

EARTH IN DANGER

危险中的地球

Sustainable Living

可持续生活



中国环境科学出版社

中小学课外环保
双语读物

E A R T H I N D A N G E R
危 险 中 的 地 球

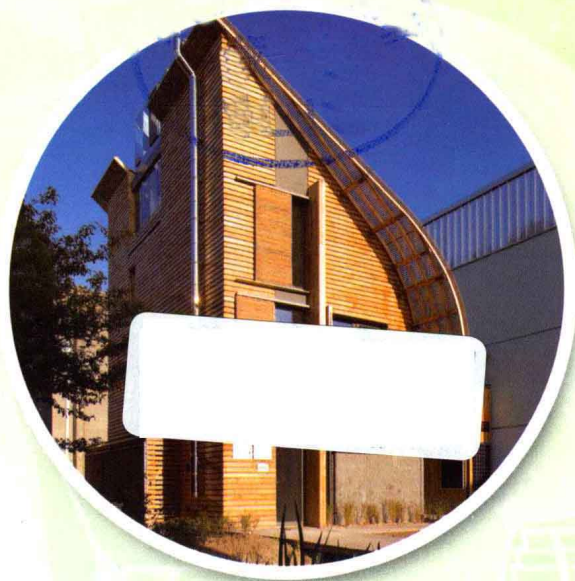
Sustainable Living

可持续生活

by Helen Orme

作者：海伦·奥姆

译者：王晶晶 姜晓莉



中国环境科学出版社·北京

图书在版编目 (CIP)数据

危险中的地球. 可持续生活: 汉英对照/ (英) 奥姆
(Orme, H.) 编著; 王晶晶, 姜晓莉译. —北京:
中国环境科学出版社, 2011.2
(中小学生课外环保双语科普读物)
ISBN 978-7-5111-0489-2

I. ①危… II. ①奥… ②王… ③姜… III. ①环境保护—
青少年读物—汉、英 IV. ①X-49

中国版本图书馆CIP数据核字 (2011) 第020350号



Copyright © ticktock Entertainment Ltd 2008
First published in Great Britain in 2008 by ticktock Media Ltd,
Unit 2, Orchard Business Centre, North Farm Road,
Tunbridge Wells, Kent, TN2 3XF

责任编辑 葛 莉
责任校对 扣志红
封面设计 彭 杉

出版发行 中国环境科学出版社
(100062 北京东城区广渠门内大街16号)
网 址: <http://www.cesp.com.cn>
联系电话: 010-67112765 (总编室)
发行热线: 010-67125803, 010-67113405 (传真)

印 刷 北京画中国画印刷有限公司
经 销 各地新华书店
版 次 2011年3月第1版
印 次 2011年3月第1次印刷
开 本 787×960 1/16
印 张 2
字 数 50千字
定 价 11.00元

【版权所有。未经许可请勿翻印、转载，侵权必究】
如有缺页、破损、倒装等印装质量问题，请寄回本社更换

CONTENTS

目 录

What Does 'Sustainable' Mean?	4-5
“可持续”意味着什么?	
More People, More Things!	6-7
人越多, 消耗越多!	
Using Less Fossil Fuels	8-9
少用化石燃料	
Low-Energy Buildings	10-11
低能耗建筑	
What's in Your Bin?	12-13
你的垃圾桶里是什么?	
Travel Smart	14-15
聪明的旅行	
Water — Earth's Most Precious Resource	16-17
水——地球最珍贵的资源	
Thinking Locally	18-19
为本地着想	
Thinking About Food	20-21
关于食物的思考	
Sustainable Living in the Future	22-23
未来的可持续生活	
FACTFILES	24-29
小资料	
What You Can Do	30
你能做什么	
Glossary	31
词汇表	
Index	32
索引	

Words that appear **in bold** are explained in the glossary.

请见词汇表中对文中**黑体字**的解释。

WHAT DOES 'SUSTAINABLE' MEAN?

Each year, farmers plant seeds that will grow into fruits and vegetables.

Crops that grow back each year through planting are **renewable resources**.

We won't run out of them. Many natural resources we use are renewable, such as water, wind, and sunlight.

Other resources exist in limited supplies.

Once they are used up, they are gone forever. These **non-renewable resources** include oil and metals **mined** from the ground. We have to use them very carefully.

Living in a way that uses as few non-renewable resources as possible is called **sustainable** living.

“可持续”意味着什么？

每年，农民都会播种，并且最终会收获水果和蔬菜。像作物这样每年可以循环种植收获的被称为**可再生资源**。它们用之不尽。很多自然资源都是可再生的，例如：水能、风能和太阳能。

一些资源仅有少量。一旦这些资源用完，就会永远消失。这就是**不可再生资源**，例如：从地下开采的石油和金属。对这些资源我们必须有计划地使用。

尽量少使用不可再生资源的生活方式就是**可持续生活**。



To live in a more sustainable way, we must use fewer non-renewable resources, such as the types of fuel that power our homes, cars, and appliances.

