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## Unit 1

### Warm-up questions:

1. What can you see from the pictures above?
2. What kind of pollution do you know? Will you talk about it?
3. What can we do to protect our Earth?



### Preview

No matter what country people live, there is only one earth. To maintain the only earth we live in is the major issue for us nowadays. However, there are too many environmental problems: overfishing, global warming, and all kinds of pollutions. The first text in this unit, “Black Fish activists vow to confront illegal tuna fishing in Mediterranean” introduces how people try to protect the sea from overfishing. In Text B, “Natural gas: Cleaner, not cooler”, the author points out that despite the advantages and development of natural gas, it can’t



solve the problem of global warming.



### Text A Black Fish activists vow to confront illegal tuna fishing in Mediterranean

*John Vidal*

1 They are currently a small emergent group of volunteer activists committed to direct action on the seas. But by the end of the year, if meticulous planning pays off, the Black Fish could be making headlines with the launch of a guerrilla-style campaign against illegal fishing in European waters.

2 Taking their name from the term given to illegally caught fish, the Amsterdam-based group has a budget of only a few thousand pounds a year and pays no salaries, but boasts contacts and activists from across Europe, including Britain. Within weeks it expects to have raised around £500,000 from wealthy European backers to buy its first boat, a former coastguard vessel.



3 The aim will be high-profile confrontation on the high seas. Greenpeace's first action was to sail to the Aleutian Islands to stop the dropping of an atomic bomb. The Black Fish crew of 12 will sail to the Mediterranean, where they plan to stay for three years to confront illegal fishermen, and, they hope, embarrass commercial companies and persuade Europe to ban completely the catching of endangered fish, such as the bluefin tuna that they have released off Croatia.

4 Each year 30-40,000 tonnes of Atlantic bluefin tuna are legally caught in the Mediterranean and towed to farms in Croatia and elsewhere in giant nets. The fish are then fattened for several months until they reach the target size of around 250kg, when they are sold, largely to Japan, where a single 269kg fish was sold this year for a record price of nearly half a million pounds.

5 Most Mediterranean tuna farms act responsibly, but spiralling prices encourage trawlers to far exceed quota limits and catch many juveniles. The result, says conservation



group WWF, is that up to 20,000 tonnes of tuna are illegally caught each year. Breeding numbers have plummeted in the last five years, suggesting that the whole fishery could collapse within a few years, perhaps never to recover.

6 The tuna trade will be the Black Fish's primary target. Last month the group released thousands of endangered bluefin tuna, worth millions of pounds on the Japanese market, after activists located a series of Croatian fish farms where tuna were being fattened up. As guard boats circled and under the eyes of men in a watchtower, members of the group cut a large hole in one of the nets and watched a silver tide of the most expensive fish in the world escape into the Adriatic. According to the group, thousands of tuna of all ages and sizes escaped. In another successful action, a small group of Black Fish divers went to Japan and cut the nets of six pens in Taiji that were holding dolphins destined for international theme parks. The group has also won a battle to close down a German dolphinarium.

7 Van der Werf, a vegan who says he encountered police spy Mark Kennedy when he infiltrated their group in Nottingham, has travelled twice to the Antarctic with Paul Watson's Sea Shepherd conservation group to stop Japanese whaling. In 2010 he helped Watson release 800 bluefin tuna off the Libyan coast, an action that led to a court case that was dismissed earlier this year.

8 "I came off the Sea Shepherd boat with nothing. I borrowed 500 to set up the group and I had 50 left. We have raised money from benefit concerts, and supporters. No one has been paid but we can call on web designers, legal firms and fishery experts," said Van der Werf, who originally trained as a violin-maker.

9 "We realize that you don't need to be a huge Greenpeace or Sea Shepherd with millions of pounds and big staff behind you to act; you can start small, be flexible. We want to move away from the 'hero' complex and encourage ordinary people to act for the oceans," he said.

10 "Greenpeace and Sea Shepherd inspired us, but what is not needed now is an organization similar to them. We need more of a social movement of people who work on marine protection. Conservation groups talk the language of politicians and MPs. There is an increasing gap between them and the public. I have trouble understanding their reports. We want to inspire other local initiatives."

11 The Black Fish has positioned itself firmly at the "no compromise" end of the green spectrum. "We don't see ourselves as witnesses, more as enforcers of law. We want evidence of illegality and we are prepared to take direct action. We don't want to just build awareness, but achieve change. We want to be judged by our actions and be effective," said Van der Werf.



12 “We have growing support from the public. We have customs officers, tube drivers, all kinds of people.”

13 He claims the tacit support of most European conservation groups, but the group is certain to cross swords with those who advocate reform of fishing practices rather than an absolute reduction in the catch. The high-profile campaign by Hugh Fearnley-Whittingstall and Jamie Oliver to ban “discards”—young fish that are not allowed to be sold in EU markets and are thrown away—is not good enough, he says. “In effect they are saying it’s a waste of fish; let’s eat the by-catch,” said Van der Werf.

14 “Sustainable fishing”, promoted by supermarkets and some conservation groups, is totally unsustainable, he says. “It’s a feelgood option. Sustainable fishing has not worked in terms of over-fishing. It just legitimizes destructive fishing.”

15 Van de Werf adds: “The fact is 85% of all stocks are overfished. Oceans are rife with corruption. Unless something is done, there will be no fish left.” (944 words)

### New Words

**boast** [bəʊst] v. to talk too proudly about your abilities, achievement etc. 吹嘘; 夸耀  
e. g. Carol boasted about her costume. 卡萝尔炫耀着自己的穿着打扮。

**breed** [bri:d] v. to keep animals or plants in order to produce babies or new plants, especially ones with particular qualities 饲养, 培养。

**budget** ['bʌdʒɪt] n. a sum of money allocated for a particular purpose 预算

**campaign** [kæm'peɪn] n. 1. a planned set of activities that people carry out over a period of time in order to achieve something such as social or political change (社会、政治) 运动, 活动

e. g. During his election campaign he promised to put the economy back on its feet. 他在竞选时许诺将重振经济。

2. a series of planned movements carried out by armed forces. (包括一系列战斗的) 战役

eg: The allies are intensifying their air campaign. 联军部队正加大他们的空战强度。

v. carry out a planned set of activities over a period of time in order to achieve their aim 发起运动; 开展活动

e. g. We are campaigning for law reform. 我们正在宣传呼吁进行法律改革。

**collapse** [kə'læps] v. something (a system or institution) fails or comes to an end completely and suddenly (体系或机构) 崩溃, 瓦解, 突然失败

e. g. The country's economy is on the verge of collapse. 国家的经济已到了崩溃的



边缘。

**commercial** [kə'mɜːʃl] adj. involving or relating to the buying and selling of goods 商业的；贸易的

**compromise** ['kɒmprəmaɪz] n. a situation in which people accept something slightly different from what they really want, because of circumstances or because they are considering the wishes of other people 折中；妥协；让步

**conservation** [ˌkɒnsə'veɪʃn] n. the preservation and careful management of the environment and of natural resources (对环境的) 保护

