

1. Cyber Fortune-Telling: Given or Earned? (赛博算命：命中注定还是奋斗得来?)

1. This past weekend, I chatted with someone I had just become friends with.
上周末，我和一位刚认识不久的朋友聊了聊天。
2. We talked about how life sometimes seems to be driven by fate.
我们谈到，生活有时似乎是由命运安排的。
3. Throughout the course of history, people have been curious about fate, or what the future might hold.
纵观历史，人们一直对命运，或者说未来会发生什么，充满好奇。
4. The ancient Greeks asked the oracles at Delphi to tell them the future.
古希腊人向德尔斐神谕求助，希望祂能预言未来。
5. The ancient Chinese would look to the Book of Changes (《易经》) to understand their fortunes or the causes of events.
古代中国人会查阅《易经》来了解自己的命运或事件的原因。
6. Today, many people study the Western and Chinese zodiacs (星座；生肖) to try to unlock their destinies.
如今，许多人研究西方和中国的星座（星座；生肖），试图解开自己的命运之谜。

7. The most recent trend of this to have caught on with people is the use of AI to predict one's fate.

最近，人工智能在预测人的命运方面取得了显著的进步，并开始受到人们的关注。

8. As a somewhat old man of 44 years, I wasn't too keen on finding out what the future had in store for me.

作为一个44岁、年纪不算小的男人，我并不太热衷于了解我的未来会如何。

9. Instead, I decided to find out what the future might look like for my adorably （讨人喜欢地） ugly cat, Gremlin.

相反，我决定去了解一下我那只可爱又丑陋的猫咪 Gremlin 的未来会是什么样子。

10. At only four years of age, she should have plenty of time left to scratch （挠） her ears and attack balls of string.

她才四岁，应该还有很多时间挠耳朵和玩毛线球。

11. But what would the AI say about her fate?

但人工智能会如何评价她的命运呢？

12. I entered a short description of Gremlin, including her birth date and eating habits, into DeepSeek.

我在 DeepSeek 中输入了 Gremlin 的简短描述，包括她的出生日期和饮食习惯。

13. I then asked it to predict her fate based on the Traditional Chinese Medicine's Five Elements Theory （中医五行理论）.

然后我让它根据中医五行理论来预测她的命运。

14. When the chatbot finished, I felt relieved.

聊天机器人结束后，我松了一口气。

15. My ugly furball was going to live a "long, harmonious (和谐的) life of 16-21 years" - an elderly woman by cat standards.

我那只丑陋的毛球将会过上“漫长而和谐的16-21年的生活”——按猫的标准来说，这已经是一位老太太了。

16. Then I got sad, thinking about all the bags of cat food and litter (猫砂) I would have to pay for throughout those "long, harmonious" years.

然后，想到在那些“漫长而和谐”的岁月里，我不得不支付那么多袋猫粮和猫砂，我就感到难过。

17. I have never personally been all that interested in discovering my fate.

我个人从来都不太关心自己的命运。

18. For me, fate is not something that just happens to you.

对我来说，命运并非偶然降临到你身上。

19. Rather, it's something that happens because of you.

相反，这件事的发生是因为你。

20. My new friend argued that fate had brought us together.

我的新朋友认为，是命运让我们相遇。

21. But for me, it is the choices and decisions we make in life that make our paths cross.

但对我来说，是我们在生活中做出的选择和决定，才让我们的命运交织在一起。

22. Without action, fate is just a word.

没有行动，命运只是一纸空文。

23. Life, like a lottery ticket (彩票), needs to be bought in order to be won.

人生就像彩票，需要购买才能中奖。

2. Live Albums Live Again (现场专辑又火起来了)

1. Dua Lipa.

杜阿·利帕。

2. Ed Sheeran.

艾德·希兰。

3. Katie Melua.

凯蒂·梅露亚。

4. Niall Horan.

尼尔·霍兰。

5. At first sight, these musical artists have little in common.

乍一看，这些音乐家似乎没有什么共同之处。

6. But they've all released a live album recently.

但他们最近都发行了现场专辑。

7. Isn't that strange?

这难道不奇怪吗？

8. After all, it's the studio album, carefully recorded in controlled conditions, that has been the big deal.

毕竟，真正重要的是在严格控制条件下精心录制的录音室专辑。

9. The live album is often made as an additional product after a concert or tour.

现场专辑通常是在演唱会或巡演结束后作为附加产品制作的。

10. It's not the main focus of the music industry.

这并非音乐产业的主要关注点。

11. That wasn't always the case.

情况并非一直如此。

12. In the 1970s and 1980s, when rock music was at its peak, the live album was popular.

上世纪七八十年代，摇滚乐风靡一时，现场专辑也随之流行起来。

13. It gave artists the chance to bottle the lightning that struck when they performed in front of a crowd.

它让艺术家有机会将他们在观众面前表演时迸发的灵感火花记录下来。

14. Many musicians at that time released successful live albums that proved how wild and crazy they could be.

当时许多音乐人发行了成功的现场专辑，证明了他们有多么狂野不羁。

15. But as pop and hip-hop gained more popularity, the live album lost its shine.

但随着流行音乐和嘻哈音乐越来越受欢迎，现场专辑的光环也随之褪色。

16. These types of music are often heavily produced, and the best results usually come in the studio.

这类音乐通常需要大量的后期制作，最好的效果往往是在录音棚里取得的。

17. Why are live albums making a comeback?

为什么现场专辑又开始流行起来了？

18. Some artists say it's for artistic reasons.

有些艺术家说这是出于艺术原因。

19. A live album is more exciting than studio work," says Melua, a British singer-songwriter.

“现场专辑比录音室专辑更令人兴奋，”英国创作型歌手梅卢阿说道。

20. You only get one chance to do your best.

你只有一次机会做到最好。

21. For pop stars, a live performance is the perfect opportunity to prove their talent.

对于流行歌星来说，现场表演是展现自己才华的绝佳机会。

22. Moreover, Melua believes the pandemic helped to make live albums popular again as musicians had to cancel live shows.

此外，梅卢阿认为，疫情使得现场专辑再次流行起来，因为音乐家们不得不取消现场演出。

23. Now, they are back on schedule, and both artists and their fans have a deeper love for live music.
现在，一切都恢复了正常，艺术家和他们的粉丝都更加热爱现场音乐。
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24. Concerts often leave fans with many sweet memories.
演唱会常常给歌迷留下许多美好的回忆。
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25. Just think about the many zoomed-in （针对局部变焦放大的） videos you keep on your phone long after the concert is over.
想想音乐会结束后你手机里保存的许多放大（针对局部放大的）视频。
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26. Similarly, live albums are becoming collectibles.
同样，现场专辑也逐渐成为收藏品。
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27. With a live album, fans can relive the (probably expensive) experience anytime, anywhere.
有了现场专辑，歌迷可以随时随地重温（可能价格不菲的）现场体验。
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3. Red Dye No. 3 Banned From Foods （红色3号禁令）

3.食品中禁用红色染料3号（红色3号街道）

1. The Food and Drug Administration (FDA), the US agency that makes sure food and medicine are safe, announced on January 15 that Red Dye （色素） No.
美国食品药品监督管理局（FDA）是负责确保食品和药品安全的美国机构，于1月15日宣布，红色染料（色素）No.
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2. This chemical gives food a bright red _1_ and is used in more than 9,200 products, including candy, baked goods, canned fruit, ice cream, drinks, and gummy vitamins （软糖维生素）.

这种化学物质使食物呈现鲜红色_1_，并被用于超过9200种产品中，包括糖果、烘焙食品、罐头水果、冰淇淋、饮料和软糖维生素。

3. Red Dye No.
红色染料编号
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4. FD&C Red No.
FD&C 红色 1 号
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5. In the 1980s, studies showed it could cause cancer in lab rats.
20 世纪 80 年代的研究表明，它会导致实验鼠患癌。
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6. FDA banned it in 1990 from being used in cosmetics （化妆品） and medicine that is put on the skin.
FDA 于 1990 年禁止将其用于化妆品和外用药品中。
-

7. In 2022, scientists and consumer safety groups asked the FDA to also ban it in food and medicine taken by _4_.
2022 年，科学家和消费者安全团体要求 FDA 也禁止在_4_服用的食品和药物中使用它。
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8. The FDA agreed and banned the dye as a "matter of law" because of its _5_ to cancer in animals.
FDA 同意了这一观点，并依法禁止了这种染料，因为它会导致动物患上癌症（5）。
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9. Many scientists and health experts _6_ the decision, saying it removes a danger that should have been banned long ago.
许多科学家和健康专家_6_这一决定，称其消除了一种早就应该被禁止的危险。
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10. Red Dye No.
红色染料编号

11. European Union (EU), Australia, and Japan.
欧盟、澳大利亚和日本。

12. In the US, California and 10 other states have also passed laws to stop its _8_.
在美国，加利福尼亚州和其他 10 个州也通过了法律来阻止它的_8_。

13. Some companies, like Mars (maker of M&M'S) and Just Born (maker of Peeps), had already taken it out of their _9_.
一些公司，如玛氏（M&M'S 的制造商）和 Just Born（Peeps 的制造商），已经将其从他们的 _9_ 中移除。

14. Food makers have until January 15, 2027, to stop using Red Dye No.
食品生产商必须在 2027 年 1 月 15 日之前停止使用红色染料 11 号。

15. January 18, 2028.
2028年1月18日。

16. Until then, experts say people who want to avoid the dye should _10_ food labels.
在此之前，专家表示，想要避免使用这种染料的人应该仔细阅读食品标签。

4. Nezha 2: Break Free From Fate （《哪吒2》：打破命运的枷锁）

1. Millions of moviegoers worldwide have been captivated by the same thing recently the story of a naughty fictional boy with smoky eyes and shark-like teeth.

最近，全球数百万影迷都被同一个故事所吸引——一个有着烟熏眼妆和鲨鱼般牙齿的顽皮虚构男孩的故事。

2. Are you one of them?

你也是其中之一吗？

3. Many viewers are struck by its excellent visuals and sound design, but Ne Zha 2 offers us much more to take away than these first impressions.

许多观众都被《哪吒2》出色的视觉效果和音效设计所打动，但《哪吒2》带给我们的远不止这些第一印象。

4. The title character's backstory is one that might make you feel sorry for him.

主人公的背景故事可能会让你对他感到同情。

5. The boy is born from the Demon Orb （魔丸）.

这个男孩是由魔丸诞生的。

6. His fellow villagers all fear him.

他的村民们都害怕他。

7. They expect nothing but trouble from him.

他们觉得他只会带来麻烦。

8. But when disaster strikes his village, Ne Zha rises up like a superhero.

但当灾难降临到他的村庄时，哪吒就像超级英雄一样挺身而出。

9. He refuses to accept his fate or be remembered as a devil.

他拒绝接受自己的命运，也不愿被后人铭记为魔鬼。

10. Similarly, Shen Gongbao-a "selfish villain （自私自利的反派）" in the 2019 movie is expected to commit more crimes in the sequel.

同样，2019 年电影中的“自私自利的反派”申公豹有望在续集中犯下更多罪行。

11. But he turns out to be the one who saves Ne Zha's parents.

但他却成了救哪吒父母的人。

12. As his complex background is revealed, we learn not to judge too quickly.

随着他复杂的背景逐渐揭开，我们学会了不要妄下判断。

13. And much like his reimagined characters, director Yang Yu (better known as Jiaozi) chose to be the master of his own fate.

就像他重新塑造的角色一样，导演杨宇（笔名饺子）选择掌握自己的命运。

14. Although he always loved animation, he studied pharmacy （药学） in college.

虽然他一直很喜欢动画，但他大学时却学习了药学。

15. Then at 21, he rediscovered his dream of being an animator and decided to teach himself the craft.

21岁时，他重新燃起了成为动画师的梦想，并决定自学这门技艺。

16. Many of his friends said he wouldn't succeed and advised him to give up.

他的许多朋友都说他不会成功，劝他放弃。

17. But Yang kept "fighting".

但杨安泽仍在“战斗”。

18. After nearly four years of self-study, he released his first short film, See Through (《打， 打个大西瓜》) .

经过近四年的自学，他推出了自己的首部短片《打，打个大西瓜》。

19. It won him over 30 professional awards.

这为他赢得了30多项专业奖项。

20. Yang's Ne Zha movies themselves are the result of a battle against low expectations.

杨德昌的《哪吒》系列电影本身就是与低期望值作斗争的结果。

21. For years, the most popular animated movies in China came from Japan or the West.

多年来，中国最受欢迎的动画电影都来自日本或西方。

22. Many considered Chinese animation a lost cause.

许多人认为中国动画已经没救了。

23. Yang wanted to change this and create movies that would truly impress audiences.

杨德昌想要改变这种现状，创作出真正能打动观众的电影。

24. As the Ne Zha movies top the charts, it's clear that Chinese animation can attract not just children in China but people of all ages throughout the world.

随着《哪吒之魔童降世》系列电影荣登票房榜首，很明显，中国动画不仅能吸引中国的儿童，还能吸引世界各地各个年龄段的人们。

25. Perhaps you're shy and no one ever expects you to enter a speech contest.
或许你性格内向，没有人会想到你会参加演讲比赛。
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26. Or maybe you've been told that you aren't cut out for STEM subjects.
或许有人曾告诉你，你不适合学习 STEM（科学、技术、工程和数学）学科。
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27. Would you just accept this "fate"?
你甘愿接受这样的“命运”吗？
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28. I hope the Ne Zha movies have made you think twice.
我希望哪吒系列电影能让你三思而后行。
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5. Smell the History （历史的味道）

5.闻历史（历史的味道）

1. Through some research, we can learn a lot about the Industrial Revolution （工业革命） - when it took place, what it looked like, etc.
通过一些研究，我们可以了解很多关于工业革命的信息——它何时发生，它是什么样子等等。
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2. But what about how it smelled?
但是它的气味如何呢？
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3. There is little useful information.
几乎没有有用的信息。
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4. A team of researchers are now exploring the answer to that question and others like it.
目前，一个研究团队正在探索这个问题以及其他类似问题的答案。

5. Their project focuses on historical smells from the 16th to the early 20th century.
他们的项目专注于16世纪到20世纪初的历史气味。

6. The project will cost \$3.
该项目将耗资 3 美元。

7. Many historical texts mention different smells.
许多历史文献都提到了不同的气味。

8. The researchers will start by training an AI programme.
研究人员将首先训练一个人工智能程序。

9. The programme will be used to read thousands of historical texts.
该程序将用于读取数千份历史文献。

10. It will help to create an online encyclopedia of smells.
这将有助于创建一个关于气味的在线百科全书。

11. This will include the basic descriptions of smells as well as the situations in which those smells are mentioned.
这将包括对气味的基本描述，以及提到这些气味的场景。

12. With the help of this encyclopedia, researchers will know how the meanings and uses of different smells have changed throughout the centuries.

借助这本百科全书，研究人员将了解不同气味的含义和用途在几个世纪以来是如何变化的。

13. Rosemary（迷迭香）, for example, was burned to protect people against diseases.

例如，人们焚烧迷迭香（迷迭香）来保护人们免受疾病侵害。

14. Over the years, it has also been used as an ingredient in cooking.

多年来，它也被用作烹饪原料。

15. In the project's second stage, scientists will work out the elements that make up different smells.

在项目的第二阶段，科学家们将研究构成不同气味的元素。

16. Then, they will try to recreate some of them.

然后，他们会尝试重现其中的一些作品。

17. The recreated smells can be used in schools and museums to help people learn more about history.

学校和博物馆可以利用重现的气味来帮助人们更多地了解历史。

18. They can also help the blind to better understand history and enjoy the experience of visiting historical exhibitions.

它们还可以帮助盲人更好地了解历史，并享受参观历史展览的体验。

19. Smell is precious," said William Tullett, one of the researchers.

“嗅觉很珍贵，”研究人员之一威廉·图利特说。

20. It is one of those things that add enjoyment to our lives.

它是能为我们的生活增添乐趣的事物之一。

21. Tullett hopes the project will help people realise the importance of their sense of smell.
图利特希望这个项目能帮助人们认识到嗅觉的重要性。
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6. Teaching and Learning With AI（用人工智能教与学）

1. One day last month, Antony Aumann, a college professor in the United States, was grading essays（论文）for his course.
上个月的某一天，美国大学教授安东尼·奥曼正在批改他课程的论文。
 2. While he was reading the "best paper in the class", a red "warning" flag suddenly went up.
当他正在阅读“班上最好的论文”时，突然出现了一个红色的“警告”标志。
 3. Later, Aumann asked the student whether he had written the essay himself.
后来，奥曼问这名学生，这篇文章是否是他自己写的。
 4. The student shook his head.
学生摇了摇头。
 5. He admitted to using ChatGPT, a chatbot that is able to answer questions as well as write emails, poems-and essays.
他承认使用了 ChatGPT，这是一款能够回答问题以及撰写电子邮件、诗歌和文章的聊天机器人。
 6. Since artificial intelligence (AI, 人工智能) lab OpenAI released ChatGPT in November 2022, the chatbot has enjoyed huge popularity.
自从人工智能（AI，人工智能）实验室 OpenAI 于 2022 年 11 月发布 ChatGPT 以来，聊天机器人就受到了巨大的欢迎。
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7. Students are using it to do their homework for them.

学生们用它来帮他们做作业。

8. All over the world, professors like Aumann are redesigning their courses in response to this.

世界各地的教授，包括奥曼教授在内，都在重新设计他们的课程以应对这种情况。

9. Some have decided to include more oral （口头的） exams and handwritten papers.

有些人决定增加口试和手写试卷。

10. Gone are tasks like "write five pages about this or that".

“写五页关于这个或那个的内容”之类的任务已经不复存在了。

11. Professors are instead designing questions that they hope will be too clever for chatbots.

相反，教授们正在设计一些他们希望聊天机器人无法回答的问题。

12. Some are asking students to write about their own lives.

有些学校要求学生写自己的生活经历。

13. Many schools, however, are unwilling to ban the use of ChatGPT altogether.

然而，许多学校并不愿意完全禁止使用 ChatGPT。

14. They are, instead, treating it the way they treat calculators.

相反，他们对待它的方式就像对待计算器一样。

15. In the first place, they don't believe a ban would be effective.

首先，他们不认为禁令会有效。

16. Students will find ways to use AI if they want to.

如果学生愿意，他们总能找到使用人工智能的方法。

17. Moreover, chatbots are unlikely to be the last technological development.

此外，聊天机器人不太可能是最后一项技术发展。

18. Rather than stay away from them, students and teachers alike should learn to make proper use of them.

学生和教师都不应该远离它们，而应该学习如何正确地使用它们。

19. The University at Buffalo in New York, for example, has included a discussion of AI tools in its courses.

例如，纽约州布法罗大学已在其课程中加入了对人工智能工具的讨论。

20. The school is using it to teach students about being honest.

学校用它来教导学生诚实守信。

21. It is also helping them to understand both the strengths and the weaknesses of chatbots.

它还有助于他们了解聊天机器人的优势和劣势。

22. Some students have started learning how to work alongside AI tools.

一些学生已经开始学习如何使用人工智能工具。

23. Lizzie Shackney is a student at the University of Pennsylvania.

莉齐·沙克尼是宾夕法尼亚大学的学生。

24. She uses ChatGPT to quickly produce a large number of possibly useful ideas for her papers.

她使用 ChatGPT 快速生成大量可能对她的论文有用的想法。

25. She then thinks over these ideas and decides what to include in her papers and what not to include.

然后她仔细思考这些想法，决定论文中要包含哪些内容，不包含哪些内容。

26. The student always writes her papers herself.

这位学生总是自己写论文。

27. With AI tools, I won't have to spin my wheels," she said.

“有了人工智能工具，我就不用白费力气了，”她说。

28. But I am also not going to be relying on them to do everything for me.

但我也不会指望他们为我做所有事。

7. The Washing Machine Has Changed the World （洗衣机改变了世界）

7. 洗衣机改变了世界（洗衣机改变了世界）

1. When we talk about inventions that changed the world, we often talk about the car, the internet, or the smartphone.

当我们谈论改变世界的发明时，我们经常会谈到汽车、互联网或智能手机。

2. But what about the humble washing machine?

但是，我们不起眼的洗衣机呢？

3. Believe it or not, it also deserves a spot on the list.

信不信由你，它也应该上榜。

4. Before washing machines, laundry day was a serious commitment.

在洗衣机出现之前，洗衣服是一件非常重要的事情。

5. It often took a whole day, and it was hard, physical work-all done by hand.

这通常需要一整天的时间，而且是艰苦的体力劳动——全部都是手工完成的。

6. The first mechanical washing machines were invented in the 1700s.

第一台机械洗衣机发明于18世纪。

7. But they were slow and expensive.

但它们速度慢而且价格昂贵。

8. It wasn't until the 1900s that electric washing machines became widely available.

直到 20 世纪初，电动洗衣机才开始普及。

9. These machines changed everything.

这些机器改变了一切。

10. First, they gave people back one of their most precious resources: time.

首先，他们把人们最宝贵的资源之一——时间——还给了人们。

11. Think about it-doing laundry by hand took hours every week.

想想看——手洗衣服每周都要花好几个小时。

12. With a machine, that time could be used for other things-reading, spending time with family, or even joining the workforce.

有了机器，这些时间就可以用来做其他事情——阅读、陪伴家人，甚至加入工作队伍。

13. The washing machine also led to new attitudes about cleanliness.

洗衣机的出现也带来了人们对清洁的新态度。

14. Before, people would wear their clothes until they were truly dirty.

以前，人们会一直穿衣服，直到衣服真的脏了为止。

15. Now, with the ease of machines, people started changing their clothes more often and expecting their clothes to be cleaner.

如今，随着机器的普及，人们开始更频繁地更换衣服，并期望衣服更干净。

16. This led to other changes in fashion and how clothes were made.

这导致了时尚潮流和服装制作方式的其他变化。

17. For example, clothes started to be made with lighter, brighter fabrics that showed dirt more easily but were also easier to wash in a machine.

例如，衣服开始采用更轻薄、更鲜艳的面料制成，这种面料更容易显脏，但也更容易用洗衣机清洗。

18. So, the next time you see a washing machine, take a moment to appreciate it.

所以，下次当你看到洗衣机时，不妨花点时间欣赏一下它。

19. It's not just a machine; it's a social change agent, quietly helping to shape the modern world.

它不仅仅是一台机器；它还是社会变革的推动者，默默地帮助塑造着现代世界。

8. Speaking Up for Animals （为动物发声）

8.为动物发声（为动物发声）

1. For centuries, humans have shared their planet with animals.

几个世纪以来，人类一直与动物共享地球。

2. They feel pain and sadness, and they have complex relationships with one another.

他们感受着痛苦和悲伤，彼此之间有着复杂的关系。

3. Unfortunately, humans haven't always treated animals _2_.

可惜的是，人类并非一直善待动物。

4. Some animals are hunted for fun, and others are forced to live in unsuitable conditions.

有些动物被猎杀取乐，有些动物则被迫生活在不适宜的环境中。

5. In recent years, however, there has been a significant _3_ in how humans view and treat animals.

然而，近年来，人类看待和对待动物的方式发生了显著的_3_变化。

6. People are more _4_ of animal rights and the importance of conservation.

人们越来越重视动物权利和保护的重要性。

7. They are _5_ money to organizations that work to protect animals.

他们将 5 万美元捐给致力于保护动物的组织。

8. They are also choosing _6_ products that are made without harming animals.

他们还选择了 6 款不伤害动物而生产的产品。

9. With the help of technology, we are now able to communicate with animals in new ways.

借助科技，我们现在能够以新的方式与动物交流。

10. Scientists are developing devices that can translate the sounds and body language of animals into human language.

科学家正在研发能够将动物的声音和肢体语言翻译成人类语言的设备。

11. This is giving us a _7_ understanding of animal behaviour and emotions.

这让我们对动物的行为和情感有了_7_的了解。

12. For instance, researchers have used AI to analyze the songs of whales.

例如，研究人员利用人工智能分析了鲸鱼的歌声。

13. They are learning about the whales' social structures and how they _8_ with one another.

他们正在了解鲸鱼的社会结构以及它们彼此之间的相处方式。

14. The ability to speak up for animals and protect their rights is a sign of a more compassionate society.
能够为动物发声并保护它们的权利，是社会更具同情心的标志。

15. And as we continue to learn more about our animal _9_, we will be better able to create a world where both humans and animals can _10_.
随着我们对动物的了解不断加深，我们将能够更好地创造一个人类和动物都能和谐共处的世界。

9. New Rules for AI-Based Education （人工智能教育新规）

1. Technology can offer huge benefits to students and teachers.
科技可以为学生和教师带来巨大的好处。

2. One of the biggest trends in education right now is the use of artificial intelligence (AI) tools.
目前教育领域最大的趋势之一是使用人工智能（AI）工具。

3. AI tools can help students to personalize their learning and make it more efficient.
人工智能工具可以帮助学生个性化学习，提高学习效率。

4. However, some experts _1_ that AI in education needs clear rules.
然而，一些专家认为，人工智能在教育领域需要明确的规则。

5. They argue that the rules must make sure that students' rights and needs are protected.
他们认为，规则必须确保学生的权利和需求得到保护。

6. Students should be aware of _2_ information AI tools collect about them and how that information is used.

学生应该了解人工智能工具收集的关于他们的信息以及这些信息是如何被使用的。

7. This is especially important as AI tools become more common in the classroom.

随着人工智能工具在课堂上越来越普及，这一点尤为重要。

8. Several European countries have already taken steps to create new rules for AI in education.

欧洲一些国家已经采取措施，制定人工智能在教育领域的新规则。

9. For example, in the Netherlands, a new law states that AI tools cannot be used to make _3_ decisions about a student's education.

