

ENGLISH

总主编 胡安琳

新思路

大学英语

4

快速阅读

本册主编 何建梅
副主编 周 皓



上海外语教育出版社

外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

www.sflep.com

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编者 (按单元顺序排列)

周亚芳	黄蓉蓉
周皓	范晓峰
吴立莉	何建梅

图书在版编目(CIP)数据

新思路大学英语快速阅读. 4/ 何建梅主编; 周亚芳等编.

—上海: 上海外语教育出版社, 2009

ISBN 978-7-5446-1482-5

I. 新… II. ①何… ②周… III. 英语—阅读教学—高等学校—教材

IV. H319.4

中国版本图书馆CIP数据核字(2009)第132710号

出版发行: 上海外语教育出版社

(上海外国语大学内) 邮编: 200083

电 话: 021-65425300 (总机)

电子邮箱: bookinfo@sflep.com.cn

网 址: <http://www.sflep.com.cn> <http://www.sflep.com>

责任编辑: 杨自伍

印 刷: 同济大学印刷厂

经 销: 新华书店上海发行所

本: 787×1092 1/16 印张 10.75 字数 249千字

次: 2009年9月第1版 2009年9月第1次印刷

数: 6500册

书 号: ISBN 978-7-5446-1482-5 / H · 0608

价: 18.00元

如有印刷质量问题, 可向本社调换

为适应我国高等教育发展的新形势,推动大学英语教学改革,提高大学英语教学质量,培养符合新时期国家和社会发展需要的合格人才,教育部于2004年初颁布了《大学英语课程教学要求(试行)》(以下简称《课程要求》),作为全国各高校实施大学英语教学的重要依据。

为了便于各高校确定教学目标并组织教学,《课程要求》将“培养学生的英语综合应用能力”作为我国大学英语教学的总体目标,并将大学英语教学的具体要求分为三个层次:一般要求,较高要求和更高要求。每个层次都对学生的英语快速阅读能力做出了具体规定。在一般要求层次,《课程要求》规定,“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个单词。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。”

教育部2005年9月下旬公布了大学英语四、六级考试改革的新题型,2006年又进行了修订。改革后的大学英语四、六级考试增加了快速阅读理解的测试,快速、准确地获取信息是测试的重点。

依据《课程要求》的总体目标和具体规定,结合大学英语四、六级考试的最新要求与机考阅读测试要求,我们组织了大批多年在教学一线的大学英语教师,历时三年,精心编写了这套《新思路大学英语快速阅读》,以期通过长期、系统的快速阅读实践循序渐进地提高大学生的英语快速阅读水平,从而提高他们的英语综合应用能力。

《新思路大学英语快速阅读》全套分为四册,达到了《课程要求》规定的一般要求层次对于快速阅读的具体要求。全套教材在选材长度、题型设计和阅读速度等方面参考了《课程要求》和大学英语四、六级考试快速阅读理解测试以及机考阅读测试的相关要求,以帮助学生培养对英语文章阅读的兴趣,熟悉题型,逐渐提高英语快速阅读能力。

《新思路大学英语快速阅读》全套教材的编写融科学性、系统性与创新性于一体。全书创造性地以主题为基本的编写单元,从一名大学生的视角设计了从入学直至大学毕业可能经历到的大学学习和生活的方方面面。选材贴近中国大学生的生活,注重趣味性和知识性,信息性和创新性,题材广泛,内容丰富,涉及语言、文化、文学、科普、体育、科技、法律、管理、社会焦点等方面。此外,教材还选取了应用文体的文章。全套教材四册的编写遵循了由易到难、由浅到深的基本原则,阅读文章的长度从第一册的300至500词逐渐过渡到第四册的1300词左右,难度不高于《大学英语精读》的系列教材。

本书为《大学英语快速阅读》系列教材的第4级。全书共12单元,每单元由4篇阅读文章组成。本书涉及的主题有健康与生活,如吸烟与智商的关系,睡眠的作用;实习简介,如实习的形式、作用;学习与考试,如托福考试指南、如何成功通过考试;科技生活,