**contact** ['kɒntækt] n. communication with a person, organization, country, etc 联系，交往  
e. g. Then, after she had become famous, he tried to make contact with her. 后来，她出名之后，他曾试图与她联系。

v. to write to or telephone someone (写信、打电话) 联系某人

e. g. Contact the Tourist Information Bureau for further details. 详情请洽旅游信息处。

**corruption** [kə'rʌpʃn] n. dishonesty and illegal behaviour by people in positions of authority or power. 腐败；贪污；受贿

**crew** [kruː] n. all the people who work on a ship or plane (飞机、轮船等上的) 全体工作人员  
e. g. The surviving crew members were ferried ashore. 幸存下来的船员被运上了岸。

**diver** ['daɪvə] n. a person who swims under water using special breathing equipment 潜水者；潜水员

**dolphin** ['dɒlfɪn] n. a mammal which lives in the sea and looks like a large fish with a pointed mouth 海豚

**embarrass** [ɪm'bærəs] v. 1. to make someone feel ashamed, nervous, or uncomfortable, especially in front of other people (尤指在社交场合) 使尴尬，使窘迫  
e. g. His clumsiness embarrassed him. 他因自己的笨拙而感到尴尬。

2. to do something that causes problems for a government, political organization, or politician, and makes them look bad 给(政府、政治组织或政治人物) 出难题；使……难堪

e. g. The Republicans are trying to embarrass the president by thwarting his economic program. 共和党人企图通过阻挠总统的经济计划使其难堪。

**endanger** [ɪn'deɪndʒə] v. put someone or something in a situation where they might be harmed or destroyed completely 使遭遇危险；危及；危害

**enforce** [ɪn'fɔːs] v. to force or cause it to be done or to happen 强行实施(法律、规定等)；强加；迫使



e. g. Until now, the government has only enforced the ban with regard to American ships. 到目前为止, 政府仅仅对美国船只实施了禁令。

**exceed** [ɪk'si:d] v. 1. to be more than a particular number or amount 超过, 超出

e. g. Its research budget exceeds \$ 700 million a year. 其研究预算每年超过 7 亿美元。

2. to go beyond what rules or laws say you are allowed to do 超越(规则或法律的规定)

e. g. He accepts he was exceeding the speed limit. 他承认自己超速了。

**fatten** ['fætn] v. to make animals become fatter 喂肥; 养肥(牲畜)

**giant** ['dʒaɪənt] adj. very big or very important 巨大的; 特大的; 极其重要的

**headline** ['hedlaɪn] n. the title of a newspaper story, printed in large letters at the top of the story, especially on the front page(尤指报纸头版的)标题, 大字标题

**illegal** [ɪ'li:ɡl] adj. not allowed by the law 不合法的; 非法的; 违反规则的

**infiltrate** ['ɪnfɪltreɪt] v. enter it secretly in order to spy on it or influence it 渗透, 潜入(地方、组织中等)

**initiative** [ɪ'nɪʃətɪv] n. 1. an important act or statement that is intended to solve a problem 积极的行动; 倡议

e. g. There's talk of a new peace initiative. 传闻有可能提出新的和平倡议。

2. the ability to decide what to do next and to do it, without needing other people to tell you what to do 主动性; 积极性; 进取心

e. g. She was disappointed by his lack of initiative. 她对他缺少进取心感到失望。

**inspire** [ɪn'spaɪə(r)] v. 1. to give someone new ideas and a strong feeling of enthusiasm 启发; 使产生灵感和热情

e. g. Jimi Hendrix inspired a generation of guitarists. 吉米·亨德里克斯启发了整整一代吉他演奏者。

2. encourage someone to do something 激励; 鼓舞; 驱使

e. g. Our challenge is to motivate those voters and inspire them to join our cause. 我们面临的挑战是如何调动那些选民的积极性并鼓励他们加入我们的事业。

**juvenile** ['dʒu:vənəl] n. 1. a child or young person who is not yet old enough to be regarded as an grown up 青少年, 未成年人

2. juvenile birds or animals are young 未长大的鸟或动物

**launch** [lɔ:ntʃ] v. to start something, usually something big or important 发动, 发起

**marine** [mə'reɪn] adj. is used to describe things relating to the sea or to the animals and plants that live in the sea 海洋的; 海生的; 海产的

**meticulous** [mə'tɪkjələs] adj. marked by precise accordance with details 谨小慎微的; 过度重



视细节的

**patrol** [pə'trəʊl] v. to go around the different parts of an area or building at regular times to check that there is no trouble or danger 巡逻; 巡查

e. g. Armed guards patrolled the grounds. 武装卫兵巡逻场地。

n. a group of soldiers or vehicles that are patrolling an area 巡逻(队)

e. g. The security forces increased their patrols in the area. 安全部队加强了对该地区的巡逻。

**primary** ['praɪməɹɪ] adj. 1. most important 首要的, 主要的

e. g. Our primary concern is to provide the refugees with food and healthcare. 我们的头等大事是给难民提供食品和医疗。

2. (especially BrE) relating to the education of children between five and eleven years old(尤其是在英式英语中)小学教育的, 初级教育的

3. happening or developing before other things 原始的, 最初的

e. g. Counseling was given as a primary therapy for depression. 心理咨询是抑郁症的基础治疗。

n. 1. a preliminary election where delegates or nominees are chosen 初选

2. a primary school 小学

**release** [rɪ'liːs] v. 1. to let someone go free, after having kept them somewhere 释放, 放出

e. g. He was released from custody the next day. 第二天他被从拘留所里放了出来。

2. to allow abilities or feelings to be expressed 发泄, 释放(情感); 展示(能力)

e. g. Becoming your own person releases your creativity. 保持自己的本色才有助于发挥自身创造力。

**responsibly** [rɪ'spɒnsəblɪ] adv. in a responsible manner 有责任感地

**sustainable** [sə'steɪnəblɪ] adj. capable of being sustained 可持续的

**target** ['tɑːɡɪt] n. something at which someone is aiming a weapon or other object 靶子; 目标; 对象

e. g. The missiles missed their target. 导弹没有击中目标

v. aim at, or attack a particular person or thing means to decide to attack or criticize them 瞄准; 把……作为攻击目标

e. g. He targets the economy as the root cause of the deteriorating law and order situation. 他抨击经济是治安状况不断恶化的根源。

**vegan** ['viːɡən] n. Someone who never eats meat or any animal products such as milk, butter, or cheese 严格素食者; 不吃肉的人

**vessel** ['vesl] n. 1. a ship or large boat 舰; 轮船; 大船





2. a bowl or other container in which liquid is kept(盛液体用的)容器, 器皿

**volunteer** [ˌvɒləntɪə(r)] n. someone who does work without being paid for it, because they want to do it 志愿者; 义务工作者; 义工

**vow** [vaʊ] v. to make a serious promise or decision that you will do it 发誓; 起誓;

e. g. I solemnly vowed that someday I would return to live in Europe. 我郑重发誓, 总有一天我将回到欧洲生活。

n. a serious promise or decision to do a particular thing 誓言; 诺言

e. g. I made a silent vow to be more careful in the future. 我暗暗发誓, 日后要倍加小心。

## Phrases and Expressions

be rife with	充斥着
call on	号召; 拜访
come off	离开; 成功, 达到效果
committed to	致力于
fatten up	(动物宰杀前的)育肥
high sea	公海
in terms of	依据, 按照; 在……方面, 就……而言
make headline with	成为头条
pay off	成功, 取得回报; 赢利; 偿清, 还清(债务)

## Notes

1. Aleutian Islands: 阿留申群岛
2. cross the sword with; have a fight against 与……做斗争
3. by catch: unwanted marine creatures that are caught in the nets while fishing for another species 混获
4. ... embarrass commercial companies ... : ... put the fishing company into a troubled situation ... 使捕鱼公司处于……困境
5. The tuna trade will be the Black Fish's primary target: The organization, Black Fish, will put tuna commercial trade as its most important subject. 黑鱼组织的主要目标将定位于金枪鱼贸易。
6. Greenpeace: is the leading independent campaigning organization that uses peaceful direct action and creative communication to expose global environmental problems(保护动物不遭捕猎等的)“绿色和平组织”



## Exercises

### Reading Aloud

I . Read the following paragraphs until you have learned them by heart. Then, translate them into Chinese.