例如，在荷兰，一项新法律规定，人工智能工具不能用于对学生的教育做出_3_决定。

10. In France, new guidelines _4_ on using AI tools to help students with learning difficulties.

法国出台了关于使用人工智能工具帮助有学习困难的学生的新指南_4_。

11. These rules and guidelines reflect a growing understanding of the need to use AI in a responsible and ethical way.

这些规则和指南反映了人们日益认识到需要以负责任和合乎道德的方式使用人工智能。

12. Education experts hope that these rules will _5_ teachers and students to use AI tools effectively and safely.

教育专家希望这些规则能够帮助教师和学生有效、安全地使用人工智能工具。

13. The food we eat today is changing faster than ever before.

我们今天所吃的食物正以前所未有的速度发生变化。

14. One of the most interesting developments is "chickenless" chicken.

最有趣的发展之一是“无鸡肉”鸡。

15. This is real chicken meat that's grown in a lab, not on a farm.

这是实验室培育的真鸡肉，不是农场养殖的。

16. It's also called cell-based or cultivated chicken.

它也被称为细胞培养鸡或人工培育鸡。

17. The idea behind cultivated meat is simple but brilliant.

人造肉背后的理念简单却巧妙。

18. Scientists take a small sample of cells from a chicken.

科学家从一只鸡身上提取少量细胞样本。

19. They put these cells in a nutrient-rich liquid and let them grow.

他们将这些细胞放入富含营养的液体中，让它们生长。

20. The cells multiply and form muscle and fat, just like in a living chicken.

这些细胞会像活鸡一样增殖并形成肌肉和脂肪。

21. The result is chicken meat that has the same taste and nutritional value as chicken from a farm.

最终得到的鸡肉与农场鸡肉在口感和营养价值上完全相同。

22. Singapore became the first country to approve the sale of cultivated meat in 2020.

新加坡于 2020 年成为第一个批准销售人造肉的国家。

23. The US government followed in 2023.

美国政府于 2023 年效仿。

24. So, why is there such a growing interest in cell-based chicken?

那么，为什么人们对细胞培养鸡越来越感兴趣呢？

25. First, it's better for the environment.

首先，这对环境更好。

26. It uses less land and water than traditional farming.

它比传统农业消耗的土地和水更少。

27. It also produces fewer greenhouse gases.

它还能减少温室气体的排放。

28. Second, it's more ethical.

其次，这样做更符合伦理。

29. No animals are harmed or killed in the process.

过程中没有动物受到伤害或被杀死。

30. Finally, it's safer.

最后，它更安全。

31. Because it's produced in a controlled lab environment, it has a much lower risk of being contaminated by bacteria.

由于它是在受控的实验室环境中生产的，因此被细菌污染的风险要低得多。

32. Cultivated chicken is still expensive, but its price is dropping quickly.

养殖鸡目前价格仍然昂贵，但价格正在快速下降。

33. Experts say it won't be long before cell-based chicken is on our dinner tables.

专家表示，用不了多久，细胞培养鸡肉就会出现在我们的餐桌上。

11. Don't Misunderstand Nuclear Power （不要误解核能）

11.不要误解核电（不要误解核能）

1. Ask people what they know about nuclear power, and they'll probably mention explosions, radiation, or waste.

问人们对核能了解多少，他们可能会提到爆炸、辐射或核废料。

2. But this image is largely unfair.

但这种看法很大程度上是不公平的。

3. In many parts of the world, nuclear power is making a comeback as a reliable source of clean energy.

在世界许多地方，核能正在重新成为一种可靠的清洁能源。

4. Nuclear power plants work by splitting uranium atoms (原子) in a controlled way.
核电站的工作原理是以可控的方式分裂铀原子。

5. This process releases a massive amount of heat, which is used to boil water, create steam, and drive turbines to generate electricity.
这个过程会释放大量的热量，这些热量可以用来烧开水、产生蒸汽，并驱动涡轮机发电。

6. Nuclear energy has many advantages.
核能有很多优点。

7. Most importantly, it's a clean source of energy.
最重要的是，它是一种清洁能源。

8. It produces almost no greenhouse gases during operation.
它在运行过程中几乎不产生温室气体。

9. This makes it a great alternative to coal and natural gas plants, which are major sources of global warming.
这使其成为煤炭和天然气发电厂的绝佳替代品，而煤炭和天然气发电厂是全球变暖的主要来源。

10. Nuclear power is also reliable.
核能也十分可靠。

11. It can operate 24 hours a day, 7 days a week, regardless of weather conditions, unlike solar or wind power.
它可以全天候运行，每周 7 天，不受天气条件的影响，这与太阳能或风能不同。

12. A single nuclear power plant can generate a large amount of electricity for a long time.
一座核电站可以长时间产生大量电力。

13. Its main disadvantage is the radioactive waste it produces, which can be dangerous if not properly stored.
它的主要缺点是会产生放射性废物，如果储存不当可能会很危险。

14. In recent years, scientists have been developing new reactor designs that are smaller and safer, producing less waste.
近年来，科学家们一直在开发体积更小、更安全、产生废物更少的新型反应堆设计。

15. The world is facing an energy crisis and the growing challenge of climate change.
世界正面临能源危机和日益严峻的气候变化挑战。

16. As a clean and reliable source of power, nuclear energy will likely play a key role in the energy mix of the future.
作为一种清洁可靠的能源，核能很可能在未来的能源结构中发挥关键作用。

12. Bicycles vs. Cars （自行车还是汽车）

1. The car has been the most popular way to get around for over a century.
一个多世纪以来，汽车一直是人们最受欢迎的出行方式。

2. But the car's place at the top of the travel mountain may be coming to an end.
但汽车在旅行方式中的至高地位可能即将结束。

3. Nowadays, more and more people, especially in crowded cities, are choosing to hop on a bicycle instead of getting in a car.

如今，越来越多的人，尤其是在拥挤的城市里，选择骑自行车而不是开车。

4. Why is the bicycle making such a comeback?

为什么自行车会再次流行起来？

5. The first reason is speed.

第一个原因是速度。

6. You may think cars are faster, but in many busy cities, the average speed of a car during rush hour is only about 16 km/h.

你可能认为汽车速度更快，但在许多繁忙的城市，高峰时段汽车的平均速度只有大约 16 公里/小时。

7. A person on a bike can often move faster than that, especially with dedicated （专用的） bike lanes.

骑自行车的人通常速度会更快，尤其是在专用自行车道上。

8. The second reason is cost.

第二个原因是成本。

9. Cars are expensive to buy, maintain, and fill up with gas.

汽车的购买、保养和加油成本都很高。

10. Bikes, on the other hand, are cheap to buy and cost almost nothing to maintain.

另一方面，自行车购买成本低廉，维护成本几乎为零。

11. **Third, cycling is great for your health.**

第三，骑自行车对你的健康非常有益。

12. **It's a low-impact form of exercise that's easy on the knees and joints.**

这是一种低冲击性的运动方式，对膝盖和关节都很友好。

13. **Regular cycling can help keep your heart healthy, improve your mood, and boost your energy levels.**

经常骑自行车有助于保持心脏健康、改善情绪和提升精力水平。

14. **Finally, bikes are eco-friendly.**

最后，自行车是环保的。

15. **They produce zero emissions.**

它们不会产生任何排放。

16. **Cities are starting to change to make themselves more bike-friendly.**

城市正在发生改变，变得更加适合骑自行车出行。

17. **They're adding more bike lanes, bike-sharing programmes, and secure bike parking spots.**

他们正在增设自行车道、自行车共享项目和安全的自行车停车位。

18. **The bicycle may have been invented over 200 years ago, but it's proving to be the perfect ride for the modern age.**

自行车虽然发明于200多年前，但事实证明，它是现代人最完美的交通工具。

13. Vitamins Could Help Coral Reefs (维生素能拯救珊瑚礁)

13. 维生素可以帮助珊瑚礁 (维生素能拯救珊瑚礁)

1. Coral reefs are some of the most beautiful and important _1_ in the ocean.
珊瑚礁是海洋中最美丽、最重要的珊瑚礁之一。
2. They provide food and shelter for thousands of marine species.
它们为成千上万种海洋生物提供食物和庇护所。
3. But these ecosystems are _2_ increasing temperatures and ocean pollution.
但这些生态系统正在加剧气温升高和海洋污染。
4. When water temperatures rise, corals often turn white, a process called bleaching.
当水温升高时，珊瑚通常会变白，这个过程称为白化。
5. Bleached corals are more _3_ to disease and death.
白化的珊瑚更容易患病和死亡。
6. Scientists have been working for years to find ways to _4_ coral reefs.
科学家们多年来一直在努力寻找保护珊瑚礁的方法。
7. Recently, a team of researchers from the University of California, San Diego, made an exciting discovery.
最近，加州大学圣地亚哥分校的一个研究团队取得了一项令人兴奋的发现。

8. They found that vitamin B12 can help corals _5_ bleaching.
他们发现维生素 B12 可以帮助珊瑚 _5_ 白化。

9. Vitamin B12 is essential for the health of many organisms, _6_ the tiny algae that live inside coral polyps (珊瑚虫) .
维生素 B12 对许多生物体的健康至关重要, _6_ 生活在珊瑚虫体内的微小藻类。

10. The algae provide the coral with food and colour.
藻类为珊瑚提供食物和色彩。

11. The researchers grew corals in a lab and then exposed them to higher-than-normal water temperatures.
研究人员在实验室中培育珊瑚, 然后将它们暴露在高于正常水温的环境中。

12. They found that corals treated with vitamin B12 were _7_ likely to bleach and were able to recover _8_ more quickly than those without the vitamin.
他们发现, 用维生素 B12 处理的珊瑚更容易白化, 并且比没有用维生素处理的珊瑚恢复得更快。

13. The next step is to test the treatment on a larger scale in the ocean.
下一步是在海洋中进行更大规模的处理试验。

14. The researchers are _9_ that their discovery could be a game-changer for coral reef conservation.
研究人员认为, 他们的发现可能会改变珊瑚礁保护的格局。

15. While B12 is not a complete _10_ for climate change, it offers a ray of hope for the world's beautiful and vital coral reefs.
虽然维生素 B12 对气候变化的影响还不够显著, 但它为世界美丽而至关重要的珊瑚礁带来了一线希望。

14. Cash for Cans （罐子换现金）

1. In many parts of the world, people can get money back when they return empty soda cans and plastic bottles.
世界许多地方的人们可以通过回收空汽水罐和塑料瓶获得现金返还。
2. This is part of a deposit-return system.
这是存款返还系统的一部分。
3. The system works like this: when you buy a drink in a can or bottle, you pay a small extra deposit.
该系统运作方式如下：当你购买罐装或瓶装饮料时，你需要支付少量额外押金。
4. When you finish your drink, you return the empty container to a collection point or a vending machine.
喝完饮料后，请将空容器送回回收点或自动售货机。
5. Then you get your deposit back.
然后你就能拿回你的押金。
6. Deposit-return systems are a popular way to encourage recycling.
押金返还制度是鼓励回收利用的一种常用方法。
7. They have been used in many countries, including Norway, Germany, and Canada.
它们已在包括挪威、德国和加拿大在内的许多国家使用。
8. They're popular because they're easy to use and give people a direct financial incentive （激励） to recycle.
它们之所以受欢迎，是因为它们易于使用，并且能给人们提供直接的经济激励去回收利用。

9. The money you get back might not be much for a single can, but it adds up quickly.

虽然单买一罐饮料能拿回的钱可能不多，但积少成多。

10. For those in need, this small amount of money can make a big difference.

对于那些需要帮助的人来说，这笔小小的捐款就能带来巨大的改变。

11. The system also helps to keep the environment clean.

该系统还有助于保持环境清洁。

12. When people know they can get cash for their empty containers, they are less likely to throw them away.

当人们知道可以把空容器换成现金时，他们就不太可能把它们扔掉。

13. This reduces the amount of waste that ends up in landfills （垃圾填埋场） and oceans.

这减少了最终进入垃圾填埋场和海洋的废物量。

15. Stuck in Midair （困在半空）

1. Imagine a place in space where you could park a spaceship, and it would just stay there, floating perfectly still.

想象一下，在太空中有一个地方，你可以停泊一艘宇宙飞船，它会一直停在那里，完美地静止不动地漂浮着。

2. It sounds like science fiction, but this place is real.

听起来像科幻小说，但这个地方是真实存在的。

3. They are called Lagrange Points, or L-Points, and they are like special parking spots in the solar system.
它们被称为拉格朗日点，或 L 点，它们就像太阳系中的特殊停车位。

4. L-Points are created by the gravitational pull of two large objects, like the Earth and the Sun.
L 点是由两个大物体（例如地球和太阳）的引力作用形成的。

5. At these five points, the gravitational pull from both objects is perfectly balanced.
在这五个点上，两个物体的引力完全平衡。

6. Any smaller object placed there would stay in a fixed position relative to the two larger ones.
任何放置在那里的较小物体都会相对于这两个较大的物体保持固定位置。

7. L2, located about 1.
L2，位于大约 1。

8. Earth, is one of the most interesting L-Points.
地球是最有趣的 L 点之一。

9. It's a perfect spot for space telescopes, which need a stable and distant location to observe the universe.
这里是太空望远镜的理想地点，太空望远镜需要一个稳定且遥远的位置来观测宇宙。

10. NASA's James Webb Space Telescope is already there.
美国宇航局的詹姆斯·韦伯太空望远镜已经在那里了。

11. Another point, L1, is ideal for solar observation.
另一个观测点 L1 非常适合进行太阳观测。

12. Satellites parked at L1 can constantly monitor the Sun's activity.
停泊在 L1 点的卫星可以持续监测太阳活动。

13. L-Points are not just for satellites and telescopes.
L 点不仅适用于卫星和望远镜。

14. Some scientists believe they could be the perfect place for future space stations.
一些科学家认为，它们可能是未来空间站的理想选址。

15. Imagine a human outpost at an L-Point.
想象一下位于 L 点的人类前哨站。

16. From there, astronauts could launch missions to the Moon or Mars, or even to the outer solar system.
从那里，宇航员可以发射前往月球或火星，甚至前往外太阳系的任务。

17. By understanding and using these gravitational balance points, we can open up new possibilities for space exploration.
通过了解和利用这些引力平衡点，我们可以为太空探索开辟新的可能性。

16. Unlocking Real Happiness （开启真正的幸福）

1. For centuries, people have been searching for the key to happiness.

几个世纪以来，人们一直在寻找幸福的秘诀。

2. They've looked in wealth, fame, and even philosophy.

他们从财富、名望，甚至哲学的角度进行了探索。

3. But what if the key to happiness isn't about finding something, but about building something?

但如果幸福的关键不在于找到什么，而在于创造什么呢？

4. That's the idea behind the "happiness skills.

这就是“幸福技能”背后的理念。

5. Happiness skills are simple, everyday practices that can change how you feel about your life.

幸福技巧是指一些简单的日常习惯，可以改变你对生活的感受。

6. One of the most important is gratitude （感激）.

其中最重要的是感恩（感激）。

7. Taking time each day to think about what you are thankful for can rewire your brain to focus on the good things in your life.

每天抽出时间思考你所感恩的事情，可以重塑你的大脑，让你专注于生活中美好的事物。

8. It's a simple skill, but it can have a big impact.

这是一项简单的技能，但却能产生很大的影响。

9. Another key skill is mindfulness (正念) .

另一个关键技能是正念。

10. This is about paying attention to the present moment without judging it.

这就是说，要关注当下，而不加以评判。

11. When you are mindful, you are fully engaged in your life, not stuck thinking about the past or worrying about the future.

当你保持正念时，你会全身心投入到生活中，而不是沉湎于过去或担忧未来。

12. Spending time with others is also important.

与他人相处的时间也很重要。

13. Social connections are the number one predictor of long-term happiness.

社交关系是长期幸福感的首要预测因素。

14. Strong relationships give you a sense of belonging and support, which are vital for emotional well-being.

牢固的人际关系能给人带来归属感和支持感，这对情感健康至关重要。

15. Finally, giving back to others can be a powerful source of happiness.

最后，回馈他人可以成为幸福的强大源泉。

16. Helping a friend, volunteering in your community, or simply performing a random act of kindness can make you feel more connected and purposeful.

帮助朋友、在社区做义工，或者仅仅是做一件随机的善事，都能让你感到与世界更加紧密相连，更有使命感。

17. Happiness isn't something that happens to you; it's something you do.

幸福不是别人给予你的，而是你自己创造的。

18. By practicing these simple skills every day, you can unlock a deeper, more sustainable (可持续的) form of happiness.

通过每天练习这些简单的技能，你可以解锁一种更深层次、更可持续的幸福。

17. The Wuxia Translator (武侠小说译者)

1. For many readers in China, wuxia (武侠) novels are a beloved form of literature.

在中国，武侠小说是一种深受读者喜爱的文学形式。

2. These stories are full of martial arts, honor, and adventure.

这些故事充满了武术、荣誉和冒险。

3. But for a long time, these unique stories were largely unknown outside of Asia.

但长期以来，这些独特的故事在亚洲以外鲜为人知。

4. That is, until the work of translators like Gigi Chang.

直到像张琪琪这样的翻译家出现，情况才有所改变。

5. Translating wuxia is a difficult job.

翻译武侠小说是一项艰巨的工作。

6. The language is often complex, using historical terms, poetry, and specialized martial arts terms.
这种语言通常很复杂，会使用历史术语、诗歌和专门的武术术语。

7. Chang's goal is not just to translate the words but to translate the spirit of the stories.
张的目标不仅是翻译文字，更是翻译故事的精神。

8. She believes the novels' core themes are universal: a fight against injustice, the pursuit of self-improvement, and the power of friendship.
她认为这些小说的核心主题具有普遍意义：反抗不公正、追求自我提升以及友谊的力量。

9. To make the stories accessible to a global audience, Chang has to make some hard choices.
为了让全球观众都能理解这些故事，张必须做出一些艰难的抉择。

10. For example, she has to decide how to translate technical names for martial arts moves.
例如，她需要决定如何翻译武术动作的专业名称。

11. Should she translate them word-for-word, or find an English equivalent that captures the feeling?
她应该逐字翻译，还是找一个能表达原意的英文对应词？

12. She often chooses a middle ground, using English phrases that sound poetic and exciting.
她经常选择折衷方案，使用听起来富有诗意和令人兴奋的英语短语。

13. For Chinese cultural terms, she often uses pinyin and includes a short explanation.
对于中国文化术语，她经常使用拼音，并附上简短的解释。

14. This way, readers can get a deeper understanding of the culture without having to stop and look up every word.
这样，读者无需停下来查阅每个单词，就能更深入地了解这种文化。

15. Thanks to Chang and others like her, wuxia novels are now gaining an international following.
多亏了张锦峰和其他像她一样的作家，武侠小说现在才获得了国际读者的喜爱。

16. She hopes her work will introduce new readers to a rich cultural tradition.
她希望自己的作品能够让新读者了解丰富的文化传统。

17. Chang says: "These novels deserve a worldwide audience."
张说：“这些小说值得拥有全世界的读者。”

18. They are part of a global literary tradition, and I'm proud to be one of the people to help them find their way there.
它们是全球文学传统的一部分，我很荣幸能成为帮助它们走向世界的人之一。

18. World's Largest Iceberg Is Moving Again （世界最大冰山再次移动）

1. For over 30 years, a giant iceberg named A23a was stuck.
一座名为 A23a 的巨型冰山搁浅了 30 多年。

2. It was _1_ to the ocean floor in the Weddell Sea off the coast of Antarctica.
它位于南极洲沿岸威德尔海的海底 _1_。

3. But in 2023, the iceberg, which is the world's largest, began to move again.

但到了 2023 年，这座世界上最大的冰山又开始移动了。

4. At 4,000 square kilometers, A23a is more than twice the size of London.

A23a 公路面积达 4000 平方公里，是伦敦面积的两倍多。

5. It broke away from the Antarctic coastline in 1986.

它于 1986 年脱离南极海岸线。

6. The iceberg then got _2_ in the shallow waters of the Weddell Sea.

冰山随后沉入威德尔海的浅水中。

7. Scientists are not entirely sure why it has started moving now, but they believe it is part of a natural cycle.

科学家们并不完全确定它为什么现在开始移动，但他们认为这是自然循环的一部分。

8. As the iceberg became thinner and lighter over the years, it finally gained enough _3_ to float free.

随着冰山多年来变得越来越薄、越来越轻，它最终获得了足够的重量，得以自由漂浮。

9. As of late 2023, the iceberg was drifting out of the Weddell Sea and toward the open ocean.

截至 2023 年底，这座冰山正漂出威德尔海，向公海漂去。

10. It will _4_ drift north toward the South Atlantic, where it will eventually melt.

它将向北漂移到南大西洋，最终在那里融化。

11. The movement of A23a is important to scientists for several reasons.

A23a 的运动对科学家来说非常重要，原因有几个。

12. First, it offers a _5_ opportunity to study how giant icebergs behave in the open ocean.

首先，它提供了一个研究巨型冰山在开阔海洋中行为的机会。

13. Second, the melting ice will release a large amount of minerals into the water.

其次，融化的冰会向水中释放大量矿物质。

14. These minerals are a _6_ source of nutrients for the tiny organisms at the bottom of the ocean food chain.

这些矿物质是海洋食物链底端微小生物的营养来源。

15. This could _7_ the marine ecosystem in the South Atlantic.

这可能会对南大西洋的海洋生态系统造成_7_影响。

16. Finally, the fact that such a large iceberg has broken _8_ and started to move is a reminder of the effects of climate change.

最后，如此巨大的冰山破裂并开始移动这一事实提醒我们气候变化的影响。

17. The researchers are now closely _9_ A23a's journey.

研究人员现在正密切关注 A23a 的旅程。

18. They hope the iceberg will provide _10_ clues about the future of the Antarctic ice sheet and the world's oceans.

他们希望这座冰山能为南极冰盖和世界海洋的未来提供 10 条线索。

19. Buildings Rooted in Local Life （植根于当地生活的建筑）

1. The design of modern buildings often follows global trends, with glass and steel structures appearing in cities around the world.

现代建筑的设计往往遵循全球趋势，玻璃和钢结构建筑在世界各地的城市中随处可见。

2. However, a new group of architects is taking a _1_ approach.

然而，一群新的建筑师正在采取一种_1_方法。

3. They are focused on designing buildings that are _2_ in the local culture and way of life.

他们专注于设计符合当地文化和生活方式的建筑。

4. One example is in a rural part of China, where an architect built a community center.

例如，在中国的一个农村地区，一位建筑师建造了一个社区中心。

5. Instead of bringing in modern materials, the center was built using local earth, wood, and stones.

该中心没有采用现代材料，而是使用当地的泥土、木材和石头建造而成。

6. It looks like a traditional home, but it has a modern, open design that makes it an inviting place for people to gather.

它看起来像一栋传统的房子，但其现代开放式的设计使其成为人们聚会的理想场所。

7. The architect believes that buildings should reflect the _3_ of the people who use them.

这位建筑师认为，建筑物应该反映出使用它的人们的_3_。

8. Another _4_ is in Senegal, Africa.
另外 4 处位于非洲塞内加尔。

9. There, an architect designed a school that uses local building _5_ to keep the building cool without air conditioning.
在那里，一位建筑师设计了一所学校，利用当地建筑_5_来保持建筑物凉爽，而无需空调。

10. The school is built with thick, earth walls and a special roof that allows air to flow through.
这所学校采用厚厚的土墙建造，并配有特殊的屋顶，可以让空气流通。

11. This design helps the school to be comfortable and _6_.
这种设计有助于学校保持舒适和_6_。

12. These projects are part of a larger trend in architecture called "place-making."
这些项目是建筑领域一种被称为“场所营造”的大趋势的一部分。

13. It is the idea that buildings should _7_ the local community and the surrounding environment.
其理念是建筑物应该_7_当地社区和周围环境。

20. More Than a Pencil （不仅仅是一支铅笔）

1. The pencil.
铅笔。
-

2. It's a simple, everyday object.

这是一个简单的日常物品。

3. But how much do you really know about it?

但你对它究竟了解多少呢？

4. The pencil's core is not lead （铅）, but a mixture of graphite （石墨） and clay.

铅笔芯不是铅，而是石墨和粘土的混合物。

5. Lead was only used in early writing tools.

铅只用于早期的书写工具。

6. When the French inventor Nicolas-Jacques Conte created the graphite-and-clay mixture in the 1790s, he gave the world the pencil we know today.

1790 年代，法国发明家尼古拉斯-雅克·孔特发明了石墨和粘土的混合物，为世界带来了我们今天所知的铅笔。

7. This seemingly simple tool has a surprisingly long and important history.

这个看似简单的工具却有着令人惊讶的悠久而重要的历史。

8. A pencil allows you to write or draw anything you can imagine.

铅笔可以让你写出或画出任何你能想象到的东西。

9. It's a tool for creativity, a bridge between a thought and its physical form.

它是一种创造力工具，是思想与其物质形态之间的桥梁。

10. The pencil is also a tool for learning.

铅笔也是一种学习工具。

11. Many people learn to write with a pencil.

很多人都是用铅笔学写字的。

12. It allows for mistakes because the mark can be easily erased (擦掉) .

它允许犯错，因为标记很容易被擦掉。

13. This makes it the perfect tool for beginners.

这使其成为初学者的理想工具。

14. But the pencil's value goes beyond its function.

但铅笔的价值远不止于它的功能。

15. It is a symbol of democracy (民主) .

它是民主的象征。

16. In the United States, pencils are often used to cast votes in elections.

在美国，人们经常用铅笔在选举中投票。

17. This is because they are reliable, affordable, and easily accessible to all voters.

这是因为它们可靠、价格实惠，而且所有选民都能轻松获取。

18. As such, the pencil represents the right to be heard.

因此，铅笔代表了被倾听的权利。

19. Finally, the pencil is a symbol of simplicity and sustainability （可持续性）.

最后，铅笔是简单和可持续性的象征。

20. It is a natural product that can be easily recycled.

它是一种天然产品，可以轻松回收利用。

21. So, the next time you pick up a pencil, remember that it is more than just a piece of wood and graphite.

所以，下次你拿起铅笔的时候，请记住，它不仅仅是一块木头和石墨。

22. It is a tool for thought, a symbol of freedom, and a reminder of the power of simplicity.

它既是思考的工具，又是自由的象征，也是对简约力量的提醒。

21. More Tech, Less Work? （科技的发展会让工作变少吗？）

1. Automation and artificial intelligence (AI) are changing the world of work.

自动化和人工智能（AI）正在改变工作世界。

2. For many, this brings up an important question: Will technology mean fewer jobs for humans?

对许多人来说，这引出了一个重要的问题：科技发展是否会导致人类工作岗位减少？

3. In one study, more than a third of the leaders surveyed expected their companies' AI use to lead to job cuts.

在一项研究中，超过三分之一的受访领导者预计，他们公司使用人工智能将导致裁员。

4. Historically, new technologies have often replaced certain jobs while creating new ones.

从历史上看，新技术往往会取代某些工作岗位，同时也会创造新的工作岗位。

5. The Industrial Revolution, for example, saw many farming jobs vanish, but factory jobs were created in their place.

例如，工业革命导致许多农业工作岗位消失，但工厂工作岗位取而代之。

6. The invention of the personal computer led to the loss of typing pool （打字员团队） jobs, but created millions of new jobs in software development and IT.

