doctors have come up with some startling facts about dreams.

Everybody dreams every night (with few exceptions). Some don't remember.

Everybody dreams in color, if awakened in the middle of a dream, you will report it in brilliant technicolor, but if awakened 15-plus minutes after a dream, you may remember the dream, but in black and white. The more time that elapses after a dream, the more the color fades.

Most people dream about 20 minutes out of every hour and one half. Dreams have been shown to take about as much time as events would take in waking life.

A dream may last up to 20 minutes, or you could have several during the 20-minute dreaming phase.

You dream more toward morning as you enter into lighter phases of sleep.

Depressants like alcohol or barbiturates can suppress dream phases.

Dream-deprived people become irritable, anxious, less tolerant in stressful and emotional situations.

During nightly dream phases, our eyes move although the lids are closed and our other muscles are relaxed. (This muscle relaxation tends to account for one of the common dreams everybody has—the dream in which somebody or something chases or bears down on you and you feel unable to move, according to Dr. Neal Ely, University of Washington clinical professor in Psychiatry and Behavioral Sciences.) Watch for this rapid eye movement (REM) in people sleeping. If you wake them up during the REM phase, they'll have a dream to tell you. If you wake them up during a non-rapid-eye-movement phase, they will probably remember only something vague or nothing at all.

Everyone has some idea of the nature of his dreams, but what are the dreams of others like? Two medical studies done in the United States by Drs. Calvin Hall and Fred Snyder proved that most people's dreams are not very exciting, the majority of the dreams reported were of a familiar nature to the dreamer and quite reasonable.

Dreams are not lonesome places, the studies show. In 95 percent of the dreams analyzed by Hall, another person besides the dreamer was present. Also, the majority of dreams included unpleasant emotions.

The question of what causes us to dream still has scientists scratching their heads. Dr. Ely felt that we may have dreams because we have needs that are unmet in our daily lives: British psychologist Ann Faraday, in her book *Dream Power*, sets forth a different reason. "REM sleep is important for brain growth and renewal," she says, citing studies that show that unborn babies in the month or two before birth may spend up to 80 percent of their total sleep in REM sleep. (It is just before birth that the brain grows most rapidly.) Senile people and mentally defective people have little REM sleep, other studies show.

One hypothesis considered in Dr. Ernest Hartmann's book, *The Functions of Sleep*, is that dreaming may be the major function of sleep and the role of sleep may be merely to allow a state such that dreams may emerge.

In *Sleep the Gentle Tyrant*, author psychologist Wilse Webb notes three main beliefs about dreams: dreams as another reality, dreams as omens, and dreams as reflections of waking life. The first belief occurs in people like the Eskimos of Hudson Bay or the Pantani Malay who claim that one leaves one's body during sleep and enters another world. The second belief is that dreams have a prophetic nature; Pharaoh's dream in the Old Testament caused him to stock up on food after Joseph interpreted his dream to mean seven fat years followed by seven lean years. And finally, dreams can be an "echo" of a point in the individual's waking world which is heard in the dream world.

Finishing Time, Minutes _____ Seconds _____

WORDS AND EXPRESSIONS

1. acknowledge /ək'nɒlɪdʒ/ *vt.* 承认
2. biblical /'bɪblɪkəl/ *a.* 圣经的
3. Joseph /'dʒəʊzɪf/ *n.* 约瑟(《圣经》中的人物)
4. pharaoh /'feərəʊ/ *n.* 法老(古埃及王称号)
5. famine /'fæmɪn/ *n.* 饥荒, 饥饿
6. Freud /frɔɪd/ *n.* 弗洛伊德(1856—1939, 奥国精神病学家)
7. contaminate /kən'tæmɪneɪt/ *vt.* 污染, 沾染
8. constrict /kən'strɪkt/ *vt.* 妨害, 阻碍, 压缩
9. media /'mi:djə/ *medium* 的复数形式
medium /'mi:djəm/ *n.* 媒介
10. morality /mə'rælɪti/ *n.* 道德, 道义
11. romantic /rə'mæntɪk/ *n.* 浪漫主义者, 浪漫派诗人
12. receptive /rɪ'septɪv/ *a.* 善于接受的, 有接受能力的
13. irrationality /ɪ'ræʃə'nælɪti/ *n.* 不合理的事, 非理性
14. mystify /'mɪstɪfaɪ/ *vt.* 使神秘化, 迷惑, 蒙蔽
15. technicolor /'teknɪkələ/ *n.* 彩色, 彩色电影
16. elapse /ɪ'læps/ *vi.* (时间) 消失, 经过
17. depressant /dɪ'presənt/ *n.* 抑制剂
18. barbiturate /bɑ:'bɪtjərɪt/ *n.* 巴比妥酸盐
19. suppress /sə'pres/ *vt.* 压制, 压抑, 克制
20. unmet /ʌn'met/ *a.* 尚未满足的
21. renewal /rɪ'nju:əl/ *n.* 恢复, 苏醒, 补充
22. senile /'si:nəl/ *a.* 老年的
23. omen /'əʊmən/ *n.* 预兆, 兆头
a good omen 吉兆
an evil omen 凶兆
24. The Old Testament (基督教)《旧约全书》
25. lean /li:n/ *a.* 瘦的, 贫乏的, 收益差的
a lean year 歉收年

