

英语八步系列之三

**Eight Steps to Fast Reading**  
**英语阅读八步**

潘能

西安交通大学出版社

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## 内容提要

本书适用于非英语专业四级及四级以上水平的本科生、大学英语系低年级本科生以及具有中级水平的英语自学者,也适用于需参加雅思( IELTS )等出国考试人员或培训班。全书共八章,分别为主旨、推论、预测和判断、略读与跳读、完形填空、结论与总结、图表阅读,以及阅读和写作,均为提高学生快速阅读和理解能力,以及在国外环境中生存和学习所必须的语言应用能力而设计的。本书中的大量练习形式多样,不同于一般题集,均有助于提高学生的语言素质,这也是本书的特点。

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# “英语八步系列”简介

“英语八步系列”是一套专为提高学生听、说、读、写四项技能而设计编写的。书中贯串英语基本知识、学习技能以及大量的实践，旨在培养学生的语言素质而不是单纯的应试本领。学习语言的一个重要目的是为了交际，要达到交际的目的就要学会运用。学龄再长，结果还是听不懂，读不快，说不了，写不成，这不等于白学？去国外工作、生活或深造却不能掌握基本的生存英语，带来的是极大的苦恼！题海、模拟、冲刺、猜题对急于求成者确有很大的诱惑，但成功的语言学习者依靠的却是求实、勤奋、积累和实践。正是抱着这样的观点，编者将这四册书贡献给广大读者。说贡献倒不如说奉献，学子们通过这套书的学习能有点滴收获和启发，编者都会感到莫大的欣慰。

## 1. 《英语听力八步( Eight-Steps to Efficient Listening )》

- (1) 听单词；
- (2) 听数字和数字相关的内容；
- (3) 方向、时间和量度；
- (4) 听单句；
- (5) 听简短对话；
- (6) 听故事；
- (7) 听较长对话和简短谈话；

(8) 做笔记。

2. 《英语短文写作八步( *Eight Steps to Successful Short Passage Writing* )》

(1) 写句子；

(2) 大小写与标点符号；

(3) 正确用词；

(4) 合并、转换和替代；

(5) 写段落；

(6) 写短文；

(7) 短文写作题型；

(8) 习作题。

3. 《英语口语八步( *Eight Steps to Fluent Speaking* )》

(1) 语音与口语；

(2) 听力与口语；

(3) 功能意念——情景对话；

(4) 复述；

(5) 口头作文；

(6) 讨论与辩论；

(7) 自由发言与演说；

(8) 应试。

4. 《英语阅读八步( *Eight Steps to Fast Reading* )》

(1) 主旨；

(2) 推论；

(3) 预测与判断；

(4) 浏览与略读；

(5) 完形填空；

(6) 结论与总结；

(7) 图表阅读；

(8) 读与写。

# 前言

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**本**书的对象为非英语专业四级(CET4)及四级以上水平的本科生和大学英语系低年级本科生,也适用于具有中等水平的英语自学者以及需参加雅思(IELTS—International English Language Tests)等出国考试人员。全书八章均为帮助学生发展阅读能力而设计的。本书的材料均取自英美原文,语言规范,题材生动,形式多样,具有很强的实用性,既包括了英语阅读理解所必须具备的技能,又训练了在国外环境中生存和学习缺一不可的语言应用能力;特别要指出的是本书第五章将不同难度的 cloze(完形填空)融入阅读之中,第七章中介绍八种特殊形式的英语——图表阅读以及在第八章中将阅读与写作结合起来。

本书沿袭“英语八步系列”的特点,知识、技能与实践贯串全书,着重提高学生的语言素质,因此适用面广,实用性强。本书完成前,编者曾经过多种类型班级的课堂实践,均取得良好效果。建议在使用本书时不必一定遵循“循序渐进”的原则,可按各自水平、需要或培训班的要求任意抽章使用。

本书乃“英语八步”系列之四 ;之一“英语听力八步”、之二“英语短文写作八步”和之三“英语口语八步”已由西安交通大学出版社出版。

本书由刘树华、潘莹、常虹、王宏俐协助整理手稿 ,由庞云青、贺莉协助校对 ,在此一并致谢。

潘能

2002年4月

# PREFACE

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This book is geared towards CET4/6 non-majors, junior English majors, as well as learners beyond intermediate English proficiency. It is also applicable to testees of IELTS( International English ) Language Tests ) and the like. The eight steps presented are expressively designed to help learners develop skills needed for improving English fast reading and comprehension ability. The materials are all selected from English originals of various forms and styles, which well assure the authenticity of language and the practicability in learners' use of the language, either those who want to further raise their English proficiency or those who want to pass different kinds of examinations so as to be able to survive in foreign countries.

