

2017 年

Text 1

Every Saturday morning, at 9 am, more than 50,000 runners **set off to** run 5km around their local park.

Set off to do sth. 开始做某事;

【译】每个星期六上午 9 点, 超过 5 万名跑步者在自己家附近的公园跑 5000 米。

The Parkrun **phenomenon** began with a dozen friends and has **inspired** 400 events in the UK and more **abroad**.

Phenomenon: n. 现象; Inspire: v. 鼓励 abroad: a. 国外地

【译】Parkrun 这一社会现象最初由十几个朋友发起, 并在英国举办了 400 次活动, 在国外则更多。

Events are free, **staffed** by thousands of volunteers.

Staff: n. 员工; v. 担任员工;

【译】活动是免费的, 还招募了大量的志愿者。

Runners **range from** four years old **to** grandparents; their times **range from** Andrew Baddeley's world record 13 minutes 48 seconds **up to** an hour.

range from A to B: 从 A 到 B 中不等;

【译】跑步者从四岁到祖父母辈都有, 他们的用时区间从安德鲁·巴德利创造的世界纪录 13 分 48 秒到一个小时不等。

Parkrun is succeeding where London's Olympic "**legacy**" is failing.

Legacy: n. 遗产;

【译】Parkrun 在伦敦奥运会“遗赠”失败的地方取得了成效。

Ten years ago on Monday, it was **announced** that the Games of the 30th Olympiad would be in London.

Announce: v. 宣布

【译】十年前的一个周一宣布, 第 30 届奥林匹克运动会将在伦敦举行。

Planning documents pledged that the great legacy of the Games would be to **lever** a nation of sport lovers **away from** their couches.

Pledge: v. 承诺; lever A away from B. lever: n. 杠杆; v. 撬动

【译】计划文件承诺, 奥运会的伟大遗赠将会让一个国家的体育爱好者远离他们的沙发。

The **population** would be fitter, healthier and produce more winners.

Population n. 人口

【译】人们将身材更好，更健康，并将产生更多的赢家。

The number of adults doing weekly sport did rise, by nearly 2 million **in the run-up to** 2012 — but the general population was growing faster.

in the run-up to=before: 之前;

【译】每周锻炼身体的成年人数量确实在 2012 年前增加了近 200 万，但总人口增长得更快。

Worse, the numbers are now falling at an **accelerating** rate.

Accelerate: v. 加速

【译】更糟糕的是，这个数字现在正在加速下降。

The opposition claims (**that**) primary school pupils doing at least two hours of sport a week have nearly halved.

The opposition claims (that)...: 反对者声称; pupil: 小学生;

Halve: v. 减半 (half)

【译】反对者声称，每周至少进行两小时运动的小学生几乎减半。

Obesity has risen among adults and children.

Obese: 肥胖的; adult: 成年人;

【译】肥胖的成人和儿童数量上升。

Official retrospections continue as to why London 2012 failed to “inspire a generation.” The success of Parkrun offers answers.

Retrospect: 回顾; fail to do sth. 未能做某事; generation: 一代人;

【译】官方仍然在反思为什么 2012 年伦敦奥运会未能“激励一代人”。Parkrun 的成功给出了答案。

Parkrun is not a race but a time trial: Your only competitor is the clock. The ethos welcomes anybody.

Trial: 审判; 磨炼; competitor: 竞争对手;

【译】Parkrun 不是一场比赛，而是一次时间的磨练：你唯一的竞争对手是时钟。这种精神欢迎任何人。

There is **as much joy** over a puffed-out first-timer being clapped over the line **as** there is about top talent shining.

As much joy.....as B: 像 B 一样这么多的欢乐; (第二个 as 理解为像)

Puffed-out: 气喘吁吁的; clap over: 鼓掌; talent: 天才;

【译】一个气喘吁吁的新手在越过终点线时得到的掌声和顶尖选手的光芒一样让人欣喜。

The Olympic bidders, by contrast, wanted to get more people doing sport and to produce more elite athletes.

Bid: 投标; by contrast: 相比之下; get people doing sth: 使某人做某事;
Elite: 精英的; athlete: 运动员;

【译】相比之下，奥运会投标人希望有更多的人参与体育运动，并产生更多的精英运动员。

The dual aim was mixed up: The stress on success over taking part was intimidating for newcomers.

Dual: 双重的; mix up: 混杂; stress: 压力; take part: 参与;
Intimidate: 使恐惧;

【译】双重目标纠结在了一起，成功的压力超过了参与，这对新人来说是很恐怖的。

Indeed, there is something a little absurd in the state getting involved in the planning of such a fundamentally “grassroots” concept as community sports associations.

getting involved in (后置定语修饰 state)

Absurd: 荒谬的; get involved in: 参与; concept: 概念; grassroot: 草根;
Community: 社区; association: 协会

【译】事实上，国家把这样一个基础的“草根”概念作为社区体育协会来参与规划是有些荒谬的。

If there is a role for government, it should really be getting involved in providing common goods — making sure there is space for playing fields and the money to pave tennis and netball courts, and encouraging the provision of all these activities in schools.

Be involved in: 参加; provide: 提供; field: 田地; 场地
court: 运动场; provision: 提供; 条款;

【译】如果政府发挥作用，它应该真正参与到公共设施的建设之中——确保有给运动场留有空间，有金钱用于建造网球和篮网球场，并鼓励在学校开展上述所有运动。

But successive governments have **presided over** selling green spaces, squeezing money from local authorities and declining attention on sport in education. Instead of wordy, worthy strategies, future governments need to do more to **provide** the conditions for sport to thrive. Or at least not make them worse.

Successive: 连续的; 继任的; Preside over doing sth. 主持做某事;

Squeeze: 挤压; local authorities: 地方政府; decline: 减少;
Instead of: 代替; worthy: 有价值的; thrive: 繁荣;

【译文】但是历届政府主持过销售绿地，从地方政府挤占资金，不断减少对体育教育的关注。除了口头和应有的战略内容，未来政府需要做更多的事情来为体育发展提供条件。或者至少不让情况更糟。

Text 2

With so much focus on children's use of screens, it's easy for parents to forget about their own screen use.

