

主题英语 快速阅读

*New Requirements:
Topical English Speed-reading*

第1册

总主编：马广惠 主编：张丹丽

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外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

图书在版编目(CIP)数据

主题英语快速阅读 = New Requirements: Topical English Speed-reading 第1册 / 马广惠主编. —北京: 外语教学与研究出版社, 2005.8
ISBN 7-5600-5097-2

I. 主… II. 马… 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 (2005) 第 101547 号

出 版 人: 李朋义

责任编辑: 刘 倩

封面设计: 孙莉明

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京冶金大业印刷有限公司

开 本: 787×1092 1/16

印 张: 7.5

版 次: 2005 年 9 月第 1 版 2005 年 9 月第 1 次印刷

书 号: ISBN 7-5600-5097-2

定 价: 9.50 元

* * *

如有印刷、装订质量问题出版社负责调换

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前 言

《主题英语快速阅读》是根据《大学英语课程教学要求(试行)》编写而成,旨在帮助大学英语学习者提高快速阅读能力。

快速阅读能力指的是在短时间内迅速从阅读材料中获取所需信息的能力,包括略读(skimming)、跳读(scanning)以及从上下文猜测词义等能力。人们通常在两种情况下需要进行快速阅读,一是在众多的信息中寻找最有用和最感兴趣的信息,例如人们在阅读报纸时,常常是首先快速浏览各版面的标题和部分内容,然后再决定详细阅读的内容;二是在有时间限制的情况下,快速寻找所需信息,例如考试状态下的阅读理解测试。快速阅读的目的很明确,就是在短时间内迅速捕捉到需要的各类信息。为了实现这一目的,人们常用略读和跳读等快速阅读技巧。略读的目的是要在很短的时间里迅速获取文章的要点,包括段落大意和中心思想,不要求读者理解读物的全部内容。跳读的目的是要从读物中迅速查找读者所需要的信息,例如人名、地名、时间、号码等,也即寻找特定信息、查找具体事实。为了能够快速理解读物大意,人们对于遇到的生词,往往会利用上下文猜测词义。本套书各册在编写上,特别注意了这些阅读技巧的运用。

本套书共分4册,每一册由10个单元组成,每个单元一个主题,如家庭、读书、爱情、名人轶事等。每一个主题有4篇短文。以主题的形式编排各单元,是考虑到阅读速度与主题知识的关系。人们在阅读某种类型的读物时,对读物的整个主题了解得越多,就越有助于提高阅读速度;反之则会影响阅读速度。我们选择了那些大家熟悉的主题,希望能够有助于读者提高阅读速度。

本套书对各册词汇的分布做了严格的限制,因为词汇也是影响阅读速度的重要因素之一。读物中的生词越少,越有利于提高阅读速度,越有利于培养快速阅读技巧。书的编写参照英语常用词表、国内中学和大学新课标词表,利用澳大利亚学者 Paul Nation 的词汇分布分析软件,经过多重筛选,使各册书中的词汇分布得到有效控制。用一位业内人士的话说,本书的编写是“采用了一个量杯”,即采用科学的手段,使词汇的分布不但在很大程度上能够保证选文适合于快速阅读,而且使词汇有很高的复现率,有利于词汇习得和巩固。对于个别超出规定的词汇,要么加以注解,要么用于猜测词义练习。

每篇短文的前面都有导读。导读不是背景介绍,也不是作者介绍,而是编者读后和编后的感悟,是选文的提要,旨在帮助读者快速进入阅读状态,更好、更快地理解原文。

书中的选文,均选自英美国家最近几年出版的报纸、杂志及教材,题材广泛,体裁多样,语言鲜活真实;同时注重内容的健康性、趣味性、信息性、时代性与实用性,从而有效地帮助学生提高阅读理解能力、运用语言结构和词汇的能力、分析判断和逻辑推理的能力以及迅速捕捉信息的能力。由于水平有限,且时间仓促,书中也难免有疏漏之处,敬请各位读者及同行批评指正。

马广惠

2005年7月16日于南京仙林

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Passage 1 You Don't Love Me

[Lead-in]

父母舐犊情深才会对子女要求严厉甚至苛刻,一次次令子女误解。子女往往会认为:“你根本就不爱我。”大多数父母都不善于表白,而本篇作者却用诗一般美妙的语言,对自己的子女道出:“我爱你至深才……”读来令天下每一位父母和子女动容。

[Question]

If a mother replies “NO” to her children's request, does it mean that she doesn't love them?

