

高三年级
高考专项

拓展阅读视野、超越应试要求、助力阅读理解与写作翻译能力提升

Reading English in Vogue
always in, never out

英语时文 晨读100篇

精选热点时文、涵盖流行题材
丰富词汇拓展、长难句分析理解
优美译文对照、推荐语句背诵



总主编 / Sarah Lin 本册主编 / 徐宏敏 黄英琦 林小凤



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

沪江网
enhujiang.com

沪江网校
www.hjpkao.com

英语频道 媒体推荐

20元学习卡

高三年级
高考专项

Reading English in Vogue
always in, never out

英语时文 晨读100篇

总主编/Sarah Lin 本册主编/徐宏敏 黄英琦 林小凤

编委/方玲 邱海燕 郑小兵 林小凤 周芬

周锋 陶文华 徐宏敏 黄英琦 喻爱军



华东理工大学出版社
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

·上海·

图书在版编目(CIP)数据

英语时文晨读100篇(高三年级+高考专项)/徐宏敏,黄英琦,林小凤主编.

—上海:华东理工大学出版社,2012.8

ISBN 978-7-5628-3364-2

I. 英... II. ①徐...②黄...③林 III. 英语-阅读教学-高中-升学参考资料

IV. ①G634.413

中国版本图书馆CIP数据核字(2012)第192405号

英语时文晨读100篇(高三年级+高考专项)

(附赠价值20元沪江学习卡)

总主编 / Sarah Lin

本册主编 / 徐宏敏 黄英琦 林小凤

策划编辑 / 戎 炜

责任编辑 / 王 芳

责任校对 / 张 波

封面设计 / 戚亮轩

出版发行 / 华东理工大学出版社有限公司

社 址:上海市梅陇路130号,200237

电 话:(021)64250306(营销部)

(021)64252710(编辑室)

传 真:(021)64252707

网 址:press.ecust.edu.cn

印 刷 / 常熟华顺印刷有限公司

开 本 / 710mm×1000mm 1/16

印 张 / 17.5

字 数 / 528千字

版 次 / 2012年8月第1版

印 次 / 2012年8月第1次

书 号 / ISBN 978-7-5628-3364-2

定 价 / 28.00元

联系我们:电子邮箱 press@ecust.edu.cn

官方微博 e.weibo.com/ecustpress

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,涵盖初高中阶段七年级~高三年级,共6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单词左右,高中则在350~600单词左右;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 tfm328@yahoo.com。囿于编者水平,不足之处敬请读者指正。

编 者

第1周

Mon 科学技术	001	A Bleak Picture for TV Makers 电视机的未来还有希望吗?
Tue 体育资讯	003	The Tennis Life of Li Na 李娜的网球人生
Wed 人生感悟	006	How to Grow Old? 怎样变老?
Thu 热点话题	008	Conquering Aging 征服衰老
Fri 政治经济	011	China Policy Banks Partying like It's 2009 中国政策性银行今年仍大规模放贷

第2周

Mon 科学发现	014	The Hidden Toil of Traffic Jams 汽车尾气会让人变笨吗?
Tue 文化生活	016	Can Prince William and Kate Middleton Have a Modern Marriage? 威廉王子的婚姻会是什么样?
Wed 文化差异	019	Christmas Eve Dinner 圣诞晚餐
Thu 调查研究	021	More Evidence on the Importance of Sleep 睡眠不足 孩子变古怪
Fri 政治经济	023	China's Inheritance Problem 中国家族企业面临“继任危机”

第3周

Mon 网络时代	026	E-Waste: A Global Challenge 电子废弃物——全球挑战
Tue 保健养生	029	New Year Pledge Going up in Smoke? You're Not Alone 新年戒烟 你能坚持吗?
Wed 调查研究	031	Feel Wealthy? 百万富翁没了富有的感觉
Thu 热点话题	033	Setting a Child Up in Business 家长出钱帮孩子创业
Fri 政治经济	035	China Opens Door Wider to Foreign Investors 中国股市将对外资进一步开放