Focus on: 专注; screen: 屏幕（引申为手机） forget: 忘记;

【译】太关注孩子使用智能手机的情况，很容易让父母忘记自己的使用情况。

“Tech is designed to really suck you in,” says Jenny Radesky in her study of digital play, “and digital products are there to promote maximal engagement. It makes it hard to disengage, and leads to a lot of bleed-over into the family routine.”

Be designed to: 目的是; suck: 吸收; digital product: 数字产品;

Promote: 促进; 提升; engagement: 参与; 吸引; disengage: 不吸引;

Lead to: 导致; routine: 惯例; 日常行为; bleed-over: n. 血（引申冲突）

【译】“发展科技是为了让你沉迷其中，”珍妮·瑞德斯基在她的数字产品研究中表示，“生产数字产品是为了让你对其更痴迷。这很难让人不沉迷其中，也会导致家庭日常受到严重影响。”

Radesky has studied the use of mobile phones and tablets at mealtimes by giving mother-child pairs a food-testing exercise.

Tablet: 平板电脑; give sb sth.

【译】瑞德斯基通过对母子进行食物测试，研究了手机和平板电脑在吃饭时间的使用。

She found that mothers who used devices during the exercise started 20 per cent fewer verbal and 39 per cent fewer nonverbal interactions with their children.

Device: 设备; verbal: 语言的; interaction: 互动;

【译】她发现，在此实验中使用电子产品的妈妈与孩子之间的语言互动减少20%，非语言互动减少了39%。

During a separate observation, she saw that phones became a source of tension in the family. Parents would be looking at their emails **while** the children would be making excited bids for their attention.

Separate: 独立的; observation: 观察; source: 来源; 根源;

Tension: 紧张; make bids for: 努力获得;

【译】在一次独立观察中，她发现手机成了家庭氛围紧张的根源。父母当时可能会浏览自己的电子邮件，而孩子们可能正在努力地想要得到他们的关注。

Infants are wired to look at parents' faces to try to understand their world, and if those faces are blank and unresponsive — as they often are when absorbed in a device—it can be extremely disconcerting for the children.

Be wired to do sth. 天生注定要做某事 (be hardwired to do sth, 感觉就是说做这个事根植于某个人基因中)

Blank: 空白的; responsive: 反应的; be absorbed in: 沉迷于; 专注于;

Disconcerting: 不安的;

【译】婴儿对观察父母的脸来试图理解其世界极为兴奋，如果父母面无表情或者没有任何回应——正如他们通常沉迷于电子设备时那样——将会让孩子极其不安。

Radesky cites the “still face experiment” devised by developmental psychologist Ed Tronick in the 1970s.

Cite: 引用; still: 静止的; experiment: 实验; devise: 设计;

【译】瑞德斯基引用了发展心理学家爱德华·特罗尼克在 20 世纪 70 年代做的“静态面部实验”。

In it, a mother is asked to interact with her child in a normal way before putting on a blank expression and not giving them any visual social feedback: The child becomes increasingly distressed as she tries to capture her mother's attention.

Interact with sb. 与某人互动; blank expression: 空白的表情;

Visual: 视觉的; feedback: 反馈; distressed: 沮丧的;

Capture one's attention: 吸引某人的注意力;

【译】在该实验中，一位母亲被要求与她的孩子以正常的方式互动，之后，要求她面无表情并且不能做出视觉上社交反馈。结果，这个孩子试图吸引妈妈的注意力，同时变得越来越沮丧。

“Parents don't have to be exquisitely present at all times, but there needs to be a balance and parents need to **be responsive and sensitive to** a child's verbal or nonverbal expressions of an emotional need,” says Radesky.

Present: 出现的; balance: 平衡; be responsive to=respond to: 对...反应

Be sensitive to: 对...敏感; expression: 表达; 表情;

【译】“父母不需要一直都在那里的，但此间需要平衡。父母应该对孩子情感需求的语言或非语言的表达敏感一点，且对此做出回应，” 瑞德斯基说。

On the other hand, Tronick himself is concerned that the worries about kids' use of screens are born out of an "oppressive ideology that demands that parents should always be interacting" with their children:

Be concerned about: 对...关心; be born out of: 来自于;

Interact with sb. 与某人互动;

【译】另一方面，特罗尼克本身也担心，对于孩子使用智能手机的担忧来自于“压迫性的意识形态，其要求父母应该经常与孩子互动”：

“It's based on a somewhat fantasised, very white, very upper-middle-class ideology that says if you're failing to **expose** your child to 30,000 words // you are neglecting them.”

Somewhat: 某种程度上; fantasy: 幻想; be based on: 基于;

Ideology: 意识形态; fail to do sth. 没能做某事;

expose sb to sth. 使某人接触到某物; neglect: 忽视

【译】它是一种基于幻想型、极其无恶意、相当中上阶层的意识形态——如果你没能让孩子处于3万个单词环境中，那么你就忽视了他们。”

Tronick believes that just because a child isn't learning from the screen doesn't mean there's no value to it—particularly if it gives parents time to have a shower, do housework or simply have a break from their child.

just because a child isn't learning from the screen (是主语)

Have a break: 休息一下;

【译】特罗尼克认为，仅仅因为孩子没有从屏幕中学到东西，并不意味着这没有任何意义——尤其是它能给父母一些时间洗澡、做家务或仅仅是离开孩子休息一会。

Parents, he says, can get a lot out of using their devices to speak to a friend or get some work out of the way. This can make them feel happier, which lets them be more available to their child the rest of the time.

