

[TOPWAY]



新编大学英语6级

# 阅读180篇

上海交通大学

潘晓燕 主编

## 七大题源

TIME 《时代周刊》  
USA TODAY 《今日美国》  
Newsweek 《新闻周刊》  
New Scientist 《新科学家》  
The Guardian 《卫报》  
The New York Times 《纽约时报》  
The Washington Post 《华盛顿邮报》

- 20篇题源阅读记单词
- 120篇专项阅读强化
- 40篇标准套题训练
- 100条阅读难句
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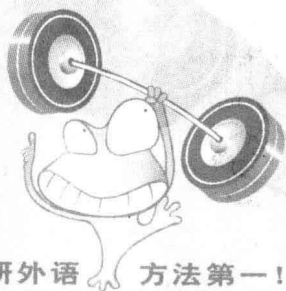
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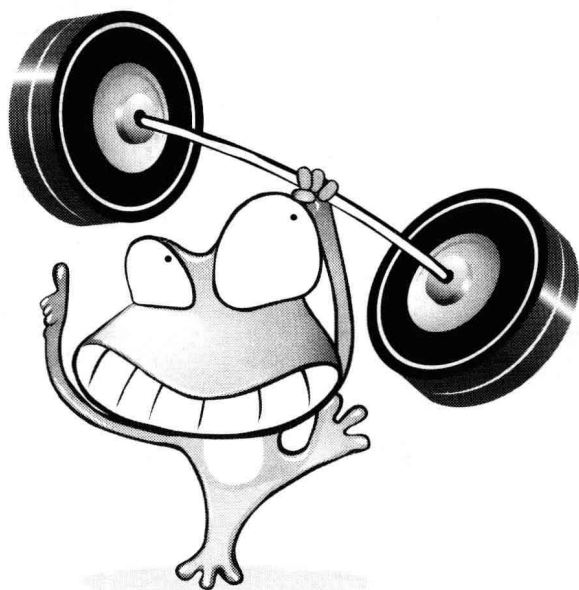
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# Believe in Yourself

Believe in your dreams.  
Believe that you are loved.  
Believe that you make a difference.  
Believe we can build a better world.  
Believe there's light at the end of the tunnel.  
Believe that  
you may be that light for someone else.  
Believe that the best is yet to be.  
Believe in yourself.

## 要相信自己

要相信你的梦想。  
要相信有人爱你。  
要相信你能有所作为。  
要相信我们可以建设一个更美好的世界。  
要相信在隧道的尽头会有曙光。  
要相信  
你可能就是他人的那道曙光。  
要相信你现在还没做到最好。  
要相信自己。



# Preface

## 前言

《新编大学英语6级阅读180篇》旨在帮助考生在短时间内突破阅读语法难关、掌握阅读技巧、提高答题速度和正确率。

本书具有以下特色：

### 7大题源 熟记核心词

怎样才能把单词记得牢固？几乎所有的英语老师都会告诉我们，只有在语境中记单词才能记得牢、记得久。本书根据近年来6级阅读真题的来源，从TIME《时代周刊》、USA TODAY《今日美国》、Newsweek《新闻周刊》等7大题源报刊上精心挑选出20篇阅读文章。这些题源文章涵盖了6级阅读中常考的650个核心词汇，有效帮助考生在短时间内迅速掌握阅读常考词汇，提高阅读速度。

此外，20篇题源阅读与真题来源、题材一致，有助考生熟悉真题文章的结构和语言风格，增强实战感。

### 100条阅读难句 读懂出题句

理解长难句，阅读事半功倍！阅读文章中，结构复杂的长难句往往是考试的出题之处，要读懂这些难句，就需要运用语法知识对句子进行结构分析。本书从近几年6级真题中遴选出大量阅读难句，结合相关语法知识，对长难句进行归纳分析，力求用精辟的语言将长难句讲清、讲透，从而使考生避开长难句这个“绊脚石”，在考试中更加得心应手。