The aim will be high-profile confrontation on the high seas. Greenpeace's first action was to sail to the Aleutian Islands to stop the dropping of an atomic bomb. The Black Fish crew of 12 will sail to the Mediterranean, where they plan to stay for three years to confront illegal fishermen, and, they hope, embarrass commercial companies and persuade Europe to ban completely the catching of endangered fish, such as the bluefin tuna that they have released off Croatia.

Each year 30 — 40, 000 tonnes of Atlantic bluefin tuna are legally caught in the Mediterranean and towed to farms in Croatia and elsewhere in giant nets. The fish are then fattened for several months until they reach the target size of around 250kg, when they are sold, largely to Japan, where a single 269kg fish was sold this year for a record price of nearly half a million pounds.

Most Mediterranean tuna farms act responsibly, but spiralling prices encourage trawlers to far exceed quota limits and catch many juveniles. The result, says conservation group WWF, is that up to 20,000 tonnes of tuna are illegally caught each year. Breeding numbers have plummeted in the last five years, suggesting that the whole fishery could collapse within a few years, perhaps never to recover.

### Comprehension of the Text

II . Decide whether each of the statements below is true or false according to the text. Write the letter T or F before each statement.

1. \_\_\_\_\_ By the end of the year, if meticulous planning pays off, the Black Fish could be making headlines with the launch of a guerrilla-style campaign against illegal fishing in American waters.

2. \_\_\_\_\_ Black Fish pays no salaries to its members.

3. \_\_\_\_\_ The Black Fish activists will sail to the Mediterranean to stay for three years.

4. \_\_\_\_\_ The Japanese bluefin tuna will be sold when they reach the target size of around 250kg.



5. \_\_\_\_\_ The tuna trade will be the Black Fish's primary target.
6. \_\_\_\_\_ Most Mediterranean tuna farms act responsibly.
7. \_\_\_\_\_ Van der Werf has travelled three times to the Antarctic with Paul Watson.
8. \_\_\_\_\_ The Black Fish will be developed into a bigger organization like Greenpeace.
9. \_\_\_\_\_ The members of Black Fish see themselves as witnesses and enforcers of law.
10. \_\_\_\_\_ Supermarkets and some conservation groups promoted "Sustainable fishing".

### Vocabulary

III. Fill in the blanks with the words chosen from the box. Change the forms where necessary. Multiple answers are possible.

volunteer	responsibly	collapse	enforce	contact	release	primary	budget
inspire	campaign						

1. The roof \_\_\_\_\_ in a roar of rock and rubble.
2. His misunderstanding of language was the \_\_\_\_\_ cause of his other problems.
3. She will design a fantastic new kitchen for you — and all within your \_\_\_\_\_.
4. Until now, the government \_\_\_\_\_ the ban with regard to American ships.
5. We can do nothing to stop the secrets from \_\_\_\_\_.
6. The government will be \_\_\_\_\_ to the President alone.
7. They \_\_\_\_\_ to improve the legal status of women.
8. Though they all live nearby, I lost \_\_\_\_\_ with them really quickly.
9. What I want now is two \_\_\_\_\_ to come down to the front.
10. Our challenge is to motivate those voters and \_\_\_\_\_ them to join our cause.

IV. Fill in the blanks with phrases chosen from the box. Change the forms where necessary. Multiple answers are possible.

call on	committed to	in terms of	pay off	come off
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1. He \_\_\_\_\_ himself \_\_\_\_\_ to the education.
2. It was a good try but it didn't quite \_\_\_\_\_.
3. After \_\_\_\_\_ Miss Kitts, I continued to visit Mr. Green.
4. It would take him the rest of his life to \_\_\_\_\_ that loan.
5. \_\_\_\_\_ natural resources, India has a big advantage over Japan.



V. Complete each of the following sentences with the proper form of the given word.

1. commercial They have made their fortunes from industry and \_\_\_\_\_.
2. responsibly He still felt \_\_\_\_\_ for her death.
3. diver The shark \_\_\_\_\_ down and swam under the boat.
4. illegal He must take \_\_\_\_\_ actions to protect his right.
5. sustainable It wants timber to come, where possible, from \_\_\_\_\_ managed sources.
6. embarrass The poverty figures were undoubtedly an \_\_\_\_\_ to the president.
7. corruption It is sad to see a man so \_\_\_\_\_ by the desire for money and power.
8. inspire The \_\_\_\_\_ behind the reforms was a paper written in 1985.
9. volunteer Aunt Mary \_\_\_\_\_ to clean up the kitchen.
10. fatten Because you're not burning calories, everything you eat turns to \_\_\_\_\_.

VI. Translate the following into English.

1. 过去 10 年来,英国铁路确实变得更加商业化了。
2. 汤姆不得不担负照顾他妹妹的责任。
3. 对所发生的事情一无所知,这让他很难堪。
4. 有许多志愿者参加了北京奥运会。
5. 是什么促使你改名的?
6. 现在就开始谈论死亡人数为时过早。
7. 他有望今天出院。
8. 他吹嘘说他昨天赚了 1000 美元。
9. 那一艘船在公海上漂流。
10. 你做好忠于婚姻的准备了吗?

VII. Translate the following into Chinese.

1. The debate could endanger the proposed peace talks.
2. I spent 20 minutes on the headlines of today's China Daily.
3. He urged everyone to act responsibly.
4. I'd been vegan for a long time.
5. Ninety-nine percent of primary pupils now have hands-on experience of computers.
6. I had to admire David's vow that he would leave the program.
7. He lived alone, breeding horses and dogs.
8. He missed the target only once yesterday.
9. The scouts paired off and began to patrol the area.
10. All the sailors disembarked from the vessel and went to town.

VIII. Cloze



A marine bill to 1 the UK's ocean wildlife and improve public access 2 the coast was included in today's Queen's speech after years of campaigning by conservation groups.

The marine and coastal access bill is a new 3 to managing the marine environment that will include conservation 4, a new planning system, reform of fisheries and access to the coasts. It will also include the establishment of a new organization to 5 the seas around the UK.

Marine conservation zones (MCZs) will protect nationally important 6 and species such as eelgrass beds, seahorses and sea fans.

According 7 the Marine Conservation Society (MCS), there are more than 6,000 sites of 8 interest on land, but only three sites protecting habitats of national importance at sea.

Melissa Moore, senior policy officer of the MCS, welcomed the government's commitment 9 the marine bill but said it needed "toughening up" 10 it is to leave a lasting legacy for nature conservation.

"It is now 11 the hands of MPs and Lords who need to further strengthen the bill if it is to 12 its goals for healthy ecosystems. Any weakening would be disastrous for our seas," she said. Access to the coast will also be improved 13 the new bill. Specifically it will try to secure a long-distance route around the coast of England including beaches, cliffs, rocks and dunes, with public access for coastal walking and other recreational activities.

