

新要求 · 大学英语学习辅导系列丛书

# 大学英语 阅读技巧

# Reading Skills

把握文章重点 提高阅读水平

主编 / 王忠樑

ADVANCED  
READING  
SKILLS  
FOR  
UNIVERSITY  
STUDENTS

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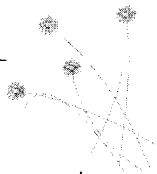
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## 前 言

教育部新近颁布了《大学英语课程教学要求》，更加强调了对读、写、译以及英语知识运用能力的灵活掌握，为此，我们编写了这套“新要求·大学英语学习与辅导系列丛书”。

本系列丛书严格按照此要求及相关考试大纲精心编写，内容安排由浅入深、循序渐进，既非纯试题的汇编，又非试题精解，和一般的应试类书籍也有很大差异。本系列丛书在系统分析各类试题的基础上，分门别类、系统地阐述其特点及隐含的真谛，相对简单的题目要求“快”，相对复杂的题目要求“稳”，最终达到“稳中求快”的目的。通过归纳一定的应试技巧，使学生掌握考试的重点和特点，在实践中掌握应试的高分攻略，从而驾轻就熟地迎接各类考试。丛书主要供大学一、二年级学生以及准备报考硕士研究生的学生复习备考之用，也可供参加大学英语专业四级考试的学生使用。

《大学英语阅读技巧》从阅读方法、文章剖析、考点分析、应试技巧、实战演练、模拟强化等角度测试学生对文章的理解程度、获取信息的手段、把握文章中心思想的能力，从而使学生在“阅读理解”这一英语考试极其重要的环节中夺得高分。

《大学英语写作技巧》从文章的载体、框架结构、段落分析、遣词造句等方面向读者展示了写作精要、写作技巧，具有很强的实用性和针对性。

《大学英语翻译技巧》从常用的翻译技巧、常用的翻译手法及翻译的注意事项等方面提高学生对英语书面材料的确切理解能力，从不同侧面简明扼要地论述了翻译过程中常用的一些基本概念，书中的每一大类均分成若干细类，力求从感性着手，向理性过渡，并配有适量练习以求巩固，为学好考好大学英语打下坚实的基础。

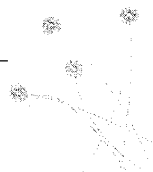
《大学英语知识运用技巧》则从考试精要、应试技巧、实战分析、单项演练、综合强化、精析巩固等方面融词汇运用、语法知识运用、篇章分析于一体，培养综合运用语言的能力。

本系列丛书由上海交通大学王忠樑主编，高致远、Lotus 副主编，参加编写的还有易富姹、王冰以及李雷等。对于许多同仁的帮助，在此谨表示衷心的感谢。

由于编者水平有限,书中恐有疏忽或不当之处,恳请广大读者批评指正,以便再版时修改。

编 者

2005.8



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## 第一章 总 论

为了适应我国高等教育新的发展形势,深化教育改革,提高教学质量,满足新时期国家和社会对人才培养的需要,教育部有关部门修改了大纲,制定了《大学英语课程教学要求》和《考试要求》。在《要求》中,明确地强调了英语教学的重点,即:以英语语言知识与应用技能、学习策略和跨文化交际为主要内容,能读懂有一定难度的文章为主要目的;掌握文章中心思想,区分其主要事实和有关细节,以及理解其意义为主要技能。

虽然新的大学英语的教学目标是培养学生英语综合应用能力,特别是听说能力。但是,忽略阅读能力的培养必将使我们从一个极端又走向另一个极端,不同层次的人才往往是通过阅读来获取信息,把握机会的,所以,阅读必然是、也一定是学生学习的重中之重。要提高自己的阅读能力,就必须掌握阅读技能,提高阅读速度,熟悉英美文化。同时,也应注意到深层次的理解没有时间的保证很难做到这一点。要注意精读与泛读、快速与严谨的有机结合。

