



英语睡前

5分钟

主编 方振宇

读英文知天下

第2版



附MP3光盘



北京航空航天大学出版社
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前言

眼观六路，耳听八方

《圣经》说，人类本来是说着同一种语言的。后来因为上帝害怕人类真的通过巴别塔到达天堂，自私的改变了人类的语言。因为无法沟通，所以人类离天堂就差一步之遥。但是，金光灿灿的天堂啊，仅仅一步之遥，为什么人类登不上去呢？

在全球化的今天，因为科技发展，我们跨地域、跨文化的交流在今天已经变得可能。语言扩大了我们的视野，语言为人类了解不同地域的文化和习俗创造了条件。

如果您是文化迷？这里有各民族的文化传统，介绍不同习俗和生活方式。如果您是科技迷？那么这里介绍前沿的科技和热门研究领域，让您可以探寻您所感兴趣的科技奥秘。如果您苦于不知如何让生活变得更多彩？那么，我们很乐意为您介绍一些有趣的生活方式，不论是阳光厨房还是运动健身，相信您都可以在这里找到您所需要的内容。

《英语睡前5分钟——读英文知天下（时事热点）》一书精选了68篇原汁原味的文章，分为：第一章地球的另一侧；第二章科技的奥秘；第三章有滋有味的生活；第四章文艺的色彩。

每篇美文故事结构如下：

曲径通幽 介绍美文的作者，本书文章种类繁多，内容别样，会给您带来不一样的感受。

文苑漫步（译林畅游） 为您提供中英文对照的故事，每一篇都内容风趣，值得茶余饭后细细品味。

热词空间 为您列出了故事中的生词，并注有音标和释义，热点词汇新鲜潮流，让您在品味故事的同时扩大词汇量。

温度絮语 为您提供与美文内容相关的格言警句，启迪智慧，感悟大千世界的美好。

心灵小悟 感悟美文之美，品味心灵鸡汤，让您在阅读时事热点的时候可以拥有一份轻松快乐的心态。

眼观六路，耳听八方。我们愿意尽我们所能为您带来各领域的新鲜资讯。每天给生活加一点料儿，让您的生活充满欣喜和惊奇！



于北京千鹤园



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第一章

地球的另一側 (国际事物篇)



U.S. & Russia Consider Removing Astronauts 美俄考虑暂时将宇航员从 空间站撤出

1

曲径通幽

经济发展和科技进步支撑着人类迈向更高更强。自从上个世纪中叶,以美国、前苏联为先驱,人类开始了迈向太空的第一步。不论是征服月球,还是开展对金星、火星乃至对太阳系以外的太空探索,征服者每一次脚步的迈出都离不开经济的坚实支持。

文苑漫步

U.S. and Russian space agency officials, prompted by last week's failure of an unmanned cargo mission to the international space station, are weighing options including temporarily pulling astronauts off the orbiting research facility.

A senior official from the U.S. National Aeronautics and Space Administration stressed on Monday that no final decisions have been made, and he said Russian experts were still "cautiously optimistic" they can determine and fix the



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地球的另一侧 (国际事物篇)

cause of the recent rocket failure in a little more than two months.

That would be in time to avoid leaving the \$100 billion orbiting laboratory operating entirely on automated systems.

But NASA is pursuing detailed **contingency** plans to have astronauts temporarily abandon the station if Russian Soyuz rockets aren't cleared to **resume** flight before the last of the current residents are slated to leave, at the latest by mid-November. The replacement timetable is partly determined by the portions of the year when astronauts can land safely.

In a news conference, Mike Suffredini, manager of the station program for NASA, gave the strongest signals yet that within three weeks, the facility's crew is likely to shrink to three astronauts from its normal six-person crew.

And unless Russia is able to successfully **launch** two unmanned Soyuz rockets by mid-November, Mr. Suffredini indicated, the remaining three crew members would head for home with no prospect of immediate replacement.

At that point, he indicated, the station's international partners probably would have no choice except to temporarily keep it operating without any humans aboard.

"I want to emphasize to everyone," he said, that the current crew is safe and "we have plenty of options" about how to keep the station performing safely with a three-person crew "or no crew." The goal, Mr. Suffredini said, is "to protect that investment."
(300 words)



热词空间

1. **prompt** [prɒmpt] *vt.* 促使, 推动, 引起
2. **option** ['ɒpʃən] *n.* 选择

3. **facility** [fə'siliti] *n.* 设备, 设施; (供特殊用途的) 场所, 机构
4. **contingency** [kən'tindʒənsi] *n.* 偶然发生的事故, 意外事故
5. **resume** [ri'zju:m] *vt. & vi.* 重新开始; 重新获得; 恢复
6. **launch** [lɔ:ntʃ] *vt.* 使(船)下水; 发动; 发射