[Reading Passage]

Target Speed: 90 wpm **Length of Text:** 335 words **Target Time:** 3.5 minutes

“You Don't Love Me!”

How many times have your children **laid** that one **on**^① you? And how many times have you, as a parent, **resisted the urge**^② to tell them how much?

Someday, when my children are old enough to understand the reason, I'll tell them.

I loved you enough to ask you almost every time about where you were going, with whom, and what time you would be home.

I loved you enough to insist you buy a bike with your own money that we could afford and you couldn't.

I loved you enough to be silent and let you discover your best friend was an unpleasant boy.

I loved you enough to make you return the chocolate with a bite out of it to a drugstore and admit, “I stole this.”

I loved you enough to stand over you for two hours while you cleaned your bedroom, a job that would have taken me fifteen minutes.

① lay ... on ... : 把……施加于……

② resist the urge: 按捺住冲动;克制住冲动

I loved you enough to say, "Yes, you can go to Disney World on Mother's Day."

I loved you enough to let you see anger, disappointment, disgust and tears in my eyes.

I loved you enough not to make excuses for your lack of respect or your bad manners.

I loved you enough to admit that I was wrong and ask your forgiveness.

I loved you enough to ignore "what every other mother did or said".

I loved you enough to let you walk, fall, hurt and fail.

I loved you enough to let you take the responsibility for your own actions, at six, ten or sixteen.

I loved you enough to push you off my lap, let go of your hand, say nothing to your **pleas**^③ so that you had to stand alone.

I loved you enough to accept you for what you are, not what I wanted you to be.

But most of all, I loved you enough to say no when you hated me for it. That was the hardest part of all.

[Exercises]

I. Decide whether the following statements are true (T) or false (F).

- () 1. The mother was so poor that she had to insist her child buy a bike with his own money.
- () 2. The mother never bought the boy any chocolate, thus he had to steal some from the drugstore.
- () 3. The mother loved her child and she was very strict with him, too.

II. Choose the best option for the following statements.

- 1. "That one" in the sentence "How many times have your children laid that one on you?" (Line 1, Para. 2) means "_____".
 - A. I love you
 - B. I don't love you
 - C. you love me
 - D. you don't love me
- 2. The sentence "I love you enough to let you walk, hurt and fail" (Line 1, Para. 14) means "_____".
 - A. I want you to face and deal with the difficulties by yourself
 - B. I'm not able to help you, though I love you
 - C. I know you won't hurt yourself
 - D. Because I love you, I want you to walk by yourself

[Word Families]

- 1. anger—angry—angrily
- 2. disappoint—disappointed—disappointing—disappointment
- 3. discover—discoverer—discovery
- 4. ignore—ignorance—ignorant
- 5. silent—silently—silence—silenced—silencing

③plea: 恳求, 请求

Passage 2 A Family Conversation

[Lead-in]

餐桌上,女主人开门见山又不失幽默地把物价上涨、日子艰难的现状告诉家人,大家反应各异、七嘴八舌。但令读者意想不到的,话题并没有顺着以后吃什么进行下去。一家人轻松地谈着,老人怀念着过去的“好时光”,孩子们也对此羡慕不已。一家人乐观、温馨、和睦的气氛生动地展现在读者面前。

[Questions]

1. What do you think about the atmosphere in this family?
2. Why will the family have some other food instead of steak?

[Reading Passage]

Target Speed: 90 wpm **Length of Text:** 431 words **Target Time:** 5 minutes

At the dinner table last night Mrs. Shannon said, “I hope you’ll all appreciate this steak. It may be the last steak you’ll have in this house until prices of beef go down.”

“How much did you pay for it?” her husband asked.

“I’m not going to tell you,” Mrs. Shannon said. “You’ll think I shouldn’t have bought it.”

“Maybe we should try horse meat,” her son Steve said.

“I’ve heard that it tastes as good as beef, and it’s much cheaper.”

