

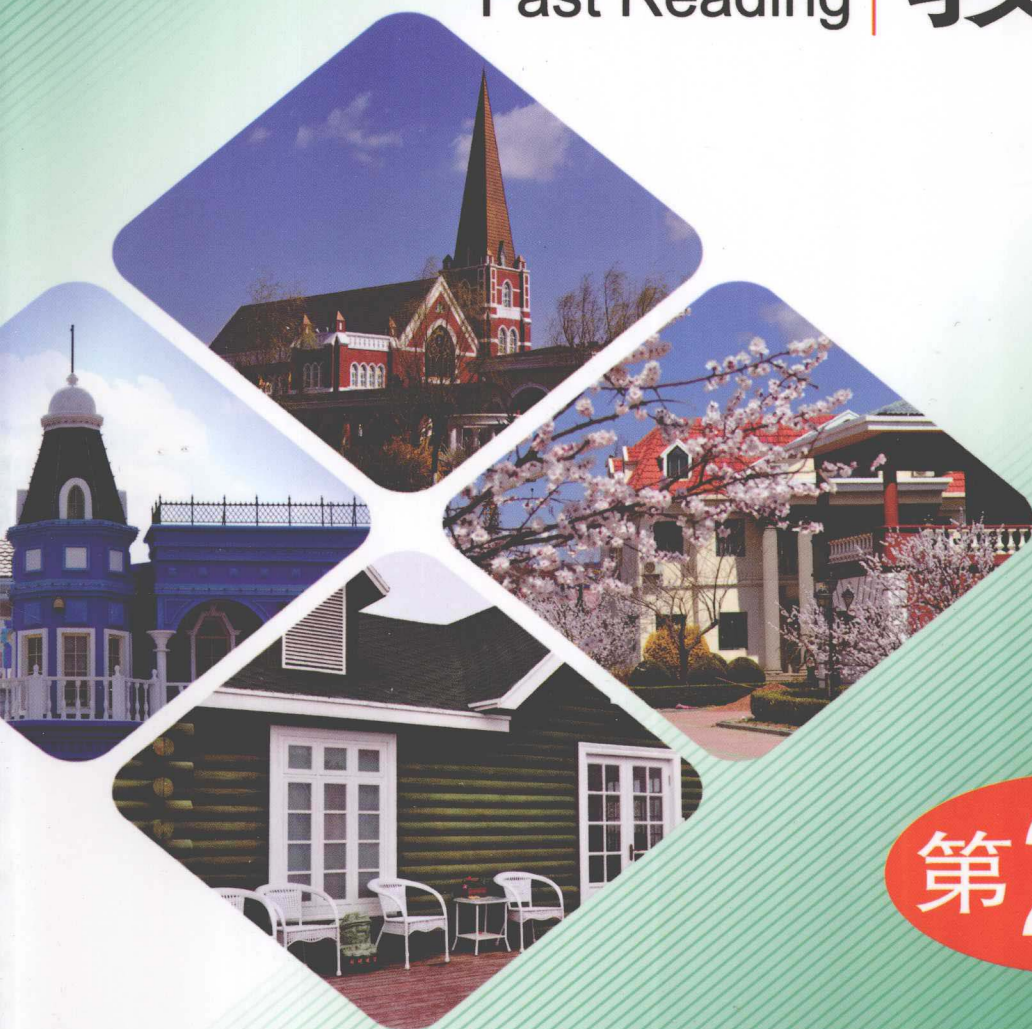


大学英语 快速阅读

College English
Fast Reading

教程

张雄 主编



第2册

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前言

《大学英语快速阅读教程》(第2册)根据教育部新颁布的《大学英语课程教学要求》编写而成,适用于大学一年级(下)非英语专业学生或具有同等英语水平的阅读爱好者。

本教程编写目的是,通过积极主动的快读训练,帮助学生扩大英语词汇量,提高快速浏览能力、准确猜词能力、独立分析能力以及归纳总结能力。

本教程编写严谨,具有高度的科学性、合理性和实用性。与其他教材所不同的是,本教程增加了“快速阅读方法指南”板块,旨在引导学生了解和掌握基本的快读技巧,进而取得良好的学习效果。

全书共设计10个单元,每单元4篇文章(全书共40篇),每篇文章字数为700~900词。文章的材料大多选自新近的国外报刊和杂志,在语言规范、原汁原味的基础上,突出选文的科学性、可读性和趣味性;文章的体裁分为“记叙文、议论文和说明文(主要指科技类)”等主要文体;文章的题材广泛,内容丰富,各单元主题包括以下几个方面:

(1)文化教育类;(2)高校学生学习、生活类;(3)风土人情类;(4)英美等国家历史类;(5)社会热点话题、社会掠影和时事聚焦类;(6)政治经济、人口和经济发展与现代生活类;(7)能源发展、科技发展与生存环境类;(8)科技类(或科普类);(9)风云人物类;(10)现代生活类。

本教程的练习设计强调实训性,每篇文章后都附有“填空题、判断正误题和选择题”3种题型,基本涵盖了710分大学英语四级考试中的快读题型,问题设计合理、巧妙,期望通过这种训练,提高学生快速阅读能力。

感谢杨丹、刘佳、李磊、张潇潇、李丽、于咏雪为本册教材做了编校工作,参与本册编写的人员都是经验丰富、一直坚守在教学第一线的教师,我们真诚希望学习者能从本教材中获得最大的收益,也欢迎广大同仁多提宝贵意见,以使本教程更趋完善。

编者

2011年5月

此外,文章中经常会出现几个简单句排列使用,作者在句与句之间没有用逻辑衔接词,但实际上两个句义之间是有较密切联系的。阅读时,要根据关键词快速理解每句话的意思,同时要清楚句子意义之间的关系。例如:He didn't attend the meeting. He was ill. 很明显,He was ill 说明 He didn't attend the meeting 的原因。

2. 复杂句的认识与理解

复杂句多指主从关系的句子。认识和熟悉复杂句的结构和功能,是提高语言能力和阅读能力的重要步骤。就从句而言,以性质而论,要特别注意英语的两大类从句,即名词性从句和副词性从句,包括:主语从句、定语从句、宾语从句、表语从句、同位语从句和状语从句。我们要熟练掌握各种从句在句子中的位置(结构状态),熟悉从句的功能。无论一句话有多长,我们只要看上一眼就能分辨出句子的主次关系,掌握句子的核心结构和意义。例如:

【例 14】

Under his direction, the blacks of Montgomery States Supreme Court shot an arrow into the heart of racial discrimination declaring that Alabama laws that supported the practice of segregation did not accord with the Constitution.

“the blacks of Montgomery States Supreme Court shot an arrow into the heart of racial discrimination”是句子的主干,其它部分均属次要结构。句子表达的主要意思是:“the blacks...shot an arrow”。但是类似这样的句子,其次是结构部分,即从句,也表达重要信息和思想,不要忽略。虽然例句中“the blacks...shot an arrow”是主要结构,但只是说明了事件的严重性,而没有说明是什么事情,而非谓语动词 declaring 却表达了主要意思,即:“Alabama laws...did not accord with the Constitution”(阿拉巴马州的法律违反宪法)。

此外,在 Alabama laws 后面还有一个同位语从句,说明这部法律的实质内容,that supported the practice of segregation. (支持种族隔离政策)

如果按关键词的理解过程是,“the blacks...shot an arrow”, declaring, the laws supported, segregation, did not accord with the Constitution.

(三) 意群的运用

意群的运用能有效地提高阅读速度,但要注意三个关键问题:一是平时要有意识地自我训练,能准确地分辨、划定意群,明确意群之间的语义关系或句法功能;二是阅读时,要以一个意群为一个“着眼点”,而不要以单个词为“着眼点”。学会逐渐练习,养成习惯,不断扩大目视范围,以一个意群为一个目视单位;三是阅读中,眼睛的运动速度与理解意群意思和功能的速度同步,否则会影响对阅读材料的理解,影响掌握关键信息。例如,上面例举的例句 14 可以用下面这样的方式阅读和理解:

【例 15】

Under his direction,
the blacks of Montgomery States Supreme Court
shot an arrow into
the heart of racial discrimination
declaring
that Alabama laws that supported the practice of segregation
did not accord with the Constitution.

(四) 无声阅读与不完全发音阅读

我们通常的阅读基本属于有声阅读,是眼睛、大脑、口和耳四个器官一起活动而完成的行为,其过程是:眼睛看到文字符号,反映给大脑,大脑指令口发音,耳朵再监听与判别正确与否。我们通常说的默读,实际上是“心读”,也是眼睛、大脑、口和耳四个器官一起活动,在脑中完成了每个词、每句话的发音,这是大多数人的习惯,认为这样能更好的理解,因此通常的朗读和默读同一篇文章所用的时间几乎相等。但是,如果阅读过程中“减掉”“口发音”、“耳监听”的过程,只用眼睛和大脑,即把眼睛看到的文字符号直接理解,不再发音和监听,阅读的速度要比有声阅读快,但是,这种阅读方式是一种比较高的阅读境界,需要长期的训练和积累经验才能养成。

还有一种方法,可以称为“不完全发音阅读”法,即,可以在阅读中,句中的某些功能词不读,只读几个词,读词的一个或两个音节就能完全理解意思,非常实用。例如:

【例 16】

It is possible that some Americans, because of their linguistic and geographic isolation, are hesitant about interacting with foreigners. 读成:

(It is 省略) po... (some 省略) Ame... be... ling... geo... iso, (are 省略) hesi... (about 省略) inte... (with 省略) forei...

