

**2025 考研英语 Monkey 全心全意班**  
**2021 年题源外刊精读课讲义**

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微博、B 站、微信公众号：Monkey 考研英语

# Monkey 题源外刊精讲-导学课

## 一、What-什么是题源外刊？

### 1. 题源外刊的来源

#### 题源范围：

《卫报》、《基督教箴言报》、《大西洋月刊》  
《新闻周刊》、《经济学人》、《科学杂志》、《纽约时报》...

#### 时间范围：

上年 11 月至当年 8 月（2020.11-2021.8）

#### 原文长度：

400-2000 词→400-450 词（删、改）

### 2. 题源外刊的筛选-选材特点与趋势

#### 考研英语母题之“三大”：

政策与民生、企业与社会、社会科学与新科技

#### 考研英语母题之“二小”：

英一：学术科研与司法问题交替考察

英二：2016 年以来，环保话题每年必考（英二→英一）

#### 两个最新趋势：

- ① 选材欧洲化（英国为主）
- ② 企业批判焦点化（脸书、谷歌、亚马逊、微软）

### 2020 考研阅读文章选材

#### 英语一：

Text-1：英国“文化城”

Text-2：暴利的科研出版业

Text-3：女性高管配额政策

Text-4：法国带头制裁科技巨头

#### 英语二：

Text-1：老鼠行为研究

Text-2：CEO 高薪问题

Text-3：马德里市空气污染问题

Text-4：“Z 世代”的特点

## 2021 考研英语阅读文章选材

### 英语一：

Text-1: 英国铁路运费涨价

Text-2: 印尼 CCT 项目与环保

Text-3: 维多利亚人不笑的原因

Text-4: 美国宽带商中立问题

### 英语二：

Text-1: 员工技能再培训

Text-2: 英国粮食问题

Text-3: 微软等巨头吞并小公司

Text-4: 直觉的威力

## 二、 Why-为什么要学题源外刊？

1. 在不浪费真题的前提下，加强篇章阅读能力
2. 积累必要的通识知识
3. 提前了解当年考研英语可能出现的话题、结论、甚至原题

本课程选取 20 年 11 月-21 年 4 月的 10 篇最新外刊文章，字数在 425 词上下，难度介于英一、英二之间。文章主题分类如下：

**企业与社会：** 巨头交税    Uber 问题    CEO 高薪问题

**政策与民生：** 草根运动与静坐    零工经济问题

**社科与新科技：** 电动车与环保

**人与自然：** 得克萨斯州飓风    环保政策

**疫情专题：** 疫情与心理健康    疫情与女性

## 三、 How-怎样学习题源外刊？

1. 完成【基础阅读】后，再开始【题源外刊】的学习！
2. 题源外刊最佳学习时间是【6 月底之前】，没时间则不强求！
3. 外刊阅读以把握主旨、了解常识为主，不要做配套模拟题！

本课程共涉及 10 篇文章，每篇文章需要至少 2 小时的学习时间，具体安排如下：

- ① 自己初读文章+总结段落主旨、全文主旨 (20min)
- ② 自己精读文章，查清生词，尝试分析长难句 (20min)
- ③ 听精读赏析课程，适当整理笔记 (80min)

请各位同学根据自己的学习进度灵活安排学习节奏，每天学 40 分钟-2 小时皆可。

## 第一篇：疫情与心理健康

The toll on the UK's mental health caused by the pandemic is becoming much clearer. The dismaying news as shops and businesses reopen is that fears that Covid would result in higher levels of mental illness have been borne out. What is particularly disturbing is that it most strongly applies to children. There were 80,226 more under-18s referred to NHS mental health services in England between April and December last year than in the same period in 2019. The number of children and young people needing emergency care rose 20% to 18,269, while the number of adults needing emergency treatment reached a record high of 159,347.

Parity of esteem for mental health was supposedly enshrined in law in the 2012 Health and Social Care Act. But the promise was not fulfilled. Five years later, Theresa May named the lack of support for people with mental illnesses as one of the “burning injustices” that she hoped her premiership would address. But the prospect of measures such as legal limits on waiting times for talking therapies appears more remote than ever. Anne Longfield, the former children's commissioner for England, published analysis showing that more than a third of those referred to child and adolescent mental health services received no treatment; another third waited more than a year.

Pandemic conditions are likely to make it even harder to raise mental healthcare from its Cinderella status. The NHS's focus is, more than ever, on hospitals, inpatients, vaccinations and intensive care – along with the people who work in these areas. Complex issues surrounding the estimated 1.1 million people who are ill with long Covid also require attention. Then there is the backlog of operations that has built up, while resources have been redirected towards Covid.

The fact that large numbers of frontline NHS workers are also experiencing anxiety and depression only adds to the severity of the crisis. But while the scale of the challenge might appear overwhelming, confronting it head-on is the only sensible option. It is true that emotions of loneliness, anger and sadness are not symptoms. But it isn't good enough for ministers, or anyone else, to talk up resilience while ignoring evidence that hundreds of thousands of people are in need of professional help. As well as being wrong, this only stores up trouble for the future.

New resources and, crucially, staff are obviously needed. Plans for the NHS workforce must include the recruitment of mental health nurses, doctors and psychotherapists. As well as the physiological and economic damage caused by Covid, policymakers must recognise the harm caused to people's minds.