Steve’s sister Sharon was shocked. “Would you eat a horse?” she asked. “I wouldn’t. I’d rather become a vegetarian.”

“So would I,” her grandmother agreed. “To me, eating a horse would be like eating a friend. But then, I don’t suppose you young people have ever known any horses, really.”

“Did you ever own a horse, Grandma?” Michael asked.

“No, but I remember when our milkman had a horse. Every morning the milk wagon stopped in front of our door. Whenever I was up early enough, I used to go out and talk to the horse. Sometimes I gave him sugar.”

“I would have liked that,” her granddaughter said. “But there aren’t any milk wagons nowadays.”

“That’s right,” Steve said. “People get their milk at the store or out of milk machines.”

“Most people do,” Mr. Shannon said. “But there are trucks that deliver milk in some places. They don’t come every day, though. They come about once a week.”

“Did you read that article in last night’s newspaper?” Mrs. Shannon asked. “It was about all the things that milk trucks deliver these days.”

“I read it,” her husband said. “It seems that milk trucks now deliver bread,

butter, and eggs, as well as milk and cream."

"Why?" Sharon asked.

“Because milk companies lose money if they deliver nothing but milk,” Mr. Shannon answered. “People don’t want to pay high prices to have their milk delivered. Milk prices are lower in stores.”

“You can even buy cakes and pies from some of the milk trucks now,” Mrs. Shannon added. “Some even sell powder, towels, and **cosmetics**^①. You can buy all those from the milkman who comes to your door.”

"I wish they'd do that around here," Michael said. "It would be like having a traveling store."

“Maybe they will,” his father said. “The drivers seem to like it. One driver’s sales have gone up thirty-five percent since he started delivering those other things to his milk customers.”

"It's profitable, I guess," Sharon said. "But I still think it would be nicer to have a milk wagon with a horse."

[Exercise]

Choose the best option for the following statements.

1. The wife won't tell her husband the price of the steak because _____.
A. it's a secret
B. it's too expensive
C. it's too cheap
D. she doesn't know
2. The word "vegetarian" (Line 2, Para. 6) means _____.
A. a person who plants vegetables
B. a person who cooks vegetables
C. a person who eats vegetables but no meat
D. a person who never eats vegetables
3. The word "wagon" (Line 2, Para. 9) means _____.
A. basket
B. box
C. bag
D. carriage
4. Sharon was going to eat _____.
A. horsemeat
B. beef
C. vegetables
D. milk
5. The milk trucks deliver _____ besides milk.
A. bread, butter, eggs, and cream
B. cakes and pies
C. powder, towels, and cosmetics
D. all of the above

① **cosmetics**: 化妆品

[Word Families]

1. add—added—adding—addition—additional—additionally—additive
2. deliver—deliverable—deliverer—delivery
3. grandfather—grandmother—grandparent—grandson—granddaughter—grandchildren
4. profit—profited—profiting—profitable
5. sell—sold—sale—saleable—salesman

Passage 3 When Mothers Get the Bug

[Lead-in]

妈妈可是一个幸福之家不可或缺的人物,可她偏偏病倒了。于是,盘子打碎了,扫帚不见了,肉烤糊了,父亲也开始大呼小叫了……一切都乱了套。家人的需要似乎是一贴良药,孩子说一声:“妈妈,我希望你好起来。你生病一点都不好玩。”妈妈顿时感到自己的重要,她的病也似乎一下子好了。

[Questions]

1. What do you think is the reason that Mother gets well so soon?
2. Why does the author use general terms like “Mother” and “Father” instead of giving them actual names?

[Reading Passage]

Target Speed: 90 wpm **Length of Text:** 710 words **Target Time:** 8 minutes

Have you ever had the 24-hour bug? You know, you have a fever, you ache and you have to stay in bed. Well, most people have had it sometime, and most people get over it in 24 hours. Most people, that is, except mothers. A mother can get over it in 12 hours or less!

Mother has just taken her temperature—and it's over 100 degrees F. She's got the bug that's going around.

It's right after lunch. The older children are at school, and the baby is sleeping. There's no reason why Mother cannot go to bed. But first she has a few things to do. Mix the meat loaf for dinner. Leave a note for the cleaners. Find someone to serve coffee for her at the meeting tonight. Put in the next load of wash. Carry out the trash.

