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八年级

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always in, never out

2014版

# 英语时文 晨读100篇

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主 编 / 叶 莎



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八年级

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# 英语时文 晨读100篇

主 编/叶 莎

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# 前言

阅读是语言学习、考核的重点和难点。

不少读者已经注意到,近几年的中、高考阅读理解题,在选材方面非常注重题材的多样化、交际化和生活化,通过故事、报道、议论文等形式关注社会热点现象,突出语境设计和语言运用;同时逐渐重视英语文化的渗透。这种趋势说明在保留考查学生的语言知识和技能的的同时,对学生的语言应用能力和跨文化交际能力也提出了更高的要求。这正是教学改革的趋势、自主招生考核的动向、新教学大纲精神的体现,本套丛书正是在这一背景下应运而生。

本套丛书旨在给学生提供晨读使用的英语时文材料,对最新热点话题的捕捉使得选材贴近生活,能够为学生所喜闻乐见。同时结合晨读时段的特点和训练形式精心编排板块,能帮助学生安排好晨读节奏,有效提高英语语感,扩充阅读知识面,对学生提高阅读水平有很大促进作用。

丛书按年级设置,初中每个年级一本,高中则只设置一本,共4本单册。每册分20周安排晨读内容,每周从周一~周五安排时文朗读,共100篇文章。

根据各年级学生接受水平的不同,本套丛书有序排列、循序渐进,逐年级体现难度的递进性。比如在选文长度上初中大致在150~300单词,高中则在350~600单词;题材上基本覆盖了时下的热门现象和热点话题,类别包括自然地理、科学技术、政治经济、体育运动、养生保健、教育学习、调查研究、环球博览、节日习俗、娱乐休闲、交通通信、社会百态、职场人生、文化生活等。

丛书中每篇时文包括六部分:一、“给力热身站”,是根据选文内容设计的开放式问题供学生思考回答,书后附有参考答案;二、“晨读文选”;三、“生词”,将选文中较难的词按出现的顺序逐一标出并解释;四、“长难句分析”,对选文中较复杂的句子进行了句法上的分析,帮助学生更好地理解文章,同时巩固所学语法知识;五、“译文”,是对选文的翻译;六、“推荐语句背诵”,此部分将文中较为精彩、经典的语句标出,供学生记忆。由此可以看出,本套丛书在扩充学生知识面、加大文化浸染的同时,也能兼顾到学生的语言能力,提高其获取信息、分辨整合信息、加工发展信息的能力。

传统的晨读文章多半选取的是富有哲理的美文,这种文章易于背诵、语言优美,但题材相对单一,容易产生审美疲劳。本套丛书选文时代感强,题材丰富、话题新颖、文化色彩浓厚,能极大地扩充学生的知识面,以便学生了解世界正在发生的事情、正在谈论的话题,从而帮助学生彻底摆脱“两耳不闻窗外事,一心只读圣贤书”的传统形象。

需要指出的是,丛书的定位是时文,选取的都是当下最真实最鲜活的语言,由于题材包罗万象,读者难免会觉得有些文章生词数量稍多,尤其是在科技说明文中,这



是不可避免的。读者大可不必望而止步！首先，较难的词尤其是专业词汇在文中或生词部分都已标出，不影响阅读；其次，对照参考译文，理解原文毫无问题；再次，如果为了完全照顾学生的现有语言水平而对文章作大幅度的修改，这样学生的词汇量得不到提高，同时也影响语言的真实性和时文信息的有效性。其实，在真实的语境下进行浸润式阅读，读者能在不知不觉当中提高自身的语言能力，当然，这也意味着本书中的文章同样值得在晨读以外的时间好好研读。

另外，为了保证文章富有时代感，部分选文来自报刊、网络，在此对原作者深表谢意，如有疑问可联系 [press\\_jj@ecust.edu.cn](mailto:press_jj@ecust.edu.cn)。而经过2013年的修订之后，本次修订再版又选取并更换了一批时代感更强的选文，希望能继续得到广大读者的认可。囿于编者水平，不足之处敬请读者指正。