疫情给英国的心理健康情况带来的负面影响正在变得越发清晰。在商店和企业重新开张的同时，也传来了令人揪心的噩耗，关于新冠病毒会导致更严重的精神疾病的担忧已经得到了证实。其中尤其让人闹心的是，这种心理健康方面的影响在儿童身上最为显著。去年4月到12月期间，英格兰地区被转介到NHS心理健康服务的18岁以下患者比2019年同期多了80226人。亟需治疗的儿童和青年增加了20%，达到了18269人。而亟需治疗的成人则达到了159347人，创历史新高。

给予心理健康同等重视的承诺被理所应当的写入了在2012年的健康和社保法案中。但这一承诺却没有得到实现。五年后，特蕾莎·梅将心理疾病患者缺乏医疗支持的问题列为她希望在自己的首相任期内解决的几个重大社会不公问题之一。但是诸如立法给谈话治疗设置等待时间上限一类的操作如今看起来却比以往任何时候都更加无望实现。前任英格兰儿童事务专员 Anne Longfield 发布的分析文章表明，有三分之一的被转介到儿童和青少年心理健康服务部门的患者没有得到任何治疗；另外还有三分之一的患者的等待时间超过了一年。

疫情很可能会使得心理健康医疗保障当前这种缺乏重视的状态更难得到改善。NHS 当前比有史以来任何时候都更加重视医院、住院患者、疫苗接种和重症监护，以及那些在上述这些领域工作的人们。约110万人患有长新冠，与之相关的复杂问题也需要关注。另外，随着医疗资源集中投入到新冠的治疗中，其他疾病相关的手术已经堆积如山，亟待处理。

大量的一线NHS医护工作者正处在焦虑和抑郁之中，这一情况只会进一步加剧当前危机的严重性。但当前的挑战虽然看上去太过巨大，直面问题却是唯一合理的选择。虽然孤独、愤怒和悲伤等情绪确实算不上病症。但在鼓励民众们坚强抗疫的同时，却忽视数以万计的人民正迫切需要专业心理帮助的事实，这对官员们或是其他任何人来说都是说不过去的。这种做法不但错误，也会给未来留下更多的祸根。

显而易见，我们迫切需要新的资源和员工来解决上述问题。NHS 的员工计划中必须要包括对心理健康方面的护士、医生和心理治疗师的招聘。除了新冠对身体和经济造成的伤害之外，政客们还必须重视起其对人民的心灵造成的损伤。

## 第二篇：疫情与女性问题

One year into the pandemic, women have little cause to celebrate International Women's Day tomorrow, and less energy to battle for change. Men are more likely to die from Covid-19. But women have suffered the greatest economic and social blows. They have shouldered the burden of increased caregiving, have been more likely to lose their jobs and have seen a sharp rise in domestic abuse.

In the UK, women did two-thirds of the extra childcare in the first lockdown, and were more likely to be furloughed. In the US, every one of the 140,000 jobs lost in December belonged to a woman: they saw 156,000 jobs disappear, while men gained 16,000. Previous experience suggests that the effects of health crises can be long-lasting: in Sierra Leone, over a year after Ebola broke out, 63% of men had returned to work but only 17% of women.

Coronavirus has not created inequality or misogyny. It has aggravated them and laid them bare. Structural problems such as the pay gap, as well as gendered expectations, explain why women have taken on more of the extra caregiving. The pandemic's radicalising effect has echoes of the #MeToo movement. Women knew the challenges they faced, but Covid has confronted them with harsh realities at both intimate and institutional levels.

In doing so, it has created an opportunity to do better. Germany has given parents an extra 10 days paid leave to cover sickness or school and nursery closures, and single parents 20. Czech authorities have trained postal workers to identify potential signs of domestic abuse. But the deeper task is to rethink our flawed economies and find ways to reward work that is essential to us all. So far, there are precious few signs of building back better.

Around 70% of health and social care workers globally are female, and they are concentrated in lower-paid, lower-status jobs. They deserve a decent wage. The 1% rise offered to NHS workers in the UK is an insult. Overworked and undervalued women have more awareness than ever of the need for change, and less capacity to press for it. Men too must play their part. Some have recognised more fully the demands of childcare and housework, and seen the potential benefits of greater involvement at home. Significant "use it or lose it" paternity leave might help to reset expectations both in families and the workplace. There were never easy solutions, and many look harder than ever. But the pandemic has shown that we can't carry on like this.

进入疫情一年以来，女性们已经没什么理由庆祝明天的国际妇女节了，而她们争求改变的精力则变得少之又少。男性死于新冠的可能性更高。而女性则承受了新冠带来的最严重的经济和社会冲击。她们承担的看护工作增加了，失业的可能性更高了，遭遇的家庭暴力也在激增。

英国的女性在第一轮封控期间额外承担了三分之二的育儿工作，被迫停薪休假的概率也更高。在美国，12月一共消失了14万个就业岗位，其中每一个都可以归属到一位女性身上：15.6万个原本属于女性的就业岗位消失了，而与此同时男性则增加了1.6万个就业岗位。以往的经验表明，健康危机的影响可能会长期持续：在塞拉利昂，埃博拉病毒爆发1年后有63%的男性回到了工作岗位上，而在女性中这一数据仅为17%。

性别不平等现象和厌女症并不是新冠病毒创造出来的，后者只是加剧了这些问题并使之暴露无遗。诸如薪资差距和性别角色期望等结构性问题解释了为什么女性承担了更多的额外看护工作。疫情对性别不平等的激化效应与 MeToo 运动颇为相似。女性们早就意识到了自己所面临的困境，但新冠的出现则让她们不得不直面亲密关系中和制度习俗层面上的残酷的现实。

如此一来，疫情也就带来了让事态产生转机的机会。德国政府给了父母们额外十天的带薪假期，用于应对生病或学校和幼儿园关门的情况，单身父母的带薪假期则多了二十天。捷克政府已经对邮递员做了培训，让他们能识别出家庭暴力的潜在迹象。但更深层的任务是要反思我们当前经济模式的弊端，并找到合理的办法来给那些对我们所有人都很重要的工作以应得的回报。目前，几乎没有迹象表明经济在好转。

全球70%的医疗和社会保障工作者是女性，并且都集中在那些薪水低、地位低的岗位上，这些女性值得拥有一份体面的收入。英国最近给NHS员工涨的1%的薪水是一种侮辱。过度劳累且不被重视的女性们比以往任何时候都更加清楚意识到了改变的必要性，也比以往任何时候都缺乏促成这种改变的能力。因此，男性们也必须尽到自己的的一份责任。一些男性已经更加充分的意识到了家庭对育儿和家务工作的需求，也体会到了多参与到家庭事务中的潜在收益。重要的“不用白不用”型亲子假或许能重置家庭和职场中人们对两性的期望。性别平等问题从来都没有容易的解决办法，其中一些解决办法现在看上去甚至比以往更难实现。但疫情已经证明，我们无法再这样安于现状了。

### 第三篇：德克萨斯飓风与断电

Though the desperate conditions that millions of Texans have suffered for days were triggered by a powerful winter storm, the underlying issues are the work of human beings. At least 2.7 million households were still without power on Wednesday, and nearly 12 million faced water quality issues. Hospitals ran out of water. Families have burned belongings to keep their children warm.

