



21世纪高等教育规划教材 (英语专业)

英语阅读与词汇教程(1)

Developing Reading and Vocabulary

关丽君 丁丽兰 主编



西南交通大学出版社

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· 成 都 ·

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We are extremely grateful to the authors and presses of all the articles we have chosen as the texts for our textbook. And we apologize for the insufficient information in some cases due to our lack of resources. We intend to show every respect for intellectual property rights, but we hope our pleading for the permission to use the related articles for teaching purposes will receive kind and generous consideration.

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前 言

《英语阅读与词汇教程》是为高等学校英语专业基础阶段英语阅读课教学编写的教材。全书共有 14 个单元。每个教学单元所需教学时间为两个学时,可供大学英语专业基础阶段四个学期使用,也可用于大学英语的阅读课教学。此外,本教材配有参考答案,可满足具有相应英语水平的学习者的自学需要。

《英语阅读与词汇教程》所体现的阅读教学理念是“发于读而不止于读”,即引导学生主动地按照认知规律充分利用阅读课提供的语言材料,既要培养学生的阅读能力,又要增进学生的词汇认知和运用能力,力求实现阅读与词汇同步提高的教学效果,从而超越传统英语阅读课单一教学目标的限制。《英语阅读与词汇教程》的编写以《高等学校英语专业教学大纲》对阅读和词汇提出的具体教学目标和要求为出发点,同时参照《大学英语课程教学大纲》的相关要求,在编写中突出了阅读教学和词汇教学有机结合的特点,旨在培养学生在阅读中积极地认知语言现象和词汇,在阅读后积极地运用所学过的语言知识和词汇,从而达到提高学生实际运用语言能力的最终目标。

《英语阅读与词汇教程》系列教材的具体特点体现为:

1. 形式新颖、编排科学。本教材共设置了 14 个单元,每单元分为五大部分。第一部分为围绕本单元话题进行的词汇热身练习,旨在检测并激活学习者已有的词汇知识,使学习者同时在知识上和心理上进入积极的状态,有利于即将进行的与话题相关的阅读。第二部分和第三部分是两篇基础性阅读文章,难度适中,用于学生的基本学习需要。这两篇文章都配有充分的阅读理解和词汇练习,同时,在各类练习之前提供了简洁明了的阅读技巧指导,有利于学生在理性的层面上把握如何处理各类阅读问题。第四部分的阅读文章在难度和长度上略有增加,比较富有挑战性,用以满足学生提高性学习的需要。第五部分为词汇和语言学习部分,其中系统地、循序渐进地介绍了一些基本的词汇学知识,并安排了与之相关的练习,帮助学生有效地扩大词汇量。在教材的各个环节的设计当中,培养学生阅读能力、提高学生词汇认知与使用能力始终是主导思想。此外,每单元后都附有与本单元话题相关的课外阅读书目或网址,便于学生课后的扩展阅读。

2. 题材广泛,内容丰富。本教材所选取的阅读材料涉及 14 个不同话题,涵盖政治、经济、科学、教育、文化、娱乐、环境等各个方面,题材多样。同时,教材内所选文章的出处、写作年代、写作体裁、语言风格也各有不同。本套教材的阅读文章既有经典名篇,又有时尚美文,在保证文章的难度和长短适合训练英语阅读能力、语言适合作英语学习的范本的同时,兼顾了文章的趣味性、知识性和人文精神,使学生能够读有所知、读有所用,在阅读中实现知识、能力和人格的共同提高。

3. 练习设计目的明确、形式多样。首先,词汇练习设计尊重重复有利于记忆的认知规律,每单元词汇热身练习及所有阅读文章紧紧围绕同一个中心话题。由于此话题中的一些重要词汇和语块在单元中反复出现,学生能够自然而然地不断加深对这些词汇的理解,并且在阅读后的词汇活用练习中可以得到及时的检验和巩固。其次,每个单元中,重点词汇的相关词形练习中的主干词全部以《朗文当代英语词典》所列的常用三千单词为主,避免了词汇扩展类练习的盲目和无序。最后,本套教材避免了一些同类阅读教材阅读多项选择统领一切的单调性,有的放矢地设计了多种形式的主观和客观练习题。阅读练习设计总体上体现了以培养学生的阅读习惯和阅读能力为导向的宗旨,由浅入深、循序渐进。每篇文章的相关练习都包含阅读前和阅读后两大类,阅读前的练习是导入性练习,意在将学生引入积极的阅读状态;阅读后练习为综合性练习,在保证内容紧贴原文和形式多