# 目录 CONTENTS

## 第1周

Mon	自然地理	001	Global Warming Is Around You 全球变暖离你不远
Tue	调查研究	002	One in Five Women in Britain Are Childless 英国五分之一的女性在40岁前没有孩子
Wed	科技趣闻	004	Bill Gates: How to Be a Parent 比尔·盖茨谈为父之道
Thu	学林漫步	006	<i>Reader's Digest</i> 《读者文摘》
Fri	财经新闻	007	The Richest Men in China 中国富豪

## 第2周

Mon	自然地理	010	The World Is Thirsty 世界很渴
Tue	科学发现	011	Global Warming Could Make Humans Shorter 全球变暖会使人变矮
Wed	环球博览	013	American City Dwellers Grow Their Own Food 美国城市居民也自己种菜
Thu	风云人物	014	South Africa's Hero — Nelson Mandela 南非英雄——纳尔逊·曼德拉
Fri	开心一刻	016	A Farmer and His Cow 农夫与牛

## 第3周

Mon	自然地理	018	Germs in Our Environment 环境中的细菌
Tue	环球博览	019	Schools Buy iPad for Students 学校为学生购买 iPad
Wed	养生保健	021	Diet like Ancient People Is Good for Health 和古人一样的饮食有益健康
Thu	调查研究	023	Reading Classics Is Good to Your Brain 阅读古典作品有利于大脑
Fri	环球博览	025	Secret Santa 神秘圣诞老人

## 第4周

Mon	网络时代	027	E-books Taking Place of Paper Books? 电子书会取代纸质书吗?
Tue	调查研究	029	The Stripes of Zebra 斑马身上的条纹
Wed	环球博览	030	Places to See in Vancouver 温哥华观光
Thu	人生感悟	032	How Could We Be Happy 我们怎样才能快乐
Fri	养生保健	033	Ways to Keep Healthy 如何保持健康

## 第5周

Mon	自然生物	036	Do Animals Have Language? 动物有语言吗?
Tue	科学发现	037	Healthy Diet Makes Children Cleverer 健康饮食使孩子更聪明
Wed	环球博览	039	Should Children Ride to School by Bike? 孩子们能骑自行车上学吗?
Thu	文化生活	041	What Is Language for? 语言用来做什么?
Fri	开心一刻	042	A Woman and Tea 妇人与茶叶

# 目录 CONTENTS

## 第6周

Mon	科学发现	044	Why Dogs Can Walk on Snow? 为什么狗可以在雪上走?
Tue	网络时代	045	What Do You Want to Be When You Grow Up? 你长大了想干什么?
Wed	环球博览	047	Australian Children Are Not As Healthy As They Should Be 澳大利亚的儿童不那么健康
Thu	调查研究	049	Keeping Busy Can Make You Happy 忙碌使人快乐
Fri	开心一刻	050	Toothache 牙疼

## 第7周

Mon	自然生物	053	Why Do Animals Wear Different Colours? 为什么不同动物有不同颜色?
Tue	调查研究	054	Teenagers Need Nine Hours of Sleep a Night 中学生每晚需要九个小时的睡眠
Wed	环球博览	056	Something You Need to Know About America 你应该知道的美国文化
Thu	科学发现	058	Ear Care 关爱耳朵
Fri	开心一刻	059	Rich Man and His Servant 富人和仆人

## 第8周

Mon	动物世界	061	Training Animals 训练动物
Tue	科学发现	062	Warm Colors and Cool Colors 暖色与冷色
Wed	科普常识	064	Memory 记忆
Thu	文化生活	065	Cut Down on the TV by One Hour and Read 关掉电视一小时,幸福阅读一辈子
Fri	开心一刻	067	Who Is the Most Important Person? 谁是最重要的人?