The book is characterized by ( i ) the combination of " cloze " with reading ; ( ii )

the presentation of non-prose materials and ( iii ) the integration of writing and reading , all of which aim at cultivating learners ' language aptitude.

Before the completion of the book , the author has used the manuscripts in classroom teaching for many times with results as satisfactory as expected. The suggestive approach is that it would not be necessary to start at the beginning and work doggedly to the last page. Learners may use the material in any order , depending on the level , the needs , or the mode of the training course they take.

This book is the fourth one involved in English Eight Steps Series. Book One Eight Steps to Efficient Listening , Book Two Eight Steps to Successful Short Essay Writing , and Book three Eight Steps to Fluent Speaking have already been published by Xi 'an Jiaotong University Press.

Finally , the author would like to thank Liu Shuhua , Pan Ying , Chang Hong and Wang Hongli who helped with rectifying the manuscripts. The author 's gratitude also goes to Peng Yunging and He Li who did the proof-reading.

Pan Neng

Sep. 2001

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**STEP ONE**  
第一步

# *Finding the Central Idea*

主旨

## ***1. Reading for Central Idea*** 主旨

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In this part , you will practice finding the central idea of a paragraph. The central idea of a paragraph , as you know , is the most important message presented by the author ; it is the thought which is present from the beginning to the end of the paragraph. In a well-written paragraph , most of the sentences support , describe , or explain the central idea of that paragraph.

The effective method of reading for central idea may be briefly summarized as follows :

( 1 ) Force yourself to read a little faster than you are used to doing. Normally when you read , you are concerned with comprehending both the central idea and the supporting detail. This time , however , your purpose is solely to find the writer 's main

thought.

(2) Concentrate on finding, and following, the writer's central idea. Do not attempt to remember details such as exact dates, lists of names, large numbers, and the like.

(3) If you find an occasional word which you do not understand, or lose the sense of a word or phrase here and there, do not stop to reread the material. Continue reading at the slightly faster than normal speed that you have established.

(4) The topic questions often asked are as follows:

What does the passage mainly discuss?

What is the best title for the passage?

What is the main topic of the passage?

What is the main subject of the passage?

What is the main idea expressed in the passage?

Which of the following is the main topic of the passage?

Which of the following is the best title for the passage?

Which of the following is the most appropriate title for the passage?

With what topic is the passage primarily concerned?

A suitable title for the passage would be . . .

The passage is about . . .

Which statement best expresses the main idea of the passage?

The author apparently asserts that . . .

Which of the following supports the main idea?

Which idea does the paragraph develop?

e. g. *The vast majority of all retail stores built in the United States since the end of World War II includes some provision for off-street parking.* In several central business districts, parking facilities are provided by individual stores, cooperative arrangements among

stores , and municipal governments. The number of parking spots , their distances from the store site , and the availability of employee parking should all be evaluated. The importance of good parking facilities must not be overlooked in an evaluation of a location and a specific site within it.

Key : The sentence in italics is the main idea sentence.

## Exercise 1

**Directions :** Answer the following questions by ticking the correct choice .

### Paragraph 1

If you were planning to buy a television set , the following advertisement would certainly attract your attention “ Color TV , only \$ 79. Two day sale. Hurry. ” However , when you go to the store ready to buy , you may discover that the advertised sets are sold out. But the salesman is quick to reassure you that he has another model , a more reliable set which is “ just right for you. ” It costs \$ 359. This sales tactic is called “ bait and switch. ” Buyers are baited with a sales offer , and then they are switched to another more costly item. Buying items on sale requires careful consideration of the merchandise and the reasons for the sale.

### Words

bait v. & n. 钓饵

1. Which sentence best expresses the main idea ?

a. The customer must be on his guard when purchasing

items on sale.

- \_\_\_ b. Color television sets which sell for \$ 79.00 are sold out quickly.
- \_\_\_ c. Many stores use the “ bait and switch ” technique to attract customers.
- \_\_\_ d. Anyone planning to buy a television set should look for a sale.
2. The paragraph could be entitled
- \_\_\_ a. Buyer Beware.
- \_\_\_ b. Close out Sale.
- \_\_\_ c. Crime Pays.
- \_\_\_ d. Buying a TV Set.
3. Which of the following supports the main idea ?
- \_\_\_ a. A good lie for its own sake is always pleasing to honest men.
- \_\_\_ b. You may prove anything by figures.
- \_\_\_ c. Words of his tongue can no man trust. For in his heart there is deceitful thought.
- \_\_\_ d. The creative genius of the salesman is rarely matched on the stage.
4. Underline the sentence which clearly illustrates the main idea.