As bizarre as it may seem that residents of the biggest energy-producing state in the US can be left powerless for so long, these problems were foreseen. While Republican leaders in Texas have blamed a reliance on renewable energy, it was mostly natural gas plants that failed, with a reactor at a nuclear facility also forced offline. The desire to stay free from federal oversight means that Texas has a stand-alone grid, preventing it from importing power. The lack of regulation meant that price competition took precedence over stability of service. The grid's operator was warned following power outages 10 years ago that equipment needed to be protected against extreme low temperatures, but failed to act. The system prioritised profits instead of the people it was supposed to serve.

It remains astonishing that the richest country in the world cannot guarantee its residents such basic services such as reliable power, clean water and decent sanitation. But there should be no complacency elsewhere. Whether or not the heating of the Arctic is to blame for these particular snowstorms, as some scientists believe, global heating means an increase in extreme weather events.

The UN warned last month that governments are failing to take the measures needed to adapt to climate breakdown. While many have recognised the threat, few have made adequate plans and fewer still have found the funding needed. People in developing countries will bear the brunt of the climate emergency. But those in wealthier nations are not immune.

While the UK has one of the most reliable supplies in the world, proper preparation is required as it transitions to a decarbonised supply. Last year's report on resilience by the NIC warned that we need a new framework for infrastructure that stresses the importance of being able to cope with crises, tests for vulnerabilities regularly and drives adaptation before it is too late. That means a strong role for the government and regulators in setting and maintaining standards. Consumers cannot often choose different levels of resilience, and infrastructure failures do not just affect consumers. "Resilience is not properly valued in the market," it concluded – as Texans could now testify.



虽然侵袭数百万得克萨斯州人民多日的极端天气是由一场严重的寒冬风暴引发的，但是这场灾难深层的根源却是人祸。截至本周三，仍然有至少 270 万户家庭处于断电的状态，面临水质问题的则有近 1200 万户。医院无水可用，人们通过焚烧家里的东西来给孩子们取暖。

作为美国最大的能源出产地，得州竟然能这么多天都处在没有能源的状态，这虽然看上去很诡异，但其实早就有人预见到了这些问题。虽然得克萨斯州的共和党领袖们把问题归咎于人们对可再生能源的依赖，但其实出问题的绝大多数都是燃气发电厂，还有一处核设施中的一个反应堆也被迫关停了。得州渴望不受联邦政府监管的，这就导致了它拥有的电网是独立的，无法从其他地区引进电力。监管的缺失意味着电力服务的稳定性要让位于价格竞争。十年前得州曾发生过断电，当时电网运营商就被提醒过，其设备应该增加针对极端低温气候的保护措施，然而他们却没有采取行动。对得州电力系统来说，最重要的是利润，而非它本该服务的人民。

连世界上最富裕的国家都无法为其居民保证可靠的能源、清洁的用水以及基本的卫生条件等基础服务，这件事到现在想想都很令人震惊。但其他国家也不该因为这种比烂而自满。一些科学家认为这次的暴风雪是由北极气温升高导致的，但无论事实是否如此，全球气候变暖都意味着极端气候状况的增加。

联合国上个月警告称，各国政府当前没有采取应对气候崩溃所需的措施。虽然很多国家都已经意识到了这一威胁，但鲜有人制定出充分的计划，获得所需资金支持的更是少之又少。发展中国家的人民将承受气候危机的冲击。但发达国家的人们也并不能幸免。

虽然英国拥有世界上最可靠的能源供给系统之一，但它仍然需要充分的准备才能完成无碳化供电的转型。去年 NIC（美国国家情报委员会）关于能源恢复能力的报告警告称，我们需要一个能应对危机、定期测试薄弱点、并在为时已晚之前促成转变的新的基础设施框架。这就意味着政府和监管部门在设定和执行标准方面需要发挥更大的作用。电力消费者往往无法自主选择不同的能源回复能力水平，而基础设施的失灵影响的也不光是其消费者。报告在结论中称：“能源恢复能力的价值没有在当前的市场中得到应有的体现”，得克萨斯州人民当前的遭遇就是最好的证明。

## 第四篇：环保进程需要加速

Last year saw an unprecedented drop of 7% in greenhouse gas emissions, due to Covid, but a rebound is expected. It is here that attention must now be focused. As governments around the world pump money into economies ravaged by the pandemic, a return to business as usual would be catastrophic. Research carried out after the 2008 financial crash showed that the recovery then was about 16% green, with the majority of stimulus spending directed at carbon-intensive infrastructure and activities. This time, green investment must be more than an add-on. Governments must actively channel public funds towards renewable energy, green transport infrastructure, home insulation – and away from fossil fuels, especially coal.

Most people agree on the direction of travel. Last week, the largest ever opinion poll on climate change revealed that two-thirds of those questioned, in 50 countries, believe heating caused by greenhouse gas emissions is a “global emergency”. Scientists say the world is hotter than it has been for 12,000 years. Climate change has already pushed more than 18 million people in South Asian countries to migrate. In January last year, a landmark ruling by a UN committee said it would be illegal for governments to return people to countries where their lives might be threatened by the climate crisis.