万丈高楼平地起。没有一定的词汇积累,要想提高自己的阅读能力是不现实的,而且,英语词汇、词语与汉语词汇不同,具有一词多义,一词多用途的特点,以 take 为例,它共有 96 个用法。因此,学生不仅要注意词的深度,更应注意词的宽度。只要审事度势,就能驾轻就熟。以 stern 为例,与 punishment, measure, discipline, test, face, reality 连用,分别表示“严厉的处罚”,“严格的措施”,“严明的纪律”,“严峻的考验”,“严肃的面孔”以及“严酷的现实”,而在一个特定的句子里“The teacher is quite stern with his students.”,stern 表示“严”,即“这个老师对他的学生很严”。“严”包含了严格、严肃、严厉等意思。

较强的阅读能力不是眼睛看、嘴巴念的简单结合,也不是单词加语法的简单拼凑,而是包括了阅读速度、阅读理解以及阅读技能三个方面。这三个方面是个有机的整体,也是个矛盾的统一体。要处理好这三方面的关系关键在于培养良好的阅读习惯。在平时的阅读训练中,必须坚持按意群阅读,避免用手指读,用笔尖读或者小声朗读,应该扩大视距,从而达到视线的移动与心灵的领悟成为一种自然的默契。考试时,学生经常抱怨时间偏紧,生词太多,这往往是由于阅读过程中不经意间过分注意文章中的生词。他们认为,跳过生词是“不求甚解”的

具体表现。况且,新要求也提到“能借助词典阅读英语原版书籍和英语国家报刊杂志上的文章”。殊不知,勤查勤问的学习习惯的积极一面掩盖了其极为消极的另一面,那就是,良好的阅读习惯是建立在意群之上的(read in thought groups),每当碰到不认识的字、词和短语,便不厌其烦地查词典,并记录在“案”,看似认真;其实人的逻辑思维、想像思维以及知识背景都变得无用武之地。更何况,即使本国人在阅读时碰到生词,碰到难题,也不处处查、细细想,而是在无伤大“雅”时不查,在事关重要时才查。

查词典时,也有一个方法问题。正确的方法是先猜测,后查阅,再验证。如: Important features of dehydrated foods are their light in weight and their compactness. 句中,可能有两个生词,但不妨我们先作出这样的猜测,即\_\_\_\_食品的重要特征在于其分量轻并且\_\_\_\_。dehydrated 可以分成 de-hydr-ated, 其中 hydr(ate) 是 hydrogen 的近似词,氢原子是水化合物的基本成分;de 表示“去掉”。因此,不难猜到其“脱水的”本意。compactness 的词根是 compact, 是 CD 中 C 的全称,表示“压缩的,小巧的”,转义成“体积小”,又如: The snow was falling. Big flakes drifted with the wind like feathers. “当时正在下雪,片片硕大的雪花就像羽毛随风飞舞。”因为只有硕大的雪花才像羽毛。

只字问题解决了,下一步就是片语。英语的语句种类繁多,略有变化,其意迥异。如 It's possible that he will come, 与 It's probable that he will come. 中文意思相差无几,英语的语义则不同,因为后者来的可能性大于前者,又不及 It's certain that he'll come. 又如: You can't be too careful in making the decision as it was such a critical case. 本句不是说“你在做出抉择时不能过分小心”,而是“你在做出抉择时再怎么仔细也不过分,因为它事关重大”,这是英语中,一种约定俗成的表达方式。再如: “It's pretty calm of him to do such a thing.” 本句不是说“他在做这类事时镇定自若”,而是“他做出这种事真是厚颜无耻”。英语的句子有时候脱离了上下文,其释义风马牛不相及。所以,理解不能脱离上下文。

句子的上下文是指句子在篇章结构中的功能,即某个句子在特定的段落中所起的作用,是主题句,统领全局;还是扩展句,进一步说明主题句;还是转折句,形成对比,表达另一种见解;还是结论句,概括阐述中心思想。

如 1. The Norwegian Government is doing its best to keep the growth of the oil industry under control. (主题句) A new law limits exploration to an area south of the southern end of the long coastline; production limits have been laid down



