大学英语快速阅读系列

总主编　王健芳

大学英语快速阅读教程

第4册

主编　邓　耘

南京大学出版社

贵州省教育厅社科重点招标项目
“贵州省非英语专业大学生英语语用能力调查”

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主　编　邓　耘
副主编　邓昌勇　邓　海　覃　雄
田金美　袁晓兵

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图书在版编目(CIP)数据

大学英语快速阅读教程. 第4册 / 邓耘主编. —南京：南京大学出版社，2007.9
(大学英语快速阅读系列/王健芳主编)
ISBN 978-7-305-05123-4

Ⅰ. 大… Ⅱ. 邓… Ⅲ. 英语—阅读教学—高等学校—教材 Ⅳ. H319.4

中国版本图书馆 CIP 数据核字(2007)第 139153 号

出 版 者 南京大学出版社
社　　址 南京市汉口路 22 号　　邮　编 210093
网　　址 http://press.nju.edu.cn
出 版 人 左　健

丛 书 名 大学英语快速阅读系列
书　　名 大学英语快速阅读教程　第 4 册
总 主 编 王健芳
主　　编 邓　耘
责任编辑 蒋桂琴　　编辑热线 025-83592123

照　　排 南京紫藤制版印务中心
印　　刷 南京大众新科技印刷有限公司
开　　本 787×1092　1/16　印张 10.25　字数 212 千
版　　次 2007 年 9 月第 1 版　2007 年 9 月第 1 次印刷
ISBN 978-7-305-05123-4
定　　价 16.00 元

发行热线 025-83594756
电子邮箱 sales@press.nju.edu.cn(销售部)
nupress1@public1.ptt.js.cn

大学英语快速阅读技巧(代序)

一、阅读理解概述

应用语言学认为,阅读是一种积极的、相互的、建设性的思维活动。阅读能力的高低,直接表明了学生综合应用语言知识的实际能力的高低。阅读能力由两个值来衡量:阅读理解准确率和阅读速度。对大学英语来说,要求在达到上述阅读速度的同时阅读理解准确率不得低于70%。"阅读效率"是指在限定时间内完成某一阅读任务时阅读理解的准确率。实际上它也是用阅读理解准确率和阅读速度这两个指数来衡量的。

二、影响阅读理解的因素

影响阅读理解能力提高的因素有很多,主要涉及三个方面:语言基础、阅读实践、阅读技巧。这里主要谈谈快速阅读技巧的获得。

三、快速阅读技巧的培养

快速阅读就是指利用视觉运动的规律,通过一定的训练方法,在较短的时间内阅读大量的书籍、报刊等资料的一种科学的学习方法。快速阅读这一概念的内涵由阅读材料的快速性、阅读材料的无声性和阅读方法的科学性构成。

(一)阅读材料的快速性

快速性的关键是眼肌能训练,即用特殊方法,使眼肌能灵活自如,达到视角、视幅、视停、视移等视觉最佳状态,使视线如行云流水般地快速阅读。训练方法可按手指法(即目光随着手指左右、上下移动,头不要摇动)、图谱法(如点、圆、抛物线等图形目光沿着图形而快速移动)、词谱法等来进行快速阅读的基本功训练。当眼肌能训练适应之后,可采用快速阅读初级方法之一:跳读法。所谓跳读法就是指眼光从一个"字群"跳到另一个"字群"进行识读(字群是由多个单词组成的)。这个过程眼球按"凝视→跳跃→凝视"的程序进行连续不断的运动,如:

The boy in /the small boat/was reading a book.

当跳读练习熟练之后,就可进行练习扩大视力识读文字的单位面积的训练。

首先进行5个单词的练习，练习是主视区总应放在中间，也就是主视中间的3个单词，两边单词用余光扫视。如：

They/have a bright/classroom.

