

# The Guardian Volume



丛书主编 / 北京外国语大学 江涛      本书主编 / 江涛 孟飞

考研成功，绿色通道，吃透题源，决胜终点！

## 考研英语 阅读题源

### 卫报

分册

石油工业出版社



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Volume



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# 使用说明

很多同学都知道，应付考研英语，除了背单词、做真题以外，扩大阅读量是个很好的办法。和所有的英语考试一样，考研英语中阅读题的分值最大。而通过阅读英语文章来复习，除了可以提高阅读能力外，还可以更高效地记忆单词、培养语感、提高写作能力，从而从整体上提高你的英语水平。

扩大阅读量十分重要，而对阅读材料的选择也不容忽视。如果对历年考研真题阅读理解文章的来源进行整理，你会发现，其来源是有规律可循的。有关统计结果表明，考研英语阅读文章有80%以上出自 *The Economist* 《经济学家》、*Newsweek* 《新闻周刊》、*TIME* 《时代周刊》等原版英文报刊杂志；这些文章都是五年内发表的，具有一定的时效性。

这一规律对于复习考研至关重要。与其将大把时间浪费在其他类型的阅读上，为什么不直接从考研阅读的题源中进行发掘呢？无论是难度、篇幅还是文章的风格、选材，还有什么阅读材料比考题的题源更接近考题本身的呢？

因此，这套《考研英语阅读题源》系列丛书或许是你最好的阅读选择。

与考研命题人的思路一样，编者着眼于 *The Economist* 《经济学家》、*Newsweek* 《新闻周刊》、*TIME* 《时代周刊》、*The New York Times* 《纽约时报》、*The Times* 《泰晤士报》、*The Guardian* 《英国卫报》这六本国外的优秀杂志，从近几年刊载的文章中各精选出五十篇。根据考研真题的题材类型将这些文章分为社会类、文教类、经济类、科技类和健康类五部分。其中，每篇文章又包含以下三个部分。

题源文选：精选原汁原味、内容详实的英语报刊文摘，从风格、内容、难易程度方面均与考研真题相近。为了保证文章在原汁原味的基础上更好地体现考研阅读的特色，编者特节选了结构内容相对完整、篇幅与考研阅读文章相当的部分作为重点段落（即黑色实字部分），其余部分则以灰色虚字出现，便于考生有重点地阅读。

词汇注解：该部分列出了文章中考生需掌握的重点单词和超纲单词。重点单词部分列出了文中出现的、考研大纲中所包含的词汇，后面附有音标、文中释义及大纲全义，并在原文中以绿色加粗字体标出，帮助考生在阅读的同时更全面地掌握重点单词，并通过对单词的理解，更好地进行阅读。超纲单词部分则列出了文中出现的、不属于大纲考查范围的生词，在原文中以绿色斜体标出，来帮助考生排除阅读中的障碍，扩展词汇量。

重点段落译文：针对原文中的重点段落，提供精准的译文，为考生理解文章提供参考。

本分册所有文章均选自 *The Guardian* 《卫报》。

希望这套丛书能助考研考生一臂之力。最后衷心祝愿广大考生考研成功！

编 者

2008 年 4 月



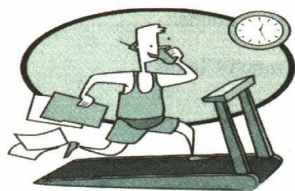


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Health

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# S 社会类 ocial Class







From *The Guardian*  
By Matt Keating  
Nov. 5, 2007

## The Green Worker

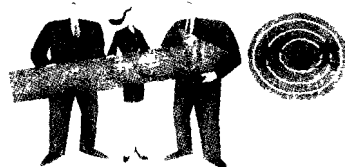
You've already caused a stir at the supermarket *checkout* by removing all the unnecessary plastic wrapping from your weekly shop. So when it comes down to plastics in the workplace, your attitude should be as *trenchant*.