样的前提下,适当地传授分析、综合、推理、归纳等阅读技巧,并全面检验学生的阅读理解情况。

《英语阅读与词汇教程》编写过程中得到了院系各级领导和同事的支持和鼓励,在此表示诚挚的谢意。同时,本套教材的一些材料曾以增补练习的形式在编者所授课班级的部分学生中试用过,得到了相应的反馈意见,也一并致谢。

由于编者的水平和经验有限,书中疏漏及不完善之处在所难免,敬请广大读者不吝批评指正。

21 世纪高等教育规划教材编审指导委员会

2006 年 10 月

CONTENTS

Unit Topic	Texts	Reading Skills	Vocabulary Skills
1. Reading P1	<ul style="list-style-type: none"> • Bad Reading Habits and How to Break Them • Seven Benefits for Adults Reading Fiction • Reading Efficiently by Reading Intelligently 	<ul style="list-style-type: none"> • Skimming • Subheadings • Guessing meaning from context • Understanding details 	<ul style="list-style-type: none"> • Using dictionaries • Parts of speech
2. Education in the World P18	<ul style="list-style-type: none"> • British Educational System • Schooling in China • Why Russian School Is So Cool 	<ul style="list-style-type: none"> • Predicting according to the title • Recognizing paragraphtopic • Getting main idea 	<ul style="list-style-type: none"> • Recognizing meaning categories • Recognizing words with similar meaning
3. The Food We Have P32	<ul style="list-style-type: none"> • A Fresh Look at Tomatoes • Junk Food Prevails at Medical Conferences • Milk Isn't the Only Answer; Non-Dairy Sources of Calcium 	<ul style="list-style-type: none"> • Understanding main ideas • Context clues 	<ul style="list-style-type: none"> • Recognizing words with similar meaning or opposite meaning • Conversion
4. Families P45	<ul style="list-style-type: none"> • Family Types • Staying at Home • Keeping Families Strong Is a Top Priority 	<ul style="list-style-type: none"> • Previewing the subheadings for main idea • Summarizing 	<ul style="list-style-type: none"> • Noun suffixes referring to people
5. Fitness and Health P60	<ul style="list-style-type: none"> • Physical Inactivity (condensed) • Physical Fitness • Getting a Great Night's Sleep 	<ul style="list-style-type: none"> • Recognizing topic and topic sentence • Scanning for information 	<ul style="list-style-type: none"> • Suffixes for abstract nouns

Unit Topic	Texts	Reading Skills	Vocabulary Skills
6. Science and Technology P75	<ul style="list-style-type: none"> • The Mystery and History of Soap • Does Technology Make Us Lazy • Why I Write Wrong 	<ul style="list-style-type: none"> • Recognizing comparison and contrast in reading • Topic and topic sentence • Main idea 	<ul style="list-style-type: none"> • Understanding adjective suffixes
7. Leisure and Amusement P89	<ul style="list-style-type: none"> • Roller Coasters and Funnel Cakes Rule • The Benefits of Longer Hikes • The Amusement Park Industry 	<ul style="list-style-type: none"> • Scanning for time and place • Recognizing cause and result • Main ideas 	<ul style="list-style-type: none"> • Understanding and use verb and adverb suffixes
8. Languages P104	<ul style="list-style-type: none"> • The New Frontier of Expanding Vocabulary • The Tower of Babel • Why Study a Foreign Language 	<ul style="list-style-type: none"> • Making inference • Understanding reading structure • Skimming 	<ul style="list-style-type: none"> • Recognizing parts of speech according to suffixes
9. Appearance P119	<ul style="list-style-type: none"> • Obsessed with Feeling Ugly • Why People Want Plastic Surgery • The Face of the Future 	<ul style="list-style-type: none"> • Making inference • Getting meaning from context • Summarizing 	<ul style="list-style-type: none"> • Blending
10. Shopping P131	<ul style="list-style-type: none"> • The Teenagers Who Are Tired of Shopping • Supermarket Shockers • Science Cracks the Code of the Crazy Shopper 	<ul style="list-style-type: none"> • Getting meaning from context • Distinguishing facts from theories 	<ul style="list-style-type: none"> • Prefixes with negative meaning
11. Holidays P147	<ul style="list-style-type: none"> • Holiday Treat Traditions Around the World • New Year's Day • Thanksgiving Day 	<ul style="list-style-type: none"> • Main idea • Topic and topic sentence • Scanning 	<ul style="list-style-type: none"> • Prefixes of time and order • Prefixes of degree and size