在练习5个单词达到熟练之后，就可加宽视区练习，一下看6个单词，7个单词，甚至达到9个单词，逐渐加宽视区范围，延长目光移视的长度，这样就能缩短凝视时间，达到快速阅读的目的。

（二）阅读材料的无声性

快速性只是快速阅读的先决条件，速读的关键还在于“无声”训练。在阅读速度上，无声要比有声快，这是因为有声阅读是眼、脑、口、耳四个器官一起活动。进行有声阅读时，文字符号首先反映到眼睛，再传到大脑，大脑命令口发音，耳在监听辨别正确与否；而无声阅读只是运用眼和脑两大器官，省去了口的发音和耳朵的监听，因而它的速度要比有声阅读快。在阅读过程中，快速阅读的信息变换方式为：书面信息→眼睛扫描信息→大脑记忆中枢的信息。因此学习者应用特殊的方法和手段消除读音和心音。所谓特殊手段就是用自身单声调鼻音，单声调心声或外界背景音乐抵消并消除读音和心音的手段，最后达到无音阅读。

（三）阅读方法的科学性

阅读的时候，必须通过直觉、联想、想象、逻辑分析和综合判断等一系列思维活动，才能把顺次进入视觉的一连串文字信号转换成概念和思想，完成阅读过程，要完成其过程，必须进行科学阅读，进行科学阅读可由下列几个方法获得。

1. 快速泛读（Fast Extensive Reading）

这里的泛读是指广泛阅读大量涉及不同领域的书籍，要求读得快，理解和掌握书中的主要内容就可以了。要确定一个明确的读书定额，定额要结合自己的实际，切实可行，可多可少。这样就能渐渐养成快速阅读的习惯。

2. 计时阅读（Timed Reading）

计时阅读指每次进行5～10分钟的阅读即可，不宜太长。因为计时快速阅读，精力高度集中，时间一长，容易疲劳，精力分散，反而乏味。阅读时先记下“起读时间”（starting time），阅读完毕，记下“止读时间”（finishing time），即可计算出本次阅读速度。随手记下，长期坚持，必定收到明显效果。

3. 略读（Srkimming）

略读又称跳读（reading and skipping）或浏览（glancing），是一种专门的，非常实用的快速阅读技能。所谓略读，是指以尽可能快的速度阅读，如同从飞机上鸟瞰

(bird's eye view)地面上的明显标志一样,迅速获取文章大意或中心思想。换句话说,略读是要求读者有选择地进行阅读,可跳过某些细节,以求抓住文章的大概,从而加快阅读速度。据统计,训练有素的略读者(skimmer)的阅读速度可以达到每分钟 3 000 到 4 000 个词。

阅读时,先把文章粗略地浏览一下,看看文章中是否有自己工作和学习需要的或自己感兴趣的资料和信息,然后确定这篇文章是否值得细读。在查找资料时,如果没有充分时间,而又不需要高度理解时,就可以运用略读技巧。"不需要高度理解"并非指略读时理解水平可以很低,而是说略低于一般阅读速度所取得的理解水平是允许的。

一般阅读的目标是在保持一般阅读速度的条件下,获得尽可能高的理解水平,通常达到 70%或 80%。略读时,理解水平略低一些是预料之中的事。

略读有下列四个特点:

1) 以极快的速度阅读大量材料,寻找字面上或事实上的主要信息和少量的阐述信息。

2) 可以跳过某个部分或某些部分不读。

3) 理解水平可以稍低一些,但也不能太低。

4) 根据文章的难易程度和达到的目的,不断灵活地调整阅读速度。

略读可以运用下列技巧:

1) 要利用印刷细节 (typegraphical details),如书或文章的标题、副标题、小标题、斜体词、黑体词、脚注、标点符号等,对书和文章进行预测略读(preview skimming)。预测略读要了解作者的思路、文章方式(模式),以便把握大意、有关的细节及其相互关系。

2) 以一般阅读速度(200~250wpm),阅读文章开头的一、二段,力求抓住文章大意、背景情况、作者的文章风格、口吻或语气等。

3) 阅读段落的主题句和结论句。抓住主题句就掌握了段落大意,然后略去细节不读,以求得略读速度。

4) 注意转折词和序列词。转折词如 however, moreover, in addition 等;序列词 firstly, secondly 等。

5) 若无需要,不必阅读细节。

4. 寻读 (Scanning)

寻读又称查读,同略读一样,寻读也是一种快速阅读技巧。熟练的读者善于运用寻读获得具体信息,以提高阅读效率。

寻读是一种从大量的资料中迅速查找某一项具体事实或某一项特定信息,如人物、事件、时间、地点、数字等,而对其它无关部分则略去不读的快速阅读方法。运用这种方法,读者就能在最短的时间内掠过尽可能多的印刷材料,找到所需要的