第4周

Mon 网络时代	038	China's Coupon Websites Struggle to Pay the Bills 中国团购网站陷入“欠款门”
Tue 调查研究	041	Babies Who Gesture Have Bigger Vocabularies: Study 多与宝宝交流好处多
Wed 环保行动	043	Lights on or off? Low-carbon Living Is Anything But Easy 低碳生活? 没那么简单
Thu 职场人生	046	How to Save an Unproductive Day in 25 Minutes 如何在25分钟内提高工作效率
Fri 政治经济	049	The Time Is Right for a More Flexible Renminbi 人民币:可升亦可降

第5周

Mon 动物世界	052	A Cat's Purring 为什么猫会打呼噜?
Tue 人生感悟	054	Enjoy Being Alone 享受孤独
Wed 自然地理	056	Life on Mars 火星上的生命迹象
Thu 职场人生	058	Getting out of a Slump 怎样走出工作困境
Fri 网络时代	061	The World's Largest Online Game Country 中国有望成为全球网游第一大国

目录 CONTENTS

第6周

Mon 热点话题	063	Getting Girls to Groove on Science 让年轻女性热爱科学
Tue 环球博览	065	Sailing Round the World 环球航行
Wed 职场人生	068	A Pair of Socks 一双袜子
Thu 科学发现	070	You Can Train Your Brain to Raise Your IQ 聪明脑瓜这样练
Fri 浓浓母爱	073	Lunch Time 午餐时光

第7周

Mon 人生感悟	077	Come Back, My Youth! 回来吧,青春
Tue 调查研究	079	What Impact Rising Rent Costs Are Having on the Young 暴涨的房租对年轻人有何影响
Wed 科学发现	082	Radiation-Proof Clothes Do More Harm Than Good 穿孕妇防辐射服弊大于利
Thu 励志故事	084	If the Dream Is Big Enough 为了心中的梦想
Fri 生活忠告	087	How to Be True to Yourself 怎样对自己诚实

第8周

Mon 家庭港湾	090	It Felt So Good Being Back Home 回家的感觉真好
Tue 环球趣闻	092	New Tour Spot—Europe's Sewers 欧洲旅游新去处——下水道
Wed 人生感悟	095	Discovery in a Thunderstorm 雷雨中的醒悟
Thu 名家讲坛	098	Five Balls of Life 生命中的五个球
Fri 人生感悟	100	The Perfect Life 完美人生

第9周

Mon 名人演讲	103	Barack Obama's Inaugural Address (Extract) 巴拉克·奥巴马就职演讲(节选)
Tue 文化生活	105	The CCTV Spring Festival Gala 春节联欢晚会:30年的传奇
Wed 职场人生	108	High Self-Assessment May Put Your Career at Risk 自大可能成为职场绊脚石
Thu 环球博览	111	Ladyboys Making Their Debut on a Flight 泰国“人妖空姐”正式上岗
Fri 体育资讯	113	Can Olympic London Attract More Visitors? 伦敦奥运能拉动旅游业吗?

第10周

Mon 美文欣赏	116	Rush 匆匆
Tue 人生感悟	118	The Paradox of Our Time 我们这个时代的尴尬
Wed 校园生活	121	Challenges of School 学校的挑战
Thu 建议忠告	123	Humor 幽默
Fri 环球博览	126	Italian Protesters Say No to Rail Project 意大利村民向高铁说“不”

第11周

Mon 政治经济	129	Chinese Group on Hunt for Deals 中国集团海外扩张遭遇挑战
Tue 教育天地	131	Asian Education's Failing Grade 亚洲“虎式教育”的隐形代价
Wed 娱乐休闲	134	Japan's AKB48 日本青春美少女组合 AKB48
Thu 热点话题	136	How Much Alcohol Does It Take to Get Intoxicated? 要喝多少酒才会醉呢?
Fri 自然地理	139	How Much Nature Is Enough? 自然界要多大才足够?

第12周

Mon 共同关注	142	Japan's Nuclear Crisis Provokes a Global Nuclear Security 日本核危机引发全球关注核电安全
Tue 娱乐休闲	144	Training Elephants 训练大象
Wed 环球博览	147	Next for India: Chai Points and Coffee Houses 咖啡文化在印度的兴起
Thu 专家支招	149	How to Escape from an Airplane Crash? 遇到空难, 如何逃生?
Fri 天文地理	152	Are There Strangers in Space? 太空中有外星人吗?

