

目 录

Contents

环境资源类

1. Global Warming /001
全球变暖
2. Water Shortage /004
水资源短缺
3. Conservation to the Nature /007
回归自然
4. Global Food Shortage /010
全球食品短缺
5. Asian Brown Cloud /014
亚洲棕色云
6. Chicago Climate Exchange /017
芝加哥气候交易所

经济金融类

7. Technology and Language /020
科技和语言
8. Online Transaction /023
网上交易
9. Customer Service in Israel /025
以色列的顾客服务
10. The Product Life Cycle /028
产品的生命周期

11. WorldCom /031

世界通信公司

社会生活类 

12. Skinny Model Storm Hits London Fashion Week /035

封杀瘦模特的风暴冲击伦敦时装周

13. Food in America /038

美国的饮食

14. Teens and Tobacco /042

青少年与香烟

15. Afternoon Tea Facing the Challenge /046

下午茶面临挑战

16. Money and Love /049

金钱与爱情

17. Americans and Media /052

美国人与传媒

18. Collectibles /054

收藏品

19. The Sense of Time of Americans /057

美国人的时间观念

20. Office Strategies /060

办公室策略

21. Career Seekers Should not Focus on Immediate /063

Interests Only

不要只关注眼前利益

22. No Ads /066

消灭广告

23. Calling for Equality with Men /070


提倡男女平等

24. Happy Marriage is from Emotional Maturity /073

幸福的婚姻与年龄无关

25. The More Skilled, the Less Absent-minded /076

越熟练，越健忘

26. Research or Teaching? /079
科研还是教学?
27. The Importance of Being Visible /082
被人了解的重要性
28. You Are Deserved to Be Paid More /085
多劳者, 应多得
29. The Old People Problem /088
老年人问题
30. Mother's Day: What Mom Really Wants? /091
母亲节: 妈妈真正想要什么
- 教育文化类 
31. Overcoming Culture Shock /096
克服文化冲突
32. Pressures on College Students /099
大学生面临的压力
33. Ancient Ways for the Pursuit of Pleasure /102
古老的娱乐方式
34. Problems in American Universities /105
美国大学存在的问题
35. Words and Life /109
词语与人生
36. Companionship of Books /112
以书为伴
37. The Delights of Books /115
读书之乐
38. The Impact of Globalization on Education /118
全球化对教育的冲击
39. The Beauty of Britain /122
英伦的美丽
40. Thanksgiving and the Story Behind It /125
感恩节和它的故事

41. Travels on Holidays in Britain /129
英国人的度假习惯
42. International Business and Cross-cultural /133
Communication
国际商业和跨文化交流
43. Movie Music /136
电影插曲
44. Reading is Beneficial to Children /139
阅读对儿童有益
45. Positive Reinforcement is More Effective /142
乐观支持更有效
46. The Purpose of Foreign Language Learning /145
学习外语的目的
47. How Many Lies Do the Children Tell You? /148
孩子撒谎知多少?
48. From Idealist to Realist /152
从理想到现实
49. The Lesson's Content Should Fit Each Student /155
因材施教
- 科普研究类 
50. How Can You Deal with the Information Age? /158
该如何应对信息时代?
51. History Should Not Be Neglected /161
历史不容被忽视
52. Animal Language /164
动物的语言
53. The Use of Detection System /167
水下监听系统的应用
54. Why Teens Drink Alcohol /170
青少年为什么会喝酒
55. Self-critical Women /174
自我挑剔的女性

56. Look at the Good Side of Life /177
积极的生活
57. Sign Language /180
手 语
58. Language Deaths “Bad for Us All” /183
语言消亡 “对我们不利”
59. Intelligence doesn't Mean Leadership /187
才智≠ 领导能力
60. Dream /190
梦的解析
61. The Process of Creation /193
创作的过程
- 健康医疗类 
62. Tea May Help Fight Infection /196
喝茶有助于防止传染
63. Physical Exercise /199
我运动，我存在
64. Monday Morning and Heart Attack /203
星期一早上与心脏病
65. Give Yourself a Break /207
给自己放假
66. Stress /211
压 力
67. New Advice: Don't Sit Up Straight /214
新建议：不要坐直
68. Families Influence Health /217
家庭影响健康
69. Tips For a Good Night's Sleep /220
晚上睡个好觉的方法
70. The Causes of Absent-mindedness /224
健 忘

71. The Cold and the Flu /227
感冒与流感
72. Exercise dose not Protect Smokers from Cancer /231
烟民锻炼不等于不患癌症

技术应用类 

73. Artificial Intelligence /234
人工智能
74. Artificial Heart /237
人造心脏
75. Mobile Office /241
移动办公室
76. Smart Cars /245
智能汽车
77. E-mail or E-jail /248
电子邮件还是“电子监狱”