译林畅游

美、俄宇航局官员正在权衡一些方案, 其中包括暂时将宇航员撤离轨道研究设施(机构), 这些都源于上周无人货运飞船发射失败, 无法为国际空间站运送物资。

周一, 美国国家航空航天管理局(U.S. National Aeronautics and Space Administration, 简称 NASA) 一名高级官员强调, 尚未做出最后决定, 他说俄罗斯专家仍“谨慎乐观”地认为能在两个月多一点的时间里找出最近火箭发射失败的原因并予以维修。

那样才能及时避免耗资 1,000 亿美元的轨道实验室完全靠自动系统运行。

但 NASA 正在制定详细的应急计划。目前实验室的最后一批宇航员计划最迟在 11 月中旬离开, 如果在此之前, 俄罗斯的“联盟”号(Soyuz)运载火箭无法修好并恢复飞行, 那么 NASA 将会要求宇航员暂时放弃空间站。人员更替时间表部分取决于宇航员一年中可以安全着陆的时间。

在新闻发布会上, NASA 空间站项目负责人, 苏弗里迪尼, 发出了目前最有力的信号。他说, 三个星期内空间站的宇航员人数可能会从正常的六名减至三名。

苏弗里迪尼表示, 如果俄罗斯不能在 11 月中旬之前成功发射两艘无人“联盟”号火箭, 那么剩下三名宇航员可能会撤回地球而无人替换。

他表示, 到那时, 空间站国际合作伙伴们将别无他



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选, 只能暂时保持空间站无人运行。

“我想向大家强调的是,” 苏弗里迪尼说, 目前空间站的每个宇航员都是安全的, 并且“我们有多种方案”能够保证空间站在只有三名或“没有宇航员的情况下”的安全运行。苏弗里迪尼说, 目标在于“保护这项投资”。

温度絮语

At that point, he indicated, the station's international partners probably would have no choice except to temporarily keep it operating without any humans aboard.

他表示, 到那时, 空间站国际合作伙伴们将别无他选, 只能暂时保持空间站无人运行。

心灵小悟

在经济危机的凄风冷雨下, 美、俄国力日衰。屋漏偏逢连夜雨, 需要巨资支撑的航天业事故频发, 难以维系。在这关键时期更加凸显了经济的强势支撑能力, 是加大投资, 还是暂停等待, 这需要决策者做出选择。

Although the world is full of suffering, it is full also of the overcoming of it.

—Hellen Keller, American writer

虽然世界多苦难, 但是苦难总是能战胜的。

——美国作家, 海伦·凯勒



Nurturing Young Women to Be Wall Street Leaders 华尔街女性高管的 培养之道

2

曲径通幽

欧美的女权运动由来已久，也走过了曲折的发展历程，但是至今也没有取得理想的效果。究其原因，大家过多地致力于改变外在表象，追求经济权利、政治权利和法律权力的平等；没有致力于改变女性知识结构，培养女性竞争意识，发展女性创造精神。Charlotte B. Beyer 为我们提供了积极的范例。

文苑漫步

As a young bank executive in the mid-1970s, Charlotte B. Beyer remembers that there wasn't a women's room on the floor of the executive dining room of where she worked. It was strictly men's only. That memory has stayed with her.

So when Ms. Beyer founded her own company, the New York-based Institute for Private Investors, some 20 years ago, she wanted to stress the "importance of community and the importance of a collaborative, almost feminine, model of

第一章

地球的另一侧 (国际事物篇)

learning” in her company. She credits the education she received at the all-women, private Westover School in Middlebury, Conn., with helping her to shape her company and her career on Wall Street.

Ms. Beyer, 63 years old, graduated from Westover in 1965. Though going to the school wasn't her choice back then.

Ms. Beyer's mother attended the school and it was expected that she would, too. She describes the school back then as an “**elite**, sort of WASPy school” but also as a place that was **nurturing** and a place to grow confidence.

“Girls need a laboratory, like an orchid needs a nursery,” says Ms. Beyer. “If you don't provide that protection or safety for a girl, they often do not have the courage to try things, run for student government or be the head of a club.”

And so Ms. Beyer wants many other girls to be able to experience their own growth at Westover. Nearly half of all women who attend the school receive **financial** aid. Ms. Beyer supports Westover's scholarship fund, most recently contributing \$45,000 to the school.

Ms. Beyer has given a total of \$600,000 to the school, with more than half of those contributions going toward scholarships. Since her time at the Westover, Ms. Beyer says the school, which has about 200 students, has shed its elite past.

Ms. Beyer has been able to get to know some of the scholarship recipients and become a **mentor**.

One Westover graduate and scholarship recipient went on to become a teacher in the South Bronx. Ms. Beyer stayed in touch with the young woman and would visit her class to teach **entrepreneurship** and take the students on field trips to Wall Street. A few of the students in that