第13周

Mon 律政热闻	155	Apple Faces Counter-Punch in China “iPad” Trademark Fight 深圳唯冠反击苹果 iPad 商标案再起波澜
Tue 调查研究	157	Singapore: The World's Unhealthiest Country? 新加坡: 全球“最不健康”的国家?
Wed 环球博览	159	How Elephants Unwind 印度大象享受奢侈假期
Thu 网络时代	162	Web Site Resources: The Best Aid for Cheating? 网上资源: 最佳的作弊辅助手段?
Fri 时尚速递	165	How to Make a Spectacle of Yourself in Frames with No Glass 无镜片眼镜风靡亚洲

第14周

Mon 环球博览	168	Hawaii Says “Aloha” to More Visitors 夏威夷迎来更多游客
Tue 专家支招	171	How Can We Avoid Catching a Cold on Planes? 坐飞机怎样远离感冒?
Wed 节日趣事	173	A Miserable, Merry Christmas 又悲又喜的圣诞节
Thu 调查研究	177	Looking at the “Dark Side” of Creativity 创造力的“阴暗面”
Fri 教育天地	180	Have We Overstated the Value of Going to University? 上大学的价值有没有被高估?

第15周

Mon 生活文化	183	Turning off TV: A Quiet Hour 关上电视清静一小时
Tue 养生保健	185	Keeping Ears Clean 保持耳朵清洁
Wed 父爱如山	187	A Good Heart to Lean On 善心可依
Thu 网络时代	190	Keys to Successful Online Learning 网络学习的成功秘诀
Fri 社会热点	193	No Need to Panic about Global Warming 全球变暖说有点耸人听闻

目录 CONTENTS

第16周	Mon 语言学习	196	The Stories of Numbers (I)数字的故事(1)
	Tue 语言学习	198	The Stories of Numbers (II)数字的故事(2)
	Wed 养生保健	200	Laying the Roots for Healthy Teeth in Young Children 健康护齿从儿童做起
	Thu 励志故事	202	Follow Your Dream 追随你的梦想
	Fri 科技前沿	205	The Rise of Mirrorless Cameras 无反光镜相机的兴起
第17周	Mon 教育天地	208	How to Improve Your Study Habits 怎样改进你的学习习惯
	Tue 体育健身	210	An Assist Puts Lin in the W 林书豪:从睡沙发到入住 W 酒店
	Wed 调查研究	213	Air Pollution in Hong Kong 香港空气污染
	Thu 环球博览	216	South Korea Report: So Fast, So Dynamic—Yet Still Hicrarchical 韩国:飞速发展与传统观念并存
	Fri 娱乐休闲	219	Xu Jinglei, China's Creative Pragmatist 徐静蕾:梦想如何照进现实
第18周	Mon 调查研究	222	Want to Lose Weight? Try Counting Calories 想减肥? 试试控制卡路里摄入量
	Tue 生活故事	224	The Sampler 圣诞布丁品尝师
	Wed 教育天地	227	How Not to Cheat? 怎样避免作弊?
	Thu 文化趣闻	230	Ningxia Beats Bordeaux. Or Does It? 宁夏葡萄酒击败波尔多?
	Fri 网络时代	233	Have You "Overshared" Personal Information Online? 你是否在网上“过度分享”了个人信息?
第19周	Mon 学习在线	236	Learning a Foreign Language 学外语
	Tue 人生哲理	238	Being Honest and Open 诚信做人
	Wed 教育天地	241	Teaching Children at Home 学生在家就学
	Thu 建议忠告	244	How to Make a Good Impression 如何给人留下好印象
	Fri 调查研究	247	Body Language 形体语言
第20周	Mon 科学技术	250	The Life and Awesomeness of Steve Jobs 乔布斯的彪悍人生
	Tue 感人瞬间	253	Piano Music 钢琴曲
	Wed 文化趣闻	256	Chinese Artist Invents a New Language 中国艺术家发明了一种新语言
	Thu 建议忠告	259	Gesture 姿势
	Fri 职场人生	262	Are You as Busy as You Think? 你真的有想象中那么忙吗?