The last UN climate conference, in 2019, ended in despair. Since then, governments and businesses have made new pledges, including China’s announcement of a net zero target of 2060. Now the US, derailed for four years by the nihilist denialism of Donald Trump, is back on board. The executive orders signed last week by Mr Biden, including a promise to end fossil-fuel activity on government land and turn the entire federal vehicle fleet electric, were hugely significant.

The world cannot afford to wait until November. Net zero targets provide a destination. But action can no longer be deferred. The next decade is crucial. The US must present a plan for emissions reductions by 2030, as set out in the Paris climate deal, without delay. The summit being convened by Mr Biden in April must be more than a warm-up for November; decarbonisation projects, bringing jobs with them, need to start now.

The global mood surrounding climate prospects has lifted immeasurably. Statements from the US, and other countries including Japan and South Korea, are all steps in the right direction. The most useful move that Mr Biden could now make would be to announce that April’s talks will be the launch pad for a global green recovery. This is no time to sit back. Instead, the world must press on, and speed up.

去年由于新冠的原因，温室气体的排放史无前例地下降了 7%，但接下来很可能会出现反弹。我们要注意的恰恰就是这一点。随着全世界各国政府大量放水来刺激因疫情损害的经济，恢复以往那样的商业状态将会是灾难性的。2008 年金融危机后的相关研究表明，当时的经济复苏中有 16% 是绿色经济，大部分用于刺激经济的款项都流向了碳排放密集型的基础设施建设和经济活动中去了。而这一次的经济复苏中，绿色投资一定不能只做个配角了。政府必须积极地将公共拨款导向可再生能源、绿色出行相关的基础设施和房屋保温工程上，并远离各种化石能源，尤其是煤炭。

大部分人都同意这个发展方向。上周，史上最大的一次关于气候变化的民意调查表明，总计 50 个国家里的三分之二的受访人都认为由温室气体排放导致的气候变暖问题是一个“全球危机”。科学家们说当前的地球比一万两千年前的时候还要热。气候变化已然迫使超过 1800 万南美国家的民众背井离乡。去年一月，联合国委员会在一次里程碑式的判决中称，各国政府不得将那些生活受到遣返回他们可能会受到气候危机威胁的祖国去。

2019 年召开的上一次联合国气候大会在绝望中落幕。自那以后，各国政府和企业都做出了新的承诺，中国更是宣布要在 2060 年达到碳净零排放的目标。在之前 4 年里被唐纳德·特朗普的虚无否认主义带跑偏的美国现已重回正轨。上周末拜登总统签署了行政命令，承诺将会停止政府用地上与化石燃料有关的活动，并让整个联邦政府的车队改换成电车，这项举措意义重大。

这个世界等不到 11 月份了。净零排放给我们提供了一个目标，但相关的行动真的不能再拖延了。下一个十年至关重要，美国必须像巴黎气候会议中所约定的那样，尽快给出一个截至 2030 年的碳减排计划。拜登总统将在 4 月召开的气候峰会绝不该只是 11 月联合国气候会议的前戏；低碳项目和随之而来的就业，现在就要开始了。

全球范围内人们对气候前景的信心已经得到了极大的提振。来自美国和日韩等其他国家的声明都在朝着正确的方向进步。拜登总统现阶段能做出的最有效的行动就是宣布 4 月的会谈将会成为全球经济绿色复苏的起点。我们没有时间再袖手旁观了。相反，全世界必须在环保进程上前进，前进，加速前进！

## 第五篇：电动汽车与环保

The prospect of a cleaner motor vehicle fleet is drawing closer. In November, the UK government announced that a ban on new petrol and diesel car sales would be brought forward to 2030. Advances in battery technology mean the tipping point at which electric vehicles become cheaper than other types, without subsidies, could come within five years. Fast-charging electric car batteries are on the horizon, with five-minute “fill up” times in sight.

This is good news for the climate, with transport emissions one of the biggest obstacles to meeting reductions targets, nationally and globally. Also welcome for the UK is the announcement by Nissan that in future it will source 62 kilowatt-hour batteries for its popular Leaf model from the factory next door to its Sunderland car plant, instead of importing them from the US.

On vehicle emissions, there is some way to go. While last year saw a 43% rise in electric car sales, they made up just 4.2% of the total. So far, Norway is the only country where they are the most popular cars. SUVs have been the second largest cause of rising global emissions over the previous decade – and worryingly their sales continue to rise in Britain. Much work remains to be done to stop people choosing vehicles that are making the world’s biggest problem worse.

Plans to limit emissions from heavy goods vehicles are also needed. Last month the Committee on Climate Change recommended a ban on diesel HGVs by 2040, which it said was necessary if the UK is to meet the target of net zero by 2050. With the freight industry facing severe disruption because of Brexit, new environmental goals are likely to meet resistance.

But with electric vehicles responsible for around 30% less carbon dioxide than fossil-fuel-powered cars in the UK (in France, where the electricity supply is cleaner, the figure is nearer 70%), the path to a greener transport future is becoming clearer. As with solar and wind energy, prices are falling faster than expected, and battery technology is an important part of the green investment strategy that should follow the pandemic. The phasing out of cobalt in newer batteries is also encouraging, given the ethical and labour issues connected with mining the mineral in the Democratic Republic of the Congo.

Electric cars do not eliminate the need for other affordable transport options, or for big reductions in overall road traffic, especially in cities. Battery disposal is a problem, as is the use of coal power in some manufacturing. But since cars are part of life, it is good that they are getting greener.

