

LANGUAGE LEADER
READING

2

先锋英语

阅读教程

总主编：陈晓茹

总主审：陈达

主编：李清源

高等教育出版社

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XIANFENG YINGYU YUEDU JIAOCHENG

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前言

2007年7月,教育部正式颁布了《大学英语课程教学要求》,其中对大学生的英语阅读能力提出了明确要求:“能基本读懂一般性题材的英文文章”“能就阅读材料进行略读和寻读。能借助词典阅读本专业的英语教材和题材熟悉的英文报刊文章,掌握中心大意,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”。本教程严格按照以上培养要求,在设计和编写中力求准确把握大学英语教学的性质与目标。同时,借鉴《先锋英语》系列教材中注重培养批判性思维、树立团队意识、提升人文素养等理念,通过语言的强化输入和训练,帮助学生夯实语言基础、提高阅读能力的同时,培养学生的分析和思辨能力,使之成为具备国际化视野和创新实践能力新型人才,以适应国家和社会发展的需求。

教材特色

• 选材内涵丰富,体现时代特色

文章题材涉及政治、经济、科技、文化、艺术、教育、体育以及日常生活、社会习俗等方面,符合新一代大学生的知识结构与思维特点,体现社会发展与时代特色。通过本套教程的学习,学习者能够充分地接触各种体裁的阅读材料,在提高阅读能力的同时,了解当今世界的社会现状与文化。

• 语言鲜活地道,确保原汁原味

文章多选自近年来英语国家主要媒体的网站和出版物,题材丰富、内容多样。在选编过程中,为确保文章的真实性和可读性,编者对原文不作随意改动,以满足学习者接触原汁原味的语料的需求。同时,注重结合当今中国大学生感兴趣的或与之密切相关的话题,在选题和架构上着力凸显阅读的趣味性、新颖性和实用性。

• 学练紧密结合,测试反拨教学

本教程的学习内容强调由浅入深、循序渐进,其练习设计与目前国家大学英语四、六级考试的阅读题型保持一致,以帮助学生有针对性地进行训练,有效提高考试成绩。每单元的练习题可供学生作为限时测试,以便发现不足与弱项,及时调整学习策略,充分发挥测试对教学的反拨作用。

框架结构

- 本套教材分为1—4级,每级包括10个单元,每单元包括4篇阅读文章。文章长度从第1级的

每篇700词左右过渡到第4级的每篇1 200词左右。

- 内容上，每单元围绕同一主题展开，由宏观到微观，与《先锋英语》综合教程各单元主题相呼应，拓展学生对单元主题内涵的学习，加深学生对单元主题的理解，增加学生在该方面的词汇量，从而为综合教程制定的单元教学目标服务。建议将本书与综合教程结合使用。
- 练习形式包括信息匹配、单项选择、是非判断、信息填空等题型，既有与四、六级考试完全一致的题型，又有所突破，多方位训练、培养、考查、提升阅读理解能力。书后附有练习参考答案，便于自学。

编者才疏学浅，虽竭尽所能，必有遗漏与不周，敬请使用者不吝赐教。

编者
2015年1月

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Unit 1



Section A

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

To Be Genuine — The Key to Happiness and Success

- A** Truly happy and successful people get that way by becoming the best, most genuine version of themselves they can be. Not on the outside — on the inside. It's not about a brand, a reputation, a persona. It's about reality. Who you really are. Sounds simple, I know. It is a simple concept. The problem is, it's very hard to do, it takes a lot of work, and it can take a lifetime to figure it out.
- B** Nothing worth doing in life is ever easy. If you want to do great work, it's going to take a lot of hard work to do it. And you're going to have to break out of your comfort zone and take some chances that will scare the crap out of you. But you know, I can't think of a better way to spend your life. I mean, what's life for if not finding yourself and trying

to become the best, most genuine version of you that you can be? That's what Steve Jobs meant when he said this at a Stanford University commencement speech:

- C** Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown. You have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.
- D** Now, let's for a moment be realistic about this. Insightful as that advice may be, it sounds a little too amorphous and challenging to resonate with today's quick-fix culture. These days, if you can't tell people exactly what to do and how to do it, it falls on deaf ears. Not only that, but what Jobs was talking about, what I'm talking about, requires focus and discipline, two things that are very hard to come by these days. Why? Because, focus and discipline are hard. It's so much easier to give in to distraction and instant gratification. Easy and addictive.
- E** To give you a little incentive to take on the challenge, to embark on the road to self-discovery, here are three huge benefits from working to become the best, most genuine version of yourself. It will make you happy. Getting to know yourself will make you feel more comfortable in your own skin. It will reduce your stress and anxiety. It will make you a better spouse, a better parent, a better friend. It will make you a better person. Those are all pretty good reasons, if you ask me.
- F** Besides, you really won't achieve anything significant in life until you know the real you. Not your brand, your LinkedIn profile, how you come across, or what anyone thinks of you. The genuine you. There's one simple reason why you shouldn't try to be something you're not, and it's that you can't. The real you will come out anyway. So forget your personal brand and start spending time on figuring out who you really are and trying to become the best version of that you can be.
- G** You pay a huge price when you engage in mindless distraction. The only people that really care about you are your loved ones, your friends and family. Everyone else is too busy living his own little mini drama. To put it bluntly, your network couldn't care less about you. That's why engaging yourself and others in mindless distraction isn't worth your time or theirs. More important, it will absolutely keep you from focusing on accomplishing whatever great things you might manage to achieve in life if you set your mind to it.
- H** There's a business concept called opportunity cost. When you choose one course of action, you miss out on all the other opportunities you might have chosen to pursue but didn't. People rarely stop to consider that until it's too late.
- I** It's the most exciting journey you will ever embark on. We're all enthralled by adventure. We love to read and watch movies about other people's journeys, real or

imagined. *The Hobbit. Raiders of the Lost Ark. Into Thin Air.* We love to take vacations, to travel to all sorts of places. And when we do, we revel in the natural beauty of Kauai's Na Pali Coast, the Grand Canyon, the Alps. We marvel at the great works of others: the art, the architecture, the Pyramids, Stonehenge.

- J** And yet, the opportunity for adventure is right there in front of each and every one of us. Until you take it, you'll never know what you might achieve, what marvels you might create and what you might discover. All you have to do is start the journey.

(817 words)

- _____ 1. The journey of self-discovery will be a marvelous adventure.
- _____ 2. The real meaning of your life is to find yourself and try to become the most genuine version of you that you can be.
- _____ 3. To be the most genuine version of yourself helps to build up your happiness and success.
- _____ 4. In modern times, focus and discipline are two things hard to get in becoming the genuine version of yourself.
- _____ 5. Steve Jobs holds that the only way to do great work is to love what you do.
- _____ 6. You will lose much precious time if you engage in mindless distraction.
- _____ 7. We like to read and watch movies about other people's adventurous stories just because we ourselves are longing for adventures.
- _____ 8. Getting to know yourself is sure to make yourself a better person among your friends.
- _____ 9. Only when you become the best version of that you can be, will you achieve success in your life.
- _____ 10. Opportunity cost means that when you choose one course of action, you miss out on all the other opportunities you might have chosen to pursue but didn't.

Section B

Directions: *In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

Open Our Hearts

- A** We often close ourselves off when traumatic (不幸的) events happen in our lives; instead of letting the world soften us, we let it drive us deeper into ourselves. We try to

deflect (转移) the hurt and pain by pretending it doesn't exist, but although we can try this all we want, in the end, we can't hide from ourselves. We need to learn to open our hearts to the potentials of life and let the world soften us.

B Whenever we start to let our fears and seriousness get the best of us, we should take a step back and re-evaluate our behavior. The items listed below are six ways you can open your heart more fully and completely.

C **1. Breathe into pain**

Whenever a painful situation arises in your life, try to embrace it instead of running away or trying to mask the hurt. When the sadness strikes, take a deep breath and lean into it. When we run away from sadness that's unfolding in our lives, it gets stronger and more real. By utilizing our breath we soften our experiences. If we dam them up, our lives will stagnate (停滞), but when we keep them flowing, we allow more newness and greater experiences to blossom.