个人电脑的发明导致打字员团队的工作岗位减少，但同时也在软件开发和 IT 领域创造了数百万个新的工作岗位。

7. Experts say the impact of AI will be different.

专家表示，人工智能的影响将有所不同。

8. Instead of replacing entire jobs, AI will likely automate only parts of most jobs.

人工智能不会取代整个工作岗位，而可能只会自动化大多数工作的部分环节。

9. AI can take over repetitive （重复性的） tasks, freeing up human workers to focus on more creative, complex, or relational tasks.

人工智能可以接管重复性任务，使人类员工能够专注于更具创造性、复杂性或关系性的任务。

10. Take, for example, a customer service representative.

以客服代表为例。

11. AI can handle simple questions, while the human worker focuses on solving complex or emotional customer problems.
人工智能可以处理简单的问题，而人类员工则专注于解决复杂或情绪化的客户问题。

12. The key to navigating this change is to acquire new skills.
应对这种变化的关键在于掌握新技能。

13. Skills that are uniquely human, such as emotional intelligence, critical thinking, and creativity, will become even more valuable.
人类独有的技能，例如情商、批判性思维和创造力，将变得更加有价值。

14. People will need to learn to work alongside AI, using it as a tool to enhance （提高） their productivity.
人们需要学会与人工智能协同工作，将其作为提高生产力的工具。

15. The future of work may not be about less work, but about different work-work that is more focused on human strengths.
未来的工作可能不是工作量减少，而是工作方式改变——更加注重发挥人的优势。

22. Zhang's Garden Reborn （张园重获新生）

1. Zhang Yuan, or Zhang's Garden, is one of the most famous historical spots in Shanghai.
张园，又称张氏花园，是上海最著名的历史景点之一。

2. It was built in the late 19th century as a private garden and quickly became a cultural landmark.
它建于 19 世纪末，最初是一座私人花园，后来迅速成为文化地标。

3. It was known as "the top garden in Shanghai" and hosted some of the city's most important public events, from political speeches to fireworks displays.

它曾被称为“上海顶级花园”，并举办过上海一些最重要的公共活动，从政治演讲到烟花表演。

4. After 1918, the garden was divided into small blocks and became a residential （住宅的） area.

1918 年后，花园被分割成小块，变成了住宅区。

5. It was turned into lilong （里弄） houses, a type of traditional Shanghai alleyway house.

它被改造成了里弄，一种上海传统的巷弄房屋。

6. For decades, it was a crowded, but lively, neighborhood.

几十年来，这里一直是个拥挤但充满活力的街区。

7. By the 21st century, the buildings had aged, and the area was in need of repair.

到了21世纪，这些建筑已经老化，该地区亟需修缮。

8. The local government decided to start a huge renovation （翻新） project in 2018.

当地政府决定在 2018 年启动一项大规模的翻新工程。

9. The goal was to preserve the unique lilong architecture while improving the living conditions for the residents.

目标是在保护里弄独特建筑风格的同时，改善居民的生活条件。

10. After years of work, the restored Zhang Yuan was reopened in 2022 as a public space.

经过多年的努力，修复后的张园于 2022 年重新开放，成为公共空间。

11. It has become a mix of history, culture, and modern commerce.
它已成为历史、文化和现代商业的融合之地。

12. The buildings now house museums, art galleries, and upscale （高档的） shops and restaurants.
这些建筑现在设有博物馆、美术馆和高档商店及餐馆。

13. The renovation project is seen as a great success.
翻新工程被认为是一项巨大的成功。

14. It shows that it is possible to protect historical architecture while also moving a city forward.
这表明，在推动城市发展的同时，保护历史建筑也是可能的。

15. It ensures that the soul of old Shanghai can continue to thrive in the modern age.
它确保了老上海的灵魂能够在现代社会继续蓬勃发展。

23. Kits Change for Colour-Blind Fans （为色盲粉丝更换球衣）

1. Watching a football match can be an exciting experience.
观看足球比赛会是一次令人兴奋的体验。

2. But for the world's 300 million colour-blind people, it can be a frustrating （令人沮丧的） one.
但对于世界上 3 亿色盲人士来说，这可能是一件令人沮丧的事情。

3. The issue is often the uniform, or kit.

问题通常出在制服或装备上。

4. When two teams wear shirts that look too _1_ in colour, it is hard for a colour-blind viewer to tell them apart.

当两支球队的球衣颜色看起来太接近时，色盲人士很难区分它们。

5. To solve this _2_, LaLiga （西甲联赛）, the professional football league in Spain, is taking action.

为了解决这个问题，西班牙职业足球联赛西甲联赛正在采取行动。

6. It has started a new programme called "Color Blindness: The Other League.

它启动了一个名为“色盲：另一个联盟”的新项目。

7. The programme aims to make matches more _3_ to colour-blind fans.

该程序旨在让色盲球迷更容易观看比赛。

8. The league is working with Colour Blind Awareness (CBA), a non-profit organization, to change the kit colours for some matches.

联盟正与非营利组织“色盲意识”（CBA）合作，改变部分比赛的球衣颜色。

9. For example, if one team is wearing red and the other is wearing green, which can look similar to a person with red-green colour blindness, one team might switch to a _4_ colour kit, like yellow.

例如，如果一支队伍穿着红色队服，另一支队伍穿着绿色队服，这看起来可能类似于红绿色盲患者的颜色，那么其中一支队伍可能会换成 4 色队服，例如黄色。

10. This change makes the _5_ between the two teams much clearer.

这一变化让两队之间的_5_差距更加清晰。

11. LaLiga is the first major football league in the world to make this kind of _6_.

西甲是世界上第一个做出这种决定的主要足球联赛。

12. It shows a commitment to inclusion and a _7_ to making the fan experience better for everyone.

它展现了对包容性的承诺，以及为所有人创造更佳球迷体验的决心（7 分）。

13. LaLiga hopes that its _8_ will encourage other leagues and sports around the world to do the same.

西甲联赛希望其第8届赛事能够鼓励世界各地的其他联赛和体育赛事效仿。

14. This small change could have a huge _9_ on the viewing experience for millions of football fans, making the beautiful game _10_ for all.

这一小小的改变可能会对数百万足球迷的观赛体验产生巨大的_9_影响，使这项美丽的运动对所有人来说_10_。

24. Time Fears the Terracotta Army （时间惧怕兵马俑）

1. In 1974, a group of farmers in Xi'an, China, made one of the greatest archaeological （考古学的） discoveries in history: the Terracotta Army （兵马俑） .

1974 年，中国西安的一群农民做出了历史上最伟大的考古发现之一：兵马俑。

2. The clay soldiers were created for Qin Shi Huang, China's first emperor, over 2,200 years ago.

这些陶俑是2200多年前为中国第一位皇帝秦始皇制作的。

3. The army consists of thousands of life-size （真人大小的） figures, including soldiers, chariots （战车） , and horses.
军队由数千个真人大小的人物组成，包括士兵、战车和马匹。

4. What makes them so amazing is the level of detail.
它们最令人惊叹的地方在于细节的精细程度。

5. Each soldier has a unique face, hairstyle, and armor.
每个士兵都有独特的面容、发型和盔甲。

6. Even more surprisingly, the clay figures were originally painted in bright colours, although most of the colour has faded over time.
更令人惊讶的是，这些陶俑最初都涂有鲜艳的颜色，尽管随着时间的推移，大部分颜色都褪色了。

7. The Terracotta Army is more than just an artistic masterpiece; it is a time capsule.
兵马俑不仅仅是一件艺术杰作，它还是一座时间胶囊。

8. It offers a unique look into the military, culture, and technology of the Qin Dynasty （秦朝） .
它展现了秦朝的军事、文化和技术的独特面貌。

9. It shows the power and ambition of the first emperor.
这展现了第一位皇帝的权力和野心。

10. Today, archaeologists are still working at the site.
如今，考古学家仍在遗址进行工作。

11. They are carefully digging out and restoring the figures.
他们正在小心翼翼地挖掘和修复这些雕像。

12. They are also using modern technology to understand how the figures were made and to try to preserve the remaining colours.
他们还利用现代技术来了解这些雕像是如何制作的，并试图保存剩余的色彩。

13. The Terracotta Army is a powerful reminder that some things can truly stand the test of time.
兵马俑有力地提醒我们，有些事物确实能够经受住时间的考验。

25. The World Still Loves Dickens （世人依然热爱狄更斯）

1. Charles Dickens （查尔斯·狄更斯） is one of the most famous writers in English literature.
查尔斯·狄更斯（查尔斯·狄更斯）是英国文学界最著名的作家之一。

2. Born in 1812, he wrote novels that are still loved and read by millions of people around the world.
他出生于1812年，创作的小说至今仍深受世界各地数百万读者的喜爱。

3. His books, such as Oliver Twist and A Christmas Carol, are known for their lively characters, interesting plots, and deep social messages.
他的作品，如《雾都孤儿》和《圣诞颂歌》，以其生动的人物、有趣的故事情节和深刻的社会寓意而闻名。

4. Dickens lived and wrote during the Victorian Era （维多利亚时代）, a time of great change and great inequality in Britain.
狄更斯生活和写作的时期是维多利亚时代，那是英国经历巨大变革和严重不平等的时期。

5. His novels often showed the lives of the poor and the injustices (不公平) of society.
他的小说经常展现穷人的生活和社会的不公正现象。

6. He wrote about child labour, poor education, and the legal system.
他撰写了关于童工、教育落后和法律制度的文章。

7. His work was so popular that it even helped to bring about social reform.
他的作品非常受欢迎，甚至推动了社会改革。

8. For example, his descriptions of workhouses (济贫院) in Oliver Twist encouraged people to improve conditions for the poor.
例如，他在《雾都孤儿》中对济贫院的描写，激励人们改善穷人的生活条件。

9. Today, the world still loves Dickens for several reasons.
今天，世人依然喜爱狄更斯，原因有很多。

10. First, his stories are simply entertaining.
首先，他的故事本身就很有趣。

11. His characters are unforgettable, and his plots are full of surprise and suspense.
他笔下的人物令人难忘，他的情节充满惊喜和悬念。

12. Second, his social commentary is still relevant.
其次，他的社会评论至今仍然具有现实意义。

13. We still face issues of poverty and inequality, and his books remind us to be compassionate.
我们仍然面临贫困和不平等问题，他的书提醒我们要富有同情心。

14. Finally, his influence can be seen everywhere—in movies, TV shows, and even everyday language.
最后，他的影响无处不在——电影、电视节目，甚至日常语言中都能看到他的身影。

15. Charles Dickens is more than just a writer; he is a part of our culture.
查尔斯·狄更斯不仅仅是一位作家；他也是我们文化的一部分。

26. A Nation of "Satos"（全国都姓“佐藤”）

1. Imagine a country where almost everyone shares the same last name.
想象一下，在一个国家里，几乎所有人都拥有相同的姓氏。

2. That's a real possibility for Japan, where the most common last name is Sato（佐藤）.
对于日本来说，这很有可能，因为日本最常见的姓氏是佐藤（Sato）。

3. A recent study by a professor in Japan warned that if the country doesn't change its laws, everyone in Japan could be named Sato by the year 2531.
日本一位教授最近的一项研究警告说，如果日本不改变法律，到 2531 年，日本所有的人都可能叫佐藤。

4. Currently, there is a law in Japan that requires married couples to use the same surname, and more than 95% of the time, it's the woman who takes the man's name.
目前日本有一项法律规定已婚夫妇必须使用相同的姓氏，而且95%以上的情况下，都是女方随夫姓。

5. As a result, certain popular last names, like Sato, keep growing.

因此，像佐藤这样的一些热门姓氏的使用率持续增长。

6. The professor's prediction is based on the current rate of increase of the Sato name.

教授的预测是基于佐藤姓氏目前的增长率。

7. While it's a theoretical （理论上的） prediction, it highlights a real cultural and legal debate in the country.

虽然这只是理论上的预测，但它凸显了该国一个真实的文化和法律辩论。

8. Many people, especially women, argue that the current law is unfair.

许多人，尤其是女性，认为现行法律不公平。

9. It forces them to lose their identity （身份） when they marry.

结婚会迫使他们失去自己的身份。

10. They are campaigning for a change that would allow couples to keep their own last names.

他们正在发起一项运动，争取改变现状，允许夫妻保留各自的姓氏。

11. Those who support the current law argue that keeping one family name is important for family unity and tradition.

支持现行法律的人认为，保留一个家族姓氏对于家庭团结和传统至关重要。

12. The Japanese government is now considering the issue.

日本政府目前正在考虑这个问题。

13. While the Sato name takeover might not happen exactly by 2531, the study is a clear sign that Japan needs to address the challenge of balancing tradition with modern ideas about equality and personal freedom.

虽然佐藤姓氏的继承可能不会在 2531 年之前发生，但这项研究清楚地表明，日本需要应对在传统与现代平等和个人自由观念之间取得平衡的挑战。

27. The Ancient Olympics （古代奥运会）

27.古代奥运会

1. The modern Olympic Games are a huge global event.
现代奥林匹克运动会是一项全球性的盛事。
 2. But they have a long history, dating back to ancient Greece.
但它们有着悠久的历史，可以追溯到古希腊。
 3. The first recorded Olympic Games took place in 776 BC in Olympia, Greece.
有记载的第一届奥林匹克运动会于公元前776年在希腊奥林匹亚举行。
 4. They were part of a religious festival held in honour of the Greek god Zeus.
他们是为纪念希腊神宙斯而举行的宗教节日的一部分。
 5. Unlike today's games, which are open to athletes from all over the world, the ancient Olympics were only open to free-born Greek men.
与今天向全世界运动员开放的奥运会不同，古代奥运会只向自由出生的希腊男子开放。
 6. The early games consisted of just one event: a running race called the stade.
早期的比赛只有一个项目：一项名为“斯塔德”的赛跑比赛。
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7. Over time, more events were added, including longer races, wrestling (摔跤), boxing, chariot (战车) racing, and the pentathlon (五项全能) -a five-event competition.

随着时间的推移，更多的比赛项目被增加，包括长跑、摔跤、拳击、战车比赛和五项全能——一项由五个项目组成的比赛。

8. A truce (休战) was declared across Greece during the games, allowing athletes and spectators to travel safely to Olympia.

奥运会期间，希腊全国宣布休战，允许运动员和观众安全前往奥林匹亚。

9. Women were not allowed to compete or even watch the games, though a separate festival, the Heraea, was held for women.

妇女不允许参加比赛，甚至不允许观看比赛，不过会为妇女举办一个单独的节日——赫拉节。

10. The ancient Olympics were not just about sport; they were a cultural event.

古代奥运会不仅仅是体育赛事，更是一项文化盛事。

11. Poets would read their work, and artists would display their sculptures.

诗人会朗诵他们的作品，艺术家会展示他们的雕塑作品。

12. Winners were not given gold medals but a simple crown of olive leaves.

获胜者没有获得金牌，而是一顶简单的橄榄叶花冠。

13. They were, however, treated as heroes when they returned to their hometowns.

然而，当他们回到家乡时，却被当作英雄对待。

14. The ancient games continued for almost 12 centuries until they were officially banned in 393 AD by the Roman Emperor Theodosius I, who viewed them as a pagan (异教的) festival.

古代的竞技比赛持续了近 12 个世纪，直到公元 393 年被罗马皇帝狄奥多西一世正式禁止，他认为这是异教的节日。

28. Young People Go Birdwatching （年轻人爱上观鸟）

1. Birdwatching, or "birding," is becoming a new _1_ among young people.
观鸟，或称“观鸟”，正在成为年轻人中一项新的活动。
 2. This outdoor activity, once thought of as a hobby for older people, is now attracting a younger generation.
这项户外活动曾经被认为是老年人的爱好，现在却吸引了年轻一代的参与。
 3. Birdwatching is a very simple activity.
观鸟是一项非常简单的活动。
 4. All you need is a pair of binoculars （双筒望远镜）, a bird field guide （野外指南）, and a _2_ eye.
您所需要的只是一副双筒望远镜、一个观鸟指南（野外指南）和一只 _2_ 眼睛。
 5. The goal is to spot, identify, and record the different types of birds you see.
目标是发现、识别并记录你所看到的不同种类的鸟类。
 6. So, why the sudden _3_ in birdwatching among young adults?
那么，为什么年轻人中观鸟人数突然增加了 3 人呢？
 7. One reason is the growing desire for _4_ time and a break from digital devices.
其中一个原因是人们越来越渴望拥有更多时间，摆脱电子设备的束缚。
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8. Birding forces people to put down their phones and _5_ attention to the world around them.

观鸟迫使人们放下手机，将注意力集中在周围的世界。

9. It's a way to reconnect with nature and reduce stress.

这是重新与自然建立联系、减轻压力的一种方式。

10. Another reason is the _6_ of social media.

另一个原因是社交媒体的_6_。

11. Young birders often share their most exciting _7_ with online communities, turning the hobby into a fun, social competition.

年轻的观鸟爱好者经常与在线社区分享他们最激动人心的_7_，将这项爱好变成了一种有趣的社交竞赛。

12. They also _8_ the activity to raise awareness about bird conservation.

他们还_8_开展了这项活动，以提高人们对鸟类保护的认识。

13. Young people are using technology to make birding even more _9_.

年轻人正在利用科技让观鸟变得更加有趣。

14. There are apps that can identify a bird by its song or help users find the best birding spots.

有些应用程序可以通过鸟鸣声识别鸟类，或者帮助用户找到最佳观鸟地点。

15. This mix of nature and technology is making birding a _10_ activity for the digital generation.

自然与科技的结合，使得观鸟成为数字时代一项十分受欢迎的活动。

29. 100 Dollars for Reading a Book (花100美元读一本书)

29. 100 美元读一本书 (花 100 美元读一本书)

1. For many children, the summer break is a time to relax and forget about school.
对很多孩子来说，暑假是放松身心、忘却学校烦恼的时光。
2. But for students at one school in New Haven, Connecticut, summer reading has become a financial opportunity.
但对于康涅狄格州纽黑文市一所学校的学生来说，暑期阅读已经成为一项赚钱的机会。
3. This is thanks to a programme that pays students \$100 to read a specific book and write an essay about it.
这要归功于一项计划，该计划支付学生 100 美元，让他们阅读指定的书籍并撰写一篇关于该书的文章。
4. The programme, called "Scholar Cash," was created to encourage students to read more and to help them with the cost of college applications.
这项名为“奖学金现金”的计划旨在鼓励学生多读书，并帮助他们支付大学申请费用。
5. The book chosen for the programme is a non-fiction book that tells the story of two young people facing challenges in their lives.
节目选用的书籍是一本非虚构类书籍，讲述了两个年轻人面临人生挑战的故事。
6. The book is not an easy read.
这本书读起来并不轻松。
7. It deals with important social issues like poverty and racial inequality.
它探讨了贫困和种族不平等重要的社会问题。

8. The goal is not just to read the book, but to really think about the issues it raises and to practice critical thinking.
目标不仅仅是阅读这本书，而是要真正思考它提出的问题，并练习批判性思维。

9. Students who choose to participate must read the book and then write a 1,000-word essay that explores the book's themes and connects them to their own lives.
选择参加的学生必须阅读这本书，然后写一篇 1000 字的文章，探讨这本书的主题，并将其与自己的生活联系起来。

10. The essays are then judged by a panel (小组) of teachers and community leaders.
然后由教师和社区领袖组成的小组对这些文章进行评判。

11. The students are paid the \$100 whether they win or not, simply for completing the task.
无论输赢，学生们只要完成任务就能获得 100 美元的报酬。

12. The programme has been a huge success.
该项目取得了巨大的成功。

13. The number of students who participate has grown every year, and the quality of the essays has also improved.
每年参加的学生人数都在增加，论文质量也有所提高。

14. The school hopes that the programme will inspire students to become lifelong readers and active thinkers.
学校希望该项目能够激励学生成为终身读者和积极思考者。

30. When Disasters Hit (当灾难来袭时)

1. In recent years, the world has faced a growing number of natural disasters, from wildfires and floods to earthquakes and extreme storms.

近年来，世界面临着越来越多的自然灾害，从野火和洪水到地震和极端风暴。

2. These events can cause massive destruction and leave communities completely lost.

这些事件可能造成巨大破坏，使社区彻底丧失生机。

3. So, what can individuals do when disaster strikes?

那么，当灾难来临时，个人可以做些什么呢？

4. The first step is to prepare.

第一步是做好准备。

5. Every home should have an emergency kit.

每个家庭都应该备有应急包。

6. This kit should include a first-aid kit, water, non-perishable （不易腐坏的） food, a flashlight, and a radio.

这个工具包应该包括急救箱、水、不易腐烂的食物、手电筒和收音机。

7. It's also important to have a family emergency plan, including a designated （指定的） meeting place.

制定家庭应急计划也很重要，包括指定一个集合地点。

8. When a disaster is happening, the most important thing is to follow official guidance.

灾难发生时，最重要的是遵循官方指导。

9. Listen to local authorities on the radio or TV and follow their instructions, whether it's to stay home or evacuate (疏散) .

收听当地政府通过广播或电视发布的消息，并遵照他们的指示，无论是待在家中还是疏散。

10. During and after the event, safety is key.

活动期间及活动结束后，安全至关重要。

11. Check for injuries and try to help others, but do not put yourself at risk.

检查他人是否受伤，并尽力帮助他人，但不要让自己身处险境。

12. Be aware of broken glass, fallen power lines, and structural damage to buildings.

注意碎玻璃、掉落的电线和建筑物结构损坏。

13. After the immediate danger has passed, the focus shifts to community support.

危机过后，重点转向社区支持。

14. Volunteering to help with clean-up, donating to relief efforts, or simply offering emotional support to neighbours can make a huge difference.

志愿参与清理工作、捐款救灾，或者仅仅是为邻居提供情感支持，都能产生巨大的影响。

15. Disasters remind us that we are all connected.

灾难提醒我们，我们彼此息息相关。

16. By preparing, following advice, and helping one another, we can face the next challenge with resilience (恢复力) and strength.

通过做好准备、听取建议和互相帮助，我们可以以韧性和力量面对下一个挑战。

31. A Door to Egypt's Treasure (埃及宝藏之门)

1. For centuries, the secrets of ancient Egypt have fascinated the world.

几个世纪以来，古埃及的秘密一直令世界着迷。

2. In recent years, archaeologists have made a new and exciting discovery: a massive granite (花岗岩) gate.

近年来，考古学家有了一项令人兴奋的新发现：一座巨大的花岗岩（大门）。

3. This gate is thought to be the entrance to a forgotten treasure chamber in the tomb of Ramesses the Great (拉美西斯大帝) .

人们认为这扇门是拉美西斯大帝陵墓中一个被遗忘的宝库的入口。

4. The gate, which is about 3 metres high and 2 metres wide, was found during an excavation (发掘) near the Valley of the Kings (帝王谷) .

该城门高约 3 米，宽约 2 米，是在帝王谷附近的一次发掘中发现的。

5. It is covered in hieroglyphs (象形文字) that describe the wealth and power of Ramesses, who ruled Egypt over 3,000 years ago.

上面布满了象形文字，描述了3000多年前统治埃及的拉美西斯二世的财富和权力。

6. According to the inscriptions, the gate leads to a large underground chamber that was used to store the pharaoh's gold, jewels, and religious artifacts (手工艺品) .

根据铭文记载，这扇门通向一个大型地下室，用于存放法老的黄金、珠宝和宗教文物。

7. This discovery is highly important because it suggests that much of Ramesses' treasure, long thought to be lost to looters (盗墓者) , may still be protected.

这一发现意义重大，因为它表明拉美西斯二世的大部分宝藏，长期以来人们认为这些宝藏已经落入盗墓者之手，但实际上可能仍然受到保护。

8. The team of archaeologists is now working to find a safe way to open the gate.

考古队目前正在努力寻找安全打开大门的方法。

9. They are using advanced imaging technology to map the chamber inside.

他们正在使用先进的成像技术来绘制腔室内部的图谱。

10. They want to ensure the safety of the artifacts and the preservation of the tomb's structure before entering.

他们希望在进入墓室之前，确保文物安全和墓室结构的完好无损。

11. This is not just a discovery of ancient wealth, but a potential new window into the life and beliefs of one of history's most powerful rulers.

这不仅是对古代财富的发现，而且可能是了解历史上最有权势的统治者之一的生活和信仰的新窗口。

32. Running Out of Clay (黏土用完了)

32. Running Out of Clay (泥土用完了)

1. The Royal Academy of Arts (RA) in London, one of the world's most famous art schools, is facing a very modern problem: they are running out of clay.

伦敦皇家艺术学院（RA）是世界上最著名的艺术院校之一，它正面临着一个非常现代的问题：他们的黏土用完了。

2. Clay is essential for sculpture and pottery（陶艺）, and the RA has been using the same local clay for over 250 years.

粘土是雕塑和陶艺的必需品，皇家艺术研究院250多年来一直使用同样的当地粘土。

3. This specific type of clay is known for its high quality and unique texture.

这种粘土以其高品质和独特的质地而闻名。

4. The academy has been using a simple, traditional system: the used clay is collected, cleaned, and recycled back into the art studios.