【例 17】

Pollution is caused either by man's release of completely new and often artificial substances into the environment, or by releasing greatly increases amounts of a natural substance, such as oil from oil tankers into the sea.

Pollution—po...

(is 功能词, 不发音, 省略) caused... cau...

(either 常用词, 省略, 明确其与 or 连用)

(注意句子的语态, caused 之后的 by 省略)

man's release... ma... relea

(of 省略) completely new (惯用搭配, 意思明确, 只看一眼, 不发音, 或省略)

(and often 不发音, 省略,) artificial substances—arti... subs...

(into the 不发音, 省略) environment... envir...

(or by, 明确与第一个 by 的关系, 省略) releasing (greatly increases 不发音) amounts of... amoun—(of 不发音)

(a natural 常用词, 不发音, 或省略) substance...

(such as 省略) oil (看一眼, 不发音)

(from 省略) oil tankers—tan...

(into the sea 看一眼, 不发音)

尽管有多种快速阅读的方法, 但是真正要提高阅读质量和阅读速度, 必须扎扎实实地打基础, 不断扩大词汇量, 对句子有较好的认识, 培养良好的阅读习惯, 从而取得阅读学习的最佳效果。

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Unit 1

After determining the target audience for a product or service, advertising agencies must select the appropriate media for the advertisement. We discuss here the major types of media used in advertising. We focus our attention on seven types of advertising: television, newspapers, radio, magazines, out-of-home, Internet, and direct mail.

Television

Television is an attractive medium for advertising because it delivers mass audiences to advertisers. When you consider that nearly three out of four Americans have seen the game show *Who Wants to Be a Millionaire*, you can understand the power of television to communicate with a large audience. Television provides an ideal vehicle for this type of communication. But television is an expensive medium, and not all advertisers can afford to use it.

Television's influence on advertising is fourfold. First, narrowcasting means that television channels are seen by an increasingly narrow segment of the audience. Thus, audiences are smaller and more **homogeneous** than they have been in the past. Second, there is an increase in the number of television channels available to viewers, and thus, advertisers. This has also resulted in an increase in the sheer number of advertisements to which audiences are exposed. Third, digital recording devices allow audience members more control over which commercials they watch. Fourth, control over programming is being passed from the networks to local cable operators and satellite programmers.

Newspaper

After television, the medium attracting the next largest annual ad revenue is newspapers. Locally, newspapers are the largest advertising medium.

Newspapers are a less expensive advertising medium than television and provide a way for advertisers to communicate a longer, more detailed message to their audience than they can through 48 hours, meaning newspapers are also a quick way of getting the message out. Newspapers are often the most important form of news for a local community, and they develop a high degree of loyalty from local reader.

Radio

Advertising on radio continues to grow. Advertisers are likely to use radio because it is a less expensive medium than television, which means advertisers can afford to repeat their ads often. Consumers listen to radio on their way to school or work, at work, on the

rows were the most popular, while only the hard-working few climbed to pluck from the highest-growing leaves.

Tea's many uses

I huffed and puffed my way to the top and turned around to find myself alone. By the time I had climbed up, it was break time for the female workers. They were squatting on the lower part of the hill eating their cream-filled buns and drinking cans of chilled green tea. I ran my hand over the tiny green leaves and took a deep breath of the crisp, tea-filled air before making my way back down the incline.

All kinds of tea—green, black, white, **oolong**—come from the same plant. The type of tea the leaves become is determined by **fermentation** and oxidation processes. Green tea comes from leaves that are wilted but left unoxidized, unlike black tea leaves that are oxidized at the same time they are dried.

Green tea is the most popular in Korea, and the people in the Boseong area have incorporated the leaves into everything. They make beauty products with green tea, put green tea in their noodles and even have hot springs where you can soak in mineral waters infused with green tea. One of my favorite specialties of the region is nokdon samgyeopsal, sliced pork belly made from pigs who have dined on green tea leaves.

That afternoon, I settled for a bowl of noodles with bits of green tea in the **broth**, a cup of the green tea from the first harvest of the year and topped it off with a bowl of green tea ice cream, saving the pig belly for my next visit. (789 words)

Comprehension Exercises

Without referring back to the reading article, do the following tasks.