D **2. Embrace the uncomfortable**

We all know what that twinge of anxiety feels like. We know how fear feels in our bodies: the tension in our necks, the tightness in our stomachs, etc. We can practice leaning into these feelings of discomfort and let them show us where we need to go. The initial impulse is to run away — to try and suppress these feelings by not acknowledging them. When we do this, we close ourselves off to the parts of our lives that we need to experience most. The next time you have this feeling of being truly uncomfortable, do yourself a favor and lean into the feeling. Act in spite of the fear.

E **3. Ask your heart what it wants**

We're often confused at the next step to take, making pros and cons lists until our eyes bleed and our brains are sore. Instead of always taking this approach, what if we engaged a new part of ourselves that isn't usually involved in the decision making process? I know we've all felt decisions or actions that we had to take simply due to our "gut" impulses: when asked, we can't explain the reasons behind doing so — just a deep knowing that it had to get done. This instinct is the part of ourselves we're approaching for answers. To start this process, take few deep breaths then ask, "Heart, what decision should I make here? What action feels the most right?" See what comes up, then engage and evaluate the outcome.

F **4. Engage your shadow**

Many of us who are on the personal development path get caught up in embracing characteristics we want to have, like happiness, compassion, love, and passion. In this pursuit we end up losing parts of ourselves that make us whole, such as suppressing our negative qualities instead of engaging them. Try asking yourself a few questions: "What parts of myself could I do without?" "How do I get in my own way?" "Is there

anything I'm hiding from myself?" Don't be afraid of what comes out; you might want to run from the answers, but instead, acknowledge them and be with them as much as possible. Once you're a little clearer about what exactly you've been hiding from, it gets easier to shine your light on it.

G 5. Spend time alone

For most of our lives we're surrounded by people: our friends, colleagues, peers, family members, loved ones, and strangers. How often do we really spend time alone? When you spend time being alone, you're free from the influences of other people, and can truly open yourself and explore whatever you'd like. See where your thoughts take you. The golden ticket here is to not let yourself become distracted; just see what it's like to be alone. It might be painful or even scary at first, but by opening yourself up to these new feelings, you'll add a whole new layer of depth, experience, and understanding into your life.

H 6. Get outside of yourself

This may seem a little contradictory (矛盾的) to the last tip, but in reality, they actually work hand-in-hand. After you've explored the depths of yourself, you come away with a new understanding. Now, it's time to share that — not through telling others, but through being with others. When you're in a group of people, try to give them your full energy and attention so you can understand them just as you did yourself. Appreciate their uniqueness, as if they are an extension of you. Lose yourself in the beauty of others; see what they can teach you about yourself. Remember, there's no need to do every one of these at the same time. Take each one a day at a time, determine which work best for you, and see what you can discover. (856 words)

- _____ 1. This passage mainly tells people how to open their hearts when miserable events happen to them.
- _____ 2. When traumas happen in lives, many people try to hide them instead of speaking it out.
- _____ 3. When sadness arises in your life, you should take a deep breath and lean into it.
- _____ 4. By staying alone, you can explore the depths of yourself and have a new understanding.
- _____ 5. Being alone may bring you some new feelings, which can help to add a whole new layer of depth, experience, and understanding into your life.
- _____ 6. When misfortune appears in our life, we can take few deep breaths, ask our heart what it really wants and then engage accordingly.
- _____ 7. Staying with others and appreciating their uniqueness, you may discover more about yourself.
- _____ 8. Fighting with your own negative qualities helps you to be more open-minded.

- _____ 9. When we are surrounded by people, we're easily influenced by them and it's difficult for us to open ourselves.
- _____ 10. The tension in your necks and the tightness in your stomachs show that you are experiencing fear and anxiety.

Section C

Directions: *In this section you are going to read the passage quickly and answer the questions. For questions 1–7, choose the best answer from the four choices marked A), B), C) and D). For questions 8–10, complete the sentences with the information given in the passage.*

A Letter to My Son

Dear Seth,

You're only three years old, and at this point in your life you can't read, much less understand what I'm going to try to tell you in this letter. But I've been thinking a lot about the life that you have ahead of you, about my life so far as I reflect on what I've learned, and about my role as a dad in trying to prepare you for the trials that you will face in the coming years.

