

基 础 英 语

限时阅读理解荟萃

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前 言

国家教委新教学大纲明确指出：“要提高学生阅读英语的能力，单纯通过教科书中的课文教学是远远不够的，还要按年级和学生的具体情况，有计划地指导学生在课外阅读一定数量的读物”。根据这一要求，结合教学实际，我们着手编写了这本课外阅读资料，以提高学生的阅读水平。我们知道，阅读是理解和吸收书面信息的能力，阅读有助于扩大词汇，丰富语言知识，提高运用语言的能力，可以较好较快地培养运用外语进行交际的能力。

教学大纲还指出：“做多项选择题，回答有关内容的问题，或者用母语或英语写内容提要，都是指导阅读和检查阅读理解程度的有效方法”。我们在编写过程中，紧紧扣住这一要求，尽力做到体裁多样，内容新颖。对学生的要求采取两种程度，水平较高的学生，采取“快速”阅读时间，程度一般的学生采用“中速”阅读时间。每篇阅读文章的练习后均有“内容提要”，以帮助学生加深理解，达到提高阅读能力的目的。我们相信，只要这样坚持下去，不仅可以快阅读速度，而且可以提高阅读理解能力。

本书由山东师范大学大学外语教学部“基础英语系列丛书”编写组主编，并吸收了重点中学从事英语教学的骨干教师参加。

由于编者水平有限，时间匆促，难免存在缺点与错误，希望读者批评指正。

编著者

1992年1月

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一、浅谈阅读理解能力的培养与训练

众所周知,阅读是理解和吸收书面信息的能力。阅读有助于扩大词汇,丰富语言知识,提高运用语言的能力。中学英语教学的目的,是对学生进行听、说、读、写的基本训练,培养学生在口头上和书面上初步运用英语的能力,侧重培养阅读能力。那么培养学生的阅读能力应注意什么呢?现根据教学实践谈点初步意见:

1. 激发学生的兴趣,广泛阅读,扩大知识面。在英语教学中,应当发挥教师的主导作用,在外语教学的初级阶段,教师的示范作用尤其重要。要针对学生的特点,对学生进行学习目的性教育,调动他们的积极性,激发他们的兴趣,使他们乐于学,乐于读,不怕难,知难而进。培养他们知难而永往直前的刻苦学习精神。还要严格要求学生,使他们养成良好的学习习惯,获得正确的学习方法,具有一定的自学能力。这种能力的培养,不是一朝一夕就能办到的,需要逐渐地、慢慢地形成。在初级阶段,教师可以选择一些知识性、故事性强的文章来指导学生阅读。从兴趣入手,激发学生的兴趣,有了兴趣就有了动力,有了动力才可以产生效果。兴趣与效果可以说是成正比例的。很难说对外语一点兴趣也没有的青少年,会产生很好的效果,要激发学生多读文章,广泛阅读,增加语意,扩大知识面。在教师的指导下,让学生做多项选择题,回答有关内容的问题,或者用母语或英语写内容提要,都是指导阅读和检查阅读理解程度的有效方法。阅读材料宜选用原著或经过改写的原著。这些读物的难点往往不只是词汇和语法。还有英语特有的表达法。习惯用法、思维习惯和社会文化背景知识。因此,

在阅读教学中应着重解决这些问题,并指导学生学会查阅词典、语法等工具书,使学生逐渐获得独立阅读的能力。要提高学生阅读能力,单纯通过教科书中的课文教学是远远不够的,还要按年级和学生具体情况,有计划地指导学生在课外阅读一定数量的读物,俗话说“熟能生巧”,学生阅读的材料越多,知识面越广,运用语言的能力越强,运用外语进行交际能力的水平就越高,这一点是早被实践所证明了的客观规律。