The MCS has warned, 14, that fragile coastal habitats such as estuaries, salt marsh and bird sanctuaries are excluded from any proposed new routes.

The new marine planning system will aim to 15 long-term objectives for the seas around the UK, and encourage the creation of more detailed local marine plans.

All of the regulation and enforcement of the new rules 16 under the remit of the new marine management organization.

Natasha Barker, senior marine policy officer at WWF UK, said the new marine bill could not come too soon for UK seas and its wildlife and coastal communities.

"In the time it's taken to introduce the UK marine bill, the 17 of climate change 18 the many pressures already taking their toll on marine biodiversity. Now we finally have an opportunity to reverse the decline."

She 19, "We must also connect the land and sea to ensure future marine plans take into account terrestrial activities and improve management of our coastline."

Earlier this year MPs urged the government to 20 more "concrete safeguards" for landowners than were included in the draft marine bill published in April.



- |                       |                  |                   |               |
|-----------------------|------------------|-------------------|---------------|
| 1. A. protect         | B. prohibit      | C. keep           | D. attain     |
| 2. A. on              | B. of            | C. to             | D. with       |
| 3. A. approach        | B. accommodation | C. accomplish     | D. accompany  |
| 4. A. regions         | B. ranges        | C. fields         | D. zones      |
| 5. A. obey            | B. manage        | C. order          | D. overlook   |
| 6. A. habits          | B. habitats      | C. habitat        | D. habit      |
| 7. A. on              | B. of            | C. to             | D. about      |
| 8. A. science         | B. scientific    | C. scientifically | D. scientific |
| 9. A. of              | B. about         | C. to             | D. in         |
| 10. A. whether        | B. weather       | C. though         | D. if         |
| 11. A. within         | B. beyond        | C. in             | D. on         |
| 12. A. finish         | B. complete      | C. accuse         | D. achieve    |
| 13. A. out            | B. off           | C. under          | D. on         |
| 14. A. and            | B. but           | C. however        | D. so         |
| 15. A. put            | B. introduce     | C. give           | D. look       |
| 16. A. fall           | B. will fall     | C. falls          | D. failed     |
| 17. A. impacts        | B. import        | C. effort         | D. affect     |
| 18. A. have amplified | B. amplified     | C. had amplified  | D. amplify    |
| 19. A. stated         | B. remarked      | C. added          | D. described  |
| 20. A. assure         | B. sure          | C. insure         | D. ensure     |

IX. Theme related writing.

Write a short essay on the topic of “How to Protect Our Environment”. You should write at least 120 words.

**Text B Natural gas: Cleaner, not cooler**

*from The Economist*

1 The juxtaposition of “gas” and “boom” conjures misfortune: mining disasters, Zeppelins in flame and the like. But the gas boom that the world is currently experiencing is a conflagration to be celebrated. The development of previously unexploited shale gas as a resource in America and other countries, and the growth in the liquefied-natural-gas (LNG) market, between them promise a future





in which more gas is traded more freely, to the benefit of the world at large.

2 Shale gas, as well as gas from other unconventional sources, will swell the ranks of gas producers. Existing producers will gain from more markets opening up as the fuel's appeal spreads. Consumers will be less likely to find themselves tied to single producers through specific pipelines, with the unpleasant possibilities for political pressure that such arrangements bring with them.

3 If the boom persists gas may take coal's place as the world's second-favourite fuel in just a few decades, and millions will breathe easier as a result. This is because, even were it not cheap and plentiful, gas would be attractive simply on the grounds of cleanliness. Once the gas is out of the ground, it is a great deal cleaner than coal. It does not distribute neurotoxic mercury around the planet; it does not clog city air and the lungs of those who breathe it with soot and sulphur. Gas is a boon to public health.

4 For global warming, though, gas is a mixed blessing. It produces less carbon dioxide for a unit of energy than coal or oil, so the climate will benefit to the degree that gas replaces either of those; it will mostly substitute for coal, and some oil too, especially if gas-powered trucking becomes widespread. But if gas is plentiful and cheap enough to replace carbon-rich coal, it will also be in a position to replace carbon-free nuclear and renewables, and in doing so more carbon dioxide will be emitted than would otherwise be the case. At the same time, the availability of a cheap and relatively green fuel may push up global energy consumption. A recently published scenario from the International Energy Agency projects that by 2035 the overall increase in energy use and the reduced use of nuclear and renewables in a gas-happy world would almost perfectly balance out the gains made by burning gas instead of coal.

5 And there is a further wrinkle. When floating in the air, the tiny lung-damaging particles formed from coal's noxious sulphur emissions reflect sunlight back out into space before it has a chance to heat the surface. This cooling is strictly short-term (sulphur stays in the lower atmosphere only briefly) but it can be significant. Replace coal with gas and such cooling is lost. Other things being equal, a world that burns more natural gas and less coal will experience more near-term warming for the same amount of carbon dioxide.

6 There could be a technical fix. Sulphur in the stratosphere, a natural result of volcanic eruptions, provides a lot more cooling per tonne than the coal-emitted sort. Deliberate emissions into the stratosphere (using, it should be stressed, a technology a little less disruptive than a volcano) might provide a cooling like that produced by coal without the ghastly side effects. But the world is neither scientifically nor politically ready to consider such geoengineering. A more practical way forward is to support strong carbon prices, under which



gas still displaces coal but finds it harder to replace genuinely low-carbon options. (584 words)

## New Words

**juxtaposition** [ˌdʒʌkstəpəˈzɪʃən] n. the act of positioning close together or side by side 并置, 并列; 毗邻

e. g. The juxtaposition of these two remarks was startling. 这两句话连在一起使人听了震惊。

**boom** [bu:m] n. 1. a deep prolonged loud noise 隆隆声

e. g. The stillness of the night was broken by the boom of a cannon. 夜晚的寂静被大炮的轰鸣声打破了。

2. a state of economic prosperity 繁荣

e. g. An economic boom followed, especially in housing and construction. 接着是一个经济的繁荣, 尤其在住房和建筑方面。

v. grow stronger 急速发展

e. g. Sales are booming. 销售量在激增。

**conjure** [ˈkʌndʒə(r)] v. 提出; 想起; 想象

e. g. I cannot but conjure up the memories of the good old days. 我不禁回忆起过去美好的日子。

**flame** [fleɪm] n. 火焰; 热情; 光辉

e. g. The heat from the flames was so intense that roads melted. 火焰的热度如此高以至于路面融化了。

**currently** [ˈkʌrəntli] adv. at this time or period; now 当前

e. g. Currently, they live in Canada. 目前, 他们住在加拿大。

**conflagration** [ˌkɒnfləˈɡreɪʃn] n. a very intense and uncontrolled fire 大火

e. g. A conflagration in 1947 reduced 90 percent of the houses to ashes. 1947 年的一场大火, 使 90% 的房屋化为灰烬。

**unexploited** [ˌʌnɪkˈsplɔɪtɪd] adj. 未可开发的, 未被利用的

**shale** [ʃeɪl] n. [矿] 页岩; 泥板岩

**unconventional** [ˌʌnkənˈvenʃ(ə)n(ə)l] adj. not conforming to accepted rules or standards, not conventional 非常规的, 非传统的

e. g. There was evidence that such an unconventional approach might work. 有证据表明, 这种违反常规的方法是可能奏效的。

**swell** [swel] v. increase in size, magnitude, number, or intensity 使膨胀; 使隆起

e. g. The human population swelled, at least temporarily, as migrants moved south.