拥有更清洁的汽车的世界正离我们越来越近。十一月英国政府宣布，对新增汽油和柴油车的禁令将会提前至 2030 年。电池技术的进步意味着 5 年内我们就会迎来电动车在没有政府补贴的情况下仍能比其他类型的汽车价格更低的临界点。具有快速充电功能的电动车电池也即将到来，到时候五分钟内就能给车充满电。

这对地球气候来说是个好消息，因为交通排放一直是我国和全球实现碳减排的最大障碍之一。对英国来说还有另一个令人高兴的消息，日产汽车公司宣布未来将直接从其桑德兰汽车制造工厂附近的工厂制造 62 千瓦时电池供其广受欢迎的 Leaf 车型使用，而不再从美国进口电池。

在汽车减排方面，我们还有很长的路要走。虽然去年电动车的销量增加了 43%，但它们只占了当前汽车总数的 4.2%。目前为止，挪威是全世界唯一一个电动车占比最高的国家。在过去的十年里，SUV 车型是导致全球碳排放增加的第二大源头，而令人担心的是，这一车型的销量如今仍在继续攀升。要想让人们不再选择让当前世界最严重的问题继续恶化的那些车型，我们还有大量的工作要做。

还需要制定计划来限制大货车的排放量。上个月气候变化委员会建议 2040 年时彻底禁止柴油大货车上路。委员会称，如果英国想在 2050 年实现碳净零排放的目标，这一措施是必须的。考虑到货运行业因为英国脱欧问题收到了严重的影响，这一新的环保目标很可能会受到抵制。

但是，在英国电动车产生的二氧化碳排放量比燃油车少 30% 的情况下（在电能供应更清洁的法国，这一数字则接近 70%），通往未来的绿色交通的道路正越发清晰。与太阳能和风能的情况类似，电能价格正在以高于预期的速度下降，而电池技术也是疫情结束后的绿色经济投资战略的重要组成部分。考虑到刚果人民共和国发生的与矿物质开采有关的道德和劳工纠纷，新一代电池中不再使用钴也是一个令人振奋的消息。

即使有电动车的存在，我们也仍需要开发其他廉价交通方式，我们也仍然需要大幅减少整体车流量，在大城市里尤其是如此。电池的弃置是个问题，同样成问题的还有在汽车制造过程中对煤炭能源的使用。但尽管如此，作为人们日常生活的重要组成部分，汽车变得更加绿色环保总归是好事。

## 第六篇：大众体育与久坐问题

Sedentary lifestyles, and their consequences for health, are not a new problem. Falling levels of physical activity have been linked to rising levels of some illnesses, and particularly obesity, for years. The decreasing number of people engaged in manual labour is one of the reasons for this change. Another is the pervasiveness of screens. A third is high levels of car use, with children in particular moving around less freely and independently outdoors than in the past.

Boosting community sports, particularly in deprived areas such as east London, was supposed to be the long-term legacy of the 2012 Olympic Games. The reality is that cuts to local authority and schools budgets over the past decade have led to opportunities being removed. As with obesity, low levels of physical activity are linked to poverty, with low incomes creating barriers to participation. Research has shown that poorer children are less likely to take part in sports, including swimming, than their wealthier peers.

Investment in sports has long been overly concentrated on elites, at the expense of the grassroots where the prize is more likely to be fun than fame or riches. This longstanding injustice was amplified by Covid rules that closed community facilities while top clubs stayed open. Millions of children have missed out on PE lessons over the past year, with online classes a poor substitute.

With restrictions now lifted and evenings lengthening, the #ReturnToPlay campaign launched last week must be welcomed. So must additional government funding for sports including cricket, and a promise to fund pitch improvements. Games and competitions are important because they bring pleasure and a sense of achievement as well as improving health. But they are not the only way – or even the most important way – in which people can keep in shape.

Even before the pandemic, around 25% of British adults were defined as almost completely inactive, meaning they exerted themselves for less than 30 minutes a week. Encouraging them to take up walking, cycling or gardening should be part of any strategy. Taking the stairs instead of the lift or escalator may sound like boring advice. But the evidence is overwhelming: sitting still for long periods is unhealthy. Muscles, including hearts, need to be put through their paces. Increasing physical activity of all kinds, so that our society does not slide further into immobility, should be a central aim of pandemic recovery plans, and one that is properly resourced.

久坐的生活方式及其对身体健康的损害不是最近才有的新问题。多年来，人们一直在将身体运动量的减少与某些疾病，尤其是肥胖的增多联系在一起。参与体力劳动的人数不断减少是导致上述变化的原因之一，另一个原因则是电子设备的普及。而第三个原因则是汽车的高使用率，这尤其会导致孩子们无法像过去那般自由自在地在户外活动。

蓬勃发展的社区运动，尤其是在伦敦东部这样的贫困地区，本应成为 2012 年奥运会带来的长期遗产。然而实际情况是，过去十年里对地方政府和学校的预算削减导致了人们的运动机会减少。和肥胖问题一样，低运动量也是和贫困有相关性的，因为低收入会给参与运动带来障碍。研究已经证明，家境贫寒的孩子参与包括游泳在内的体育运动的几率比他们那些富裕的同龄人要低。

体育投资长期以来一直过度集中在运动精英身上，却忽视了草根人群，对后者来说体育运动的奖品更多的是乐趣而非荣誉或财富。这种长期存在的不公平被要求关停社区体育设施的新冠政策进一步放大了，而与此同时顶级体育俱乐部却仍然保持开放。过去一年里，数百万儿童的体育课都无法正常进行，而是以网课这种拙劣的替代形式进行。

随着现在管制措施的放开和晚上的时间越来越长，上周发起的“回归玩乐”运动一定会大受欢迎。如果政府能给包括板球在内的体育运动额外的资助并承诺出资改善体育运动场地，相信也一定会受到民众的好评。游戏和竞技非常重要，因为它们能在强身健体的同时给人们带来乐趣和成就感。但这也并非唯一的一甚至最重要的一种能让人们保持健康的方法。

即便是在疫情之前，25%的英国成人按定义也都属于几乎完全不运动的状态，也就是说他们每周锻炼的时间少于 30 分钟。鼓励他们爱上散步、骑车或做园艺应该成为任何健康策略中的一部分。上楼时走楼梯而不要做扶梯或电梯这个建议可能听上去有些无聊，但支持这种做法的证据却是不容忽视的：长期久坐不利于健康。包括心脏在内的各种肌肉都需要得到锻炼。增加各种类型的身体运动，让我们的社会不再进一步的陷入躺平状态中，这应该成为疫情后复苏计划的一个核心目标，也理应得到政府充分的资源支持。

## 第七篇：优步公司与劳动者权利

Friday's supreme court ruling on the employment status of Uber drivers is conclusive and significant. Uber drivers, the court confirmed, are not self-employed – as Uber argued in a succession of appeals – but should be treated as workers, with rights to be paid at least the national minimum wage, to holiday pay and other benefits.

