

英语速读指南

■ 英语自学丛书

■ 上海译文出版社

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张定铨 编写

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前 言

本书是为培养中国英语学习者的快速阅读能力而编写的，可以用作高中以及大学学生的速读材料或教材，也同样适合于具有同等英语水平的读者进行英语速读自我训练。全书共十一章，每章分成三个部分。一、速读理论简述：用通俗的语言扼要介绍一些提高阅读速度的理论和方法。二、速读练习：结合第一部分的理论，配备速读练习。三、计时速读练习：提供两篇不同等级的计时速读文章并配备阅读理解选择题。低等级的速读文章词汇量为2000，适合高中学生使用，但大学生可以把它们作为“两分钟”读物。高等级的速读文章词汇量为5000，主要是为大学生编写的，程度好的中学生也可以将它们用作进一步提高英语速读能力的高级练习，或者作为一般的阅读与理解练习，允许慢速阅读和查词典。

快速阅读训练在欧美一些国家早已受到普遍重视。近年来，中国一些大学也相继开设了英语速读课程。本书是笔者在多年速读教学的基础上，参考大量有关书籍并根据中国学生的特点编写而成的。书中选编的阅读文章，语言生动流畅并具知识性与趣味性。相信本书对提高广大英语学习者的快速阅读与理解能力会有所帮助。

在本书编写过程中，陈伯庚先生曾给予不少帮助，在此表示感谢。

书中如有差错，敬希读者批评、指正。

张定铨

1986年秋于上海外国语学院

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第一章

为什么要强调速读

英语学习者若想进一步提高自己的语言水平，必须大量阅读各类书报杂志。许多中国学生英语速读能力比较弱，主要原因是他们长期习惯于“精耕细作”的阅读方式。无论看什么文章，不管读哪一类书籍，他们都喜欢逐字逐句地理解。跳过几处难点总觉得心里不踏实，遇到生词非要查阅词典不可。他们大都有这样一种心理：看一篇文章最好是能彻底弄清其含义并掌握其中几个有用的句型及新词，否则，就认为是一无所获，浪费了宝贵的时间，看了等于没看。这种观点带有很大的片面性。语言学习是一个长期的知识积累过程，尤其是语感的培养必须依赖大量而广泛的阅读。把注意力过分集中地放到“精读”上有碍学生知识面的扩大，也不利于培养学生在快速阅读的过程中准确抓住文章中心大意的综合概括能力。从长远的观点来看，片面强调精读对学生语言水平的快速提高并无益处。大量事实表明，读速慢的学生在外语水平测试中的应变能力比较差，外语发展的潜力也比较小。

“精读”作为一种阅读方式有它的重要作用，但它绝不应该成为读者唯一的阅读方式。我们应该十分重视速读能力的培养。事实上，人们一生中绝大部分的阅读活动不是以“事事精研”的慢读方式而是以“泛泛而读”的快读方式进行的。特别是在今天，科学技术的飞跃发展更要求我们学会在浏览群书的过程中捕获有用信息的速读本领。

培养速读能力的一个有效方法是在有限的时间内读完一定字数的文章。这样，读者可以知道自己每分钟的读字数是

多少。然后,他可以在往后的阅读中有意识地逐步加快速度。计时速读会给读者带来一种压迫感,使他总想读得再快一些,这对于那些习惯慢速阅读的人是一个极好的锻炼。

当然,光追求速度而完全忽视理解的阅读方法也是毫无意义的。本书提供的计时速读文章后面都配有练习,以检查读者的理解程度。快速阅读练习只要求读者掌握文章的中心大意,练习题做对70%即可。如果高于这个比例,读者可以适当加快读速,反之则减慢读速。

应该强调指出,阅读速度的提高主要得靠平时多看多读。读者可以根据书中提出的要求经常进行速读自我训练。一个最简便的方法是找一本适合自己水平的英语读本,每天花半小时读完一定的页数(或一个章节)。随后,阖上书本,问问自己书中大致讲些什么。如果读者能用这个方法坚持看完数十本书,必定会有所收获。

速 读 练 习

I 请用慢速将下面的短文看一遍,然后做是非选择题:

The Poisonous Mushrooms

In a certain police station an officer bought some fresh mushrooms (蘑菇) from the market. He was so pleased with what he had bought that he agreed to share the mushrooms with his brother officers. When their breakfast arrived the next morning, each officer found some mushrooms on his plate.