Out of doing sth. 从...中; available: 可获得的; 可利用的;

the rest time:剩下的时间;

【译文】父母使用自己的手机可以有很多收获，能够跟朋友聊天，或者做些工作。这会让他们更开心，也更可能让父母用剩下的时间陪伴孩子。

Text 3

Today, widespread social pressure to immediately go to college in conjunction with increasingly high expectations in a fast-moving world often causes students to completely

overlook the possibility of taking a gap year.

主干：**widespread social pressure** often causes students to completely overlook the possibility of taking a gap year.

Widespread: 普遍的； pressure: 压力； cause sb to do sth. 导致某人做某事；

Overlook: 忽视； possibility: 可能性； gap year: 间隔年

In conjunction with: 与 (and)

【译】如今在这个快速运转的世界，想要立即进入大学的普遍的社会压力与日益增高的期望值，常常使学生们完全忽视了还有参加间隔年活动的可能性。

After all, if everyone you know is going to college in the fall, it seems silly to stay back a year, doesn't it? And after going to school for 12 years, it doesn't feel natural to spend a year doing something that isn't academic.

After all: 毕竟； silly: 愚蠢的； natural: 自然的； academic: 学术的；

【译】毕竟，如果你认识的每一个人都要在秋季进入大学，停学一年的行为看起来确实很傻，不是吗？并且在经历 12 年的求学路程之后，花一年时间去做些和学术无关的事情也会让人觉得不自然

But while this may be true, it's not a good enough reason to condemn gap years.

Condemn: 谴责； while: 尽管；

【译】但是即使这些都成立，也不是个足够好的谴责间隔年活动的理由。

There's always a constant fear of falling behind everyone else on the socially perpetuated "race to the finish line," **whether** that be toward graduate school, medical school **or** a lucrative career.

Constant: 恒常的； fall behind: 落后于； perpetual: 永久的； (perpetuate: 使永久)； race: 比赛； lucrative: 收入可观的； career: 事业；

【译】无论是对研究院、医学院或是收入可观的事业来说，在社会上一直存在着的“向着终点线的比赛”让人们总是害怕落后于别人。

But despite common misconceptions, a gap year does not hinder the success of academic pursuits—in fact, it probably enhances it.

Despite: 尽管 (In spite of) conception: 概念； hinder: 阻碍；

Academic pursuit: 学术追求； enhance: 提高； 增强；

【译】但是尽管存在着一些普遍的误解，间隔年活动并不会阻碍学术追求上的成功——事实上还很有可能提高成功率。

Studies from the United States and Australia show that students who take a gap year are generally better prepared for and perform better in college than those who do not.

Be better prepared for: 更好准备; perform: v.表现;

【译】根据美国及澳大利亚的研究显示,那些参加了间隔年活动的学生通常都比不参加的学生对大学有更好的准备,在学校中也表现得更好。

Rather than pulling students back, a gap year pushes them ahead by preparing them for independence, new responsibilities and environmental changes—all things that first-year students often struggle with the most.

Rather than: 而不是; pull sb back: 把某人往后拖;

Push sb ahead: 把某人往前推; prepare sb for sth. 使某人准备好某事;

Struggle with sth. 在某事上艰难/挣扎;

【译】非但不会拖学生们后腿,间隔年活动还会通过培养学生们的独立性、全新的责任感和适应环境变化来帮助他们前行——而这些都是第一年进入大学的学生们最纠结的事情。

Gap year experiences can lessen the blow **when it comes to** adjusting to college and being thrown into a brand new environment, making it easier to focus on academics and activities **rather than** acclimation blunders.

Lessen: 减少,缓解; blow: 冲击; when it comes to: 当谈及...的时候 (when mentioning); adjust to: 调整; focus on: 关注于; academics: 学术; Acclimate: 使适应 (adjust) blunder: 错误 (mistakes)

【译】当学生们被放到一个全新的环境中去适应大学生活时,间隔年活动的经历能够减轻他们遇到的打击,也能使学生们更容易集中精力于学术及集体活动上,而不是在适应环境方面犯错误。

If you're not convinced of the inherent value in taking a year off to explore interests, then consider its financial impact on future academic choices.

Be convinced of: 相信某事 (believe in sth.) inherent value: 内在价值;

Explore: 探究; financial impact: 经济影响; (influence)

【译】如果你不认可用一年的时间探索兴趣行为的内在价值,那么不妨考虑一下这种行为对于未来学术选择上的经济影响。

According to the National Center for Education Statistics, nearly 80 percent of college students end up changing their majors at least once.

End up doing sth: 最终做了某事; 以做某事而告终;

【译】根据国家教育中心统计, 近 80% 的大学生至少换过一次专业。

This isn't surprising, **considering** (that) the basic mandatory high school curriculum **leaves** students **with** a poor understanding of the vast academic possibilities that await them in college.

Considering+句子: 表示考虑到, 鉴于; (because)

Leave sb with sth. 留给某人某事; academic possibilities: 学术可能性;

Mandatory: 强制性的; curriculum: 课程;

【译】鉴于基本的强制性高中课程让学生们对大学里等待他们的巨大学术可能性缺乏了解, 这并不让人意外。

Many students find themselves listing one major on their college application, but switching to another after taking college classes.

Find sb doing sth.

Switch to: 转向;

【译】许多学生都在申请时选择一个专业, 而在入学后换了另一个专业。

It's not necessarily a bad thing, but depending on the school, it can be costly to make up credits after switching too late in the game.

Costly: 昂贵的; make up: 弥补 (make up for=compensate)

【译】这并不一定是件坏事, 但是根据不同学校的情况, 转专业太晚可能会在弥补学分这件事上付出高昂代价。

At Boston College, for example, you would have to complete an extra year **were you to switch to** the nursing school from another department.

Were you to do sth= if you were to do sth: 如果你要做某事 (这个是虚拟语气的倒装结构, 知道即可)

Nursing school: 护理学院;

【译】举例来说, 在波士顿大学, 如果你想从另一个学院换到护理学院, 你就必须额外学习一年。

Taking a gap year to figure things out initially can help prevent stress and save money later on.