Uber's claim that it was simply an intermediary between its drivers and passengers was comprehensively dismissed. Every aspect of the company's attempt to disclaim employment responsibilities was unpicked. The court said it was Uber, not the drivers, who set the fares, which could not be exceeded. Contract terms were set by Uber too, with drivers allowed no say. Once they logged on to the app, it was Uber, not the drivers, that set the rules about accepting requests for rides and monitoring customer satisfaction.

The consequences of this judgment will be substantial, and not just for the drivers and Uber. Even when it is seen in the narrowest perspective, the decision means that the case goes back to the employment tribunal, where compensation levels will now be set. One legal firm suggests tens of thousands of Uber drivers are now set to be awarded an average of £12,000 each. The impact on Uber's balance sheet and business model, both here and across the world, may be long term. So it should be.

But the impact goes further. Uber is a huge player in deregulated urban transport markets in multiple countries. The Uber case is one of a number currently before the UK courts, involving not just minicab firms, but some of the many delivery groups that have proliferated on our streets during the pandemic. Widely and often rightly praised as essential during the lockdowns, these delivery workers are surfing an economically precarious wave. All these firms now face the need to adapt to the implications of the Uber ruling too.

More generally, the court ruling also throws down a challenge to governments about the wider workings of the on-call gig economy and zero-hours contract jobs markets. This is now a truly pressing issue for Britain, especially in the disruptive wake of Brexit and with many Covid-related job protections likely to be lifted during this year.

The Johnson government's attitude to working conditions and employment rights has become increasingly opaque and uncertain. The Uber ruling highlights the gap between the deregulated and the regulated routes forward. It is at once a reminder that Britain stands at a society-defining crossroads, and a signpost to the choice that the Johnson government must make.

周五最高法关于优步司机雇佣关系的判决一锤定音，且至关重要。最高法已经确定，优步公司的司机并不像优步公司在一系列诉讼中所主张的那样属于自由



职业者，而是应该得到员工待遇，有获得国家规定的最低工资、带薪休假和其他福利的权利。

优步公司声称自己只是其司机和乘客的中间介绍人，这一说法遭到了最高法院彻底的否定。优步公司试图撇清其雇主责任的主张被从多方面驳斥。法庭指出，设定了无法逾越的收费标准的是优步公司，而非司机们。起草合同条款的也是优步，而司机们对此毫无话语权。司机们登陆了 app 后，设定顺风车接单规则并监控顾客满意度的也是优步，而非司机们。

此次判决的影响将会非常重大，且不仅限于司机们和优步公司本身。即便是从最狭义的角度来看，该判决都意味着优步公司的劳工纠纷会交由劳动仲裁法庭审理，届时仲裁法庭将会给司机们设定好赔偿标准。一家法律事务所认为，数以万计的优步司机应该得到平均每人12000英镑的补偿。这对优步公司在英国和全世界的营收和商业模式都会产生长期的影响，这也正是此次判决该起到的作用。

但此次判决的影响并不止于此。在很多国家里，优步公司都是其缺乏监管的城市交通市场中的巨头。优步的案子是当前英国法庭要处理的诸多同类案件中的一个，这些纠纷案牵涉的不仅仅是顺风车公司，还有很多疫情期间在我们的街道上快速崛起的快递公司。虽然在封控期间他们的重要性得到了广泛且基本应得的肯定，但这些快递工作者们当前正在一种经济上不受保障的状态下奔忙。上述所有的这些公司现在都需要适应优步案的判决所带来的影响。

更宏观的来看，最高法院的判决也抛给了政府一个难题，后者需要更好的管理越发壮大的应招零工经济和零时工就业市场。这对英国而言是个当前真正紧要的问题，尤其是考虑到退欧带来的后续影响以及很多新冠疫情相关的就业保护政策很可能今年内就要取消。

约翰逊政府对于工作待遇和员工权利的态度已经变得越发让人搞不懂且不确定。优步案的判决凸显了未来监管和去监管化路线之间的巨大差别。它同时也提醒着我们，英国正处在一个决定社会性质的十字路口上，而约翰逊政府则必须明确其所选择的方向。

## 第八篇：抵制零工经济

The erosion of job security and the prospects of millions of UK workers due to casualisation and outsourcing is widely recognised to have transformed the experience of work. Between 2000 and 2016, the number of zero-hours contracts increased fourfold. Such trends are meeting with increased resistance. Last week, Uber drivers won the right to a minimum hourly wage and holiday pay.

Through the replacement of permanent staff with service contracts, public sector employers such as the NHS have been part of the shift towards more precarious employment. The exposure of a company that was paying Sri Lankan teenagers £1.57 an hour to tutor primary school pupils shows that schools in England are now being pushed down a similar path. Parents and teachers want to make the most of the £1.7bn fund provided by the government. But as difficulties with the scheme emerge, it seems far from clear that it will boost schools and teachers. On the contrary, the use of public funds to build a system that supplements lessons by qualified teachers with far cheaper ones delivered via the internet, by unqualified people thousands of miles away, could undermine them.

Unquestionably, in countries where large numbers of people have digital access, Covid-19 has changed the way we work and learn. Online meetings, conferences and lectures have become mainstream; being in the same place as colleagues or classmates is no longer a prerequisite. But while many people, not least the tech industries' cheerleaders, have been quick to point out the opportunities that this opens up, there has yet to be a reckoning with the threats. Outsourcing manufacturing or back-office functions to countries with cheaper labour is nothing new. The question now arises: why employ tutors, teachers, or anyone who does anything that can be done remotely, in countries where wages and living costs are high?