该学院一直采用一种简单、传统的系统：收集用过的粘土，清洗干净，然后回收利用到艺术工作室中。

5. This system has worked well for centuries.

这套系统已经运行了几个世纪，效果很好。

6. However, in recent decades, the number of students has grown significantly, and their style of work has changed.

然而，近几十年来，学生人数显著增长，他们的学习方式也发生了变化。

7. Modern students tend to use much larger amounts of clay for their sculptures than past generations.

现代学生在雕塑创作中往往使用比以往任何一代都多得多的黏土。

8. Moreover, new health and safety rules require the school to throw away more of the used clay than before.

此外，新的健康和安全规定要求学校丢弃比以前更多的废旧黏土。

9. The RA is now looking for a new source of clay.
皇家研究院目前正在寻找新的粘土来源。

10. They are experimenting with different types of clay from around the world.
他们正在尝试使用来自世界各地的不同类型黏土。

11. But finding a replacement with the same quality is a difficult task.
但要找到质量相同的替代品却并非易事。

12. The school is also trying to teach students to use clay more efficiently （高效地）.
学校也在努力教学生如何更有效地使用粘土。

13. The situation at the Royal Academy of Arts highlights a broader issue: even for traditional arts, sustainability （可持续性） is becoming a major challenge.
皇家艺术学院的情况凸显了一个更广泛的问题：即使对于传统艺术而言，可持续性也正在成为一个重大挑战。

33. Orcas Carry Salmon on Their Heads （虎鲸头顶三文鱼）

33.虎鲸头顶三文鱼

1. Scientists have been puzzled by the behavior of orcas （虎鲸） in the Pacific Northwest.
科学家们一直对太平洋西北地区虎鲸的行为感到困惑。
-

2. Orcas have been observed carrying dead salmon on their heads, _1_ the fish for several hours at a time.
人们观察到虎鲸头上顶着死鲑鱼，_1_ 一次就能驮上好几个小时。

3. This behavior has been seen among many of the whales, but mostly among the mothers.
这种行为在许多鲸鱼中都有发现，但主要发生在雌鲸身上。

4. The first _2_ the scientists considered was that it was a form of play.
科学家们首先考虑的是，这是一种游戏形式。

5. Orcas are highly intelligent and often engage in play activities.
虎鲸非常聪明，经常进行玩耍活动。

6. However, the sheer _3_ of time the whales spend carrying the fish suggests it is something more than just a game.
然而，鲸鱼花费在搬运鱼上的时间竟然长达 3 分钟，这表明这不仅仅是一场游戏。

7. Scientists now believe that the behavior is related to _4_.
科学家现在认为这种行为与_4_有关。

8. The salmon they carry are almost always Chinook salmon, a species that is _5_ in the region.
他们携带的鲑鱼几乎都是奇努克鲑鱼，这种鲑鱼在该地区的数量为_5_。

9. The salmon are an important part of the orcas' diet.
鲑鱼是虎鲸饮食的重要组成部分。

10. When a mother orca loses her baby, she often carries the dead calf (幼崽) on her head for weeks, a sign of _6_.
当一头虎鲸妈妈失去幼崽时，她常常会把死去的幼崽顶在头上好几个星期，这是_6_的标志。

11. Scientists believe the dead salmon serves a similar _7_.
科学家认为死鲑鱼具有类似的_7_作用。

12. It is a way for the whales to express their grief over the loss of a key food source.
这是鲸鱼表达对失去重要食物来源的悲伤的一种方式。

13. The unusual behavior of the orcas is a clear _8_ sign of the effects of human activity on the marine ecosystem.
虎鲸的异常行为清楚地表明了人类活动对海洋生态系统的影响。

14. It shows how the _9_ of one species (the salmon) can deeply affect the emotional and social _10_ of another (the orcas).
它表明一种物种（鲑鱼）的_9_如何深刻地影响另一种物种（虎鲸）的情感和社会_10_。

34. People of the Seine （塞纳河畔的人们）

1. The Seine （塞纳河） is more than just a river; it is the heart of Paris.
塞纳河不仅仅是一条河流；它是巴黎的心脏。

2. For centuries, it has been the city's main transportation route and a source of inspiration for artists and writers.
几个世纪以来，它一直是这座城市的主要交通路线，也是艺术家和作家的灵感来源。

3. Its banks are lined with some of the city's most famous landmarks, including the Eiffel Tower and the Louvre Museum.
它的两岸林立着这座城市一些最著名的地标建筑，包括埃菲尔铁塔和卢浮宫博物馆。

4. The people who live and work along the Seine are as diverse as the city itself.
居住和工作在塞纳河沿岸的人们和这座城市本身一样多元化。

5. There are the bouquinistes（旧书商），the famous second-hand book dealers who sell their wares from green metal boxes along the riverbanks.
河岸边有著名的旧书商，他们用绿色的金属箱子出售二手书。

6. They have been doing business there since the 16th century and are now a protected cultural heritage.
他们从16世纪就开始在那里做生意，现在那里已成为受保护的文化遗产。

7. Then there are the fishermen, who still cast their lines into the water, hoping to catch a gardon or a small carp（鲤鱼），though the river is no longer the clean fishing spot it once was.
还有一些渔民，他们仍然将鱼线抛入水中，希望能钓到一条鲤鱼或小鲤鱼，尽管这条河已经不再是以前那样干净的钓鱼场所了。

8. And, of course, there are the boat captains, who guide the tour boats, carrying millions of visitors each year past the city's great monuments.
当然，还有那些船长，他们驾驶着游船，每年载着数百万游客游览这座城市的宏伟古迹。

9. The Seine is also home to a complex ecosystem（生态系统）of fish, birds, and insects.
塞纳河也是鱼类、鸟类和昆虫等复杂生态系统的家园。

10. The river's health is constantly monitored to ensure its survival.

为了确保河流的生存，人们不断监测河流的健康状况。

11. The people of the Seine are the guardians of a tradition, keeping the river alive for future generations of Parisians and visitors alike.

塞纳河畔的人们是传统的守护者，他们让这条河流焕发生机，造福于未来的巴黎人和游客。

35. Agatha Christie's Poirot （阿加莎·克里斯蒂笔下的波洛）

1. Hercule Poirot （赫尔克里·波洛） is one of the most famous fictional detectives in the world.

赫尔克里·波洛是世界上最著名的虚构侦探之一。

2. Created by the English writer Agatha Christie, he first appeared in 1920 and became the star of over 30 novels and 50 short stories.

该角色由英国作家阿加莎·克里斯蒂创作，于 1920 年首次亮相，并成为 30 多部长篇小说和 50 篇短篇小说的主角。

3. He is known for his unique style: a neatly （整洁地） waxed mustache （小胡子） , a careful way of dressing, and a deep belief in "order and method."

他以其独特的风格而闻名：整齐的蜡质胡须、一丝不苟的着装方式以及对“秩序和方法”的深刻信仰。

4. Poirot is not a strong or fast detective.

波洛并不是一个能力强、反应快的侦探。

5. Instead, he uses his sharp mind and his understanding of human nature to solve crimes.

相反，他运用自己敏锐的头脑和对人性的理解来破案。

6. He often gathers all the suspects in a room at the end of a book and dramatically reveals the solution, piece by piece.
他经常在书的结尾将所有嫌疑人聚集在一个房间里，然后戏剧性地一点一点地揭示真相。

7. Christie, who is often called the "Queen of Crime," created a character that has stood the test of time.
克里斯蒂常被称为“犯罪小说女王”，她塑造了一个经受住了时间考验的人物形象。

8. He has been played by many actors on screen, most recently in the movie A Haunting in Venice.
银幕上曾有多位演员扮演过这个角色，最近一次是在电影《威尼斯鬼屋》中。

9. The enduring （持久的） popularity of Poirot is due to several factors.
波洛经久不衰的人气归功于几个因素。

10. First, his mysteries are always intelligent and fair-the reader is given all the clues needed to solve the case, if only they can put them together.
首先，他的悬疑小说总是构思巧妙、公平公正——读者会得到破案所需的所有线索，只要他们能把这些线索拼凑起来就行了。

11. Second, he is a reassuring （令人安心的） presence; he always brings order back to a chaotic situation.
其次，他的存在让人感到安心；他总能让混乱的局面恢复秩序。

12. Finally, he is a reflection of the human desire for justice and truth.
最后，他体现了人类对正义和真理的渴望。

13. Poirot reminds us that even the most complex problems can be solved with "the little grey cells (小灰细胞)" - his nickname for his brain.

波洛提醒我们，即使是最复杂的问题也可以用“小灰细胞”（他给自己大脑起的绰号）来解决。

36. How Do You Count 8 Billion People? (全球80亿人口是如何计算的?)

1. In November 2022, the world population officially reached 8 billion people.

2022年11月，世界人口正式达到80亿。

2. It's an incredible milestone, but how do we know the exact number?

这是一个了不起的里程碑，但我们如何才能知道确切的数字呢？

3. The truth is, we don't.

事实是，我们没有。

4. The 8 billion figure is an estimate (估计) .

80 亿这个数字是估计值。

5. It's based on data collected by countries around the world, primarily through national censuses (人口普查) .

它是基于世界各国收集的数据，主要通过国家人口普查收集。

6. A census is a count of every person in a country, usually done every 5 or 10 years.

人口普查是对一个国家内每个人的统计，通常每 5 年或 10 年进行一次。

7. But censuses are difficult, expensive, and sometimes controversial (有争议的) .
但人口普查是困难的、昂贵的，有时还存在争议。

8. Some countries have detailed, reliable censuses, while others, often those in conflict or with fewer resources, do not.
有些国家拥有详细、可靠的人口普查数据，而另一些国家，尤其是那些处于冲突或资源较少的国家，则没有这些数据。

9. To get the global estimate, the United Nations (UN) combines the official census data with projections (预测) based on birth rates, death rates, and migration (迁移) .
为了获得全球估计值，联合国将官方人口普查数据与基于出生率、死亡率和迁移的预测相结合。

10. It's like putting together a giant jigsaw puzzle with some missing pieces.
这就像拼一个巨大的拼图，但缺少一些拼图碎片。

11. For the missing pieces, the UN uses mathematical models to fill in the gaps.
对于缺失的部分，联合国使用数学模型来填补空白。

12. They calculate the average number of births and deaths per second globally to update the number in real-time.
他们计算全球每秒平均出生人数和死亡人数，以实时更新该数字。

13. The moment the 8 billion figure was announced was therefore symbolic (象征性的) .
因此，80 亿这个数字宣布的那一刻具有象征意义。

14. It was less about an exact person being born at an exact second and more about celebrating the trend of increasing human longevity (寿命) and declining child mortality (死亡率) .
与其说是关于某个人在某一秒出生，不如说是关于庆祝人类寿命延长和儿童死亡率下降的趋势。

15. The ultimate goal is not just a number, but understanding the global challenges of food, water, and resources that a growing population brings.

最终目标不仅仅是一个数字，而是要了解人口增长带来的全球粮食、水和资源方面的挑战。

37. A Daily for Kids （面向儿童的日报）

1. In a world full of digital noise, a newspaper has found a new audience: children.

在充斥着数字噪音的世界里，一份报纸找到了新的读者群体：儿童。

2. First News （《第一天》） is a weekly newspaper in the UK that is written specifically for children aged 7 to 14.

《第一天》是英国的一份周报，专门为 7 至 14 岁的儿童撰写。

3. Launched in 2006, the newspaper aims to teach children about what's happening in the world in a safe, fun, and educational way.

该报纸创刊于 2006 年，旨在以安全、有趣和教育性的方式向孩子们传授世界上正在发生的事情。

4. In its pages, children can find news about politics, science, and the environment, all explained in simple language.

在这本杂志里，孩子们可以找到有关政治、科学和环境的新闻，所有内容都用简单的语言进行了解释。

5. The newspaper avoids the "bad news overload" that is common in adult media.

该报纸避免了成人媒体中常见的“负面新闻过载”。

6. Instead of focusing only on disasters and conflicts, it balances the bad news with stories about positive events, such as breakthroughs （突破） in science and environmental success stories.

它不只关注灾难和冲突，而是用有关积极事件的故事来平衡坏消息，例如科学突破和环境成功案例。

7. The paper also includes a lot of fun content, like puzzles, movie reviews, and competitions.
该报纸还包含许多有趣的内容，例如谜题、电影评论和比赛。

 8. The team behind First News believes that children are naturally curious about the world.
First News 团队认为，孩子们天生对世界充满好奇。

 9. By providing them with reliable, age-appropriate (适合年龄的) information, the paper hopes to raise a generation of informed and engaged citizens.
通过向他们提供可靠的、适合他们年龄的信息，该报希望培养一代知情且积极参与的公民。

 10. In an age when fake news is a serious problem, the paper also teaches media literacy (媒体素养) by helping children understand how to check their sources.
在假新闻泛滥成灾的时代，该报还通过帮助孩子们了解如何核实新闻来源来教授媒体素养。

 11. First News is proving that in a digital age, there is still a place for paper and ink, especially when the content is crafted with a young audience in mind.
First News 证明，在数字时代，纸墨仍然有一席之地，尤其是在内容创作时考虑到年轻受众的情况下。
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38. Creating a New Type of Plastic (研发新型塑料)

38.Creating a New Type of Plastic (研发新型塑料)

1. Plastic is everywhere, from our food containers to our clothes.
塑料无处不在，从食物容器到衣服。
-

2. It's cheap, useful, and durable (耐用的) .
它便宜、有用且耐用 (耐用的)。

3. But its durability is also its biggest _1_.
但它的耐用性也是它最大的优点。

4. Most plastics take hundreds of years to break down, leading to massive pollution in our oceans and landfills (垃圾填埋场) .
大多数塑料需要数百年才能分解，导致海洋和垃圾填埋场出现大规模污染。

5. Now, scientists are working hard to create a new type of plastic that is both strong and _2_ to the planet.
现在，科学家们正在努力创造一种既坚固又对地球友好的新型塑料。

6. The goal is to make a plastic that can be easily and completely broken down after it's been used.
目标是制造一种使用后可以轻松完全分解的塑料。

7. Recently, a team of researchers from the University of California, Berkeley, made a major _3_.
最近，加州大学伯克利分校的一个研究团队取得了一项重大成果。

8. They developed a new plastic that contains special molecules (分子) .
他们开发了一种含有特殊分子的新型塑料。

9. These molecules act like _4_ switches.
这些分子就像_4_个开关。

10. When they are exposed to the right conditions, such as high heat and water, they allow the plastic to break down in a matter of weeks, leaving behind only small, non-toxic (无毒的) molecules.

当它们暴露在合适的条件下，例如高温和水时，它们会让塑料在几周内分解，只留下微小的、无毒的分子。

11. This new plastic is not meant to replace all current plastics, but it could be used for products that are often thrown away after a single _5_, like food packaging.

这种新型塑料并非旨在取代所有现有塑料，但它可以用于那些通常使用一次后就被丢弃的产品，例如食品包装。

12. However, the technology is still _6_ its early stages.

然而，这项技术仍处于早期阶段。

13. Scientists need to figure out how to produce the plastic cheaply and on a _7_ scale.

科学家们需要找到一种能够以低成本大规模生产塑料的方法。

14. The invention offers a ray of hope in the fight against plastic pollution.

这项发明为对抗塑料污染带来了一线希望。

15. It suggests that a world with less waste is not just a dream, but a _8_ possibility.

这表明，一个减少浪费的世界不仅仅是一个梦想，而是一种可能性。

16. In the past, gold jewelry was often seen as something for older generations.

过去，黄金首饰通常被视为老年人的专属。

17. But recently, Gen Z (Z世代) is _1_ a new love for gold.

但最近，Z 世代对黄金产生了新的喜爱。

18. Data from major jewelers shows that young consumers are buying more gold than ever before.

来自各大珠宝商的数据显示，年轻消费者购买黄金的数量比以往任何时候都多。

19. This trend is not about buying big, expensive pieces.

这种趋势并非在于购买昂贵、体积庞大的单品。

20. Instead, Gen Z is favoring smaller, more delicate _2_ that can be worn every day.

相反，Z 世代更喜欢小巧精致的_2_，可以每天佩戴。

21. They are also choosing gold for reasons beyond fashion.

他们选择黄金的原因也不仅仅局限于时尚。

22. For this generation, gold represents a safe _3_ investment.

对于这一代人来说，黄金代表着一种安全的投资。

23. In a time of economic uncertainty, gold is seen as a lasting, reliable asset （资产）.

在经济不确定时期，黄金被视为一种持久、可靠的资产。

24. They are also attracted to gold's _4_-it is a natural material that can be recycled infinitely.

他们也被黄金的_4_所吸引——它是一种可以无限循环利用的天然材料。

25. This is appealing to a generation that values environmental responsibility.

这很吸引重视环境责任的一代人。

26. The rise of social media also plays a role.

社交媒体的兴起也发挥了一定作用。

27. Young people are constantly seeing new gold jewelry _5_ and styling tips from influencers, which makes the trend even more popular.

年轻人经常从网红那里看到新款黄金首饰和搭配技巧，这使得这种潮流更加流行。

40. Can Germs Live in Outer Space? (细菌能在外太空生存吗?)

1. The idea of alien (外星的) life often makes us think of little green men, but the reality might be much smaller.

提到外星生命，我们常常会想到小绿人，但现实可能要小得多。

2. Scientists are now asking a simpler question: can tiny organisms, like germs (细菌) and microbes (微生物), survive the harsh conditions of outer space?

科学家们现在提出了一个更简单的问题：像细菌和微生物这样的微小生物能否在外太空的恶劣条件下生存？

3. The answer has important implications (影响) for both space travel and the search for life on other planets.

答案对太空旅行和在其他星球上寻找生命都具有重要意义。

4. Outer space is an extreme environment.

外太空是一个极端环境。

5. It's extremely cold, there is no air, and it's full of dangerous radiation.

这里极其寒冷，空气稀薄，而且充满危险的辐射。

6. For a long time, scientists thought that nothing could survive out there.
很长一段时间以来，科学家们认为外面的任何地方都不可能有生物生存。

7. But a series of experiments, often placing microbes on the outside of the International Space Station (ISS), have changed that view.
但一系列实验，通常是将微生物放置在国际空间站 (ISS) 的外部，改变了这种观点。

8. The results have been surprising.
结果出乎意料。

9. Some types of bacteria were able to survive for years.
某些类型的细菌能够存活数年。

10. They did this by going into a dormant (休眠的) state, forming a hard protective layer around themselves, or hiding inside rocks to protect themselves from radiation.
它们通过进入休眠状态、在自身周围形成坚硬的保护层，或者躲在岩石中来保护自己免受辐射。

11. This ability to survive suggests that if life did start on Earth, it might be able to travel to other planets-a theory called panspermia.
这种生存能力表明，如果生命确实起源于地球，那么它或许能够到达其他星球——这一理论被称为泛生论。

12. It also poses a problem for future space missions.
这也给未来的太空任务带来了问题。

13. If we send a spacecraft to Mars, we have to make absolutely sure it is clean.
如果我们向火星发射航天器，就必须确保它绝对干净。

14. We don't want to accidentally carry Earth germs to another planet and confuse future scientists looking for natural, local life.

我们不想不小心把地球上的细菌带到另一个星球，从而迷惑未来寻找当地自然生命的科学家们。

41. Kaspar the Robot （机器人卡斯帕）

1. For children with autism （孤独症）, learning social and emotional skills can be a major challenge.

对于患有自闭症的儿童来说，学习社交和情感技能可能是一个重大挑战。

2. Eye contact, body language, and even a simple smile can be confusing.

眼神交流、肢体语言，甚至一个简单的微笑都可能令人困惑。

3. To help with this, researchers in the UK have developed a friendly, child-sized robot named Kaspar.

为了解决这个问题，英国的研究人员开发了一种名为 Kaspar 的友好型儿童大小的机器人。

4. Kaspar is an experimental （实验性的） tool designed to help children with autism practice social interaction in a safe and low-stress environment.

Kaspar 是一款实验性的工具，旨在帮助自闭症儿童在安全、低压力的环境中练习社交互动。

5. The robot has a simple, expressive face and moveable arms.

这款机器人拥有简洁而富有表现力的面部表情和可活动的双臂。

6. Its design is intentionally （故意地） less complex than a human's.

它的设计有意地比人类的复杂度要低。

7. This is key because many autistic children find human faces and expressions too overwhelming (难以承受的) .
这是关键，因为许多自闭症儿童觉得人类的面孔和表情太令人难以承受。

8. Kaspar helps children learn by demonstrating simple social actions.
卡斯帕通过示范简单的社交行为来帮助孩子们学习。

9. For example, a teacher can program Kaspar to look away when a child is not paying attention and then make eye contact when they are.
例如，老师可以设置程序，让 Kaspar 在孩子注意力不集中时移开视线，在孩子集中注意力时与孩子进行眼神交流。

10. This teaches the child the importance of eye contact in a predictable and repeatable way.
这能以可预测和可重复的方式教会孩子眼神交流的重要性。

11. In other games, Kaspar can be programmed to show simple emotions, like happiness or sadness, helping the children learn to identify them.
在其他游戏中，可以对 Kaspar 进行编程，使其表现出简单的情绪，如快乐或悲伤，帮助孩子们学习识别这些情绪。

12. The results have been very promising.
结果非常令人鼓舞。

13. Children who interact with Kaspar often show improvements in their ability to engage with people.
与卡斯帕互动的孩子，在与人交往的能力方面往往会有所提高。

14. Kaspar is not meant to replace human teachers or therapists, but to serve as a bridge, helping children feel more comfortable before they move on to interacting with people.
Kaspar 的目的不是为了取代人类教师或治疗师，而是为了搭建一座桥梁，帮助孩子们在与他人互动之前感到更加自在。

42. A City Without Cars （一座没有汽车的城市）

1. In many cities, the car is still king.
在许多城市，汽车仍然是王道。
2. But in Utrecht, a city in the Netherlands, the bicycle is taking over.
但在荷兰城市乌得勒支，自行车正在成为主流。
3. Utrecht is known for its ambitious （雄心勃勃的） goal: to become one of the most car-free （无车的） cities in the world.
乌得勒支以其雄心勃勃的目标而闻名：成为世界上最无车的城市之一。
4. The shift started decades ago.
这种转变始于几十年前。
5. City leaders realized that too many cars were making the city polluted, noisy, and unsafe for pedestrians and cyclists.
城市领导人意识到，过多的汽车使城市污染严重、噪音扰民，并且对行人和骑自行车的人也不安全。
6. They began a process of "de-paving" （去铺路）, turning car lanes into bike paths and parking lots into parks.
他们开始了“去铺路”的过程，将汽车车道变成自行车道，将停车场变成公园。
7. The city invested heavily in bicycle infrastructure.
该市在自行车基础设施方面投入巨资。

8. Today, Utrecht has the world's largest bicycle parking garage, which can hold over 12,500 bikes.
如今，乌得勒支拥有世界上最大的自行车停车库，可容纳超过 12,500 辆自行车。

9. The city center is a low-emission zone, and new housing developments are being built without car parking spaces.
市中心是低排放区，新建的住宅区没有配备停车位。

10. The results have been amazing.
结果令人惊叹。

11. Utrecht is now cleaner, quieter, and its residents are healthier.
乌特勒支现在更干净、更安静了，居民也更健康了。

12. The shift hasn't been without its challenges.
这一转变并非一帆风顺。

13. Some local businesses worried that fewer cars would mean fewer customers.
一些当地商家担心车辆减少会导致顾客减少。

14. But the city found that better pedestrian and bike access actually increased foot traffic and local shopping.
但该市发现，改善行人及自行车通行条件实际上增加了步行客流量和当地购物人数。

15. Utrecht is proving that a modern city doesn't have to be built around the car.
乌特勒支正在证明，现代城市不必围绕汽车而建。

16. It is an example of how investing in people and sustainable transportation can lead to a more pleasant and livable urban （城市的） environment.

这是投资于人和可持续交通如何带来更宜居、更美好的城市环境的一个例子。

43. Chimps Teach Each Other to Use Tools （黑猩猩互相学习使用工具）

43. 黑猩猩互相教对方使用工具（黑猩猩互相学习使用工具）

1. The ability to use tools is one of the most defining _1_ of human intelligence.
使用工具的能力是人类智能最显著的特征之一。
2. But humans are not the only species that uses tools.
但人类并不是唯一使用工具的物种。
3. Scientists have long observed chimpanzees （黑猩猩） using stones to crack open nuts.
科学家们长期以来观察到黑猩猩使用石头敲开坚果。
4. However, a recent study has shown that chimpanzees don't just use tools; they actively _2_ each other how to use them, demonstrating a type of culture.
然而，最近的一项研究表明，黑猩猩不仅会使用工具；它们还会积极地互相交流如何使用工具，这展现了一种文化。
5. The study focused on a group of chimps in Côte d'Ivoire.
该研究以科特迪瓦的一群黑猩猩为研究对象。
6. Researchers watched as an adult female demonstrated a new and more _3_ way to crack nuts: using a large stone as an anvil （铁砧） and a smaller stone as a hammer.

研究人员观察到，一只成年雌性展示了一种新的、更.....的敲碎坚果的方法：用一块大石头作为铁砧，用一块小石头作为锤子。

-
7. Over time, other chimps, especially the young ones, began to _4_ her technique.

随着时间的推移，其他黑猩猩，尤其是幼年黑猩猩，开始学习她的技巧。

-
8. This is a significant _5_ because it suggests that the chimps are not just learning by trial and error, but by _6_ watching and learning from their elders.

这是一个重要的_5_，因为它表明黑猩猩不仅通过反复试验来学习，而且还通过_6_观察和向它们的长辈学习。

-
9. The researchers believe that this is a sign of a distinct （独特的） chimpanzee _7_ that is passed down through social learning.

研究人员认为，这是通过社会学习传承下来的独特黑猩猩_7_的标志。

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10. The findings _8_ the traditional view that cultural transmission is a uniquely human _9_.

研究结果_8_ 否定了文化传承是人类独有的传统观点_9_。

-
11. It suggests that the line between human and animal intelligence is much _10_ than previously thought.

这表明人类和动物智能之间的界限比之前认为的要模糊得多。

44. The Charming Capybara （迷人的“卡皮巴拉”）

1. In the animal kingdom, there are many famous animals, but recently, a large, furry （毛茸茸的） rodent （啮齿动物） has taken over social media: the capybara （水豚） .