## 第9周

Mon	环球博览	069	How to Ride the Moscow Metro for Free 如何在莫斯科免费乘地铁
Tue	调查研究	070	One in Ten of Us Have Been Dumped by Text Messages 十分之一的人曾收到“分手短信”
Wed	科普常识	072	First Aid 急救
Thu	文化生活	073	Beautiful People Earn More 美丽的人赚得更多
Fri	教育在线	075	Drinking Water Can Improve Your Performance in Exams 喝水有助提高考试成绩

## 第10周

Mon	科技快讯	077	Gold-colored iPhone 5S Is Popular 金色 iPhone 5S 受追捧
Tue	科学技术	079	How Can a Rocket Fly? 火箭如何能飞行?
Wed	调查研究	080	The World's Largest Market for Cosmetic Surgery 世界整形美容业最大的市场
Thu	社会百态	081	Finding a Job Is No Joke 找工作可不易
Fri	寓言故事	083	The Golden Touch 点金术

# 目录 CONTENTS

## 第11周

Mon	娱乐休闲	086	Another Success by Stephen Chow 星爷又一力作:《西游·降魔篇》
Tue	两会要闻	087	Xi Jinping: The New Leader of China 习近平——中国新一代领导人
Wed	调查研究	089	Health Risks in a Crowd 人群中的健康隐患
Thu	语言学习	090	Phrases About “Apple” 论“苹果”
Fri	人生感悟	092	Attitude Makes the Full Mark 态度造就满分

## 第12周

Mon	网络时代	094	Online Education 在线教育
Tue	调查研究	096	Number of Foreign Students in US Continues to Rise 美国留学生数量持续攀升
Wed	科学技术	097	Coconut Shells and Mango Pits Can Make Power? 椰壳和芒果核也能发电?
Thu	环球博览	099	Not Everyone Welcomes IMPACT System in Washington 华盛顿IMPACT教师评级体系备受争议
Fri	文化趣闻	101	Pirates Help Children Learn to Write “海盗”教你学写作

## 第13周

Mon	科学技术	103	Green Super Rice 绿色超级稻
Tue	科技前沿	105	Print Out a House 打印房子
Wed	学林漫步	107	200th Anniversary of <i>Pride and Prejudice</i> 《傲慢与偏见》出版200周年
Thu	文化生活	108	Advertisement 广告漫谈
Fri	调查研究	110	World University “Reputation” Rankings 全球高校排名

## 第14周

Mon	环球博览	112	London Enjoying the Best Taxi Service 出租车行业伦敦服务最佳
Tue	调查研究	114	It's Hard for Women to Propose 女性求婚不容易
Wed	科学发现	115	More Hours on Screen, Less Days of Living 久看屏幕或可致死
Thu	自然地理	117	One Planet Will Not Be Enough in 2030 2030年,一个地球将不够用
Fri	开心一刻	119	At the Barber's Shop 理发店趣事

## 第15周

Mon	调查研究	121	Reality Shows Are No Longer Hot 选秀节目风光不再
Tue	科学发现	122	Psychological Harm of Second-Hand Smoke 二手烟可造成心理伤害
Wed	自然地理	124	Ozone Layer to Recover from 2048 臭氧层将于2048年恢复原状
Thu	环球博览	125	Robot Teachers Are Popular in Korea 机器人老师在韩国受学生热捧
Fri	语言学习	127	Some Popular English Proverbs 英语谚语趣谈

# 目录 CONTENTS

## 第16周

Mon	体育健身	129	Can You Move? 你动得起来吗?
Tue	环球博览	131	Recycling Electronic Waste 回收电子废料
Wed	校园生活	132	My Part-Time Job, My Zone! 我的兼职我做主!
Thu	调查研究	134	The Importance of Self-Control 自制力的重要性
Fri	科学发现	135	Can We Predict Longevity? 长寿或可预测?