第1周

Mon
科学技术

2014年12月15日 星期一

A Bleak Picture for TV Makers 电视机的未来还有希望吗？

给力热身站

What do you think the future of TV will be like?

晨读文选

For decades, the television was the flagship of any consumer-electronics product lineup. Of all the gadgets in the home, the TV garnered the most prominent real estate in the living room, cost the most to buy, and carried the biggest brand cachet. And for the Asian consumer-electronics makers who manufactured them, selling TVs was a good business.

As the bulky cathode-ray tube televisions of the past turned into the sleek, flat-screen televisions of today, another shift started to occur. The televisions were hard to differentiate, and the price competition was cutthroat and unrelenting. Even as consumers were buying more televisions than ever, TV makers struggled to turn a profit.

Now, another shift is taking place, and it is threatening to rob televisions of their prominence — and value — in the home. With more people streaming or downloading video as an alternative to cable or satellite broadcast, more consumers are watching TV shows and movies on smartphones, tablets and laptops. The television, meanwhile, may become just another screen.

Already, the high-end Apple Inc. iPad with a 10-inch screen costs more than a basic 40-inch television from the top-tier TV brands. Unless the televisions find a way to retain value to consumers, there is a risk that TV manufacturers will suffer the same fate as makers of desktop computer monitors.

“That’s a very real possibility,” says Paul Gagnon, director of North American TV research for DisplaySearch, a market-research firm based in Santa Clara, Calif. If televisions end up becoming just another monitor, he says, then “that is a low-profit, no-money business with just a handful of players”.

To stay ahead of changing viewing habits, television makers are pushing Web-connected televisions loaded with apps, such as one for watching movies from Netflix Inc. and another

for Hulu, an online video site owned by News Corp., Walt Disney Co. and Providence Equity Partners LLC. Web TVs account for about a quarter of all new flat-panel televisions this year, rising to about half of all shipments in 2015, according to DisplaySearch.

Privately, industry executives say the shift in viewing habits raises the probability that a new group of players will enter the traditional television market. With a greater expertise on software, Apple Inc., Amazon.com Inc. and Google Inc. are all mentioned prominently as nontraditional TV set manufacturers who could shake up the industry with new TVs in the coming years.

Once seen as possible saviors for the TV industry, the introduction of Internet-connected televisions and other new features such as 3-D have done little to halt price declines. That's part of the explanation why the industry is awash in red ink.

生词

gadget ['gædʒɪt] *n.* 小玩意;小器具;小配件;诡计
prominent ['promɪnənt] *adj.* 突出的;显著的;杰出的;卓越的
differentiate [ˌdɪfə'renʃi'eɪt] *vt.* 区别;鉴别 *vi.* 区别;区分
unrelenting [ˌʌnrɪ'lentɪŋ] *adj.* 无情的;不屈不挠的;不松懈的

threaten ['θretən] *vi.* 威胁;可能来临
alternative [ɔ:l'tɜ:nə'tɪv] *n.* 二中择一;供替代的选择
retain [rɪ'teɪn] *vt.* 保持;雇;记住
prominently ['promɪnəntli] *adv.* 显著地
savior ['seɪvjə] *n.* 救世主;救助者;救星
awash [ə'wɒʃ] *adj.* 被浪冲打的;充斥的

长难句分析

With more people streaming or downloading video as an alternative to cable or satellite broadcast, more consumers are watching TV shows and movies on smartphones, tablets and laptops.

本句中出现了—with复合结构: with+宾语+宾语补足语,在句中作伴随状语。其中'宾语是 more people, 宾语补足语是 streaming or downloading video as an alternative to cable or satellite broadcast。

译文

几十年来,电视机一直是消费类电子产品中的旗舰角色。在所有家用电子产品中,电视机占据着客厅最显要的位置,购置价格最贵,品牌标记最为显著。对于制造电视机的亚洲消费类电子产品厂商来说,卖电视机是个不错的生意。

在过去笨重的阴极射线管电视机蜕变成如今外表纤巧的平板电视机之后,如今又开始出现了另一个转变。各类电视机之间难分伯仲,价格竞争也呈现激烈态势。即便消费者的电视机购买量是前所未有的高,电视机制造商却在艰难地力图扭亏为盈。