Unit Topic	Texts	Reading Skills	Vocabulary Skills
12. Advertising P161	<ul style="list-style-type: none"> • A Brand by Any Other Name... Just Isn't the Same • Study Finds Advertising Leads Children to Poor Food Choices • As Consumerism Spreads, Earth Suffers, Study Says 	<ul style="list-style-type: none"> • Scanning for information • Paragraph topic • Main idea 	<ul style="list-style-type: none"> • Prefixes indicating spatial and locative relationship • Prefixes indicating self and together
13. Law and Justice P176	<ul style="list-style-type: none"> • Step by Step, Lawsuits Get More Frivolous and Costly • America's the Dumbest Criminals • Green Laws Gone Bad 	<ul style="list-style-type: none"> • Getting words and expressions from context • Main idea • Scanning 	<ul style="list-style-type: none"> • Prefixes related to numbers • Understanding compound nouns
14. Culture P193	<ul style="list-style-type: none"> • Rooted Nowhere • Overcoming Culture Shock • Culture Gap Widens Income Gulf 	<ul style="list-style-type: none"> • Scanning • Main idea 	<ul style="list-style-type: none"> • Understanding analogy

Unit One Reading

In this unit, the first reading selection focuses on bad reading habits. The second reading selection talks about seven benefits for adults reading fiction. The third reading selection provides some guidelines on reading effectively. You can learn about some reading skills through reading the texts, including scanning, skimming, recognizing structures and main ideas, distinguishing between general terms and specific examples, etc. You can also get some basic ideas about using dictionaries and distinguishing parts of speech of words in Part Five.

Part One Warming-up Vocabulary Exercises

I Blank-filling

The following short passages are about reading. Fill in each blank with a suitable word you have learned that begins with the given letter.

1. Reading well does not mean reading everything at the same p _____ and with the same t _____. We get i _____ from everything we read and yet we don't read everything for the same r _____ or in the same w _____. For example, a novel can be read q _____ just to get the story, whereas a poem might be read s _____, perhaps several t _____ to determine the m _____. Good readers are flexible readers. Once they determine their p _____ for reading, they adjust their r _____ to fit the t _____ of material they are reading.
2. Reading is the result of seeing the words with our e _____ and u _____ them in our m _____. In other words, once we have seen the words, we must r _____ or i _____ them before any c _____ can take place.
3. The first paragraph of an article is usually called the i _____ paragraph or o _____ paragraph. Some authors use it to announce what they plan to p _____ in the following paragraphs. Others tell readers their p _____ or h _____ for writing this article.
4. The closing paragraph of an article is the author's last chance to reach his readers. The author's final a _____ or c _____ will appear in here. This is also the place where the readers can find a short s _____ of the whole article.

II Matching

Different kinds of authors give us different kinds of reading materials. Match the authors with what they write.

- | | |
|---------------|---|
| 1. Essayist | a. poetry |
| 2. Poet | b. stories about famous people |
| 3. Novelist | c. stories to be performed by actors, esp. in a theatre |
| 4. Playwright | d. articles in newspaper |
| 5. Journalist | e. stories about imaginary people and event |
| 6. Biographer | f. short articles about society, politics, etc. |

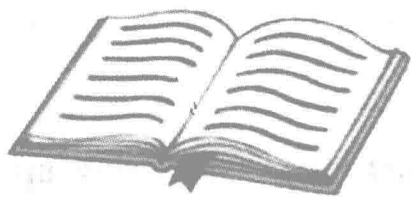
Part Two Bad Reading Habits and How to Break Them

Practice before you read.


I Oral practice

Answer the following questions.

1. Do you like reading? What kind of reading material do you often choose?
2. What kind of articles are more difficult for you to read in English and what are easier for you?
3. What special habits do you have when you are reading? Are they good or bad for you?



II Scanning for specific information

 Scanning is a type of useful reading skill that is often applied to look for specific factual information or specific words. It is also useful to find the specific part of a text about which a question is asked. Before scanning for information, you should know what you are supposed to find first, that means you should read the questions and bear them in your mind first. You can ignore the information that is irrelevant to your purpose while you are scanning for what you want.