## 第17周

Mon	调查研究	138	Two Thirds Happy to Buy Fake Luxuries 三分之二的人喜欢买假名牌
Tue	校园生活	140	Campus Lectures—Where Is the Way Out? 校园讲座,路在何方?
Wed	奇闻异事	141	A Bizarre Accident 奇特的事故
Thu	社会广角	143	Come Home for Spring Festival, Son! 回来过年吧,儿子!
Fri	社会热点	145	Technology Threatens the Purity of Chinese Language? 科技污染汉语“纯度”?

## 第18周

Mon	社会热点	147	Student Village Officials' Future 大学生村官的未来
Tue	环球博览	149	Teenagers in Britain Need to Stand Up for Elders 英国青少年须给老人让座
Wed	文化生活	151	Couples of Post-80s Tend to Give Up on Marriage Easily “80后”的婚姻较脆弱
Thu	养生保健	153	The Agony of Acne 粉刺的烦恼
Fri	奇闻异事	154	A Tone-deaf Boy Became a Musical Talent 乐盲少年变身音乐天才

## 第19周

Mon	调查研究	157	Gold Rush Online 大学生的网络淘金梦
Tue	社会广角	159	McDonald's' Tips for Its Employees 麦当劳给员工的建议
Wed	科普常识	160	Achoo! 打喷嚏趣谈
Thu	环球博览	162	Wedding Expenses List in USA 美国婚礼花费排行
Fri	文化生活	164	A Skeleton Key 一把万能钥匙

## 第20周

Mon	调查研究	166	Red Packets Hurt 过年红包“伤不起”
Tue	网络时代	168	Chinese Internet Users: More Entertainment than Business On-line 中国网民上网趋向娱乐化
Wed	调查研究	169	Happiness Drives out Colds 快乐有助治疗感冒
Thu	娱乐休闲	171	Ang Lee Won His Second Oscar Award 李安再捧小金人
Fri	感人瞬间	173	Depending on Yourself 自力更生

# 第1周

Mon

自然地理

## Global Warming Is Around You 全球变暖离你不远

### 给力热身站

1. Do you think our environment is becoming worse?
2. What can you do to protect our environment?

### 晨读文选

When you watch TV and play video games you make global warming worse! It may seem hard to believe, but when electricity is made, so are greenhouse gases. To make electricity, fossil fuels are burned in big factories. But burning fossil fuels also makes greenhouse gases. This means that every time you use electricity, you help make global warming worse. Cars are also making global warming worse. They burn fossil fuels in their engines, and send lots of greenhouse gases into the air.

Global warming may be a big problem, but we can all help stop it. People can try to drive their cars less. Or even get ones that run on sunlight. You can also help. Why not try one of these ideas:

1. Try to use less electricity. Turn off lights, your television and your computer when you don't use them. You can also try to watch less TV.
2. Plant trees. Not only is it a fun thing to do, but it is also a great way to lower the amount of greenhouse gases in the air. Trees take carbon dioxide out of the air when they grow.
3. Don't throw away your rubbish, try to recycle it. If rubbish is not recycled, it may rot and give off a greenhouse gas called methane.

### 生词

global warming ['gləʊbəl] ['wɔːmɪŋ] 全球变暖

greenhouse gas 温室气体

fossil fuel ['fɒsl] ['fjʊːəl] 化石燃料(如煤或石油)

carbon dioxide ['kɑːbən] [daɪ'ɒksaɪd] 二氧化碳

rot [rɒt] *n.* 腐烂;腐败 *v.* (使)腐烂;(使)堕落

give off 放出,发出(气味、热、光等)

methane ['meθeɪn] *n.* 甲烷



## 长难句分析

Not only is it a fun thing to do, but it is also a great way to lower the amount of greenhouse gases in the air.