如全球变暖、纳米技术；网络知识，如电脑病毒防治、网络学习的激增与挑战；毕业情况介绍，如毕业典礼指南、毕业晚会设计；学校成绩，如平均成绩的重要性、同伴效应对学校成绩的影响；各种应用文，如说明书、食谱介绍；衣食时尚，如中国的茶文化、法国和美国的美食介绍；以及时下热点话题，如甲型 H1N1 流感的防治常识与严峻形势、当今名人演说、全球金融危机等 12 项。所选文章长度在 1400 词以内，生词不超过文章词汇总量的 3%，练习形式主要为选择、判断，选词填空和填空题等，建议标准阅读速度为每分钟 120 词。

本书在编写过程中，参考了大量期刊杂志和网络资料，在此，向这些著作的作者们深表感谢。同时，囿于水平，书中错漏在所难免，敬请广大读者和同仁不吝指正。

编者

2009 年 3 月

C o n t e n t s

Unit 1	Life and Health	
Passage 1	Fashion Is Always Changing	1
Passage 2	Bigger Is Better, except When It's Not	3
Passage 3	The Magic Power of Sleep	7
Passage 4	Smoking Is Negatively Related to IQ and Thinking	11
Unit 2	Experiential Education	
Passage 1	Tips for Internship Resume	12
Passage 2	How to Turn an Internship into a Job	14
Passage 3	The Various Forms of Experiential Education	19
Passage 4	My Summer Internship	23
Unit 3	Learning and Examination	
Passage 1	TOEFL Secrets Study Guide	24
Passage 2	Discover How to Pass Your Exams with Flying Colors	27
Passage 3	12 Great Memory Strategies for Better Grades	31
Passage 4	How to Boost Your IQ	36
Unit 4	Technology and Life	
Passage 1	Media Exposure Has Adverse Impact on Children's Health	38
Passage 2	Safe Handling of Nanotechnology	40
Passage 3	Emerging Technology Is Not the Answer	45
Passage 4	Health Consequences of Global Warming	49
Unit 5	Internet	
Passage 1	Get Antivirus Security for Your Computer	51
Passage 2	Can Ordinary People Really Make Money Online?	54

	Passage 3	Increasing Popularity and Challenges of E-learning	58
	Passage 4	Excessive E-mailing Is a “Mental Illness”	62
Unit 6	Graduation		
	Passage 1	Degree System in the United States	64
	Passage 2	An Academic Ceremony Guide	66
	Passage 3	Project Graduation	71
	Passage 4	School Reunion	76
Unit 7	Academic Achievement		
	Passage 1	The Role of GPA	78
	Passage 2	Decisions without Direction: Career–Guidance and Decision-making among American Youth	80
	Passage 3	Instructions on How to Prepare Your Thesis or Dissertation	85
	Passage 4	Peer Effect on Academic Achievement	90
Unit 8	Practical Writing — Instructions and Recipes		
	Passage 1	Directions for Hair-dryer	92
	Passage 2	Chinese Recipes	94
	Passage 3	Operating Instructions for Panasonic NV-F55MC	99
	Passage 4	User manual of Philips Electric Shaver	104
Unit 9	The Culture of Cuisine and Fashion		
	Passage 1	Not Working-class Anymore	106
	Passage 2	French and American Cuisine	108
	Passage 3	Tea	113
	Passage 4	So You Think You Know about ... FASHION?	117
Unit 10	General Knowledge about A/H1N1 Flu		
	Passage 1	Britain on Alert for A/H1N1 Flu Outbreak	119
	Passage 2	Let’s Know about Flu	122
	Passage 3	The Severity of the Situation of A/H1N1 Flu	127
	Passage 4	The Closing of Schools due to Large Numbers of Students with Flu-like Symptoms	132
Unit 11	Speeches by Contemporary Celebrities		
	Passage 1	Barrack Obama’s Inauguration Address	133
	Passage 2	Speech at Yale by Hu Jintao (extracted)	135
	Passage 3	Speech at the University of Cambridge by Wen Jiabao	140

Passage 4	Speech by Craven at the Beijing 2008 Paralympic Games Opening Ceremony	145
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Unit 12 **The Global Financial Crisis**

Passage 1	The Financial Crisis to “Increase” Mental Illness	147
Passage 2	The Global Financial Crisis of 2008	149
Passage 3	Influence from the Global Financial Crisis	154
Passage 4	The Financial Crisis Sharply Increases the MBA Applicants	158

Key		159
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Passage 1

Fashion Is Always Changing

How we look and how we appear to others probably worries us more when we are in our teens or early twenties than at any other time in our life. Few of us are content to accept ourselves as we are, and few are brave enough to ignore the trends of fashion.

