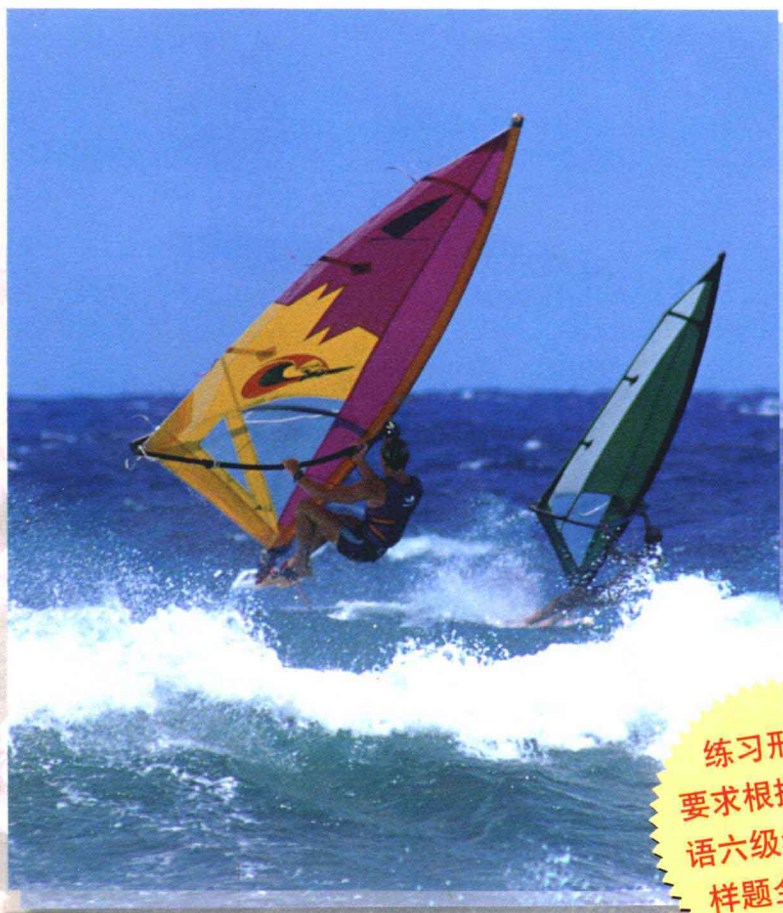




普通高等教育“十五”国家级规划教材  
教育部推荐使用大学外语类教材

# COLLEGE ENGLISH

*Fast Reading 5*



练习形式和  
要求根据大学英  
语六级考试最新  
样题全面修订

**全新版**

*New*

# 大学 英语

快速阅读

# 5

**W** 上海外语教育出版社  
外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

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*Fast Reading 5*

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# 《大学英语》系列教材(全新版)

## 编写前言

### 1. 编写宗旨和编写过程

《大学英语》系列教材(全新版)是一套依据全新的教学理念、全新的构思、全新的素材编写而成的供大学英语教学使用的系列教材。

本教材的宗旨是:在遵循现代外语教学理念、充分运用先进信息技术的基础上,注重为学生创造自主学习环境,强调个性化学习,全面培养学生的英语综合应用能力,尤其是听说能力,使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流。

《大学英语》系列教材自 1986 年的试用本问世以来,受到广大师生和英语学习者的青睐,先后被千余所院校采用,成为我国高校英语教学的首选教材,并荣获全国高等学校第二届优秀教材特等奖和国家教委高等学校第二届优秀教材一等奖。在这期间,教材曾数度修订,分别在 1992 年、1997 年出版了正式本和修订本,较好地满足了当时教学的需求。然而,随着新世纪的到来,世界进入了经济全球化、科学技术一体化时代,英语作为当前国际上使用最为广泛的信息载体和交流工具,其重要性越发突出。近年来,由于我国的社会和经济迅猛发展、国际交往日益频繁,国家和社会对大学英语教学,对大学生的英语综合应用能力,尤其是听说能力,提出了更高和更迫切的要求。我国的大学英语教学面临着新的挑战。大学英语教学改革必须进一步深化。另一方面,我国的外语教学环境正逐步改善,多媒体、网络等现代教育技术的发展使得大学英语教学多样化、个性化有了可能。人们纷纷探求更适合我国国情的新的教学路子。许多教师已开始利用多媒体和网络技术进行英语教学,以弥补传统的课堂教学的不足,并取得成效。基于计算机/网络+课堂教学的新型教学模式日渐形成。教材作为教改的一个重要方面,作为教学思想的一种载体,更应更新观念跟上形势,有新的作为。

