

【安徽省高等学校“十一五”省级规划教材】

主编 何苏宁 马海波

新目标 大学英语 快速阅读

New Target **第2版**
College English Fast Reading

本册主编 王 玫 方 怡

第2册

中国科学技术大学出版社

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前言

教育部制定的《大学英语课程教学要求》(以下简称《课程要求》)对于英语快速阅读能力的一般要求是:“在快速阅读篇幅较长、难度略低材料时,阅读速度达到每分钟 100 词,能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”较高要求是:“阅读速度达到每分钟 120 词,能就阅读材料进行略读或寻读。”正是根据《课程要求》的具体要求,我们编写了这套《新目标大学英语快速阅读》教材,以期通过规范的选篇和练习设计循序渐进地提高学生的英语快速阅读水平,从而进一步增强他们的英语综合应用能力。

英语快速阅读与精读、泛读共同构筑起英语阅读技法的链状体系。快速阅读侧重于阅读的“时间观念”和“效率意识”,体现出信息化时代高速度、高效率的理念,是外语阅读技法中的新概念。对于广大非英语专业的大学生而言,英语阅读效率低是制约他们获取更多知识和信息的最大障碍。因此,培养快速阅读、准确捕捉信息的能力,是大学英语教学的一项重要任务。我们在编写本教材时,注重将语言的课堂教学与实际应用能力的提高相结合,做了一些尝试。

(1) 本教材共 4 册,分为 1~4 级,达到《课程要求》对快速阅读一般要求层次的具体要求。

(2) 本教材遵循理论与实践相结合的原则,讲练结合,每册分为两大部分:第一部分讲授快速阅读常用技能,采用中文讲解,清晰明了;第二部分为快速阅读综合技能训练,注重训练的渐进性和系统性。每册分 10 个单元,每个单元包含 3~4 篇阅读文章,每篇文章后配有练习。第 1、2 篇文章后的练习与四级考试新题型的形式一样,第 3、4 篇文章后的练习则侧重于训练某一项快速阅读技能,以达到通过训练熟练掌握快速

阅读技能的目的。

(3) 本教材所选篇目均是根据实际教学需要筛选而来,在保证科学性、知识性、趣味性和新颖性的同时,又尊重学生的兴趣爱好,内容涉及语言、文化、习俗、伦理、科学、社会焦点等方面。文章均从近期的国内外书籍和报刊中选编,难度适中。

(4) 1~4级阅读文章的长度和阅读速度分别为:1级 600~800词,建议阅读速度为每分钟90词;2级 800~1000词,建议阅读速度为每分钟100词;3级 1000~1100词,建议阅读速度为每分钟110词;4级 1100~1200词,建议阅读速度为每分钟120词。生词不超过短文词汇总量的3%。在每篇短文之前都明确标出了完成短文阅读及练习的建议用时,学生可以记录完成时间和答题的正确率,以便对自己的阅读速度和阅读水平进行自我评估。

(5) 在练习的编排方式上注重形式多样。在注重寻读、略读、猜词悟义、写摘要等快速阅读基本技能训练的同时,在题型和阅读速度等方面结合四、六级考试的要求进行设定,旨在帮助学生熟悉新题型,提高应试能力。练习题的形式主要为判断题、信息填充题和综合题。

本教材的编写由解放军电子工程学院和解放军炮兵学院合作完成,所有编写人员均为在教学一线执教多年的教师,具有丰富的教学经验。全书由何苏宁、马海波主编,各分册主编分别为:第1册马海波、许良才;第2册方怡、王玫;第3册赵天红、潘云燕;第4册何苏宁、黄频频、王芳。

编者

2011年5月

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快速阅读的基本方法与技巧

1. 略读(skimming)

略读,或称为跳读,就是粗略地、快速地阅读全文,包括文题、作者、写作时间、注释说明等,要求读者有选择性地忽略阅读材料中的部分内容,其目的是明确背景,抓住线索,了解梗概,把握主旨。略读虽不免“粗疏”,但绝不是粗枝大叶地、一般地浏览,而是有目的地把握“全局”,对全文做一鸟瞰式的俯视,这就要求在阅读时精神高度集中,能提纲挈领地抓住全文关键的问题。其特点是:(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)有选择性地跳过某个部分或某些部分阅读内容;(3)适当地降低阅读理解的准确率;(4)事先读者对阅读材料往往是一无所知。

略读可以运用下列技巧:

(1) 利用印刷细节(typographical details)。如利用书或文章的标题、副标题、小标题、斜体词、黑体词、脚注、标点符号等,对书或文章进行预测略读(preview skimming)。预测略读要了解作者的思路、文章方式(模式),以便把握文章大意、有关的细节及其相互关系。标题性的信息是作者提供的重要阅读线索,一般而言,通过标题可以知道文章的主题。对文章的首段和末段要多加注意,以便发现作者的观点。忽视了标题、引言、总结、说明及图解等信息,会限制读者的阅读思考,影响阅读效率。

(2) 弄清文章体裁,快速理解文章。以一般阅读速度(每分钟 200~250 词)阅读文章开头的一两段,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。对不同体裁的文章,就要根据其体裁的特点,运用不同的方法快速阅读,正确

理解。

记叙文往往一开始就交待人物(who)、时间(when)、地点(where)及事件(what),然后再详细叙述事件发生的原因(why)。

议论文中,作者先提出一个论点,再对此进行分析,或举例加以论证,得出结论。

说明文中,作者首先提出说明对象,然后从时间、空间、用途、方法、步骤等各个不同侧面加以说明。

(3) 抓住关键词句(key words and topic sentences)。为了提高阅读速度,首先应抓住关键词句,因为它们是联接上下文的纽带。快速阅读时只要注意瞬时关键词,其他都可迎刃而解。抓住关键句子也就是找出主题句,主题句是文章中用来概括大意的句子,主题句往往是每个段落的第一个句子,有时可能是最后一个句子,在特殊情况下也可能出现在段落中间。通过识别主题句,可以快速、准确地抓住文章中各个段落的主要意思。如果把每一个段落的大意抓住了,那么全篇文章的中心思想也就把握住了。在阅读中识别主题句,并准确理解其意思,可帮助读者了解作者的行文思路,分析文章的内容结构,搞清楚各个段落之间的逻辑关系,有利于提高阅读的速度和理解的准确性。

(4) 读首、尾句,预测文中细节。一般情况下,英语文章多是按“总一分一总”的思路写的。因此,研读首、尾句,对快速阅读理解文意具有重要的意义。读者不但由此可以抓住文章的内容,还可以揣测作者的态度、意图,从而进一步猜出作者所要写的细节。

(5) 注意连接词,揣测作者意图。英语文章中,作者往往先叙述或介绍常人的观点、他人的态度和看法,然后再提出自己的想法或与之不同的观点,即作者本人的意图或事实真相及本文的主旨。两者之间常用 but, however, yet, in spite of, though, although, moreover 等连词或短语,或 but in fact, on the contrary, in addition, even though, even if 等短语连接。掌握了文章的阅读方法,就大大加快了阅读速度,同时理解的正确性也就大大提高了。

(6) 若无需要,不必阅读细节。

2. 寻读(scanning)

寻读又称查读,就是从阅读材料中快速准确地找出某些具体信息。读者往往

是有目的地去阅读,并从阅读材料中查找自己所需要的资料。如查找电话号码簿,翻词典查生词,了解飞机、车、船时刻表,在工具书或报纸杂志中查考一个人名、地名、典故、数据及有关资料等。其特点是:(1)既要求速度,又要求寻读的准确性;(2)带有明确的目的性,有针对性地选择所需信息;(3)事先读者对阅读材料有所了解。

寻读可以运用下列技巧:

(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、电话号码簿以及其他参考资料簿等。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、网球等)排列的,等等。不管资料来源怎样,它们都是按照某种逻辑顺序排列的。例如,要知道某事是何时发生的,要查日期;要知道某事是谁做的,要查人名等。

(2) 利用章节标题和说明。寻读时,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) 利用提示词。读者找到包含所需信息的章节,准备寻读时,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。

(4) 利用上下文猜出词义。充分利用上下文给出的线索,有些生词的意思是可以猜出来的。基本方法有:

① 利用定义的线索。在生词出现的上文或下文,有时能找到对它所下的定义或解释,由此可判断其词义。

② 利用同义的线索。一个生词出现的上下文中有可能会出现与之同义或近义的词,它往往揭示或解释了生词的词义。

③ 利用反义的线索。在某一生词的前面或后面有时会出现它的反义词或常用来对比的词语,由它可以推测生词的词义。

④ 利用常识猜测词义。有时一句话中尽管有生词,但我们可以利用已有的知识去判断生词的词义。

⑤ 利用等式或符号猜测生词。一段话后面有时会给出一些等式或符号,如前

面的话中有生词,由后面的等式或符号可以猜出生词的词义。

3. 需克服的不良阅读习惯

在阅读过程中,某些不良的阅读习惯不仅影响阅读速度,而且影响阅读理解的有效性,因此需要加以克服。常见的不良习惯有:

(1) 音读。音读就是在阅读过程中读出声音来。因为眼睛的移动速度比舌头动作快,音读的最大弊端是使阅读速度等同于说话的速度,从而拖慢阅读速度。出声读不但影响速度,而且会分散一部分精力去注意自己的发音。

(2) 逐字读。许多常见词,如功能词等,不需停顿下来去单独理解。逐字阅读并不能增加对文章的理解程度,把意思完整的句子割裂成字、词,注意力被单个文字所分散,只会妨碍、减慢对全句或全段的理解,就好似只看每一棵树而不见森林。

(3) 默读。虽然没有大声读出来,但在脑中一字字地读,也会影响速度,分散注意力。

(4) 指读。用手指指着字句阅读,因为手指不及眼睛敏捷,所以会降低阅读速度,并影响理解。

(5) 回读。眼睛回向移动,寻找先前读过的信息,而不是继续读下去以获取完整的概念。回读是快速阅读最大的障碍,一方面是因为精力不集中,另一方面是担心看得快就会看不清、记不住,结果,新的内容得不到充分理解,只好又回头重读。回读严重影响阅读速度,更重要的是造成信息的混乱、流失,影响记忆。

(6) 纠缠生词。在阅读过程中,遇到生词、难句在所难免。如果一碰到生词、难句就追根刨底,孤立地去思考,甚至还想把它译成汉语才罢休,其结果不但会打乱阅读节奏,减慢阅读速度,而且会打断阅读思路,妨碍完整地理解所读信息。

Unit 1

Passage 1

Directions: Go over the passage quickly and answer the questions. For questions 1 — 7, select the most appropriate answer for each of the questions. For questions 8 — 10, complete the sentences with information given in the passage.

建议用时: 12'09"

实际用时:

Culture Shock

Culture shock might be called an occupational disease of people who have been suddenly transplanted (迁移) abroad. Like most diseases, it has its own symptoms (症状).

Cause

Culture shock is caused by the anxiety that results from losing all our familiar signs and symbols of social intercourse. Those signs or cues include the thousand and one ways with which we are familiar in the situation of daily life: when to shake hands and what to say when we meet people, when and how to give tips, how to go shopping, when to accept and when to refuse invitations, when to take statements seriously and when not. These cues, which may be words, gestures, facial expressions, customs or norms, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept. All of us depend for our peace of mind and our

efficiency on hundreds of these cues, often without our conscious awareness.

Symptoms

Now when a person enters a strange culture, all or most of these familiar cues are removed. He or she is like a fish out of water. No matter how broad-minded or full of goodwill you may be, a series of props (支持者) have been knocked from under you, followed by a feeling of frustration and anxiety. People react to the frustration in much the same way. First, they reject the environment which causes the discomfort. "The ways of the host country are bad because they make us feel bad." When foreigners in a strange land get together to grumble about the host country and its people, you can be sure they are suffering from culture shock. Another symptom of culture shock is regression (回归). The home environment suddenly takes on a tremendous importance. To the foreigner, everything becomes irrationally glorified. All the difficulties and problems are forgotten and only the good things back home are remembered. It usually takes a trip home to bring one back to reality.

Some of the symptoms of culture shock are excessive washing of the hands; excessive concern over drinking water and bedding, food dishes; fear of physical contact with attendants; the absent-minded stare; a feeling of helplessness and a desire for dependence on long-term residents of one's own nationality; fits of anger over minor frustrations; great concern over minor frustrations; great concern over minor pains and eruptions of the skin; and finally, that terrible longing to be back home.

Individuals differ greatly in the degree in which culture shock affects them. Although not common, there are individuals who cannot live in foreign countries. However, those who have seen people go through culture shock and on to a satisfactory adjustment can see steps in the process.

Stages of Adjustment

Kalvero Oberg describes four stages that people go through when they experience situations that are very different from those to which they are accustomed.