动物王国里有很多著名的动物，但最近，一种大型毛茸茸的啮齿动物占领了社交媒体：水豚。

2. Native to South America, the capybara is the world's largest living rodent.

水豚原产于南美洲，是世界上最大的现存啮齿动物。

3. It can grow to be over a metre long and weigh up to 66 kilograms.

它可以长到一米多长，重达 66 公斤。

4. What makes the capybara so charming is its calm and friendly nature.

水豚之所以如此迷人，是因为它性情温顺友好。

5. It is known as the most social animal on the planet.

它被认为是地球上最具社会性的动物。

6. Capybaras often hang out in large groups and are frequently seen relaxing alongside other animals, including monkeys, birds, and even crocodiles.

水豚经常成群结队地出没，人们经常看到它们与其他动物一起放松休息，包括猴子、鸟类，甚至鳄鱼。

7. In fact, on social media, the capybara is often shown as the ultimate chill （放松的） animal, peacefully sharing space with almost any other creature.

事实上，在社交媒体上，水豚经常被描绘成最放松的动物，能够与几乎任何其他生物和平共处。

8. This social behavior has made it an internet star.

这种社交行为使它成为了网络红人。

9. Capybara videos and memes （表情包） have gone viral, with users calling them "nature's friendliest animal.

水豚视频和表情包在网上疯传，用户称它们为“自然界最友好的动物”。

10. The capybara's popularity highlights a shift in what people look for in animal stars.
水豚的走红凸显了人们对动物明星的期待发生了转变。

11. Unlike the fierce tiger or the clever dolphin, the capybara is loved for its peaceful, easy-going attitude.
与凶猛的老虎或聪明的海豚不同，水豚因其平和、随和的性格而备受喜爱。

12. It reminds people that sometimes, the best way to get along in the world is simply to be kind and relaxed.
它提醒人们，有时候，与人相处最好的方式就是待人友善、放松自在。

45. Do Animals Really Sleep for Winter? (动物真的会为了过冬而睡觉吗?)

1. When we talk about animals sleeping through winter, we often use the word "hibernation" (冬眠).
当我们谈论动物冬眠时，我们经常使用“冬眠”这个词。

2. But the truth is, not all animals that go inactive in winter are truly hibernating.
但事实是，并非所有在冬季变得不活跃的动物都是真正冬眠的。

3. There are actually three main ways animals deal with the cold: true hibernation, deep sleep, and migration.
实际上，动物应对寒冷主要有三种方式：真正的冬眠、深度睡眠和迁徙。

4. True hibernation is an extreme state.
真正的冬眠是一种极端状态。

5. Animals that truly hibernate, like groundhogs (土拨鼠) and bats, experience a massive drop in body temperature and heart rate.

像土拨鼠和蝙蝠这样真正冬眠的动物，体温和心率都会大幅下降。

6. Their metabolism（新陈代谢） slows down so much that they barely use any energy.
他们的新陈代谢减慢到几乎不消耗任何能量。
-

7. They are so deeply asleep that it is difficult to wake them up.
他们睡得太沉了，很难叫醒他们。
-

8. This state can last for weeks or even months.
这种状态可能会持续数周甚至数月。
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9. The second state is deep sleep or torpor.
第二种状态是深度睡眠或蛰伏。
-

10. Animals like bears and raccoons（浣熊） enter this state.
熊和浣熊等动物会进入这种状态。
-

11. They spend the winter in their dens, but their body temperature doesn't drop as much as a true hibernator's.
它们在洞穴中过冬，但它们的体温不会像真正的冬眠动物那样下降那么多。
-

12. They can be easily woken up and sometimes wake up to eat or move around.
它们很容易被唤醒，有时会醒来吃东西或四处走动。
-

13. The third method is migration.

第三种方法是迁移。

14. Many birds and some mammals, like caribou (北美驯鹿), simply move to warmer climates for the winter.

许多鸟类和一些哺乳动物，如北美驯鹿，会在冬季迁徙到更温暖的气候中。

15. They don't sleep at all; they just travel.

他们根本不睡觉，只是四处旅行。

16. The survival strategy an animal chooses depends on its size, its diet, and the severity of the winter in its habitat.

动物选择的生存策略取决于其体型、饮食以及栖息地冬季的严寒程度。

17. Whether they are truly hibernating or just taking a deep nap, these animals show an incredible ability to adapt to the challenging environment of winter.

无论它们是真的冬眠还是只是打盹，这些动物都展现出了惊人的适应冬季严酷环境的能力。

46. The "Meowntaineering" Cat (爱爬山的“喵星人”)

1. We often hear about dogs who love to hike (徒步) with their owners, but what about cats?

我们经常听说狗狗喜欢和主人一起远足，那么猫咪呢？

2. Meet Marmalade, a cat who is challenging the idea that cats only love the couch.

来认识一下 Marmalade，这只猫正在挑战人们认为猫只喜欢沙发的传统观念。

3. Marmalade, a ginger cat from the UK, has become famous for his love of "meowntaineering" (喵星人登山) .
来自英国的姜猫 Marmalade 因热爱“喵星人登山”而出名。

4. His human companion, a man named Gavin, started taking him on hikes when Marmalade was a kitten.
他的人类伙伴，一个名叫加文的男人，在马默雷德还是小猫的时候就开始带他去远足。

5. The cat quickly grew to love the outdoors and the challenge of climbing.
这只猫很快就爱上了户外活动和攀爬的挑战。

6. Marmalade is not just an ordinary outdoor cat.
Marmalade 不仅仅是一只普通的户外猫。

7. He is trained to wear a harness (挽具) and walk on a leash (皮带) , and he often rides on Gavin's backpack when the terrain is too rough.
他接受过训练，会穿戴挽具和牵绳行走，当地形过于崎岖时，他经常坐在 Gavin 的背包里。

8. Together, they have conquered some of the UK's highest peaks, including Ben Nevis (本内维斯山) in Scotland.
他们一起征服了英国的一些最高峰，包括苏格兰的本内维斯山。

9. Marmalade's story has inspired thousands of people.
玛玛莱德的故事激励了成千上万的人。

10. On social media, his fans are reminded that adventure comes in all shapes and sizes, and that domestic animals can be more than just pets.
在社交媒体上，他的粉丝们被提醒，冒险的形式多种多样，家养动物不仅仅是宠物。

11. Gavin is careful to make sure Marmalade is always safe and comfortable.
加文很细心，确保玛玛莱德始终安全舒适。

12. He checks the weather conditions and only takes the cat on trails where he knows Marmalade will be happy.
他会查看天气情况，只带猫咪去他认为 Marmalade 会喜欢的路线。

13. Their story shows a deep bond between a human and his unusual hiking partner.
他们的故事展现了人类与他不同寻常的徒步伙伴之间深厚的情谊。

14. It also encourages people to look beyond stereotypes and see that animals, even cats, can have a spirit of adventure.
它还鼓励人们超越刻板印象，认识到动物，甚至是猫，也拥有冒险精神。

47. The World's Most Dangerous Runways （世界上最危险的跑道）

1. When you think of a runway, you probably imagine a long, flat, empty stretch of concrete.
提到跑道，你可能会想到一条长长的、平坦的、空旷的混凝土跑道。

2. But some airports around the world have runways that are anything but ordinary.
但世界上有些机场的跑道却非同寻常。

3. In fact, some are so challenging that they are considered the world's most dangerous.
事实上，有些路线难度极大，被认为是世界上最危险的路线。

4. Take, for example, Lukla Airport (卢克拉机场) in Nepal, the gateway to Mount Everest.
以尼泊尔的卢克拉机场 (Lukla Airport) 为例，它是通往珠穆朗玛峰的门户。

5. Its runway is only 527 metres long and sits on the side of a mountain.
它的跑道只有527米长，位于山腰上。

6. It has a steep slope to help slow down planes on landing and speed them up on take-off.
它有一个陡峭的斜坡，可以帮助飞机在着陆时减速，在起飞时加速。

7. The surrounding terrain leaves little room for error.
周围地形复杂，容错空间很小。

8. Another challenging airport is Gibraltar International Airport.
另一个具有挑战性的机场是直布罗陀国际机场。

9. Its runway is unique because it is crossed by the city's main road, Winston Churchill Avenue.
它的跑道很特别，因为它与城市的主要道路温斯顿·丘吉尔大道相交。

10. Traffic lights stop cars every time a plane lands or takes off.
每当飞机起降时，交通信号灯都会让车辆停下来。

11. This is a major inconvenience for drivers, but a necessary safety measure.
这对驾驶员来说非常不便，但却是必要的安全措施。

12. Paro Airport in Bhutan is considered one of the most difficult airports in the world to fly into.
不丹帕罗机场被认为是世界上最难抵达的机场之一。

13. It is surrounded by 5,500-metre peaks, and the approach requires pilots to fly through a narrow valley and make a sharp turn just before landing.
它被海拔 5500 米的山峰环绕，进场需要飞行员飞越狭窄的山谷，并在着陆前急转弯。

14. Only a few pilots are certified to land there.
只有少数飞行员拥有在那里降落的资格证书。

15. These runways are a testament （证明） to the skill of pilots and a reminder of the amazing challenges that human engineering can overcome in the face of nature.
这些跑道证明了飞行员的技能，也提醒人们人类工程技术在面对大自然时能够克服多么惊人的挑战。

48. Should We Bring Back Extinct Animals? （我们应该让灭绝的动物复活吗？）

1. Scientists are now exploring the possibility of bringing back animals that have been extinct （灭绝的） for a long time.
科学家们现在正在探索复活那些已经灭绝很久的动物的可能性。

2. This process, called de-extinction, uses genetic engineering to recreate species like the woolly mammoth （猛犸象） .
这个过程被称为“复活灭绝物种”，它利用基因工程来重新创造像猛犸象这样的物种。

3. It sounds like science fiction, but it is becoming a _1_ possibility.
听起来像科幻小说，但它正在成为一种可能性。

4. The general idea is to take DNA from a preserved sample of the extinct animal and use it to modify the DNA of a closely _2_ living relative.

总体思路是从已灭绝动物的保存样本中提取 DNA，并用它来修改近亲的现存 DNA。

5. The modified embryo （胚胎） would then be carried by a living animal until it is born.

然后，经过改造的胚胎将被活体动物携带，直到出生。

6. The _3_ of this technology are huge.

这项技术的_3_意义重大。

7. Proponents （支持者） argue that it could reverse the damage humans have done to the planet.

支持者认为，它可以逆转人类对地球造成的破坏。

8. Bringing back certain species could help restore ecosystems.

引入某些物种有助于恢复生态系统。

9. For example, the return of the mammoth could help to _4_ the Arctic grasslands.

例如，猛犸象的回归可能有助于_4_北极草原。

10. De-extinction could also be a major tool for conservation, allowing scientists to create backups of endangered species.

复活灭绝物种也可以成为保护工作的重要工具，使科学家能够创建濒危物种的备份。

11. However, the plan is highly _5_.

然而，这个计划非常_5_。

12. Critics argue that the money and effort should be spent on protecting the _6_ species.

批评人士认为，这些资金和精力应该用于保护这 6 种物种。

13. They worry that the newly created animals might struggle to _7_ in a world that has changed since their extinction.

他们担心，新创造的动物可能难以在一个自它们灭绝以来已经发生变化的世界中生存。

14. There are also ethical （伦理的） _8_ about playing God and the potential for these experiments to have unintended _9_.

还有关于扮演上帝的伦理问题，以及这些实验可能带来的意想不到的后果。

15. As the technology develops, the debate over whether we should bring back extinct animals will only get _10_.

随着科技的发展，关于是否应该复活已灭绝动物的争论只会得到_10_。

16. How Many R's Are There in "Strawberry"?

“Strawberry”（草莓）这个词里有多少个 R？

17. Strawberry 里有多少个R？

18. The strawberry is one of the most popular fruits in the world.

草莓是世界上最受欢迎的水果之一。

19. Its sweet, juicy taste and bright red colour make it a summer favourite.

它香甜多汁的口感和鲜艳的红色使它成为夏季最受欢迎的食物之一。

20. But scientifically speaking, the strawberry is a bit of a trick.

但从科学角度来说，草莓其实有点玄机。

21. The seeds, the tiny yellow dots on the surface, are the real fruits.

种子，也就是表面那些黄色的小点，才是真正的果实。

22. In a botanical (植物学的) sense, a true fruit is the part of the plant that grows from the flower's ovary (子房) and contains seeds.

从植物学的角度来看，真正的果实是从花的子房长出的植物部分，其中包含种子。

23. The strawberry is different.

草莓不一样。

24. The large, red, fleshy (多肉的) part that we eat is not the ovary.

我们吃的那个又大又红又多肉的部分并不是卵巢。

25. It's an enlarged part of the plant's flower stem, called the receptacle (花托) .

它是植物花茎的膨大部分，称为花托。

26. The fact that the strawberry is not a true berry leads to another scientific surprise: it's not a true berry, but a member of the rose family.

草莓并非真正的浆果，这一事实引出了另一个科学上的惊喜：它不是真正的浆果，而是蔷薇科植物。

27. But the scientific term for a berry is very specific.

但浆果的科学术语非常具体。

28. To be a true berry, a fruit must grow from a single flower with a single ovary.

真正的浆果必须是由一朵花和一个子房发育而成的果实。

29. Grapes and bananas are true berries, but strawberries are not.

葡萄和香蕉是真正的浆果，但草莓不是。

30. Because the strawberry grows from the receptacle, not the ovary, it's called an "accessory fruit" or "false fruit."

因为草莓是从花托而不是子房长出来的，所以它被称为“副果”或“假果”。

31. This doesn't make the strawberry any less delicious, but it does make it more interesting.

这并不会降低草莓的美味程度，反而会让它更有趣。

32. It reminds us that there is often a difference between the common name we use for something and its true scientific definition.

它提醒我们，我们对某事物使用的俗名与其真正的科学定义之间通常存在差异。

50. Life Without Water in America （美国的无水生活）

50.美国的无水生活（美国的无水生活）

1. The United States is one of the richest countries in the world, but in some of its poorest and most remote communities, people are living without one of life's basic necessities: clean, running water.

美国是世界上最富裕的国家之一，但在其一些最贫困、最偏远的社区，人们却缺乏一项基本生活必需品：清洁的自来水。

2. This situation is often called America's hidden water crisis.

这种情况通常被称为美国隐性水危机。

3. In places like the Navajo Nation in the Southwest or the Central Valley of California, many families rely on shared water pumps or barrels (桶) of water brought in by truck.

在西南部的纳瓦霍族保留地或加利福尼亚州中央谷地等地，许多家庭依靠共用的水泵或用卡车运来的水桶来获取水。

4. They lack indoor plumbing (管道) for drinking, washing, and sanitation (卫生设施) .

他们缺乏用于饮用、洗涤和卫生设施的室内管道。

5. The reasons for this crisis are complex.

这场危机的起因很复杂。

6. In some areas, the problem is related to the aging and failing water infrastructure (基础设施) .

在某些地区，问题与老化和故障的水利基础设施有关。

7. In others, it is due to severe drought (干旱) , which has lowered the water table (地下水位) and dried up wells.

在其他情况下，这是由于严重的干旱造成的，导致地下水位下降，水井干涸。

8. Climate change is making these problems worse.

气候变化正在加剧这些问题。

9. Moreover, the communities affected are often those that have been historically underserved by the government, leading to decades of neglect.

此外，受影响的社区往往是历史上政府服务不足的社区，导致数十年的忽视。

10. This crisis has severe health and economic consequences.
这场危机造成了严重的健康和经济后果。

11. Families must spend large amounts of money on bottled water.
家庭必须花费大量金钱购买瓶装水。

12. The lack of clean water also leads to higher rates of sickness.
缺乏清洁用水也会导致更高的发病率。

13. The US government is now working with local tribes and communities to invest in new water lines and systems.
美国政府目前正与当地部落和社区合作，投资建设新的供水管线和系统。

14. The goal is to ensure that all citizens, regardless of where they live, have access to a safe and reliable water supply.
目标是确保所有公民，无论居住在何处，都能获得安全可靠的供水。

51. Shanghai to Beijing by High-Speed Train （京沪高铁）

51. 乘坐高铁上海到北京（京沪高铁）

1. The high-speed rail line connecting Shanghai and Beijing is one of the most important transportation arteries （干道） in China.
连接上海和北京的高速铁路是中国最重要的交通干线之一。
-

2. The line, which stretches over 1,300 kilometres, is a symbol of China's rapid development and engineering skill.
这条全长1300多公里的线路，是中国快速发展和工程技术的象征。

3. Before the high-speed rail, the journey between the two cities took about 15 hours.
在高铁开通之前，两城之间的旅程大约需要 15 个小时。

4. Now, the fastest trains can make the trip in just over 4 hours.
现在，最快的列车只需4个多小时就能完成这段旅程。

5. This massive reduction in travel time has had a huge impact on the country's economy and social life.
旅行时间的大幅缩短对国家的经济和社会生活产生了巨大影响。

6. The line, which opened in 2011, has encouraged business travel and tourism.
该线路于 2011 年开通，促进了商务旅行和旅游业的发展。

7. It has made it easier for people to live in one city and work in another, effectively bringing the two major economic hubs closer together.
这使得人们更容易在一个城市生活，在另一个城市工作，有效地拉近了两个主要经济中心之间的距离。

8. The trains on the line are some of the fastest in the world, with some reaching speeds of up to 350 km/h.
这条线路上的列车是世界上速度最快的列车之一，有些列车的速度可达 350 公里/小时。

9. But speed is not the only thing that makes the line remarkable.
但速度并不是这条线路引人注目的唯一原因。

10. It is also known for its comfort and efficiency.

它还以其舒适性和高效性而闻名。

11. The trains are quiet, smooth, and equipped with modern amenities （设施）.

列车安静平稳，并配备了现代化的设施。

12. The operation of the railway is carefully managed using advanced technology to ensure safety and on-time performance.

铁路运营采用先进技术进行精心管理，以确保安全和准点运行。

13. The Shanghai-Beijing high-speed railway is not just a train line; it is a vital part of China's modern infrastructure, demonstrating the country's commitment to high-speed, high-capacity transportation.

沪京高速铁路不仅仅是一条铁路线，它是中国现代化基础设施的重要组成部分，体现了中国致力于发展高速、高运量的交通运输事业的决心。

52. Should Pets Be Allowed in Public Places? （宠物是否可以进入公共场所？）

1. In many countries, it's common to see dogs and other pets in parks and on the street.

在许多国家，在公园和街道上看到狗和其他宠物是很常见的。

2. But a growing debate is taking place: should pets be allowed in public spaces like restaurants, stores, and public transportation?

但一场日益激烈的争论正在进行：是否应该允许宠物进入餐馆、商店和公共交通等公共场所？

3. There are strong arguments on both sides.

双方都有充分的理由。

4. Proponents (支持者) argue that pets, especially dogs, are important members of the family, and being able to take them everywhere is a matter of convenience and well-being.

支持者认为，宠物，尤其是狗，是家庭的重要成员，能够带它们去任何地方都是一件方便和幸福的事情。

5. They point out that in many European cities, it's normal to see well-behaved dogs sitting under tables at cafés.

他们指出，在许多欧洲城市，经常可以看到行为良好的狗坐在咖啡馆的桌子底下。

6. Allowing pets in public can also benefit businesses by attracting pet owners.

允许宠物进入公共场所也能吸引宠物主人，从而使商家受益。

7. However, opponents (反对者) raise concerns about health, safety, and comfort.

然而，反对者提出了对健康、安全和舒适的担忧。

8. Allergies (过敏) are a serious concern for many people, and pet hair can be a problem in enclosed spaces.

过敏是许多人面临的严重问题，宠物毛发在封闭空间中可能是一个问题。

9. There is also the issue of safety—even the best-behaved animals can be unpredictable.

此外，还有安全问题——即使是行为最好的动物也可能难以预测。

10. Finally, some people simply have a fear of animals and should not be forced to share public spaces with them.

最后，有些人天生害怕动物，不应该被迫与动物共享公共空间。

11. For now, the rules vary greatly from place to place.

目前，各地的规则差异很大。

12. In some cities, only service animals are allowed indoors.

在一些城市，只有服务性动物才允许进入室内。

13. Other places are becoming more pet-friendly, setting aside special areas for animals in restaurants or on buses.

其他地方也变得越来越欢迎宠物，在餐馆或公交车上为动物划出专门区域。

14. The key to solving this debate may be finding a balance: setting clear rules for pet owners, ensuring strict hygiene (卫生) standards, and providing options for people who wish to avoid animals.

解决这场争论的关键可能在于找到平衡：为宠物主人制定明确的规则，确保严格的卫生标准，并为希望避免养动物的人提供选择。

53. Keep a Journal of Your Journeys （记录你的旅途日志）

1. After a holiday, you probably come back with hundreds of photos and a few souvenirs.

假期结束后，你可能会带回数百张照片和一些纪念品。

2. But there is one simple thing that can help you remember your trip even better: a travel journal.

但有一件简单的事可以帮助你更好地记住你的旅行：那就是写旅行日记。

3. A travel journal is more than just a _1_ of where you went.

旅行日记不仅仅是记录你去过哪里。

4. It is a way to capture the small, meaningful _2_ of your journey.

这是记录你旅程中那些细小而有意义的瞬间的一种方式。

5. Many people focus on taking pictures, but a photograph can only capture what you _3_.

许多人专注于拍照，但照片只能捕捉你所看到的東西。

6. A journal allows you to capture what you _4_-your thoughts, your feelings, and the conversations you had.

日记可以让你记录你的想法、感受以及你进行的对话。

7. The process of writing down your experiences makes them more _5_ in your memory.

将你的经历写下来的过程会使它们在你的记忆中更加清晰。

8. Years later, when you read your journal, you won't just remember the sights; you will relive the feelings.

多年以后，当你翻阅日记时，你不仅会记得当时的景象，还会重温当时的感受。

9. Moreover, a journal can help you to be more _6_ during your trip.

此外，写日记可以帮助你旅途中更加_6_。

10. When you know you are going to write about the day's events, you pay closer _7_ to your surroundings.

当你知道自己要写当天发生的事情时，你会更加关注周围的环境。

11. You notice the small details-the smell of a market, the sound of a street musician, or the taste of a local dish.

你会注意到一些小细节——市场的气味、街头艺人的演奏声，或者当地美食的味道。

12. This practice of mindfulness helps you to _8_ the present moment.

这种正念练习可以帮助你活在当下。

13. A journal is also a great way to improve your writing skills.

写日记也是提高写作技巧的好方法。

14. It allows you to practice _9_ your thoughts clearly and creatively.

它能让你清晰而富有创意地练习思考。

15. So, the next time you pack for a trip, make _10_ for a notebook and a pen.

所以，下次你打包行李旅行时，记得带上 10 个笔记本和一支笔。

54. Please Stand on Both Sides! （请不要再“左行右立”了！）

54.请站在两边！（请不要再“左行右立”了！）

1. For decades, the rule "stand on the right, walk on the left" has been a standard rule of escalator （自动扶梯）etiquette （礼仪） in many cities around the world, including Tokyo, London, and Taipei.

几十年来，“靠右站立，靠左行走”的规则一直是世界各地许多城市（包括东京、伦敦和台北）自动扶梯礼仪的标准规则。

2. The idea behind it is simple: it allows people in a hurry to walk past the stationary riders, increasing the efficiency of the escalator.

其背后的理念很简单：它可以让赶时间的人从静止的乘客身边走过，从而提高自动扶梯的效率。

3. However, a growing number of public transport authorities are questioning this advice.

然而，越来越多的公共交通管理部门对这一建议提出了质疑。

4. In fact, many are now encouraging riders to "stand on both sides.

事实上，现在许多人都鼓励骑车者“站在路的两侧”。

5. The main reason for the change is safety and capacity.

此次变更的主要原因是安全性和产能问题。

6. Escalators are designed to move people, not to be a staircase for fast walking.

自动扶梯的设计目的是为了运送乘客，而不是为了方便快速行走。

7. When people walk quickly on a moving escalator, it can be dangerous, leading to slips and falls.

人们在运行中的自动扶梯上快速行走可能会很危险，导致滑倒和摔倒。

8. More importantly, when everyone stands on only one side, the weight of the riders is distributed unevenly, which puts unnecessary stress on the machinery and can lead to more breakdowns.

更重要的是，当所有人都站在一侧时，骑手的重量分布不均，这会给机械带来不必要的压力，并可能导致更多的故障。

9. Research has also shown that the "walk on the left" rule doesn't actually increase capacity much.

研究还表明，“靠左行走”的规则实际上并没有显著提高通行能力。

10. When people are told to stand on both sides, the escalator can move more people per hour, even without fast walking.

当人们被告知站在两侧时，即使不快速行走，自动扶梯每小时也能运送更多的人。

11. By asking people to stand on both sides, transport systems are prioritizing safety and machine health over the marginal （微小的） gain in speed for a few fast walkers.