如今还有另外一个转变正在发生,这个转变可能会夺取电视机在家庭中的重要地位和价值。随着越来越多的人在线观看或下载视频,用以替代有线电视或卫星广播,越来越多的消费者在智能手机、平板电脑和笔记本电脑上看电视剧和电影。与此同时,电视机也许就只是又一个屏幕而已了。

苹果公司(Apple Inc.)高端的10英寸iPad售价已经超过了一流电视品牌的基本款40英寸电视机。除非能找到让消费者珍视电视机价值的方法,否则电视机厂商可能会遭遇与台式显示器制造商同样的命运。

坐落在加州圣克拉拉(Santa Clara)的一家市场研究公司 DisplaySearch 的北美电视研究总监 保罗·盖格依(Paul Gagnon)说:“这种可能性确实很大。”他说,如果电视机最终沦为另一种显示器,那么“这就会成为只有少数公司参与的低利润、没钱赚的生意。”

为了赶上人们不断变化的观看习惯,电视机厂商正在推出装载应用程序的联网电视机,比如观看 Netflix Inc. 节目的程序以及观看 Hulu 视频的程序。Hulu 是新闻集团(News Corp.)、华特·迪士尼公司(Walt Disney Co.)以及私募股权公司 Providence Equity Partners LLC 所有的在线视频网站。据 DisplaySearch 统计,今年网络电视机在新上市的平板电视机中占据了大约四分之一的份额,2015 年将增至整体出货量的大约一半。

行业高管们私下说,观看习惯的转变加大了新企业进入传统电视机市场的可能性。由于在软件方面的专业优势,苹果公司、亚马逊公司(Amazon.com Inc.)和谷歌公司(Google Inc.)都被看作是在未来几年中重组该行业的非传统电视机制造商。

联网电视及 3D 等其他新功能的推出曾被认为是电视机行业的救星,但它们对抑制价格下滑没起到什么作用。这是该行业陷入亏损境地的一个原因。

推荐语句背诵

Unless the televisions find a way to retain value to consumers, there is a risk that TV manufacturers will suffer the same fate as makers of desktop computer monitors.

除非能找到让消费者珍视电视机价值的方法,否则电视机厂商可能会遭遇与台式机显示器制造商同样的命运。



The Tennis Life of Li Na 李娜的网球人生

给力热身站

What do you know about the name Li Na?

晨读文选

In Australia to defend her Sydney International title and a finals appearance at the Australian Open, China's top tennis player Li Na has a sense of purpose. After becoming the nation's first Grand Slam champion in Paris last June, she recorded just six wins in the remainder of 2011.

"After the French, I think I lost the concentration on the court," Li said, adding that she feels prepared for 2012 thanks to hard work during her two-month-long off-season.

After competing in her first WTA Year-End Championships in Istanbul, the 29-year-old

Li returned to her home in Wuhan then traveled to Beijing for photo shoots with Chinese sponsors Taikang Life Insurance, dairy company Yili and Kunlun Mountain Mineral Water. Then she was off to a month of training in Munich, returning to Wuhan to compete in a pre-Christmas exhibition tournament called “Li Na and Friends” where she hosted Pete Sampras, Carlos Moya and Sabine Lisicki.

Li then went to Jiangmen in the south of China, where she put in hours on outdoor practice courts, before jetting off to Perth for the Hopman Cup. “In Perth, I held a baby kangaroo, but I never had this experience holding animals before — only my friend’s baby,” she said.

Despite her globetrotting, she said she won’t get to explore Sydney or Melbourne. “I feel a bit sad that there is no time to look around the cities,” she said. “For us as tennis athletes, it’s tough because every day (we) just focus on the tournament. If we have (a) day off we also have training and are not totally relaxed.”

But Li, who ousted her husband and coach Jiang Shan for keeping her awake with his snoring to the amusement of audiences tuned in to 2011’s Australian Open, said she’ll try to fit in some shopping after the year’s first Grand Slam. “We women just like to spend but after bringing back to the home, maybe we never use, but I like the two seconds where you feel excited,” she said with a laugh, acknowledging that she subscribes to retail therapy.