### 3类专项强化 训练解题技巧

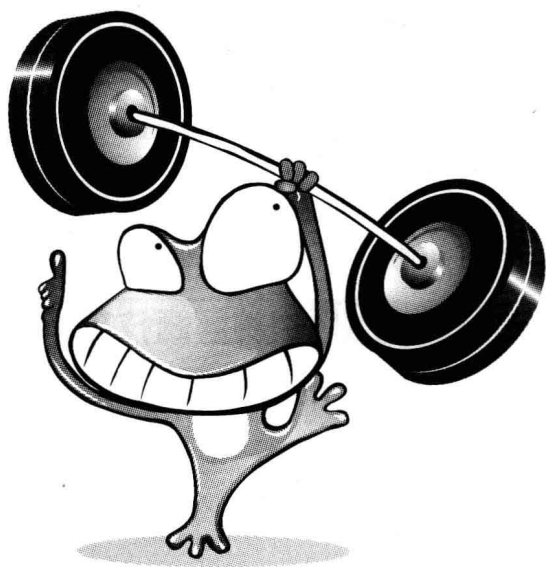
6级考试共包含3种阅读题型，即快速阅读、短句问答和篇章阅读。每种题目设置都充满了陷阱，考生一不小心就会被“似是而非”的干扰选项所迷惑，在模棱两可的选项之间拿不定主意。本书总结归纳出这3种阅读题型的解题技巧，如：快速定位技巧、填词技巧、正确选项设置规律、干扰项设置规律等。

考生可根据个人的实际情况，针对自己的弱项学习相应的解题技巧，并通过练习进行强化训练，从而消除阅读中的“软肋”。答题有“技”可循，做题倍感轻松。

## 10 套实战训练 强化题感

本书最后部分配置了 10 套标准阅读训练,每套题的阅读量、题型和难度与标准的 6 级阅读题一致。考生可借助完整的套题训练来检验学习成果,强化题感,以达到最佳的临考状态。

编者



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Part

1

题源阅读记单词20篇



## Passage 1

## How Safe Is Your Cell Phone?



It takes a little extra work to get in touch with Andrea Boland. The Maine state **representative** answers e-mails and lists her business and home phone numbers on the Web. But unlike many **politicians attached** to their BlackBerry, she keeps her cell **switched** off unless she's expecting a call. And if she has her way, everyone in Maine—and perhaps, eventually, the rest of the U.S.—will similarly **think twice** before talking on their mobiles.

In March, Maine's *legislature* (立法机构) will begin **debating** a bill she **submitted** that would require **manufacturers** to put a warning **label** on every cell phone sold in the state declaring, "This **device emits electromagnetic** (电磁的) **radiation, exposure** to which may cause brain cancer." Her warning would continue, "Users, especially children and **pregnant** women, should keep this device away from the head and body."

For those of you now eyeing your cell phones **suspiciously**, it's worth noting that both the National Cancer **Institute** and the World Health Organization say there isn't evidence to support the **assertion** that cell phones are a public-health **threat**. But a number of scientists are worried that there has been a dangerous rush to declare cell phones safe, using studies they feel are **inadequate** and too often weighted toward the **wireless** industry's interests. An **analysis** published by University of Washington *neurologist* (神经学家) Henry Lai determined that far more independent studies than industry-funded studies have found at least some type of **biological** effect from cell-phone exposure.

Several countries—including Finland, Israel and France—have **issued** guidelines for cell-phone use. And San Francisco Mayor Gavin Newsom, who began researching the issue when his wife was expecting their first child, is hoping his city will **adopt legislation** that would have manufacturers print radiation information on cell-phone **packaging** and **manuals** and require **retailers** to **display** the data on the sales floor.

With 270 million Americans and 4 billion people around the world using cell phones—and more **signing up** every day—a strong link between mobiles and cancer could have major public-health **implications**. As cell phones make and take calls, they emit low-level radio-**frequency** (RF) radiation. Stronger than FM radio signals, these RF waves are still a billionth the **intensity** of known *carcinogenic* (致癌的) radiation like X-rays. But the good news is that there are easy ways for those concerned about RF radiation to cut down on exposure. Using your