Most fashion magazines or TV advertisements try to persuade us that we should dress in a certain way or behave in a certain manner. If we do, they tell us, we will be able to meet new people with confidence and deal with every situation confidently and without embarrassment. Changing fashion, of course, does not apply just to dress. A barber today does not cut a boy's hair in the same way as he used to, and girls do not make up in the same way as their mothers and grand-mothers did. The advertisers show us the latest fashionable styles and we are constantly under pressure to follow the fashion in case our friends think we are odd or dull.

What causes fashions to change? Sometimes convenience or practical necessity or just the fancy of an influential person can establish a fashion. Take hats, for example. In cold climates, early build-

ings were cold inside, so people wore hats indoors as well as outside. In recent times, the late President Kennedy caused a depression in the American hat industry by not wearing hats: more American men followed his example.

There is also a cyclical pattern in fashion. In the 1920s in Europe and America, short skirts became fashionable. After World War Two, they dropped to ankle length. Then they got shorter and shorter and the miniskirt was in fashion. After a few more years, skirts became longer again.

Today, society is much freer and easier than it used to be. It is no longer necessary to dress like everyone else. Within reason, you can dress as you like or do your hair the way you like instead of the way you should because it is the fashion. The popularity of jeans and the "untidy" look seems to be a reaction against the increasingly expensive fashion of the top fashion houses.

At the same time, appearance is still important in certain circumstances and then we must choose our clothes carefully. It would be foolish to go to an interview

for a job in a law firm wearing jeans and a sweater; and it would be discourteous to visit some distinguished scholar looking as if we were going to the beach or a night club. However, you need never feel de-

pressed if you don't look like the latest fashion photo. Look around you and you'll see that no one else does either!

(458 words)

Comprehension Exercise

Choose the best answer for each of the following questions.

1. The author thinks that people are _____.
A) satisfied with their appearance
B) concerned about their appearance in old age
C) far from neglecting what is in fashion
D) reluctant to follow the trends in fashion
2. Fashion magazines and TV advertisements seem to link fashion to _____.
A) confidence in life
B) personal dress
C) individual hairstyle
D) personal future
3. Causes of fashions are _____.
A) uniform
B) varied
C) unknown
D) inexplicable
4. According to the passage, which statement is true?
A) It is always necessary to dress like everyone else.
B) Long skirts are out of fashion forever.
C) You can dress as you like or do your hair the way you like, but you should do it reasonably.
D) Jeans and the "untidy" look are the fashion of the 21st century.
5. According to circumstances, please decide which appearance is appropriate.
A) When you visit a distinguished scholar, you wear bikini.
B) When you go to a job interview, you wear formal suit.
C) When you go to the beach, you wear jeans and sweater.
D) When you go to a night club, you wear sports shirt.

Passage 2

Bigger Is Better, except When It's Not

Looking back, Dr. Michael Joyner thinks he chose the wrong sport when he became a distance runner. He should have been a swimmer or a rower.

Dr. Joyner, an anesthesiologist and exercise researcher at the Mayo Clinic, was fast — he ran a marathon in 2 hours 25 minutes. But, at 6-foot-5, and 175 pounds at his lightest, he was simply too big to be great.

Physical explanation

It turns out that there are rules governed by physics to explain why the best distance runners look so different from the best swimmers or rowers and why being big is beneficial for some sports and not others.

That does not mean that parents should push their children into a sport based on their body type, exercise physiologists say. Most people who run or swim or do other sports, even competitively, do it because they love the sport, not because they are aiming for the Olympic Games. Many also choose a sport because they discover they are good at it.