You won't be able to understand this letter today, but someday, when you're ready, I hope you will find some wisdom and value in what I share with you. As with any advice, take it with a grain of salt. What works for me might not work for you.

Life Can Be Cruel

There will be people in your life who won't be very nice. They'll tease you, even try to bully you or hurt you because you're different, or for no good reason. There's not much you can do about these people except to learn to deal with them. Learn to choose friends who are kind to you and make you feel good about yourself. When you find friends like this, treasure them and love them.

There will be times when you meet with disappointment instead of success. Life won't always turn out the way you want. Instead of letting these things get you down, push on. Accept disappointment and learn to persevere, to pursue your dreams despite pitfalls. Learn to turn negatives into positives, and you'll do much better in life.

You will also face heartbreak and abandonment by those you love. Again, not much you can do but to heal, and to move on with your life. Let these pains become stepping stones to better things in life, and learn to use them to make you stronger.

Be Open to Life Anyway

Yes, you'll find cruelty and suffering in your journey through life ... but don't let that close you to new things. Don't retreat from life. Be open to new things, new experiences, and new people.

You might get your heart broken 10 times, but find the most wonderful woman the 11th time. If you shut yourself off from love, you'll miss out on that woman, and the happiest times of your life.

You might get teased and bullied and hurt by people you meet ... and then after meeting dozens of jerks, find a true friend. If you close yourself off to new people, and don't open your heart to them, you'll avoid pain ... but also lose out on meeting some incredible people, who will be there during the toughest times of your life and create some of the best times of your life.

You will fail many times but if you allow that to stop you from trying, you will miss out on the amazing feeling of success once you reach new heights with your accomplishments.

Life Isn't a Competition

You will meet many people who will try to outdo you, in school, in college, at work. They'll try to have nicer cars, bigger houses, nicer clothes, cooler gadgets. To them, life is a competition — they have to do better than their peers to be happy.

Here's a secret: life isn't a competition. It's a journey. If you spend that journey always trying to impress others, you're wasting your journey. Don't worry about having a nicer car or house or anything material, or even a better-paying job. Instead, be satisfied with having enough — and then use the time you would have wasted trying to earn money to buy those things ... use that time doing things you love and enjoying the journey of life.

Love Should Be Your Rule

If there's a single word you should live your life by, it should be Love. It might sound corny, ... but trust me, there's no better rule in life.

Some would live by the rule of success. Their lives will be stressful, unhappy and shallow.

Others would live by the rule of selfishness — putting their needs above those of others. They will live lonely lives, and will also be unhappy.

Still others will live by the rule of righteousness — trying to show the right path, and warning anyone who doesn't live by that path. They are concerned with others, but in a negative way, and in the end will only have their own righteousness to live with, and that's a horrible companion.

Live your life by the rule of love. Love your spouse, your children, your parents, your friends, with all of your heart. Give to them what they need, and show them not cruelty nor disapproval nor coldness nor disappointment, but only love. Open your soul to them.

Love not only your loved ones, but your neighbors ... your coworkers ... strangers ... your brothers and sisters in humanity. Offer anyone you meet a smile, a kind word, a kind gesture, a helping hand.

And most of all, love yourself. While others may criticize you, learn not to be so hard on yourself, and learn to love yourself for who you are.

Finally, know that I love you and always will. You are starting out on a weird and scary, but ultimately incredibly wonderful journey, and I will be there for you when I can.