COMPREHENSION AND VOCABULARY

1. The main idea of this article is that c.
a. all people dream
b. dreams are interesting
c. dreams are important
d. dreams are not true

2. At the beginning of the article, the author discusses in general c:
- biblical interpretation of dreams
 - how artists and writers use dreams
 - the uses of dreams throughout history
 - dreams are very useful
3. Dreams are smarter than we are in some ways because d:
- dreams are a vehicle for knowledge not open to the waking mind
 - our waking conscious mind is culturally contaminated and constricted
 - we dream of things that have never happened before
 - we may be encouraged by dreams.
4. The Romantics were probably most interested in c:
- emotional responses
 - scientific methods
 - writing about dreams
 - solving problems by using dreams
5. What do your eyes do when you are having a dream?
- Our eyes jump.
 - Our eyes move.
 - Our eyes have a sleep.
 - Our eyes are motionless.
6. Why is REM in parentheses the first time it is mentioned?
- To show that rapid eye movement isn't too important.
 - To show how important rapid eye movement is.
 - To show the abbreviation of "rapid eye movement".
 - To explain the meaning of "rapid eye movement".
7. Most of the dreams are d.
- similar in nature
 - quite reasonable
 - not very exciting
 - all of the above
8. "The role of sleep may be merely to allow a state such that dreams may emerge" means a.
- we sleep because we are tired
 - we sleep in order to dream
 - sleep causes dreams to occur
 - we sleep in order to have a pleasure
9. A good title for this article would be b.
- The Dream I Had Last Night
 - Why Do People Sleep?
 - Some Facts about Dreams
 - Dreams Are Useful to Us
10. "Dreams can be an 'echo' of a point in the individual's waking world which is heard in the dream world" means c.
- we hear things in dreams as well as see them
 - we dream of things that never happened when we were awake

- e . we recreate in our dreams things that happened when we were awake
d . we dream of things that seldom happened when we were awake
11. Our waking conscious mind is culturally contaminated by things like media and current morality.
a . destroyed b . enhanced
c . polluted d . reduced
12. ...psychologists, psychiatrists, and doctors have come up with some startling facts about dreams.
a . foretold b . put forward
c . remembered d . predicted
13. The more time that elapses after a dream, the more the color fades:
a . callapses b . slides
c . shrinks d . passes away
14. Dr. Ely felt that we may have dreams because we have needs that are unmet in our daily lives.
a . not satisfied b . fulfilled
c . not realized d . not enjoyed
15. British Psychologist, Ann Faraday, in her book DREAM POWER, sets forth a different reason.
a . expresses b . states
c . describes d . all of the above
16. Pharaoh's dream in the Old Testament caused him to stock up on food after Joseph interpreted his dream.
a . protect b . waste
c . accumulate d . prepare

STRUCTURE EXERCISES

1. Because the first pair of shoes did not fit properly, she asked for ____.
a . another shoes b . others shoes
c . the others ones d . another pair
2. Last week my family went to ____.
a . the Child's Park b . the Children' Park
c . the Children's Park d . the Childrens' Park
3. Mrs. Watson found that she couldn't do all the work in the house by herself, so she hired a ____.
a . guide b . maid c . secretary d . worker
4. They go into town by trolleybus because the car ____ is always full.
a . place b . stop c . house d . park