本句采用了 not only ... but also 的句型;not only 放在句首时,其后的句子要部分倒装,句子中的系动词或者助动词要提前,没有助动词的句子要根据主句的时态和语态加上助动词并将其提前构成倒装句,但注意 but also 后的分句不用倒装。

## 译文

你看电视、玩电子游戏的时候,你使得全球变暖问题更加严重!这似乎很难相信,但是发电的同时也产生了温室气体。发电时,大工厂需要燃烧化石燃料,但这也会排放温室气体。这就意味着,每次你使用电能,都使得全球变暖问题恶化。汽车也使全球变暖问题恶化,因为汽车发动机要燃烧化石燃料,然后将温室气体排放到大气中去。

全球变暖或许是一个大问题,但我们可以帮助阻止它。人们可以尝试少开车,或者买靠太阳能驱动的汽车。你也可以帮忙,不如试试以下建议之一。

1. 减少电能使用:不用的时候,关掉电灯、电视和电脑,而且你还应该少看电视。
2. 种树:种树不仅很有趣,而且是降低温室气体排放的好方法,因为树木在成长过程中需要吸收二氧化碳。
3. 不要乱扔垃圾,试着将其回收:如果垃圾不被回收,则会腐烂,并释放出一种叫做甲烷的温室气体。

## 推荐语句背诵

To make electricity, fossil fuels are burned in big factories. But burning fossil fuels also makes greenhouse gases. This means that every time you use electricity, you help make global warming worse.

发电时,大工厂需要燃烧化石燃料,但这也会排放温室气体。这就意味着,每次你使用电能,都使得全球变暖问题恶化。

### Tue 调查研究

## One in Five Women in Britain Are Childless 英国五分之一的女性 在40岁前没有孩子

### 给力热身站

1. How many brothers or sisters do you have?
2. Do you think Chinese women have babies later than before?

## 晨读文选

A study says that women with a university education are choosing to have children later in life. Just over one in five women who went to universities become mothers by the age of 30. But in the mid-1970s, three in five of women became mothers at 30. This is because women wish to have a job and good lifestyle now.

The study also says that higher education is only part of its reason. Women with a university education now have very different work and they have different ideas about family than before.

The generations that chose to decrease the birth rate saw a big increase in full-time employment rates. This means that some women were choosing careers and not families.

The changes also mean many educated women are now childless. One in ten women who are over 50 does not have children. What is more, one out of five women in their 30s and 40s has no children. And the rate is still climbing.

## 生词

university [ˌjuːnɪˈvɜːsəti] *n.* 大学

increase [ɪnˈkriːs] *v.* 增加;提高 *n.* 增加;增强;提高

decrease [diˈkriːs] *v.* 减少;减小;降低 *n.* 减少;降低

employment [ɪmˈplɔɪmənt] *n.* 雇用;工作;职业

birth rate 出生率

career [kəˈrɪə] *n.* 事业;生涯;经历

## 长难句分析

1. Women with a university education now have very different work and they have different ideas about family than before.

本句由and连接两个并列分句构成,第二个分句中different than相当于different from。

2. The generations that chose to decrease the birth rate saw a big increase in full-time employment rates.

本句的主干是the generations saw a big increase,其中saw表示“见证”;that chose to decrease the birth rate是定语从句,修饰the generations。

## 译文

一项调查表明,读过大学的女性通常选择晚育。在读过大学的女性中,仅有五分之一的人在30岁之前生育。20世纪70年代中期这一数字为五分之三。这主要是因为现在她们想追求事业以及一种好的生活方式。

研究报告称,受教育程度只是其中的一部分原因。高学历女性的工作与从前大不一样,对家庭也有不同的看法。

生育率大幅降低的几代人就业率却大幅增长,这表明有些女性看重的是事业而不是家庭。

这些变化还表明很多高学历女性目前还没有孩子。在50岁的女性中,十分之一的人没有孩子。但在30岁至40岁的女性中,有五分之一的女性没有孩子,而且这一比例还在持续攀升。

## 推荐语句背诵

The generations that chose to decrease the birth rate saw a big increase in full-time employment rates. This means that some women were choosing careers and not families.