通过要求人们站在两侧，交通系统将安全和机器健康置于少数快速行走者的速度提升之上。

12. For centuries, poetry was found in thick books and literary （文学的） journals.

几个世纪以来，诗歌都保存在厚厚的书籍和文学期刊中。

13. Today, it has found a new home: Instagram.

如今，它找到了新的归宿：Instagram。

14. This new form of writing is called "Instapoetry," and it has turned many young writers into global stars.

这种新的写作形式被称为“Instagram 诗歌”，它使许多年轻作家成为了全球明星。

15. Instapoetry is characterized by its short, simple, and emotionally direct style.

Instagram 诗歌的特点是风格简短、简洁、情感直接。

16. It is written to be easily read and understood on a phone screen.

这篇文章的编写旨在方便在手机屏幕上阅读和理解。

17. The poems often deal with universal themes like love, heartbreak, mental health, and social justice.

这些诗歌经常探讨爱情、心碎、心理健康和社会正义等普遍主题。

18. They are usually presented as a short block of text, often with an aesthetically （美学上） pleasing background or image.

它们通常以一小段文字的形式呈现，通常配有美观的背景或图像。

19. The most famous Instapoets have millions of followers.
最著名的 Instagram 诗人拥有数百万粉丝。

20. Their popularity shows a major change in how people read and consume literature.
它们的流行表明人们阅读和欣赏文学作品的方式发生了重大变化。

21. Critics of Instapoetry argue that it is too simple and lacks the depth and complexity of traditional poetry.
批评者认为，即时诗歌过于简单，缺乏传统诗歌的深度和复杂性。

22. They worry that the focus on social media popularity and easily digestible （易理解的） content is lowering the standard of the art form.
他们担心，对社交媒体人气和易于理解的内容的关注正在降低艺术形式的标准。

23. However, supporters argue that Instapoetry is making poetry accessible to a generation that might never pick up a classic book.
然而，支持者认为，Instapoetry 让可能永远不会拿起经典书籍的一代人也能接触到诗歌。

24. It is a modern form of literature that speaks directly to young people in their own language and platform.
它是一种现代文学形式，直接用年轻人自己的语言和平台与他们对话。

25. Instapoetry is not just a trend; it is proof that poetry is still alive and adapting to the digital age.
在 Instagram 上创作诗歌不仅仅是一种潮流；它证明了诗歌依然充满活力，并且正在适应数字时代。

56. We Need Volunteers! （我们需要志愿者！）

1. Across the world, millions of people volunteer their time and energy to help others.
世界各地有数以百万计的人志愿贡献时间和精力去帮助他人。

2. Volunteering is the act of offering your services freely, without expecting payment.
志愿服务是指无偿提供服务而不期望获得报酬的行为。

3. It is the backbone of many communities, keeping essential services running and bringing people together.
它是许多社区的支柱，维持着基本服务的运转，并将人们联系在一起。

4. The reasons people volunteer are as diverse as the work they do.
人们做志愿者的原因多种多样，就像他们从事的工作一样。

5. For some, it is a way to give back to a community that has helped them.
对一些人来说，这是回馈曾经帮助过他们的社区的一种方式。

6. For others, it is a chance to put their values into action, working for a cause they believe in, such as environmental protection or animal welfare.
对另一些人来说，这是一个将自己的价值观付诸行动的机会，可以为自己所信仰的事业而努力，例如环境保护或动物福利。

7. But volunteering is not just a one-way street; it offers many benefits to the volunteer.
但志愿服务并非单向付出，它也能为志愿者带来诸多益处。

8. It is an excellent way to gain new skills and experience.
这是获得新技能和经验的绝佳途径。

9. If you volunteer in a hospital, you might learn about patient care.
如果你在医院做志愿者，你可能会学到有关病人护理的知识。

10. If you volunteer at a local festival, you might learn about event planning.
如果你在当地的节日活动中做志愿者，你可能会学到活动策划方面的知识。

11. These skills look great on a résumé and can help with future job prospects.
这些技能在简历上非常亮眼，有助于未来的就业前景。

12. It is also great for mental health.
它对心理健康也很有益处。

13. Helping others is a powerful way to increase self-esteem （自尊） and reduce stress.
帮助他人是提高自尊和减轻压力的有效方法。

14. It creates a sense of purpose and connection, fighting off feelings of isolation.
它能创造一种目标感和归属感，从而对抗孤独感。

15. Whether you spend a few hours a week tutoring a student or a few days a year cleaning up a park, volunteering is a meaningful way to enrich both your life and the lives of others.
无论你是每周花几个小时辅导学生，还是每年花几天时间清理公园，志愿服务都是丰富你和他人生活的有意义的方式。

57. Learning Chinese Online （在线学习中文）

57. 在线学习中文（在线学习中文）

1. In recent years, the number of people learning Chinese as a second language has skyrocketed (猛增) .
近年来，学习汉语作为第二语言的人数猛增。

2. For many, this is driven by China's growing global importance.
许多人认为，这是由中国日益增长的全球重要性所驱动的。

3. And thanks to technology, a large number of these students are learning online.
得益于科技，这些学生中的很大一部分都在进行在线学习。

4. Online learning offers several advantages over traditional classroom settings.
与传统课堂教学相比，在线学习具有诸多优势。

5. First, it is flexible.
首先，它很灵活。

6. Students can learn at their own pace and schedule, making it easier to fit lessons around work or school.
学生可以按照自己的节奏和时间安排学习，更容易将课程安排在工作或学习之外。

7. Second, it offers access to native speakers from all over the world, not just those in the local community.
其次，它提供了与来自世界各地的母语人士交流的机会，而不仅仅是当地社区的母语人士。

8. Through video calls, students can practice speaking with a tutor in Beijing or Shanghai.
通过视频通话，学生可以和北京或上海的导师练习口语。

9. Online platforms also use advanced AI tools.

在线平台也使用先进的人工智能工具。

10. These tools can help students practice their Chinese tones, correct their grammar in real-time, and track their progress.

这些工具可以帮助学生练习汉语声调，实时纠正语法错误，并跟踪学习进度。

11. This makes the learning process more personalized and efficient （高效的）.

这使得学习过程更加个性化和高效。

12. However, learning Chinese online also has its challenges.

然而，在线学习中文也面临着一些挑战。

13. It can be hard to stay motivated without the physical presence of a teacher or classmates.

如果没有老师或同学在场，很难保持学习动力。

14. Also, while technology can help with speaking and reading, it can be harder to absorb the cultural context that is so important to truly mastering a language.

此外，虽然科技可以帮助提高听说读写能力，但却可能使人们更难吸收对真正掌握一门语言至关重要的文化背景。

15. Despite the challenges, the trend is clear.

尽管面临挑战，但趋势是明确的。

16. Online learning is making Chinese more accessible to people everywhere.

在线学习让世界各地的人们更容易接触到中文。

58. Old Animals Are Less Social (动物年老后，社交更少)

1. As people age, their social circle tends to shrink.

随着年龄增长，人们的社交圈子往往会缩小。

2. They often choose to spend time with fewer, but closer, friends and family members.

他们通常选择与人数较少但关系更亲密的朋友和家人共度时光。

3. Now, a new study suggests that this social _1_ is not unique to humans; it is also common in many animal species.

现在，一项新的研究表明，这种社会_1_并非人类独有；它在许多动物物种中也很常见。

4. The study, which looked at decades of data on wild animals, including baboons (狒狒), killer whales, and dolphins, found that older animals consistently engaged in _2_ social interactions than their younger counterparts.

这项研究调查了数十年来关于野生动物（包括狒狒、虎鲸和海豚）的数据，发现年长的动物比年轻的同类更频繁地进行社交互动。

5. For instance, older baboons were more likely to spend time alone and were less likely to participate in large group _3_.

例如，年长的狒狒更喜欢独处，不太愿意参与大型群体活动_3_。

6. Older killer whales also spent less time interacting with the main pod (鲸群) and more time with a small _4_ of close relatives.

年长的虎鲸与主鲸群互动的时间也较少，而与少数近亲相处的时间则更多。

7. Why do animals become less social as they age?

为什么动物随着年龄增长会变得不那么合群？

8. The reasons are likely a mix of practical and evolutionary (进化论的) _5_.
原因可能是实用性和进化论的结合_5_。
-
9. One theory is that older animals have less _6_ to spare.
一种理论认为，年长的动物可支配的_6_较少。
-
10. Spending time with others, especially in large groups, can be stressful and require a lot of energy.
与他人相处，尤其是与一大群人相处，可能会让人感到压力，并且需要消耗大量精力。
-
11. By becoming less social, they can _7_ their energy for survival.
通过减少社交活动，他们可以将能量用于生存。
-
12. Another theory is that older animals are simply wiser.
另一种理论认为，年长的动物只是更聪明而已。
-
13. They have learned who the reliable and _8_ members of their group are, and they choose to spend their limited time only with those few.
他们已经知道了自己团队中哪些成员是可靠的，哪些成员是值得信赖的，他们选择只把有限的时间花在这几个人身上。
-
14. The study is a _9_ to scientists that the aging process in the animal kingdom is more complex and _10_ to humans than previously thought.
这项研究向科学家们表明，动物界的衰老过程比之前认为的要复杂得多，而且对人类来说也更加复杂。
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59. Frenchman Donates Historical Photos to China (法国人向中国捐赠历史照片)

59. 法国人向中国捐赠历史照片（法国人向中国捐赠历史照片）

1. A French national has made a valuable _1_ to China's cultural heritage: a collection of hundreds of historical photographs.

一位法国公民为中国的文化遗产做出了宝贵的贡献：他收集了数百张历史照片。

2. The photos, taken by the man's great-grandfather, document life in China in the early 20th century.

这些照片由该男子的曾祖父拍摄，记录了20世纪初中国的生活。

3. The collection includes rare images of Beijing, Shanghai, and other cities, showing everyday life, traditional _2_, and important historical events.

该系列图片包括北京、上海等城市的珍贵影像，展现了日常生活、传统风貌和重要历史事件。

4. They offer a unique, foreign _3_ on a period of great change in Chinese history.

他们以独特的视角，从外国的视角，讲述了中国历史上一个巨大变革的时期。

5. The Frenchman decided to donate the photos to a museum in China to ensure they would be preserved and made _4_ to the public.

法国人决定将这些照片捐赠给中国的一家博物馆，以确保它们能够被保存下来并向公众开放。

6. He believes the collection belongs in the country it _5_.

他认为这批藏品应该属于它所在的国家。

7. The museum director welcomed the donation, calling it an important bridge between the two _6_.

博物馆馆长对这笔捐赠表示欢迎，称其为连接两者的重要桥梁_6_。

8. The photos are not just pieces of art; they are historical records that can help people better _7_ a complex period of history.

这些照片不仅仅是艺术品；它们是历史记录，可以帮助人们更好地了解一段复杂的历史时期。

60. The Best Languages for Learning Maths （学习数学的最佳语言）

1. Do some languages make it easier to learn math?

有些语言是否更容易学习数学？

2. It sounds strange, but there is evidence to suggest that the language you speak can affect how you understand and perform mathematical calculations.

这听起来很奇怪，但有证据表明，你所说的语言会影响你理解和进行数学计算的方式。

3. The difference is often found in how languages name numbers.

语言之间的差异通常体现在数字的命名方式上。

4. Chinese, Japanese, and Korean are examples of languages with highly regular number systems.

中文、日语和韩语都是数字系统非常规则的语言的例子。

5. For instance, the number 11 is "ten one" and 12 is "ten two."

例如，数字 11 是“十一”，12 是“十二”。

6. This transparent （透明的） structure makes it easier for children to understand the concept of place value （位值） - that numbers are built on groups of ten.

这种透明的结构使孩子们更容易理解位值的概念——数字是以十为一组构建的。

7. In contrast, English and French have many irregular number names.

相比之下，英语和法语有很多不规则的数字名称。

8. The words "eleven" and "twelve" do not immediately tell a child that they mean "ten plus one" and "ten plus two."

“十一”和“十二”这两个词并不能立即告诉孩子它们的意思分别是“十加一”和“十加二”。

9. Studies have shown that children who speak languages with regular number systems often master counting and basic arithmetic (算术) earlier than their English-speaking peers.

研究表明，使用规则数字系统的语言的儿童通常比说英语的同龄人更早掌握计数和基本算术。

10. This early advantage can have a lasting impact on their confidence in math.

这种早期优势可以对他们在数学方面的自信心产生持久的影响。

11. However, the influence of language is not absolute.

然而，语言的影响力并非绝对的。

12. While a language can provide an early boost, success in advanced math depends on deep conceptual understanding, not just the names of numbers.

虽然掌握一门语言可以在早期提供助力，但高等数学的成功取决于对概念的深刻理解，而不仅仅是数字的名称。

13. But for young learners, a transparent language system can make the initial steps into the world of mathematics much smoother.

但对于年轻的学习者来说，透明的语言系统可以让他们更顺利地迈入数学世界的最初阶段。

61. The Best Commentary (最佳解说)

61. 最佳解说 (最佳解说)

1. For many sports fans, the commentary is just as important as the game itself.
对于许多体育迷来说，比赛解说与比赛本身同样重要。
2. A good commentator can elevate (提升) an ordinary game into an unforgettable event.
一位优秀的解说员可以将一场普通的比赛提升为一场令人难忘的盛事。
3. But what exactly makes a good commentator?
但究竟是什么造就了一位优秀的评论员呢？
4. It's a combination of knowledge, voice, and timing.
这是知识、声音和时机的结合。
5. The best commentators must have a deep knowledge of the sport, including its history, rules, and the players' statistics.
优秀的评论员必须对这项运动有深入的了解，包括它的历史、规则和球员的统计数据。
6. This allows them to provide context and insight that a casual fan might miss.
这使他们能够提供普通球迷可能错过的背景信息和见解。
7. However, they must also know when to remain silent.
但是，他们也必须知道何时应该保持沉默。

8. Timing is everything in commentary.

在评论中，时机至关重要。

9. A great commentator knows when to let the natural drama of the crowd and the game speak for itself.

优秀的解说员懂得何时让现场观众和比赛本身的自然戏剧性来说话。

10. Too much talking can ruin the moment.

话太多会破坏气氛。

11. Finally, the voice of the commentator is crucial.

最后，评论员的声音至关重要。

12. They need a clear, engaging, and dynamic voice that can build excitement.

他们需要清晰、引人入胜、充满活力的声音，能够激发人们的兴趣。

13. A commentator has to be able to transition （转换） smoothly from a calm, informational tone to a high-energy, passionate shout when a goal is scored.

解说员必须能够从冷静、客观的语气平稳地过渡到进球时充满活力、激情澎湃的呐喊。

14. The art of commentary is a demanding job.

评论是一项要求很高的工作。

15. It requires the commentator to be part journalist, part historian, and part fan.

这要求评论员既要具备记者的素质，又要具备历史学家的素质，还要具备粉丝的素质。

16. They are the storyteller of the game, translating the action on the field into a narrative (叙事) that connects with the audience at home.

他们是比赛的讲述者，将场上的比赛转化为与家中观众产生共鸣的叙事。

62. Multiplying Using Lines (用线条算乘法)

1. Most of us learned multiplication using the standard method taught in school.

我们大多数人都是通过学校里教授的标准方法学习乘法的。

2. But did you know there are dozens of other ways to multiply numbers?

但你知道还有几十种其他方法可以计算数字的乘法吗？

3. One fascinating method that has gained popularity online is called the line multiplication method, or sometimes the Japanese multiplication method.

一种在网上广受欢迎的有趣方法叫做直线乘法，有时也叫日本乘法。

4. It is purely visual and requires only a pencil and paper.

它纯粹是视觉性的，只需要铅笔和纸。

5. The method works by representing each digit of the numbers being multiplied with a series of parallel lines.

该方法的原理是用一系列平行线来表示被乘数字的每一位。

6. For example, to multiply 12 by 31, you would draw one line and then two parallel lines (for 12), and three lines and one line (for 31), crossing the first set.

例如，要计算 12 乘以 31，你可以画一条线，然后画两条平行线（表示 12），再画三条线和一条线（表示 31），与第一组线相交。

7. Once the lines are drawn, you count the intersection （交叉点） points in groups, starting from the right.
画好线之后，从右边开始，分组计算交叉点。
-

8. The number of intersection points in each group gives you the digits of the answer.
每组交点的数量就是答案的数字。
-

9. It is a brilliant example of how complex math can be simplified into a clear visual pattern.
这是一个绝妙的例子，展示了如何将复杂的数学简化为清晰的视觉模式。
-

10. This method is often introduced as a fun way to get children interested in math.
这种方法通常被认为是一种让孩子对数学产生兴趣的有趣方式。
-

11. It shows them that math is not just about memorizing rules, but also about finding creative solutions.
这让他们明白，数学不仅仅是记住规则，还要找到创造性的解决方案。
-

12. However, it's not perfect.
然而，它并不完美。
-

13. It can become very difficult to use when the numbers get large, as the number of lines and intersection points grows quickly.
当数字很大时，使用起来会变得非常困难，因为线条和交点的数量会迅速增长。
-

14. But as a fun trick and a way to impress your friends, line multiplication is hard to beat.
但作为一种有趣的技巧和给朋友们留下深刻印象的方法，乘法线几乎是无可匹敌的。
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63. Why humans Love Starchy Foods? （人类为什么喜欢淀粉类食物？）

63.为什么人类喜欢淀粉类食物？ （人类为什么喜欢淀粉类食物？）

1. From pasta to potatoes, starchy （淀粉多的） foods are a major _1_ of the human diet.
从面食到土豆，淀粉类食物是人类饮食的主要_1_。
 2. They are calorie-dense and provide the energy we need to live.
它们热量密度高，能提供我们生存所需的能量。
 3. But why do humans have such a strong _2_ for starch?
但为什么人类对淀粉有如此强烈的喜爱呢？
 4. Scientists believe the answer lies deep in our evolutionary （进化的） history.
科学家认为答案深藏在我们进化的历史中。
 5. For millions of years, the human diet was mainly composed of fruits, vegetables, and meat.
数百万年来，人类的饮食主要由水果、蔬菜和肉类组成。
 6. Then, about 400,000 years ago, our ancestors started using fire to _3_ food.
然后，大约40万年前，我们的祖先开始用火来烹饪食物。
-

7. Cooking starchy roots and tubers (块茎), like potatoes, made them much easier to digest.
煮熟土豆等淀粉类根茎类食物, 可以使其更容易消化。

8. This simple act of cooking gave our ancestors a huge _4_ advantage.
烹饪这一简单的行为给我们的祖先带来了巨大的优势。

9. Cooked starch provided a quick, reliable source of _5_ for the brain, which needs a lot of energy.
煮熟的淀粉为大脑提供了快速、可靠的_5_来源, 大脑需要大量的能量。

10. Over time, humans developed more copies of the gene that helps break down starch in the mouth.
随着时间的推移, 人类体内产生了更多有助于分解口腔淀粉的基因拷贝。

11. This change meant that we could get more nutrition from starchy foods.
这一变化意味着我们可以从淀粉类食物中获得更多营养。

12. This ability to efficiently _6_ starch is thought to be a key factor in the growth of the human brain.
高效利用淀粉的能力被认为是人类大脑发育的关键因素。

13. Without the energy provided by cooked starch, our brains might not have evolved to be so _7_.
如果没有熟淀粉提供的能量, 我们的大脑可能不会进化得如此_7_。

14. So, the next time you enjoy a plate of rice, remember that you are not just eating a simple food; you are consuming the food that helped _8_ human evolution.
所以, 下次当你享用一盘米饭时, 请记住, 你不仅仅是在吃一种简单的食物; 你是在食用帮助人类进化的食物。

15. The study of starch preference is a fascinating look into the _9_ relationship between our diet and our _10_.
对淀粉偏好的研究是对我们饮食和我们身体之间_9_关系的一次引人入胜的探索。
-

64. The Science Behind Motion Capture （动作捕捉背后的科学）

64.动作捕捉背后的科学（动作捕捉背后的科学）

1. Motion capture （动作捕捉） is a technology that has completely changed the movie industry and video games.
动作捕捉（Motion capture）是一项彻底改变电影行业和电子游戏行业的技术。
2. It allows moviemakers to turn an actor's performance into a digital character.
它允许电影制作人将演员的表演转化为数字角色。
3. But the science behind it is also being used in serious areas, like sports and medicine.
但它背后的科学原理也被应用于体育和医学等严肃领域。
4. The most common form of motion capture uses special suits with small, reflective （反光的） markers attached to them.
最常见的动作捕捉形式是使用带有小型反光标记的特殊服装。
5. As the actor moves, multiple high-speed cameras record the position of these markers.
当演员移动时，多台高速摄像机记录下这些标记的位置。
6. The data is then fed into a computer, which translates the movement of the markers into a three-dimensional skeleton （骨架） of the character.

然后将数据输入计算机，计算机将标记的运动转换成角色的三维骨架。

7. This data is incredibly accurate.

这些数据非常准确。

8. In sports, motion capture is used to analyze an athlete's technique.

在体育运动中，动作捕捉技术被用来分析运动员的技术动作。

9. A golf swing or a runner's stride can be broken down to the millisecond, allowing coaches to spot and correct flaws.

高尔夫挥杆或跑步的步幅都可以分解到毫秒级，使教练能够发现并纠正错误。

10. In medicine, it is used in rehabilitation (康复) .

在医学上，它用于康复治疗。

11. Patients recovering from a stroke or injury can have their movement tracked to help doctors design better physical therapy programs.

中风或受伤后正在康复的患者可以通过运动情况进行追踪，以帮助医生设计更好的物理治疗方案。

12. Motion capture provides a precise, measurable way to track a patient's improvement.

动作捕捉技术提供了一种精确、可衡量的方法来跟踪患者的康复情况。

13. This technology is a perfect example of how science, originally used for entertainment, can evolve to have a powerful and positive impact on other areas of life.

这项技术完美地诠释了科学最初如何用于娱乐，并如何发展演变，从而对生活的其他领域产生强大而积极的影响。

65. Just Like Riding a Bike （就像骑自行车一样难忘）

1. We often say "It's just like riding a bike" to describe something we learned once and never forgot.
我们常说“就像骑自行车一样”，来形容我们曾经学过并且永远不会忘记的事情。
2. The phrase refers to a special type of memory called procedural memory （程序性记忆）.
该短语指的是一种特殊类型的记忆，称为程序性记忆（程序性记忆）。
3. This is the memory for skills, habits, and actions-the "how-to" knowledge.
这是对技能、习惯和行为的记忆——“如何做”的知识。
4. Procedural memory is different from declarative memory （陈述性记忆）, which is the memory for facts, names, and events.
程序性记忆与陈述性记忆不同，陈述性记忆是对事实、名称和事件的记忆。
5. Declarative memories, like what you ate for breakfast, are often easy to forget.
陈述性记忆，例如你早餐吃了什么，通常很容易被遗忘。
6. Procedural memories, like knowing how to tie your shoelaces, are incredibly stable.
程序性记忆，例如知道如何系鞋带，非常稳定。
7. Scientists believe this difference is due to where the memories are stored in the brain.
科学家认为这种差异是由于记忆在大脑中的存储位置不同造成的。
8. Declarative memories are mainly stored in the hippocampus （海马体）, a part of the brain that is very active but can be damaged by aging or disease.

陈述性记忆主要储存在海马体中，海马体是大脑中非常活跃的部分，但可能会因衰老或疾病而受损。

9. Procedural memories are stored in the cerebellum (小脑) and the basal ganglia (基底核).
程序记忆存储在小脑和基底神经节中。
-

10. These parts of the brain are responsible for motor control and are much more resistant to damage.
大脑的这些部分负责运动控制，而且更不容易受到损伤。
-

11. Think about the last time you learned a new physical skill, like playing the piano.
想想你上一次学习一项新的技能是什么时候，比如弹钢琴。
-

12. It was likely difficult at first, requiring intense concentration.
一开始可能比较困难，需要高度集中注意力。
-

13. But once your brain moves the skill into the procedural memory system, it becomes automatic.
但是，一旦你的大脑将这项技能转移到程序性记忆系统中，它就会变成自动化的。
-

14. This is why you can ride a bike decades after you last touched one.
这就是为什么即使你几十年没碰过自行车，仍然可以骑车的原因。
-

15. Procedural memory is a powerful system that protects the essential skills we need for daily life.
程序性记忆是一个强大的系统，它保护着我们日常生活所需的基本技能。
-

66. Mice in Labs (实验室里的小鼠)

1. The mouse is one of the most important animals in modern science.

小鼠是现代科学中最重要的动物之一。

2. Millions of mice are used in laboratories (实验室) around the world every year.

每年世界各地的实验室都会使用数百万只小鼠。

3. They are used for everything from testing new cancer drugs to understanding human genetics (遗传学) .

它们被用于各种用途，从测试新的抗癌药物到了解人类遗传学。

4. Why are mice so central to scientific research?

为什么小鼠在科学研究中如此重要？

5. The first reason is their genetics.

第一个原因是他们的基因。

6. Mice share about 95% of their genes with humans.

小鼠与人类的基因相似度约为95%。

7. This means that many diseases that affect humans, like heart disease and diabetes, also affect mice in similar ways.

这意味着许多影响人类的疾病，如心脏病和糖尿病，也会以类似的方式影响小鼠。

8. Scientists can study these diseases in mice to find cures for humans.

科学家可以通过研究小鼠的这些疾病来寻找治疗人类疾病的方法。

9. The second reason is their size and cost.

第二个原因是它们的尺寸和成本。

10. Mice are small, easy to handle, and relatively inexpensive to keep and feed.

小鼠体型小，易于饲养，而且饲养成本相对较低。

11. This makes it possible for labs to keep large populations, which is necessary for reliable scientific studies.

这使得实验室能够维持大量的种群，这对于可靠的科学研究至关重要。

12. The third reason is their reproduction rate.

第三个原因是它们的繁殖率。

13. Mice reproduce quickly, allowing scientists to study generations of a disease in a short amount of time.

小鼠繁殖速度很快，这使得科学家能够在短时间内研究一种疾病的几代传播情况。

14. Finally, scientists have developed sophisticated （复杂的） tools to modify the mouse genome.

最后，科学家们开发出了复杂的工具来修改小鼠基因组。

15. They can create a "model mouse" that has a specific human disease.

他们可以制造出患有特定人类疾病的“模型小鼠”。

16. This allows them to test treatments without harming human patients.

这样一来，他们就可以在不伤害人类患者的情况下测试治疗方法。

17. The use of mice in labs is a serious ethical issue, and scientists are constantly working to reduce the number of mice used and to ensure they are treated humanely.

67. New Technologies Benefit Students （新技术赋能学生）

67.新技术赋能学生（New Technologies Benefit Students）

1. Technology is changing how students learn, making education more flexible, personalized, and efficient.
科技正在改变学生的学习方式，使教育更加灵活、个性化和高效。
 2. One of the biggest changes is the rise of adaptive learning （自适应学习） platforms.
最大的变化之一是自适应学习（自适应学习）平台的兴起。
 3. These platforms use artificial intelligence to analyze a student's performance in real-time.
这些平台利用人工智能实时分析学生的表现。
 4. If a student is struggling with a certain concept, the platform provides extra practice and different ways to explain the material.
如果学生在理解某个概念时遇到困难，该平台会提供额外的练习和不同的讲解方式。
 5. If a student is easily mastering a topic, the system speeds up, moving them to more advanced material.
如果学生能够轻松掌握某个主题，系统就会加快速度，让他们学习更高级的材料。
 6. This personalized approach helps students learn at their own pace, maximizing their understanding.
这种个性化的教学方法可以帮助学生按照自己的节奏学习，最大限度地提高他们的理解能力。
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7. Another key development is the use of virtual reality (VR) and augmented reality (AR).