写作范文

78. Put a Little Love in Your Life /251
给生活多一些爱
79. Advertisements /254
广 告
80. What Would Happen If There Were No Power /256
如果没有电将会怎样
81. Science and Technology in Modern Life /258
现代化生活中的科技
82. The Computer /260
电 脑
83. Economic Development and Pollution /262
经济发展与污染
84. Smoking /264
吸 烟
85. Waste /266
浪 费

86. Developing Civic Bus Service or Individual Cars /268
发展市内公交服务还是私家车
87. Water Resources /270
水资源
88. Keep the City Clean /272
保持城市的清洁
89. Housing Problem /274
住房问题
90. Wealth and Happiness /276
财富与幸福
91. Fighting Criminals /278
与歹徒搏斗
92. Spring Festival Gala on CCTV /280
中央电视台春节联欢晚会
93. Fast Food /283
快 餐
94. Hobbies /286
爱 好
95. Should the University Campus Be Open to /288
Tourists?
校园是否应对游客开放?
96. Examination /290
考 试
97. How to Be a Good Language Learner /292
如何成为成功的语言学习者
98. Vacation, Long or Short /294
假期, 长还是短
99. Life in the University /296
大学生活
100. Studying Abroad /298
到国外学习

1. Global Warming

全球变暖

热身词汇

complex /a. 复杂的, 费解的

feasible /a. 切实可行的

stabilize /v. 稳定

nullify /v. 抵消, 无效

harsh /a. 苛刻的, 严峻的

commitment /n. 承担义务

At the Kyoto conference on global warming in December 1997, it became abundantly clear how **complex** it has become to work out international agreements **relating to** the environment because of economic concerns unique to each country. It is no longer enough to try to forbid certain activities or to reduce emissions of certain substances. The global challenges of the interlink between the environment and development increasing bring us to the core of the economic life of states. During the late 1980s we were able, through international agreements, to make deep cuts in emissions harmful to the ozone layer. These reductions were made possible because substitutions had been found for many of the harmful chemicals and, more important, because the harmful substances could be replaced without negative effects on employment and the economies of states.

Although the threat of global warming has been known to the world for decades and all countries and leaders agree that we need to deal with the problem, we also know that the effects of measures, especially **harsh** measures taken in some countries,

would be **nullified** if other countries do not control their emissions. Whereas the UN team on climate change has found that the emissions of carbon dioxide would have to be cut globally by 60% to **stabilize** the content of CO₂ in the atmosphere, this path is not **feasible** for several reasons. Such deep cuts would cause a breakdown of the world economy. Important and populous (人口众多的) low — or medium — income countries are not yet willing to undertake legal **commitments** about their energy uses. In addition, the state of world technology would not yet permit us to make such a big leap.

We must, however, find a solution to the threat of global warming early in the 21st century. Such a commitment would require a degree of shared vision and common responsibilities new to humanity. Success **lies in** the force of imaginations, in imagining what would happen if we fail to act. Although many living in cold regions would welcome the global — warming effect of a warmer summer, few would cheer the arrival of the subsequent tropical diseases, especially where there had been none.

1997年12月在京都召开的讨论全球变暖问题的会议上，充分地表明了制定一个有关环保的国际协议是如何复杂，因为各国有其特殊的经济利益。试图禁止某些活动行为或者减少某些物质的排放量已经远远不够了。与环境保护和开发相关联的全球化挑战越来越使我们感觉到全球生活的核心。在20世纪80年代末，我们可以通过国际协议大幅度的减少危害臭氧层物质的排放量。这种排放量减少是可能的，因为已经找到许多有害化学物质的替代品。更为重要的是因为这些有害物质可以被替代并且不会对各国的就业和经济产生负面影响。

尽管全球变暖的威胁在过去的几十年里已经被全世界所了解，而且所有国家的领导人都认为我们应该着手解决这一问题。我们也知道这些措施有效果，特别是一些国家所采取的严厉措施，但是如果其他国家不去控制二氧化碳的排放量，将会被抵制

而变得无效。尽管联合国气候变化小组已经发现全球范围的二氧化碳的排放必须减少 60%，才能稳定大气层中二氧化碳的含量。但这些措施是不可行的，原因如下：其一，如此大幅度的减少空气中二氧化碳的含量会引起世界经济的崩溃；其二，某些人口众多的中低收入大国还不愿意为能源消耗承担法律上的责任；其三，国际技术还不允许我们做出如此大的跨越。

然而，我们必须找到一种解决全球变暖所带来的威胁的办法。这样一种承诺就要求国际社会具有一定的共识并共同承担新的责任。成功解决全球变暖问题在于我们的想象力，在于我们能想象到如果我们未采取行动会发生什么。虽然居住在寒冷地区的许多人对全球变暖持欢迎态度，但很少有人会欢迎接踵而至的各种热带疾病，尤其是以前从未有过任何热带疾病的地区。

写作亮点

1. It became abundantly clear how complex it has become to work out international agreements relating to the environment because of economic concerns unique to each country.