The answer is obvious, for anyone who recognises that such activities and institutions are not reducible to a simple exchange. In any community or society, people do things together. Education and work are not economic abstractions, but part of life.

The social care and early years workforce is seriously undervalued and underpaid. Either the government makes a decision to invest in the people who deliver these services, on behalf of a public that values skilled jobs, or public sector work is likely to become more unstable, as the same pressures that have driven insecurity in the private sector are brought to bear.

临时工和外包制度对数百万英国职工的就业安全和就业前景产生了侵蚀，这已经被公认改变了工作的实质。在 2000 年到 2016 年之间，零时工的人数增加了 4 倍，现在这种趋势正受到越发强烈的抵制。上周，优步公司的司机们刚刚赢得了获得最低时薪和带薪假期的权利。

通过用合同工代替永久编制的员工，像 NHS 这样的事业单位正在为这种不稳定的就业趋势推波助澜。最近一家公司被指付给斯里兰卡青年 1.57 英镑的时薪来让他们给小学生做课后辅导，这表明英国的学校现在也正被推向类似的道路上。家长和老师们想要充分利用政府提供的 17 亿英镑资金，但随着该计划的问题开始涌现，现在很难说这笔钱是否能真正改善学校和师资条件。相反，用这笔政府拨款建立一个新体系，让廉价的多的缺乏相关资质的人在千里之外上网课来增补有资质的教师授课，这可能会恶化学校和师资条件。

毫无疑问，在那些大量人口具备上网条件的国家里，新冠已经改变了人们工作和学习的方式。在线会议和讲座已经成为主流；作为同事或同学，在同一个地方工作或上课已不再是前提条件了。但虽然很多人，尤其是科技行业的鼓吹者们，都马上指出了这种转变带来的机会，却尚未有人认识到它带来的威胁。将制造岗位或后勤职能部门外包给劳动力价格低廉的国家早已不再是什么新鲜事。现在的问题是，我们有什么理由要在一个薪资和生活成本很高的国家里雇人当家教、老师、或任何一种可以远程办公的职业？

对于任何一个能意识到这样的做法和制度不能被简单理解为一种劳动力与薪资的交换的人而言，这个问题的答案都是显而易见的。在任何一个社区或社会里，人们都是一起完成事情的。教育和工作不是抽象的经济学概念，而是生活的一部分。

社保与早教领域的工作价值被严重的低估了，薪酬也过低。政府应该代表一个重视熟练工作技能的社会做出决策，投资给提供上述服务的人们；否则，让私企变得越发不稳定的零工经济压力也会让事业单位重蹈覆辙。

## 第九篇：CEO 高薪问题

A report by the High Pay Centre thinktank has revealed that Tim Steiner, the chief executive of Ocado, last year earned £58.7m. This astonishing rate of earning is 2,605 times the average wage of one of his employees, which stands at £22,500. Put another way, 24 hours of Mr Steiner's time is worth about 10 years of toil from an average Ocado worker.

The Covid pandemic has, of course, been a boom time for digital businesses. As an online grocery delivery company, Ocado has profited hugely from an accelerated shift to internet shopping. This came on top of years of steady growth. No doubt, Mr Steiner's talents and judgment have played a part in this success story. It is, however, equally certain that he has simply ridden the good fortune of having a top job in the right sector at the right time. In a fair society, no slice of luck should ever be worth this much.

The High Pay Centre's analysis reveals that the biggest pay gaps in the British economy are found in retail, where the CEO/employee ratio is 140:1. But the figures reflect more broadly an explosion in executive pay over recent decades. In the UK's 100 biggest stock market-listed companies, chief executives pocket 73 times the amount paid to workers on average. Forty years ago, the ratio was 18:1. Since the financial crash, this shameless self-enrichment by the wealthiest in society has taken place as average wages have stagnated and, in many cases, fallen in real terms.

Most recently, of course, Covid-19 has tipped millions into economic crisis. The details of Mr Steiner's pay were disclosed on the same day that it emerged that 800,000 people have lost their jobs as a result of the pandemic. As the working poor resort to food banks in ever larger numbers, Unicef has launched an emergency response in Britain for the first time. The UN aid agency will channel over £700,000 to food insecure households across the country.

This gulf between the top and bottom of our society is not inevitable. It is immoral. Last spring, it was generally recognised that delivery drivers, along with care workers, supermarket staff and refuse collectors, were crucial to the nation's wellbeing, but poorly paid. It is therefore depressing, at this year's end, to note that while Ocado van drivers were merely earning acclamations, their CEO was sitting on the more tangible reward of £58.7m. The notion of regulating the pay ratio between chief executives and employees has been proposed in the past. If a better, more cohesive Britain is to emerge post-Covid, it urgently needs to be revisited.

高薪中心智库的一份报告显示，Ocado 公司的首席执行官 Tim Steiner 去年一年挣了 5870 万英镑。这一令人震惊的薪资水平是其员工平均工资的 2605 倍，后者为 2.25 万英镑。换句话说，Steiner 先生 24 小时的时薪就能顶得上一位普通 Ocado 员工 10 年的辛劳。

毫无疑问，新冠疫情给数字企业带来了一段爆发增长期。作为一家在线食品快递公司，Ocado 已经从人们加速转向网购的过程中赚的盆满钵满。即使在这之前，Ocado 的收入也经历了数年的稳定增长。Steiner 先生的才智和判断力无疑对 Ocado 的成功起到了一定作用。然而同样毋庸置疑的是，他只是赶上了在正确的时间出现在了正确的赛道上的好运罢了。在一个公平的社会中，再好的运气也不该配得上如此巨额的收入。