Taking a gap year to figure things out initially (是主语)

Prevent: 阻止

【译】一开始就参加间隔年活动弄明白这些事情, 就能够在将来预防压力并

且节省金钱。

Text 4

Though often viewed as a problem for western states, the growing frequency of the wildfires is a national concern because of impact on federal tax dollars, says Professor Max Moritz, a specialist in fire ecology and management.

Be viewed as: 被认为是; frequent: 频繁的; wildfire: 野火;

【译】虽然这往往被视为是西方国家的问题，但因为其对联邦税收的影响，森林大火更加频繁一事已经成为全国关注的问题。火生态和管理专家马克思·马瑞茨教授如此表示。

In 2015, the US Forest Service for the first time **spent** more than half of its \$5.5 billion annual budget **fighting** fires—nearly double the percentage it spent on such efforts 20 years ago.

For the first time: 首次; spend some money doing sth: 花钱做某事;

Annual budget: 年度预算;

【译】2015年，美国林务局首次投入了55亿美元的年度预算，其中一半以上用于灭火——这接近了二十年前灭火费用的两倍。

In effect, fewer federal funds today are going towards the agency's other work — such as forest conservation, watershed and cultural resources management, and infrastructure upkeep — that affect the lives of all Americans.

In effect: 事实上 (in fact) agency: 机构; conservation: 保护 (Protect)

Infrastructure: 基础设施; affect: 影响 (influence)

【译】事实上，如今流向林务局其他工作上的联邦资金越来越少——比如说森林防护、防水以及文化资源管理和基础设施维护——这影响了所有美国人的生活。

Another nationwide concern is whether public funds from other agencies are going into construction in fire-prone districts.

Construction: 建设; prone: 有可能的; 容易发生的 (likely)

Fire-prone: 有可能发生火灾的;

【译】另外一个全国关注的问题是，其他机构的公共资金是否会投入到火灾频发地区的建设中。

As Moritz puts it, how often are federal dollars building homes that are likely to be lost to a wildfire?

As sb put it: 正如某人所说 (put=say); be likely to do sth. 有可能做某事

【译】正如马瑞茨教授所说，用于建设家园的联邦资金在多久之后可能会被

火灾吞没？

“It’s already a huge problem from a public expenditure perspective for the whole country,” he says. “We need to take a magnifying glass to that. Like, ‘Wait a minute, is this OK?’ Do we want instead to redirect those funds to concentrate on lower-hazard parts of the landscape?”

From one’s perspective: 从某人的角度而言； expenditure: 开销； 花费；
Magnify: 放大； concentrate on: 集中于； hazard: 危险（damage）

【译】“从公共花费的角度来看，这已经是一个全国性的大问题了，”他表示。“我们需要用放大镜来看这个问题。比如说，‘等一下，这真的可以吗？’我们是否希望将这些资金转向风险更低的领域？”

Such a view would require a corresponding shift in the way US society today views fire, researchers say.

Require: 需要； corresponding: 相应的；

【译】研究者表示，这样的观点将要求当今的美国社会改变看待火灾观点。

For one thing, conversations about wildfires need to be more inclusive.

Inclusive: 包容的；

【译】一方面，有关火灾的对话需要更有包容性。

Over the past decade, the focus has been on climate change — how the warming of the Earth from greenhouse gases is leading to conditions that worsen fires.

Climate change: 气候变化； lead to: 导致； worsen: 恶化； 加剧；

【译】在过去的十年中，焦点一直都是气候变化——由温室气体导致的地球变暖如何为火灾加剧创造条件。

While climate is a key element, Moritz says, it shouldn’t come at the expense of the rest of the equation.

Element: 因素； at the expense of: 以...为代价（at the cost of）

Rest: 剩下的东西；

【译】马瑞茨教授说，虽然气候是一个关键因素，但是不能以其他同样重要的因素为代价。

“The human system and the landscapes we live on are linked, and the interactions go both ways,” he says.

Interaction: 联系

【译】“人类系统和我们赖以生存的自然条件是相互联系的，并且这种相互作用是双向的”，他表示。

Failing to recognize that, he notes, leads to “an overly simplified view of what the solutions might be. Our perception of the problem and of what the solution is becomes very limited.”

Failing to recognize that（是主语）

Simplify: 简化；

主干：our perception becomes very limited.

Perception: 认知；理解（understanding）

【译】他还强调，不能够意识到这一点就会导致“我们过于简单地看待可能的解决方式。我们对问题的理解和解决方式的理解会变得很有限。”

At the same time, people continue to treat fire as an event that needs to be wholly controlled and unleashed only out of necessity, says Professor Balch at the University of Colorado.

Treat A as B: 把 A 看做是 B； control: 控制； unleash: 释放；

Out of: 出于； necessity: 必要性；

【译】与此同时，人们继续把火当作只在必要时才需要完全控制和释放的事物来处理，科罗拉多大学的鲍尔奇教授说。

But acknowledging fire’s inevitable presence in human life is an attitude crucial to developing the laws, policies, and practices that make it as safe as possible, she says.

Acknowledge: 承认； inevitable: 不可避免的； presence: 存在；

Crucial: 关键的； practice: 实践；

【译】但她表示，承认火在人类生活中不可避免的存在是一种对发展法律、政策和实践至关重要的态度，可以使用火尽可能地安全。

“We’ve **disconnected** ourselves **from** living with fire,” Balch says. “It is really important to understand and try and tease out what is the human connection with fire today.”

Disconnect A from B: 把 A 与 B 分离出来； tease out=figure out:

【译】“我们已经把自己与火分离开来，”鲍尔奇教授说，“理解并试着找出人类与火的联系是至关重要的。”

Text 1

It's true that high-school coding classes aren't essential for learning computer science in college.