Scan the text and find the definitions of the following words in the reading selection as quickly as possible. Write your answers on the lines.

1. motion _____
2. vocalizing _____
3. regress _____

Now read the following passage.

Bad Reading Habits and How to Break Them

- 【1】 To really get rid of a bad habit, you should replace it with a good one. You have to want to get rid of the bad habits, and you must practice and work at it in order to change. The following are some of the bad habits which tend to cause people to read slowly. Ask yourself whether you are guilty of any of the following:

Moving your lips when you read

- 【2】 Moving your lips slows you to a fast talking rate, about 150 words per minute. Put your fingers on your lips to stop the motion.

Vocalizing

- 【3】 Vocalizing means that you are pronouncing words in the voice box of the throat without making sounds. This also slows your reading rate to that of speaking. To check, rest your fingertips lightly against the vocal cord area of your throat. If you feel a vibration, or if you find that your tongue is moving, you are vocalizing.

Reading everything at the same speed

- 【4】 When reading, set your rate according to your purpose for reading and the difficulty level of material. Practice adjusting your rate to suit your material. The more difficult the material, the slower the rate.

Regressing out of habit

- 【5】 Regressing means rereading a word, phrase, or sentence out of habit and not because of need. Sometimes, it is necessary to reread something, especially in a difficult passage. But habitual, unnecessary regressing really slows you down. Use a card or paper to cover the text after you read it to prevent regressing.

Reading one word at a time

- 【6】 Do you think one word at a time, or in phrases? Slow readers tend to see only one word at a time. Good readers will see several words at a time and their eyes will stop only three or four times as they move across a page. Reading in idea-phrases speeds your reading and improves your understanding of what you have read. Mark the phrases in the sentences of a passage, then practice seeing more than one word at a time.
- 【7】 The best way to read faster is to practice reading just a little faster than is comfortable. Changing reading habits is not easy, after all you have been reading that way for many years. It takes several weeks of conscious effort in order to change bad reading habits.

[<http://www.ctl.ua.edu/CTLStudyAids/StudySkillsFlyers>]

Now finish the exercises after reading.

III Checking your comprehension

Fill in the form according to the passage you have read just now.

Bad reading habit	Habitual behaviors	How to break this habit
1.		
2.		
3.		
4.		
5.		

IV Using what you have learned

Use suitable words or expressions from the appropriate paragraphs in the reading selection to complete the following sentences, using correct numbers for nouns, suitable tenses for verbs. The paragraph number at the end of each sentence indicates where the answer appears.

1. If we are _____ of any bad habit, we should _____ it with a good one. 【1】
2. Put fingers on our lips can stop the _____ of our lips. 【2】
3. Our vocal cord area will _____ when we speak. 【3】
4. Everyone should _____ himself to suit the society, he can't wait for the society to suit him. 【4】
5. Sometimes young children eat snacks _____, though they are not hungry at all. 【5】
6. She was careful to _____ her place before she closed her book. 【6】
7. The sportsman _____ his running when he came near to the end line. 【6】
8. It took the singer a whole week of _____ effort before he was able to sing perfectly. 【7】

V Word form

There are four groups of words that are related in form in the following exercise. Choose a correct word form for each blank. Use appropriate tenses for verbs, singular or plural forms for nouns.

1. habit habitual habitually habituate
 - a) Regular physical exercise is a good _____ for children to develop.
 - b) His smoking is _____ now.
 - c) Some students are _____ late for class.
 - d) Over centuries, these animals have been _____ to living in cold areas.
2. motion (n.) motion (v.) motionless
 - a) He summoned the servant with a _____ of his fingers
 - b) The cats remained _____, waiting the mouse to come out of its hole.
 - c) He opened the door and _____ me to enter.
3. guilt guilty
 - a) Didn't you have feelings of _____ when you told lies to her?
 - b) I really feel _____ about forgetting her birthday again.
4. adjust adjustable adjustment

- a) I want to have an _____ chair in my study.
- b) We need to make some _____ in our plan because of the sudden change of the weather.
- c) The young are quicker to _____ themselves to the new environment than the old.

Part Three Seven Benefits for Adults Reading Fiction


Practice before you read.

I Oral practice

Answer the following questions.

1. Do you often read fictions? Who is your favorite author of fictions?
2. Do you think it is a waste of time to read fictions? If no, what are the benefits of reading fictions in your opinion?