Stages one is a honeymoon phase, during which the new experience is perceived to be interesting, picturesque, entertaining, and charming. You may notice several superficial differences such as music, food, and clothing, and the fresh appeal of the new experience keeps you feeling interested and positive. If

you are a real tourist, you probably do not stay long enough for this phase to wear off but go on to the next new location or experience. There are people who frequently change jobs, majors, romantic partners, travel plans, clothing style, foods, diets, or cars so that they never get very far away from the honeymoon stage of culture shock. It is very pleasant to travel and to try out and explore whatever is new.

When you stay in a new environment for a while, you move to stage two—the crisis stage—in which the shine wears off and day-to-day realities sink in. In a relationship, you notice annoying habits; in a new country, you find barriers to establishing connections or to learning the language beyond a few polite phrases. The difficulties and unpleasantness of reality replace the charming and picturesque “honeymoon”. However, if you stick with the experience and try to deal with realistically, you will probably move to the third phase of culture shock—recovery.

In recovery, you learn the systems, procedures, language, or nonverbal behaviors of the new environment so that you can cope with it on the basis of some mastery, competence, and comfort.

Finally, the fourth, or adjustment phase occurs when you feel that you function well and almost automatically in the new culture. You no longer need to make mental conversions of the country's money; you know where services are located and how to use them; you understand some of the customs that accompany ordinary life, and it is relatively easy for you to adjust to them. A greater enjoyment of the new experience is now possible, and you may regain some of the initial positive regard you had in the honeymoon stage. If you stay long enough on a visit from a big city to a small town, or, the other way round, you may become so well adapted to the new environment that when you return to your original home, you will again experience culture shock. For some people, it may take several days to readjust, depending on the length of time they were away. Usually, however, since you are in your home culture, your shock wears off faster than the shock you experienced in the new culture. (914 words)

1. Cultural shock is caused by _____.

A. an occupational disease of people when suddenly transplanted abroad

- B. lack of all our familiar signs and symbols of social intercourse
- C. being anxious about losing all our familiar signs and symbols of social intercourse
- D. conscious awareness of our familiar signs and symbols of social intercourse
2. Which of the following is NOT the symptom of cultural shock? _____
- A. A feeling of frustration and anxiety.
- B. Regression.
- C. Excessive washing of the hands.
- D. Fits of anger over minor pains and eruptions of the skin.
3. In the first stage of cultural shock, which of the following statements is NOT true? _____
- A. You may like to do whatever is familiar to you.
- B. You may often change jobs.
- C. You may notice external differences such as music, food, and clothing.
- D. You may feel interested in the new experience.
4. The difficulties and unpleasantness of reality replace the charming and picturesque "honeymoon". In the above sentence, what does the word "picturesque" mean? _____
- A. Rational. B. Vivid. C. Vigorous. D. Fine.
5. In the second stage of cultural shock, which of the following statements in a new country is NOT true? _____
- A. You may notice some annoying habits in a relationship.
- B. You may find difficulty establishing connections.
- C. You may find difficulty picking up the language except for a few polite phrases.
- D. You may still enjoy the charming and picturesque "honeymoon".
6. In the adjustment phase, _____
- A. when returning to your original home, you will not experience culture shock any more.
- B. you may enjoy the new experience again.
- C. it is still difficult for you to understand some of the customs that happen in ordinary life.
- D. you may not find some of the initial positive regard you had in the first stage.
7. When they experience situations that are very different from those to which they

are accustomed, people will go through four stages. These four stages should be arranged in the following order: _____

- A. honeymoon, recovery, crisis, adjustment.
- B. crisis, honeymoon, recovery, adjustment.
- C. honeymoon, crisis, recovery, adjustment.
- D. crisis, adjustment, honeymoon, recovery.

8. According to the writer, culture shock might be called _____ of people who have been suddenly transplanted abroad.

9. In recovery, you can cope with the systems, procedures, language, or nonverbal behaviors of the new environment on the basis of some mastery, _____.

10. When you return to your original home, your shock _____ faster than the shock you experienced in the new culture.

4. Compressed Tea

Passage 2

Directions: Go over the passage quickly and answer the questions. For questions 1 — 7, select the most appropriate answer for each of the questions. For questions 8 — 10, complete the sentences with information given in the passage.

建议用时: 12'10"

实际用时:

Chinese Tea

The Art of Tea

"When a guest comes to my home from afar on a cold night, I light bamboo to boil tea to offer him." — Ancient Chinese poem.

