



时代大学英语系列教程

总主编 蒋学清 张 森
总主审 郭海云

大学英语 快速阅读 教程 (第4册)

主 编 马玉玲
副主编 张建群



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· 北京 ·

内 容 简 介

《大学英语快速阅读教程》是根据教育部颁发的《大学英语课程教学要求》对快速阅读的要求及大学英语四、六级考试最新题型编写的。题材以大学生的认知能力为基准,以他们的学习和生活为轴心,以i时代网络多元信息为资源,涉及教育、科学、社会、文化、科普、财经、体育、政治、经济等各领域的知识,融科学性、知识性和趣味性于一体,体现i时代大信息量、高速度、高效率、多媒体的特征。

教材侧重强化阅读的“效率意识”,训练学生高效地进行有针对性、系统的快速阅读,既培养学生良好的阅读习惯,使他们能够在规定的时间内掌握基本阅读技能,提高阅读的准确性和阅读速度,也培养他们获取知识与信息的能力和新闻媒体的思辨能力,提高其新媒体教育素养。

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前言

《大学英语快速阅读教程》是以《大学英语课程教学要求》为指导,以相关现代教学理论为依据,参照全国四、六级考试新题型编写的,旨在拓展学生阅读量与知识面,提高学生快速阅读水平,培养学生语言应用能力,以满足大学英语教学和学生参加四、六级考试的需求。

快速阅读是高速、高效率的阅读,是从文字符号中迅速吸收有用信息的一种读书方法。从心理学角度来看,快速阅读是训练读者能够集中注意力、专心致志地学习;从生理学角度来看,快速阅读是发挥人们“眼脑直映”的自然潜能;从读书效率来看,快速阅读是提高阅读速度和加强理解能力的一种方法。快速阅读能力的培养对人的终身学习,以及在工作与生活中快速获取所需资讯都十分重要。

大学英语快速阅读与仔细阅读在学生能力培养、教学方法和考试题型等方面均不同。比较当前大学英语教学及考试中出现的仔细阅读题型和快速阅读题型可以发现:仔细阅读题型文章短(通常300个词左右),难度大,题目复杂;快速阅读题型文章长(通常1200个词左右),难度低,题目直接。应当说在未来实际工作中,学生较少碰到仔细阅读理解题型中那样晦涩难懂的文章,多数情况是要求他们查阅大量的英文资料,在一定时间里从浩如烟海的资料中找到自己所需要的内容。完成这种任务是具有挑战性的,需要具备快速阅读能力及技巧,既要懂得如何浏览和略读,也要懂得如何查读和跳读。这种能力和技巧需要从学生时代开始培养,因此快速阅读训练是大学英语教学中必不可少的一种训练。为此,2006年全国大学英语四、六级考委会以培养学生语言实际应用能力和训练其具备未来工作所必备的语言技能为目标,开始实行新考试题型,首次增加快速阅读题型,并且是全部考试题型中唯一需要计时(15分钟)完成的部分。

本套教材共4册,每册8个单元,共计32个单元。教材的编写主要具有如下特点。

1. 长度难度循序渐进

根据《大学英语课程教学要求》,达到大学英语一般要求的快速阅读速度,在阅读生词不超过总数3%的材料时,应为每分钟100个词。本套教材编写时考虑到大学英语一至四级学生语言能力的差别,每册在文章长度上有一个渐变的过程,使学生对每册的各篇文章阅读加答题均能在15分钟左右完成。这样做既统一了编写体例,也符合四级考试中快速阅读题型的要求。文章长度具体为:第一册800~1000个词;第二册900~1100个词;第三册1000~1200个词;第四册1100~1300个词。除此之外,各册在选材时难度也做到由易到难,循序渐进。

2. 题材体裁各册迥异

本套教材每册题材按大类划分,每个单元题材按主题划分。第一册围绕校园生活展开,每个单元的主题都是学生们熟悉的、要亲身经历的生活,包括新生入学、大学生活、校园活动、学习策略

等。第二册讲述情感生活和生活方式,是学生们将来在生活中会遇到的内容,包括恋爱婚姻、家庭生活、职业事业、海外经历等。第三册涉及社会生活,多为学生喜欢的话题,包括旅游、音乐、艺术、时尚等。第四册探讨较为深层次的社会问题,包括全球化、环境保护、低碳生活、自然灾害等。各册除了题材不同,体裁也有所区别。这种区别照顾到文章的题材和难易度。第一册和第三册文章文体多为记人叙事的记叙文,第二册和第四册文章文体多为科普类的说明文和议论文。