Be essential for: 对...是必须的;

【译】的确，高中的编码课程对于大学计算机科学的学习不是必需的。

Students without experience can catch up after a few introductory courses, said Tom Cortina, the assistant dean at Carnegie Mellon's school of Computer Science. However, Cortina said, early exposure is beneficial.

.catch up: 追赶 expose: 接触 (be exposed to) beneficial: 有益的

【译】即使是毫无经验的学生，在几节入门课程之后就能赶上来，卡耐基·梅隆大学计算机学院的副院长汤姆·科蒂纳说。然而，科蒂纳说，早期接触（编码课程）是很有益的。

When younger kids learn computer science, they learn that it's **not just** a confusing, endless string of letters and numbers—**but** a tool to build apps, or create artwork, or test hypotheses.

Not just A but B: 不仅是 A，还是 B;

A string of: 一系列的; confusing: 令人困惑的; artwork: 艺术品;

Hypothesis: 假说 (复数是 hypotheses)

【译】小孩子学习计算机科学时，会了解到计算机对于他们来说不仅仅是一连串令人困惑且无休止的字母和数字——而是一种开发应用软件、创造艺术品或者验证假设的工具。

It's not **as hard** for them to transform their thought processes **as** it is for older students. Breaking down problems into bite-sized chunks and using code to solve them becomes normal.

A is not as hard....as B: A 不像 B 那么难; (第二个 as 理解为 像 即可)

Breaking down problems into bite-sized chunks and using code to solve them
(两个 Vt-ing 短语并列做主语)

Transform: 改变; break down A into B: 分解 A 成为 B (into 有成为的含义)

Thought process: 思维进程;

【译】对于这些学生们来说，转变思维的过程不会像年纪较大的学生那么难。把问题分解成很小规模的模块，然后使用编码来解决问题变得习以为常。

Giving more children this training could increase the number of people interested in the field and help fill the jobs gap, Cortina said.

Giving more children this training (主语)

interested in the field (后置定语修饰 people)

Training: 培训; field: 领域; fill the gap: 填补缺口

【译】让更多孩子接受这种培训可以使对计算机科学领域感兴趣的人数增加,这对于填补职位缺口是有帮助的。

Students also benefit from learning something about coding **before** they get to college, **where** introductory computer-science classes are packed to the brim, **which** can drive the less-experienced or -determined students away.

Benefit from: 从....中获益; be packed with= be filled with; 充满;

Brim: 边缘; 溢满; drive sb away: 把某人赶出去;

【译】学生在进入大学前学习编码也会从中受益。在大学里,计算机科学入门课程排得很满,这会使经验稍逊或意志力薄弱的学生望而却步。

The Flatiron school, where people pay to learn programming, started as one of the many coding bootcamps that's become popular for adults looking for a career change.

Bootcamp: 训练营; program: 变成; adult: 成年人; look for: 寻找

【译】熨斗学校——人们交费来这里学习编码——起初是许多编码训练营中的一家,现在已经成为寻求职业转变的成人争相前往的地方。

The high-schoolers get the same curriculum, but “we try to gear lessons toward things they're interested in,” said Victoria Fridman, an instructor.

Curriculum: 课程; gear: 使适合 (to adjust so that sth is suitable)

【译】高中生也学习同样的课程,但是“我们试着根据他们的兴趣调整课程,”一位名叫维多利亚·弗莱德曼的教师说。

For instance, one of the apps the students are developing suggests movies based on your mood.

Be based on: 基于

【译】例如,学生正在开发的一款应用软件就是基于你的心情来推荐电影。

The students in the Flatiron class probably won't drop out of high school and build the next Facebook.

Drop out of school: 辍学 (drop-out: 辍学学生)

【译】熨斗学校课堂的学生不大可能从高中辍学去创建下一个脸谱网。

Programming Languages have a quick turnover, so the “Ruby on Rails” language they learned may not even be relevant by the time they enter the job market.

Be relevant to/with: 与....相关;

【译】编码语言更新换代更快，因此学生们学习的“Ruby on Rails”语言在他们进入职场的时候可能已经毫无用处了。

But the skills they learn—how to think logically through a problem and organize the results—apply to any coding language, said Deborah Seehorn, an education consultant for the state of North Carolina.

Apply to: 适用于; think through a question: 充分思考问题;

Consultant: 咨询人员; 顾问人员;

【译】但是他们学习到的技能——如何有逻辑地充分思考问题并整理结果——适用于任何一种编码语言，北卡罗来纳州国会的教育顾问黛博拉·希霍恩说。

Indeed, the Flatiron students might not go into IT at all. But creating a future army of coders is not the sole purpose of the classes.

An army of: 一群..; sole purpose: 唯一目标;

【译】事实上，熨斗学校的学生们可能根本不会进入信息技术行业。但是创建一支未来程序员队伍绝不是这些课程的唯一目的。

These kids are going to be surrounded by computers—in their pockets, in their offices, in their homes—for the rest of their lives.

Be surrounded by: 被...包围; rest: 剩下; (for the rest of my life: 余生)

【译】这些孩子在未来的岁月里将会被在他们的口袋里的、办公室里的以及家里的计算机所包围。

The younger they learn how computers think, how to coax the machine into producing what they want—**the earlier they learn** that they have the power to do that—**the better**.

The younger they learn, the earlier, the better: 他们学得越年轻，越早，就越好;
Coax sb into doing sth: 欺骗某人做某事;

【译】孩子们越早开始学习计算机如何思维，如何“哄骗”该机器生产自己想要的东西——他们就越早发现自己有能力做到那些——对他们也越好。

Text 2

Biologists estimate that as many as 2 million lesser prairie chickens—a kind of bird living on stretching grasslands—once lent red to the often grey landscape of the midwestern and southwestern United States.