生育率大幅降低的几代人就业率却大幅增长,这表明有些女性看重的是事业而不是家庭。

Wed  
科技趣闻

## Bill Gates: How to Be a Parent 比尔·盖茨谈为父之道

### 给力热身站

1. Do you know who Bill Gates is?
2. Do you own a cell phone now?

### 晨读文选

Microsoft founder Bill Gates has opened up about being a parent, stating that 13 is an appropriate age for a child's first cell phone.

The 57-year-old, father-of-three revealed on the *Today Show* that his children Jennifer and Rory were not allowed phones until their thirteenth birthday and his youngest daughter Phoebe is still waiting for one.

"We've chosen in our family that it's 13 where you get a phone," the self-made billionaire explained.

He said as a result his children often return home from school complaining: "All the other kids have it. I'm the only one without it, it's so embarrassing."

Asked if he keeps passwords to his son and daughters' email and Facebook accounts, Mr. Gates said that he doesn't for Jennifer, 16, who he describes as "independent". He admitted that monitoring online activity is "a very tricky issue for parents now".

Despite their vast wealth Mr. and Mrs. Gates have said they want to give their children as normal an upbringing as possible. It was previously reported that their youngsters have to complete household chores and are given a modest amount of pocket money. And in 2010 Mr. Gates said that he intends to give most of his \$61 billion fortune away rather than hand it down. "That wouldn't be good either for my kids or society," he said.

### 生词

appropriate [ə'prəʊpriət] *adj.* 适当的

reveal [rɪ'vi:l] *v.* 揭露

explain [ɪk'spleɪn] *v.* 解释

complain [kəm'pleɪn] *v.* 抱怨

embarrassing [ɪm'bærəsɪŋ] *adj.* 令人尴尬的

password ['pɑ:swɜ:d] *n.* 口令; 密码

account [ə'kaʊnt] *n.* 账户

describe [dɪ'skraɪb] *v.* 描述

monitor ['mɒnɪtə(r)] *v.* 监控

tricky ['trɪki] *adj.* 棘手的, 难处理的

upbringing ['ʌpbriŋɪŋ] *n.* 养育

chore [tʃɔ:(r)] *n.* 零星工作(尤指家常杂务)

hand down 传给

## 长难句分析

The 57-year-old, father-of-three revealed on the *Today Show* that his children Jennifer and Rory were not allowed phones until their thirteenth birthday and his youngest daughter Phoebe is still waiting for one.

本句主干为 the 57-year-old, father-of-three revealed that; that 后接 reveal 的宾语从句, 在该从句中第二个 and 连接两个并列的从句。

## 译文

微软公司创始人比尔·盖茨近日吐露了他的为父之道, 他认为13岁是孩子拥有第一部手机的合适年龄。

作为三个孩子的父亲, 今年57岁的比尔·盖茨在《今日秀》节目上透露, 他的长女珍妮弗和长子罗里直到他们13岁生日那天才获准拥有自己的第一部手机, 而他最小的女儿菲比仍在等待中。

这个白手起家的亿万富翁解释道: “我们家的规定是直到13岁你才能拥有手机。”

盖茨说, 由于这项规定, 孩子们从学校回家后常抱怨说: “其他孩子都有手机, 我是唯一没有手机的人, 这很令人尴尬。”

当被问及是否保存儿女邮箱和脸谱网账号的密码时, 盖茨说他并没有保存16岁长女珍妮弗账号的密码, 因为他觉得她已经“独立”了。盖茨承认监督子女的线上活动“对于现在的父母是一件非常棘手的事”。

尽管盖茨夫妇拥有巨额财产, 但他们表示想尽量让自己的孩子像普通人一样成长。先前有报道说, 盖茨的三个小孩子在家中要做家务, 零花钱也不多。2010年盖茨曾提到他打算把他610亿美元财产中的大部分捐赠出去而不是留给自己的孩子。盖茨说, 留遗产“既不利于孩子, 也不利于社会”。

## 推荐语句背诵

Despite their vast wealth Mr. and Mrs. Gates have said they want to give their children as normal an upbringing as possible.