可持续生活方式就是尽量少使用不可再生资源，例如少使用给我们房屋、汽车和设备供电的燃料。



MORE PEOPLE, MORE THINGS!

In 1950 there were two and a half billion people in the world. By 2050 there will be over nine billion people.

We will have to find ways to give all these people food, clothing, and shelter. We will also have to figure out how to reduce the amount of **pollution** they will produce.

As the world's population increases, more people will want things like cars and flat-screen televisions. It takes many natural resources to make these goods. Some of these resources, such as metal and fuel for factories, are non-renewable resources.

人越多，消耗越多！

1950年，世界人口为25亿。而到2050年，世界将有超过90亿的人口。

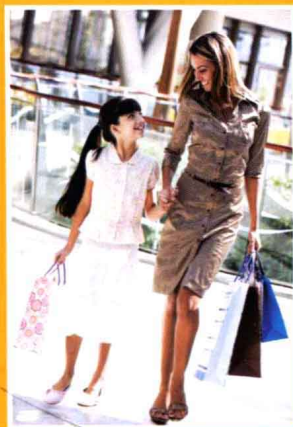
我们需要找到为这些人提供食物、衣服和住所的方法。同时，我们需要找到减少这些人造成**污染**的方法。

随着世界人口的增长，越来越多的人渴望拥有汽车和纯平电视机等。生产这些东西将消耗大量的自然资源。有些资源，例如金属和化石燃料是不可再生资源。

SHOPPING

Today we buy more new **goods** than ever before.

The average British woman bought nearly twice as many clothes in 2007 as in 1997. All these new goods are quickly using up our non-renewable resources.



购物

现在，我们购买的新**产品**越来越多。2007年，英国女性平均买的衣服超过1997年买的衣服两倍。所有这些产品都在快速消耗我们的不可再生资源。





DESIGN TIMES SQUARE:
THE URBAN FOREST PROJECT
PAULINA REYES

EXIT
Tish
Hot Pole
Was a
Tree

VIRGILS
BBQ
BAR

BROADWAY

ONE-WAY
NO PARKING
ANY TIME
NO STOPPING
ANY TIME
BY CALL 311

Deli
&
Café

ALL NATURAL

verizon

USING LESS FOSSIL FUELS

Much of the energy used to produce the goods we use in our everyday lives comes from burning oil, coal and gas. These non-renewable resources are called **fossil fuels**.

Fossil fuels are made from the remains of plants and animals that died millions of years ago.

They are running out faster than ever as we burn them to heat our homes and run our cars.

Burning fossil fuels also increases air pollution and gases like **carbon dioxide** that trap heat in Earth's atmosphere.

To reduce our use of fossil fuels, we need to use less energy. Producing the energy we do use in sustainable ways will also reduce our use of fossil fuels.

少用化石燃料

我们日常中所需要的很多产品都是通过燃烧石油、煤炭和天然气制造出来的。这些不可再生资源被称为**化石燃料**。

化石燃料是由几百万年前生物的遗体转化而来。我们用这些燃料来给房屋供暖、给汽车提供动力，而这导致了这些化石燃料比之前消耗得更快。化石燃料的燃烧会增加污染，并释放**二氧化碳**这样具有地球大气保温效应的气体。

为了减少化石燃料的使用，我们需要减少对能源的使用。采取可持续的方式生产能源会减少对化石燃料的使用。

Global warming could melt the ice caps at the North and South Poles. This would make the sea levels rise, and cause flooding.

全球变暖会使得北极和南极的冰川融化。这将使得海平面上升，并引发洪水。

GLOBAL WARMING

Greenhouse gases trap heat in the atmosphere. Burning fossil fuels increases the amount of these gases. These increases mean that more heat is trapped in the atmosphere, creating changes in Earth's **climate** called **global warming**.



全球变暖

温室气体把热量阻滞、储存在地球大气层中。燃烧化石燃料会增加温室气体的产生。温室气体的增加就意味着更多的热量被阻滞、储存在大气层中，这会对地球气候产生影响，也就是全球变暖。

LOW-ENERGY BUILDINGS

In most buildings, it takes a lot of energy to provide warm or cool air. Some of that air escapes through walls and windows. Therefore, much of that energy is wasted.

低耗能建筑

很多能源被用来给建筑物提供暖气或者冷气。而很多冷气或者暖气都通过墙和窗户流出，所以这是对能源的一种浪费。



Specially designed buildings are insulated to keep warm or cool air inside the building. They also have pipes that recycle warm air or warm water within the building.

These buildings, called low-energy buildings, are also designed to use very little energy to produce warm or cool air. They may use solar-powered energy sources that turn sunlight into heat-producing energy. These buildings may also have large windows to let in sunlight, creating both light and heat.