For example, Dr. Niels H. Secher,

an anesthesiologist, exercise researcher and rower at the University of Copenhagen, started rowing when he was 14. He always was big — he weighs 205 pounds — and he immediately loved to row and went with it. “If it works well, you think you are great and you follow up on your success,” he said.

But understanding why body size matters in certain sports can open your eyes to other possibilities, exercise researchers say.

“I’ve told people: ‘You’re tall. Why not try swimming?’” Dr. Joyner said. “Anything worth doing is worth doing well and anything worth keeping a score is worth posting a good score.”

The rules of physics say that distance cycling and distance running are for small people. Rowing and swimming are for people who are big. The physics is so exact that when Dr. Secher tried to predict how fast competitive rowers could go, based only on their sizes and the weights of their boats, he was accurate to within 1 percent.

At first glance, a big rower (and elite male rowers can weigh as much as 250

pounds) may seem to be at a disadvantage trying to row hard enough to push a boat through the water. But because water buoys the boat, weight becomes less of an issue compared with the enormous benefits of having strong muscles.

Their bigger muscles allow bigger people to use more oxygen, giving them more power. It's like having a bigger motor, Dr. Secher said. Bigger muscles, with their larger cross-section, also are stronger. And bigger muscles can store more glycogen, their fuel for short intense spurts.

The same reasoning explains why elite swimmers are big. Great male swimmers often are 6 feet 4 inches tall, and muscular. And because of the advantage that large muscles give for sprints over short distances, the shorter the distance an athlete must swim, the greater the advantage it is to be big.

Tall swimmers also have another advantage: because swimmers are horizontal in the water, their long bodies give them an automatic edge. "It's the difference between long canoes and short canoes," Dr. Joyner said.

Distance running is different. Tall people naturally have longer strides, but stride length, it turns out, does not determine speed. Running requires that you lift your body off the ground with each step, propelling yourself forward. The more

you weigh, the harder you have to work to lift your body and the slower you will be.

The best runners are small and light, with slim legs. "If you have large legs, you have to move a big load," Dr. Secher said. "The smaller you are, the better you are."

Exceptions to the rules

Of course, there are a few exceptions to the scaling rules. There was the Australian runner Derek Clayton, who weighed 160 pounds and set a world marathon mark in 1969.

And there is Tom Fleming (my coach) who won the New York City Marathon in 1973 and 1975. He is 6-foot-1, and while he ran his fastest marathon, 2 hours 12 minutes, weighing 159 pounds, he ran the Boston Marathon in 2 hours 14 minutes weighing 179 pounds. "I tell people that's the fat-man record of Boston," he said.

The tallest elite marathoner today, Robert Cheruiyot, is 6-foot-2. But he weighs only 143 pounds. Most elite male marathoners, Dr. Joyner notes, are between 5-foot-7 and 5-foot-11 and weigh between 120 and 140 pounds. In distance running, he said, "you just don't find many big people."

The situation is more complicated for triathletes, who must run and cycle and swim. The size that is best for running and cycling is not good for swimming. Yet

in general, swimmers have an advantage, Dr. Secher said. It is easier for a great swimmer to learn cycling and running than for a good runner or cyclist to learn to be a good swimmer. Swimming, he says, is so dependent on technique that it is hard to become proficient as an adult.

Don't be limited by the rules

The decision for high school coaches, said Hayden Smith, a cross-country coach at Albion College, is whether to say anything when a young teenager seems set on the wrong sport. He said he kept mum when he was coaching in high school. But, he added, the best high school athlete he ever coached initially went out for football. The football coach refused to let him join the team — he would not give the boy the equipment. “He told the kid, ‘You’ll be a great runner.’” Mr. Smith recalled. The coach was right. The boy started running and ended up one of the top 10 in the nation.

No one ever told Dr. Joyner not to run. Injuries, though, finally forced him

to look for another sport. He chose swimming, knowing that his size would be to his advantage.

Dr. Joyner got a coach, worked hard on his technique, and recently ranked 15th swimming a mile in a United States Masters swimming championship race (for people over age 25). He started too late, he said, to know what he might have been as a swimmer.