2. 掌握 MET 中对阅读理解的原则与具体要求,使学生比较熟练地运用。每年的 MET 测试英语的直接运用能力共分两部分:阅读理解与书面表达。阅读理解共分 20 个小题,要求学生根据所给的阅读教材选择正确答案来回答问题。在不超越中学生英语语言水平的前提下,阅读材料的选择应遵循三个原则:①总量不少于 500 个单词,篇数不少于三篇。②题材尽量多样化。包括日常生活、传说、人物、社会、文化、史地、一般科技、政治、经济等。③体裁尽量避免单一化。包括叙述文、描写文、说明文、议论文、应用文等。以上是三项原则,另外,对阅读理解能力测试还有五项主要要求:①掌握所读材料的主旨和大意,以及用以说明主旨和大意的事实和细节。②既理解具体的事实,也理解抽象的概念。③既理解字面意思,也理解根据字面可以推断的不明说出来的意思,包括作者的态度、意图等。④既理解某句,某段的意义,也理解全篇的逻辑关系,并据此进行推理和判断。⑤既能根据材料所提供的信息去理解,也能结合中学生应有的常识去理解。这是对阅读理解试题的总的原则与要求。对此,教师应首先看懂弄清,然后再很好地指导学生对此试题进行训练,熟悉原则,掌握要求,从而在大量的实践中来培养学生运用语言的能力。

3. 指导学生掌握答题技巧。有关阅读理解的答题技巧,一

般可以按以下几点掌握：

(1) 阅读全文，准确理解其内容。抓住整个故事情节，不要为个别的生词而影响整体理解能力，只要整体情节掌握住了，一般地讲作起题来也不会有大的出入。

(2) 理解题意，准确判断所需答案。在基本理解的基础上，要对选择题进行挑选，排除一两个与要求明显无关的选题，剩余的再仔细推敲判断，这样就不会有较大的出入，命中率也会高一些。

(3) 抓住段头句与段尾句。中间部分可以推测与判断、联想、得出大体意思。这种方法适合于作题速度较慢，时间不够用的时候采用，但命中率比较差一些，这只是没有办法的办法。在时间充足时，应全文通读，仔细推测与判断，才会理想一些。

(4) 培养学生不断提高猜测能力。这是提高阅读能力的一种好方法。学生在阅读时，不能一遇到生词就忙着查字典，可以根据上下文的连贯性，语言环境，构词法等等，来猜词意。这种方法初学者往往不放心，恐怕猜错了，但是平时加强这方面训练的学生，这种方法还是行之有效的。

(5) 培养学生多读、快读，增强知识面，提高学生单位时间的效率。这正像一个训练有素的运动员一样，平时训练过硬，关键时刻能超常发挥。外语也存在着一个“熟能生巧”的问题。广泛阅读，自然也就扩大会扩大知识面，扩大词汇量，丰富语言知识，提高运用语言的能力。

总之，方法与技巧是在平时的实践中来培养与训练形成的。教师应有计划有目的地让学生多阅读一些知识性趣味性的短文，以增强学生的语感，提高利用语言的能力。

二、限时阅读理解 110 篇

1. 阅读两遍,作完选题,快速用 2.5 分钟,中速用 3.5 分钟。

(112 words)

One of the greatest philosophers in history was a man called Diogenes. He thought that the best way to live was to get rid of everything that was not necessary. He never washed nor cut his hair. He wore the coarsest(最粗糙的)clothes and lived on the simplest food. He had no house and would live anywhere. And eventually(到最后)he even slept in a large dustbin which stood outside a public house. As owned nothing, he had nothing to lose, and was afraid of no one. He wanted nothing so there wasn't any need to praise or please anyone. He always told the truth.

One of the greatest world conquerors(征服者)in Europe, Alexander the Great(亚历山大大帝)who also lived in that age heard of Diogenes and said, "I am Alexander the Great". Back came the proud answer, "And I am Diogenes, the Great Thinker in Greece". Diogenes cared nothing about honour and power Alexander had. "What can I do for you?" asked Alexander. "Yes," replied the great thinker, "Don't stand between me and the sun." So the powerful Alexander realized that there was a man who wasn't afraid of Alexander the Great because he had mastered himself. As he was leaving he said, "If I were not Alexander, I should like to be Diogenes."