II Skimming for main ideas

 Skimming is to a quick way to look for main ideas or main facts in a piece of reading. In skimming, we just look at the important parts of the text: heading, sub-headings, first and last paragraphs, first and last sentences of each paragraph. Skimming is used when we want to get the general idea of the reading material. There is no need to read every word and worry about the new words in the text.

Following here is an incomplete statement about the main idea of the text you are going to read. Skim the text and fill in the blanks. The first letter of each answer word has been given.

Main idea: There are many m _____ and p _____ benefits for a _____ to read f _____.

Now read the following passage.

Seven Benefits for Adults Reading Fiction

- 【1】** Is your life so busy that you're wondering how you are going to find time to read more, especially when it's just for "pleasure"? Having trouble justifying it, even to yourself? Leisure activities like reading are often the things that slide when life goes into overdrive. And that's sad because it's an activity that can make life richer and more enjoyable.

- 【2】** A lot has been written about the benefits of reading for and to children. However, there is very little about the benefits to adults in engaging in regular reading. Let me



assure you that the benefits for adults do exist and are many and varied.

- 【3】 Fiction provides an escape from the day-to-day. Fiction is a great way to take a quick immediate break, to be instantly transported into another world. Today you could be in America, in the deep south with Alice Walker's *The Colour Purple*, tomorrow in the Australian bush with Tim Winton's *Dirt Music*, next week in downtown London with Helen Fielding's *Bridget Jones Diary* and next month in Ireland with Jim O'Neill's *At Swim, Two Boys*. There is no limit to the places fiction can take you.
- 【4】 Fiction provides relaxation. There is something about stopping to focus on words arranged for our reading pleasure that is instantly relaxing. Maybe it's staying still, something that doesn't seem to happen often enough. Maybe it's knowing that we are stepping into a secret world that we have to relax enough to enter. Then there are the words themselves. The beauty and rhythm of language has an amazing ability to calm and relax us.
- 【5】 Fiction provides stress relief. Taking your mind off your own problems, even for a few minutes, can have a therapeutic effect and be a timely circuit breaker. This is so effective that the National Health System in the United Kingdom has introduced a "Reading and You Scheme". The scheme encourages mental health patients to read more as part of their therapy for reducing stress and overcoming anxiety, depression and social isolation.
- 【6】 Reading stimulates the right side of your brain. Reading opens your mind to new possibilities. It stretches your imagination in new and wonderful directions and takes your mind on a wonderful journey through others' lives. What would you do if you were Jo Becker in *While I Was Gone* by Sue Miller? Would you tell your husband and three daughters about a grisly crime that happened when you were a university student? Or would you try to pretend it never happened?
- 【7】 Fiction is entertaining. Fiction is capable of provoking many and varied emotional responses—it can make you laugh out loud, it can make tears spill onto the page, it can be edge-of-the-seat terrifying, it can make you blush with embarrassment, it can challenge your core beliefs. There is a world of emotion in every story, and you as the reader get to be part of it.
- 【8】 Enjoyable reading is a deeply satisfying pursuit. The expression "curling up with a book" evokes a warm and cozy image and feels luxurious if you don't get to do it often.
- 【9】 Rejuvenating reading is an easy and quick way to nourish your soul, because it is for the most part a solitary pursuit. And being alone, or at least alone in your thoughts, on a regular basis is crucial to maintaining a sense of self. As I'm sure you know, it's easier to give

to others when you feel fulfilled and your needs are met. Even just a few minutes of reading can keep you going throughout the day. Of course, you know you've read something special when you find your thoughts continually re-visiting it.

- 【10】 Reading is like exercising —mental and physical benefits flow from a regular routine. So don't feel guilty about taking time out to read. It's good for you!

[by Jill Brennan, <http://www.naturalfamilyonline.com/>]

Now finish the exercises after reading the text.

III Recognizing reading structure and main ideas of individual paragraphs

☞ Reading structure refers to the organization or form of the reading material. Most reading materials have clear structures. For example, a whole book may be arranged into several chapters or units, which in turn include smaller parts. An article or a text may be divided into several parts, which contain some paragraphs. Usually, a paragraph is about one idea or provides one kind of information that answers one question. The answer for such question, usually one brief sentence or two, is the main idea of this paragraph.

The text you have read just now is clearly arranged in three parts as is shown in the following exercise. The main idea of each part has been given to help you understand the reading structure better. You are asked to find the main idea of each paragraph and put them on the lines. The paragraph numbers are given in the brackets.

