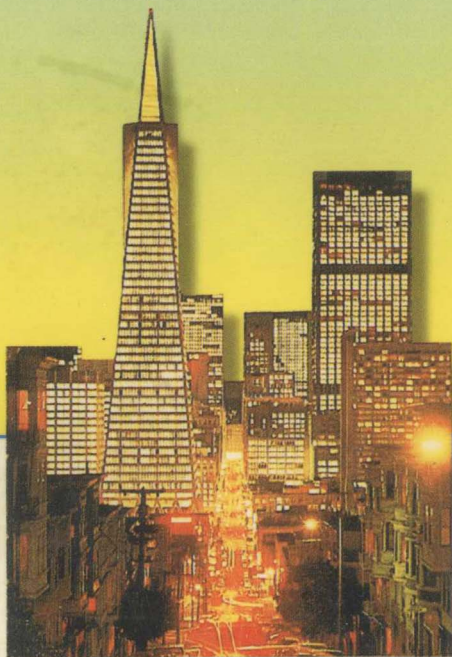


高等学校大学英语阅读教材

大学英语阅读教程

上册(一年级用)



AN ENGLISH READING COURSE
FOR COLLEGE STUDENTS

主编 谢立新



世界图书出版公司

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主 编 谢立新

副 主 编 潘俊武

编写人员 (按姓氏笔画顺序排列)

刘淑颖 谢立新 潘俊武

审 校 饶笃钧 李惠康

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前 言

本套教材是按照《大学英语教学大纲》和《大学英语四级考试大纲》对阅读理解的基本要求编写的,旨在培养、帮助学生迅速提高阅读水平,达到“两纲”对学生阅读能力的规定和要求,顺利通过国家大学英语四级考试。

本套教材分为四个分册,一年级和二年级分别各使用上、下两个分册。每个分册各由 30 个单元组成。参照大学英语四级考试样题阅读理解部分的形式,每个单元设有 4 篇短文。1—20 单元各篇短文后设有 5 个选择类型的阅读理解题;21—30 单元各篇短文后设有简短问题回答(Short Answer Questions),使之更贴近现行全国四级英语考试形式。此外,根据目前题型变化,在每个单元又增设了翻译练习,以划线形式选出大约 5 个句子,要求学生在理解文章的同时翻译成符合汉语习惯的中文。

每篇短文约 200—400 个单词,每个单元总词汇量为 1000—1400 个单词。全套教程共 120 个单元,480 篇短文,生词量一般不超过 3%,对超纲单词在短文后加注汉语释义。

本教程选材广泛,有科普知识、人物传记、英语国家风土人情、日常生活常识、社会、文化、教育等各方面的内容。体裁多样,有叙述文、说明文、议论文等。文章编排由浅入深,循序渐进并融知识性和趣味性于一体,具有较强的可读性。

本套教程由谢立新主编。一年级用书上册由潘俊武担任副主编,撰稿人为谢立新、潘俊武、刘淑颖;下册由林文煌担任副主编,撰稿人为林文煌、张兰、魏晓朴;二年级用书上册由刘蔚铭担任副

主编,撰稿人为刘蔚铭、张耕天、葛亚军;下册由谢立新、范晓玲担任主编,撰稿人为范晓玲、谢立新、穆翠英。

本教程在编写过程中,得到西北政法学院常务副院长陈明华教授和院教务处的支持帮助,陕西省人民政府外事办公室副主任饶笃钧教授和西安外国语学院李惠康副译审在百忙之中审阅了全稿,在此一并表示最衷心的感谢。

由于编者才疏学浅,舛错疏漏之处在所难免,恳请同行和广大读者批评指正。

编 者

一九九七年七月一日于西安

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Unit 1

Passage A

Fast readers do not comprehend less, as some slow readers would like to believe. This should be obvious from an examination of any sentence. Where does the meaning lie? Is it in the individual word, or in the sentence as a whole? Many individual words have almost no meaning by themselves; they must be seen in the context of a whole sentence in order to make sense. Good readers see words as part of a whole sentence or paragraph, not just in isolation. This is why slow, word-by-word, readers often understand far less, or miss much of the joy and excitement of reading.