3. 题型题量安排合理

教材每个单元包括3篇围绕单元主题的文章,每篇文章后有2个练习,题量适中,难易适度。文章题型在设计上考虑了统一性和多样性。每篇文章后的第一个练习题型都与四级考试快速阅读题型一致,目的在于训练学生适应四级考试题型,使他们对这种题型能够应付自如。第二个练习为拓展性练习,设计的目的是为了加深学生对文章主题的理解,并且对文章细节有进一步的把握;此练习形式丰富多样,既有考察学生全文理解的文章结构类题目、时间线索类题目和文章大意总结填空类题目,也有考察学生细节理解的问答题、词语填空题和排序题,还有考察学生语言技能的句子翻译题型。

4. 快读策略系统讲解

快速阅读考察学生迅速获取有效信息的能力,要求学生做到快速阅读、快速记忆和快速理解,所以快速阅读技巧有别于普通阅读技巧。“工欲善其事,必先利其器”,为了帮助学生全面了解快速阅读原理,在实践中科学高效地运用其技巧,达到提高学习效能的目的,本套教材在第一册和第二册的第二部分提供了系统、详细的“大学英语快速阅读学习策略指导”,主要内容包括:快速阅读知识、能力、习惯的自测,快速阅读的定义、目的、阅读原理,妨碍快速阅读的不良阅读方法和习惯,快速阅读策略指导。

本套教材既适用于高等学校大学英语基础阶段的学生学习,也适用于各类英语爱好者作为学习材料或休闲读物。

教材的全体编写人员来自教育部首批大学英语教学改革示范项目学校,大多是国家级《大学英语》精品课程、国家级《大学英语》教学团队的专家和骨干教师。在教材的设计和编写过程中,我们得到了国内外许多学者的悉心指导和大力帮助,特别是美籍教师 Don Taber 对每个单元都做了仔细的审读,在此向他们致以诚挚的谢意。

由于编写时间较仓促,编者能力有限,纰漏之处在所难免,请读者不吝赐教。

《大学英语快速阅读教程》编委会

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Unit 1

Environmental Protection

Passage 1

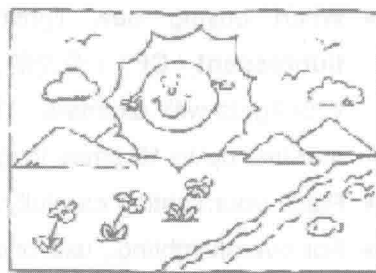


Saving Energy in Your Home

Why Do We Need to Save Energy?

There are three main reasons why we should all do our best to reduce the amount of energy we consume in our day-to-day lives:

- ① Nearly all of our electrical power and our gas supplies come from fossil fuels—coal and oil—which have to be imported. Once they've been used, these fossil fuels are gone forever. So the more energy we use each day, the less there is left for the future.
- ② Burning fossil fuels creates pollution, and this in its turn is having a growing and **adverse** (有害的) effect on the complex control mechanisms which regulate the earth's climate.
- ③ Consuming less energy, by being more efficient in the way you run your home, will naturally save you money. At the same time, you will be helping to protect the environment and safeguarding the future.



There is a worldwide need to reduce the amount of energy consumed, and everybody has his part to play, whether in industry, transport, business, construction, or at home.

These notes have been prepared to show you how to save energy in every aspect of running your own household. They include tips on what kind of items to look for when buying new equipment



and how to operate your electrical, gas, and water appliances for maximum efficiency.

We are not suggesting that you reduce your standard of living in any way, simply that, with a little bit of thought, you can enjoy all the pleasantness and lifestyle that you do now, yet also be making your own positive contribution towards the environment.

How to Save Energy in Your Home?

There are three main types of energy which are consumed in a home:

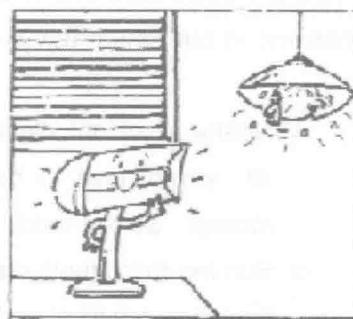
- ① Electricity;
- ② Natural gas and **LPG** (液化石油气);
- ③ Energy related to the consumption of water.

In each of these areas there are many opportunities to become more efficient with the energy we use in running our homes. Added together over a year, the savings both in resources and your own running costs could be substantial, and so would the benefit to the environment.