## 核心词汇

**representative** /ˌreprɪzəntətɪv/ *n.*  
美国众议会议员

**politician** /ˌpɒlɪˈtɪʃən/ *n.* 政客

**attach** /əˈtætʃ/ *vt.* 使依赖

**switch** /swɪtʃ/ *v.* (用开关)转换

**think twice** 重新考虑

**debate** /dɪˈbeɪt/ *v.* 辩论

**submit** /səbˈmɪt/ *v.* 提交

**manufacturer** /ˌmænʃʊˈfæktʃərə/ *n.*  
制造商

**label** /leɪbəl/ *n.* 标签

**device** /dɪˈvaɪs/ *n.* 设备

**emit** /ɪˈmɪt/ *vt.* 发出(光、热、声音等)

**radiation** /ˌreɪdɪˈeɪʃən/ *n.* 辐射

**exposure** /ɪkˈspəʊʒə/ *n.* 接触

**pregnant** /ˈpregnənt/ *a.* 怀孕的

**suspiciously** /səˈspɪʃəsli/ *ad.* 表示  
怀疑地

**institute** /ɪnˈstɪtju:t/ *n.* 研究所

**assertion** /əˈsɜːʃən/ *n.* 断言

**threat** /θret/ *n.* 威胁

**inadequate** /ɪnˈædɪkwɪt/ *a.* 不充分的

**wireless** /ˈwaɪələs/ *a.* 无线的

**analysis** /əˈnæləsɪs/ *n.* 分析报告

**biological** /ˌbaɪəˈlɒdʒɪkəl/ *a.* 生物学的

**issue** /ɪʃuː/ *vt.* 发布

**adopt** /əˈdɒpt/ *vt.* 采用

**legislation** /ˌledʒɪsˈleɪʃən/ *n.* 立法

**package** /ˈpækɪdʒ/ *n.* 包装

**manual** /ˈmænjuəl/ *n.* 手册

**retailer** /ˈriːteɪlə/ *n.* 零售商

**display** /dɪˈspleɪ/ *vt.* 显示

**sign up** 签约, 登记

**implication** /ˌɪmplɪˈkeɪʃən/ *n.* 可能  
的影响

**frequency** /ˈfriːkwənsɪ/ *n.* 频率

cell phone's speaker or connecting a wired headset—while keeping the handset away from your body—**drastically** reduces RF exposure. (Bluetooth headsets help too, but they still emit some radiation.) And given the potentially more serious risks for children, who have thinner **skulls** than adults, parents might want to wait before handing teens their first phone—or at least **ensure** they use it mostly for **texting**.

**intensity** /ɪn'tensɪti/ *n.* 强度

**drastically** /dræstɪkli/ *ad.* 大幅度地

**skull** /skʌl/ *n.* 头骨

**ensure** /ɪn'ʃʊə/ *vt.* 确保

**text** /tekst/ *v.* 发短信

## 参 考 译 文

### 手机到底有多安全？

与安德里亚·波兰德取得联系要多花一些功夫。这位缅因州议员平常使用邮件回复问题，还在网上公布她的工作电话和住宅电话号码。但与那些使用黑莓手机的诸多政客不同，她的手机一直处于关机状态，除非她在等候他人的来电时手机才开着。如果她一直这么坚持她的做法的话，那么缅因州的每位公民——或许最终其他的美国民众——也将在接打电话前思量一番了。

缅因州立法机构将在三月开始讨论波兰德提交的一份议案。该议案要求缅因州的手机制造商在其出售的手机上贴上以下警告标语：“手机产生电磁辐射，长期接触可致脑癌。”她还要求标语进一步提醒人们：“用户（特别是儿童与孕妇）应将手机和头部及身体保持一定距离”。

对于现在开始质疑手机安全性的人们来说，美国国家癌症研究所和世界卫生组织的看法颇值得关注，这两家机构声称目前没有证据支持手机对公众健康有害这一说法。但是许多科学家担心，根据不充分且常偏向于无线产业利益的研究匆忙下结论声称手机是安全的，这很危险。一份由华盛顿大学神经病学家亨利·拉伊博士发表的分析报告认为，比业界资助更独立的研究表明，暴露在手机辐射中至少会产生某种形式的生物效应。