China is the home country of tea. Before the Tang Dynasty, Chinese tea was exported by land and sea, first to Japan and Korea, then to India and Central Asia and, in the Ming and Qing dynasties, to the Arabian Peninsula. In the early period of the 17th century, Chinese tea was exported to Europe, where the upper class adopted the fashion of drinking tea. Chinese tea—like Chinese silk and china—has been associated worldwide with refined culture. At the heart of the art

of tea—the study and practice of tea in all its aspects—is the simple gesture of offering a cup of tea to a guest that for Chinese people today is a fundamental social custom, as it has been for centuries. China traces the development of tea as an art form to Lu Yu, known as “the Saint of Tea” in Chinese history, who lived during the Tang Dynasty and who wrote *The Book of Tea*, the first ever treatise on tea and tea culture. The spirit of tea plays an important role in Chinese culture, and throughout the country there are many kinds of teas, teahouses, tea legends, tea artifacts and tea customs. Better-known places to enjoy a good cup of tea in China include Beijing noted for its variety of teahouses; Fujian and Guangdong provinces and other places in the southeast of China that serve gongfu tea, a formal serving of tea in tiny cups; the West Lake in Hangzhou, also the home of the Tea Connoisseurs Association, noted for its excellent green tea; and provinces in southwest China like Yunnan where the ethnic groups less affected by foreign cultures retain tea ceremonies and customs in original tea-growing areas.

Categories of Tea

Chinese tea may be classified into five categories according to the different methods by which it is processed.

1. Green Tea

Green Tea is the variety that keeps the original color of the tealeaves without fermentation (发酵) during processing. This category consists mainly of Longjing tea of Zhejiang Province, Maofeng of Huangshan Mountain in Anhui Province and Biluochun produced in Jiangsu. Green Tea is the most natural of all Chinese teaclasses. It's picked, naturally dried, and then fried briefly (a process called “killing the green”) to get rid of its grassy smell. Green Tea has the most medical value and the least caffeine content of all Chinese tea classes. Aroma (芳香) is medium to high, and flavor is light to medium. About 50% of China's teas are Green Tea.

2. Black Tea

Black Tea, known as “Red Tea” in China, is the category which is fermented before baking; it is a later variety developed on the basis of the Green Tea. The best brands of Black Tea are Qihong of Anhui, Dianhong of Yunnan, Suhong of Jiangsu, Chuanhong of Sichuan and Huhong of Hunan. Chinese Black Tea produces a full-bodied amber when brewed. Black Tea undergoes withering

(drying), left to ferment for a long while, and then roasted. Black Tea leaves become completely oxidized after processing. Black Tea has a robust taste with a mild aroma. It contains the highest amount of caffeine in Chinese tea classes.

3. Oolong Tea

This represents a variety half way between the green and the black teas, being made after partial fermentation. It is a specialty from the provinces on China's southeast coast: Fujian, Guangdong and Taiwan. Typical Oolong Tea leaves are green in the middle and red on the edges as a result of the process to soften tealeaves. Oolong Tea leaves are withered and spread before undergoing a brief fermentation process. Then Oolong Tea is fried, rolled and roasted. Oolong Tea is the chosen tea for the famous Kung Fu Cha brewing process. It's the serious Chinese tea drinker's tea. Aroma ranges from light to medium. Beginners in Oolong Tea should be careful as even though flavor is only mild to medium, the tea could be very strong.

4. Compressed Tea

This is the kind of tea that is compressed and hardened into a certain shape. It is good for transport and storage and is mainly supplied to the ethnic minorities living in the border areas of the country. Most of the Compressed Tea is in the form of bricks; it is, therefore, generally called "Brick Tea", though it is sometimes also in the form of cakes and bowls. It is mainly produced in Hubei, Hunan, Sichuan and Yunnan provinces. Most Chinese Compressed Tea uses Black Tea as base tea. Compressed Tea has all the characteristics of Black Tea. It can be stored for years and decades. Aged Compressed Tea has a tamed flavor that Compressed Tea fans would pay huge price for.

5. Scented Tea

This kind of tea is made by mixing fragrant flowers in the tealeaves in the course of processing. The flowers commonly used for this purpose are jasmine and magnolia among others. Jasmine Tea is a well-known favorite with the northerners of China and with a growing number of foreigners. It is subdivided into Flower Tea and Scented Tea. Flower Tea is a simple concept that dried flowers are used, without much processing, to make tea. Scented Tea uses Green Tea, Red Tea as base and mix with scent of flowers. Chinese Scented Tea has light to medium flavor and medium to strong aroma. (916 words)