随着移民们南移,人口便增加了,至少是暂时增加了。

- gain** [geɪn] v. 1. earn on some commercial or business transaction; earn as salary or wages 获利  
e. g. He has obviously gained by the change. 这改变显然对他有益。  
2. win something through one's efforts 获得,收获  
e. g. Students can gain valuable experience by working on the campus radio or magazine. 学生们通过在校园广播台或校刊工作能够获得宝贵的经验。
- appeal** [ə'pi:l] n. 1. earnest or urgent request 呼吁,请求  
e. g. An appeal is being made for help for those who lost their homes in the earthquake. 正在呼吁援助在地震中失去家园的人们。  
2. attractiveness that interests or pleases or stimulates 吸引力,感染力  
e. g. His smile was part of his appeal to her. 他的微笑是吸引她的部分原因。
- persist** [pə'sɪst] v. be persistent, refuse to stop 坚持,持续  
e. g. Contact your doctor if the cough persists. 如果持续咳嗽,就与医生联系。
- decade** ['dekeɪd] n. a period of 10 years 十年,十年期  
e. g. the last decade of the nineteenth century 19 世纪的最后十年
- distribute** [dɪ'strɪbjʊt] v. 1. give out 散布  
e. g. to distribute seeds 播种  
2. administer or bestow, as in small portions 分发,分配  
e. g. Please distribute the examination papers round the class. 请把考卷发给同学。
- neurotoxic** [ɪnjuərəu'tɒksɪk] adj. 毒害神经的
- mercury** ['mɜ:kjəri] n. a silver-coloured liquid metal that is used especially in thermometers and barometers 水银
- clog** [klɒg] v. become or cause to become obstructed 阻塞,障碍  
e. g. These streets often clog during the rush hour. 这几条大街在交通高峰时间常常发生交通堵塞。
- soot** [sʊt, su:t] n. black power which rises in the smoke from a fire and collects on the inside of chimneys 煤烟,烟灰
- sulphur** ['sʌlfə] n. a yellow chemical which has a strong smell 硫磺,硫磺色
- boon** [bu:n] n. something that is very useful and makes your life a lot easier or better 恩惠;福利;利益  
e. g. Television proves such a boon to so many people. 电视机成为这么多人的一大福音。
- carbon** ['kɑ:bən] n. a chemical element that diamonds and coal are made up of [化学] 碳;碳棒



**dioxide** [daɪ'ɒksaɪd] n. an oxide containing two atoms of oxygen in the molecule 二氧化物

**substitute** ['sʌbstɪtju:t] v. put in the place of another 代替

e. g. Can you substitute for the singer who is ill? 你能替一下那位生病的歌手吗?

**nuclear** ['nju:kliə] adj. relating to the nuclei of atoms, or to the energy released when these nuclei are split or combined 原子核的, 原子能的

**emit** [i'mɪt] n. give off, send forth, or discharge 发出, 放射

e. g. The sun emits light. 太阳发出光。

**scenario** [sə'na:riəʊ] n. an outline or synopsis of a play (or, by extension, of a literary work) 方案; 情节

**wrinkle** ['rɪŋkl] n. 1. a slight depression in the smoothness of a surface 皱纹

2. a clever method of doing something (especially something new and different) 妙计, 窍门

**float** [fləʊt] v. be in motion due to some air or water current 浮动, 漂浮

e. g. It's below freezing and small icebergs are floating by. 气温在冰点以下, 一座座小冰山正漂过。

**particle** ['pɑ:tɪkl] n. a tiny piece of anything 颗粒

**near-term** ['niə'tɜ:m] adj. relating to or extending over a relatively recent time 近期的

**deliberate** [dɪ'lɪbəreɪt] adj. by conscious design or purpose 故意的; 深思熟虑的

e. g. Witnesses say the firing was deliberate and sustained. 目击者说这次射击是蓄意的, 而且还持续了一段时间。

**disruptive** [dɪs'rʌptɪv] adj. 破坏的; 分裂性的; 制造混乱的

**ghastly** ['gæstli] adv. shockingly repellent; inspiring horror 可怕的, 惊人的

**geoengineering** n. 工程(学); 土木工程

**practical** ['præktɪkl] adj. 1. concerned with actual use or practice 实际的, 实用性的

e. g. It's a theoretical matter as well as a practical one. 这不仅是个实践问题, 也是个理论问题。

2. be likely to be effective or successful in a real situation 有实效的

e. g. Although the causes of cancer are being uncovered, we do not yet have any practical way to prevent it. 虽然癌症的病因正被逐步揭开, 但我们尚未有任何切实可行的办法来预防它。

**genuinely** ['dʒenjuɪnli] adj. in accordance with truth or fact or reality 真诚的, 诚实的

e. g. She appeared genuinely surprised by this gesture of affection. 看来她真的被这个爱意的表示惊呆了。



## Phrases and Expressions

<b>and the like</b>	等等;以及诸如此类,诸如此类;什么的;以此类推
<b>to the benefit of</b>	有利于
<b>at large</b>	完全地,详尽地;一般来说;(囚犯)在逃,逍遥法外
<b>take the place=take the place of</b>	代替
<b>as a result</b>	因此,结果
<b>on the grounds of/that</b>	以……为理由,根据
<b>to some degree</b>	从某种程度上,有点,稍微
<b>substitute A for B</b>	用 A 来替换 B
<b>push up</b>	增加;提高
<b>balance out</b>	相抵,平衡;抵消
<b>replace A with B</b>	用 B 来替换 A
<b>side effect</b>	(药物等所起的)副作用

## Notes

1. Zeppelins in flame: 曾称霸全球远距离航程的德国齐柏林飞船,1937 年 5 月 7 日载 100 名乘客横越大西洋上空,在美国新泽西州上空准备降落时着火焚烧,造成了 36 人死亡的惨剧。

2. liquefied-natural-gas (LNG): 液化天然气

3. between them promise a future: them 指代的是页岩气的开发(the development of ... shale gas ...) 和液化气市场的增长(the growth in the liquefied-natural-gas (LNG) market),本句是个状语提前,主语谓语倒装的结构。例如:At the corner of the street stood a tall man. 一个高个子的男人站在街道拐角处。

4. find themselves tied to: tied to 原型是 tie to, tie A to B 意思是把 A 和 B 捆绑在一起。本句的意思是人们和特定管道的单一生产者是绑在一起的。

5. second-favourite: 第二受欢迎的

6. were it not cheap and plentiful: 本句为与现在事实相反的虚拟语气结构,但因为连词 if 被省略,句子部分倒装,正常语序的句子应为 if it were not cheap and plentiful。

7. a mixed blessing: 好坏参半之事,有好处也有坏处的事物。例如:Living in such a beautiful old castle is something of a mixed blessing. Just think of the heating bills, for example. 居住在这座美丽的古城堡中既有利,也有弊。比如,想想它昂贵的取暖费用吧。

8. for a unit of energy: 对于每单位的能量来说

9. gas-powered trucking: 以天然气为动力的运输业

10. -free: 无……的,免除……的



11. than would otherwise be the case: 比其他情况下  
12. -happy: 热爱……的, 例如, gas-happy 热爱天然气的, 天然气流行的  
13. other things being equal: 伴随状语, 意为“在其他条件等同的情况下”