"Try the dog with a piece first," suggested one careful

officer. He was afraid that the mushrooms might be poisonous. The dog seemed to enjoy his mushroom, and the officers then started to eat their meal, saying that the mushrooms had an unusual but pleasant taste.

An hour later, however, there was confusion when the gardener rushed in and told them that the dog was dead. At once, the officers jumped into their cars and rushed to the nearest hospital. Stomach pumps were used to get rid of the remains of the mushrooms. The officers had a very unpleasant time.

When they returned to the station, they sat down and began to discuss the matter. Each man explained the pains that he had felt and they all agreed that the pains had grown worse on their way to the hospital. Then the gardener was called in to give a detailed description of the way in which the poor dog had died. "Did it suffer much before death?" asked one of the officers, feeling very pleased that he had escaped a painful death himself. The gardener looked rather surprised. "No!" he said, "It was killed instantly when a car hit it."

(252 words)

- (X) 1. The officer was happy with what he had bought because the mushrooms were unusually big.
- (X) 2. The officers started to eat their mushrooms as soon as the breakfast arrived.
- (V) 3. As soon as the officers heard of the death of the dog,

they rushed to the hospital in their cars.

() 4. Every officer felt some pains in his stomach on his way to the hospital.

(X) 5. The poor dog suffered much before its death.

(选自 *A Graded Secondary School English Course, Book 4* by A.R.B. Etherton 并改编)

II 请用快速将下面的短文看一遍，然后做是非选择题：

A Helicopter Crash

George Williams lived near a small airport. The noise of a helicopter (直升飞机) was nothing new to him. One afternoon, when he heard a familiar low noise overhead, he did not even bother to look up from his book.

But when the steady sound changed into a broken coughing noise, George at once became interested. For a few seconds the engine of the helicopter gave out some strange sounds, then they stopped altogether. George dropped his book and rushed out into the yard. He knew that when the engine of a helicopter failed, it could go straight down like a stone.

He had hardly got outside his house when he heard a crashing noise which made his heart sink. Behind his house a sea of trees stretched away to the hills. He could see that the helicopter had fallen about two hundred yards from the house. George took a big knife and ran into the woods, cutting and pushing his way through as fast as he could.

22:30.

George fell down several times in his haste and there was blood on his hands and face. Within a few minutes he reached the scene of the crash. The helicopter had hit a huge tree; both the tree and the machine were torn to pieces. George looked round for the pilot. He called out and then listened carefully. A faint voice came from his left. He turned round and saw a figure walking unsteadily towards him. The pilot was injured but safe.

(251 words)

做是非选择题时请勿再看原文

- (✓) 1. The accident happened one afternoon.
- (×) 2. When George heard a familiar low noise, he at once became interested.
- (✓) 3. The helicopter crashed as soon as George went out of his house.
- (✓) 4. It was not easy for George to reach the scene of the crash.
- (×) 5. The pilot died unfortunately in the crash.

(出处同前)

以上两篇短文的长度、难度完全相同。做完练习后你可能会发现，快速阅读方式与慢速阅读方式对理解文章中心大意并无多大影响。

计时速读练习

I 计时速读练习步骤：

1. 找一个安静的环境。做计时速读练习时不应受到任何外界干扰。

2. 准备一只有秒针的台钟或手表。
3. 记下开始阅读时间(几分几秒)。
4. 用略微快于你平时常用的读速将文章看一遍。尽量
避免重复阅读。(以后可以逐步加快。)
5. 一俟阅读完毕,就记下结束时间(几分几秒)。
6. 立即开始做练习题。不要再看原文。
7. 自己对答案。算出得分多少。如有10道题,每题为
10分;如有20道题,每题为5分。
8. 算出阅读时间(即用结束时间减去开始时间)。然后
对照读速表*,查出你每分钟的读字数(即 WPM)。
9. 把分钟读字数以及练习得分记在书后的记录表格
上。它可以帮助你掌握自己的进度。
10. 练习做完后可以再仔细阅读文章,也允许查字典。

II 请将下面的短文迅速看一遍后做练习:

请记下开始时间——分——秒

How Come the Rainbow?