Stretch: 伸展; 绵延; lend A to B: 把 A 借给了 B;

Landscape: 风景; 景观;

【译】生物学家估计，多达 200 万只小型的草原榛鸡——一种生活在绵延

的草原上的鸟类——曾经给美国中西部和西南部灰蒙蒙的风景增添了一抹红色。

But just some 22,000 birds remain today, occupying about 16% of the species' historic range.

Occupy: 占尽（比例）； species: 物种； range: 范围

【译】然而今天大约只存有 2.2 万只，占这个物种历史分布范围的 16% 左右。

The crash was a major reason the U.S. Fish and Wildlife Service (USFWS) decided to formally list the bird as threatened. “The lesser prairie chicken is in a desperate situation,” said USFWS Director Daniel Ashe. Some environmentalists, however, were disappointed.

the U.S. Fish and Wildlife Service (USFWS) decided to formally list the bird as threatened.（定语从句修饰 reason，其实应该是省略了一个从属连词 why）

List A as B: 把 A 列为 B；

Crash: 暴跌； threat: 威胁； desperate: 绝望的； disappointed: 失望的

【译】这种数量上的暴跌是美国鱼类及野生动物管理局（USFWS）决定正式将这种鸟类列为“受威胁物种”的主要原因。USFWS 主任丹尼尔·阿什说“小草原榛鸡处于危急的状态”。然而，一些环境保护主义者对此（决定）感到失望。

They had pushed the agency to **designate** the bird as “endangered,” a status that gives federal officials greater regulatory power to crack down on threats.

Designate A as B: 指定 A 作为 B； give official power: 给官员权力；

Agency: 机构； status: 地位； regulate: 管理； 监管

Crack down on: 打击

【译】他们曾经推动了该机构将这种鸟类指定为“濒危物种”，这一定位给予联邦官员更大的监管权力来打击对鸟类存在的各种威胁。

But Ashe and others argued that the “threatened” tag **gave** the federal government flexibility to try out new, potentially less confrontational conservation approaches.

Give government flexibility: 给政府灵活性（give sb sth.）

Potential: 潜在的； confrontation: 对抗； 冲突； Conservation approach: 保护方法；

【译】但阿什和其他人认为，“受威胁物种”的标签给予了联邦政府尝试“新的、潜在对抗性较小的保护方法”的灵活性。

In particular, they called for forging closer collaborations with western state governments, **which** are often uneasy with federal action, and with the private landowners **who** control an estimated 95% of the prairie chicken's habitat.

Call for sth. 呼吁某事; forge collaboration with: 与...建立合作;

Be uneasy with: 对...感到不安; estimate: 估计; habitat: 栖息地;

Private: 个人的; landowner: 拥有土地的人;

【译】特别是，他们呼吁与西部各州政府以及私人土地所有者建立更密切的合作，因为这些州政府常常对联邦政府的行动感到不安，而私人土地所有者控制着约 95% 的草原榛鸡的栖息地。

Under the plan, for example, the agency said it would not prosecute landowners or businesses that unintentionally kill, harm, or disturb the bird, as long as they had signed a range-wide management plan to restore prairie chicken habitat.

Prosecute: 起诉 (sue); intention: 意图; disturb: 干扰; 打扰;

As long as: 只要; range-wide: 大方位的; restore: 恢复;

【译】例如，USFWS 表示，按照该计划，该机构表示不会对无意中杀害、伤害或干扰这种鸟类的土地所有者或企业进行起诉，只要他们签署了一项为恢复草原榛鸡的栖息地而制定的大范围管理计划。

Negotiated by USFWS and the states, the plan **requires** individuals and businesses that damage habitat as part of their operations **to** pay into a fund **to replace** every acre destroyed **with** 2 new acres of suitable habitat.

that damage habitat as part of their operations (定语从句修饰 individuals and business)

Require sb to do sth: 要求某人做某事; replace A with B: 用 B 来替代 A;

Negotiate: 协商; individual: 个体; business: 行业; operation: 操作;

Acre: 英亩; habitat: 栖息地;

【译】根据与 USFWS 以及一些州的协商，该计划要求那些为了运营而破坏栖息地的个人和企业向一项基金付款，以使用新的 2 英亩适宜的栖息地来代替每 1 英亩被毁掉的栖息地。

The fund will also be used to compensate landowners who set aside habitat.

Compensate: 补偿; set aside: 保留; (划到一边)

【译】该基金也将用于补偿保留栖息地的私人土地所有者。

USFWS also set an interim goal of **restoring** prairie chicken populations **to** an annual average of 67, 000 birds over the next 10 years.

Restore A to B: 恢复 A 到 B; annual: 每年的; average: 平均数;

【译】USFWS 还设立了在未来十年里将草原榛鸡的种群数量恢复到平均每

年 6.7 万的中期目标。

And it **gives** the Western Association of Fish and Wildlife Agencies (WAFWA), a coalition of state agencies, **the job** of monitoring progress.

Give sb a job: 给某人一个工作; monitor: 监督;

【译】它还授权“西方鱼类和野生动物联合会”(国家机构的一个联盟)监督工作进程。

Overall, the idea is to **let** “states **remain** in the driver’s seat for managing the species,” Ashe said.

Let sb do sth: 让某人做某事 (sb 指的是 states)

In the driver’s seat: 在驾驶人的座位上 (引申负责) manage: 管理

【译】总的来说,这个想法是让“州主要负责该物种的管理工作,”阿什说。

Not everyone buys the win-win rhetoric. Some Congress members are trying to block the plan, and at least a dozen industry groups, four states, and three environmental groups are challenging it in federal court.

But: 相信,买账 (僻义); congress: 国会; block: 阻止;

At least: 至少; challenge: 挑战,质疑; federal court: 联邦法院;

【译】并不是每个人都对这种双赢的言辞买账。一些国会议员正试图阻止这项计划,此外,至少有十二个行业团体、四个州和三个环保组织在联邦法院挑战该计划。

Not surprisingly, industry groups and states generally argue it goes too far; environmentalists say it doesn’t go far enough. “The federal government is **giving** responsibility for managing the bird **to** the same industries that are pushing it to extinction,” says biologist Jay Lininger.