信息。例如，在车站寻找某次列车或汽车的运行时刻，在机场寻找某次班机的飞行时刻，在图书馆查找书刊的目录，在文献中查找某一日期、名字、数字或号码等，都可以运用这种方法。

作为一种快速寻找信息的阅读技巧，寻读既要求速度，又要求寻读的准确性。具体地说，寻读带有明确的目的性，有针对性地选择问题的答案。因此，可以把整段整段的文字直接映入大脑，不必字字句句过目。视线在印刷材料上掠过时，一旦发现有关的内容，就要稍作停留，将它记住或摘下，既保证寻读的速度，又做到准确无误，所以寻读技巧也很有实用价值。

寻读与略读不同。略读时，读者事先对材料一无所知，而寻读则是读者对材料有所了解的情况下进行的。例如，寻读电话号码簿，读者知道受话人的姓名，还知道电话号码簿是按姓的字母顺序排列的。这样，在寻找 Jack 的电话时，就可以利用书页上方的标识词，再按姓的字母顺序很快翻到以 J 开头的书页，从而找到 Jack 名下的电话页码。

为了有效地进行寻读，读者应运用下列技巧。

1）利用材料的编排形式。资料多半是按字母顺序排列的。如词典、索引、邮政编码簿、电话号码簿以及其它参考资料簿等。当然并非所有资料都是按字母顺序排列的。例如，电视节目是按日期和时间排列的。历史资料是按年代排列的，报纸上的体育版面是按比赛类别（足球、排球、网球）排列等等。不管资料来源怎样，它都是按照某种逻辑方法排列的。例如，要知道某事是何时发生的，要查日期；某事是谁做的，要查人名等。

2）利用章节标题和说明。寻读之后，首先看看文章标题或章节标题，确定文章是否包含自己所需要的材料，或者哪一部分包含哪些材料，这样可以直接翻到那个部分，进行寻找。

3）抓提示词。读者找到包含所需信息的章节，准备寻读。这时，要留心与那个具体信息有关的提示词。例如，在报纸体育运动版上寻找某田径运动员的某项运动成绩，他的国名是提示词。在百科全书上寻找纽约市的人名，翻到 New York City 那一章后，population，census，inhabitants 等词就是提示词，找到提示词，就可以采用一般阅读速度，获得所需要的信息。

当然，阅读方法还有许多，学习者可以在大量的阅读实践中获得。掌握并应用一定的阅读技巧，对于抓住重点，提高阅读理解速度和理解能力大有益处，而阅读技巧则是通过大量的阅读实践而习得的。在实际阅读中，并不是单一使用某一种技巧，很多时候是各种技巧的交替使用。

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Unit 1

Section A

Passage 1

(Reading Time: 6½ minutes)

Science and Truth

"Finagle" is not a word that most people associate with science. One reason why science is so respected these days is that the image of the scientist is of one who collects data in an impartial search for truth. In any debate—over intelligence, schooling, bias, energy—the phrase "science says" usually crushes the opposition.

But scientists have long acknowledged the existence of a "finagle factor", a tendency to give a helpful touch to the data to produce desired results. The latest example of the finagle factor comes from Stephen Jay Gould, a Harvard biologist, who has examined the important 19th century work of Dr. Samuel George Morton.

Morton was famous in his time not only for gathering a huge collection of skulls but also for analyzing the brain size as a measure of intelligence. He concluded that whites had the largest brains, that the brains of Indians and blacks were smaller, and therefore, that whites make up a superior race.

Gould went back to Morton's original data and concluded that the results were an example of the finagle factor at work. "I have reanalyzed Morton's data," Gould wrote last week in the journal, *Science*, "and I find that they are a mixture of assumption and finagling, controlled, probably unconsciously, by his

prejudiced way of ranking—his folks on top, slaves on the bottom."

Morton reached his conclusions, Gould found, by leaving out embarrassing data, using incorrect procedures, making simple arithmetical mistakes (always in his favor) and changing his criteria again, always in favor of his argument.

Left alone, that finding would not be particularly disturbing. Morton has been thoroughly discredited by now. Scientists do not believe that brain size reflects intelligence, and Morton's brand of raw racism is out of style.

But Gould goes on to say that Morton's story is only "a noticeable example of a common problem in scientific work." Some of the leading figures in science are believed to have used the finagle factor.