特殊设计的建筑可以把热气或者冷气保留在建筑物内。还有管子可以使暖气和热水在建筑物内循环。

这种建筑被称为低能耗建筑。在这种建筑中，制造暖气和冷气所消耗的能源很少。有的会将太阳能转化为热能。有的会有很大的窗户，可以使阳光进入产生光和热。



This 'solar house' has large south-facing windows to catch as much sunlight as possible.

这间太阳能房间有巨大的向南窗户，可以获取尽可能多的阳光。

WHAT'S IN YOUR BIN?

Almost everything we throw away can be recycled. Recycling newspapers and magazines, for example, will save trees and other natural resources.

你的垃圾桶里是什么？

几乎我们扔掉的所有东西都可以被回收。例如，回收报纸和杂志可以拯救森林和其他自然资源。

A mountain of fridges waiting to be recycled. Fridges are often made of many different types of metal and plastic so they are difficult and expensive to recycle.

堆成了山的废弃冰箱，等着被回收。冰箱是由各种金属和塑料制成的，回收难度大并且费用昂贵。



Recycling also saves energy. Making new bottles out of recycled glass uses up less energy than making new glass, and will help make the way we live sustainable.

Another way to save energy is to use less of it.

Here are two ways to cut back on goods that use up energy and resources to produce:

- Mending things rather than buying new ones.
- Trying not to buy more food than we need, so we won't waste so many plant and animal resources on food we throw away.

回收可以节约能源。利用回收的瓶子比制造新瓶子所消耗的能源要少，并且使我们的生活方式更加可持续化。

另外一种节约能源的方式是少使用能源。如下两种方式可以帮助减少产品的消耗：

- 修理旧东西而不是购买新的。
- 不过量购买食品。这样我们就不会过度消耗生产食物所需要的植物和动物。



Don't buy more food than you need. Every year tonnes of uneaten food is thrown away

不要买不需要的食物。每年有成吨的没吃的食物被扔掉。

TRAVEL SMART

Recycling helps us save energy from our homes. We can also save energy in the way we travel.

Every year, people living in rich nations go on more holidays and travel further from home. Every year, around 100,000 more flights take off than the year before – air travel creates pollution and uses up oil.

However, there are things we can do to reduce our use of fossil fuels (such as oil) and still go on holiday.

- We could find other ways to travel abroad, for example taking the train.
- We could take some of our holidays much closer to home, thereby using less fuel.

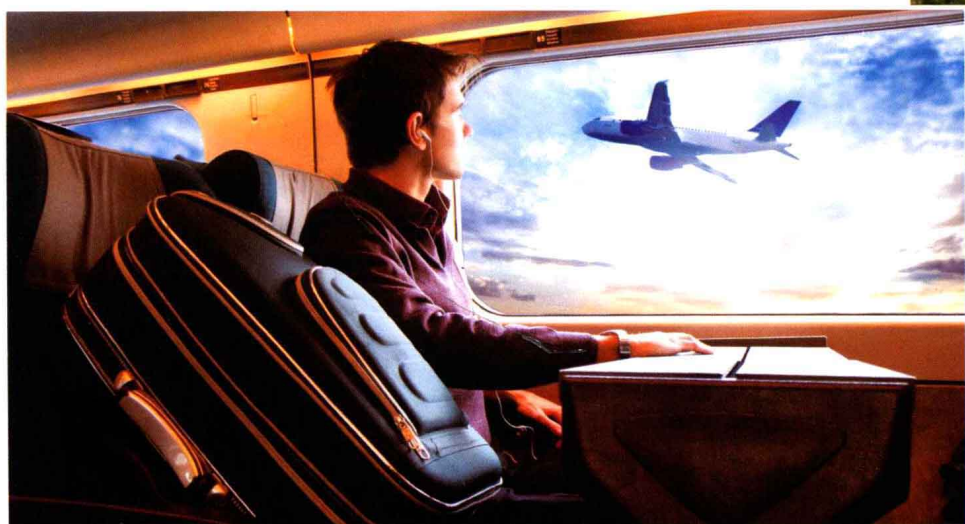
聪明的旅行

回收会帮助我们在家里节约能源；旅行时，我们同样可以节约能源。

每年，生活在富裕国度的人们有更多的假期，并且经常去旅行。每年，都比前一年多出大约10万起的航班起飞。航空旅行会产生污染并消耗大量石油。

然而，我们减少化石燃料（例如石油）的消耗量也同样可以度假。这些方式有：

- 我们可以寻找去国外的其他旅行方式，例如乘火车。
- 我们可以就近旅游度假，这样可以消耗少量的燃料。




Travelling by train creates less than one third of the carbon dioxide than flying.

火车旅行比飞机旅行产生的二氧化碳要少1/3。

Taking holidays in the UK instead of flying to other countries helps to reduce the use of fossil fuels, and pollution.

在英国本土度假，而不是飞到别的国家度假，会减少对化石燃料的消耗和产生的污染。





This river in Dahab, Egypt has run dry
because not enough rain has fallen to
replace what has been used.

因为没有足够的降雨来补充消耗掉的河水，埃及
的达哈布河最终干涸了。