Love,
Your Dad
(896 words)

1. Why does the father write to his only-three-year-old son?
 - A) He has suffered from a fatal disease.
 - B) He hopes to help his son grow quickly.
 - C) He hopes that his son can get something wise and valuable from this letter when he can understand it.
 - D) He might divorce his wife and will leave for some other place.
2. Which of the following statements is false according to the letter?
 - A) The father thinks that what works for him must work for his son.
 - B) The father thinks it is natural in life that not everyone is nice to you.
 - C) The father holds whatever cruelty and suffering you may find in your life, you should keep your curiosity about new things.
 - D) The father believes that if you can learn to turn negatives into positives, you will do much better in life.
3. Which of the following is not the advice mentioned by the father in his letter to his son?
 - A) Life can be cruel.
 - B) Life isn't a competition.
 - C) Love should be your rule.
 - D) Be open to any hurt.
4. According to the father, how should his son face heartbreak and abandonment by those he loves?
 - A) He should take revenge on those that hurt him.
 - B) He should heal by himself and use those pains as stepping stones to make him stronger.
 - C) He should get away from those ill-intentioned people for ever.
 - D) He should hide the hurt and learn to forgive them.
5. In terms of the fact that many people regard life as a competition, what suggestion does the father give his son?
 - A) He should do better than his peers to be happy.
 - B) He should be satisfied with having enough, try to do something he loves and enjoy the journey of life.
 - C) He should try to outdo any others in school, in college and at work.
 - D) He should try his best to be a wealthy man.
6. In the father's opinion, what rule should his son live his life by?
 - A) The rule of success.
 - B) The rule of righteousness.
 - C) The rule of love.
 - D) The rule of selfishness.
7. If one person lives his life by the rule of love, what won't he give to other people?
 - A) Love and smile.
 - B) A kind word or gesture.
 - C) A helping hand.
 - D) Disapproval or disappointment or coldness.
8. According to "Life Can Be Cruel", when you encounter cruelty in your life, you should not retreat from life, but be open to _____.
9. According to the father, if a person lives his life by the rule of success, his life will be _____.
10. In the father's opinion, to love yourself is the most important part of "The Rule of Love", that is, despite any kind of criticism of you, you should learn to _____.

Section **D**

Directions: *In this section you are going to read a passage quickly and answer the questions. For questions 1–7, write Y (YES) if the statement agrees with the information given in the passage; write N (NO) if the information contradicts the information; write NG (NOT GIVEN) if the information is not given in the passage. For questions 8–10, complete the sentences with the information given in the passage.*

How to Be Positive

Are you waiting for life events to turn out the way you want so that you can feel more positive about your life? Do you find yourself having pre-conditions to your sense of well-being, thinking that certain things must happen for you to be happier? If your answer is “yes” to any of these questions, you might find yourself staying in the land of negativity for too long! The following are some tips to keep positive no matter what comes your way. This post will help you stop looking for what psychologists call “positivity” in all the wrong places! Here are the ten essential habits of positive people.

1. Positive people don’t confuse quitting with letting go.

Instead of hanging on to ideas, beliefs, and even people that are no longer healthy for them, they trust their judgment to let go of negative forces in their lives. Especially in terms of relationships, they have The Relationship Prayer which goes: “I will grant myself the ability to trust the healthy people in my life ...” or “To set limits with, or let go of, the negative ones ...”

2. Positive people don’t just have a good day — they make a good day.

Waiting, hoping and wishing seldom have a place in the vocabulary of positive individuals. Rather, they use strong words that are pro-active and not reactive. Passivity leads to a lack of involvement, while positive people get very involved in constructing their lives. They work to make changes to feel better in tough times rather than wish their feelings away.

3. For the positive person, the past stays in the past.

Good and bad memories alike stay where they belong — in the past where they happened. They don’t spend much time pining for the good old days because they are too busy making new memories now. The negative pulls from the past are used not for unproductive regret, but rather productive regret where they use lessons learned as stepping stones towards a better future.

4. Show me a positive person and I can show you a grateful person.

The most positive people are the most grateful people. They do not focus on the potholes (坑洼) of their lives. They focus on the pot of gold that awaits them every day, with new smells, sights, feelings and experiences. They see life as a treasure chest full of wonder.

5. Rather than being stuck in their limitations, positive people are energized by their possibilities.

Optimistic people focus on what they can do, not what they can't do. They are not fooled to think that there is a perfect solution to every problem, and are confident that there are many solutions and possibilities. They are not afraid to attempt new solutions to old problems.