At last... she... sinks... into... bed. Ah-h-h-h-h! Her aching legs feel comfortable on the cool sheets. Her burning eyes close. She's asleep!

Then, suddenly, the front door bangs open as the children burst home from school. “Mom! Mom! Where ARE you?” Mother tries to answer but their cries drown out her weak calls. Soon they find her—in bed.

“Didn't you even get up yet?” cries the younger girl.

“How am I going to get to Bill's?” asks the boy.

“What about dinner? We've got to eat,” says the older girl.

Mother understands. She knows that the children aren't used to a mother in bed. “I'm sick,” she says. “I can't do anything. I'll just have to leave it all to you.” She sighs. “Cook the potatoes... take care of the baby... set the table.”

The children run away like soldiers going into battle. For a time Mother is left to the quiet of her room and the ache in her head.

Then Father comes home. He runs into the bedroom, drops heavily on the side of

the bed and reaches for her hand. He looks tired. Mother starts worrying about him. "It's nothing, darling—just this bug that's going around," she says. "I can get up and do dinner and. . . "

Father shakes his head. "You stay right there. Don't worry about a thing. The kids and I will take over. We'll get along fine without you."

Mother's room is quiet again. But it's also empty. Mother tosses and turns. The sheets are no longer cool. And they scratch. She lies still, listening for family sounds. **She feels left out.** ① She feels terrible! But everybody else seems to feel great. In fact, there seems to be some sort of party going on. There are laughs from the children and Father.

Suddenly there is a crash, followed by Father's voice. "Get the baby out of the way before he cuts himself! Where's the broom? Don't disturb your mother! I said DON'T DISTURB YOUR MOTHER!"

Now the house grows quiet. It is clear to Mother that the family is eating dinner while she lies there sick and alone. No one has thought to bring dinner to her. They've forgotten all about her. They're doing fine without her. There's no point in going on living.

Then there is another crash. The younger girl rushes in with the news. "They dropped your tray and the dog licked up all your dinner."

She runs off. There is more noise until, finally, the children appear, **beaming** ②. They are proud of what they bring. There's a glass of water, spilled onto the tray. There's a plate with three beans, a cold boiled potato, a tiny slice of burned meat loaf. "Can we stay with you while you eat?" they ask. "Dad's kind of mad. And the kitchen is a mess. And nobody knows where the broom is. Is it all right if we stay with you?"

Suddenly Mother feels wonderful. As the children watch carefully, she eats her cold dinner. "Everything tastes so good," she tells them. She notices, without surprise, that her aches and pains are gone.

The older girl speaks up. "Gee, Mom, I sure wish you'd get better. It's just no fun when you're sick."

"Yeh," says the boy, "I hope you feel better tomorrow. We miss you."

Mother smiles. "I feel better already," she says.

[Exercise]

Choose the best option for the following statements.

1. From the context the word "bug" means _____.

- A. money B. mess C. gift D. sickness

① **She feels left out**: 她觉得受到了冷落; 她觉得被忽略了。

② **beam**: 微笑

2. The sentence "Put in the next load of wash" (Line 4, Para. 3) means "_____".
 - A. She has had one load of wash already
 - B. The next thing she will do is to do some washing
 - C. She'll do the washing the next day
 - D. She'll hang up the clothes into the wardrobe
3. The word "toss" (Line 1, Para. 13) means _____ in this passage.
 - A. turn
 - B. throw
 - C. shake
 - D. lie down
4. The topic sentence of Para. 1 is "_____".
 - A. Have you ever had the 24-hour bug
 - B. Most people have had it sometime, and most people get over it in 24 hours
 - C. A mother can get over it in 12 hours or less
 - D. You have a fever, you ache and you have to stay in bed
5. When the family is in a mess, Mother is a little bit _____, because it means that they need her so much.
 - A. disappointed
 - B. happy
 - C. angry
 - D. sad

[Word Families]

1. care—cared—caring—careful—carefulness—careless—carelessness—carefully—carelessly
2. comfort—comfortless—comfortable—comfortably—uncomfortable—uncomfortably
3. disturb—disturbed—disturbing—disturbance
4. mix—mixed—mixing—mixture
5. understand—understanding—misunderstand—misunderstanding

Passage 4 A Father's Heartfelt Words

[Lead-in]

儿子成长过程中一个个重要时刻,一向不善言辞的父亲不仅关注,而且以其独特的方式参与其中,给他提出一生受用的建议。在儿子 23 岁离开家闯世界的那一刻,父亲鼓足勇气对儿子说:“如果我自己能够选择,我还会选你。”无论是大爱无言,抑或情不自禁,都让我们体味到父子情深。

[Questions]

1. What are the father's heartfelt words?
2. Do you think that the father and the son understand each other? Why or why not? Find some supporting details in the passage.