One of them is Gregor Mendel, the Bohemian monk, whose work is the foundation of modern genetics. The success of Mendel's work was based on finding a three-to-one ratio in the dominant(显性的) and recessive(隐性的) characteristics of hybrid plants he was breeding. He found that ratio. But scientists recently have gone back to his data and have found that the results are literally too good to be true. Like Morton, Mendel gave himself the benefit of the doubt.

So, apparently, did Isaac Newton. Gould says that "Newton put the data together falsely to support at least three central statements that he could not prove."

And so, apparently, did Claudius Ptolemy, the Greek astronomer, whose master work, *The Almagest*, summed up the case for a solar system that had the earth at its center. Recent studies indicate that Ptolemy either faked some key data or resorted heavily to the finagle factor.

All this is important because the finagle factor is still at work. In the saccharin(糖精) controversy, for example, it was remarked that all the studies sponsored by the sugar industry found that the artificial sweetener was unsafe, while all the studies sponsored by the diet food industry found nothing wrong with saccharin.

No one suggested that the scientists were dishonest; it was just that they quite naturally had a strong tendency to find data that would support their

beliefs. The same tendency is observable in almost very controversial area of science today—the fight over race and intelligence, the argument about nuclear energy, and so on.

It is only occasionally that the finagle factor turns into pure dishonesty. One example seems to be the research of Cyril Burt, the British scientist, whose studies were used to support the belief that intelligence is mostly inherited. It now appears that Burt invented not only a good part of his results but also made up two co-workers whose names appear on his scientific papers.

The moral that Gould draws from his study of Morton is not that scientists are wicked but that they are just human beings, like the rest of us, and so should be subject to doubt like the rest of us. "The culprit (罪犯) in this tale is a naive belief that pure objectivity can be attained by human beings rooted in cultural traditions of shared belief and a consequent failure of self-examination." Gould said.

In other words, listen to what science has to say, but never get far away from a grain of salt.

(756 words)

Exercises

Direction: Select the most appropriate answer for each of the following questions.

1. Why do people respect science?
   A. Because no one would doubt science.
   B. Because they believe scientists are impartial.
   C. Because there is no opposition against science.
   D. Because "finagle" is not a word that has anything to do with science.

2. What have some scientists used the finagle factor to do?
   A. To cheat people in general.
   B. To gain fame in scientific field.

C. To solve scientific problems.
D. To get results which they wish to.

3. According to Morton's "theory", who are the most intelligent among the following peoples?
A. Europeans.
B. Africans.
C. Indians.
D. Asians.

4. Which of the following statements is NOT true?
A. Almost every great scientist resorts to the finagle factor.
B. Newton occasionally made use of the finagle factor.
C. Most likely Ptolemy depended to a large extent on the finagle factor.
D. Mendel was believed to have used the finagle factor.

5. What's the aim of Gould's report about the finagle factor in Morton's word?
A. His aim is to ruin Morton's reputation.
B. His aim is to show that Morton's case is rare.
C. His aim is to amuse people with an interesting story.
D. His aim is to point out a problem widely existing in science.

6. In Para. 10, what does "fake" mean?
A. Fail to give.
B. Take for granted.
C. Make up in order to deceive.
D. Collect for particular purposes.

7. What can we infer from the passage?
A. The problem of the finagle factor is merely a matter of personal honesty.
B. Those scientists who resort to the finagle factor are dishonest.
C. There are no scientists who are dishonest.
D. Any scientist, honest or dishonest, has a strong tendency to use the finagle factor.

8. Which of the following statements is NOT true?
A. Mendel was the pioneer of genetic science.
B. Cyril Burt worked hard with two cooperators to do research on man's

intelligence.

C. The problem of the finagle factor still exists today.

D. The sugar industry will be happy if saccharin is found to be harmful to health.

9. What does Stephen Jay Gould believe?

A. It is foolish to think man can achieve thorough objectivity.

B. Not only scientists are wicked, but people in general.

C. Every scientist's personality is unusual.

D. Human beings make errors because they fail to examine themselves.

10. In the last paragraph, what does the phrase "never get far away from a grain of salt" most probably mean?

A. Try not to be too critical.

B. Never believe it completely.

C. Have salt available at any time.

D. Never be far away from any bit of doubtful data.

Passage 2

(Reading Time: 9 minutes)

How to Guess Your Age

It seems to me that they are building staircases steeper than they used to. The risers are higher, or there are more of them, or something. Maybe this is because it is so much farther today from the first to the second floor, but I've noticed it is getting harder to make two steps at a time any more. Nowadays it is all I can do to make one step at a time.