Electricity & Electrical Appliances

Lighting

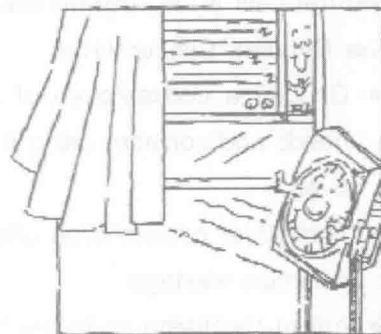
- Lighting in your home can account for 15% to 20% of your electricity bill. Switch lighting on only when you need it and switch it off when you don't.
- Utilize daylight as effectively as possible.
- When buying new lighting, consider choosing **compact fluorescent (CF)** (荧光的) bulbs unless you want to operate your lights with dimmers. These use 75% less energy to give the same amount of illumination and last up to 10 times longer than conventional bulbs.
- Place your lighting carefully, and use "task" lights where possible.
- For overall lighting, use one high wattage lamp to replace several low wattage lamps.
- Use dimmers where possible (except for fluorescent lamps).
- Use non-opaque, light-coloured lamp shades.
- Choose a light coloured, high-reflectivity decoration scheme for your main living areas.
- Keep light fixtures and lamps clean to maximize their efficiency.



Air-conditioning

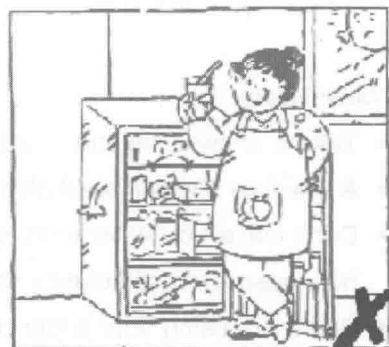
- When buying an air-conditioner, check its Energy Efficiency Ratio (EER). A minimum EER of 2.2W/W (or 7.5 Btu/h/W) is recommended; the higher the number, the better it is.

- Use ventilator fans instead of air-conditioning where possible.
- Try not to install any air-conditioner in direct sunlight.
- Do not obstruct input or output air vents.
- Close off areas that do not require air-conditioning, and turn units off in unoccupied areas.
- Keep windows and doors shut when the air-conditioner is running, and draw curtains or blinds to keep direct sunlight out.
- Clean or replace the filter in all air-conditioners at the beginning of the cooling season. Check and clean filters bi-weekly from then on.
- **Weather-strip** (用挡风雨条密封) doors and windows to prevent the leakage of cooled air.
- Use timers if possible to switch your air-conditioning both on, and off.
- Many people set their air-conditioning too low. Just set the cooling to an energy-efficient temperature so that your home feels comfortable rather than cold.



Refrigerator

- When buying, choose a high energy-efficiency refrigerator. Single door models are the most efficient; then **stacked double doors** (堆叠双层门), then parallel double doors. Select the size best suited to your family's needs.
- Place your fridge away from direct sunlight, your oven, or any other heat sources. Allow 30 cm clear space on both sides and above, and at least 4 cm behind.
- Do not choose too cold a setting—it simply wastes electricity.
- Cover all food stored and arrange it so that cold air can circulate freely.
- Do not put hot/warm food into your fridge, let it cool to room temperature first.
- Try not to open and close the fridge too often.
- Close the door(s) properly and make sure **the seals** (密封垫) and hinges are airtight. Check the seals by putting a sheet of paper between the door and the main body of the fridge. If the paper moves, your seals need replacing.
- Thaw frozen food by putting it in the refrigerator section the day before cooking.
- Defrost regularly if your refrigerator is not a frost-free or cyclic defrost model. Accumulated ice should not be more than 6 mm thick.
- Do not block the cooling coils at the back of the fridge, and keep them clean—accumulated dust causes warming.
- Empty and switch off your fridge if going on a long vacation.



Natural Gas & LPG Appliances

Gas Hotplate/Cooker/Oven

- Choose a cooker/oven of a suitable size for your family's needs and consider using it in conjunction with a microwave oven.
- A multi-jet cooker/oven offers you more versatility and can minimize wastage.
- Adjust the flame to fit the bottom of your pan. Gas flames going up the side of a pan are a waste, can be dangerous, and do not increase cooking efficiency.
- Use the simmer burner rather than the oven to reheat **casseroles** (大杂菜) and other food.
- Steaming and stir-frying is an energy-efficient way of cooking.
- Use your grill to its full capacity rather than cooking one item at a time.
- Keep your cooking appliances clean and well maintained and have them inspected from time to time.