5. Do you know the old man ___ was hurt in the accident?
 a. which b. whom c. who d. whose
6. A few of ___ are planning to drive to Florida during spring break.
 a. we girls b. us girls c. girls we d. girls
7. Xiao Wang had difficulty in swimming across the lake, but he finally succeeded on his fourth _____.
 a. attempt b. process c. display d. trail
8. I don't have any ___ but to do as you tell me.
 a. way b. choice c. chance d. means
9. This is the girl ___ yesterday.
 a. whom I saw him b. whom I saw
 c. which I saw d. who I saw him
10. The ___ of the trees in the water was very clear.
 a. mirror b. sight c. reflection d. shadow
11. Mary has sold her house and a lot of ___ in it.
 a. furnitures b. furniture c. cattles d. swines
12. They gave their lives for their country and was honoured as _____.
 a. heroes b. heros c. hero d. heroine
13. Washington, the capital of the United States, has _____.
 a. much populations b. many populations
 c. a lot of populations d. a large population
14. We have two daughters and two _____.
 a. sons-in-law b. son-in-laws
 c. in-laws-sons d. sons-in-laws
15. Sully and I bought ___ last week.
 a. a pair of scissor b. some new scissor
 c. some new scissors d. a new scissors
16. He showed ___ to the customs officer.
 a. his paper b. his papers
 c. his piece of paper d. a piece of paper
17. Flint bought two tins of ___ and two ___ of toilet soap last Saturday.
 a. fruit/cake b. fruits/pieces
 c. fruits/cakes d. fruit/cakes
18. She is a friend _____.
 a. of my sister b. my sister's
 c. of my sister's d. my sister's friends
19. Are you going to ____?
 a. movies of this afternoon
 b. this afternoon's movies

- c. the movies of afternoon
 - d. this afternoon movies
20. She gave me ____:
- a. a good advice
 - b. the good advices
 - c. some good advices
 - d. a good piece of advice

FAST READING PRACTICE

You are given four minutes to finish reading the following passage and making your choices according to the information given in the passage.

Are you aware that you actually possess six senses? The sixth is a muscular sense responsible for directing your muscles intelligently—to the exact extent necessary for each action you perform. For example, when you reach for an object, the sensory nerves linking the muscles to the brain stop your hand at the correct spot. This automatic perception of the position of your muscles in relation to the object is your muscular sense in action.

Muscles are stringy bundles of fibers varying from one five-thousandth of an inch to about three inches. They have three unique characteristics; they can become shorter and thicker; they can stretch, and they can retract to their original positions. Under a high-powered microscope, muscle tissue is seen as long, slender cells with a grainy texture like wood.

More than half of a person's body is composed of muscle fibers, most of which are involuntary—in other words, work without conscious direction. The voluntary muscles, those that we move consciously to perform particular actions, number more than five hundred. Women have only 60 to 70 per cent as much muscle as men for their body mass. That is why an average woman can't lift as much, throw as far, or hit as hard as an average man.

1. According to the selection, the muscular sense is responsible for ____:
 - a. the efficiency of our muscles
 - b. the normal breathing function
 - c. directing our muscles intelligently
 - d. the work of improving involuntary muscles
2. Intelligent use of the muscles means that _____.
 - a. one always knows what his muscles are doing
 - b. one performs simple actions without working
 - c. one's muscles are used only to the extent necessary for each action they perform
 - d. one improves muscular action consciously
3. Muscles are unique fibers in that they can _____.

- a . contract
c . retract
- b . stretch
d . all of the above
4. Under a microscope, muscle cells appear to be ____.
- a . textured like wood
c . smooth and red
- b . colored like wood
d . short and thick
5. According to the selection, more than half of a person's body is composed of ____.
- a . voluntary muscles
c . muscle fibers
- b . involuntary muscles
d . sensory nerves
6. An average woman is weaker than an average man because she has ____.
- a . more voluntary muscles than an average man
b . only 60 to 70 per cent as much muscle for her body mass
c . 60 to 70 per cent less muscle for her body mass
d . less muscle fiber for her body weight
7. Implied but not stated;
- a . The muscular sense is more important than any other sense.
b . Muscular sense involves automatic perception.
c . There are more than 500 involuntary muscles in the body.
d . Muscle tissue is inflexible.