包括芬兰、以色列和法国在内的一些国家已经发布了使用手机的指导准则。旧金山市市长加文·纽森在其妻子快产下他们的第一个孩子时已开始调查这个问题，他希望旧金山能够通过立法，迫使生产商在手机包装和使用说明书上标示辐射信息，并要求零售商们在销售场所向顾客展示出这些信息。

目前美国有2亿7千万人，全世界有40亿人在使用手机，并且使用人数每天都在递增。基于这一现实，手机与癌症之间的紧密联系可能会对公众健康产生重大影响。当人们用手机接打电话时，手机会放射出较低的射频(RF)辐射线。这些射频电波比调频收音机信号要强，其强度大约相当于X射线这类致癌放射线的十亿分之一。但还有个好消息，即有一些简单方法供那些担心射频辐射的人减少暴露在辐射中。例如用手机通话时可以使用扬声器或接上有线耳机，这可以使身体与手机尽量保持距离，从而大幅度减少射频辐射。(蓝牙耳机也起到相同的作用，但仍然会产生一些辐射。)由于手机对儿童的潜在危害可能更大，他们的头骨比成人更薄，父母们应该尽量推延儿童首次使用手机的时间，或至少保证他们大部分时间只用手机发短信。

## Passage 2

### J.D. Salinger: “Keep Your Hands Off My Legacy”



来源: TIME

J.D. Salinger may have hated visitors, but he sure loved lawyers. The famously **solitary** author turned down all **attempts** by others to **adapt** his writings, **particularly** his masterwork, *Catcher in the Rye*. He even said “no” to Steven Spielberg **regarding** a film **version** of his **classic** novel. But now that Salinger is gone, what will happen to his iron-fisted control over his writings?

#### 核心词汇

**solitary** /sə'lɪtəri/ *a.* 隐居的

**attempt** /ə'tempt/ *n.* 尝试

**adapt** /ə'dæpt/ *v.* 改编

**particularly** /pə'tɪkjʊləli/ *ad.* 特别，尤其

**regarding** /rɪ'gɑ:dɪŋ/ *prep.* 关于

**version** /vɜ:ʃən/ *n.* 版本

**classic** /klæsɪk/ *a.* 经典的



**Precious little**, say legal experts. If Salinger had the **foresight** to invite a good **estate** planner to Cornish, New Hampshire, it's likely that he will rule his **literary empire** from the **grave**. "Legally, his death should have no **significance** at all," says Richard Dannay, an **intellectual property** lawyer in New York City. "His works are in **copyright**, and remain in copyright."

Those copyrights pass to his estate, say lawyers, and Salinger may have left detailed directions about how to **proceed**. If his extraordinarily private style held true in his **will-making**, would-be adapters of the Salinger *oeuvre* (全部作品) are out of luck. "If he says that he doesn't want a **revised** work, or a secondary work or a **derivative** work, or he doesn't want anything related to *Catcher in the Rye* licensed, then whoever is managing his estate would be **bound** by that," says Jon Tandler, a publishing lawyer in Denver. "He can say, 'Thou shall not create a *sequel* (续篇).'"

That's just what a Swedish author calling himself J.D. California (real name: Fredrik Colting) tried to do, in a book named *60 Years Later: Coming Through the Rye*. But just before his death, the ever-**alert** Salinger sent his lawyers after California and his tiny publisher, Windupbird Publishing, **suing** them in June in **federal** court in Manhattan. The judge, Deborah Batts, **sided** with Salinger, **indefinitely** banning the **publication** of the book in this country. (It had been published in Britain.) The judge **rejected** the argument that the book was a *parody* (滑稽模仿), which would have been legally **permissible**. The judge's ruling has been **appealed** to the Second **Circuit**, where the case is still up in the air.

But J.D. Salinger isn't above the law. In the future, *Catcher in the Rye* and his handful of short stories will have to go into the public **domain**, where they're open game. But don't **hold your breath**. That will be in 2080.