(though these have already been raised); and oil companies have not been allowed to employ more than a limited number of foreign workers. (主题扩展句) But the oil industry has a way of getting over such problems, and few people believe that the Government will be able to hold things back for long. (主题转折句) As one Norwegian politician said last week, "We will soon be changed beyond all recognition." (主题重申句)

如2. Good manners are important in all countries, but ways of expressing good manners are different from country to country. (主题句) For example, Americans eat with knives and forks; Japanese eat with chopsticks. (主题扩展句之一) Americans say "Hi" when they meet; Japanese bow. (主题扩展句之二) Many American men open the doors for women; Japanese men do not. (主题扩展句之三) On the surface, it appears that good manners in America are not good manners in Japan, and in a way this is true. [主题扩展句(的概括)] But in any country, the only manners that are important are those involving one person's behavior toward another person. (主题转折句) In all countries it is good manners to behave considerately toward others and bad manners not to. (主题转折句之扩展句, It is only the way of behaving politely that differs from country to country. (主题重申句)

如3. The shortage of paper, together with the high cost of living, has made books an expensive item in our list of requirements. (主题句) This would mean that fewer people can afford to have them. (主题扩展句) Yet there are people who think nothing of spending money on a rich dinner, but don't like to spend the same sum on books. (主题转折句) Therefore the time has come for a new public library policy to be introduced, for the higher the price of books the greater the need to give them the widest circulation possible. (主题重申句)

分析完段落、句子间的关系之后,方能涉及文章的整体理念,剖析各个层次,处理各种信息。犹如从树的一个侧面,看到林的全貌。再从林的角度,去分析树与树之间的协调、辉映以及衬托。

如1. Being assertive is being able to communicate with other people clearly. If you felt that you had expressed what was important to you and allowed the other person to respond in their own way then, regardless of the final outcome, you behaved assertively. It is important to remember that being assertive refers to a way of coping with confrontations(对抗). It does not mean getting your own way every time or win-

ning some battle of wits against another person. In practice assertive behaviour is usually most likely to produce a result which is generally acceptable to all concerned, without anyone feeling that they have been unfairly treated.

Assertiveness is often wrongly confused with aggression(侵犯行为). An aggressive confrontation is when one or both parties attempt to put forward their feelings and beliefs at the expense of others. In an assertive confrontation, however, each party stands up for their personal rights, but each shows respect and understanding for the other's viewpoint. The reason why assertiveness may not come naturally is that we often tend to believe that we must talk around a subject rather than be direct, or that we must offer excuses or justifications for our actions.

In fact we all have a right to use assertive behaviour in a variety of situations. We are often schooled early in life to believe that sometimes our own need to express ourselves must take secondary place. For example, in dealing with those in privileged positions such as specialists, we often feel that speaking assertively is, in some way, "breaking the rules". Everybody has certain basic human rights, but often we feel guilty about exercising them.

第一段第一句是主题句,第二、三、四句是主题扩展句,第五句是主题重申句。

第二段第一句承上启下,揭示主题,因此 aggressive 是主题词,第二句是主题扩展句,第三句是主题转折句、第四句是转折句之扩展句。

最后一段是结论段,在这一段里,第一句是主题句,第二、三句是主题扩展句。最后一句是结论句,但是,加上一句转折句,表示作者观点。

文章中,有些关键的东西要搞清楚:即 1. Assertive persons are those who speak out what they want to say forcefully and confidently. 2. Many people prefer to take it secondary place to express themselves. 3. The author intends to encourage people to be assertive at any time.

如 2. Are you a team person? Are you at your best as part of a small, tightly united group of dedicated workers? If so, the future may hold more for you than you think.

High technology, some predicted, would make teamwork a thing of the past. That's happening in those areas of business and data processing where one person and a computer can replace a team of workers.

But, elsewhere, teamwork is very much alive. High technology has led to a new type of teamwork in a number of fields, including advertising, scientific research, engineering design, architecture and ocean exploration.

