

卢华华 编著

听 BBC 学英语:

英语10倍速增长学习法



- ★ 通过海量的英语新闻看世界
- ★ 通过专业教学内容学习英语

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中国纺织出版社

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Preface 前言

BBC, 英国广播公司 (British Broadcasting Corporation), 是英国一家由政府资助但独立运作的公共媒体, 同时也是一家在全球拥有高知名度的媒体, BBC 在世界的各个角落用英语进行 24 小时新闻广播, 长久以来一直被认为是全球最受尊敬的媒体之一。BBC 以正统的英式英语播音, 语速为 170 词每分钟, 难度中等, 基础词汇量在 10, 000 左右, 是学习英式英语的最佳选择。BBC 的英语语言极其规范, 广播稿写作严谨工整、惜墨如金, 播音员发音纯正、平缓地道, BBC 在世界上赢得了大量的听众, 受到广大英语学习者的好评。它为我们提供了练习口语听力的极佳资源。

本书主要特色如下:

一、内容丰富多彩

本书精选全球备受关注的热点新闻, 包含了时事政治、经济热点、体坛风云、现代科技、文化教育、时尚娱乐、健康医疗等内容共 58 篇, 并对其展开深度分析, 进行多角度报道。让你聆听全球各地的新闻事件, 感受真实生动的世界大观。

二、讲解详尽细致

本书选取的每篇新闻, 长短、难易适中。正文采用中英文对照的形式, 流畅地道的译文能帮助读者迅速抓住文章大意, 便于阅读和理解。文末配有相关的“单词解析”, 对新闻中的重难点单词进行讲解, 并标注了词性、音标以及中文释义, 彻底清扫听力中的词汇障碍。对于词汇的掌握不仅有助于学习者对该篇新闻的理解, 而且在听新闻的过程中也能根据词汇进行内容复述, 从而达到学习的目的。“语法知识点”抽取文中的重难点例句并进行逐一分析, 让读者更好地掌握文中的语法知识。

三、原声英语新闻音频

本书的每一篇热点新闻都配有 BBC 原声音频，发音清晰流畅且现场感强，方便学习者利用闲暇时间随时随地学习，从而迅速提高听力水平。读者们在练习听力的同时还可以模仿原汁原味的语音语调，训练自己的发音，提高口语表达能力。

最后，希望每一位学习者都能很好地利用本书全面提高自己的英语水平，早日达到你的英语理想目标。由于编者水平有限，书中难免有疏漏或不妥之处，恳请广大读者批评指正，以便我们再版时进一步改正，在此向每一位读者表示衷心的感谢！

编者

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01 女性与科技

In the balance women and technology

25/10/2013

Hello and welcome to *In the Balance*—the discussion program from the business daily team at BBC world service. I'm Justin Rolette and I've got a question for you. What does the daughter of the British romantic poet Lord Byron have to do with the high-tech revolution? Well, the answer is here on the blue plat outside her house in an elegant London square—Saint James Square. And it says here, Ada Countess of Lovelace was a pioneer of computing. This week, women scientists, technologists, engineers and mathematicians from Brazil to Belgian have been celebrating her life.

Ada Lovelace Day is just one of several recent events in conferences devoted to women technology and their achievements. It is a hot topic. So if a woman was a tech trailblazer a hundred and eighty years ago, women must be the forefront of the computer science business now, right? Wrong, or at least wrong in most parts of the world. Sharah

译文:

大家好，欢迎来到《聚焦热点》栏目，这里是英国广播公司全球服务每日商业资讯团队向您推出的讨论栏目。我是主持人贾斯汀·罗莱特。作为开场，我想问大家一个问题：英国浪漫主义诗人拜伦的女儿与高科技革命有怎样的关系？我们可以在她家外面高雅的伦敦广场——圣詹姆斯广场的蓝色地块上找到答案，这上面写着“艾达伯爵夫人是计算机革命的先锋”。本周，许多来自五湖四海（从巴西到比利时）的女性科学家、技术人员、工程师以及数学家都在庆祝她的伟大的一生。

艾达·拉夫拉斯日只是最近众多庆祝女性科技成就的大事中的一桩，它已成为热门话题。那么如果180年前就存在一位女性科技先驱，那么女性就一定要成为计算机科学界的领头人，对吗？错，至少在世

Samburg, the chief operating officer of Facebook, has described the declining proportion of women in computer science in the USA as an **emergency**. So that's our question for this week-Why aren't there more women in tech?

And to answer that question, we've got two **prominent** women in technology-Serrisia Jarjarla, assistant for vice president for business development of the Indian Telecoms Engineering Company-Tech Mahindra which I think I am right to assure as part of the Mahindra Conglomerate.

"That's right."

And it's a big significant technology company in its own right. It employs, am I right, 85,000 people?

"That's right and that includes our recent acquisition."

We've got Sharry Coutun who's an investor of tech company. She's on the board of a Raspberry Pi which produces very simple and cheap computer designed to encourage children to become involved in programming. My daughter is very **keen** on her Raspberry Pi. You had a landmark recently. Didn't you with Raspberry Pi?