The benefits of reading faster are readily seen. To be able to read more in the same amount of time can be a great blessing. Few of us read as we would like. During school many hours are devoted to reading and it would often be nice to be able to do it faster and have time for other things. After finishing school, work or home takes much time and reading hours become precious. Reading is one of the chief ways in which someone who has left school remains educated—anyone who never reads anything after leaving school can hardly be considered an educated person.

Notes :

1. comprehend *v.* 理解
2. individual *a.* 单个的
3. obvious *a.* 明显的
4. readily *ad.* 欣然地

Comprehension :

1. An appropriate title for the selection might be _____.
 - a. Reading Skills
 - b. Reading after School
 - c. Slow Readers And Fast Readers
 - d. Benefits of Reading Faster
2. In this selection the author mainly _____.
 - a. criticizes those people who read at a low speed
 - b. compares slow readers with fast readers
 - c. describes the advantage of reading faster
 - d. proves reading is the only way to educate people
3. Those people who read at a slow speed think that _____.
 - a. the meaning lies in the individual words
 - b. word-by-word reading brings more benefits
 - c. many individual words do have meanings
 - d. fast readers miss much in understanding
4. It can be concluded from the second paragraph that the chief benefit of reading faster lies in the fact that _____.
 - a. it saves the reader much time
 - b. it is much more entertaining
 - c. it brings the reader good luck

- d. it makes the reader better educated
5. The word "blessing" in the second paragraph can mean _____.
- a. the favour of God
 - b. prayer
 - c. something that brings happiness
 - d. grace

Passage B

If you are overweight like eighty million other Americans, there is still hope for you.

What you need to do is to change your eating habits forever. You begin by keeping a complete record of what, where, when, and how you eat. Once you understand your bad eating habits, you will find it easier to exchange them for good ones. So keep a diary answering the following questions.

1. *What do I eat during a day?* Record every bit of food and drink you put in your mouth. This includes that cracker you ate while opening the can of soup. It includes that swallow of Coca Cola you sipped from your friend's glass. It includes your chewing gum. And remember when you stuck your finger in the peanut butter jar. Record everything! Most people are amazed at what they consume in one day.

Behavior Change: Make a list of what you plan to eat during the day and follow your plan.

2. *Where and when do you eat?* Do you eat standing or reclining? Do you eat while cooking, reading, watching television,

driving? Do you eat when upset, happy, angry, tense, hurried? Do you reward or punish yourself with food?

Behavior Change: Eat three planned meals only. Sit up straight at your table. Do nothing but eat.

3. *How do I eat?* Most of us eat on the run. When we eat fast, our stomachs don't get the message that we are full. So we keep eating.

Behavior Change: Look at your food. Give yourself a chance to resist its sight and smell. Chew slowly and swallow each bite before you take another. Cut up your food into small pieces and eat one piece at a time. Let your food digest and listen to the message from your stomach before you reach for seconds.

It is your bad eating habits, not the food, you are married to. Divorce them and replace them with these sensible eating habits.

Notes:

1. overweight *adj.* 肥胖的
2. amaze *v.* 使惊叹
3. consume *v.* 消化, 消费
4. Most of us... keep eating. 我们多数人吃东西时狼吞虎咽。吃得太快了, 胃便得不到吃饱的信息, 于是我们肚子饱了还继续进食。
5. divorce *v.* 离婚, 脱离

Comprehension:

6. This passage urges you to lose weight by _____.
a. changing your eating habits

- b. eating less
 - c. having more vegetables and less fat
 - d. doing physical exercises
7. The author's first suggestion is meant for you to _____ in one day.
- a. feel amazed how much you eat
 - b. realize how much you eat
 - c. eat a right amount of food
 - d. make a list of every bit of food you eat
8. The author's second suggestion is _____.
- a. to eat while standing up for better digestion
 - b. to eat more when you are happy and less when upset
 - c. to eat three meals a day, more for breakfast and less for supper
 - d. none of the above
9. The author's third suggestion is not to eat _____.
- a. to make your stomach full
 - b. more when your stomach is full
 - c. in a hurried way
 - d. before you get message from your stomach
10. Which of the following statements is true?
- a. Some people remain single because they have a special liking for food.
 - b. If your husband is overweight, divorce him or help him change his eating habits.
 - c. If you want to lose weight, you must first get to know what makes you overweight.
 - d. There is no hope for some people to lose weight.