1. The word "philosopher" means _____

- A. a person who is very poor
 - B. a person who is afraid of nothing
 - C. a thinker who searches for some knowledge
 - D. a strange person who doesn't want any money
2. Diogenes's idea of living was _____
- A. to own nothing
 - B. to live a free life
 - C. not being afraid of anybody
 - D. to be always honest
3. "Don't stand between me and the sun" means:
- A. Don't stand in front of me. I want more sunlight.
 - B. You haven't the right to live in the sun.
 - C. Don't prevent me from sticking to my theory.
 - D. I am not afraid of you though you stand there.
4. The main idea of this passage is that _____.
- A. Diogenes was a great thinker
 - B. Alexander was a great man
 - C. Everyone should live a simple life
 - D. Dilgenes wasn't afraid of Alexander
5. At last Alexander the Great thought that _____.
- A. Diogenes was rather foolish
 - B. Diogenes was not worthy of a philosopher
 - C. Diogenes was much afraid of him
 - D. everybody was afraid of him but Diogenes

[内容提要] 哲学家 Diogenes 的生活观是过无拘无束的生活,他一无所有,什么也不怕;他一无所求,不需要献媚任何人。他总是讲实语。亚历山大大帝想征服他,他毫不惧怕其权

势,因为他是自己的强者。

2. 阅读两遍,作完选题,快速用 3 分钟,中速用 4 分钟。

(124 words)

What is colour? Why do some objects look red, others green, others blue?

Colour is caused by reflected light rays. We see colour because objects reflect (反射) light. Something that is red reflects red light. (It reflects a little green on blue light too, but we don't see it.) In the same way, a green object reflects mostly green light. White objects reflect all colours of light. Black objects do not reflect any light.

What happens to the colours of light that are not reflected. They are absorbed by the objects. The darker the colour, the less light is reflected and more light is absorbed. Light that is absorbed turns into heat. For this reason dark-coloured clothes are warmer in the sunlight than light-coloured clothes.

1. Color is caused by _____.

- A. the light around an object
- B. the light which is reflected
- C. the object itself
- D. the absorbed light

2. Something looks red because it _____ red light.

- A. reflects mostly
- B. absorbs mostly
- C. reflects only

- D. absorbs only
3. Something that absorbs all light must have
- A. all the colours
 - B. different colours
 - C. white colour
 - D. black colour
4. From this passage we can see _____ reflect light.
- A. no object can't
 - B. not all the objects can
 - C. every object can't
 - D. every object can
5. On hot summer days, people should wear _____.
- A. black clothes
 - B. light-coloured clothes
 - C. clothes which don't reflect light
 - D. dark-coloured clothes

[内容提要] 颜色是由反射的光线造成的。不同颜色的物体反射不同颜色的光线。白色的物体反射全部的光线，而黑色的物体不反射，因为光线被其吸收，变为热量，所以在阳光下，深颜色的衣服比浅颜色的衣服暖和得多。

3. 阅读两遍，作完选题，快速用 2.2 分钟，中速用 3.5 分钟。
(87 words)

LONDON...A British Harrier war-plane flew without a pilot for at least half an hour at 500 kilometres an hour before crashing (坠落) into the sea off Ireland on Thursday, a Defence Ministry Spokesman said here. Rescue services (营救部队) were out looking

for the pilot, who was believed likely to have ejected(弹出)from the airplane for unknown reasons. The spokesman said air traffic control officials had been warned of the problem by a United States military airplane which reported passing the war plane and noticing that it had no pilot.

1. Harrier is likely to be the name of _____.
A. a plane B. a pilot
C. a city in England D. an island
2. This article may be taken from
A. a guidebook(旅行指南) B. a story-book
C. a newspaper D. a geography book
3. Who first found out that there was no pilot in the war plane?
A. A member of the rescue services.
B. A Defence Ministry Spokesman.
C. One of the air traffic control officials.
D. A U. S. pilot.
4. How far did the British war-plane fly before it crashed into the sea?
A. 500 kilometres. B. 250 kilometres.
C. 750 kilometres. D. We don't know.
5. Which of the following statements is true?
A. During the whole flight of the British war-plane, there was no pilot at all.
B. The pilot left the war-plane before it crashed.
C. Nobody knew whether the British war-plane had a pilot or not.