But that is O.K., Dr. Joyner said. He loved running. And there is more to performance than simply having the right sort of body for the sport. There is hard work and rigorous training, and, of course, there is motivation.

“I always remember something the late Bill Bowerman said at a clinic I attended in the late 1970s,” he added, referring to the legendary distance running coach. “Sometimes what matters is not what dog is in the fight but how much fight is in the dog.”

(1113 words)

Comprehension Exercise

For questions 1–7, choose the best answer from the four choices. For questions 8–10, complete the statements with the information given in the passage.

1. Why does Dr. Michael Joyner think he chose the wrong sport?
 - A) Because he thought he could do better in swimming.
 - B) Because he was an anesthesiologist and exercise researcher, not an athlete.
 - C) Because his body was too big and too strong.
 - D) Because he didn't make his career in distance running.

2. Which one is not the reason that people choose certain sports?
 - A) They just love some kind of sports.
 - B) They are good at certain sports.
 - C) Their body type is suitable for some sports.
 - D) Their parents or teachers choose the sport for them.
3. What do the rules of physics not say?
 - A) People with small body size are advised to choose distance running.
 - B) The prediction for the competitiveness of rowers by means of physics is accurate to within 1 percent.
 - C) People who are strong and big have an advantage in swimming.
 - D) The rules of physics can be used to tell when people can do best.
4. Why are those who have bigger muscles at an advantage rowing better?
 - A) They can breathe in more oxygen, which gives them more power.
 - B) Though they are heavier, the buoyancy of water makes weight less of an issue.
 - C) Their body can store more glycogen, which is the fuel for short intense spurts.
 - D) All of the above.
5. Elite swimmers usually can not be described as being _____.

A) tender	B) tall
C) big	D) muscular
6. Which kind of people is most likely to be the best runners?
 - A) Those who are tall and heavy, with big feet.
 - B) Those who are small and light, with slim legs.
 - C) Those who are tall and light, with slim arms.
 - D) Those who are small but heavy, with big feet.
7. Who is not the exception to the rules discussed in the passage?

A) Derek Clayton.	B) Niels H. Secher.
C) Tom Fleming.	D) Robert Cheruiyot.
8. His weight being _____ pounds, Australian runner Derek Clayton set a world marathon mark in 1969.
9. Besides having the right sort of body for the sport, there is more to performance, such as _____.
10. The passage mainly discusses _____.

Passage 3

The Magic Power of Sleep

Enhance your life with sleep

When did 24:00-7:00 become a way of life? The massive decline in sleep happened so slowly and seamlessly that few seemed to notice the trend. Was it because of the baby boomlet and all those 2 a.m. feedings? The growing seduction of the Internet, video games and endless TV channels? Never disconnecting from work? No matter how it happened, millions of chronically sleep-deprived Americans are putting their health, quality of life and even length of life in jeopardy. New evidence shows why getting enough Z's may trump all your other priorities.

Magic power 1. live longer and healthier

Some 40 percent of Americans get less than seven hours of shut-eye on weeknights, and for many of them, it's taking a toll. "The link between sleep and health, and bad sleep and disease, is becoming clearer and clearer," says Lawrence Epstein, MD, author of *The Harvard Medical School Guide to a Good Night's Sleep*. For example, sleep duration has declined from

a median of eight hours in the 1950s to seven in recent years. At the same time, high blood pressure has become an increasing problem. Blood pressure and heart rate are typically at their lowest levels during sleep; people who sleep less tend to have higher blood pressure. The association between *hypertension* (高血压) and sleep duration could explain other research findings linking lack of sleep to increased risk of heart attack, diabetes, weight gain and other problems.

Sleeping better may help you fight off illness. "When people are sleep-deprived, there are higher levels of stress hormones in their bodies and an increase in inflammation, both of which can decrease immune function," says Phyllis Zee, MD, associate director of the Center for Sleep and Circadian Biology at Northwestern University in Chicago.

In fact, bed rest may make your flu shot work better as well. In a University of Chicago study, men who were vaccinated while being deprived of sleep (they were not allowed to sleep more than four

hours a night) produced less than half the antibodies to the flu virus as vaccinated men who got a full night's sleep.