## Exercises

### Comprehension Check

I. Choose the best answer to each of the following questions.

1. According to Paragraph One, the author believes that the gas boom \_\_\_\_\_.  
A. will cause lots of mining disasters  
B. may bring great benefit to the world  
C. is caused by the development of shale gas  
D. might stimulate the development of coal
2. The word “swell” in Paragraph Two most probably means to \_\_\_\_\_.  
A. improve  
B. expand  
C. fulfill  
D. degrade
3. Gas exerts an irresistible influence on us mostly for its \_\_\_\_\_.  
A. price  
B. greenness  
C. abundance  
D. convenience
4. According to Paragraph Three, gas can't solve the problem of global warming because \_\_\_\_\_.  
A. people will not use it widely  
B. it will not be cheap enough  
C. it may replace carbon-free fuels as well  
D. people still prefer coal and oil than gas
5. It is indicated in Paragraph Five that coal \_\_\_\_\_.  
A. should be replaced by gas for its emission of the pollutants  
B. offers a short-term cooling that hardly makes a difference  
C. makes a better energy for the sulphur in the atmosphere  
D. chills the earth by producing particles which reflect sunrays



## Vocabulary

II. Fill in the blanks with the words chosen from the box. Change the forms where necessary. Multiple answers are possible.

boom	flame	currently	unconventional	gain	appeal	decade	distribute
genuinely	clog	emit	float				

1. He was known for his \_\_\_\_\_ behaviour.
2. The \_\_\_\_\_ in the sport's popularity has meant more calls for stricter safety regulations.
3. The greedy boss stopped at nothing to \_\_\_\_\_ profit.
4. This kind of music hasn't much \_\_\_\_\_ for me.
5. The \_\_\_\_\_ of the burning candle soon went out.
6. It is unlawful for factories to \_\_\_\_\_ black smoke into the air.
7. Thousands of soldiers are working to \_\_\_\_\_ food and blankets to the refugees.
8. A new stocktaking system is \_\_\_\_\_ under trial at the supermarket.
9. She seems \_\_\_\_\_ fond of the children.
10. The white cloud of smoke \_\_\_\_\_ away.
11. The leaves \_\_\_\_\_ our drains in the Fall
12. Prices have risen steadily during the past \_\_\_\_\_.

III. Fill in the blanks with phrases chosen from the box. Change the forms where necessary. Multiple answers are possible.

and the like	take the place	as a result	to some degree	substitute for	on the
grounds	push up	balance out			

1. \_\_\_\_\_, being online has become part of our daily life.
2. We talked about music, painting, literature \_\_\_\_\_.
3. Can you think sugar will \_\_\_\_\_ honey?
4. It's not my job to \_\_\_\_\_ the sales.
5. The US in 2006 banned LIMIT from dealing with any US company \_\_\_\_\_ that it provided support for Iran's missile program.
6. The flood came about \_\_\_\_\_ of the heavy spring rains.
7. It would be difficult to find a man to \_\_\_\_\_ of the secretary.
8. We wish that the figures for income and costs \_\_\_\_\_.

IV. Complete each of the following sentences with the proper form of the given word.



- |                |  |
|----------------|--|
| 1. exploit     | Of 27 new wells drilled, 16 have proved _____.   |
| 2. grow        | The area has seen a rapid population _____.  |
| 3. produce     | That company is a _____ of television sets.  |
| 4. persist     | Skill comes only with practice, patience, and _____.                                   |
| 5. replace     | As Jack is ill, we have to get a _____ for him.  |
| 6. available   | Before travelling we must ensure the _____ of petrol and oil.                          |
| 7. relative    | The operation was _____ painless.  |
| 8. consume     | Increased _____ of water has led to rapid depletion of groundwater reserves.           |
| 9. emit        | The _____ of gases such as carbon dioxide should be stabilized at their present level. |
| 10. deliberate | He felt that he had been _____ fooled by that man.                                     |



## Unit 2

### Warm-up questions:

1. Do you have healthy sleep?
2. Do you usually go to fitness center? And what is your favorite sport?
3. What is the best way to keep healthy in your opinion?

### Preview

In our rapid developing society, people are facing big pressure. So the health problem is becoming more and more remarkable. The two passages in this unit are all about health problems in our daily life. The first passage “How to Beat Insomnia and Sleep Easy” let us know that poor sleep

has been bothering many people for a long time and introduce for us some factors that can affect our sleep. And then give us some suggestions to sleep easy. In the second passage “Getting Paid to Stay Fit”, the author introduces the popularity of personal trainer in America and the qualities that a personal trainer should have.

### Text A How to Beat Insomnia and Sleep Easy

*Jon Henley*

1 Poor sleep—as anyone who suffers from it knows—can make life a misery. And it is taking its toll on the nation’s health. According to the recently published Great British Sleep Survey, more than 51% of us now struggle to get a good night’s sleep, with women three times more likely to be affected than men.

2 Evidence collected from 20,000-plus adults between March 2010 and this June shows that 93% of

insomniacs report low energy levels and 83% complain of mood swings. Some 77% find it hard





to concentrate, 64% say they are less productive at work, and 55% report relationship difficulties.

3 Even worse, persistent poor sleep can increase the risk of developing conditions including diabetes, depression, high blood pressure and strokes. Research at the University of British Columbia suggests every hour of sleep lost at night may cost us one IQ point the following day. And it is often a long-term issue: a quarter of people with insomnia have suffered from it for more than 10 years.

4 In Britain, overwhelmingly, we treat poor sleep with medication: the NHS spent a staggering £50m on sleeping pills last year, with 15.3m prescriptions dispensed across England, Scotland and Wales (up 17% in three years). But many pills have undesirable side-effects and the survey's findings suggest they do not solve long-term sleep problems: 42% of people who have taken them on and off have continued to have poor sleep for more than a decade.

5 So how can we do something about poor sleep without pills? Most people focus first on what Colin Espie, professor of clinical psychology and director of the University of Glasgow Sleep Centre, calls "sleep hygiene": our pre-bed routine, and the physical environment in which we try to sleep. Espie believes these factors account for a mere 10% of sleep problems: "most people with insomnia have better sleep hygiene than easy sleepers." But most sleep experts concur that the following do make a difference.

6 Light. A dark room is important to a good sleep. Also try to avoid "blue light" less than two hours before bed: research by the Lighting Research Centre at the Rensselaer Polytechnic Institute in New York State suggests light from laptop, tablet and smartphone screens tricks us into thinking it is daytime and keeps us alert, although this has been disputed. Bedrooms should be a comfortable temperature (around 18°C), quiet and well-ventilated, with comfortable beds and pillows.

7 Food, drink, exercise. Anything that stimulates the system—such as caffeine (although some experimental studies show a cup of coffee may lengthen the time taken to drop off by just three minutes), alcohol, chocolate, tobacco, a heavy meal or strenuous exercise—will make it harder to get to sleep. Indigestible foods are obviously best avoided; carbohydrates can promote serotonin, which aids sleep. Aim for a regular, balanced diet and no late-night excess. Twenty minutes a day of exercise will make a big difference to your sleep, but avoid it just before bed.

8 Sleep debt. A weekend lie-in or afternoon snooze can do more harm than good. According to research at the University of Texas Southwestern Medical Centre, "sleep debt"





is best “repaid” by getting up and going to bed at your normal times rather than disrupting your body clock. Save sleep for bedtime; naps are recommended only if you are too exhausted to function.