D. The pilot of the British war-plane succeeded in landing on Ireland.

[内容提要] 伦敦消息——一架英国战斗机在无人驾驶的情况下以每小时 500 公里的速度飞了至少半个小时,而后坠落在爱尔兰近海。飞行员因某种不详的原因被弹出机外。一架美军机经过时发现机内没有飞行员。

4. 阅读两遍,作完选题,快速用 4.5 分钟,中速用 6 分钟。

(171 words)

During the American War of Independence, women were involved (卷入) in the active fighting in three ways. First, as members of a distinct (独特的) branch of the Continental Army, referred to as "Women of the Army", women staffed (为...配备职员) field hospitals and acted as military support in such roles as water carriers. In an emergency (紧急情况), women water carriers, who had plenty of opportunity to observe the firing of cannons (大炮), could replace a wounded comrade. The second way that women were involved in active fighting was as regular troop members who wore men's uniforms and fought side by side with their male counterparts (配偶). Theoretically, women were not supposed to be recruited (招募新兵) into the continental Army, but if a woman was a good soldier, no one made an issue of sex (性别) at a time when the army was so short of soldiers that boys not yet in their teens were also being recruited in violation of rules. Third, women were occasional fighters affiliated (接纳为...会员,参与) with local militia companies or committees of safety formed to protect the local community.

1. What is the main idea expressed in the passage?
- A. Women played an important role in military hospitals during the war.
 - B. The Continental Army was successful in teaching women to fire cannons.
 - C. The services of women on committees of safety were crucial (决定性的) in winning the war.
 - D. Women were active in combat (战斗) during the Revolutionary War.
2. Women sometimes fired cannons in battle, because _____.
- A. they had observed the procedure and could therefore substitute (代替) for disabled men
 - B. local militia companies had trained them very carefully for emergency fighting
 - C. they had a better safety record than men for using weapons
 - D. it was against the law for young boys to fire weapons
3. What is probably the main reason that women were permitted to fight in the war even though their formal participation was discouraged?
- A. Only women were successful as water carriers.
 - B. They were needed to make battle uniforms.
 - C. Colonial women were particularly healthy and strong.
 - D. The army desperately needed combat soldiers.
4. Women were involved in fighting the war for American independence in all of the following ways except as _____.
- A. members of committees of safety

- B. support personnel at medical facilities(设备、便利)
 - C. recruiters of soldiers for the Continental Army
 - D. combat troops in the regular army
5. This passage would most probably be assigned(指定、分派)reading for a course in what subject?
- A. Nursing
 - B. History
 - C. Social Work
 - D. Labor Studies

[内容提要] 美国独立战争期间,妇女以三种方式参加战斗:一是作为“妇女大陆军”、为战地医院服务并担负后勤支援,如送水。送水者有时替伤员上火线;二是穿着男兵制服直接同男兵并户作战以解决当时的兵源奇缺;三是加入地方武装,以负责地方安全。

5. 阅读两遍,作完选题,快速用4分钟,中速用5分钟。

(157 words)

Many people are frightened by spiders. They are specially afraid of large, hairy ones. The largest and most frightening of all spiders is the bird-eating spider, which lives in the hot, thick rain forest of northern South America.

Bird-eating spiders are a type of tarantula. They are very fairy. Some of these giant spiders can spread eighteen centimeters (7 inches) with their legs. Tarantulas are not as most people think, poisonous spiders. They can bite, and the bite is painful, but it will not kill a grown-up. The poisonous bite of a black widow is far more dangerous.

Bird-eating spiders often hide in holes and under rocks during the day, but at night they creep out and hunt for insects. As you

might guess from their name, They also catch birds and eat them.

They have another unusual ability. They can walk up window panes(窗玻璃)because of sticky, silky hairs on their feet that cling(粘住)to glass.

1. Bird- eating spiders make many people frightened because _____.

- A. they are the type of the most poisonous spiders
- B. they often attack people
- C. they are especially large
- D. they are hairy as well as giant

2. Bird-eating spiders _____.

- A. suck the blood of man
- B. live on insects
- C. only eat birds
- D. can fly fast

3. Bird-eating spiders can be found in _____.

- A. Canada
- B. Malaysia(马来西亚)
- C. North America and South America
- D. Brazil(巴西)

4. Which of the following statements is right?

- A. Black window spiders are larger and more poisonous than bird-eating spiders.
- B. Black window spiders are smaller than bird-eating spiders, so they are less dangerous.
- C. Though black window spiders are smaller, they are more dangerous.
- D. Black window spiders are bigger than bird-eating spiders, so they are more dangerous.