Annually, the UK produces around 25m tonnes of commercial waste, a significant proportion of which is plastics, says Envirowise, a government-funded programme that advises businesses on sustainability. To reduce your office's *polymer* footprint, start with two easy targets: the pen and the cup. For the former, ask the gatekeeper of the *stationery* cupboard how many disposable plastic ballpoint pens you and your greedy colleagues get through. You'll be surprised. It's not just because everyone takes them home by mistake — most end up in company dustbins.

That established, the first thing is to stop all new orders. Then seek out suppliers of pens made from recycled plastic or pens that can be sent back to the manufacturers to be recycled once the ink has run out, or both. Go further and opt for refillables — just make sure the ink *cartridges* are recyclable too. Go even further and stop ordering in pens altogether for the next few months. Cutting off the supply will lead to pen *monogamy* in the office.

On to the next plastic target. Good news: the cups at the watercooler are recyclable. Bad news: few of us stick to one cup all day, let alone all week. Think it might be difficult to re-educate people into reusing their cup. Ban the plastic version, and people will start using their own glasses.

What about polystyrene foam cups? Though made from same polymer as the water cups, they are more difficult to recycle. One of the reasons is



that the blowing agents used to expand the *polystyrene* vary from one manufacturer to another and are not compatible when being *reprocessed*, says the recycling firm Save a Cup.

The only option is *outlawing* such cups. How hard is it to bring your own mug into work anyway? Use it every time the tea trolley comes. Take it with you to the canteen or to whatever coffee joint you frequent on your way to work.

You'll be glad to hear that your boss will welcome these moves. This is because an EU directive came into force last Tuesday requiring that all UK businesses treat their non-hazardous waste before it can be *landfilled*. That means paying a contractor to sort out the rubbish — or doing it yourself.



## 词汇注解

### 重点单词

stir /ste:/	[文中释义] <i>n.</i> 骚动 [大纲全义] <i>v.</i> 搅拌, 搅动; 摇动; 激动; 轰动; 煽动, 鼓动 <i>n.</i> 搅拌, 搅动; 激动, 骚乱, 骚动
wrapping /'ræpɪŋ/	[文中释义] <i>n.</i> 包装材料 [大纲全义] <i>n.</i> 包装纸, 包装材料 <i>adj.</i> 包装用的
cupboard /'kʌbəəd/	[文中释义] <i>n.</i> 小橱 [大纲全义] <i>n.</i> 碗柜, 小橱
disposable /dis'pəʊzəbl/	[文中释义] <i>adj.</i> 可任意使用的 [大纲全义] <i>adj.</i> 可任意使用的; 可自由支配的; 可用的
greedy /'gri:di/	[文中释义] <i>adj.</i> 贪婪的 [大纲全义] <i>adj.</i> 贪吃的, 贪婪的, 渴望的
recyclable /'ri:'saɪkl/	[文中释义] <i>adj.</i> 可回收的 [大纲全义] <i>adj.</i> 可回收的
vary /'veəri/	[文中释义] <i>v.</i> 变化 [大纲全义] <i>v.</i> 改变, 变化; 使多样化