[Reading Passage]

Target Speed: 90 wpm **Length of Text:** 786 words **Target Time:** 9 minutes

My 23-year-old son Dan stood in the doorway, ready to say goodbye to his home. His bag was packed and ready for the journey. In a couple of hours he was going to fly out to France. He was going to be away for at least a year to learn a foreign language and experience life in a foreign country.

It was a milestone in Dan's life, a change from school days to adulthood. When we were to say goodbye, I looked closely at his face. I would like to provide him with some good advice that would last longer than just here and now.

But not a sound came over my lips. There was nothing that broke the silence in our house by the sea. I could hear the sharp cry of the seagulls outside, while they circled over the ever-changing and roaring surf. Inside I stood motionless and silent, looking into my son's green eyes with that sharp look.

I knew that this wasn't the first time I let such an opportunity pass me by, and that made everything even more difficult. When Daniel was a little boy, I followed him to the bus on his first day in kindergarten. I felt the excitement in his hand that held mine when the bus came round the corner. I saw the color spread in his cheeks when the bus stopped. He looked at me—just like he did now.

What's it like, Dad? Can I do it? Will I do all right? And then he boarded the bus and disappeared. The bus drove away. And I hadn't said a word.

Some ten years later, a similar event took place. His mother and I drove him to the university where he was going to study. On the first night he went out with his new friends, and when we met the next morning, he threw up. He was sick with **glandular fever**^①, but we thought he had **hangover**^②.

① **glandular fever**: [医]腺热

② **hangover**: (酗酒后的)宿醉(指头痛、恶心等不适反应)

Dan was ill in bed in his room when I wanted to say goodbye. I tried to come up with something to say, something that could inspire courage and self-confidence in him in this new period of his life.

Again the words let me down. I said something like “I hope you’re better, Dan.” Then I turned around and left.

Now I stood in front of him and recalled all the times when I hadn’t made use of those opportunities. How often has that not happened to all of us? A son graduates or a daughter is married. We do what has to be done at those kinds of ceremonies, but we don’t pull our children aside to tell them what they have meant to us. Or what they might expect of the future.

There was one chance I didn’t miss, however. One day I told Dan that the biggest mistake in my life was that I had not taken a year’s holiday after I graduated from university. I could have traveled around the world, because I believed that was the best way to get a deeper insight to life. When first I was married and began working, the dream about living in another culture soon had to be shelved.

Dan thought about it. His friends told him it was crazy of him to put off his career. But he quickly realized that it probably was not that bad an idea. And after he graduated from university, he worked as a waiter, a messenger, and an assistant in a bookstore, so he could make enough money to go to Paris.

The night before his leave, I lay twisting and turning in bed, puzzling about what to tell him. I couldn’t think of anything. Maybe, I thought, it wasn’t really necessary after all. Seen in the perspective of an entire life, how important is it that a father tells his son what he thinks of him deep inside?

But when I stood in front of Dan, I knew that it really did mean something. My father and I were fond of each other, and yet I have never felt sorry that he never expressed his feelings for me in words, that I didn’t have a memory of such a moment. Now I felt my hands becoming wet, and my throat draw together. Why does it have to be so difficult to tell your son what you feel? My mouth was dry, and I knew that I could only say a few words.

“Dan,” I finally said, “if I had the choice myself, I would have chosen you.”

What I told Dan was clumsy and usual. It was nothing. And yet it was everything.

[Exercise]

Choose the best option for the following statements.

1. The word “milestone” (Line 1, Para. 2) means _____.
 A. a very long stone
 B. a very big stone
 C. a very important time or event in one’s life
 D. a holiday