充分地表明了制定一个有关环保的国际协议是如何复杂，因为各国有其特殊的经济利益。

relate to: 与……相关

At the meeting they did not discuss the problem relating to promoting the quality of the products.

在会上他们没有讨论与提高产品质量相关的问题。

2. Success lies in the force of imaginations, in imagining what would happen if we fail to act.

成功解决全球变暖问题在于我们的想象力，在于我们能想象到如果我们未采取行动会发生什么。

lie in: 在于

The reason that he did not turn up at the meeting lies in that he had a bad cold.

他没能在会上露面是因为他得了重感冒。

2. Water Shortage

水资源短缺

热身词汇

droughts /n. 干旱

irrigation /n. 灌溉

coordinate /v. 协调

famine /n. 饥荒

depressions /n. 凹地

by-products /n. 副产品

Humanity uses a little less than half the water available worldwide. Yet occurrences of shortages and **droughts** are causing **famine** and distress in some areas, and industrial and agricultural **by-products** are polluting water supplies. Since the world's population **is expected to** double in the next 50 years, many experts think we are **on the edge of** a widespread water crisis.

But that doesn't have to be the outcome. Water shortages do not have to trouble the world — if we start valuing water more than we have in the past. Just as we began to appreciate petroleum more after the 1970s oil crises, today we must start looking at water from a fresh economic perspective. We can no longer afford to consider water a virtually free resource of which we can use as much as we like in any way we want. Instead, for all uses except the domestic demand of the poor, governments should price water to reflect its actual value. This means charging a fee for the water itself as well as for the supply costs.

Governments should also protect this resource by providing water in more economically and environmentally sound ways. For

example, often the cheapest way to provide **irrigation** water in the dry tropics is through small-scale projects, such as gathering rainfall in **depressions** and pumping it to nearby cropland.

No matter what steps governments take to provide water more efficiently, they must change their institutional and legal approaches to water use. Rather than spread control among hundreds or even thousands of local, regional, and national agencies that watch various aspects of water use, countries should set up central authorities to **coordinate** water policy.

人类使用的水稍低于全世界可利用的水的一半。但是缺水和干旱正在一些地区引起饥饿和贫困，工业和农业副产品正在污染水源。因为预计全世界人口在今后 50 年内会翻一番，许多专家认为我们已经处于大范围的水危机边缘。

但这未必就是结果。如果我们现在开始比过去更节约用水，缺水不一定会使世界为难。正像 70 年代石油危机之后我们开始更重视石油一样，今天我们必须开始从新的经济角度来看待水。我们不能再认为我们愿意用多少就用多少、愿意怎么用就怎么用的、实际上免费的资源。相反，除了贫困家庭需要的供水之外，政府对所有的用水都会以价格反映水的实际价值。这就意味着不仅要收供水的成本费，也要收水本身的费用。

政府还应当用经济和环保方面更稳妥的方法来供水以保护这一资源。例如，在干旱的热带地区供给灌溉用水最便宜的方法可通过小规模工程进行，如：把雨水聚集到凹地里，然后用水泵送到附近的庄稼地。

无论采取什么步骤更有效地供水，政府必须改变用水的制度和法律。与其把管理权分散到数以百计甚至数以千计的地方、区域和全国的代理机构，不如由政府设立一个中央机关来协调供水政策。

写作亮点 

Since the world's population is expected to double in the next 50 years, many experts think we are on the edge of a widespread water crisis.

因为预计全世界人口在今后 50 年内会翻一番，许多专家认为我们已经处于大范围的水危机边缘。

be expected to: 被认为，预料

He was expected to be the top student in his class.

他过去被认为是班上最好的学生。

on the edge of: 处在……的边缘

He seemed to be poised on the edge of Hollywood success.

他好像马上就要在好莱坞立足扬名了。



3. Conservation to the Nature

回归自然

热身词汇

conservation /n. 环保; 保护; 保存

forefather /n. 祖先

inexhaustible /adj. 取之不尽的; 无穷尽的

forestry /n. 森林学; 造林与森林管理

formula /n. (数学)公式; (化学)方程式; 样方, 处方

restore /vt. 恢复; 修复; 重建

The word **conservation** has a thrifty(节俭) meaning. To conserve is to save and protect, to leave what we ourselves enjoy in such good condition that others may also share the enjoyment. Our **forefathers had no idea that** human population would increase faster than the supplies of raw materials; most of them, even until very recently, had the foolish idea that the treasures were “limitless” and “**inexhaustible**”.