And like Anna Wintour showing up in Roger Federer and Maria Sharapova’s players boxes or Sean “P Diddy” Combs sitting in Novak Djokovic’s corner, has Li been approached by any new found celebrity friends for tennis’ best tickets?

“In China we have Weibo, which is like Facebook, so Chinese movie stars and singers have contacted me on that, but nothing else so far,” she said. She did admit she has had to alter her habits at home. “People say ‘That’s Li Na’, so I have to change my eating time. For example, I go to lunch in a restaurant from 2 p.m. to 4 p.m. to avoid peak hours,” she said.

Further success in events such as the London 2012 Olympic Games could prompt further lifestyle adjustments, but Ms. Na is gladly continuing on the journey which takes her to at least 20 cities a year and has given her the title of China’s most highly profiled athlete following NBA star Yao Ming’s retirement.

“I like this job a lot and enjoy the tennis life, so as long as I feel my body is healthy, I will play,” she said.

生词

defend [dɪˈfend] *vt.* 防护; 辩护

remainder [rɪˈmeɪndə] *n.* 余数; 残余; 剩余物; 其余的人

concentration [ˌkɒnsənˈtreɪʃən] *n.* 集中; 浓度; 专
心; 集合; 浓缩

insurance [ɪnˈʃʊərəns] *n.* 保险; 保险费; 保险契
约; 赔偿金

tournament [ˈtuənəmənt] *n.* 比赛; 锦标赛; 联赛

explore [ɪkˈsplɔː] *vt.* 探测; 探索; 探险

focus [ˈfəʊkəs] *vi.* 聚焦; 集中

coach [kəʊtʃ] n. 教练

subscribe [səb'skraɪb] vi. (+to) 订阅; 赞成; 捐款;

认购; 签署

celebrity [sɪ'leɪbrəti] n. 名人; 名流

alter ['ɔ:ltaɪ] vt. 改变; 更改

prompt [prɒmpt] vt. 促进; 激起

长难句分析

And like Anna Wintour showing up in Roger Federer and Maria Sharapova's players boxes or Sean "P Diddy" Combs sitting in Novak Djokovic's corner, has Li been approached by any new found celebrity friends for tennis' best tickets?

Like意为“像……”，是举例说明的一个常用单词。这里一共举了一个球星的例子，类比起来问李娜是否 be approached by celebrity friends for tickets? Approach是“靠近、接近”的意思，在这里这样直接翻译肯定不行。Be approached by 看似是一个被动的结构，但是译者巧妙地用了主动的形式更符合中文的表达，“向李娜讨要门票”。

译文

在澳大利亚，中国顶尖网球选手李娜的目的十分明确：除了要卫冕她在悉尼国际网球赛上的冠军头衔外，她还要争取亮相澳大利亚网球公开赛总决赛。去年6月在法国巴黎成为中国首个大满贯冠军之后，在2011年剩下的日子里李娜仅取得了六场胜利。

李娜说，“法网之后，我想自己在赛场上无法集中精神。”李娜又说，多亏了淡季两个月的刻苦训练，她觉得自己为2012年做好了准备。

去年，在伊斯坦布尔结束了其首个WTA年终锦标赛之后，29岁的李娜回到了老家武汉。随后她到北京为中国的赞助商泰康人寿、乳品企业伊利以及昆仑山矿泉水拍照。之后她到慕尼黑进行了一个月的训练。随后李娜又回到武汉，参加了一场在圣诞前举行的名为“李娜和朋友们”的友谊赛。参加这场友谊赛的还有网球名将桑普拉斯(Pete Sampras)、莫亚(Carlos Moya)和利斯基(Sabine Lisicki)。

比赛结束后，李娜回到中国南方城市江门。在江门，李娜每天都要在室外练习场训练好几个小时。训练结束后，她飞赴珀斯参加霍普曼杯(Hopman Cup)比赛。李娜说，“在珀斯，我抱住了一只婴儿袋鼠，此前我从未有过这样的经历。我只抱过朋友的宝宝。”

尽管都在环游世界，但李娜说她不会去仔细游览悉尼或墨尔本。她说，“我感到有点难过，因为没有时间逛逛这些城市”。李娜说，“对于我们网球运动员来说，日子过得并不容易，因为每一天我们都在关注比赛。如果能有一天休息，我们也是在训练，无法完全放松。”