Through computer networking, scientists, engineers, and technicians at different locations — often thousands of miles apart — can work on the same project at once. They can exchange ideas, try out different designs, and test their results.

Examples? An engineering team can now design and try out a robot system, a new manufacturing process, or an entire factory — before it is built. An architectural team can do the same with a building or a bridge. A medical team can simulate a dangerous operation before performing it on a patient.

Of course, computer-assisted team effort doesn't end with investigation and simulation. It now usually continues into actual design, manufacturing, and testing. "CAD-CAM — computer-aided design and manufacture — is breaking down barriers between traditional design and manufacturing functions," explains Dr. Prakash Rao, an engineering manager at General Electric. "Interdisciplinary (跨学科的) teams and engineers follow a product from concept to production. Everything is interconnected like a network."

Sometimes, a computer-aided effort can extend beyond production. A team that produces robots may use them to explore space and ocean depths. For high-technology teamwork, the future seems limitless.

第一段是主题段,第二段是主题扩展段,第三段是转折段,第四、五段是转折段的扩展段。那么,整篇文章的重心后移,a new type of teamwork 就成了关键词语。第六段是结论段,最后一段是作者对高科技含量很高的团队工作给予展望。

文章中,有些关键的东西要搞清楚:即1. 团队工作的理念已今非昔比;它已具有新的内涵;2. 在高科技时代,要想把一个新的理念应用于生产或实践中去需要来自各个领域的专家共同合作与开发;3. 作者对团队工作新定义持赞成、看好的态度。

如3. Many Americans harbour a grossly distorted and exaggerated view of most of the risks surrounding food. Fergus Clydesdale, head of the department of food science and nutrition at the University of Massachusetts-Amherst, says bluntly that if the dangers from bacterially contaminated chicken were as great as some people believe.

“the streets would be littered with people lying here and there.”

Though the public increasingly demands no-risk food, there is no such thing. Bruce Ames, chair of the biochemistry department at the University of California, Berkeley, points out that up to 10% of a plant's weight is made up of natural *pesticides* (杀虫剂). Says he: “Since plants do not have jaws or teeth to protect themselves, they employ chemical warfare.” And many naturally produced chemicals, though occurring in tiny amounts, prove in laboratory tests to be strong carcinogens—a substance which can cause cancer. *Mushrooms* (蘑菇) might be banned if they were judged by the same standards that apply to food *additives* (添加剂). Declares Christina Stark, a nutritionist at Cornell University: “We’ve got far worse natural chemicals in the food supply than anything man-made.”

Yet the issues are not that simple. While Americans have no reason to be terrified to sit down at the dinner table, they have every reason to demand significant improvements in food and water safety. They unconsciously and unwillingly take in too much of too many dangerous chemicals. If food already contains natural carcinogens, it does not make much sense to add dozens of new manmade ones. Though most people will withstand the small amounts of contaminants generally found in food and water, at least a few individuals will probably get cancer one day because of what they eat and drink.

To make good food and water supplies even better, the Government needs to tighten its regulatory standards, stiffen its inspection program and strengthen its enforcement policies. The food industry should modify some long-accepted practices or turn to less hazardous alternatives. Perhaps most important, consumers will have to do a better job of learning how to handle and cook food properly. The problems that need to be tackled exist all along the food-supply chain, from fields to processing plants to kitchens.

第一段是主题段,揭示了有些人“overestimate the hazards of their food”;第二段是铺陈段,进一步加以论证;第三段是转折段:即没有理由恐惧、害怕,但要有作为;第四段是结论段,阐述了政府、企业和个人应该有何作为,并通过 most important 来强调消费者个人的作用。

文章中一些关键的东西要搞清楚: 1. no use to overestimate the hazards of people's food; 2. impossible to obtain no-risk food because many vegetables contain

dangerous natural chemicals; 3. useful for plants to combat pests and diseases; 4. author's opinion that there is reason for caution but no cause for alarm.