另一个关键发展是虚拟现实（VR）和增强现实（AR）的应用。

8. These tools are transforming subjects like history and science.

这些工具正在改变历史和科学等学科。

9. Instead of just reading about the ancient Roman Empire, students can explore a virtual recreation of the Colosseum.

学生们不仅可以阅读有关古罗马帝国的资料，还可以探索虚拟重建的罗马斗兽场。

10. Instead of looking at a diagram of a human heart, students can hold and examine a 3D AR model.

学生们不必再看人体心脏的示意图，而是可以拿起并仔细观察 3D AR 模型。

11. This immersive （沉浸式的） experience makes learning more engaging and memorable.

这种沉浸式的体验使学习更具吸引力和令人难忘。

12. Furthermore, new tools are helping students develop essential soft skills.

此外，新的工具正在帮助学生培养重要的软技能。

13. Collaboration platforms allow students from different parts of the world to work together on projects, teaching them teamwork and cross-cultural communication.

协作平台让来自世界各地的学生能够一起完成项目，教会他们团队合作和跨文化交流。

14. In short, technology is not replacing teachers, but rather giving them powerful tools to make the learning experience richer and more effective for every student.

简而言之，科技不是要取代教师，而是要给教师提供强大的工具，使每个学生的学习体验更加丰富、更加有效。

68. Holiday Gifts That Don't Cost Money （不花钱的节日礼物）

68. 不花钱的节日礼物

1. The holiday season is often associated with spending a lot of money on gifts.
节日期间人们往往会花很多钱购买礼物。
2. But the most meaningful gifts are often those that don't cost anything at all.
但最有意义的礼物往往是那些完全免费的礼物。
3. In a time when people are trying to be more environmentally conscious （有意识的） and less focused on _1_, giving non-material gifts is becoming a popular _2_.
在人们越来越注重环保，而较少关注物质的时代，赠送非物质礼物正成为一种流行的方式。
4. The best non-material gifts are those that involve time, skill, or thoughtfulness.
最好的非物质礼物是那些倾注了时间、技能或心意的礼物。
5. A great example is a "coupon book".
“优惠券册”就是一个很好的例子。
6. The giver creates a book of coupons that can be _3_ for services throughout the year.
赠送者制作一本优惠券册，可在一年内用于_3_项服务。
7. These services might include: one home-cooked meal, one hour of tech support, or one free car wash.
这些服务可能包括：一顿家常饭菜、一小时技术支持或一次免费洗车。

8. This gift is a promise of _4_ time and effort.

这份礼物是一份投入时间和精力承诺。

9. Another idea is to share a skill.

另一个方法是分享技能。

10. If you are good at playing the guitar, you can offer a friend a few free lessons.

如果你吉他弹得好，可以给朋友免费上几节课。

11. If you are a talented baker, you can offer to _5_ them how to make your best cake.

如果你是一位技艺精湛的烘焙师，你可以向他们 _5_ 传授你最拿手的蛋糕做法。

12. These gifts are not only personal but also _6_ the relationship.

这些礼物不仅是个人礼物，而且也是人际关系的体现。

13. They show that you value the person enough to give them something truly _7_: your attention and your talent.

这表明你足够重视这个人，愿意给予他真正的东西：你的关注和你的才华。

14. Non-material gifts often require more creativity and _8_ than simply buying something from a store.

非物质礼物往往比直接从商店购买礼物需要更多的创意和心思。

15. But they are a powerful _9_ that the true meaning of giving is not the price tag, but the _10_ behind the gift.

但他们有力地证明了，给予的真正意义不在于价格，而在于礼物背后的价值。

69. Should AI Be Given an A? (人工智能应该得A吗?)

1. Artificial intelligence (AI) has entered the classroom, and it's getting very good grades.
人工智能 (AI) 已经进入课堂，并且取得了非常好的成绩。
2. AI tools are now capable of writing essays, solving complex math problems, and even generating sophisticated (复杂的) code.
人工智能工具现在能够撰写文章、解决复杂的数学问题，甚至生成复杂的代码。
3. Some educators argue that if an AI can perform tasks at a high level, it demonstrates a form of learning.
一些教育工作者认为，如果人工智能能够高水平地完成任务，就表明它具有某种学习能力。
4. They see AI as a powerful student that can show the limits of human-centric testing methods.
他们认为人工智能是一个强大的学生，可以揭示以人为中心的测试方法的局限性。
5. For instance, if the goal of a test is to see if a physics problem can be solved, the AI has achieved that goal, regardless of how it reached the answer.
例如，如果测试的目标是检验一个物理问题是否可以解决，那么无论人工智能是如何得出答案的，它都实现了这个目标。
6. However, many others disagree, arguing that grades must reflect human effort and comprehension.
然而，许多其他人对此持不同意见，认为成绩必须反映人的努力和理解力。
7. They believe the purpose of education is not just the output (the correct answer or the finished essay) but the process (the critical thinking, the research, and the learning process itself).
他们认为教育的目的不仅仅是结果（正确的答案或完成的文章），而是过程（批判性思维、研究和学习过程本身）。

8. They might argue that a good grade in history requires an understanding of cause and effect, empathy, and context-skills an AI cannot truly possess.

他们可能会辩称，历史学取得好成绩需要理解因果关系、同理心和背景知识——这些都是人工智能无法真正拥有的技能。

9. The debate is forcing schools to rethink what they test and why.

这场辩论迫使学校重新思考考试内容和考试原因。

10. Many schools are now shifting their focus from simple recall and writing to skills that are harder for an AI to replicate.

现在许多学校正在将教学重点从简单的记忆和写作转移到人工智能更难复制的技能上。

11. These include public speaking, collaborative problem-solving, and in-depth, personal reflection on a topic.

这些包括公开演讲、协作解决问题以及对某个主题进行深入的个人反思。

70. Clone Your Dog If You Love It? （你会克隆你的爱犬吗？）

70.如果你喜欢你的狗，就克隆它？（你会克隆你的爱犬吗？）

1. Losing a beloved pet is painful.

失去心爱的宠物是痛苦的。

2. For some wealthy pet owners, science is offering a way to cope with that loss: pet cloning （宠物克隆）.

对于一些富裕的宠物主人来说，科学提供了一种应对这种损失的方法：宠物克隆。

3. Cloning is the process of creating an exact genetic copy of an animal.

克隆是指创造出动物的精确基因复制品的过程。

4. This is done by taking a cell from the pet, putting its DNA into an egg cell, and then implanting (植入) the embryo into a surrogate (代孕) mother.
这是通过从宠物身上取下一个细胞，将其 DNA 放入卵细胞中，然后将胚胎植入代孕母亲体内来实现的。

5. The resulting animal is a genetic twin of the original pet.
由此诞生的动物与原来的宠物在基因上完全相同。

6. The process is expensive, costing tens of thousands of dollars, and has become a growing, though controversial (有争议的), business.
该过程费用昂贵，需要花费数十万美元，并且已成为一项日益增长但又备受争议的生意。

7. Proponents (支持者) argue that cloning offers a way to keep a piece of a beloved family member.
支持者认为，克隆提供了一种保留挚爱家庭成员一部分的方式。

8. They believe that the emotional value of the clone is worth the high cost.
他们认为克隆体的情感价值值得付出高昂的代价。

9. However, the process is raising serious ethical (伦理的) and practical concerns.
然而，这一过程引发了严重的伦理和实际问题。

10. Critics point out that a clone is only a genetic copy.
批评人士指出，克隆体只是基因复制品。

11. It will not have the same memories, experiences, or personality as the original pet.
它不会拥有与原宠物相同的记忆、经历或个性。

12. It is a new animal with the same DNA.

它是一种拥有相同 DNA 的新动物。

13. Furthermore, the cloning process can involve much animal suffering, as it often takes many attempts and many surrogate mothers to produce a successful clone.

此外，克隆过程可能会给动物带来很多痛苦，因为通常需要多次尝试和许多代孕母亲才能成功克隆出一个动物。

14. Many animal welfare groups argue that the money should be spent on rescuing and caring for the millions of unwanted pets in shelters.

许多动物福利组织认为，这笔钱应该用于救助和照顾收容所里数百万只无人认领的宠物。

71. The Art of Writing Letters （写信的艺术）

71. 写信的艺术（写信的艺术）

1. In a world of instant messages and emails, the art of letter writing has seemingly been forgotten.

在即时通讯和电子邮件盛行的时代，书信写作这门艺术似乎已被遗忘。

2. But many people are rediscovering the joy and value of sending and receiving a handwritten letter.

但许多人正在重新发现寄送和接收手写信件的乐趣和价值。

3. Unlike a text message, which is quickly read and easily deleted, a letter is a physical object that can be held and treasured.

与可以快速阅读和轻松删除的短信不同，信件是可以被握在手中并珍藏的实物。

4. It shows a level of thought and effort that no digital communication can match.

这展现出的思考和努力程度，是任何数字通信都无法比拟的。

5. The act of sitting down, choosing stationery (文具), and carefully forming words is a deliberate (故意的), thoughtful process.

坐下来，选择文具，仔细斟酌字句，这是一个深思熟虑的过程。

6. This level of effort communicates a deep respect for the receiver.

这种程度的努力体现了对接收者的深深尊重。

7. The content of letters is also different.

信件内容也不同。

8. Freed from the speed of the digital world, letter writers tend to use more reflective and detailed language.

摆脱了数字世界快节奏的束缚，写信的人往往会使用更具反思性和细节性的语言。

9. Letters often contain personal stories and emotions that might feel awkward in an instant message.

信件中常常包含个人故事和情感，这些内容在即时通讯中可能会显得尴尬。

10. For the receiver, getting a letter is a truly special event.

对收信人来说，收到一封信是一件非常特别的事情。

11. It is a surprise and a connection in a world dominated by bills and junk mail.

在这个充斥着账单和垃圾邮件的世界里，这既是一种惊喜，也是一种联系。

12. Letters also serve as important historical documents.

信件也是重要的历史文献。

13. Decades later, a box of old letters can provide a detailed, personal window into the past.

几十年后，一箱旧信件可以为我们打开一扇了解过去的详细而私人的窗口。

14. Many people are now starting "slow mail" groups, encouraging each other to write and send traditional letters.

现在很多人开始成立“慢信”小组，互相鼓励写信和寄送传统信件。

15. They believe that slowing down our communication can lead to deeper, more meaningful connections.

他们认为，放慢沟通节奏可以建立更深层次、更有意义的联系。

16. What will life be like in 2050?

2050年的生活会是什么样子？

17. While no one has a crystal ball, experts can make educated predictions based on current technological trends.

虽然没有人能预知未来，但专家可以根据当前的技术趋势做出有根据的预测。

18. The biggest changes will likely be in transportation, health, and how we interact with technology.

最大的变化可能体现在交通运输、医疗健康以及我们与科技的互动方式上。

19. Transportation in 2050 will be dominated by electric and self-driving vehicles.

到2050年，交通运输将以电动汽车和自动驾驶汽车为主导。

20. Cars will communicate with each other and with city infrastructure, reducing accidents and traffic jams.

汽车之间以及汽车与城市基础设施之间将实现互联互通，从而减少交通事故和交通拥堵。

21. High-speed rail and even Hyperloop systems could make long-distance travel faster and more efficient.

高速铁路甚至超级高铁系统可以使长途旅行更快、更高效。

22. In health, personalized medicine will be the norm.

在医疗领域，个性化医疗将成为常态。

23. Doctors will use a person's individual genetic （遗传的） code to predict diseases and prescribe treatments.

医生会利用一个人的基因密码来预测疾病并制定治疗方案。

24. Tiny nanobots （纳米机器人） might circulate （循环） in our bloodstreams, fixing damaged cells and detecting illnesses before they become serious.

微型纳米机器人可能会在我们的血液中循环，修复受损的细胞并在疾病变得严重之前检测到它们。

25. The way we interact with technology will also change.

我们与科技互动的方式也将发生改变。

26. Our homes will be filled with "ambient （周围的） intelligence," where technology is seamlessly （无缝地） integrated into the environment.

我们的家将充满“环境智能”，技术将无缝地融入环境。

27. Digital assistants will anticipate our needs, adjusting the light, temperature, and even our work schedules.

数字助理将预测我们的需求，调整灯光、温度，甚至我们的工作时间表。

28. However, this future also brings challenges.

然而，这样的未来也带来了挑战。

29. The need for strong data privacy laws will be paramount, and societies will have to address the economic impact of automation.

制定强有力的数据隐私法律至关重要，社会必须正视自动化带来的经济影响。

30. The world of 2050 will be unrecognizable in many ways, but the underlying human need for connection, health, and a meaningful life will remain the same.

2050 年的世界在很多方面都将面目全非，但人类对人际关系、健康和有意义的生活的基本需求将保持不变。

73. Should More Cities Reduce Speed Limits? （是否应该有更多城市减少限速？）

1. In a growing number of cities around the world, speed limits are being reduced.

世界各地越来越多的城市正在降低限速。

2. Many urban areas are lowering the maximum driving speed from 50 km/h to 30 km/h.

许多城区正在将最高行驶速度从 50 公里/小时降低到 30 公里/小时。

3. This change is highly 1, with drivers often complaining about the inconvenience and longer travel times.

这一变化非常不受欢迎，司机们经常抱怨由此带来的不便和更长的出行时间。

4. However, the move is driven by two main goals: _2_ and improving urban life.

然而，此举主要受两个目标驱动：_2_ 和改善城市生活。

5. The case for safety is very strong.

安全方面的理由非常充分。

6. When a car hits a pedestrian at 50 km/h, the person has a low _3_ of survival.

当汽车以 50 公里/小时的速度撞到行人时，行人的生存几率只有 3%。

7. At 30 km/h, the chance of survival is much _4_.

时速 30 公里时，生存机会大大增加 _4_。

8. Reduced speed limits dramatically decrease the severity of accidents and save lives.

降低限速可以显著降低事故的严重程度，挽救生命。

9. The move also improves the _5_ of urban life.

此举也改善了城市生活的_5_。

10. Slower speeds make streets quieter and less stressful.

车速降低会让街道更安静、压力更小。

11. They encourage more people to walk or cycle, which is better for public health and the _6_.

他们鼓励更多的人步行或骑自行车，这对公众健康和_6_都有好处。

12. Slower traffic also reduces _7_ emissions.
交通速度减慢也能减少_7_排放。

13. Critics argue that the reduction in speed only _8_ travel times and costs businesses money.
批评人士认为，降低速度只会减少旅行时间，还会让企业损失金钱。

14. They point out that a blanket （全面） speed reduction might not be _9_ for all roads.
他们指出，全面降低车速可能不适用于所有道路。

15. Supporters, however, argue that the cost of a few extra minutes in traffic is worth the _10_ in lives saved and the improved quality of the urban environment.
然而，支持者认为，多花几分钟堵车的时间，换来的是挽救 10 条生命，并改善城市环境质量，这是值得的。

74. Will We Lose Our Purpose in the AI Future? （在人工智能的未来，我们会失去目标吗？）

1. Artificial intelligence (AI) is rapidly taking over many human tasks.
人工智能（AI）正在迅速取代许多人类工作。

2. It can write code, compose music, and even diagnose （诊断） medical conditions.
它可以编写代码、创作音乐，甚至诊断（诊断）疾病。

3. As AI becomes more capable, a serious question arises: if machines can do everything, what will be our purpose?
随着人工智能能力的不断提升，一个严肃的问题出现了：如果机器可以做任何事，那么我们存在的意义是什么？

4. This challenge is not just economic; it is existential (关乎存在的) .
这一挑战不仅是经济方面的，而且是经济方面的。它是存在的（关乎存在的）。

5. Historically, human purpose has often been tied to our work, our ability to create, or our capacity to solve problems.
从历史上看，人类的目标往往与我们的工作、创造能力或解决问题的能力联系在一起。

6. When AI takes over these areas, many people fear they will be left with a feeling of uselessness.
当人工智能接管这些领域时，许多人担心自己会感到无用。

7. However, some thinkers argue that AI will not remove purpose, but rather redefine it.
然而，一些思想家认为，人工智能不会消除目的，而是会重新定义目的。

8. They suggest that as AI takes over repetitive and difficult tasks, it will free humans to focus on what only humans can do: creativity, empathy, and connection.
他们认为，随着人工智能接管重复性和困难的任务，人类将能够专注于只有人类才能做的事情：创造力、同理心和人际交往。

9. Purpose might shift from being a "worker" to being a "human".
目标可能会从“工人”转变为“人”。

10. For example, a doctor's purpose may move from diagnosing diseases (which AI can do) to providing emotional support and building trust with patients.
例如，医生的职责可能从诊断疾病（人工智能可以做到这一点）转变为提供情感支持并与患者建立信任。

11. An artist's purpose may shift from creating a perfect image (which AI can generate) to creating art that explores deep human emotion.

艺术家的目的可能会从创作完美的图像（人工智能可以生成）转变为创作探索人类深层情感的艺术作品。

12. The transition will be difficult, requiring a massive rethinking of education and social structures.

这一转型过程将十分艰难，需要对教育和社会结构进行大规模的重新思考。

13. But the hope is that in a world without forced labor, humans can finally focus on meaningful self-discovery and relational depth.

但人们希望，在一个没有强迫劳动的世界里，人类最终能够专注于有意义的自我发现和深化人际关系。

75. Travel Widely While You're Young （旅行要趁早）

75. 趁年轻多旅行（旅行要趁早）

1. There is a common piece of advice given to young people: travel widely while you are young.

人们常给年轻人一条建议：趁年轻多去旅行。

2. It is often seen as a fun thing to do, but many argue that it is actually an essential part of education and personal development.

人们通常认为读书是一件很有趣的事情，但许多人认为读书实际上是教育和个人发展的重要组成部分。

3. Travelling when you are young, before you have the responsibilities of a career and family, allows you to be truly open to change.

年轻的时候，在肩负起事业和家庭的责任之前去旅行，可以让你真正敞开心扉去接受变化。

4. You are more likely to stay in hostels, use public transport, and speak to strangers-all things that push you out of your comfort zone.

你更有可能入住青年旅舍、乘坐公共交通工具、与陌生人交谈——所有这些都会让你走出舒适区。

5. This exposure to different cultures teaches you a great deal about the world.

接触不同的文化能让你对世界有更深入的了解。

6. You learn that your way of life is just one of many, which promotes empathy and cultural intelligence.

你会意识到自己的生活方式只是众多生活方式中的一种，这有助于培养同理心和文化智能。

7. Moreover, travel is a crash course in problem-solving.

此外，旅行也是一门解决问题的速成课程。

8. When you miss a train, lose your passport, or get lost in a city where you don't speak the language, you are forced to figure things out.

当你错过火车、丢失护照或在一个语言不通的城市迷路时，你不得不自己想办法解决问题。

9. These moments of struggle build confidence and resilience （恢复力） that formal education cannot provide.

这些奋斗时刻能够培养出正规教育无法提供的自信和韧性。

10. Finally, travelling gives you a unique perspective on your own home.

最后，旅行能让你对自己的家乡有独特的视角。

11. When you come back, you see your country, your customs, and your own life with fresh eyes.

当你回来的时候，你会用全新的视角看待你的国家、你的习俗和你自己的生活。

12. It helps you appreciate what you have while also seeing what could be improved.
它能帮助你珍惜你所拥有的，同时也能让你看到哪些方面可以改进。
-

13. Travel, in this sense, is not a vacation; it is an investment in your own future self.
从这个意义上讲，旅行不是度假，而是对未来自己的投资。
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76. A Little Body With Huge Energy （小身躯蕴藏大能量）

76. 小身躯蕴藏大能量

1. The hummingbird （蜂鸟） is one of nature's most amazing creatures.
蜂鸟是自然界最神奇的生物之一。
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2. It is the smallest bird in the world, but it is a powerhouse （强国） of energy and speed.
它是世界上最小的鸟，但却是能量和速度的强国。
-
3. Hummingbirds are the only birds that can truly fly backwards and hover （悬停） in midair, thanks to their unique wing structure.
由于其独特的翅膀结构，蜂鸟是唯一能够真正向后飞行并在空中悬停的鸟类。
-
4. Their wings beat at an incredible speed-up to 80 times per second.
它们的翅膀以惊人的速度拍打，每秒可达 80 次。
-

5. This rapid movement requires a huge amount of energy.
这种快速运动需要消耗大量的能量。

6. To fuel this high-speed life, hummingbirds have the fastest metabolism （新陈代谢） of any warm-blooded animal.
为了维持这种高速的生活方式，蜂鸟拥有所有温血动物中最快的代谢率。

7. They must eat nearly constantly, consuming twice their body weight in nectar （花蜜） and insects every day.
它们必须几乎不停地进食，每天消耗相当于自身体重两倍的花蜜和昆虫。

8. If a human had the same metabolism, we would need to eat about 1,500 hamburgers a day!
如果人类的新陈代谢与动物相同，那么我们每天大约需要吃 1500 个汉堡！

9. Because of this extreme energy need, hummingbirds face a major challenge every night: they can't afford to keep their high metabolism running while they sleep.
由于这种极高的能量需求，蜂鸟每晚都面临着一个巨大的挑战：它们无法在睡眠时维持如此高的新陈代谢。

10. To survive the night, they enter a state called torpor （麻木）, which is a short-term, shallow form of hibernation.
为了度过夜晚，它们进入了一种叫做麻木的状态，这是一种短暂的、浅层的冬眠形式。

11. Their body temperature drops sharply, and their heart rate slows down dramatically.
他们的体温急剧下降，心率也急剧减慢。

12. This allows them to conserve （节约） energy until the sun rises and they can start feeding again.
这样一来，它们就能节省能量，直到太阳升起，它们才能再次开始觅食。

13. The hummingbird is a remarkable example of how life adapts to extreme demands, proving that a small body can hold a massive amount of power and an incredible will to survive.

蜂鸟是生命如何适应极端环境的一个非凡例子，证明小小的身体可以蕴藏巨大的力量和惊人的生存意志。

77. Time to "Learn" Maths （是时候“学习”数学了）

1. For many students, math is the most difficult and often the least favourite subject.

对很多学生来说，数学是最难的科目，也是他们最不喜欢的科目。

2. The question "When will I ever use this in real life?"

问题是“我什么时候才能在现实生活中用到它？”

3. However, proponents （支持者） of math education argue that its value goes far beyond simply knowing how to calculate taxes or interest.

然而，数学教育的支持者认为，数学教育的价值远远不止于知道如何计算税收或利息。

4. The first and most important reason to study math is that it teaches logical thinking and problem-solving.

学习数学的首要原因也是最重要的原因，是它能培养逻辑思维和解决问题的能力。

5. Math problems train the brain to break down complex challenges into smaller, manageable steps.

数学题可以训练大脑将复杂的挑战分解成更小、更容易处理的步骤。

6. This skill is valuable in every career, from computer programming to law.

这项技能在各行各业都很有价值，从计算机编程到法律行业都适用。

7. The ability to think logically is the foundation of critical thinking.

逻辑思维能力是批判性思维的基础。

8. The second reason is that math is the language of science and technology.

第二个原因是数学是科学技术的语言。

9. To understand how a computer works, how a bridge is built, or how a space shuttle travels to the moon, you need a solid foundation in mathematics.

要想了解计算机的工作原理、桥梁的建造方式或航天飞机如何飞往月球，你需要扎实的数学基础。

10. It is the necessary tool for innovation （创新）.

它是创新的必要工具。

11. Finally, math teaches patience and perseverance （毅力）.

最后，数学教会我们耐心和毅力。

12. Many math problems cannot be solved instantly.

许多数学问题无法立即解决。

13. They require concentration, effort, and the willingness to try again after failure.

它们需要集中精力、付出努力，以及失败后再次尝试的意愿。

14. This process teaches students to be resilient （有韧性的） and to value effort over instant results.

这个过程教会学生要有韧性，重视努力而不是立竿见影的结果。

15. In a world increasingly driven by data, the ability to understand numbers and think logically is not just a school subject; it is a basic life skill.

在一个日益数据驱动的世界里，理解数字和逻辑思考的能力不仅仅是一门学校科目，更是一项基本的生活技能。

78. New Insight on the Invention of the Wheel （关于车轮发明的新见解）

78. 关于轮子发明的新见解（关于车轮发明的新意见）

1. The wheel is one of the most important inventions in human history.

车轮是人类历史上最重要的发明之一。

2. It completely _1_ transportation, agriculture, and manufacturing.

它完全影响交通运输、农业和制造业。

3. For a long time, historians believed the wheel was invented in Mesopotamia （美索不达米亚） around 3500 BC.

长期以来，历史学家认为轮子是在公元前3500年左右在美索不达米亚发明的。

4. They assumed it was first used for transport, likely on _2_ pulled by animals.

他们认为它最初是用于运输的，很可能是由动物拉动的。

5. However, a new study suggests that the wheel was first invented for a completely different _3_: pottery.

然而，一项新的研究表明，车轮最初是为了完全不同的用途而发明的：制陶。

6. The study points to evidence that the first wheels were used as pottery wheels, which are used to _4_ clay into round shapes.

该研究指出有证据表明，最早的车轮被用作陶轮，陶轮用于将粘土压制成圆形。

-
7. The simplicity of the pottery wheel, which only requires a spinning disk, suggests it was the more _5_ invention.

陶轮的简单性，只需要一个旋转的圆盘，表明它是更_5_的发明。

-
8. The idea of using a wheel for transportation, which requires a much more _6_ design (including a fixed axle and a body to carry the load), likely came later.

使用轮子进行运输的想法，需要更复杂的设计（包括固定轴和承载载荷的车身），很可能是后来才出现的。

-
9. This new insight challenges the traditional _7_ of the invention.

这一新见解挑战了传统的发明_7_。

-
10. It suggests that the use of the wheel for transport was not the original idea but a brilliant _8_ application of a technology that already existed.

这表明，使用轮子进行运输并不是最初的想法，而是对已有技术的巧妙应用。

-
11. The story of the wheel is a _9_ that even the most basic inventions have complex and often _10_ histories.

车轮的故事说明，即使是最基本的发明也有复杂且往往不完整的历史。

79. Winning Back Our Lost Attention（赢回我们失去的注意力）

1. In the digital age, our attention is constantly under attack.

在数字时代，我们的注意力时刻受到攻击。

-
2. Phones beep, emails arrive, and social media notifications constantly pull our minds away from what we are trying to do.

