

英语阅读快车

拯救地球的133种办法

133 Ways to Save the Earth

中文编译 邹元植
审校 刘栋梁



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电话: 0431—5695744 5688470
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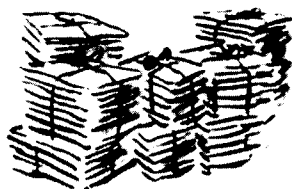
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(夹附测试卷 1 份)

1. Waste reduction/recycling



Laura: What on earth is all that noise coming from the loud speaker on that small truck?

Mr. Saka: The truck is collecting used paper so it can be recycled.

5 *Laura:* In Britain bottles are recycled. They are collected at supermarkets in what we call “bottle banks.”

Mr. Saka: In every country recycling is becoming more and more important.

10 *Laura:* Yes. It seems that Japan is doing rather well in recycling used goods, but we can still see all kinds of trash scattered everywhere.

Mr. Saka: Yes. It’s disgusting, isn’t it? The consumer society has taken over and people throw away
15 cans and bottles anywhere and everywhere.

Laura: I’m afraid that Japan will become a sinkable trash carrier before it becomes an unsinkable aircraft carrier.

18. aircraft carrier “航空母舰”

In the United States each year, we generate nearly a ton of trash per person; 90 percent of this ends up in local landfills, half of which will be full within three years. Incineration causes toxic pollution. The most environmentally sound and cost-efficient way to alleviate the crisis is to reduce the amount of waste we generate in the first place. 5

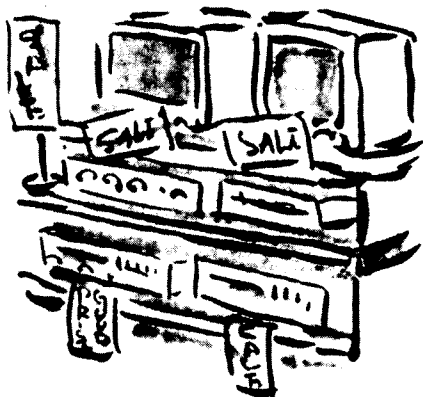
SOLUTIONS:

1. Reduce consumption wherever possible.
2. Use mugs instead of paper cups, rags instead of paper towels, cloth instead of paper napkins. 10
3. Double-side photocopies; use reverse sides of paper.
4. Buy products in bulk or with the least amount of packaging.
5. Bring your own shopping bags to the market.
6. Buy products that are recycled, recyclable, reliable, repairable, refillable, reusable; avoid disposables. 15
7. Mend and repair rather than discard and replace.

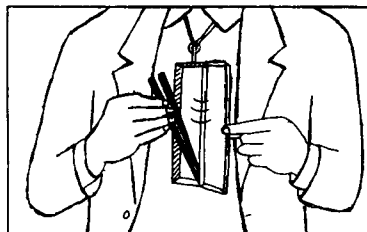
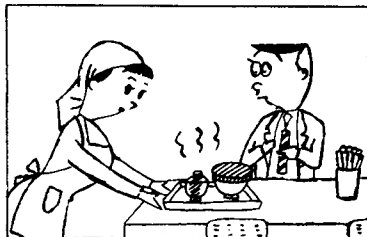
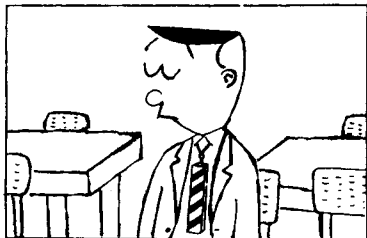
8. Buy beverages in returnable containers; avoid nonrecyclable containers.
9. Ask for recycled paper at stationers and printers.
10. Recycle/reuse motor oil, tires, and scrap metal.
- 5 11. For infants, use cloth or biodegradable diapers.
12. Pressure local fast food chains and other businesses to end wasteful packaging procedures.
13. Buy products that will last.
14. Avoid impulse buying. Read labels and research the
10 products you plan to buy.
15. Borrow or rent items you use infrequently, and maintain and repair the items you own to insure longer product life.
16. Remove excess packaging and leave it in the store; make it their problem.
15
17. Do not use plastic bags; request paper bags at stores.

1. **container** 容器 <contain 5. **biodegradable** 生物分解性 (降解性) <bio+
degrade

18. Separate your recyclable garbage (newspaper, glass, paper, aluminum, and organic waste if you have a garden); only send to the landfill what you can't reuse.
19. Study your communities' waste disposal system, and oppose any plans to build more landfills or garbage incinerators. 5
20. If you don't have a recycling center, lobby your city council to establish one.