"We did. We have, we outsold the number of BBC **microcomputers** that

界的大部分地区，情况并不是如此。萨拉·萨姆伯格是脸谱网站的首席营运官，他将美国计算机科学领域女性比例的减少称为亟待解决的紧迫事件。于是我们本周的讨论问题就出来了：为什么科技领域中女性的活跃度越来越小呢？

为了解答这个问题，我们请来了科技领域两位杰出的女性——塞丽莎·扎扎拉，她是印度电信工程公司马恒达科技公司商业开发部的副总裁助理，我个人认为可以称为马恒达巨头公司的一部分。

“是这样的。”

而且它在自己的领域可称为独树一帜的巨头科技公司。如果我没说错的话，贵公司有8.5万名员工？

“确实如此，其中还包含我们最近加盟的新成员。”

我们还请来了莎莉·库图恩，她是科技公司投资人。也是树莓派公司的董事会成员，该公司致力于设计生产简单廉价的电脑以鼓励儿童积极参与编程学习。我的女儿就对她的树莓派电脑很感兴趣。贵公司最近在树莓派电脑方面又取得了里程碑的进步，对吗？

have been sold. So we've now sold 103,000,000 Raspberry Pi."

And we have a man Dorrah Hikki, is one of founders of the Dublin web summit. What is the Dublin web summit, Dorrah?

"It's probably Europe's largest start of tech event and we've moved from 200 people just three years ago to our almost 10,000 people with 950 coming from across 100 countries in October."

“确实如此，我们售出的树莓派电脑的数量已经超过了英国广播公司微型电脑的销售量，达到1亿3百万。”

我们还请来了一位男士多拉·黑奇，他是都柏林网络峰会的创办者之一。多拉，能跟我們谈谈都柏林网络峰会是什么吗？

“柏林网络峰会可能是欧洲在科技事件方面最浓墨重彩的开场，三年前最开始的时候，我们只有200人，而今年10月份，总人数已达到1万人，其中有950人来自100个不同的国家。”

单词解析 Word analysis

1. romantic [rə(ʊ)'mæntɪk]

adj. 浪漫的

例句 The romantic act has passed her by.
浪漫色彩的举动对她没有产生影响。

2. revolution [revə'lu:ʃ(ə)n]

n. 革命；旋转；运行；循环

例句 The epoch of revolution creates great figures.
革命时代造就伟大的人物。

3. recent ['ri:s(ə)nt]

adj. 最近的；近代的

例句 He sat by the window ruminating on recent underground accidents.
他坐在窗旁反复思考最近发生的井下事故。

4. conference ['kɒnf(ə)r(ə)ns]

n. 会议；讨论

例句 This method has been adopted in a video conference product.
该方法已在视频会议产品中得到应用。

5. emergency [ɪ'mɜːdʒ(ə)nsɪ]

■ 紧急情况；突发事件

例句 Yesterday, the centre's board held an emergency meeting.

昨天，中心的董事会召开了一次紧急会议。

6. prominent [ˈprɒmɪnənt]

■ 突出的，显著的；杰出的；卓越的

例句 The newspapers gave prominent coverage to the news.

各报在显著位置上登载了这条消息。

But I think the most prominent and visible change to the outside world is our release cycle.

但我认为对外界而言，最显著的、最能看到的变化是我们的发布周期。

7. keen [kiːn]

■ 敏锐的，敏捷的

例句 Their keen eyes can penetrate the water to a depth of forty feet.

他们锐利的眼睛能透过水面看到40英尺的深处。

8. microcomputer

[ˈmaɪkrə(ʊ)kɒm,pjuːtə]

■ 微电脑；[计] 微型计算机

例句 The scientists think the microcomputer pollution is absolutely beyond dispute.

科学家认为微机污染是绝对不容置疑的。

9. summit [ˈsʌmɪt]

■ 顶点；最高级会议；最高阶层

例句 But are these the summit of our values, of our aspirations of society?

但这些都是我们的价值观、我们对社会的抱负的顶点吗？

语法知识点 Grammar points

1. This week, women scientists, technologists, engineers and mathematicians from Brazil to Belgian have been celebrating her life.

本周，许多来自五湖四海（从巴西到比利时）的女性科学家、技术人员、工程师以及数学家都在庆祝她的伟大的一生。

women+职业，表示“女性……”；have been doing是正在完成进行时的用法，表示从过去某一时间到现在为止一直在做的动作，并且以后继续会做。

2. Sarah Samburg, the chief operating officer of Facebook, has described the declining proportion of women in computer science in the USA as an

emergency.