I. Fill in the blanks with the information you obtained from the reading.

1. Boseong is a tiny town in the southern part of the country known for its _____ fields.
2. Tea drinking has been part of Korean _____ since at least the 7th century.
3. The type of tea the leaves become is determined by _____ and oxidation processes.

II. Decide whether the following statements are true (T), or false (F).

4. It is very easy to notice seasonal changes in Los Angeles. ()

Unit 1

5. The Napa Valley is famous for its wine as the Boseong region for its green tea. ()
6. The faster the tea plants grow, the better the flavor of the tea is. ()

III. Choose only one correct answer from the four options given.

7. The Japanese noticed that Boseong had the favorable combination of all the following for growing green tea except _____.
A. sunshine B. temperature C. humidity D. soil
8. The people in the Boseong area have incorporated the green tea into everything except _____.
A. making beauty products B. putting green tea in their noodles
C. having hot springs with green tea infused D. taking as a kind of drier
9. Higher-quality tea plants grow in _____.
A. green fields B. hillsides
C. higher elevations D. lower elevations
10. Originally, the seeds of the green tea are most likely from _____.
A. South Korea B. China's Yunnan province
C. LA D. Japan

Passage 4

Culture Shock

Vocabulary Tips

acquaintance *n.* 熟人

flexible *a.* 灵活的

exaggerate *v.* 夸大

Until a relatively short time ago, traveling abroad was limited to rich tourists and wealthy businessmen. Flying abroad was not common for an average person. In time, however, plane travel became safer, more convenient, and less expensive. As a result people of different backgrounds now fly to distant places for pleasure, and businessmen fly to one country for a breakfast or lunch conference, then fly to another country for a dinner

meeting.

With the world becoming smaller, many young adults make the decision to study in foreign universities. It is an exciting, challenging experience to live in a foreign country. Anyone who can study abroad is fortunate, but, of course, it is not easy to change from one culture to another. One faces difficulties.

The student who studies in a foreign country leaves behind a familiar, loving comfortable environment. Back home, he has his family, friends and **acquaintances**. He knows the language, politics, money, food, social customs and so forth. He knows all the unclear aspects of his native culture, such as body language, and bargaining practices, etc. In short, he knows "the system" in his native country. Then one day he leaves this behind and suddenly finds himself in a place where everyone and everything is strange, perhaps even confusing. All this strangeness is a major surprise to a person's self confidence. This sudden change often leads to a reaction called culture shock.

Foreigners experience different degrees of culture shock. The symptoms range from being ill at ease to being seriously depressed. Feeling homesick, unhappy, and very sensitive are other signs of culture shocks. It is easy to understand that the endless frustrations of early days in a new country would produce dissatisfaction and perhaps even hostility. People are always at ease in a familiar environment. A mature, realistic person experiences mild, temporary symptoms; the insecure newcomer suffers more seriously from a culture shock.

During the inevitable period of adjustment, an international student tends to complain about everything in the new environment. In fact, the student is likely to **exaggerate** the problems. When the student meets another miserable person from the same country, he will pour out his unhappy feelings. Together they can complain in their native language. although this complaining provides temporary satisfaction, it certainly does not help him adapt to a new society. Being negative will never get rid of the feelings of frustration. The mature person understands that a positive attitude, determination and flexibility are important in making the change successful. A sense of humor is a big help.

The following suggestions have been found helpful in fighting culture shock:

1. Keep busy. Get to know the area where you live by walking around and observing. Become familiar with the stores in the neighborhood and the kinds of goods sold. Locate

Unit 1

the post office, library, schools, hospital and supermarkets. Say hello to a neighbor in your building and perhaps start a friendship.

2. Become friendly with classmates. Spend some out-of-school time together.

3. Do something you enjoy. Phone your family back home. Write a letter to a friend. Contact a relative or acquaintance.

4. Forget that your English is less than perfect and feel free to ask people for information, guidance or directions. Many people are friendly and helpful. It is important not to dwell on negative incidents. Disappointments are simply a fact of life.

5. Be **flexible**. Laugh at the mistakes you make; they are not usually serious. Make up your mind that you are going to enjoy your new adventure.

With the right attitude, living in a foreign country can be a priceless, enriching period in a person's life. It is a form of education—an exciting form. The above suggestions will help a person cope with life abroad. (650 words)

Comprehension Exercises

Without referring back to the reading article, do the following tasks.

I. Fill in the blanks with the information you obtained from the reading.

1. It is an exciting and challenging _____ to live in a foreign country.
2. During the inevitable period of _____, an international student tends to complain about everything in the new environment.
3. With the right _____, living in a foreign country can be a priceless period in a person's life.