尽管盖茨夫妇拥有巨额财产, 但他们表示想尽量让自己的孩子像普通人一样成长。

Thu  
学林漫步

## Reader's Digest 《读者文摘》

### 给力热身站

1. Do you like reading?
2. What do you often read?

### 晨读文选

*Reader's Digest* is a monthly magazine. Before the 1980s, it belonged to a privately held company, which was started in 1922 by Lila Bell Wallace and DeWitt Wallace. This magazine is small and easy to carry, just half the size of most American magazines, which caused a phrase in 2005, "America in your pocket". It is the best-selling magazine in the USA. At present, its circulation in the USA has reached 10 million copies and the number of the readers there is 38 million. Its global circulation outside the USA has reached 40 million people throughout more than 70 countries in 21 languages.

This magazine's focus is not news but more of cultural views because the editors think people now can get timely news from somewhere else. They hope this magazine can give readers something that is about special personal experiences, something the readers can share with their families. In different countries, this magazine provides a window to the world for the local readers. Some parts of the magazine are about the local customs and interests of the local readers. The other parts give the local readers information from all over the world.

This magazine actually used to be a family business until the Wallaces died in the 1980s. Because they had no children, there was no one to take over the company. In the early 1990s, this company went public and became a public company.

### 生词

digest [daɪ'dʒest] *n.* 摘要;文摘 *v.* 消化;融会贯通  
belong to 属于

privately ['praɪvɪtli] *adv.* 私下地;秘密地

phrase [freɪz] *n.* 短语;成语;惯用语 *v.* (以某种方式)表达,措辞

circulation [ˌsɜːkjəˈleɪʃn] *n.* 流通;发行量;循环

focus ['fəʊkəs] *n.* 焦点;焦距;中心点 *v.* 集中  
(注意力、精力等);调焦;聚焦

actually ['æktʃʊəli] *adv.* 实际上;竟然

take over 接收,接管

### 长难句分析

1. This magazine is small and easy to carry, just half the size of most American magazines, which

caused a phrase in 2005, “America in your pocket”.

本句的主句是 This magazine is small and easy to carry. just half the size of most American magazines 是插入语,起补充说明作用;which caused a phrase in 2005 是 this magazine 的非限制性定语从句,which 为关系代词,作主语,不能省略;“America in your pocket” 是 a phrase 的同位语。

2. This magazine's focus is not news but more of cultural views because the editors think people now can get timely news from somewhere else.

本句的主句是 This magazine's focus is not news but more of cultural views, 采用了 not ... but ... 的句型,意为“不是……而是……”;because the editors think people now can get timely news from somewhere else 是原因状语从句,其中谓语动词 think 后的句子是其宾语。

## 译文

《读者文摘》是月刊杂志,由莉拉·贝尔·华莱士和德威特·华莱士于1922年创办,由一家私人公司发行。此杂志体积不大,易于携带,只有美国普通杂志的一半大小,因此在2005年,它得到了一个“美国在你口袋里”的称号。它是美国最畅销的杂志。截至目前,它在美国的发行量达到了1 000万份,读者数量达到3 800万人,它在全球70多个国家用21种语言发行,国外读者总数达到4 000万人。

此杂志着眼于文化观点而不是新闻,因为编辑认为如今人们能够从其他任何地方得到新闻信息,他们希望此杂志能够提供给人们特别的个人经验,这些经验可以与家人分享。在不同的国家,此杂志为当地读者提供了一个观察世界的视角,杂志的一些板块是针对当地习俗和当地读者的兴趣的,另一些则是为当地读者提供来自全世界的信息。

此杂志在20世纪80年代华莱士夫妇去世前一直是家族企业,因为他们没有子女,没有人继承这家公司,因而直到20世纪90年代早期,这家公司才走向公众,成为一家上市公司。

## 推荐语句背诵

This magazine's focus is not news but more of cultural views because the editors think people now can get timely news from somewhere else. They hope this magazine can give readers something that is about special personal experiences, something the readers can share with their families.

