英语学习辅助读物

READING
PRACTICE

英语阅读测试练习

BOOK 3

程世禄 主编　　华中工学院出版社

英语学习辅助读物

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（原名《阅读实践》）

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前　言

（Preface）

英语阅读测试练习一书是配合大学基础英语教学，目的在于提高学生的阅读速度和理解能力。

Book Three供大学二年级（非英语专业）第一学期作快速阅读用。所收入的30篇文章选自1970年以后英美等国编辑出版的英语书籍。文章浅易，文字优美，富有知识性、资料性、趣味性。30篇文章共有20,632个英语单词（不包括生词注释和练习部分的约12,000单词），平均每篇文章687个单词。 用简单英语注释了263个生词或词组。

每篇文章后包括三个部分。

一、单词数：在每篇文章后注出单词数目，以便进行记时阅读。读完后马上就可算出每分钟所读单词数（Words Per Minute/WPM）。把阅读每篇文章的速度记入书后所附的 阅读速度表，就可以看出一学期来阅读速度的变化。

二、生词注释：用浅易英语注释了部分生词和词组，以期帮助学生克服译成中文后才能理解的恶习，逐步培养用英语思维的能力，从而提高阅读速度。仅注释难、常用、对文章的理解影响较大的生词。凡从上下文容易判断出词义的词或由比较熟悉的词干（Stem）派生出来的词或对整篇文章的 理 解影响不大的词均未选注。

三　10个选择题：第 1～5 题为 理 解 题（Comprehen-

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sion），均为间接型问题（Implied Questions），文章里无现成答案。第 6 题为语法结构（Structure）。第 7～10 题 为词汇（Vocabulary）。这项练习主要用来练习同义词，反义词，构词法，惯用法等。其中半数以上在文中无现成答案，目的在于利用上下文判定词义，掌握词的搭配使用，扩 大 词 汇量。

在使用本书时，要求学生在没有预习的情况下，尽快地阅读一遍后就做选择题，选择时不能再看原文。本书可以由教师组织在课内阅读，也可以由学生在课外自己阅读。但不论在课内还是在课外，都要认真记录阅读每篇文章的起止时间，算出每分钟所读单词数，并把读每篇文章的速度和理解度记入书后的附表。如果理解度在70％以上，宜加快阅读速度；如果理解度在70％以下，则宜放慢阅读速度。为方便使用，书后附有练习答案。

本书经过在长沙铁道学院外语系工作的外籍 教 师 Pauia Owens 和 Jean-Paul Mahama 审阅。公共外语 教 研 室的很多老师对本书的选编给予大力支持，提了许多宝贵意见和建议，在此向他们表示衷心的感谢。由于选编人员水平有限，再加上时间仓促，书中定有不少错误，恳切希望使用本书的教师和学生提出批评和建议。

谢谢！

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编者
1985年11月

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Contents

1. The First Four Minutes

When do people decide whether or not they want to become friends? During their first four minutes together, according to a book by Dr. Leonard Zunin. In his book, *Contact*[1]: *The First Four Minutes*, he offers this advice to anyone interested in starting new friendships: "Every time you meet someone in a social situation, give him your undivided attention for four minutes. A lot of people's whole lives would change if they did just that."

You may have noticed that the average person does not give his undivided attention to someone he has just met. He keeps looking over the other person's shoulder, as if hoping to find someone more interesting in another part of the room. If anyone has ever done this to you, you probably did not like him very much.

When we are introduced to new people, the author suggests, we should try to appear friendly and self-confident. In general, he says, "People like people who like themselves."

On the other hand, we should not make the other person think we are too sure of ourselves. It is important to appear interested and sympathetic[2],

realizing that the other person has his own needs, fears, and hopes.

Hearing such advice,one might say, "But I'm not a friendly, self-confident person. That's not my nature. It would be dishonest for me to act that way."

In reply,Dr. Zunin would claim[3] that a little practice can help us feel comfortable about changing our social habits. We can become accustomed to[4] any changes we choose to make in our personality[5]. "It's like getting used to a new car. It may be unfamiliar at first,but it goes much better than the old one."

But isn't it dishonest to give the appearance of friendly self-confidence when we don't actually feel that way? Perhaps,but according to Dr. Zunin, "total honesty" is not always good for social relationships, especially during the first few minutes of contact.There is a time for everything, and a certain amount of play-acting may be best for the first few minutes of contact with a stranger. That is not the time to complain[6] about one's health or to mention faults one finds in other people. It is not the time to tell the whole truth about one's opinions and impressions.

Much of what has been said about strangers also applies to relationships with family members and

friends. For a husband and wife or a parent and child, problems often arise during their first four minutes together after they have been apart. Dr. Zunin suggests that these first four minutes together be treated with care. If there are unpleasant matters to be discussed, they should be dealt with later.

The author declares that interpersonal relations should be taught as a required course in every school, along with reading, writing, and mathematics. In his opinion, success in life depends mainly on how we get along with other people. That is at least as important as how much we know.

Words: 503

(1) contact	*n.*	condition of meeting, communicating; connection
(2) sympathetic	*a.*	sharing the same sort of feeling
(3) claim	*v.*	declare
(4) accustomed to		being in the habit of; used to
(5) personality	*n.*	the whole nature or character of a particular person
(6) complain	*v.*	to talk about one's pains,

troubles,etc.