综上所述,阅读是个由点到面,从面向点循环的过程。面是目的,点是手段。要处理好两者之间的关系,方能提高阅读能力。

## 第二章 阅 读 方 法

阅读总是有目的,不是为了消遣就是为了获取信息,或是为了提高阅读能力,以应付考试,获得好分数。不同的阅读目的决定了不同的阅读方法。确定了阅读的目的,方能有的放矢,解决要想解决的问题。语言学家把它概括为“what to read”和“how to read”。社会学家把它概括为“一把钥匙开一把锁”。

如果你的阅读目的是为了获取某一具体信息的话,就应以略读(skimming)着手,先确定段落中心思想,而后在相应的段落里寻找(scanning)自己想要的信息,不是盲目地从头到尾找寻信息。如果你想找一本你以为值得一读的好书,就应先浏览(survey)全书,再确定是否要加以细读(comprehending)。如果你想提高自己的英语水平,就应先了解作品作者的风格特点,再细细品味,赏析(appreciating)。好的作品能引发人去思索、遐想;能产生共鸣的效果,人生的感悟;能引人入胜,开卷有益。

### 第一节 浏览(survey)

浏览是指对文章的整体结构作一个概观。其目的是弄清概念,看清层次,分清主次以及认清意图。

弄清概念从某种意义上讲就是要了解文章的题材和体裁,以确定如何“量体裁衣”。所谓题材,就是文章所涉及的领域,是经济金融、文学艺术、航天地质,还是人文历史等等。所谓体裁是指文章究竟属于叙述文、描述文、说明文还是议论文,是媒体作文还是科学论文,是科普文章还是报刊摘抄。体裁决定了写作风格,决定了基本结构,决定了文章重心。

看清层次就是要了解文章的层进关系,是以时间序列递进,还是以对比形成反差递进,或是以类比手法递进等。也可以各种手法参插递进,文章一般都环环相扣,逐步递进的。层次可以是宏观意义上的,如一本书的目录。它直观平叙了书的各个章节,这就是层次,文章的布局。层次也可以是微观意义上的,如一篇300来词考试用的篇章,也层次清楚,是主题还是佐证,是批驳还是评论,一点也不含糊。简言之,看清层次就是看清它的来龙去脉。

分清主次就是要了解文章的重点何在。一般作者都清楚,“多中心即无中心”的道理,都会突出重点。前面讲到的 and most important 在段落里起强调作用,突出了重点。也可以在一句话里,如:I should like to rent a house — modern, comfortable, and above all in a quite location 句中, and above all 突出了“尤其是地段要清静”的重点。考试时经常出现如“What's the main demand for renting a house?”一类的题目,要十分注意重点。

认清意图就是要了解作者的意图,即“居心何在?”要知道,一句话、一段话都是有目的的,要认清它是独立成篇,还是从属于哪一主题(段)。如果从属于某个主题,那么它在某一主题里,起什么作用,扮演什么角色。

如1: Packaging is an important form of advertising. A package can sometimes motivate someone to buy a product. For example, a small child might ask for a breakfast food that comes in a box with a picture of a TV character. The child is more interested in the picture than in breakfast food. Pictures for children to color or cut out, games printed on a package, or a small gift inside a box also motivate many children to buy products — or to ask their parents to buy for them.

Some packages suggest that a buyer will get something for nothing. Food products sold in reusable containers are examples of this. Although a similar product in a plain container might cost less, people often prefer to buy the product in a reusable glass or dish, because they believe the container is free. However, the cost of the container is added to the cost of the product.

The size of a package also motivates a buyer. Maybe the package has “Economy Size” or “Family Size” printed on it. This suggests that the large size has the most product for the least money. But that is not always true. To find it out, a buyer has to know how the product is sold and the price of the basic unit.

The information on the package should provide some answers. But the important thing for any buyer to remember is that a package is often an advertisement. The words and pictures do not tell the whole story. Only the product inside can do that.