此杂志着眼于文化观点而不是新闻,因为编辑认为如今人们能够从其他任何地方得到新闻信息,他们希望此杂志能够提供给人们特别的个人经验,这些经验可以与家人分享。

Fri

财经新闻

# The Richest Men in China 中国富豪

## 给力热身站

1. Do you know any billionaires in China?
2. If you are a billionaire, what would you do?



## 晨读文选

According to the Bloomberg Billionaire Index, Li Yanhong passed Wang Jianlin as the richest man in China today by just \$64 million.

The founder of China's largest Internet search engine Baidu Inc., has become the wealthiest individual in China, 14 days after he took the No. 2 spot. Li's net worth has climbed by \$4.8 billion, or 65 percent, to \$12.231 billion so far this year as Baidu shares rallied.

Wang founded Dalian Wanda, the nation's largest commercial property developer and movie theatre operator. Wang's wealth shrank to \$12.2 billion from \$14.2 billion in August when he overtook Zong Qinghou, chairman of Hangzhou Wahaha Group as the country's richest man.

Zong of Wahaha, the largest Chinese beverage maker, trails Li and Wang with a net worth of \$12.0 billion. Ma Huateng, founder and chairman of Tencent Holdings, China's largest Internet company by market value, is the country's fourth-richest individual with a wealth of \$11.5 billion, according to Bloomberg Billionaires Index.

## 生词

billionaire [ˌbɪljəˈneə(r)] *n.* 亿万富翁;巨富

index [ˈɪndeks] *n.* 索引;〈数〉指数

search engine (互联网上的)搜寻引擎

individual [ˌɪndɪˈvɪdʒuəl] *n.* 个人;个体 *adj.* 个人的;独特的

spot [spɒt] *n.* 地点,场所,位置

net worth 资本净值,资产净值

share [ʃeə(r)] *n.* 股;股价;(参与、得到等的)份额

rally [ˈræli] *vi.* 反弹;恢复(元气等)

commercial [kəˈmɜːʃl] *adj.* 商业的;贸易的

property [ˈprɒpəti] *n.* 财产,地产

developer [dɪˈveləpə(r)] *n.* 开发者

shrink [ʃrɪŋk] *vt. & vi.* 收缩,(使)缩水

overtake [ˌəʊvəˈteɪk] *vt.* 追上,赶上

beverage [ˈbevərɪdʒ] *n.* 饮料

## 长难句分析

1. ① Wang's wealth shrank to \$12.2 billion from \$14.2 billion in August ② when he overtook Zong Qinghou, chairman of Hangzhou Wahaha Group as the country's richest man.

①是主句;②是时间状语从句,其中 chairman of Hangzhou Wahaha Group 是 Zong Qinghou 的同位语。

2. Ma Huateng, founder and chairman of Tencent Holdings, China's largest Internet company by market value, is the country's fourth-richest individual with a wealth of \$11.5 billion, according to Bloomberg Billionaires Index.

本句主干为 Ma Huateng is the country's fourth-richest individual; 而 founder and chairman of Tencent Holdings 是 Ma Huateng 的同位语; China's largest Internet company by market value 是 Tencent Holdings 的同位语。

## 译文

根据彭博亿万富翁指数的数据,百度的李彦宏超越大连万达董事长王健林成为中国内地新首富,总身价比王健林高出6400万美元。