**precious little** 非常少  
**foresight** /fɔːsaɪt/ *n.* 先见之明  
**estate** /iˈsteɪt/ *n.* 遗产  
**literary** /lɪtərəri/ *a.* 文学的  
**empire** /empaɪə/ *n.* 王国  
**grave** /ɡreɪv/ *n.* 坟墓  
**significance** /sɪɡnɪfɪkəns/ *n.* 影响  
**intellectual property** 知识产权  
**property** /ˈprɒpəti/ *n.* 产权  
**copyright** /ˈkɒprɪraɪt/ *n.* 版权  
**proceed** /prəˈsiːd/ *vi.* 处理  
**will** /wɪl/ *n.* 遗嘱  
**revised** /rɪˈvaɪzd/ *a.* 改编的  
**derivative** /dɪˈrɪvətɪv/ *a.* 衍生的  
**bound** /baʊnd/ *a.* 受约束的  
**alert** /əˈlɜːt/ *a.* 警觉的  
**sue** /sjuː/ *v.* 起诉  
**federal** /fedərəl/ *a.* 联邦的  
**side** /saɪd/ *vi.* 支持, 站在……的一边  
**indefinitely** /ɪnˈdefənɪtli/ *ad.* 无限期地  
**publication** /ˌpʌblɪˈkeɪʃən/ *n.* 出版  
**reject** /rɪˈdʒekt/ *vt.* 拒绝  
**permissible** /pəˈmɪsɪbəl/ *a.* 允许的  
**appeal** /əˈpiːl/ *v.* 上诉  
**circuit** /ˈsɜːkɪt/ *n.* 巡回法庭  
**domain** /dəˈmeɪn/ *n.* (活动、思想等) 领域  
**hold one's breath** (由于害怕、激动等)屏住呼吸

参 考 译 文

塞林格:不许碰我的遗产!

J.D.塞林格可能讨厌访客,但他肯定喜欢律师。这位以喜欢独来独往而著称的作家拒绝了所有试图改编他作品的人,尤其是对其杰作《麦田里的守望者》,更是丝毫不松口。他甚至拒绝了斯蒂芬·斯皮尔伯格想将这部经典作品搬上荧幕的请求。如今塞林格已故,他曾铁腕控制的作品会怎样呢?

法律专家称基本上不会发生什么变化。如果塞林格有先见之明,请个好的遗产规划师来新罕布什尔州的康沃尔,那么他死后也能掌控自己的文学王国。“从法律上来说,他的死根本无关紧要,”纽约市的知识产权律师理查德·丹纳说,“他原来享有版权,现在仍然享有版权。”

律师们说,那些版权成为了他的遗产,而塞林格可能已经详细交代应该如何处理它们。如果他的遗嘱仍然延续他那种独来独往的风格,那么想改编塞林格著作的人就运气不佳了。“如果他说不想让别人出改编版,或者二手文献版、演绎版,如果他不想让任何与《麦田里的守望者》有关系的作品合法发行,那么任何管理他遗产的人必须依此遗嘱行事,”丹佛的出版律师乔恩·坦德勒说:“他可以说,‘诸君不得写续篇!’”

一个自称J.D.加利福尼亚(真名为费德里克·科尔廷)的瑞典作者就写了续篇,书名叫做《60年后:穿越麦田》。但就在塞林格去世前,这位总是保持警惕的作家派自己的律师找到加利福尼亚及其小出版商Windupbird出版公司,并于当年六月在曼哈顿联邦法庭起诉他们。法官蒂波拉·巴茨站在塞林格一边,无限期禁止该书的出版(此书已

在英国出版)。法官驳回了这本书是戏仿之作的申辩,而戏仿之作在法律上是允许的。法官的裁决被上诉到第二巡回法庭,此案至今仍悬而未决。

然而,即便是塞林格也不能凌驾于法律之上。以后,《麦田里的守望者》和他的少量短篇也会进入公众领域,版权也要公开了。但先别激动,那得等到 2080 年。

### Passage 3

## Call Me! But Not on Skype or Any Other Videophone



来源: TIME

Even though Skype is the only one of all the cool **gadgets** (小器具) that cartoons promised us would exist by 2010, people don't seem nearly as excited as they should be. Only 34% of Skype calls even use video. And when Skype **announced** on Jan. 5 at the **Consumer Electronics Show** that we'll soon have videophones on our televisions, everyone went right back to talking about which **booths** gave out the best **key-chain** lights.