Water Heater

- Take a shower instead of a bath. You'll save about 50% in heating costs.
- A low-flow shower head also saves water and heating energy.
- Don't leave hot water running when shaving, rinsing dishes, etc., and use cold water where hot water is not absolutely necessary.
- When not using your water heater, switch off the **pilot light** (常燃小火).
- Have your water heater inspected from time to time to ensure its efficiency and safety.

Water

- Water is a precious commodity. It also uses energy in being filtered and cleaned, transported, and pumped up to your roof tank—as well as in being heated. Please don't waste it.
- Don't draw off more water than you need for any given purpose.
- Take a shower instead of a bath.
- Turn off the tap while brushing your teeth.
- Be economical with your washing machine or dishwasher; don't use it until it is fully loaded.
- Make sure there are no leaks in your toilet flushing system.
- If you have a dripping tap, please get it fixed. It can waste up to 70 litres of water every 24



hours.

- Avoid rinsing hands, clothes, vegetables, etc. , under a running tap. Use a bowl.
- Reuse shower/bath water to wash the floors or water your plants.

(http://www.epd.gov.hk/epd/english/how_help/tips_savearth/files/savengy2.pdf)

(1 270 words)



Task 1

You will have 15 minutes to go over the passage quickly. For questions 1 – 7, choose the best answer from the four choices marked A), B), C) and D). For questions 8 – 10, complete the sentences with the information given in the passage.

1. What's the passage mainly about?
 - A) Reasons and ways to save energy.
 - B) Reasons and tips to save the earth.
 - C) How to protect the environment in your home.
 - D) How to save energy in your home.
2. All of the following are the main reasons for saving energy EXCEPT that _____.
 - A) fossil fuels are not renewable
 - B) it helps cut your bills
 - C) energy consumption causes climate change
 - D) it is beneficial to the environment
3. To save energy, it is suggested that we _____.
 - A) reduce our standard of living
 - B) be energy efficient
 - C) change our life style
 - D) make contributions to the environment
4. According to the passage, you should use _____ when wanting to cut lighting bills.
 - A) conventional bulbs where possible
 - B) the minimum number of lights
 - C) sunlight as little as possible
 - D) "Save Energy" stickers as a reminder
5. Which of the following tips is NOT true in dealing with an air conditioner?
 - A) The minimum EER is the best.
 - B) Ensure the air vents are unblocked.
 - C) Keep it away from direct sunlight.
 - D) Clean the filters before using it.
6. When looking for a new refrigerator, _____.
 - A) an energy-saving one is the right choice
 - B) single door models have low energy efficiency
 - C) choose one which is as small as possible
 - D) stacked doors look better than parallel doors
7. For savings and safety's sake, you have to _____.
 - A) make sure the door seal is completely air tight
 - B) allow hot food to cool before placing it in the fridge
 - C) defrost your fridge as often as possible
 - D) empty and switch off your fridge when on a vacation
8. Adjust the flame to fit the bottom of your pan. Fuel is wasted if flames _____ the side of a pan.
9. Occasionally have your water heater examined carefully so that it can work _____.
10. If your tap is dripping, get it fixed or it can waste _____ every week.

Words	Time	WPM	Comprehension Rate
1 270			

Task 2

Please read the passage again and fill in the blanks with detailed information in the following table.

Reasons for energy saving	<ul style="list-style-type: none"> • 1) _____ • 2) _____ • 3) _____
Three main types of energy consumption in homes	<ul style="list-style-type: none"> • Electricity • 4) _____ • 5) _____
What's wrong in the picture of fridge?	<ul style="list-style-type: none"> • It is exposed to direct sunlight • 6) _____ • 7) _____ • 8) _____ • 9) _____



Passage 2



Pathways to Environmental Solutions (Part I)

By Jorma Ollila

Three “Hard Truths”

The energy challenge is best understood in terms of “hard truths”.

The first hard truth is that global demand for primary energy is not just growing, but that demand growth is accelerating. The main causes are population growth, from six to more than nine billion people worldwide by 2050, as well as higher levels of prosperity, with China and India in particular entering the energy-intensive phase of their development. Energy use in 2050 may be twice as high as it is today, or higher still.

The second hard truth is that the growth rate of supplies of “easy oil” will struggle to keep up with accelerating demand. Just when energy demand is surging, many oil provinces are going into decline.

The third hard truth is that continued fossil fuel dominance in combination with a disproportionately high use of coal will cause higher CO₂ emissions, possibly to levels scientists consider irresponsible.