**compatible** /kəm'pætebl/

[文中释义] *adj.* 兼容的

[大纲全义] *adj.* 能和睦相处的, 合得来的; 兼容的

**trolley** /'trɒli/

[文中释义] *n.* 手推车

[大纲全义] *n.* 手推车; (英)无轨电车; (美)有轨电车

**directive** /di'rektiv/

[文中释义] *n.* 指示

[大纲全义] *n.* 指示, 命令 *adj.* 管理的, 指导的

### 超级单词

**checkout**

*n.* 收银台

**trenchant**

*adj.* 坚决的

**polymer**

*n.* 高分子聚合体

**stationery**

*n.* 文具

**cartridge**

*n.* 盒子; 储墨管

**monogamy**

*n.* 单配制

**polystyrene**

*n.* 聚苯乙烯

**reprocess**

*v.* 再加工

**outlaw**

*v.* 取缔

**landfill**

*v.* 填埋垃圾

### 重点段落译文

当你每周在超市购物后在收银台去掉所有多余的塑料包装时, 你会为此引发一阵骚动。那么当在办公室面对塑料制品时, 你的态度也应当同样坚决。





由政府出资设立的英国环境支持与顾问机构 Envirowise 指出，英国每年制造大约 2500 万吨商业废弃物，其中相当大的一部分是塑料制品。该机构还建议商业机构用可重复使用的产品。为了减少办公室里高分子聚合物残留，你起初可以选择从两个简单的对象入手：笔和杯子。至于前者，你可以找文具柜的管理员问一下你和你贪婪的同事们用完了多少一次性的塑料圆珠笔。答案一定会让你为之震惊。这不仅仅是因为每个人错拿了笔带回家——而是最终它们大多都是被扔进了垃圾桶。

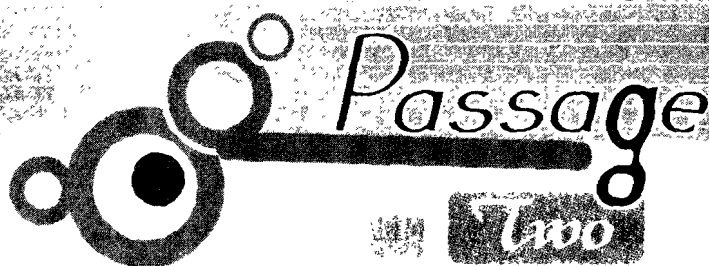
可以确定第一步要采取的措施是停止采购文具，然后寻找能生产可回收利用的笔的供应商，或者将墨水用完的笔返还给文具制造商加以再利用，或者同时采用上述两种方法。下一步就是要选择适于生产可再利用的笔的材料了——这只是为了确保墨水管也能被回收再利用。再下一步就是在未来几个月里都停止采购笔。这样切断供给后，办公室里每个人就只能使用一支笔了。

至于这第二个塑料制品对象，好消息是：在水冷却器处的杯子是可以循环使用的。坏消息是：很少有人一整天坚持只使用一个塑料杯，更不用说一星期了。考虑到说服人们重复使用杯子也许有些困难，所以干脆禁止他们使用塑料杯，这样他们就会使用自己的玻璃杯了。

泡沫聚苯乙烯杯怎么样？虽然它与水杯一样都是由塑料制成，但泡沫聚苯乙烯杯更难以重复利用。名为“节省一个水杯”的回收公司说，其中一个原因是每个制造商用来膨胀聚苯乙烯的发泡剂都不相同，因此进行再加工时不能兼容。

唯一的选择是取缔这些杯子。把你自己的杯子带到工作场所有多困难呢？每次茶具车来时就使用自己的杯子吧。也请你在去食堂，或者在去工作的路上以及频繁光顾咖啡场所时带上它吧！

当听说你的老板喜欢这些举动时，你是会高兴的。这是因为上星期四有一项欧盟的法令生效，该法令要求所有英国的商业机构在无危害性的废弃物被作为垃圾填埋之前处理好它们。这意味着为垃圾分类服务签订支付合同——要么你自己处理。



From *The Guardian*  
By Quinn  
Nov. 5, 2007



## Monday Yawning

Monday morning. Is there a worse time of the week? Just managing to get out of bed and into the shower can seem like a major triumph. But if this morning felt like a struggle, you are not alone — feeling *groggy* and unproductive is a common beginning-of-the-week side effect in UK employees. What's more, there is actually a reason why we don't feel our best when that Monday morning alarm clock rings. Even better, there are steps we can take to feel *perkier*.

“Ultimately it's like a very mild form of seasonal affective disorder,” says sleep expert Dr Chris Idzikowski of the widely reported Monday morning syndrome. Idzikowski is director of Edinburgh Sleep Centre, and has been appointed to research optimum sleep for British Airways. “Your body clock tends to run a little bit slow if you work hard during the week and then sleep in over the weekend,” he says. “It's the effect of imposing an artificial seven-day week. Your *circadian* rhythms rely on natural light cues to speed them up. If you miss these in the morning because you've kept the curtains drawn and stayed in bed at the weekend, then your body clock will be out of time and you'll feel tired.”