I've used Skype twice: to be a guest **expert** on *Who Wants to Be a Millionaire?* and to let my mother see her grandson. Both **involved** a lot of help from tech people. Yes, I find the **hostess** of that TV program that **attractive**. But I haven't used it since. That's because Skype breaks the century-old **social contract** of the phone: we pay close attention while we're talking and **zone out** while you are.

As soon as you begin to talk, I feel **trapped** and **desperately scan** the room for tasks I can do to **justify** the **enormous** waste of time that is your talking. I wash dishes, I **file receipts**, I read news sites, I make little **fake suicide** faces to my wife about how much I want to hang up that cause her to **yell** "Joel, I need you now". But Skype requires me to look at you while you're talking, which is totally **ridiculous**. The only sci-fi show that understood this was *Star Trek*. Bones and Jim would use their **flip** phones to talk quickly about **beaming** or health issues. The only time they'd **fire up** the videophone was when a Klingon was sitting in a **spaceship** 20 yards away with guns pointed at them. Even then I think Sulu was checking out some **gossip** websites.

Interested in talking more about my **theory**, I used my **landline** (固定电话) to call Sherry Turkle, an MIT professor of the social studies of science and **technology**. She told me people are not only uninterested in Skype, we're also not interested in talking on the regular phone. We want to TiVo our lives, **avoiding** real time by texting or e-mailing people when we feel like it. "Skype, which was the **fantasy** of our childhood, gets you back to sitting there and being

### 核心词汇

- announce** /ə'naʊns/ *vt.* 宣布  
**consumer** /kən'sju:mə/ *n.* 消费者  
**electronic** /ɪlek'trɒnɪk/ *n.* 电子产品  
**booth** /bu:ð/ *n.* 展台, 摊位  
**chain** /tʃeɪn/ *n.* 链, 链条  
**expert** /'ekspɜ:t/ *n.* 专家  
**involve** /ɪn'vɒlv/ *vt.* 牵涉  
**hostess** /'həʊstɪs/ *n.* 女主持人  
**host** /həʊst/ *n.* 节目主持人  
**attractive** /ə'træktɪv/ *a.* 有吸引力的  
**attraction** /ə'trækjən/ *n.* 吸引力  
**social** /səʊʃəl/ *a.* 社会的  
**contract** /kɒntrækt/ *n.* 契约  
**zone out** 走神, 恍恍惚惚  
**trap** /træp/ *vt.* 困住, 限于困境  
**desperately** /dɛspərtli/ *ad.* 拼命地  
**scan** /skæn/ *vt.* 查看, 查找  
**justify** /dʒʌstɪfaɪ/ *vt.* 证明……正当  
**enormous** /ɪ'nɔ:məs/ *a.* 巨大的  
**file** /faɪl/ *vt.* 把(文件)归类  
**receipt** /rɪ'si:t/ *n.* 发票, 收据  
**fake** /feɪk/ *a.* 假装的  
**suicide** /sju:'saɪd/ *n.* 自杀  
**yell** /jel/ *vi.* 叫喊  
**ridiculous** /rɪ'dɪkjʊləs/ *a.* 荒谬的  
**flip** /flɪp/ *n.* 翻转  
**beam** /bi:m/ *n.* 光束  
**fire up** 发动, 使用(机器或设备)  
**spaceship** /speɪs,'ʃɪp/ *n.* 宇宙飞船  
**gossip** /gɒsɪp/ *n.* 流言蜚语, 八卦  
**theory** /θɪəri/ *n.* 理论

available in that old-fashioned way. Our model of what it was to be present to each other, we thought we liked that," she said. "But it turns out that time **shifting** is our most valued product. This new technology is about control. **Emotional** control and time control." You'd be shocked by how many times two people talking on the phone about people not wanting to talk on the phone have to tell each other they're enjoying their conversation.