李娜说自己炒掉老教练姜山的原因是因为他聒噪如雷，吵得自己无法入眠，她的话让收看2011年澳网公开赛的观众们哈哈大笑。但李娜又说，在今年首个大满贯比赛结束之后她会尽力挤出一些时间购物。李娜承认自己赞成“购物疗法”。她笑着说，“女人喜欢花钱，东西买回来之后可能从来不会去用。但我很喜欢那让你感到兴奋的两秒钟。”

时装界“女魔头”安娜·温图尔(Anna Wintour)曾经现身天王费德勒(Roger Federer)和莎拉波娃(Maria Sharapova)的球员包厢；而说唱巨星肖恩·康姆斯(Sean "P Diddy" Combs)也曾坐在德约科维奇(Novak Djokovic)的私人包厢中。那么近来是否有明星朋友向李娜讨要网球比赛的头等票呢？

李娜说，“在中国我们有和Facebook类似的微博，所以中国的电影明星和歌手都通过微博和我联系，但到目前为止还没人向我讨过票。”李娜承认在家的時候不得不改变习惯。她说，“人们会喊：那是李娜。所以我不得不改变用餐时间。比如，为了避开高峰时段，我会在下午两点到四点之间去餐馆吃午饭。”

如果李娜在2012年伦敦奥运会等赛事上取得进一步成功，那么其生活方式可能还要进一步调

整。但娜姐乐于继续这段旅程:正是这段旅程让她一年至少去过20个城市,也让她成为继NBA巨星姚明退役之后最受关注的中国运动员。

李娜说,“我非常喜欢这份职业,也很享受网球人生。所以只要我的身体没问题,我会继续打下去。”

推荐语句背诵

Further success in events such as the London 2012 Olympic Games could prompt further lifestyle adjustments.

如果李娜在2012年伦敦奥运会等赛事上取得进一步成功,那么其生活方式可能还要进一步调整。



How to Grow Old? 怎样变老?

给力热身站

Do you think growing old is terrible according to the passage?

晨读文选

Psychologically there are two dangers to be guarded against in old age. One of these is undue absorption in the past. It does not do to live in memories, in regrets for the good old days, or in sadness about friends who are dead. One's thoughts must be directed to the future, and to things about which there is something to be done. This is not always easy; one's own past is a gradually increasing weight. It is easy to think to oneself that one's mind more keen. If this is true it should be forgotten, and if it is forgotten it will probably not be true.

The other thing to be avoided is clinging to youth in the hope of sucking vigor from its vitality. When your children are grown up they want to live their own lives, and if you continue to be as interested in them as you were when they were young, you are likely to become a burden to them, unless they are unusually callous. I do not mean that one should be without interest in them, but one's interest should be contemplative and, if possible, philanthropic, but not unduly emotional. Animals become indifferent to their young as soon as their young can look after themselves, but human beings, owing to the length of infancy, find this difficult.

I think that a successful old age is easiest for those who have strong impersonal interests involving appropriate activities. It is in this sphere that long experience is really fruitful, and it

is in this sphere that the wisdom born of experience can be excised without being oppressive. It is no use telling grown-up children not to make mistakes, both because they will not believe you, and because mistakes are an essential part of education. But if you are one of those who are incapable of impersonal interests, you may find that your life will be empty unless you concern yourself with your children and grandchildren. In that case you must realize that while you can still render them material services, such as making them an allowance or knitting them jumpers, you must not expect that they will enjoy your company.

Some old people are oppressed by the fear of death. In the young there is a justification for this feeling. Young men who have reason to fear that they will be killed in battle may justifiably feel bitter in the thought that they have been cheated of the best things that life has to offer. But in an old man who has known human joys and sorrows, and has achieved whatever work it was in him to do, the fear of death is somewhat abject and ignoble. The best way to overcome it — so at least it seems to me — is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life.