萨拉·萨姆伯格是脸谱网站的首席营运官，他将美国计算机科学领域女性比例的减少称为亟待解决的紧迫事件。

the chief operating officer of Facebook是插入语成分，对Sarah Samburg作进一步说明。英语中常用插入成分对描写人物头衔、特征、爱好等。



读书笔记

02 克他命可治疗抑郁症 Ketamine "has anti-depressant effect"

03/04/2014

Ketamine is a horse tranquilizer but also a popular but illegal recreational drug on the club scene. Now researchers in the English National Health Service say it could be a **dramatic** new treatment for depression. They've **conducted** a small trial. A mother of a 32-year old woman who's part of that trial said the drug had had an immediate effect on her daughter.

"After she's had the treatment, she's already feeling better before we leave the hospital. It works that quickly. And she sort of got a lot more confidence in herself when she had the treatment. She is chatty and she'll talk to people. She is not first **withdrawn** as she would normally be. And she can concentrate better and after one lot of the treatment, she went out for a walk on her own the day after which. She's not done, or probably in last ten years."

How exactly does Ketamine work?

Over the past 20 years, we found

译文:

克他命是一种马用镇静剂，同时也是在娱乐场所受欢迎的违法兴奋剂。如今，英国国民健康服务研究人员称，克他命有可能成为治疗抑郁的新型药物。他们做了一项小型的试验。一位32岁的试验参与者的母亲说，这种药物在她女儿身上有显著效果。

“接受治疗后，没等我们离开医院，她就感觉好多了。真是迅速。接受治疗后，她似乎对自己更有信心了，变得健谈了，也愿意跟别人说话。不像之前，一直沉默寡言。一个疗程后，她能更好集中注意力。第二天，她自己就出去散步了，这可能是10年来的第一次。”

克他命的作用原理是怎样的呢？

近20年来，我们发现，大多数抗抑郁剂在作用到其他大脑受体和神经递质的同时，也

that most anti-depressants, while they may act on other receptors and other transmitters in the brain, they also seem to have some effect on this receptor, the MDA receptor. And people in the 1990s thought why we don't just go straight to that receptor? So what we see now really is the results of the number of trials that have been done with Ketamine in depression over the past 10 or 15 years. And the report today actually describes the **outcomes** for people that were treated. So this is really the first time we've seen results from standard use of medicine if you like, rather than a controlled clinical trial.

Many people will be **familiar** with Ketamine from its reputation in the club scene as being a recreational and sometimes very dangerous drug as well as hearing about its use in veterinary medicine. How does the use **differ** in the clinical **setting**?

Well, Ketamine does a lot of very different things. So, for example, it's licensed as an intravenous agent to induce sleep in children. In veterinary medicine, it's used as a pain reliever. And also it's used illicitly. Now the doses and the weight given vary dramatically. So

似乎对MDA受体产生影响。因此，20世纪90年代，人们就想，为什么不让药物直接作用到该受体？所以，在过去10到15年中，人们用克他命做试验，才得到今天的结果。试验报告描述的其实是人们接受治疗后的状况。这是第一次通过规范用药得到的结果，而不是通过临床对照试验。

克他命对于许多人来说不陌生，因为它是娱乐场所常见的兴奋剂，具有一定危险性。兽医也经常用到克他命。临床环境不同，克命的使用有什么不同呢？

克他命用处很多。例如，它是法律许可的儿童催眠静脉注射剂。在兽医学上，它是镇痛药。当然，克他命也经常被非法使用。使用剂量根据具体情况而定。一般来说，作为兴奋剂使用时，剂量非常大，通常经由鼻子摄入体内。在治疗抑郁时，我们的用量是很少的，该药品虽然偶尔会有些副作用，但这样的情况不常见。

generally, recreational use is very very high doses. And that's often snorted into the nose. In depression, we use in pretty low doses, which sometimes but not always, give rise to a few adverse effect, but not often.

单词解析 Word analysis

1. dramatic [drə'mætɪk]

adj. 戏剧性的; 引人注目的; 激动人心的

例句 She plays a very dramatic woman with flashing eyes.
她饰演一位双眼闪光的引人注目的妇人。

2. conduct [kən'dʌkt]

v. & n. 引导; 带领; 控制; 传导; 管理(方式)

例句 The division had to conduct a mission over enemy territory.
空军支队须在敌人领土上方执行任务。

3. withdrawn [wɪð'drɔ:n]

adj. 孤僻的, 离群的; 偏僻的;
v. 取回, 收回(withdraw 的过去分词)

例句 Her husband had become withdrawn and moody.
她丈夫变得沉默寡言、喜怒无常。

4. outcome ['aʊtkʌm]

n. 结果; 成果; 出路

例句 The outcome of the court case was disappointing for the family involved.
诉讼案的结果使得涉及本案的这家人非常失望。

5. familiar [fə'mɪliə(r)]

adj. 熟悉的; 冒昧的; 随便的;
n. 常客, 密友;

例句 The Empire State Building is a familiar landmark on the New York skyline.
帝国大厦是人们熟悉的纽约高楼大厦中的地标。

6. differ ['dɪfə(r)]

v. 不同, 相异; 不同意, 意见相左; 争吵

例句 These bags differ in size, but not in shape.
这些手提包只是大小不同, 并无形状之异。