8. lobby 对议员进行疏通活动，以便议案得以通过



与环境有关重要词句

consume 消费 (动)

consumption 消费 (名)

crisis 危机

garbage 厨房垃圾

plastic 塑料的

pollution 污染

product 生产物

production 生产

produce 产品

recycle 回收再利用 (动)

recycling 回收再利用 (名)

reduce 削减, 减少 (动)

reduction 缩小, 减少 (名)

trash 废物, 垃圾

waste 废弃物

wasteful 浪费的

used paper 旧纸

impulse buying 冲动下购买

excess packaging 过多包装

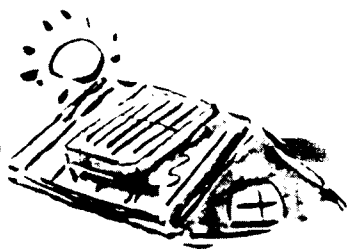
organic waste 生垃圾

garbage incinerator 垃圾焚烧炉

EXERCISES 将下列 () 内单词不适当者标以×号。

1. Buy products that are (disposable, repairable, reusable.)
2. Use (mugs, cloth, plastic bags, biodegradable diapers.)

2. Energy



Laura: What's that box-like thing on your roof?

Tsutomu: It's for heating water by solar power.

Laura: Why don't you use an electric water heater?

Tsutomu: Well, my parents always try to use as little electricity as possible because they're against the building of nuclear power stations. 5

Laura: Are there many nuclear power stations in Japan?

Tsutomu: According to my father, there are 37 and they are planning to build 14 more. I've heard that there are more than 500, 000 drums of radioactive waste piled up in the power stations. It really is a frightening thought. 10

Laura: It's no wonder that a nuclear power station is often called "a mansion without a toilet." It seems that Japan hasn't learned any lessons from Three Mile Island or Chernobyl. 15

17. **Three Mile Island** 美国 1979 年原子能发电站出现事故之处。

17. **Chernobyl** 苏联 1986 年原子能发电站出现事故之处。

Between 1850 and 1950, the United States switched from being 91 percent dependent on renewable wood to being 96 percent dependent on non-renewable oil, coal, and natural gas. Burning these fossil fuels produces gases
 5 that seriously damage our environment. Nuclear energy is expensive, technically problematic, and environmentally risky. Renewable energy is safe and plentiful, but few systems have been developed to harness it. Using energy efficiently can reduce household requirements
 10 to 90 percent.

SOLUTIONS:

21. When purchasing a home, check for its energy efficiency.
22. Get a low-cost home energy audit from your utility company.
- 15 23. Invest in ample insulation, weather stripping, and caulking.
24. Use natural gas rather than electricity for heat and appliances.

2. **renewable** 可反复利用的, 可更新的 8. **harness** 上挽具, 利用于 (动力)
 14. **audit** 监察报告书, 彻底的检查 (评价) 13-14. **utility company** (电力爆气等) 的公益事业公司 15. **invest (in)** ~投资于~, 出钱 16. **weather stripping** 堵塞裂纹等用物

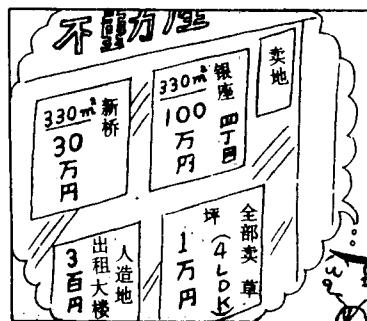
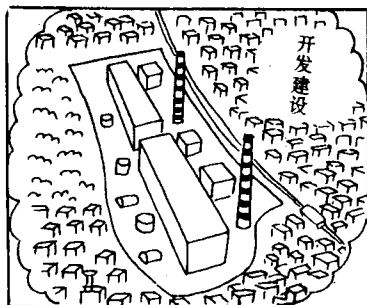
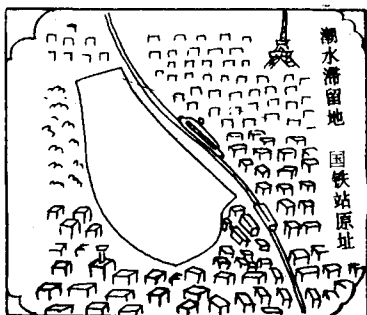
25. In winter , turn down your thermostat a few degrees , especially at night and when the house is empty.
26. Wear a sweater or other warm clothing in cooler temperatures.
27. If there are windows near the thermostat , keep them tightly closed. 5
28. Keep fireplace dampers closed unless you have a fire going.
29. Avoid air-conditioning as much as possible.
30. Close off and do not heat unused rooms ; use insulating shades and curtains on cold winter nights and hot summer days. 10
31. Avoid keeping your refrigerator or freezer too cold.
32. Add an insulation blanket to your water heater ; turn it down to 120 degrees. 15
33. Use a clothesline rather than a dryer whenever possible.
34. Keep the lint screen in the dryer clean.