高薪中心智库的分析表明，英国经济中最悬殊的收入差距出现在零售行业，其 CEO/员工收入比高达 140:1。但更宏观的来看，这些数字反应的是 CEO 薪资在过去几十年里的暴增。在英国市值最高的 100 个上市公司中，CEO 赚到的薪资平均下来是员工的 73 倍。而四十年前，这一比例是 18:1。自金融危机以来，社会中最富有的人们一直在中饱私囊，而与此同时社会的平均工资却停滞不前，甚至在很多情况下其实际购买力还在下降。

往最近来看，新冠疫情无疑已经让数百万人处在经济危机中。就在 Steiner 先生的薪资细节被披露的同一天，还爆出了 80 万人已经因为疫情丢掉了工作的新闻。随着申请食品银行救济的贫苦工薪阶级人数越来越多，联合国儿童基金会历史上第一次在英国启动了紧急响应。联合国的援助机构将把超过 70 万英镑的资金发放给全国各地面临粮食短缺的家庭。

我们社会的顶层与底层间的这种巨大差距并不是不可避免的。相反，这是不道德的。去年春天时人们普遍认为，货运司机以及看护工作者、超市雇员和垃圾回收员对于国民安康的重要性极高，但薪水却极低。Ocado 公司的货车司机如今仍然只是赢得赞扬，而他们的 CEO 却实打实地坐拥着 5870 万英镑的回报，这样的消息出现在今年年底，也因此格外让人失望。早就有人提出过调节 CEO 与员工薪水比例的想法。要想疫情结束后出现一个更好、更有凝聚力的英国，这一想法亟需得到重新审视。

## 第十篇：互联网巨头纳税问题

The terrible global cloud that is the Covid-19 pandemic offered the world the glimpse of a silver lining this week. New tax proposals by Joe Biden mean that the economic emergency caused by coronavirus could result in big multinational corporations having to pay the fair amounts of tax they have avoided for so long. A breakthrough this week at the 135-nation Organisation for Economic Co-operation and Development talks in Paris may produce an agreement. Giants like Facebook and Google would then have to pay up – and not before time. This is definitely a step in the right direction.

Until Covid, the OECD corporate tax negotiations that began nearly a decade ago had been deadlocked, especially after the Trump administration refused to agree to anything that might raise taxes on US tech giants. Individual nations, notably in Europe, had started to impose or threaten stiffer local taxes, leading to retaliatory threats from Washington, but without inhibiting the big multinationals' lucrative tax-avoidance strategies. Under Donald Trump, the US had even made clear that it reserved the right to allow American corporations to remain outside any new OECD-brokered regime. Mr Biden abandoned that demand in January.

Things have changed even more now. The underlying reason is that Mr Biden needs to raise corporate taxes to pay for his expensive Covid stimulus and infrastructure renewal plans. The US president wants to raise \$2.5tn from corporate taxes, reversing a Trump-era cut. But in doing so, he also needs to tighten up a system where firms like Nike and FedEx, as well as the tech giants such as Amazon which Mr Biden specifically criticised last week, have paid little or no US federal tax for years. He also has to find ways of preventing US corporations from simply moving their profits offshore, as firms including Apple and big-pharma companies have been doing for years.

There have been diplomatic signs this week that the US proposal may signal a breakthrough. This could in turn lead to an OECD agreement as soon as July. But an agreement, while desirable and welcome, would not be the end of the story. Unless and until the global taxation system is made truly watertight, the danger that corporations will continue to try to hide their profits in tax havens will always remain.

This puts Britain's immense responsibilities in the spotlight, because several UK overseas territories and crown dependencies continue to have low or zero tax rates. Mr Biden may have engineered a breakthrough, but Boris Johnson and Rishi Sunak must play a unflinchingly committed part if it is to succeed.

新冠疫情这个笼罩全球的阴霾本周给世界带来了一丝曙光。乔·拜登最新的税收提案意味着由新冠导致的经济危机可能会迫使一直以来一直避税的大型跨国公司如今不得不足额交税。本周在 135 个国家参与经合组织巴黎会谈上取得的进展可能会产生一个协议。诸如 Facebook 和 Google 这样的巨头届时将不得不清偿他们所亏欠的税款，也早该如此了。这绝对是朝着正确的方向上又迈进了一步。

在新冠疫情之前，经合组织发起并持续了近 10 年的公司税收谈判已经陷入了僵局，尤其是在特朗普政府拒绝同意任何可能导致给美国科技巨头加税的提案后。各国，尤其是欧洲国家，已经开始或威胁要开始征收更加严苛的地方税了，这收到了华盛顿政府的报复性威胁，但却没能对大型跨供公司的巨额避税策略构成障碍。唐纳德·特朗普在任时，美国甚至更加明确的表示，它保留让美国企业不受限于任何 OECD 牵头达成的新协议的权利。拜登总统今年一月放弃了这一主张。

如今事态甚至发生了更大的改变。其深层原因在于，拜登需要通过向企业收税来为他昂贵的新冠期间经济刺激和基础设施翻新计划买单。这位美国总统希望推翻特朗普时期的减税政策，并通过企业税募集到两万五千亿美元。但如此一来，他就需要对包括耐克、联邦快递以及拜登上周点名批评过的亚马逊公司这样的科技巨头在内的诸多公司收紧监管，而这些公司多年来都很少甚至不缴纳联邦税。他还必须找到办法来阻止这些美国企业简单地将他们的利润转移到海外，包括苹果和大型药企在内的很多公司多年来正是这样操作的。

本周有外交上的迹象显示，美国的提案可能标志着谈判将会有所突破。这可能进而促成 OECD 最早能在今年七月份就达成一项协议。但是这样一份协议虽然对人们来说渴求已久且广受欢迎，但并不能一劳永逸的解决所有问题。直到全球的税务系统被优化到天衣无缝之前，我们将一直面临企业不断试图将他们的利润藏匿在避税天堂的风险。

而这就凸显了英国政府所肩负的重大责任，因为多个英国海外领土和皇家属地一直都处在低税率或零税率状态。拜登总统或许已经发起了一场变革，但鲍里斯·约翰逊和里希·苏纳克必须坚定不移地参与其中，这场变革才能取得成功。