正是在这种新形势下,上海外语教育出版社组织、策划了《大学英语》系列教材(全新版)的编写工作。在该社的全力支持、协调下,开展了广泛而深入的调研、论证工作,并在此基础上经过精心设计,认真编写出《综合教程》和《听说教程》的样课,在复旦大学等院校部分班级试用,同时征询了二十多个省市的数百所院校的意见,历经近三年时间的准备后,编写出这套全新的系列教材,更好地服务于新世纪我国的大学英语教学。

# CONTENTS

## Unit 1

Text A-1	Education and Good Books .....	1
Text A-2	Why Read? .....	5
Text B-1	A World Without Books or Music .....	9
Text B-2	Why Read Literature? .....	13

## Unit 2

Text A-1	Going Green After Gray .....	17
Text A-2	Health Education Should Start at Home .....	21
Text B-1	The Wonders of Water .....	25
Text B-2	Going Vegetarian — The Healthy Way .....	31

## Unit 3

Text A-1	White Lies .....	37
Text A-2	Fibbing Common in Everyday Conversation .....	41
Text B-1	Little White Lies .....	45
Text B-2	Can Telling Lies Ever Be Justified? .....	49

## Unit 4

Text A-1	What Are the Qualities of a Good Teacher? .....	53
Text A-2	Telelearning: The Multimedia Revolution in Education .....	57
Text B-1	Do Universities Broaden Minds? .....	63
Text B-2	The University of the Future .....	67

# Unit 1

## Fast Reading V

*Text A-1* (Reading Time: 4 1/2 minutes)

### Education and Good Books

The world is indeed flooded with reading materials of every description. Most of the material is meant for imparting information, a lot is for entertainment and some few for enjoyment. In my opinion, books which I read for enjoyment alone are worth reading.

Though on the scale of “worth”, I would not put it on the top, I realise that information gathering is important. The daily newspapers are essential reading to get a brief idea of what is going on in the world and which of these I need to know. Usually, I skim through it to get a brief idea of the type of news I am concerned about. I may want to know about the political and economic situation in the world, but I really don't need to know all the details. Hence, I will slow down and read in whole only that which concerns me. In all, I usually spend fifteen minutes reading the newspapers. If an interesting article or editorial deserves my attention, I may spend half an hour with the newspapers.

For additional information, I subscribe to *The Economist*. I believe that of all the periodicals, this is the one which gives serious views of the world. It gives much more information than the newspapers and its viewpoint is usually reasonable and often non-aligned. I usually finish reading an issue of *The Economist* in a day.

For entertainment, there are thousands of titles available. Most of them are fiction and paperback. They are written with one aim: To sell and get rich by. They have attractive covers and many are rehashed repeatedly from other success formulae, and almost all are calculated to rouse the senses and give cheap thrills. When stripped bare of all the sensational parts, the reader is often left with two covers. Except for a few like Frederick Forsythe and J. R. R. Tolkien, I will not touch any of them. Reading them is an absolute waste of time. For entertainment, I prefer to read books of non-fiction. These

include biographies, history and psychology.

For my enjoyment alone, I will read the books that I consider are worth reading. These will be the classic books of all time. I do not have to spend a single cent to indulge in these. Weekly trips to the excellent public libraries will give me all the books I want to read. I will put aside the best reading hours — mostly late into the night — for this great pleasure. For non-fiction I will read books on philosophy and for fiction, the great classics of Dickens, Scott, Jane Austen, Ernest Hemingway and the works by the recent Booker Prize winners and Nobel Prize winners.

The joy of the challenge of reading precise language I will get from philosophy and the realistic characterisations of the classic writers will thrill me. Reading a good book is not like reading trash to arouse your senses. Reading a good book takes you on a journey. I share in the intimate thoughts of the writer who expresses what he wants to; and not what his readers want him to express. He writes literature. He reaches the end of language and breaks through obstacles of expression. He is a pioneer, not a thrill arouser.

In my opinion, the books that I read for enjoyment and knowledge are the ones most worth reading.

559 words

but also books on \_\_\_\_\_.

7. The author was excited and pleased by the \_\_\_\_\_ of the classic writers.

*Text A-2***Why Read?****Comprehension Exercise**

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

1. According to the passage, many people still like to read because reading \_\_\_\_\_.
  - A) has become part of their life
  - B) offers something that TV and movies don't have
  - C) helps people to learn facts
  - D) is the cheapest way to get information
2. What is a big advantage of visual media?
  - A) They help people summarize their reflections.
  - B) They help in the assimilation of facts.
  - C) They call into play physical responses.
  - D) They elicit quick reactions.
3. Why does the author say that reading adds another dimension to a person's character?
  - A) Because reading helps a person to converse better.
  - B) Because reading makes a person more dynamic.
  - C) Because reading encourages a person to be critical.
  - D) Because reading develops the brain as well as the senses.
4. Why does the author say that people who enjoy reading are not ordinarily dependent on the mechanical world to provide them enjoyment or relaxation?
  - A) Because they have a rich inner reservoir of knowledge.
  - B) Because the physical world can only satisfy their material needs.