生词

undue [ˌʌnˈdjuː] *adj.* 过度的; 过分的; 不适当的;
未到期的

cling [klɪŋ] *vi.* 坚持; 紧贴; 附着

callous [ˈkæləs] *adj.* 起老茧的; 无情的; 硬结的;
麻木的

contemplative [kənˈtemplətɪv, ˈkɒntemplətɪv]
adj. 沉思的; 冥想的; 默想的

philanthropic [ˌfɪlənˈθrɒpɪk] *adj.* 博爱的; 仁慈的
infancy [ˈɪnfənsɪ] *n.* 婴儿期; 幼年; 初期

oppressive [əˈpreɪsɪv] *adj.* 压迫的; 压制性的; 沉重的; 难以忍受的

justifiably [ˈdʒʌstɪfaɪəbəlɪ] *adv.* 无可非议地; 言之有理地

ignoble [ɪɡˈnəʊbl] *adj.* 不光彩的; 卑鄙的; 卑贱的

长难句分析

The best way to overcome it — so at least it seems to me — is to make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life.

本句中出现的 to overcome it 是动词不定式作 way 的定语; so at least it seems to me 是插入语; to make your interests gradually wider and more impersonal 是动词不定式作表语。

译文

从心理上说,老年时期要防止两种危险。其一是过分沉湎于过去。生活于回忆之中,为以往的好时光而抱憾,或因朋友作古而悲伤,这些皆无济于事。人的思想必须朝着未来,朝着还可以有所作为的方面。这并非总是容易做到,因为一个人的过去是一份不断加重的负担。人们容易认为自己的感情,过去比现在充沛,自己的思想,过去比现在敏锐。如果这是事实,就应该忘掉它。如果它被忘掉,那么它也许将不成其为事实。

另一件要避免的事是紧拽着年轻人,希望从他们的生机中汲取活力。当你的孩子们已经长大,他们就要过他们自己的生活,如果你还是像他们小时候那样对他们关心备至,你就可能成为他们的

包袱,除非他们特别麻木不仁。我不是说对他们应该不闻不问,但是你所给予的关心应是理性的、解囊相助的(如果可能的话),而非过于感情冲动。动物在自己的后代一旦能够生活自理时,便不再给予关怀。但是人类,由于幼年时期太长,很难做到这一点。

我想一个人能做到对合适的活动兴趣盎然、不计较个人得失,那么,他就极易享有成功的晚年。因为长期积累的经验在此可以结出累累硕果,而由于经验产生的智慧在此时既有用武之地,又不至咄咄逼人。叫已经成年的子女不要犯错误是徒劳无益的,因为一方面他们不会相信你,另一面也因为犯错是教育过程中不可缺少的一环。但假如你做不到不计个人得失,那么,不将心放在儿孙身上,你便会觉得生活空虚无望。假使如此,你必须明白:虽然你还能给他们物质上的帮助,诸如给点补贴或织几件毛衣,但你千万不要指望他们会喜欢和你在一起。

有些老人为死的恐惧所困扰。如果年轻人有这种恐惧,那倒无可厚非。年轻人有理由害怕战死沙场;当他们想到被骗走了生命所能给予的美好生活,他们有理由愤愤不平。但对于一个备尝人生甘苦,业已完成该做的一切的老人来说,怕死就有点不大可取了。克服这种恐惧的最好方法是——至少在我看来如此——使你的兴趣逐渐扩大,越来越超出个人之外,最终你的自我之墙将一点一点地后退,你的生命将越来越和人类的生命融合在一起。

推荐语句背诵

The other thing to be avoided is clinging to youth in the hope of sucking vigor from its vitality.

另一件要避免的事是紧拽着年轻人,希望从他们的生机中汲取活力。

Thu
热点话题

Conquering Aging 征服衰老

给力热身站

Can human beings live to the age of 150 according to the passage?

晨读文选

In Jonathan Swift's "Gulliver's Travels", Gulliver encounters a small group of immortals, the struldbrugs. "Those excellent struldbrugs," exclaims Gulliver, "who, being born exempt from that universal calamity of human nature, have their minds free and disengaged, without the weight and depression of spirits caused by the continual apprehensions of death!"

But the fate of these immortals wasn't so simple, as Swift goes on to report. They were still subject to aging and disease, so that by 80, they were "opinionative, peevish, covetous, morose, vain, talkative", as well as "incapable of friendship, and dead to all natural affection, which never descended below their grandchildren". At 90, they lost their teeth and