Passage C

I don't often lose things and I'm especially careful with money, so I was quite surprised when I reached for my wallet and it wasn't there. At first, I thought it was possible that I could have left it at home. Then I remembered taking it out to pay for the taxi, so I knew I had it with me just before I walked into the restaurant. I wondered if it was possible that it could have slipped out of my pocket while I was eating dinner. Thinking about that possibility, I turned and walked back to the table where I had been sitting. Unfortunately, there were several people sitting at the table at the time, so I called a waiter and explained to him that my wallet had fallen out of my pocket while I was sitting at the table a few minutes earlier. I had the waiter go over to the table to see if my wallet was on the floor. While the waiter was looking for it, the manager of the restaurant came up to me and asked me if anything was wrong. I didn't want to get a lot of people involved in the problem, but I knew I had to get the wallet back. I told the manager what had happened. He had me describe the wallet to him, and then he insisted that I report the missing wallet to the police. I told him that I didn't particularly want to get the police involved in it; besides, I was in a hurry because I had an appointment with my doctor in just a few minutes. I explained to him that my biggest worry at the moment was how I was going to pay the check. He told me not to worry about that. He had me write down my name and address, and he said he would send me a bill.

Notes:

1. restaurant *n.* 饭馆
2. slip *vi.* 滑落
3. particularly *ad.* 特别地
4. get sb. involved in sth. 使某人卷入某事

Comprehension:

11. We can safely say the writer _____.
 - a. seldom loses things
 - b. very often loses things
 - c. loses things once in a while
 - d. never loses things
12. That day the writer found _____.
 - a. he had lost his wallet
 - b. he had left his wallet at home
 - c. his wallet was nowhere to be found
 - d. his wallet was not in his pocket
13. According to the passage, the writer most probably lost his wallet when _____.
 - a. he took it out to pay for the taxi
 - b. he walked into the restaurant
 - c. he was eating dinner
 - d. he was ordering his dish
14. What did he do after that?
 - a. He went up and asked whether they had seen his wallet.
 - b. He explained to the waiter what had happened a few minutes earlier.

- c. He himself started looking for his wallet.
 - d. He waited till the manager came up.
15. Why did the manager tell the writer not to worry?
- a. He was going to report the incident to the police.
 - b. He could pay the doctor for the writer.
 - c. He would send a bill for what they had done for him.
 - d. He was sure the missing wallet would soon be recovered.

Passage D

Most Americans don't like to get advice from members of their family. When they need advice, they don't usually ask people they know. Instead many Americans write letters to newspapers and magazines which give advice on many different subjects, including family problems, sex, the use of language, health, cooking, child care, clothes, and how to buy a house or a car.

Most newspapers regularly print letters from readers with problems. Along with the letters there are answers written by people who are supposed to know how to solve such problems. Some of these writers are doctors; other are lawyers or educators. But two of the most famous writers of advice are women without special training for this kind of work. One of them answers letters addressed to "Dear Abby". The other is addressed as "Dear Ann Landers". Experience is their preparation for giving advice.

There is one writer who has not lived long enough to have much experience. She is a girl named Angel Cavaliere, who started writing advice for newspaper readers at the age of ten.

Her advice to young readers now appears regularly in the Philadelphia Bulletin in a column called DEAR ANGEL.

Notes :

1. address *vt.* 致(函等)
2. column *n.* 专栏
3. angel *n.* 天使

Comprehension :

16. The title for this passage may be _____.
 - a. Newspaper Advice for Readers
 - b. Special Columnist for Newspapers
 - c. Letters to the Newspaper Editors
 - d. Getting Advice from Strangers
17. Where do most Americans get advice?
 - a. Their friends.
 - b. Their parents.
 - c. Their relatives.
 - d. Newspaper.
18. The passage mainly _____.
 - a. helps the readers on getting advice
 - b. is about newspaper-reader relationship
 - c. explains one aspect of American culture
 - d. introduces trained writers for newspapers
19. We can infer from the reading that _____.
 - a. Angel Cavaliere died young
 - b. letters to DEAR ABBY are mostly about women problems

- c. the three names given are all women writers
 - d. Americans with problems usually don't like to ask people they know
20. Which of the following is true according to the passage?
- a. Angel, Ann and Abby are writers without special training.
 - b. Abby and Ann do not deal with the same kind of problems.
 - c. Newspapers in the U. S. tell people how to get advice.
 - d. Columns on the newspapers only help people with problems.