这是一篇说明文,主要讲述“包装是广告的一种”。共有三个层次:1. 包装要吸引人,尤其要吸引孩子;2. 包装要实惠,吃了里面的东西,外面的东西还可以用;3. 包装要给人一种很便宜的感觉。文章的重点在 but 后面,即:买家看你的销售方法和产品定价。最后一段是作者的看法,包装不是全部,最重要的是产品的内在质量。

如 2. The advantages and disadvantages of a large population have long been a subject of discussion among economists. It has been argued that the supply of good land is limited. To feed a large population, inferior land must be cultivated and the good land worked intensively. Thus, each person produces less and this means a lower average income than could be obtained with a smaller population. Other economists have argued that a large population gives more scope for specialization and the development of facilities such as ports, roads and railways, which are not likely to be built unless there is a big demand to justify them.

One of the difficulties in carrying out a world-wide birth control program lies in the fact that official attitudes to population growth vary from country to country depending on the level of industrial development and the availability of food and raw materials. In the developing country where a vastly expanded population is pressing hard upon the limits of food, space and natural resources, It will be the first concern of government to place a limit on the birthrate, whatever the consequences may be. In a highly industrialized society the problem may be more complex. A decreasing birth-rate may lead to unemployment because it results in a declining market for manufactured goods. Where the pressure of population on housing declines, prices also decline and the building industry is weakened. Faced with considerations such as these, the government of a developed country may well prefer to see a slowly increasing population, rather than one which is stable or in decline.

这是一篇议论文,主要讲述“人多的优、缺点”,共有两个层次,从两个角度来说:1. Most economists argue that ... ; Other economists argue that ... 2. In the developing country ... ; in a highly industrialized society ... 第一段主要是问题;第二段是解决问题的方法。作者的意图很明显,即:要因地制宜。

如 3. Three English dictionaries published recently all lay claim to possessing a “new” feature. The *BBC English Dictionary* contains background information on 1,000 people and places prominent in the news since 1988; the *Oxford Advanced Learner's Dictionary: Encyclopedic* (百科全书的) *Edition* is the OALD plus encyclopedic entries; the *Longman Dictionary of English Language and Culture* is the LDOEL plus cultural information.

The key fact is that all three dictionaries can be seen to have a distinctly “cultural” as well as language learning content. That being said, the way in which they



approach the cultural element is not identical, making direct comparisons between the three difficult.

While there is some common ground between the encyclopedic / cultural entries for the Oxford and Longman dictionaries, there is a clear difference. Oxford lays claim to being encyclopedic on content whereas Longman distinctly concentrates on the language and culture of the English-speaking world. The Oxford dictionary can therefore stand more vigorous *scrutiny* (审视) for cultural bias than the Longman publication because the latter does not hesitate about viewing the rest of the world from the cultural perspectives of the English-speaking world. The cultural objectives of the BBC dictionary are in turn more distinct still. Based on an analysis of over 70 million words recorded from the BBC World Service and National Public Radio of Washington over a period of four years, their 1,000 brief encyclopedic entries are based on people and places that have *featured* (占显著地位) in the news recently. The intended user they have in mind is a regular listener to the World Service who will have a reasonable standard of English and a developed skill in listening comprehension.

In reality, though, the BBC dictionary will be purchased by a far wider range of language learners, as will the other two dictionaries. We will be faced with a situation where many of the users of these dictionaries will at the very least have distinct socio-cultural perspectives and may have world views which are totally opposed and even hostile to those of the West. Advanced learners from this kind of background will not only evaluate a dictionary on how user-friendly it is but will also have definite views about the scope and appropriateness of the various socio-cultural entries.

这是一篇说明文,主要讲述三本词典的不同之处,共同之处讲得弱,不同之处讲得深。文章有三层意思:牛津词典与朗文词典的两大区别,它们与英国广播公司的英语词典的区别。最后一段是作者对三本词典的看法。其区别主要是:Oxford dictionary gives special thought to the various cultural backgrounds of its users, Longman views the world purely from the standpoint of the English-speaking countries, while the BBC dictionary is intended to help listeners develop their listening comprehension skills.

综上所述,浏览在阅读中的重要性便一目了然。考试时,浏览试卷的重要性也不言而喻,但不能失之偏颇,一般时间为2分钟。