Industry: 行业; 工业; extinction: 灭绝

Goes too far: 走得太远; give sth to sb. 给某人某物;

【译文】毫不奇怪,行业团体和各州普遍认为它做得太过;环保主义者则说,它做得还远远不够。生物学家杰·利宁格说:“联邦政府正在把管理这一鸟类的责任交给把这一鸟类推向灭绝的同类行业。”

Text 3

That everyone’s too busy these days is a cliché. But one specific complaint is made especially mournfully: There’s never any time to read.

Complaint: 抱怨; mournful: 悲哀的;

【译】现代社会人人都很忙，这已是老生常谈。但是其中有一种抱怨尤为让人觉得悲哀：根本没有时间阅读。

What makes the problem thornier is that the usual time-management techniques don't seem sufficient.

Thorny: 棘手的; technique: 技巧; sufficient: 足够的;

【译】使问题更棘手的是，常规的时间管理技巧似乎不足以解决问题。

The web's full of articles offering tips on making time to read; "Give up TV" or "Carry a book with you at all times."

Be full of: 充满; tips: 窍门; give up: 放弃;

【译】网站上提供了铺天盖地的关于如何腾出时间阅读的小窍门，例如“不看电视”或者“身边随时携带一本书”。

But in my experience, using such methods to free up the odd 30 minutes doesn't work. Sit down to read and the flywheel of work-related thoughts keeps spinning—or else you're **so** exhausted **that** a challenging book's the last thing you need.

Odd: 零散的; 奇怪的; flywheel: 飞轮; spin: 旋转;

Exhausted: 精疲力竭的; challenging: 有难度的;

【译】但是以我的经验来看，用这些方法挤出那零散的三十分钟起不了任何作用。坐下来阅读时，与工作有关的思绪仍像“飞轮”一样持续旋转，抑或是，你已感到精疲力竭，认为一本有难度的书是你最不需要的东西。

The modern mind, Tim Parks, a novelist and critic, writes, "is overwhelmingly inclined toward communication."

Be inclined toward: 倾向于; overwhelmingly: 压倒性地 (very)

【译】小说家兼评论家提姆·帕克斯写到，“现代人的思想非常愿意交际……

It is not simply that one is interrupted; it is that one is actually inclined to interruption." Deep reading requires not just time, but a special kind of time which can't be obtained merely by becoming more efficient.

Interrupt: 打断; be inclined to: 倾向于做某事; require: 需要;

Obtain: 获得; efficient: 有效率的;

【译】不是被打断这么简单，实际上人们本身就想要被打断”。深度阅读需要的不仅是足够的时间，而是一种特殊的时间，这种时间仅仅通过提高效率是无法获得的。

In fact, "becoming more efficient" is part of the problem. Thinking of time as a resource to be maximised means you approach it instrumentally, **judging** any given

moment **as** well spent only **in so far as** it advances progress toward some goal.

Thinking of time as a resource to be maximised (是主语)

Approach: 应对 (deal with); judge A as B: 判断 A 作为 B;

In so far as: 只要 (as long as); advance: 前进;

【译】事实上，“变得更有效率”本身就是问题的一部分。把时间看作一种有待最大化的资源意味着功利性地对待它，判定任一特定时间是否充分利用仅仅根据其是否朝着某一目标迈进。

Immersive reading, by contrast, depends on being willing to risk inefficiency, goallessness, even time-wasting.

Immersive reading: 沉浸式阅读; by contrast: 相比; be willing to do sth. 愿意做某事; goal: 目标;

【译】相反，沉浸式阅读需要人们甘愿冒低效率、无目标、甚至是浪费时间的风险。

Try to slot it in as a to-do list item and you'll manage only goal-focused reading—useful, sometimes but not the most fulfilling kind.

Slot: 插入 (list); fulfilling: 令人满意的 (satisfactory)

【译】试着把沉浸式阅读列入任务清单，你只能进行目标明确的阅读——有时有用，但不一是最令人满足的那种。加利·埃伯利在他的《神圣的时间》一书中写到，

“The future comes at us **like** empty bottles along an unstoppable and nearly infinite conveyor belt,” writes Gary Eberle in his book *Sacred Time*, and “we feel a pressure to fill these different-sized bottles (days, hours, minutes) as they pass, for if they **get by** without being filled, we will have wasted them.”

Empty bottles: 空瓶子; infinite: 无限的; conveyor belt: 传送带; get by: 通过 (pass by);

【译】“未来，就像空瓶子一样，沿着一个永不停歇且永无止境的传送带传向我们走来。当空瓶子经过的时候，填满大小不一的瓶子（天、小时、分钟）使我们倍感压力，因为，它们如果没有被填满而就此走过，我们就浪费了时间”。

No mind-set could be worse for losing yourself in a book

否定+比较级=最高级: The worst mindset is losing yourself in a book.

Mindset: 思维模式;

【译】没有什么比“沉浸在书中”更糟糕的思维模式了。

So what does work? Perhaps surprisingly, scheduling regular times for reading. You'd think this might fuel the efficiency mind-set, but in fact, Eberle notes, such ritualistic behavior helps us “step outside time's flow” into “soul time.”

Schedule: n. 时间表; v. 安排; fuel: 油; 助长; ritual: 仪式;
Time flow: 时间流;

【译】那么什么才是起作用的呢?或许答案会令人惊讶:安排固定的时间进行阅读。你可能会认为这会助长效率的思维倾向,但事实上,埃伯利指出,这种例行行为可以帮助我们“走出时间流”而走进“灵魂时间”。

You could limit distractions by reading only physical books, or on single-purpose e-readers. “Carry a book with you at all times” can actually work, too—**providing** you dip in often enough, so that reading becomes the default state from which you temporarily surface to take care of business, before dropping back down.