- C) Because mechanical devices are limited in their means to provide satisfaction.
  - D) Because they are a better kind of human being and can fend for themselves.
5. People who are in the habit of reading \_\_\_\_\_.
- A) will have strong instead of twisted personalities
  - B) will enjoy living in remote areas without modern amenities
  - C) will always have a link to the world no matter where they are
  - D) will discover that they have become much more dynamic



will be lost forever. Then there is literature like the works of the great masters like Shakespeare, Dickens and Jane Austen. What a sombre, miserable world it will be without the pleasures of reading. Since there are so many other things which depend on reading — like plays, songs and movies — we can expect them to disappear also. It would be a dark and unsatisfying world where knowledge is not propagated; where there are no books to derive pleasure from.

In the case of music; Without it the world will be bleak and cold indeed. It would be a terrible world with no cheery tunes, no songs to sing and no great music to lose ourselves in. A world which does not listen to the music of the great masters like Chopin and Beethoven would be a very sorry world. There will not be so many smiles on faces anymore. When we lose music, an expression of a deep part of ourselves — from the soul — is lost. With music, connected activities like dancing will be lost too. A world without music and dancing will bring us back to the Stone Age.

Unlike radio, television, telephones and computers, reading and music are not mere conveniences that we can live without. Reading is crucial for self-expression and for passing on records and knowledge to future generations. Music is part of our very soul. A world without these will not be the world as we know it. In fact, many of us would not want to live in such a world.

595 words

## Text B-1

## A World Without Books or Music

## Comprehension Exercises

Do the following statements agree with information given in the text?

In blanks 1 – 5 write

**Y** for **YES**, if the statement agrees with the information;

**N** for **NO**, if the statement contradicts the information;

**NG** for **NOT GIVEN**, if there is no information on this in the text.

- \_\_\_\_\_ 1. Music is part of the human psyche because it always strikes a chord with us.
- \_\_\_\_\_ 2. According to the passage, life without television and radio would be essentially the same.
- \_\_\_\_\_ 3. Music was invented by humans inspired by the whistling of the wind in hollow reeds.
- \_\_\_\_\_ 4. It is impossible to imagine a world without music because people have an inborn interest in it.
- \_\_\_\_\_ 5. A world without books would be bleak and cold.

Complete the sentences below using a word or words from the text.

6. It is a sorry world which does not listen to the music of great composers like \_\_\_\_\_
- \_\_\_\_\_.
7. People, in general, would not want to live in a world without \_\_\_\_\_
- \_\_\_\_\_.



*Text B-2* (Reading Time: 5 1/2 minutes)

## Why Read Literature?

Language in both its written and spoken forms is primarily used as a tool for communication. Apart from this use which I. A. Richards calls the “scientific” use of language, it responds to human psychological demands for aesthetic and emotional satisfaction. In a narrow sense, literature is the “emotive” use of language. According to Aristotle, literature refers to any kind of composition, in prose or verse, and its purpose is the giving of pleasure through some use of inventive imagination in the employment of words. When language is used in a special, refined way, it becomes literature. If it is denied its usefulness, it has its beauty. “Beauty is its own excuse for being.”

Literature is an expression of society; it represents life. Literature, at any given time, mirrors society, for a writer inevitably expresses his experience and conception of life. Jane Austen, in her novels, expresses the very essence of the eighteenth century: its sense of morals and social standards and its suspicion of uncontrolled emotion. In *Julius Caesar*, Shakespeare views with good-natured amusement the characteristics of the common people who are in fact Londoners transferred to the streets of Rome. They are good fellows, easily led. Political philosophy does not concern them and they have not grievances, but they are not indifferent to great political personages. They are fickle-minded and they are guided more by emotion than by reason.

Invariably, a writer has a message for the world. There is a relationship between literature and life. The writer’s message may have a beneficial effect on our lives and this may help us to live out our lives successfully. In *A Midsummer Night’s Dream*, Shakespeare’s message is that while the old should be respected, it is not good for them to force their children into marrying against their will. Lovers, to be happy, their love



should be mature; love that exists only in imagination is blind. Frequently literature is thought of as a form of philosophy.