**technology** /tek'nɒlədʒi/ *n.* 技术

**avoid** /ə'vɔɪd/ *vt.* 避免

**fantasy** /fæntəsi/ *n.* 幻想

**available** /ə'veɪləbl/ *a.* 可使用的

**shift** /ʃɪft/ *v.* 转变

**emotional** /ɪ'məʊʃənəl/ *a.* 情感的

## 参 考 译 文

### 人们为什么不喜欢视频聊天?

卡通片中预言的到 2010 年将出现的所有极具魅力小玩意里,虽然 Skype 是唯一一个真正成为现实的,但人们并不像想象中的那样兴奋:只有 34% 的 Skype 通话用到了视频。Skype 于 1 月 5 号在消费者电子产品展览会上宣布人们很快就能通过电视使用视频电话后,在场的每个人又接着去谈论哪个展台赠送的钥匙链灯最好。

我只用过 Skype 两次:一次是作为《百万富翁》节目的嘉宾,一次是为了让我妈妈看看她的孙子。这两次我都寻求了技术人员的许多帮助。不错,我是觉得《百万富翁》节目的女主持人很有吸引力。但是自那之后我再没用过它了,因为 Skype 打破了电话带来的百年社会契约:我们自己说话时是全神贯注的,但是别人说话时我们却漫不经心。

你一开口说话,我就会觉得被缠住了,不得不拼命在房间里找点事做,来弥补你说话对我造成的巨大的时间浪费。我洗盘子刷碗,收拾账单,上网看新闻,并冲我太太做出要自杀的鬼脸,暗示她我想赶紧挂掉电话。这时她就会冲我喊:“乔伊,我需要你帮我个忙!”但是在 Skype 上我就不得不在你说话时看着你,这简直荒诞透顶。《星际迷航》是对这个问题理解得最到位的科幻片:“老骨头”和詹姆斯习惯用翻盖手机快速谈论各自对激光和健康问题的看法。只有当克林贡人坐在 20 码开外的飞船中,被人用枪指着头的时候,他们才会用视频电话。即使在这种时刻,我觉得苏鲁也是在看八卦网站。

为了更好地研讨我的这个理论,我用固定电话给莎莉·特克尔打了个电话。她是麻省理工学院的教授,从事科技的社会学研究。她告诉我,人们不仅对 Skype 不感兴趣,他们对使用普通电话也不感兴趣。我们想要的是把自己的生活“录制”下来,通过自由收发短信或电子邮件等手段避免与别人实时联络。“Skype 是我们孩童时代的梦想,但是它使你不得不坐在那里,随叫随到,这太过时了。我们曾经以为我们会喜欢这样面对面的交流。”她说道。“不过现在看来,非实时性产品才是我们最珍视的。这一新产品是关于掌控的:对我们的感情和时间的掌控。”如果你知道多少次人们在电话上谈论说大家不愿在电话上聊天,但又不得不违心告诉彼此他们喜欢跟对方聊天,你会很吃惊的。

## Passage 4

# Scientists Get Closer to Understanding Why We Age



来源:TIME

Time waits for no man, the old saying goes, but in recent years scientists have shown that it does seem to move more slowly for some. Biologists have **observed** that people's **cells** often age at different **rates**, leading them to make a **distinction** between *chronological* (按时间顺序的) and biological age.

But the reason for the difference remains only **vaguely** understood. **Environmental** factors

## 核心词汇

**observe** /əb'zɜ:v/ *vt.* 注意到,发现

**cell** /sel/ *n.* 细胞

**rate** /reit/ *n.* 速度

**distinction** /dɪs'tɪŋkʃən/ *n.* 差别

**vaguely** /veɪglɪ/ *ad.* 模糊地

**environmental** /ɪn.vaiənməntəl/ *a.* 环境的





such as smoking, **stress** and regular exercise all seem to **influence** the rate at which our cells age. Now, for the first time, researchers have found a **genetic** link to *cellular* (细胞的) aging—a finding that suggests new **treatments** for a **variety** of age-related diseases and cancers.

The field of biological aging has in recent years **focused** on the long **molecules** of DNA contained in human cells called *chromosomes* (染色体). All chromosomes have **protective caps** at either end called *telomeres* (端粒). Each time a cell **reproduces** itself (as it does before it dies), the telomeres shorten, like **plastic tips fraying** on the end of shoelaces. Shortened telomeres have been linked to a **host of** age-related illnesses such as heart disease and certain cancers. Many scientists now believe that telomeres are the closest we may come to **identifying** a biological clock—and our **best bet** for learning how to stop or turn back that clock.