9 Age. Not strictly sleep hygiene, and not much you can do about it either, but it may help to know that it can get harder to sleep as you get older. Research by the University of Washington Medicine Sleep Centre and others has shown our “sleep architecture” changes as we age: older people spend less time in deeper, non-REM sleep, and their whole body clock or circadian rhythm moves forward.

10 “Sleep hygiene” alone, however, will not determine whether or not we sleep well. Ninety percent of the battle is in the mind, which is why talking therapies and cognitive behavioural therapy (CBT) are coming to be seen as perhaps the most useful solution. Espie helped launch Sleepio, a pioneering online CBT programme that has won praise from the medical press, including the Lancet and the peer-reviewed journal Sleep. In a full clinical trial, it helped 75% of people with long-term poor sleep.

11 So, get your head right, and you will usually sleep. But how? These are Espie’s top tips:

#### Pillow talk

(1) Recognise that “sleep is not a lifestyle choice, it is a biological inevitability. It is very, very powerful, and we need to get it working for us; a person not sleeping well has first and foremost to allow sleep to do its work. Sleep is a process of letting go.”

(2) Sleep’s achilles heel, however, “is our world. Most sleep problems are psychological obstacles that we put in sleep’s way. Like all things we should do automatically, when we deliberately try to do them we screw up. Adopt a relaxed, confident approach to sleep, not a neurotic, panic-stricken one. Recognise there’s a right and a wrong kind of effort. Your role model is the ‘careless sleeper’.”

(3) Go to sleep only when you feel sleepy and, if anything, shorten the time you try to sleep: “A lot of people put good sleep beyond the achievable simply because they are so worried about not sleeping. Their sleep becomes frayed, even more broken. If I try to read a book in bed, it’s never very successful because I go to bed when I’m ready to sleep. It’s counter-intuitive, but a shorter sleep often means a better quality of sleep.”

(4) Put the day to bed long before putting yourself to bed. “A racing mind—what happened today, what’s on tomorrow, what will the future hold? —is a huge obstacle to sleep. So take time before bed: go through the day, think about tomorrow, put things in their boxes, make a list. Set your mind at rest.”



(5) Learn to value relaxation, and if necessary learn specific relaxation techniques. Above all, “Don’t try too hard.” But, of course, for some that is easier said than done. (1040 words)

## New Words

**insomnia** [ɪn'samniə] n. an inability to sleep; chronic sleeplessness 失眠症, 失眠

**insomniac** [ɪn'sɒmniæk] n. someone who cannot sleep 失眠症患者

**concentrate** ['kɒnsntreɪt] v. direct one's attention on something 集中; 浓缩; 全神贯注; 聚集  
e. g. If you don't concentrate more on your work you'll be dismissed. 假如你不更加专心地工作, 你将被解雇。

**persistent** [pə'sɪst(ə)nt] adj. continually recurring to the mind 固执的, 坚持的; 持久稳固的  
e. g. All of us admire their persistent efforts. 我们都很钦佩他们坚持不懈的努力。

**diabetes** [ˌdaɪə'bitɪz] n. any of several metabolic disorders marked by excessive urination and persistent thirst 糖尿病; 多尿症

**stroke** [stroʊk] n. 中风

**overwhelmingly** [əʊvə'welmiŋli] adv. incapable of being resisted 压倒性地; 不可抵抗地

**staggering** ['stægəriŋ] adj. so surprisingly impressive as to stun or overwhelm 令人惊愕的  
e. g. The implications of these phenomena for China, and for the world, are staggering. 这些现象对中国, 乃至世界的影响都是惊人的。

**prescription** [pri'skriptʃ(ə)n] n. written instructions from a physician or dentist to a druggist concerning the form and dosage of a drug to be issued to a given patient 药方

**dispense** [dɪ'spens] v. administer or bestow, as in small portions 分配, 分发; 免除; 执行  
e. g. The Red Cross dispensed charity to refugees. 红十字会向难民放赈。  
side-effect n. 副作用

**hygiene** ['haɪdʒi:n] n. 1. 卫生 2. [亦作 hygienics] 卫生学, 保健学

**concur** [kən'kʊə] v. be in accord; be in agreement 同意; 一致  
concur with 同意; 同……一致

e. g. My political views concur with yours. 我的政治观点跟你的一致。

concur in 赞成

e. g. These representatives must concur in the President's convictions. If they do not, they have no alternatives except to resign. 总统的意见与他们相左时, 这些代表必须赞成, 否则只能辞职。

**trick** [trɪk] v. deceive somebody 欺骗; 哄骗; 装饰; 打扮

**dispute** [ˈdis'pjut] v. have a disagreement over something 辩论; 怀疑; 阻止; 抗拒



e. g. We disputed with each other on various issues. 我们为各种问题互相争论。

**well-ventilated** adj. 通风良好的

**stimulate** ['stimjəlet] v. stir the feelings, emotions 刺激; 鼓舞, 激励

e. g. America's priority is rightly to stimulate its economy. 美国的首要任务自然是刺激经济。

**strenuous** ['streɪnjuəs] adj. taxing to the utmost; testing powers of endurance 紧张的; 费力的; 奋发的; 艰苦的; 热烈的

**indigestible** [ɪndə'dʒestəbl] adj. digested with difficulty 难消化的

**carbohydrate** [ˌkɑːboʊhaɪdret] n. 碳水化合物; 糖类

**serotonin** [ˌserə'tɒnɪn] n. [生化] 血清素

**debt** [det] n. money or goods or services owed by one person to another 债务; 借款

**lie-in** n. a long stay in bed in the morning 懒觉

**snooze** [snuz] n. sleeping for a short period of time (usually not in bed) 小睡; 打盹儿

**nap** [næp] n. sleeping for a short period of time (usually not in bed) 小睡; 打盹儿

**cognitive** ['kɒgnətɪv] adj. of or being or relating to or involving cognition 认知的, 认识的

**therapy** ['θerəpi] n. (medicine) the act of caring for someone (as by medication or remedial training etc.) 治疗, 疗法

e. g. Children may need therapy to help them deal with grief and death. 孩子可能需要心理治疗来帮助他们应对悲伤和死亡。

**launch** [lɒntʃ] vt. begin with vigor 发起, 发动

e. g. The municipal government will launch an extensive public works program next year. 市政府将于明年开始一项大规模的市政工程计划。

**biological** [baɪə'lɒdʒɪkl] adj. pertaining to biology or to life and living things 生物的; 生物学的

**inevitability** [ɪnevətə'bɪləti] n. the quality of being unavoidable 必然性; 不可逃避

**psychological** [saɪkə'lɒ:dʒɪkl] adj. mental or emotional as opposed to physical in nature 精神的; 脑力的; 疯的

**automatically** [ɔtə'mætɪkli] adv. in a mechanical manner; by a mechanism 自动地; 机械地; 无意识地

e. g. The door locks automatically. 这门会自动锁上。

**deliberately** [dɪ'lɪbəreɪtli] adv. with intention; in an intentional manner 故意地; 谨慎地; 慎重地

e. g. She deliberately stayed behind after work to go with me. 下班后她故意留下来等我一起走。



**neurotic** [nəʊ'reɪtɪk] adj. affected with emotional disorder 神经过敏的

**panic-stricken** ['pænik,stri:kən] adj. thrown into a state of intense fear or desperation 惊慌失措的; 万分恐慌的

**counter-intuitive** adj. contrary to what common sense would suggest 反直觉的

**obstacle** ['ɒbstəkl] n. an obstruction that stands in the way 障碍, 干扰; 妨害物

e. g. We have the power and ability to overcome any obstacle in our path. 我们有力量和能力去克服路途上的一切障碍。