CLOZE TEST

A unique laboratory at the University of Chicago is busy only at night. It is a 1 laboratory where researchers are at work 2 dreamers. Their findings have revealed that 3 dreams from three to seven times a night, 4 in ordinary life a person may remember 5 or only one of his dreams.

6 the subjects—usually students—are 7 special machines record their brain waves and eye movements 8 the body movements that 9 the end of a dream.

- | | |
|-------------------|--------------------|
| 1. a . dream | b . daydream |
| c . nightmare | d . secret |
| 2. a . studying | b . learning from |
| c . imitating | d . exercising |
| 3. a . someone | b . a few |
| c . everyone | d . anyone |
| 4. a . if | b . while |
| c . although | d . thereafter |
| 5. a . none | b . no |
| c . any | d . many |
| 6. a . If | b . While |
| c . Since | d . After |
| 7. a . asleep | b . sleeping out |
| c . tired | d . sleeping over |
| 8. a . so well as | b . as well as |
| c . as far as | d . not so well as |
| 9. a . signal | b . whistle |

Surprisingly, all subjects sleep 10.

Observers report that a person usually 11 before a dream. 12 the dream has started, his body 13 and his eyes become more active, as if the curtain 14 on a show 15 the machine indicates that the dream is 16, a buzzer wakens the sleeper. He sits up, 17 his dream, and goes back to sleep—perhaps to dream some more.

Researchers have found that if the dreamer is wakened 18 after his dream, he can usually recall the 19 dream. If he is allowed to sleep even five more minutes, his memory of the dream 20.

- | | | |
|-----|-----------------------------|--------------------|
| | c . indicates | d . send |
| 10. | a . terribly | b . soulfully |
| | c . a little | d . soundly |
| 11. | a . fights | b . shivers |
| | c . fidgets | d . coughs |
| 12. | a . If | b . Unless |
| | c . Once | d . Since |
| 13. | a . stiffens | b . relaxes |
| | c . sets free | d . relieves |
| 14. | a . had gone up | b . had gone down |
| | c . had left open | d . had been burnt |
| 15. | a . Sooner or later | b . As well as |
| | c . As long as | d . As soon as |
| 16. | a . dismissed | b . on |
| | c . over | d . above |
| 17. | a . remarks | b . records |
| | c . reminds | d . recalls |
| 18. | a . immediately | b . hurriedly |
| | c . slowly | d . automatically |
| 19. | a . partial | b . all |
| | c . every | d . entire |
| 20. | a . must have faded | |
| | b . should have faded | |
| | c . will better be recalled | |
| | d . will have faded | |

Unit 2

PASSAGE FOR COMPREHENSION

Amaranth, a Promising Food Crop

Starting Time: Minutes _____ Seconds _____

Agriculturists believe amaranth is the most promising cereal crop to come along in recent years. Amaranth is a plant whose name comes from a Greek word meaning "unfading." Some agriculturists believe the plant can be grown commercially in many environments to help feed a hungry world.

It is not a new idea to grow amaranth as a foodstuff. In Mexico during the sixteenth century, the Aztecs cultivated it. The plant was an important part of their diet. It has been shown that the Aztecs harvested close to 6,000 metric tons of the grain each year. However, when Cortés and his Spanish army invaded Mexico, they destroyed the crop completely. Today only a few wild and uncultivated species of amaranth exist, and it is rarely used as a food in Mexico.

It has been discovered that amaranth is a highly nutritious food. The plant's seed is high in protein, and it contains an important amino acid called lysine. Amino acids are organic compounds that are the building blocks of protein. Lysine is an essential amino acid that is missing in wheat, rice, and corn. The leaves of some varieties compare in taste and nutritional value with spinach and other vegetable greens.

Amaranth can be ground into flour and made into baked goods. Bread made from amaranth flour is heavy and very compact when compared with the light and airy bread common in North America. The flour can also be used for cakes, cookies, and crackers, as well as high-protein breakfast cereals and snack foods.

It is true that breeding a wild plant into a major food crop such as wheat requires much research time. Agriculturists know that it has taken hundreds of years of breeding different varieties of corn to get the kinds we have today. Presently there are several problems in growing amaranth as a crop. Because it is a wild plant, it is hard to predict the date when the crop will be ready to be harvested. It is also impossible to know the expected height of the individual plants or the yield of a given amount of seed. It is important for economic reasons to breed a plant of uniform height and one that can be harvested at a specific time each year.