Samani, an expert at the University of Leicester says that understanding the **components** that determine telomere length may one day help researchers **devise** new treatments for age-related diseases, particularly heart disease. “I see in my practice 80-year-olds with healthy heart and 40-year-olds with heart disease. We may be on our way to explaining the genetic component in the explanation for why this is so, and so **expanding** our knowledge of the disease and how to treat it,” Samani says.

But Samani also says the telomere research offered no quick fixes and those telomere-based treatments were still a long way off. The reason for this is that telomeres—while **potentially lowering** the risk of heart disease—play a role in the development of cancer cells. “We all probably develop cancer cells that don’t get past a few reproductions because of the effect of normal telomere shortening. If you make cells **immortal** by allowing them to repair their telomeres, you may raise the risk of many **nasty** cancers **considerably**.”

The bottom line, Samani says, is that scientists remain a long way from developing an *elixir* (长生不老药) of youth, however **tempting** that goal may be. Reporting on his research, *Britain’s Daily Mail* announced that Samani had found the “Peter Pan **gene**”—a headline that Samani **greeted** with a **weary** smile. “Aging and death will remain central to our biology at least for as long as I can **foresee**,” he says.

**stress** /stres/ *n.* 精神压力  
**influence** /'ɪnfluəns/ *vt.* 影响  
**genetic** /dʒiˈnetɪk/ *a.* 遗传的  
**treatment** /ˈtri:tment/ *n.* 治疗  
**variety** /vəˈraɪəti/ *n.* 品种, 种类  
**related** /rɪˈleɪtɪd/ *a.* 有关系的  
**focus** /ˈfəʊkəs/ *v.* 聚焦  
**molecule** /ˈmɒlɪkjʊ:l/ *n.* 分子  
**protective** /prəˈtektɪv/ *a.* 保护性的  
**cap** /kæp/ *n.* 帽子  
**reproduce** /rɪˈprɒdju:s/ *v.* 复制  
**plastic** /plæstɪk/ *a.* 塑料的  
**fray** /freɪ/ *v.* 磨损  
**a host of** 许多  
**identify** /aɪˈdentɪfaɪ/ *vt.* 鉴定  
**best bet** (口语)最好的办法  
**component** /kəmˈpəʊnənt/ *n.* 成分  
**devise** /dɪˈvaɪz/ *vt.* 设计  
**expand** /ɪkˈspænd/ *v.* 扩展  
**potentially** /pəˈtenʃəli/ *ad.* 潜在地, 可能地  
**lower** /ləʊə/ *vt.* 降低  
**immortal** /ɪˈmɔ:tl/ *a.* 长生不老的  
**mortal** /ˈmɔ:tl/ *a.* 终有一死的  
**nasty** /ˈnɑ:sti/ *a.* 令人讨厌的  
**considerably** /kənˈsɪdərəbli/ *ad.* 显著地, 相当当地  
**tempting** /ˈtemptɪŋ/ *a.* 吸引人的  
**temptation** /tempˈteɪʃən/ *n.* 诱惑  
**gene** /dʒi:n/ *n.* 基因  
**greet** /gri:t/ *v.* 对……做出反应  
**weary** /ˈwɪəri/ *a.* 疲倦的  
**foresee** /fɔ:ˈsi:/ *vt.* 预见

## 参 考 译 文

### 科学家接近老化之谜

古语有云“时间不等人”，然而科学家近年来向我们展示，时间似乎会为某些人特意放慢脚步。生物学家观察到，人体细胞老化的速度是有差别的，因此细胞的实际年龄和生物学年齡并不同步。

不过，造成这种差异的真正原因才现出冰山一角。外界因素如吸烟、精神压力和经常性锻炼都看似会影响细胞的老化速度。此外，研究者第一次发现，细胞衰老与遗传之间有着某种联系。这一发现意味着与老化有关的种种疾病和癌症有了新的治疗方法。

在生物学老化研究领域，科学家们近年来把注意力集中在存在于染色体细胞中的DNA长分子上。所有染色