This is a pretty severe picture. And it would indeed be easy to be discouraged. What are the “solution pathways” that both **enhance** (提高) energy security and help us to manage emissions?

Solutions

The first and most obvious solution pathway is energy efficiency. In my view, energy efficiency has two closely related components. One is energy conservation, the other is energy performance. Energy conservation essentially means that we don't use energy unless we have to, or use as little of it as possible. It involves simple decisions and choices for each and every one of us. Billions of energy consumers make tens of billions of small decisions each day to either use or save energy. In many cases, people opt for what is most convenient. But there is another side to human nature, the desire to overcome obstacles and improve our performance. And we must **improve our performance**, for our own sake and that of future generations. Sustainable development

requires sustainable consumption.

Governments may have to stimulate behavioral change through education, **incentives** (鼓励), taxes, and regulations. The role of industry will be to offer solutions that help people save energy in a convenient way.

Energy performance is about getting the most out of the energy we use. Each day, the world generates 225 – 230 million barrels of oil equivalent in primary energy. Less than half of that is used in a productive way. In an average car, about 20% of every unit of petrol goes into moving a car forward while the rest is lost as heat. For an aircraft during take-off, the figure is around 8%. And only 35% of coal burnt in many existing power plants becomes electricity. The rest, again, is lost as heat. The law of **thermodynamics** (热力学) dictates that there are limits to how much we can improve our performance in burning fuels. But we must improve, and we can.

Three Candidates

In the area of road transport, where most of the world's oil is consumed, we are looking for more light-weight and **aerodynamic** (流线型的) vehicles with more efficient engines and clean, high performance fuels, be it diesel or gasoline, synthetic fuels like gas to liquids, **biofuels** (生物燃料), electricity, hydrogen, compressed air, or any of these combined.

It can be done. A few years ago, Volkswagen's then chief executive Ferdinand Piëch averaged less than one liter per 100 km when he drove an extremely light and aerodynamic diesel car from Wolfsburg to Hamburg to join his company's shareholders meeting. The vehicle fleet in the European Union is already nearly 40% more efficient than that of the United States, thanks mainly to higher taxes, which have driven greater car and engine efficiency. If U. S. cars were as efficient as European cars, this could cut U. S. oil consumption by nearly 3.5 million barrels a day, or the equivalent of the combined daily oil consumption of France and Britain!

The global residential sector is another candidate for huge efficiency gains. It is the largest consumer of energy, with 25% of global end-use demand. So what else can be done? Take the **insulation** (隔热) of homes. In the Scandinavian countries, it is pretty common for houses to be equipped with **triple-glazed** (三层玻璃) windows. But elsewhere in Europe, and in other parts of the world, millions of homes are still equipped with double-glazing. A recent McKinsey report argues that by implementing high-insulation building shells, **compact** (紧凑的) fluorescent lighting, and high efficiency water heating, the energy demand growth in the global residential sector could be more than **halved** (减半), from 2.4% per year to 1% per year.



A third candidate for better energy performance is the electricity generation and distribution sector. While **thermodynamics** (热力学) imposes limits, the world would benefit from a higher **churning** (搅拌) rate of coal-fired power plants. New plants tend to have higher **combustion** (燃烧) temperatures to burn coal more efficiently. With new plants, efficiency typically goes up to more than 40%. Moreover, if you equip new power plants with **gasification** (汽化) technology, you can further improve their efficiency. Power plants equipped with coal gasification technology typically consume less water and produce less ash and solid waste. They also have lower emissions of CO₂ and much lower emissions of sulfur dioxide, nitrogen oxide, and particulates. As an illustration of what greater efficiency in the power sector can do, the International Energy Agency says that if China's stock of coal plants had the same efficiency as the average plant in Japan today, China would use 20% less coal. Building new plants and introducing new technologies comes at a price. So societies will have to strike a balance between higher capital and operating costs on the one hand and energy security and fewer emissions, and therefore lower environmental and health costs, on the other hand.

Regarding electricity distribution, another way to improve efficiency in the power sector is to stimulate combined heat and power. Finland, for example, has over a third of electricity and around 80% of heat being co-generated rather than generated separately. The concept can be extended to **refineries** (精炼厂). A good example is Shell's Fredericia refinery in Denmark, one of the most energy-efficient refineries in the world. Shell sells the surplus heat from the refinery as district heating to three cities in the vicinity. Downtime for maintenance at the refinery does not cause problems because the customers have multiple suppliers. Another good example is the U. S. state of New York, which has roughly 5 000 MW of combined heat and power capacity installed and is actively looking for ways to expand that capacity.

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