Multiple Choice Questions:

1. The author thinks the correct attitude in a social situation is ___ .
   a. to appear friendly
   b. to be total honesty
   c. to give the stranger your undivided attention during the first four minutes together
   d. to be self-confident

2. Dr.Zunin says that "People like people who like themselves."What does above sentence mean?
   a. Most people like to make friends with those who are friendly and have confidence.
   b. People like to make friends with those who know them very well in the first few minutes.
   c. The first few minutes of contact is not important in the process of making friends.
   d. People like to make friends with the strangers whom they have just met.

3. The author thinks the best way for the first few minutes of contact with a stranger is ___ .
   a. to tell the whole truth about one's opinions and impressions
   b. to complain about one's health
   c. to do certain amount of play-acting

d. to mention faults one finds in other people

4. In this article, the writer thinks that to family relationship ____.

   a. the first four minutes are not important after people have been apart

   b. the first four minutes are still important after people have been apart

   c. people can say whatever they like during the first four minutes

   d. any unpleasant matters can be discussed during their first four minutes together

5. Which of the following subjects is not taught as a required course in every school?

   a. Mathematics.   b. Writing.

   c. Reading.   d. Interpersonal relations.

6. According to the author, success in life ____.

   a. is related to giving the appearance of being dishonest

   b. is related to being self-confident in relationships with others

   c. depends on the excellent marks of reading, writing, and mathematics

   d. mainly depends on how people get along with other people

7. Which word has the rough meaning of "advice"?

   a. Criticism.   b. Opinion.

   c. Information.   d. Order.

8. The noun of "sympathetic" is ____ .

    a. sympathy   b. sympathie

    c. sympathizer   d. sympathetically

9. We can become accustomed to any changes.

    "To become accustomed to" means ____ .

    a. "to be good at"

    b. "to be interested in"

    c. "to get used to"

    d. "to be fond of"

10. The antonym of "unfamiliar" in the passage is

    ____ .

    a. strange   b. familiar

    c. dishonest   d. unusual

2. How Plants and Animals Help Each Other

Plants and animals usually do not live apart[1], as in many ways they are important to each other.

Most green plants can do very well by themselves. So long as there is sunlight, carbon dioxide in the air, and water and minerals in the soil, green plants can make their own food.

The food of other living things, even the food of meat-eating animals, comes directly or indirectly from green plants. For example, some people eat mutton; mutton comes from a goat; the goats eat grass. These steps, or links, make up what is called a food chain. Without green plants, all other living things would in time die of starvation[2].

Plants help animals in other ways too. They furnish homes and shelter[3] for many animals. Many birds, as you know, build their nests in trees. Deer and many other animals use bushes for shelter. Beavers build their lodges[4] from trees that they cut down. And even man depends much upon plants for his shelter, because trees furnish the timber[5] that goes into the making of his house.

Animals repay some of this debt by helping

plants. You may be aware that many insects and some birds do important work for plants by pollinating[6] them. You must have also learned how animals often help plants by scattering[7] seeds.

What is waste material for one of these kinds of life is often valuable substance for the other. For example, animals give off carbon dioxide gas when they breathe. When plants manufacture food, they absorb this gas from the air, using the carbon and releasing some of the oxygen back into the air. The oxygen that is released, then, is again available to animals. Thus the cycle continues, animals helping plants, and plants helping animals. Even dead plants and animals help living ones, because as the dead ones decay[8], they enrich the soil by adding valuable chemicals to it.

All plants and animals have their enemies. Insects eat plants; birds eat insects;other animals kill birds. But here too, animals such as birds, bats, and moles, help the plants by destroying harmful insects. Many plants and animals are helpful to some living things but are harmful to others.

Then there are other rules in nature that act as checks and balances.For example, if there are more animals in a certain area than there is food to support them, some of the animals must migrate[9] or starve. In either case, the number of animals will

be reduced until the balance between animals and the available food supply is restored.

These helps and hindrances[10] are constantly going on in the plant and animal world to achieve what is called the balance in nature. As long as one living thing is dependent on another, whenever the scales are tipped, nature takes steps to balance the scales again.

Words: 512

(1.) apart	*adv.*	away from each other
(2) starvation	*n.*	suffering or death caused by lack of food
starve	*v.*	
(3) shelter	*n.*	condition of being kept safe
(4) lodge	*n.*	small house
(5) timber	*n.*	wood suitable for,or prepared for,use in construction
(6) pollinate	*v.*	to cause (a flower or plant) to be able to produce seeds by bringing pollen(pollen: fine yellow dust on the male part

of a flower)

(7) scatter   *v.*   send, go, in different directions

(8) decay   *v.*   go bad

(9) migrate   *v.*   to move from one place to another

(10) hindrance   *n.*   the act of stopping someone from doing sth.

Multiple Choice Questions:

1. Green plants make their own food from____.

    a. water, carbon, oxygen, and minerals

    b. carbon dioxide, sunlight, water, and minerals

    c. air, water, and soil

    d. sunlight, carbon dioxide, and minerals

2. Without green plants, all other living things would die because____.

    a. green plants release oxygen

    b. green plants furnish homes and shelter

    c. the food of other living things comes directly or indirectly from green plants

    d. all animals eat grass

3. Which of the following animals does not take shelter in plants?

    a. A bird.   b. A deer.

    c. A beaver.   d. A whale.

4. Animals help plants mainly by____.