Simply stated, people who sleep well live longer. So say good night sooner, and it may help you stay active and vital to a ripe old age.

Magic power 2. look better, feel better

People limited to only four or five hours of sleep a night for several nights not only experience more physical ailments, such as headaches and stomach problems, but also undergo changes in metabolism similar to those occurring with normal aging. It's no wonder we look terrible after a sleepless night.

One of the reasons may be growth hormones. They're essential to keeping us looking good as we get older. Levels of the hormone drop dramatically between the ages of 20 and 60, says heart surgeon Mehmet C. Oz, MD, coauthor of the *You* health books. "Growth hormones are rejuvenating," he says. "When you have high levels of the hormone, you have muscle mass, better skin — you look sexy. You want to keep your growth hormones as high as possible, and the number one best way to do that is sleep." When you don't look good, you don't feel sexy, and your relationship can suffer. So getting more sleep can rev up your love life too.

Magic power 3. be happier, less stressed

More than half of adults surveyed by the National Sleep Foundation in 2005 said they experienced insomnia at least a few nights a week. People with insomnia produce higher rates of stress hormones than others, according to new research. This puts their bodies in a hyper aroused state that can make it difficult for them to wind down and sleep. The inability to sleep causes more stress, which can have a devastating impact.

"You're depressed, you keep forgetting things — not sleeping was the most horrible thing that ever happened to me." recalls Paul Nielsen, 42, of Niles, Illinois, who says that when his insomnia was at its worst, he went 30 days with only about 30 hours of sleep. "I missed days of work. I even drove my car onto the lawn and into some bushes because I just couldn't focus anymore."

"People who don't sleep get depressed, and depression causes insomnia, so it's a vicious cycle," says Dr. Oz. "But we know the inverse is true: that more and better sleep can make you feel happier."

Magic power 4. build a better brain

Not only does sleep deprivation lead to poor health, it also affects concentration, problem-solving skills, memory and mood. "Anything that disturbs the quality and

quantity of sleep can have long-term consequences for both body and mind,” says Gerard T. Lombardo, MD, director of the Sleep Disorders Center at New York Methodist Hospital in Brooklyn.

Lack of sleep can have cognitive and physical effects similar to those brought on by overindulging in alcohol. The performance of someone who’s been awake for 17 hours straight is about the same as if she had a blood alcohol level of 0.05 percent (about two drinks in an hour).

And night owls, beware: A new study shows that people with two copies of a gene variant that helps control our body clocks tend toward a “late to bed, late to rise” sleeping pattern. They may suffer worse cognitive deficits after sleep deprivation, such as forgetfulness and trouble concentrating.

Some 1,500 deaths a year result from car accidents caused by people driving while fatigued. And a disturbing new study conducted by the Walter Reed Army Institute of Research in Maryland shows that lack of sleep can affect people’s moral judgment. This finding has obvious implications for people like doctors and soldiers, whose decisions have life-and-death consequences. But think what could happen if sleep-deprived teachers, businesspeople, lawyers, homebuilders and

others were more subject to moral lapses. Better sleep may equal better decision making.

magic power 5. lose a few pounds

It should come as no surprise that the trend toward shorter sleep duration in this country has coincided with an increasing trend toward obesity. Recent studies suggest that people who get inadequate amounts of sleep are more likely to gain weight. “With sleep deprivation, we see a reduction in metabolism and an increase in appetite,” explains Michael Breus, Ph.D, author of *Good Night: The Sleep Doctor’s 4-Week Program to Better Sleep and Better Health*. Inadequate sleep lowers levels of leptin, the hormone that causes you to feel full, while increasing levels of ghrelin, the hormone that makes you feel hungry.

“What’s also fascinating,” notes Breus, “is that sleep deprivation influences your food choices, making you crave high-carb and high-sugar foods.” This is because sleep loss decreases *insulin* (胰岛素) sensitivity, putting the sleep-deprived at higher risk for developing *type 2 diabetes* (II型糖尿病). So sleep more and it may be easier to fight that cookie craving, and wake up a whole new you.

(1147 words)