## Phrases and Expressions

**suffer from** 忍受, 遭受; 患……病; 受……之苦

**take its toll** 造成损失, 造成伤亡

**on and off** 断断续续地, 不时

**account for** 对……负有责任; 对……做出解释; 说明……的原因

**make a difference** 有影响, 有关系

**drop off** 睡着

**only if** 只要……就; 只是在……的时候

**clinical trial** 临床试验; 诊治试验

**first and foremost** 首先; 首要的是

**do its work** 有作用; 发生效力

**achilles heel** 致命要害; 薄弱环节

**screw up** 弄糟

**go through** 仔细检查

## Notes

1. Jon Henley is a Guardian feature writer. He formerly wrote the paper's Diary column. He joined the paper in Amsterdam and has written from Brussels, Scandinavia and most recently Paris, where he was chief correspondent for nearly nine years until spring 2006.

2. NHS abbr: 英国国民健康保险制度 (National Health Service)

3. non-REM sleep = NREM sleep: 非 REM 睡眠, 非快速眼动睡眠

4. An Achilles heel is a fatal weakness in overall strength that can lead to one's downfall or death.

In Greek mythology, Achilles was the greatest Greek warrior in the Trojan War. He was the son of Peleus, king of Thessaly and the goddess Thetis. When he was a baby, his mother submerged him in the River Styx to make him immortal, all except for the heel that she held



to dip him into the waters.

Achilles fought many battles during the 10-year Trojan War and finally killed Memnon, the king of the Ethiopians. As Achilles led the Greeks to the walls of Troy, he died from a heel wound caused by an arrow shot by Paris, the prince of Troy.

## Exercises

### Reading Aloud

I. Read the following paragraphs until you have learned them by heart. Then, translate them into Chinese.

Go to sleep only when you feel sleepy and, if anything, shorten the time you try to sleep: “A lot of people put good sleep beyond the achievable simply because they are so worried about not sleeping. Their sleep becomes frayed, even more broken. If I try to read a book in bed, it’s never very successful because I go to bed when I’m ready to sleep. It’s counter-intuitive, but a shorter sleep often means a better quality of sleep.”

Put the day to bed long before putting yourself to bed. “A racing mind—what happened today, what’s on tomorrow, what will the future hold? —is a huge obstacle to sleep. So take time before bed: go through the day, think about tomorrow, put things in their boxes, make a list. Set your mind at rest.”

Learn to value relaxation, and if necessary learn specific relaxation techniques. Above all, “Don’t try too hard.” But, of course, for some that is easier said than done.

### Comprehension of the Text

II. Decide whether each of the statements below is true or false according to the text. Write the letter T or F before each statement.

1. \_\_\_\_\_ Women are more likely to be affected by poor sleep than men.
2. \_\_\_\_\_ Most people with insomnia have worse sleep hygiene than easy sleepers.
3. \_\_\_\_\_ Twenty minutes a day of exercise before bed will make a big difference to your sleep.
4. \_\_\_\_\_ “sleep debt” is best repaid by a weekend lie-in or afternoon snooze.
5. \_\_\_\_\_ Talking therapies and cognitive behavioural therapy (CBT) are seen as the useful solution to deal with poor sleep.

III. Answer the following questions.

1. What is the common way to deal with poor sleep in Britain now?



2. What are the factors that can affect your sleep quality according to Espie?
3. What are the suggestions given by Espie to avoid poor sleep?
4. Do you usually suffer from insomnia? And what will you do to deal with it?

## Vocabulary

IV. Fill in the blanks with the words chosen from the box. Change the forms where necessary. Multiple answers are possible.

debt	overwhelmingly	concur	inevitability	trick	stimulate	launch
psychological	dispense	concentrate				

1. When working, one should \_\_\_\_\_ and not allow oneself to be distracted.
2. He \_\_\_\_\_ won the primary in Washington, with 19 delegates at stake.
3. A vending machine can be turned on, collect money, \_\_\_\_\_ a product, and return change.
4. Some analysts \_\_\_\_\_ with the view that the situation may not be that dire.
5. Smiling can \_\_\_\_\_ the body into helping you change your mood.
6. Success will \_\_\_\_\_ the people for fresh efforts.
7. This money will go towards the \_\_\_\_\_.
8. We \_\_\_\_\_ a big advertising campaign to promote our new toothpaste.
9. If their present policy is continued, I am afraid that war is \_\_\_\_\_.
10. His speciality was \_\_\_\_\_ —one important branch on the great tree of knowledge.

V. Fill in the blanks with phrases chosen from the box. Change the forms where necessary. Multiple answers are possible.

suffer from	make a difference	do its work	go through	account for
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1. Anne and her boyfriend are not the only couple who \_\_\_\_\_ the pain of departure.
2. Jack could not \_\_\_\_\_ his foolish mistake.
3. I might not be able to change anything all by myself but we can \_\_\_\_\_ if everybody thinks this way.
4. Every group depends on other groups in the organization to \_\_\_\_\_.
5. \_\_\_\_\_ each file one by one.

VI. Complete each of the following sentences with the proper form of the given word.

1. concentrate      Simple techniques for \_\_\_\_\_ sunlight to generate heat date back thousands of years.



2. persistent      Implement your plans with courage and \_\_\_\_\_.
3. dispense        The vending machine must ensure that the customer has deposited enough money before the requested product can be \_\_\_\_\_.
4. dispute        The land near the border is \_\_\_\_\_ ground.
5. stimulate      Low rates have not yet \_\_\_\_\_ the depressed housing market.
6. launch         The satellite was \_\_\_\_\_ in a rocket.
7. biological      In \_\_\_\_\_ class we had to dissect a frog.
8. deliberately    This can happen for a variety of reasons, and these reasons can be unintended as well as \_\_\_\_\_.
9. obstacle        He smoothed away all of the \_\_\_\_\_ on the way to success.
10. automatically I take my \_\_\_\_\_ camera out when I see something interesting happening around me.

VII. Translate the following into English.

1. 完成工作后,我要美美地睡上一觉。
2. 写出一个你的人生目标的清单。
3. 要进行阅读,你必须集中注意力。
4. 为了挽救祖国,她宁愿冒牺牲性命的危险。
5. 我们认为这是个可以实现的目标。
6. 吃了这些安眠药,你马上就会睡着的。
7. 英语是他的软肋。
8. 胜利取决于我们的努力。
9. 人们应该担心我们如何培养下一代
10. 你现在准备好出发了吗?

VIII. Translate the following into Chinese.

1. If we choose to be bound by the past, we will never move forward.
2. There are many ways of keeping fit. First and foremost, one must live a proper life.
3. When you sleep late just one morning during the week, it may disturb your body clock.
4. You can play right from the first day of your life until your last breath but only if you want to.
5. Throughout history man has changed his physical environment in order to improve his way of life.
6. They will struggle to balance the conflicting demands of work and family.
7. For some patients, they say, a combination of talk therapy and medication works best.
8. A well balanced diet can improve your state of mind.