6. Positive people do not let their fears interfere with their lives!

Positive people have observed that those who are defined and pulled back by their fears never really truly live a full life. While proceeding with appropriate caution, they do not let fear keep them from trying new things. They realize that even failures are necessary steps for a successful life. They have confidence that they can get back up when they are knocked down by life events or their own mistakes, due to a strong belief in their personal resilience (适应力).

7. Positive people smile a lot!

When you feel positive on the inside it is like you are smiling from within and these smiles are contagious. Furthermore, the more others are with positive people, the more they tend to smile too! They see the lightness in life, and have a sense of humor even when it is about themselves. Positive people have a high degree of self-respect, but refuse to take themselves too seriously!

8. People who are positive are great communicators.

They realize that confident communication is the only way to connect with others in everyday life. They avoid judgmental, angry interchanges, and do not let someone else's blow-up give them a reason to react in kind. Rather, they express themselves with tact and strategies. They also refuse to be non-assertive and let people push them around. They refuse to own problems that belong to someone else.

9. Positive people realize that if you live long enough, there are times for great pain and sadness.

One of the most common misperceptions about positive people is that to be positive, you must always be happy. Anyone who has any depth at all is certainly not happy all the time. Being sad, angry, disappointed are all essential emotions in life. Positive people often allow themselves to experience all types of feelings, not only the happy ones. A positive person always holds the hope that there is light at the end of the darkness.

10. Positive people are empowered people — they refuse to blame others and are not victims in life.

Positive people seek the help and support of others who are supportive and safe. They have identified their own basic human rights, and they respect themselves too much to play the part of a victim. There is no place for holding grudges (怨恨) with a positive mindset. Forgiveness helps positive people become better, not bitter. (882 words)

education courses.

What about the Materials?

Factory conditions are not the only ethical minefield when it comes to smartphones. Most of the world's known supply of Coltan, a metallic ore used to manufacture the circuitry found in most electronic gadgets, comes from the Democratic Republic of Congo. National parks have been destroyed to mine it, and proceeds from sales of the mineral have been used to fund bribes and illegal militia.

Apple is committed to using conflict-free minerals. It asks suppliers to confirm their smelter sources, and is working to identify trusted smelters which source conflict-free minerals.

Are Apple's Products Environmentally Friendly?

Like any other large manufacturer, Apple's carbon footprint is yeti sized. In 2012, it was responsible for almost 31 million tons of greenhouse gas emissions. Better design and planning have reduced emissions per dollar of Apple revenue by 22% since 2008. Its data centres run on 100% renewable energy.

The reality is that Apple products can be traced back to the same mineral mines, parts makers and assembly plants as most other smartphone brands. Nokia, Amazon, Sony and Samsung have all been customers of Foxconn, where the conditions under which the iPhone was being produced were first exposed. Conditions at the factories used by Apple in China will be similar to those used by other brands.

A Dutch company called Fairphone has had some success in crowd-funding what it believes will be the first entirely ethical smartphone. After securing 14 537 pre-orders for its 325 phones, which customers have paid for upfront, Fairphone will go into production in time for Christmas. Based on Google's Android operating system, it looks similar to a Samsung Galaxy handset, and prototypes will be on show at a pop-up shop in London's Soho from 18 September.

Each bag of tin and coltan used to make a Fairphone will be labelled and tracked on its journey to the smelter. The phones themselves will, however, be made in China, at a factory owned by Chang Hong, which makes TVs and smartphones for the Chinese market. Fairphone will carry out regular audits to ensure the legal limit of 60 hours per week per worker is respected. It has also set up a fund to top up pay so that employees receive not just a minimum wage, but a living wage. However, Fairphone admits that with its small order of 25 000 phones, it cannot dictate worker conditions at a factory it does not own.

One way around the problem is to bring production to countries where workers are treated more fairly. The Moto X smartphone, the first Motorola handset entirely designed and produced since its acquisition by Google, is largely assembled at a plant in Texas. Its parts and materials are sourced from all over the world, but like Apple, Motorola is identifying ethical smelters for tantalum, tin, tungsten and gold. While Google cannot make a cast iron claim to be producing entirely ethical phones, by bringing manufacturing home, to a plant that it owns, it can do more to improve working