Another thing I've noticed is the small print they're using lately. Newspapers are getting farther and farther away when I hold them, and I have to squint to make them out. The other day I had to back halfway out of a telephone booth in order to read the number on the coin box. It is obviously ridiculous to suggest that a person of my age needs glasses, but the only other way I can find out what's going on is to have somebody read aloud to me, and that's not too satisfactory because people speak in such low voices these days that I can't hear them very well.

Everything is farther than it used to be. It's twice the distance from my house to the station now, and they've added a fair-sized hill that I never noticed before. The trains leave sooner too. I've given up running for them, because they start faster these days when I try to catch them. You can't depend on timetables any more, and it's no use asking the conductor. I ask him a dozen times a trip if the next station is where I get off, and he always says it isn't. How can you trust a conductor like that? Usually I gather up my bundles and put on my hat and coat and stand in the aisle a couple of stops away, just to make sure I don't go past my destination. Sometimes I make doubly sure by getting off at the station ahead.

A lot of other things are different lately. Barbers no longer hold up a mirror behind me when they've finished, so I can see the back of my head, and my wife

has been taking care of the tickets lately when we go to the theater. They don't use the same material in clothes any more, either. I've noticed that all my suits have a tendency to shrink, especially in certain places such as around the waist or in the seat of the pants, and the laces they put in shoes nowadays are harder to reach.

Revolving doors revolve much faster than they used to. I have to let a couple of openings go past me before I jump in, and by the time I get up nerve enough to jump out again I'm right back in the street where I started. It's the same with golf. I'm giving it up because these modern golf balls they sell are so hard to pick up when I stoop over. I've had to quit driving, too; the restrooms in filling stations are getting farther and farther apart. Usually I just stay home at night and read the papers, particularly the obituary (讣闻) columns. It's funny how much more interesting the obituary columns have been getting lately.

Even the weather is changing. It's colder in winter and the summers are hotter than they used to be. I'd go away, if it weren't so far. Snow is heavier when I try to shovel it, and I have to put on rubbers whenever I go out, because rain today is wetter than the rain we used to get. Draughts are more severe too. It must be the way they build windows now.

People are changing too. For one thing, they're younger than they used to be when I was their age. I went back recently to an alumni(男校友) reunion at the college I graduated from in 1943—that is, 1933, I mean, 1923—and I was shocked to see the mere tots they're admitting as students these days. The average age of the freshman class couldn't have been more than seven. They seem to be more polite than in my time, though; several undergraduates called me "Sir", and one of them asked me if he could help me across the street.

On the other hand, people of my own age are so much older than I am. I realize that my generation is approaching middle age (I define middle age roughly as the period between 21 and 110) but there is no excuse for my classmates tottering into a state of advanced senility(衰老). I ran into my old roommate at the bar, and he'd changed so much that he didn't recognize me. "You've put on a little weight, George." I said.

"It's this modern food," George said. "It seems to be more fattening."

"How about another martini(马提尼酒)?" I said. "Have you noticed how much weaker the martinis are these days?"

"Everything is different," said George. "Even the food you get. It's more fattening."

"How long since I've seen you, George?" I said. "It must be several years."

"I think the last time was right after the election." said George.

"What election was that?"

George thought for a moment, "Harding."

I ordered a couple more martinis. "Have you noticed these martinis are weaker than they used to be?" I said.

"It isn't like the good old days," George said. "Remember when we'd go down to the speak, and order some Orange Blossoms, and maybe pick up a couple of flappers? Boy, could they neck! Hot diggety!"

"You used to be quite a cake-eater, George," I said. "Do you still do the Black Bottom?"

"I put on too much weight," said George. "This food nowadays seems to be more fattening."

"I know," I said. "You mentioned that just a minute ago."

"Did I?" said George.

"How about another martini?" I said. "Have you noticed the martinis aren't as strong as they used to be?"

"Yes," said George. "You said that twice before."

"Oh," I said...

I got to think about poor old George while I was shaving this morning, and I stopped for a moment and looked at my own reflection in the mirror.

They don't seem to use the same kind of glass in mirrors any more.

(1 048 words)