The rainbow is one of the most beautiful shows put on for us by nature. No artist's brush can match the beautiful colors of it. A sudden heavy shower stops, the sun breaks through, and shines on the drops of rain still falling a mile or two away. This makes a beautiful band of color across the sky.

Men of old were greatly impressed. The Greeks thought that the rainbow was a sign placed in the sky by

• 分钟读字数查阅表及计算方法详见书后附录。

the gods to put off wars or damaging rains. The Norsemen believed their gods used the rainbow as a bridge to the earth from their heavenly homes. An Arab tale called it a sign from the Lord that the rain would stop and there would be no flood.

Today, man knows that the rainbow is caused by sunlight playing on water, almost always rain. We see a rainbow when our backs are to the sun and it is raining in front of us. The lower the sun is, the higher the bow, and the higher the sun, the lower the bow. Around the middle of the day, when the sun is overhead, no bow can be seen, because the sun's rays which spring off the raindrops cannot reach us.

A rainbow is a whole circle, but mostly we see only part of it, unless we are on a high mountain or up in a plane. The bottom part of the rainbow is hidden from us. The "ends" of the bow look as if they were planted in the earth. This gave rise to the saying that there is "a pot of gold at the end of the rainbow."

As drops of rain keep falling, each moment we see another rainbow, which is formed by a new set of drops. Those viewing it from different places see a different rainbow.

Water — in this case, drops of rain — bends the light, and breaks the light into its many colors. Sunlight is made up of seven colors, and they are the colors that make up the rainbow. The larger the drops of rain, the brighter

• • •

the colors.

Rainbows are curved because the drops of rain are curved. They are made up of an inner band of color and an outer band. The inner one is the brighter of the two, and its colors are arranged in opposite order to those of the outer one.

Sometimes rainbows are formed by the light of the moon. As this is rather weak, compared to sunlight, the colors are pale. Waterfalls, fountains often cause rainbows — the whole circle. Some beautiful bows can be seen at Niagara Falls.

Since sunlight cannot pass through snowflakes, they can never cause rainbows. Whenever a rainbow is reported when snow is falling it means that the snow is mixed with a bit of rain.

For most people the rainbow is certainly a sight to look at. It often makes their hearts leap up. And for many artists and poets in the world the rainbow is still a sign of peace, hope and brotherly love.

(515 words)

请记住结束时间——分——秒

做练习时请勿再看原文

1. After a heavy shower stops, what makes a rainbow?

a. the sun on drops of rain nearby

b. the sun on drops of rain at a distance

c. the sun on clouds

d. the sun on water vapor

2. The Greeks thought that the rainbow was a sign placed in the sky by the gods to
- show their power.
 - show that a flood was coming.
 - stop wars for sometime.
 - stop wars forever.
3. The shape of a rainbow is
- one-half of a circle.
 - one-fourth of a circle.
 - a whole circle.
 - a curved bridge.
4. The large drops of rain cause
- brighter rainbow colors.
 - duller rainbow colors.
 - more colors.
 - dim colors.
5. Rainbows are curved because
- one of the bands is curved.
 - both bands are curved.
 - the sky line is curved.
 - the drops of rain are curved.
6. Of the two rainbow bands the inner one is
- larger.
 - smaller.
 - brighter.
 - weaker.
7. A rainbow formed by moonlight is
- larger than one by sunlight.
 - smaller than one by sunlight.