Novels form a part of literature and one of the fascinations of novels is the "illusion of reality". After all it is mainly the possibility for escapism that makes people read novels. This willing suspension of disbelief is made possible by the portrayal of character, for no matter how believable the action may be in itself, it does not win the reader's free credulity unless it is performed by distinct individuals who are recognisable in terms of our experience. He will believe in action that is inherently impossible so long as the participants behave in a natural manner. A novel provides something more than a simple tale, however amusing and spirited it may be. Fielding's Joseph Andrews lives by virtue of the extraordinary vitality of characters and the picture it gives of the early 18th Century England. The fights and verbal tirades, the love-making and the beef that is consumed and other things make his novel reflect the life of his age. The novel holds the mirror up to life. There is the rather exaggerated view that novelists can teach us more about human nature than the psychologists. One might say that great novels are source books for psychologists.

Literature reveals the social prominence and status of the writer and also his social ideology. Literature gives us an insight into the life of his audience. Literature is a social document and modern readers derive their chief impressions of foreign societies from the reading of novels. Literature can be made to yield outlines of social history. We learn about the Elizabethan middle class from the writings of Ben Johnson and Thomas Deloney. Dickens depicts the Victorian world, Galsworthy the English upper middle class and Wells the lower middle class.

Literature, especially the drama and the poem, has acknowledged therapeutic and cathartic properties. There is a parallelism between literature and the fine arts. Literature, like Mozart's minuet or a landscape by Watteau, can make us feel light-hearted and gay. Therefore, it is gratifying to note that reading of literature continues in spite of other forms of entertainment and relaxation.

673 words

## Text B-2

## Why Read Literature?

## Comprehension Exercise

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

1. What is literature according to the passage?
  - A) It is the use of language to express one's scientific beliefs.
  - B) It is the use of language to communicate in a controlled manner.
  - C) It is the use of language to satisfy people's needs for beauty.
  - D) It is the use of language in an inventive and imaginative way.
2. The citizens of Rome in Shakespeare's play *Julius Caesar* are really \_\_\_\_\_.
  - A) the common people of London that lived in Shakespeare's time
  - B) good fellows who have no complaints about the political system
  - C) ordinary people who are suspicious of uncontrolled emotions
  - D) emotional men and women that can be guided by reason
3. Literature is considered to be a form of philosophy \_\_\_\_\_.
  - A) because it has certain effects on us
  - B) because it gives people an illusion of reality
  - C) because it usually has an implicit lesson for us
  - D) because it helps us to live our lives satisfactorily
4. One of the reasons why novels are interesting to read is that \_\_\_\_\_.
  - A) they can help people escape from a bleak world
  - B) their characters are distinct individuals
  - C) they reflect life in our modern world



- D) they can be used as textbooks for courses in psychology
5. By saying "Literature gives us an insight into the life of his audience", the author means that \_\_\_\_\_.
- A) we get to know something about the foreign societies of modern times
  - B) we are given an accurate and deep understanding of the people of his time
  - C) we learn about the life and times of the English upper middle class
  - D) we have a clear perception of the history of English society



*Text A-1* (Reading Time: 5 minutes)

## Going Green After Gray

Visanto Melina, R. D., got the surprise of her career last year, when the Seattle-based vegetarian nutritionist was asked to give a seminar on vegetarianism at a senior citizen center. “I thought there’d be four or five people,” she says. Instead, the room was packed with seniors who had paid a \$5 fee to hear her advice. And their interest in better health wasn’t only keen; it was informed. “They’ve obviously been paying attention to new research,” she says.

If Melina studied demographic trends for a living, she probably wouldn’t have been so surprised. Trend watchers have verified an intriguing new phenomenon. Older people are turning to a vegetarian diet in ever-increasing numbers. Not surprisingly, demographics (or the statistical data relating to the study of the human population and the groups within it) are driving the drift. By the year 2005, people born between 1949 and 1963, the Baby Boom Generation, will make up 38 percent of the American population. Furthermore, statistics suggest this educated, health-conscious, rebellious and relatively affluent contingent fits the traditional vegetarian profile. Add to the fact that older people seek natural, pleasant ways to combat problems associated with aging — weight gain, higher cholesterol and blood pressure, increased cancer risk and impaired digestion — and you have real motivation to go meatless, says Suzanne Havala, R. D., author of the American Dietetic Association’s position paper on vegetarianism.

Quantifying this new trend isn’t easy, but a 1994 study by Health Focus Inc., an independent research organization based in Des Moines, Iowa, found that shoppers over age 50 are cutting down on their consumption of red meat or eliminating it from their diets entirely. More compelling evidence for the senior surge toward vegetarianism comes from