35. Instead of ironing, hang clothes in the bathroom while you bathe or shower.
36. Don't buy motorized or electric tools or appliances when hand-operated ones are available; this includes
5 lawnmowers.
37. Buy high-efficiency electrical appliances.
38. Use outdoor lights only when necessary.
39. Use low-watt light bulbs.
40. Install plastic storm windows or new "superwindows."
- 10 41. Plant deciduous shade trees that protect west windows from summer sun but allow it in during the winter.
42. Buy local and recycled products to cut indirect energy use.
43. Monitor the environmental and pricing policies of your
15 local energy utility.
44. Explore whether municipally owned power might be an option in your city.

3. motorized 机动力式 4. hand-operated 手动式, 手操纵的 10. deciduous 落叶树的 15. monitor 监视

与环境有关重要词句

- air-conditioning** 空调
efficiency 效率
efficiently 有效率的
environment 环境
environmental 环境的
environmentally 在环境上
insulate 隔(绝)热
insulation 隔(绝)热材料
radioactive 放射性的
refuse [réfju:s] 垃圾
thermostat 恒温器
solar power 太阳能
nuclear power station 原子能发电站
natural gas 天然气
fossil fuel 化石燃料
nuclear energy 核能
utility company 公益事业公司
renewable energy 可再生利用的能量
energy efficiency 能量效率



EXERCISE 从 () 内选出适当词填入。

- When purchasing a home, check for its energy (efficiently, efficiency, efficient.)
- Monitor the (environmental, environs, environmentally) policies of your local energy utility.

3. Water



Tsutomu: Have you seen this article? It says that a politician who had been accused of accepting bribes said that he felt purified because he was reelected in the general election.

5 *Kimie*: That's what politicians call "misogi", isn't it?

Laura: What does that mean?

Tsutomu: Originally it meant "to purify oneself with water.". In Japan water was believed to have magical cleansing powers.

10 *Laura*: People in modern Japan seem to have forgotten their traditional beliefs about water, though...

Tsutomu: Yes, Japan was once called "the land of violet mountains and pure waters," but, to our great disappointment, many Japanese rivers have now become polluted...

15

Kimie: And Japanese mountains have become disfigured by golf courses.

In the United States, more than half the population drinks groundwater, **40** percent of which comes from untreated, contaminated wells. Industrial and agricultural pollution, underground injection of waste disposal, and chemical wastes from mining and petroleum production 5 are steadily accumulating in our water.

SOLUTIONS:

- 45.** Install sink faucet aerators and water-efficient shower-heads; these use two to five times less water with no noticeable decrease in performance.
- 46.** Take showers of less than five minutes, not baths, to 10 cut water consumption.
- 47.** Do not let water run when it's not actively in use for showering, shaving, brushing teeth, or handwashing clothes.
- 48.** Consider installing ultra-low-flush toilets, which use 15 **60 to 90** percent less water than conventional models.
- 49.** Use water-efficient washing machines and dishwashers, and run them only when full.

2. untreated 未经净化处理 **4. waste disposal** 作为垃圾处理物, 废弃物
7. aerator 净水装置(器) **7. water-efficient** 水效率高 **9. in performance** 在使用时
12. when it's not actively in use 实际上未使用时 **15. ultra-low-flush** 流水极少的 <flush 奔流

50. Use gray water from wash for plants and garden.
51. Collect rainwater and set houseplants outside during rainstorms.
52. Diligently repair all leaks and drips as soon as they occur.
53. Consult your nursery about plants native to your environment or from similar climates that require little or no watering.
54. Buy phosphate-free, biodegradable soaps and detergents; ask your supermarket to carry them if it doesn't already.
55. Find out where your water comes from, what is in it, and what is being done to test or treat it. If your water is contaminated; Demand that elected officials enforce laws on water safety and get the institution responsible for it to pay for cleaning it up.

2. **houseplant** 置于室内的植物 6. **nursery** 培育树苗出卖的养树场
 9. **phosphate-free** 无磷的 9-10. **detergent** 合成洗剂