## Paragraph 2

No single adjective is adequate to describe the size of the blue whale, and few people realize how it compares with other mammals. By any standard, it is the largest creature known to man. To be specific, one of its fins, called a fluke, would fill the cargo space of the average dump truck. Although its skull is the size and weight of a car, its brain is only the size of a carburetor. Its heart

is so large that five strong men would be needed to lift it , while its skin could be used as a tarpaulin to cover half a football field. Every person in Boston could be supplied with a whaleburger , and a pretty good one , too , from the meat of one blue whale. Combine the weights of 100 horses , 100 dairy cows , and 5 Indian elephants , and you would arrive at the weight of one female blue whale. Fortunately for the whale , its watery environment has protected it from the extinction suffered by the dinosaur millions of years ago.

### Words

fluke n. 鲸尾的鳍 鱼翅

carburetor n. 汽化器

tarpaulin n. 帆布

whaleburger n. 鲸鱼汉堡包

dinosaur n. 恐龙

1. Which sentence best expresses the main idea ?

- \_\_\_ a. Although the blue whale is enormous , its brain is very small.
- \_\_\_ b. The meat of the blue whale is one of the tastiest meats known to man.
- \_\_\_ c. Female blue whales are larger than males.
- \_\_\_ d. The blue whale is one of nature 's largest and most fascinating wonders.

2. The author develops his main idea — the great size of the blue whale — by

- \_\_\_ a. giving the reasons for its enormous growth.
- \_\_\_ b. using descriptive adjectives.

- \_\_\_ c. comparing its size to known objects.  
 \_\_\_ d. defining its watery environment.
3. The paragraph could be entitled
- \_\_\_ a. A Close Look at the Blue Whale.  
 \_\_\_ b. Useful Products from the Blue Whale.  
 \_\_\_ c. Mammals of the Deep.  
 \_\_\_ d. The Survival of the Blue Whale.
4. Underline the topic sentence of the paragraph.

### Paragraph 3

Few can deny the strange coincidences in the deaths of John F. Kennedy and Abraham Lincoln. For example, Kennedy was elected in 1960 while Lincoln assumed the Presidency in 1860. Both men were assassinated from behind, on a Friday, and in the presence of their wives. The two men were born exactly one hundred years apart, as were their assassins, Lee Harvey Oswald and John Wilkes Booth. Perhaps the strangest coincidence is that Kennedy's secretary, whose name was Lincoln, advised him not to go to Dallas where he was shot. Lincoln's secretary, whose name was Kennedy, advised him not to go to the Ford Theater where he met his death.

### Words

coincidence n. 巧合

assassin n. 刺客

1. Which sentence best expresses the main idea?
- \_\_\_ a. Few can deny the strange coincidences in the deaths of John F. Kennedy and Abraham Lincoln.



each task a certain amount of time. If you are realistic and allow yourself a little extra time for each task, you will find that all the work will be done with time to spare and a sense of accomplishment will replace the anxiety you felt at first.

### Words

expedite v. 加速

1. Which sentence best expresses the main idea?  
 a. Quality work requires time and patience.  
 b. The successful person relies upon good assistants.  
 c. Discouragement and depression result from overwork.  
 d. Organization saves time and energy.
2. Which idea does the paragraph develop?  
 a. Time is money.  
 b. Organization produces results.  
 c. Work is the curse of life.  
 d. Life is worth living.
3. Which one of these persons probably developed the ideas contained in the paragraph?  
 a. A medical doctor  
 b. An athletic director  
 c. An efficiency expert  
 d. A concerned parent
4. Write the three words which alert the reader that sentences two, three and five contain supporting details.

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## Paragraph 5

Whaling in the South Seas was not the romantic adventure many popular stories would lead us to believe. Life aboard whaling ships certainly had its moments of danger and excitement, but most of the time the whalers were utterly bored. The thrill and exhilaration of a whale sighting and a “Nantucket sleigh ride” was often followed by endless periods of waiting during which boredom and monotony weighed heavily upon the men. Out of this boredom emerged the creative genius of the whalers as evidenced by their wonderful tall tales and intricate whale bone carvings known as scrimshaw.

### Words

exhilaration n. 激动, 兴奋

Nantucket n. 南塔尔特岛(美国麻省东南部)

scrimshaw n. 水手在贝类鱼壳上所作的雕刻

tall tale 夸大的故事

1. Which sentence best expresses the main idea?

\_\_\_ a. Literature has romanticized whaling and ignored the reality.

\_\_\_ b. Nothing can compare to the thrill of a “Nantucket sleigh ride.”

\_\_\_ c. Scrimshaw carvings attest to the artistic talents of whalers.

\_\_\_ d. Life aboard whaling ships demanded a hardy breed of men.

2. The author discusses whaling from the two aspects of

\_\_\_ a. danger and excitement.