手机铃声、电子邮件和社交媒体通知不断地分散我们的注意力，使我们无法专注于正在做的事情。

3. This constant distraction is not only frustrating but is also _1_ our ability to focus deeply.

这种持续不断的干扰不仅令人沮丧，而且也影响了我们深度专注的能力。

4. Many experts believe that our brains are being _2_ for constant, shallow attention rather than sustained, deep focus.

许多专家认为，我们的大脑更适合持续的、浅层的注意力，而不是持续的、深度的专注。

5. This has led to a major effort to "win back our attention."

这导致了一场“重新赢得我们关注”的大行动。

6. One popular method is the "digital detox," where people deliberately spend time away from their phones and computers.

一种流行的方法是“数字排毒”，即人们刻意远离手机和电脑。

7. Another strategy is practicing "single-tasking"-focusing completely on one task at a time, rather than trying to _3_ several things at once.

另一种策略是练习“单任务处理”——一次只专注于一项任务，而不是试图同时处理几件事。

8. Companies are also starting to respond by designing products that are less _4_.

公司也开始通过设计不那么_4_的产品来做出回应。

9. For example, some phones now have "focus modes" that temporarily block all non-essential notifications.

例如，一些手机现在具有“专注模式”，可以暂时屏蔽所有非必要的通知。

10. By consciously training our attention and limiting distractions, we can improve our focus and, in turn, the quality of our work and our lives.

通过有意识地训练注意力并减少干扰，我们可以提高专注力，进而提高工作和生活质量。

80. Becoming a Birder （成为一名观鸟者）

1. The rise of birdwatching (or birding) is a global phenomenon.

观鸟（或观鸟活动）的兴起是一种全球现象。

2. What makes this seemingly simple hobby so popular?

是什么让这项看似简单的爱好如此受欢迎？

3. It's a combination of nature, science, and a meditative （冥想的） challenge.

它是自然、科学和冥想挑战的结合。

4. Birding starts with the simple act of looking and listening.

观鸟始于简单的观察和聆听。

5. You learn to identify birds not just by their colour or shape, but also by their song, their flight pattern, and their preferred habitat.

你要学会识别鸟类，不仅要看它们的颜色或形状，还要看它们的鸣叫声、飞行模式和偏好的栖息地。

6. This requires patience and observation-skills that are increasingly rare in our fast-paced, digital world.

这需要耐心和观察力——而这些在当今快节奏的数字化世界中越来越难得。

7. For many, birding is a form of meditation; it forces you to slow down and be present in the moment.
对许多人来说，观鸟是一种冥想；它迫使你慢下来，活在当下。

8. You cannot look at a bird while scrolling on your phone.
你不可能一边刷手机一边看鸟。

9. It is a moment of pure, focused attention on the natural world.
这是全神贯注于自然世界的时刻。

10. But birding is also a scientific pursuit.
但观鸟也是一项科学活动。

11. Birders are often the first to notice changes in bird populations, which makes them key contributors to conservation science.
观鸟者往往最先注意到鸟类种群的变化，这使他们成为保护科学的关键贡献者。

12. Many birders use apps like eBird to log their sightings, which feeds real-time data to researchers studying migration and climate change.
许多观鸟者使用 eBird 等应用程序记录他们的观测结果，这些应用程序会将实时数据传输给研究迁徙和气候变化的研究人员。

13. Becoming a birder changes how you see the world.
成为一名观鸟者会改变你看待世界的方式。

14. It turns every walk in the park or trip to the woods into a potential adventure.
它让每一次公园散步或森林之旅都变成了一次潜在的冒险。

15. It teaches you that the natural world is full of incredible, accessible beauty, waiting to be discovered just outside your door.

它教会你，大自然充满了令人难以置信的、触手可及的美丽，就在你家门外等着你去发现。

81. Why Should We Learn Body Language? （我们为什么要学习肢体语言？）

1. We spend most of our time focused on spoken language: the words we say and the words we hear.

我们大部分时间都专注于口语：我们说的话和我们听到的话。

2. But in communication, words often only tell half the story.

但在沟通中，语言往往只能表达一半的信息。

3. The other, and often more powerful, half is body language.

另一半，也是往往更有力的一半，是肢体语言。

4. Body language includes everything from our posture （姿势） and hand gestures to our eye contact and facial expressions.

肢体语言包括从我们的姿势和手势到眼神交流和面部表情的一切。

5. The common saying is that body language accounts for 70% to 93% of all communication.

人们常说，肢体语言占有所有沟通的 70% 到 93%。

6. While that number is debated, its importance is not.

虽然这个数字存在争议，但它的重要性毋庸置疑。

7. Learning to read and control body language is a vital skill.

学会解读和控制肢体语言是一项至关重要的技能。

8. First, it helps you to understand others better.

首先，它能帮助你更好地了解他人。

9. A person might say they are happy, but if their arms are crossed and they are avoiding eye contact, their body language tells a different story.

一个人可能会说自己很高兴，但如果他双臂交叉抱在胸前，并且避免与人进行眼神交流，那么他的肢体语言就透露出截然不同的信息。

10. Being able to read these non-verbal （非语言的） signals helps you to understand the true feelings and intentions of the person you are talking to.

能够解读这些非语言信号有助于你理解与你交谈的人的真实感受和意图。

11. Second, learning body language allows you to control the message you send.

其次，学习肢体语言可以让你控制你传递的信息。

12. If you want to appear confident in a job interview, you need to make sure your posture is open, your handshake is firm, and you maintain appropriate eye contact.

如果你想在求职面试中表现得自信，你需要确保你的姿势舒展，握手有力，并保持适当的眼神交流。

13. If you slouch （没精打采地站着）, you might accidentally communicate a lack of interest or confidence, even if your words are perfect.

如果你驼背（没精打采地站着），即使你的言辞完美，也可能无意中传达出缺乏兴趣或自信的信息。

14. Body language is a universal, ancient language.

肢体语言是一种通用的、古老的语言。

15. Mastering it makes you a more effective communicator in every aspect of your life.

掌握这项技能能让你在生活的各个方面都成为更有效的沟通者。

82. Welcome to the British Museum! （欢迎来到大英博物馆！）

1. The British Museum in London is one of the most famous and most visited museums in the world.

位于伦敦的大英博物馆是世界上最著名、参观人数最多的博物馆之一。

2. It houses a collection of around 8 million objects, covering human history, art, and culture from every continent.

它收藏了约 800 万件物品，涵盖了来自各大洲的人类历史、艺术和文化。

3. Its most famous objects include the Rosetta Stone （罗塞塔石碑）, which was key to translating Egyptian hieroglyphs （象形文字）, and the Elgin Marbles （埃尔金大理石雕）.

其最著名的文物包括罗塞塔石碑（罗塞塔石碑）和埃尔金大理石雕塑，罗塞塔石碑是翻译埃及象形文字的关键。

4. The museum's original purpose, dating back to 1753, was to be a "museum of the world for the world.

该博物馆最初的宗旨可以追溯到 1753 年，那就是成为“一座为世界而设的世界博物馆”。

5. It has always been free to enter, ensuring that education and culture are accessible to everyone.

这里一直免费开放，确保每个人都能享有教育和文化机会。

6. However, the British Museum is also at the centre of a massive global controversy (争议).
然而，大英博物馆也处于一场巨大的全球争议的中心。

7. The majority of its collection was acquired during the period of the British Empire.
其大部分藏品是在大英帝国时期获得的。

8. Many countries now argue that the objects were taken illegally and should be returned to their countries of origin.
现在许多国家认为这些物品是被非法掠夺的，应该归还给原籍国。

9. Greece, for example, is demanding the return of the Elgin Marbles, which were removed from the Parthenon in the early 19th century.
例如，希腊要求归还埃尔金大理石雕塑，这些雕塑于 19 世纪初从帕特农神庙被移走。

10. The museum argues that it is better to keep the objects in a single place where they can be protected and studied by people from all over the world.
博物馆认为，最好将这些物品保存在一个地方，这样可以保护它们，并供世界各地的人们研究。

11. This debate about repatriation (文物回国) highlights a deep tension between history, cultural preservation, and national identity.
关于文物回国的这场辩论凸显了历史、文化保护和民族认同之间的深刻矛盾。

12. The British Museum's future will depend on how it navigates this complex issue.
大英博物馆的未来将取决于它如何应对这一复杂问题。

83. An Inspiring Sports Movie (一部鼓舞人心的体育电影)

1. Sports movies are one of the most popular genres in cinema.

体育电影是电影中最受欢迎的类型之一。

2. Whether they are about a young underdog （弱者） winning against all odds or a team overcoming a huge challenge, these films have a way of _1_ the audience.

无论是讲述一个年轻的弱者战胜所有困难取得胜利，还是讲述一个团队克服巨大挑战，这些电影都有一种打动观众的方式。

3. A classic example is Rudy, a film about a young man who dreams of playing football for the University of Notre Dame.

一个经典的例子是电影《鲁迪》，这部电影讲述了一个年轻人梦想为圣母大学踢足球的故事。

4. Rudy is too small and not naturally _2_ enough to play for a major team.

鲁迪个子太矮，身体素质也不够好，无法为一支顶级球队效力。

5. His dream seems completely _3_.

他的梦似乎完全是_3_。

6. But he possesses two powerful qualities: an absolute refusal to _4_ up, and an incredible work ethic.

但他拥有两个强大的品质：绝对拒绝爬坡，以及令人难以置信的职业道德。

7. The film's plot is built around themes of _5_ and perseverance.

这部电影的情节围绕着_5_和毅力这两个主题展开。

8. Rudy works on the sidelines for years, facing _6_ and rejection from his coaches and teammates.

鲁迪多年来一直在场边工作，面临着教练和队友的_6_和拒绝。

9. He is often the last one to leave the _7_ and the first one to arrive.
他通常是最后一个离开 7 号列车的人，也是第一个到达的人。

10. The moment he finally gets to play in a game, which is near the very end, is one of the most famous in sports cinema.
他终于有机会上场比赛的那一刻，虽然已经接近尾声，却是体育电影史上最著名的场景之一。

11. His story _8_ the idea that success is not just about natural talent; it is about the _9_ of will.
他的故事_8_表明，成功不仅仅关乎天赋，更关乎意志_9_。

12. The power of Rudy and other great sports movies is that they are not really about sports at all.
《鲁迪》和其他优秀体育电影的魅力在于，它们其实与体育本身无关。

13. They are about the human _10_ to overcome obstacles and fight for a dream, which is a message that everyone can connect with.
它们讲述的是人类克服障碍、为梦想而奋斗的故事，这是一个每个人都能产生共鸣的信息。

84. What Are "Large World Models"? (什么是“大世界模型”?)

1. In the field of artificial intelligence (AI), the term "Large World Model" (LWM) is gaining attention.
在人工智能 (AI) 领域，“大世界模型”(LWM) 这一术语正受到越来越多的关注。

2. It is considered by many researchers to be the next big step after the Large Language Models (LLMs) that power tools like ChatGPT.
许多研究人员认为，这是继 ChatGPT 等工具所依赖的大型语言模型 (LLM) 之后的又一个重大进步。

3. But what exactly is an LWM?

但 LWM 究竟是什么？

4. Simply put, an LWM is an AI that is trained not just on text, but on massive amounts of data from the real world.

简而言之，LWM 是一种人工智能，它不仅使用文本进行训练，还使用来自现实世界的大量数据进行训练。

5. This data includes video, images, sound, and text, all combined together.

这些数据包括视频、图像、声音和文本，全部组合在一起。

6. The goal is to build an AI that can understand the complex physics, common sense, and cause-and-effect relationships that govern the world we live in.

目标是构建一个能够理解支配我们所处世界的复杂物理规律、常识和因果关系的 AI。

7. An LLM might be able to tell you that "if you drop a glass, it will break," based on text it has read.

法学硕士或许能够根据阅读过的文本告诉你“如果你把玻璃杯摔在地上，它会碎掉”。

8. An LWM, however, will understand why the glass breaks, based on billions of videos and images of things falling, breaking, and interacting with gravity.

然而，LWM（逻辑思维模型）会根据数十亿个物体坠落、破碎以及与重力相互作用的视频和图像，来理解玻璃破碎的原因。

9. This deeper understanding of the "world" is what AI researchers believe is necessary to achieve Artificial General Intelligence (AGI)-an AI that can perform any intellectual task a human being can.

人工智能研究人员认为，对“世界”的这种更深入的理解是实现通用人工智能（AGI）的必要条件——通用人工智能是一种可以执行人类能够执行的任何智力任务的人工智能。

10. LWMs will eventually allow AI systems to reason, plan, and imagine future possibilities with a level of common sense that current systems lack.

LWM 最终将使人工智能系统能够以当前系统所缺乏的常识水平进行推理、规划和想象未来的可能性。

85. Taking Chinese Characters for Granted （对汉字习以为常）

85. 对汉习以为常

1. For anyone who speaks Chinese, the complexity and beauty of Chinese characters （汉字） are often taken for granted.

对于任何会说中文的人来说，汉字的复杂性和美感往往是理所当然的。

2. We use them every day without thinking about the incredible history and structure they represent.

我们每天都在使用它们，却从未想过它们所代表的非凡历史和结构。

3. However, for outsiders, Chinese characters are a source of both fascination and frustration.

然而，对于局外人来说，汉字既令人着迷，又令人沮丧。

4. Unlike a phonetic alphabet （拼音文字）, where letters represent sounds, Chinese characters are logograms （语素文字）.

与拼音文字（拼音文字）不同，汉字代表声音，而汉字是语素文字。

5. Each character generally represents a morpheme （语素）, or a unit of meaning.

每个汉字通常代表一个语素，即一个意义单位。

6. This system has several profound advantages.

该系统具有几个显著的优势。

7. First, it allows the language to be visually compact and rich in meaning.

首先，它使语言在视觉上简洁，含义丰富。

8. Second, the system has helped to unify China.

其次，该制度有助于中国的统一。

9. Because the characters represent ideas rather than sounds, people in different regions with completely different spoken dialects （方言） can read the same written text.

因为汉字代表的是思想而不是声音，所以不同地区、说着完全不同方言的人都可以阅读同一段文字。

10. This shared writing system has been a powerful force for cultural continuity over thousands of years.

这种共享的文字系统在数千年来一直是文化延续的强大力量。

11. But the system is also challenging.

但这个系统也充满挑战。

12. To be literate （识字的） in Chinese, a person must memorize thousands of unique characters.

要识字，一个人必须记住成千上万个独特的汉字。

13. In recent decades, the digital age has caused a subtle shift.

近几十年来，数字时代带来了一种微妙的变化。

14. As we type on phones, the act of handwriting characters is becoming less frequent.
随着我们使用手机打字，手写字符的行为越来越少见了。

15. This has raised concerns about the decline of a deep, physical connection to the written form.
这引发了人们对与书面形式之间深厚、实际联系的衰落的担忧。

16. The Chinese character system is a living piece of history, a complex tool that continues to evolve in the modern world.
汉字系统是一段鲜活的历史，也是一个在现代世界中不断发展的复杂工具。

86. Ad-Blockers Are Changing the Web （广告拦截器正在改变网络）

1. The internet, as we know it, is largely paid for by advertising.
我们所熟知的互联网，很大程度上是由广告收入支持的。

2. But for many users, the web has become unbearable （无法忍受的） due to excessive （过度的） pop-up ads, flashing banners, and auto-play videos.
但对于许多用户来说，由于过多的弹出广告、闪烁的横幅和自动播放视频，网络已经变得难以忍受。

3. This has led to the rise of ad-blockers-software that removes or hides advertisements on websites.
这导致了广告拦截软件的兴起——这类软件可以移除或隐藏网站上的广告。

4. The use of ad-blockers has become a massive technological and economic challenge.
广告拦截器的使用已成为一项巨大的技术和经济挑战。

5. For users, ad-blockers provide a cleaner, faster, and less annoying browsing experience.
对于用户而言，广告拦截器可以提供更简洁、更快速、更不烦人的浏览体验。

6. They also offer a layer of security, as many malicious （恶意的） attacks are now delivered through ads.
它们也提供了一层安全保障，因为现在许多恶意攻击都是通过广告传播的。

7. However, for publishers and content creators, ad-blockers are a direct threat to their business model.
然而，对于出版商和内容创作者来说，广告拦截器对其商业模式构成了直接威胁。

8. Websites that rely on advertising revenue are seeing their income drop sharply.
依赖广告收入的网站正面临收入大幅下降的困境。

9. This is forcing them to find new ways to make money.
这迫使他们寻找新的赚钱方式。

10. Some websites are now asking users to pay a subscription fee to view ad-free content.
现在有些网站要求用户支付订阅费才能查看无广告内容。

11. Others are using "anti-ad-blocker" technology that detects the software and prevents users from accessing the content unless they turn their blocker off.
另一些公司则使用“反广告拦截器”技术，该技术可以检测广告拦截器软件，并阻止用户访问相关内容，除非用户关闭拦截器。

12. This struggle is shaping the future of the internet.
这场斗争正在塑造互联网的未来。

13. It is forcing a shift from a free, ad-supported model to a more fragmented (分散的) system where users must choose between paying for content or accepting that the content they consume will be heavily influenced by advertising.

它迫使人们从免费的广告支持模式转向更加分散的系统，用户必须在付费内容和接受他们消费的内容将受到广告的严重影响之间做出选择。

87. Why Media Literacy Matters (媒体素养为何重要)

1. In the past, the news came from a few trusted sources: major newspapers, radio, and television stations.
过去，新闻来源主要有几家可信赖的媒体：主要报纸、广播电台和电视台。
2. Today, news and information flood us from countless sources online, and much of it is unreliable or completely false.
如今，我们被来自网络无数渠道的新闻和信息淹没，其中很多都不可靠，甚至完全是虚假的。
3. This is why media literacy (媒体素养) has become an essential life skill.
这就是为什么媒体素养已成为一项重要的生活技能。
4. Media literacy is the ability to access, analyze, evaluate, and create media in a variety of forms.
媒体素养是指获取、分析、评价和创作各种形式的媒体的能力。
5. It is not about knowing what to think; it is about knowing how to think about the information you encounter.
关键不在于知道该想什么，而在于知道如何思考你所遇到的信息。
6. The first key component is source evaluation.
第一个关键环节是信息源评估。

7. Can you tell the difference between a real news article and a fake one?

你能分辨真假新闻报道吗？

8. Can you check the original source of a shocking image?

你能查一下这张令人震惊的圖片的原始出处吗？

9. The second component is bias identification.

第二个组成部分是偏见识别。

10. All media has some form of bias （偏见）.

所有媒体都有某种形式的偏见。

11. Media literacy teaches you to recognize the political, financial, or cultural perspective behind a message.

媒体素养教你如何识别信息背后的政治、经济或文化视角。

12. By recognizing the bias, you can interpret the message more accurately.

通过识别这种偏见，你可以更准确地解读信息。

13. Finally, media literacy involves understanding how media is made.

最后，媒体素养还包括了解媒体是如何制作的。

14. Knowing that an image can be easily edited or that a video can be taken out of context is crucial in the digital age.

在数字时代，了解图像可以轻易被编辑，视频可以断章取义至关重要。

15. In a world where anyone can be a publisher, media literacy is the best defence against misinformation and a necessary tool for making informed decisions.

88. Your "Mind Map" Might Be Wrong （你的“脑海中的地图”可能是错的）

1. When you think about the world around you, you rely on what scientists call a "cognitive map"-a mental representation of your surroundings.

当你思考周围的世界时，你依靠的是科学家所说的“认知地图”——一种对周围环境的心理表征。

2. This map helps you navigate your city, find your way around a building, and estimate （估计） the _1_ between two places.

这张地图可以帮助你在城市中导航，在建筑物内找到方向，并估计两个地点之间的距离。

3. While this mental map is incredibly useful, a growing body of research suggests that it is often _2_ and full of errors.

虽然这种思维导图非常有用，但越来越多的研究表明，它往往是_2_，而且充满了错误。

4. For example, people consistently _3_ the distance to a destination if the journey involves crossing a river or a mountain.

例如，如果旅程涉及过河或过山，人们总是会把到达目的地的距离乘以 3。

5. Our brains tend to see these obstacles as _4_ the space between points.

我们的大脑倾向于将这些障碍物视为点之间的空间。

6. We also often _5_ distances when thinking about places we like compared to places we don't like.

我们在思考我们喜欢的地方与我们不喜欢的地方之间的距离时，也经常会想到 _5_ 个距离。

7. Moreover, our cognitive maps are heavily _6_ by a phenomenon called "straightening."
此外，我们的认知地图很大程度上受到一种称为“矫正”的现象的影响。
-
8. We tend to imagine curves and irregular lines as being straighter than they actually are.
我们往往会把曲线和不规则的线条想象得比它们实际更直。
-
9. In the mind's eye, a slightly winding （蜿蜒的） road becomes a straight line, and a slightly tilted building becomes _7_.
在脑海中，一条略微蜿蜒的道路变成了一条直线，一座略微倾斜的建筑物变成了_7_。
-
10. These errors are not a sign of poor intelligence; they are a sign of the brain's attempt to simplify and _8_ the complex world.
这些错误并非智力低下的表现；它们是大脑试图简化和理解复杂世界的体现。
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11. The brain trades a little _9_ for a lot of speed.
大脑牺牲了一点_9_来换取大量的速度。
-
12. Understanding these common errors can actually make you a better traveler, as you learn to rely less on your _10_ feelings about distance and more on objective information.
了解这些常见错误实际上可以让你成为一个更好的旅行者，因为你会学会减少对距离的_10_感觉，更多地依赖客观信息。
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89. The Disappointment and Delight of Innovation （创新的失望与喜悦）

89. 创新的失望与喜悦

1. Innovation （创新） is often presented as a moment of pure genius, like a lightbulb turning on over a scientist's head.
创新通常被描述为纯粹天才的瞬间，就像科学家头上突然亮起灯泡一样。

2. But the reality of innovation is much messier.
但创新的现实远比这复杂得多。

3. It is a process filled with both immense disappointment and sudden delight.
这是一个充满巨大失望和突如其来的惊喜的过程。

4. The disappointment often comes first.
失望往往先于失望而来。

5. Most new ideas, products, or inventions fail.
大多数新想法、产品或发明都会失败。

6. They fail to work, they fail to attract customers, or they fail to solve the problem they were meant to fix.
它们要么不起作用，要么无法吸引顾客，要么无法解决它们本应解决的问题。

7. For every successful product, there are dozens of discarded prototypes and failed experiments.
每一个成功的产品背后，都有几十个被弃用的原型和失败的实验。

8. This period of failure is necessary.
这段失败期是必要的。

9. Each disappointment teaches the inventor something new, showing them what not to do and narrowing the path to success.

每一次挫折都会教会发明家一些新东西，让他们知道什么不该做，并缩小通往成功的道路。

10. The delight is the moment when all the failures suddenly combine into a working solution.

最令人欣喜的是，当所有的失败突然汇聚成一个可行的解决方案时。

11. It can be a sudden breakthrough (突破) in the lab, or the moment a product finally connects with the market.

它可以是实验室里的突然突破，也可以是产品最终与市场接轨的时刻。

12. This delight is not just the joy of success; it is the satisfaction of overcoming the long period of struggle.

这种喜悦不仅仅是成功的喜悦，更是克服长期奋斗后的满足感。

13. The story of Thomas Edison (托马斯·爱迪生) trying thousands of materials for the lightbulb filament (灯丝) is the classic example.

托马斯·爱迪生（托马斯·爱迪生）尝试数千种材料制作灯泡灯丝的故事就是一个典型的例子。

14. His famous quote, "I have not failed.

他那句名言是：“我没有失败。”

15. I've just found 10,000 ways that won't work," perfectly captures the two sides of innovation.

“我刚刚发现了 10,000 种行不通的方法”，这句话完美地概括了创新的两面性。

16. The message is clear: innovation is not the absence of failure, but the persistence through it.

信息很明确：创新不是没有失败，而是在失败中坚持不懈。

90. Remembering Beverly Cleary (缅怀贝芙莉·克莱瑞)

1. Beverly Cleary, one of the most beloved American children's writers, passed away at the age of 104 in 2021.

美国最受喜爱的儿童文学作家之一贝芙利·克利里于 2021 年去世，享年 104 岁。

2. For generations of readers, her characters felt like real friends.

对于几代读者来说，她笔下的人物就像真正的朋友一样。

3. Cleary's most famous characters, like Ramona Quimby and Henry Huggins, are known for their everyday problems, their humour, and their relatable (容易引起共鸣的) adventures.

克利里笔下最著名的人物，如拉莫娜·奎姆比和亨利·哈金斯，都以他们的日常问题、幽默感和容易引起共鸣的冒险经历而闻名。

4. Cleary's writing style was revolutionary (革命性的) for its time.

克利里的写作风格在当时是革命性的。

5. Before her, many children's books were either fantasy or focused on adult moral lessons.

在她之前，许多儿童读物要么是奇幻故事，要么侧重于向成年人传授道德教训。

6. Cleary chose to write about the reality of childhood—the frustration of a difficult school day, the annoyance of a younger sibling, or the simple joy of finding a lost ball.

克利里选择描写童年的真实面貌——艰难的校园生活带来的挫败感、弟弟妹妹的烦扰，或是找到丢失的球时的简单喜悦。

7. She once said that she wanted to write books that she would have liked to read as a child: books that were funny and honest about children's feelings.

她曾说过，她想写一些她小时候会喜欢读的书：一些有趣且真实地描写儿童情感的书。

8. Her genius was in her authenticity (真实性) .

她的天才在于她的真实性。

9. She never talked down to her young readers.

她从不居高临下地对待她的年轻读者。

10. She respected their problems and their intelligence.

她尊重他们的问题和智慧。

11. Her books have sold millions of copies worldwide and have been translated into over 25 languages.

她的作品在全球销量数百万册，并被翻译成25多种语言。

12. The stories are still being read by children today, proving that her observations about childhood are truly timeless.

这些故事至今仍被孩子们阅读，证明她对童年的观察确实具有永恒的价值。

13. Cleary's legacy (遗产) is not just in the number of books she sold, but in the countless children she turned into lifelong readers.

克利里的遗产不仅在于她卖出了多少本书，还在于她培养了无数终身读者。