Most of the citizens of earlier generations knew little or nothing about the complicated and delicate system that runs all through nature, and which means that, as in a living body, an unhealthy condition of one part will sooner or later be harmful to all the others.

Fifty year ago nature study was not part of the school work; scientific **forestry** was a new idea; timber was still cheap because it could be brought in any quantity from distant woodlands; soil

destruction and river floods were not national problems; nobody had yet studied long-term climatic cycles in relation to proper land use; even the word “conservation” had nothing of the meaning that it has for us today.

For the sake of ourselves and those who will come after us, we must now set about repairing the mistakes of our forefathers. Conservation should, therefore, be made a part of everyone's daily life. To know about the water table(水位) in the ground is just as important to us as a knowledge of the basic arithmetic **formulas**. We need to know why all watersheds (上游源头森林地带集水区) need the protection of plant life and why the running current of streams and rivers must be made to yield their full benefit to the soil before they finally escape to the sea. We need to be taught the duty of planting trees as well as of cutting them. We need to know the importance of big, mature trees, because living space for most of man's fellow creatures on this planet is figured not only in square measure of surface but also in cubic volume above the earth. In brief, it should be our goal to **restore** as much of the original beauty of nature as we can.

“环保”这个词有节俭的意思。环保意味着节省和保护，把我们在如此好的条件下享用的东西也留予他人分享。我们的祖辈未曾想到人口的增长会超过原材料的供应。直到最近，有些人仍然愚蠢地认为资源是“取之不尽”和“用之不竭”的。上几代人，大多对自然运行的复杂且微妙的法则知之甚少或者一无所知，这一法则的含义是：就像在一个有生命的肌体内一样，某一部分的不健康迟早会影响到其他的部分。

50年以前，关于自然的研究还没有纳入学校教育之中，科学山林管理法还是一个新概念：木材仍然很便宜，因为从遥远的林区可以购买到任何数量的木材；土壤毁坏和洪水泛滥还不是全国性的问题；还没有人着手研究长期气候与科学利用土地之间的关

系。甚至“环保”这个词也不像今天有这么多的含义。

为了我们自己和子孙后代的利益，我们必须从现在开始着手改正祖辈们的错误。因此环保必须成为每个人日常生活的一部分。了解地下水位的情况与学习数学公式一样重要。我们需要知道为什么所有上游源头森林地带集水区需要绿色植被的保护，为什么奔流不息的溪水和江河在它们最后涌入大海之前必须得以充分利用去灌溉土地。我们需要了解植树造林的责任，就像知道砍伐一样。我们需要了解大面积的自然林区的重要性，因为这个地球上人类的许多生物伙伴生存之地不仅在地球的二维表面，而且还是在地球之上的三维空间。总之，我们的目标应该是必须尽一切努力恢复自然的原始美丽。

写作亮点

1. Our forefathers had no idea that human population would increase faster than the supplies of raw materials.

我们的祖辈未曾想到人口的增长会超过原材料的供应。

have no idea that: 不知道……

I have no idea that the crime rate is to some degree related to the weather.

我不知道犯罪率与天气有一定关系。

2. For the sake of ourselves and those who will come after us, we must now set about repairing the mistakes of our forefathers.

为了我们自己和子孙后代的利益，我们必须从现在开始着手改正祖辈们的错误。

for the sake of: 为了……

He made the decision for the sake of his family.

他是为了自己的家庭才做出这一选择的。





4. Global Food Shortage

全球食品短缺

热身词汇

outstrip /vt. 超过；越过

deficit /n. 赤字；亏空

think-tank /n. 智囊团

gloomy /a. 悲观的；令人沮丧的

fishery /n. 渔场；渔业

subsidize /vt. 资助

stem /vt. 抽取……梗；给……装上柄

level off (经过涨落后)趋于平稳

Population growth will **outstrip** increases in food supplies over the next 40 years, leading to massive grain **deficits** in China, India and Africa, and sending food prices soaring all over the world, according to a report released by the influential Worldwatch Institute last week. The institute, a **think-tank** based in Washington DC, says the world is close to its human “carrying capacity”. After 40 years of phenomenal agricultural growth, food production is beginning to level off.

“Our thesis is we’re moving into a new period in the world economy, one in which the relationship between population and food is changing rather drastically,” says Lester Brown, president of the institute coauthor of the report with Hal Kane.

Their view is **gloomier** than that of recent reports from the World Bank and the UN Food and Agriculture Organization which still expect food production to continue increasing, says Brown. The institute assumes that the global population will