1. Introduction: There are many and varied benefits to adults who are engaged in regular reading. 【1—2】
2. Body: There are seven benefits for adults reading fictions. 【3—9】
 - 1) _____ 【3】
 - 2) _____ 【4】
 - 3) _____ 【5】
 - 4) _____ 【6】
 - 5) _____ 【7】
 - 6) _____ 【8】
 - 7) _____ 【9】
3. Conclusion: Reading is like exercising. It's good for you. 【10】

IV Recognizing general terms and specific examples

☞ Very often, specific examples in context can help us get the meaning of an unfamiliar general term or expression. Sometimes, examples can also be found after such signal words or phrases: *for example* (e. g.), *for instance*, *like*, *such as*, *as an illustration*, ... Sometimes, punctuations like *colon* (:), *brackets/parenthesis* (()) or *dash* (—) are often useful clues for us to find specific examples.

Find appropriate specific examples from the related paragraphs in the text that fit the following words and expressions. The paragraph numbers tell you where the answers appear. Write your answers on the lines. The first one has been done as an example.

1. leisure activities: reading 【1】
2. the places fiction can take you to: _____ 【3】
3. fictions: _____ 【3】
4. mental health problems: _____ 【5】
5. emotional responses: _____ 【7】

V Guessing meaning from context

☞ Context refers to the words, phrases, or sentences surrounding a word and the situation in which it is used. There are often some clues in context that can help us figure out the possible meaning of unfamiliar words; definition (*be*, *means*, *that is*, *be called*, *refer to*, etc.), restatement (*or*, *that is*, *in other words*), examples (as seen in the above exercise), contrast (*but*, *however*, *yet*, *though*, *on the other hand*, *despite*, *in contrast*, etc.), cause and effect (*because*, *due to*, *in order to*, *so that*, *so*, *therefore*, *as a result*, *consequently*, etc.), punctuations (*comma*, *dash*, *colon*, *brackets*).

Guess the meaning of the italicized words or expressions in the following sentence by using context clues. Write your answers on the lines.

1. Fiction is a great way to take a quick immediate break, to be *instantly* transported into another world.
"Instantly" probably means _____.
2. The expression "curling up with a book" evokes a warm and *cozy* image and feels luxurious if you don't get to do it often.
"Cozy" probably means _____.
3. Rejuvenating reading is... it is for the most part a *solitary* pursuit. And being alone, or at least alone in your thoughts, on a regular basis is crucial to maintaining a sense of self.
"Solitary" probably means _____.
4. *Reading is like exercising*—mental and physical benefits flow from a regular routine.
"Reading is like exercising" probably means _____.

VI Using what you have learned

Complete the following sentences by using the words or expressions you have learned in the text. The words and expressions in the brackets after the blanks are definitions for the answers. The number in the brackets at the end of each sentence indicates the paragraph where each answer appears.

1. Her career has _____ (start being very active or working very hard). 【1】
2. You have to _____ (give acceptable explanation for) what you have done. 【1】
3. His test scores gradually _____ (dropped, went down) after he became addicted to computer games. 【1】
4. Only half of the students _____ (be involved in) regular morning exercises. 【2】
5. Soft music often _____ (make... feel calm and relaxed) on those who are mentally ill. 【5】
6. Busy work schedule helped _____ (make me stop thinking and worrying about) the death of my friend. 【6】
7. His proposal _____ (caused) an angry reaction immediately. 【7】
8. These old pictures _____ (call up) memories of my childhood. 【8】
9. I feel _____ (young and strong again) after the wonderful holiday. 【9】
10. It's important to _____ (keep up) good relationship with our customers. 【9】

Part Four Reading Efficiently by Reading Intelligently

Practice before you read.

I Oral practice

Talk about the following questions.

1. What kind of readers are you? Do you think you are an efficient reader? If no, what do you think are the reasons?
2. There are different kinds of books on history, philosophy, moral, math, logic or rhetoric. What kind of books do you like to read? How fast can you read such books?



II Recognizing heading and subheadings

☞ The heading of a text often tells us the main topic (or the general idea) of it. The subheadings are often the subtopics (or the specific ideas) for the text. Both heading and subheadings are important clues for the readers to find the main ideas and information in a text quickly.

Look for the heading and subheadings of the following text quickly and put them in the suitable place here. Then use them to figure out the main idea of the text in one or two sentences without going into details.

Heading: _____