II. Decide whether the following statements are true (T), or false (F).

4. Nowadays flying abroad is common to an average person. ()
5. Culture shock affects foreigners to the same degree. ()
6. It will help to adapt to the new environment if you can find another miserable person from your native land. ()

III. Choose only one correct answer from the four options given.

7. "The system" in the third paragraph includes _____.

Unit 2

Passage 1

Learning to Keep Your Cool During Tests

Vocabulary Tips

psychologist *n.* 心理学家

tense *adj.* 紧张的

panic *n.* 慌张, 惊慌

familiarize *v.* 使熟悉

Have you ever felt so anxious during an examination that you couldn't even put down the answers you knew? If so, you were suffering from what is known as test anxiety.

According to **psychologist** Ralph Trimble, test anxiety is a very real problem for many people. When you are worried about your performance on an exam, your heart beats faster and your pulse speeds up. These reactions start others: You may sweat more than normal or suffer from a stomachache or headache. Your field of vision narrows and becomes tunnel-like. Before you know it, you are having difficulty focusing.

"What I hear students say over and over again," says Dr. Trimble, who is working at the Psychological and Counseling Center at the University of Illinois, "is, 'My mind went blank. '"

For a number of years, Dr. Trimble helped many students learn how to perform better during exams and to bring up their grades. Some of these students were interested in sharing what they learned and, with Trimble's help, began holding workshops on overcoming test anxiety. For many students, just being in a workshop with other sufferers made them feel better. They realized that they were not the only ones who had done poorly on tests because of tension.

The workshops were so successful that they are still given.

In the workshops, students are taught that anxiety is normal. You just have to

prevent it from getting the best of you. The first step is to learn to relax. If before or during an exam you start to **panic**, stretch as hard as you can, tensing the muscles in your arms and legs; then suddenly relax all of them.

This will help relieve tension. But keep in mind that you do not want to be too relaxed. Being completely relaxed is no better than being too **tense**. "If you are so calm you do not care how you do on an examination, you won't do well," Trimble says. "There is an optimum level of concern when you perform at your best. Some stress helps. There are people who cannot take even slight stress. They have to learn that in a challenging situation, being anxiously excited is good and will help them do better. But if they call it anxiety and say, 'It's going to hit me again.' that will make them nervous and worried. "

As a student you must also realize that if you leave too much studying until a day or two before the examination, you can't do the impossible and learn it all. Instead, concentrate on what you can do and try to think what questions are likely to be asked and what you can do in the time left for studying.

When you sit down to study, set a moderate pace and vary it by reading, writing notes, and going over any papers you have already written for the course, as well as the textbooks and notes you took in class. Review what you know. Take breaks and go to sleep early enough to get a good night's rest before the exam. You should also eat a moderate breakfast or lunch, avoiding drinks like coffee and stay away from fellow students who get tense. Panic spreads easily.

Get to the exam room a few minutes early so that you will have a chance to **familiarize** yourself with the surroundings and get out your supplies. When the examination is handed out, read the directions twice and underline the significant instructions, making sure you understand them. Ask the teacher to explain if you don't. First answer the easiest questions, then go back to the more difficult.

On essay questions, instead of starting right away, take a few minutes to organize your thoughts, make a brief outline, and then start off with a summary sentence. Keep working steadily, and even when time starts to run out, don't speed up. (596 words)

Comprehension Exercises

Without referring back to the reading article, do the following tasks.

I. Fill in the blanks with the information you obtained from the reading.

1. Before you know test anxiety, you are having difficulty _____.
2. During an examination you start to panic, tense and relax your muscles to relieve _____.
3. Get to the exam room a few minutes early so that you will have a chance to familiarize yourself with the _____.

II. Decide whether the following statements are true (T), or false (F).

4. Test anxiety often affects those who are physically weak. ()
5. Students should make fully use of a day or two before an examination going over all the materials. ()
6. Even when time is running out, students shouldn't put an ending to their essay hastily. ()

III. Choose only one correct answer from the four options given.

7. Dr. Trimble often heard students say that _____.
A. their mind failed to work when faced with a test
B. they had difficulty focusing on the test items
C. they could not think of a way to get rid of test anxiety
D. they began panicking well ahead of a test
8. In Trimble's workshop the students learned _____.
A. how to avoid being controlled by test anxiety
B. that test anxiety is normal and would go away in time
C. certain mental exercises that would help them relax
D. how to concentrate on what they would do
9. According to the passage, being completely relaxed before a test _____.
A. helps a student perform better in the test