According to Idzikowski, some people will feel these effects more forcefully, with “morning” people often finding it more difficult to deal with disruptions to their body clock. “People who find it easier to get up in the morning and go to bed earlier tend to find it harder to adjust,” says Idzikowski. “This could just be because they have more of a routine, but it



certainly seems to be the case that they feel the effect of disruption more than people who are night owls.”

But whichever category you fall into, you’re unlikely to avoid the effects of a Monday morning sleep deficit. Physiologically, the vast majority of us feel the effects of the weekend come Monday morning — the exceptions being a few lucky individuals whose body clocks run a bit fast. We suffer more now the dark winter nights have set in, leaving us less natural wakeup light in the early hours.

This is bad news for businesses, as the loss in hours is estimated at £113m annually as workers struggle to adapt to their Monday mornings. This figure, according to research by Office Angels, is the impact of what they’ve termed “weekend jetlag”, which sees the majority of workers displaying symptoms ranging from tiredness to feeling cranky or unproductive.

But there are ways to tackle the Monday morning *wipeout*. And one of the key techniques for businesses to adopt is simply to acknowledge it exists. “We’re quite aware that on Monday morning staff aren’t at their most awake or productive,” says Alistair Leathwood, MD of recruitment consultancy FreshMinds Talent. “In an ideal world we’d have everything prepared on a Friday night, ready to get straight back on task for Monday. But the reality is very few of us do this, it helps to have a little extra motivation on Mondays.”

Leathwood’s solution is a simple one. He holds a 9 : 15am meeting every Monday for staff to talk through a quick rundown of their plans for the day or the week. “It gives people 15 minutes to settle in and check their emails, or whatever,” says Alistair. “But then at 9 : 15 we’re all in the same room, and ready to crack on.”

If you haven’t got a kindly manager, there are other techniques you can adopt. Buying a dawn-simulator alarm clock can be a surprisingly effective way to reset your body clock — these are designed to mimic a half hour sunrise, and have been proven in sleep studies to be an effective technique in regulating circadian rhythms. Alternatively, pull your curtains wide open in the morning, and try to get out in some sunlight before you start work. Exercise can also help wake you up and, if taken in the early evening, is associated with helping to regulate your body clock.



For many of us, however, that Monday morning feeling is as much psychological as it is physiological. Knowing we've got a stressful job to get back to, or we've had a heavy weekend can affect how much we're looking forward to starting work again. "A lot of people link the Monday morning feeling with going back to school after a weekend when they haven't done their homework," says Dr Nerina Ramlakhan, sleep and energy coach at Capio Nightingale.

"Also, we're essentially working against our genetic code because of the artificial way we work. We don't necessarily need to go to bed at night and sleep the whole way through. Historically, we would be waking up in the middle of the night, and taking sleep in different parts of the day."

A good argument then for one of our favourite bugbears — the right to more flexible hours. After all, with more freedom over when we work, staff could sleep in for an extra hour on Mondays, or take a quick nap in the afternoon to adjust.

And as TUC general secretary Brendan Barber concludes: "Workers who feel their bosses trust them enough to work flexibly will feel more involved and more content in their jobs — conditions which make for a much more productive workforce on Mondays and every other day of the week."



## 词汇注解

### 重点单词

triumph /'traɪəmf/

[文中释义] *n.* 胜利, 成功

[大纲全义] *n.* 胜利; 欢欣; 典范, 楷模  
*v.* 得胜, 战胜

ultimately /'ʌltɪmətli/

[文中释义] *adv.* 最终

[大纲全义] *adv.* 最后, 最终

appoint /ə'pɔɪnt/

[文中释义] *v.* 任命, 指定

[大纲全义] *v.* 任命, 委派; 指定, 约定(时间、地点等)

optimum /'ɒptɪməm/

[文中释义] *adj.* 最佳的

[大纲全义] *adj.* 最适宜的, 最合适的, 最佳的  
*n.* 最适宜(条件)



impose /im'pəuz/

[文中释义] v. 加上, 强迫

[大纲全义] v. 加上, 课征, 强迫, 征收(税款)

rhythm /'riðəm/

[文中释义] n. 节奏

[大纲全义] n. 节奏, 韵律

forcefully /'fɔ:sfʊli/

[文中释义] adv. 强烈地

[大纲全义] adv. 强有力地, 有说服力地

disruption /dis'rʌpʃən/

[文中释义] n. 紊乱

[大纲全义] n. 分裂; 紊乱

adjust /ə'dʒʌst/

[文中释义] v. 调整, 使……适于

[大纲全义] v. (使) 调节; 整顿, 调整; 适应(to)

physiologically /ˌfiziə'lɒdʒikəli/

[文中释义] adv. 生理上, 在生理学上

[大纲全义] adv. 生理上, 在生理学上

acknowledge /ək'nɒlɪdʒ/

[文中释义] v. 承认

[大纲全义] v. 承认; 接受; 告知(信件等的)收到;  
答谢

motivation /ˌməʊti'veɪʃən/

[文中释义] n. 动力

[大纲全义] n. 动力

### 超纲单词

groggy

adj. 酒醉的, 感觉虚弱的

perky

adj. 活泼的, 大胆的

circadian

adj. 生理节奏的

wipeout

n. 擦去(封闭电子管, 电视划出)

recruitment

n. 招募新兵, 补充

### 重点段落 译文

一周中还有比星期一早上更糟糕的时刻吗? 能够起床去冲个澡似乎都可以看做是巨大的成功了。如果你感觉像是在与这个早晨做抗争

的话，那你也并不是特例——对英国所有的雇员来说，感觉昏昏欲睡并且不想工作是一周开始时的常见情况。进一步来说，事实上，当我们在周一的闹钟响起时不能达到最佳状态是有原因的。但好的是，我们还可以采取一些措施让自己在那天感到更有活力。

睡眠专家克里斯·伊济科夫斯基有关星期一早上综合征的研究已被广泛报道，他说：“从根本上说，它就像一个轻微的季节性情感失调。”伊济科夫斯基是爱丁堡睡眠中心的主管，他被任命去研究英国航空公司的最佳睡眠状态。他说：“如果你在工作日里工作得很努力，而后在周末睡懒觉的话，你体内的生物钟就会走得稍慢一些，这是由于人工规定的一周七天制被强加在人身上而造成的一种效应。你要依靠自然光线来加快你的生理节奏。如果你在周末因为拉着窗帘并且躺在床上而错过了这些，那么你的生物钟就会失调，以至使你感觉到疲惫。”

根据伊济科夫斯基的研究，早起的人通常会发现自己更难调节紊乱的生物钟，所以说有些人对这种效应的感觉会异常强烈。伊济科夫斯基这样说：“早上起得早一些和晚上睡得早一些的人会更难调整，这可能只是因为他们有更多规律性的习惯，但这看起来似乎就是他们会比那些常熬夜的人对这种失调状况感到更加强烈的原因。”

但是不管你属于哪种情况，你都无法摆脱星期一早上因睡眠不足造成的影响。从生理学的角度讲，大多数人都是在星期一的早上感觉到周末带来的影响——少数生物钟调整得稍微快一些的幸运者可能会有例外。现在，随着冬夜临近，这种因素对我们影响会更大，因为在冬天留给叫醒我们的自然光会更少。

但是我们还是有一些办法可以应对周一早上这种糟糕情况的。公司们采用的一种主要办法很简单，就是承认这种情况的存在。FreshMinds Talent 公司的招聘总经理、医学博士阿利斯泰尔·里斯伍德说：“我们已经非常清楚，员工们在周一早上没有完全睡醒或者不在工作状态。理想中，我们会在周五准备好一切，然后在下周一时直接开始任务。但是事实是很少有人会这样做，尽管这样做会在星期一时带给我们一点儿额外的动力。”