Distraction: 干扰; providing: 如果(if) dip in: 钻研; 沉浸;

Default state: 默认状态; temporarily: 暂时地; take care of business: 处理事情; surface: v.浮出表面

【译】你可以通过只阅读纸质书或使用专用电子阅读器来减少干扰。“随时随身携带一本书”实际上也是有用的——倘若你经常沉浸在阅读中,阅读就成为一种默认设置,这样一来,你可以暂时抽身去处理工作,然后再沉浸其中。。

On a really good day, it no longer feels as if you're “making time to read”, but just reading, and making time for everything else.

【译】在真正美好的一天中,你不再感觉是挤时间去阅读,而只是在阅读,并且是要挤时间去做其他的事情

【译文】

Text 4

Against a backdrop of drastic changes in economy and population structure, younger Americans are drawing a new 21st-century road map to success, a latest poll has found.

Against a backdrop of: 在..的背景之下(background); drastic: 急剧的;

Poll: 民意调查; draw a map: 描绘地图;

【译】一项最新民意调查显示,在经济和人口结构急剧变化的背景下,年轻的美国人正在绘制一幅新的二十一世纪成功路线图。

Across generational lines, Americans continue to prize many of the same traditional milestones of a successful life, including getting married, having children,

owning a home, and retiring in their sixties.

Generation: 一代人; prize: 重视; 珍视; milestone: 里程碑;

Own: 拥有; retire: 退休;

【译】几代美国人都依然重视许多相同的、传统的成功人生的标志，包括结婚生子，有房子并且六十多岁退休。

But while young and old mostly agree on what constitutes the finish line of fulfilling life, they offer strikingly different paths for reaching it.

Constitute: 组成; fulfilling: 令人满意的(satisfactory); strikingly: 非常(very)

【译】但是，尽管年轻人和老年人就美满生活的终点线达成一致，但他们到达这一重点线的路径却截然不同。

Young people who are still getting started in life were more likely than older adults **to** prioritize personal fulfillment in their work, **to** believe they will advance their careers most by regularly changing jobs, **to** favor communities with more public services and a faster pace of life, **to** agree that couples should be financially secure before getting married or having children, and **to** maintain that children are best served by two parents working outside the home, the survey found.

多个 to do 短语并列;

Be likely to do sth: 有可能做某事; priority: 优先权; prioritize: 优先考虑

Advance: 使进步; career: 职业; favor: 喜欢; community: 社区;

Couple: 夫妻; maintain: 坚持认为;

【译】调查发现，仍处于人生起步阶段的年轻人比年长的成年人更可能在工作中优先考虑个人的成就感，他们相信通过定期更换工作最能促进职业发展；他们喜欢有更多公共服务和更快的生活节奏的社区，他们认同在结婚或生孩子之前夫妻之间应确保经济有所保障；他们也坚持认为父母双亲都在外工作才能给孩子提供最好的保障。

From career to community and family, these contrasts suggest that in the aftermath of the searing Great Recession, those just starting out in life are defining priorities and expectations that will increasingly spread through virtually all aspects of American life, **from** consumer preferences **to** housing patterns **to** politics.

From A to B to C: 从 A 到 B 再到 C;

Contrast: 差异; aftermath: 后果; 恶果; spread through: 扩散;

Aspect: 方面; consumer preference: 消费者偏好; housing patterns: 住房模式

【译】从职业到社区和家庭，这些差异表明，在灼热的经济大衰退余波下，

那些生活刚刚起步的年轻人在定义首要事项和人生愿景，这些逐渐渗透到美国人生活的几乎所有方面，从消费喜好到住房模式再到政治。

Young and old converge on one key point: Overwhelming majorities of both groups said they believe it is **harder** for young people today to get started in life **than** it was for earlier generations.

Converge on: 汇集；聚集； overwhelming: 压倒性的； majority: 大多数；
Get started: 起步； 开始；

【译】年轻人和老年人在关键的一点上达成一致：双方以压倒性的多数认为，如今的年轻人与前几代相比，生活起步更为艰难。

While younger people are somewhat more optimistic than their elders about the prospects for those starting out today, big majorities in both groups believe those “just getting started in life” face a tougher climb than earlier generations in reaching **such** signpost achievements **as** securing a good-paying job, starting a family, managing debt, and finding affordable housing.

Somewhat: 或多或少的； optimistic: 乐观的； prospect: 前景；
Tough: 艰难的； climb: 攀爬； generation: 一代人；
Such A as: A 比如说有； secure: 获得； affordable: 可承担的；

【译】尽管与老年人相比，年轻人对于刚起步的年轻人的生活的前景多少更乐观一些，但双方的大多数都相信，与前几代人相比，那些“刚起步”的人在取得标志性成功方面面临更艰难的攀爬，如找到一份高薪工作、组建家庭、管理债务和找到付得起的住房。

Pete Schneider considers the climb tougher today. Schneider, a 27-year-old auto technician from the Chicago suburbs, says he struggled to find a job after graduating from college.

Consider A (as) B: 认为 A 就是 B
Struggle to do sth: 挣扎着做某事； 做某事不容易；

【译】皮特·施耐德认为今天的攀爬更艰难。施耐德，一位来自芝加哥郊区的 27 岁汽车技师，表示，他在大学毕业后好不容易才找到一份工作。

Even now that he is working steadily, he said, “I can’t afford to pay my monthly mortgage payments on my own, so I have to rent rooms out to people to make that happen.”

Steady: 稳定的； can’t afford to: 无法负担得起做某事； on my own: 肚子；
【译】即便现在他工作稳定，他也无法独自负担每月的按揭付款，所以不得

不把房间租出去以还月供。

Looking back, he is stuck that his parents could **provide** a comfortable life **for** their children **even though** neither had completed college when he was young.

Looking back: 回首过去 (in retrospect); provide sth for sb: 为某人提供某物; even though: 即使; neither: 两个人都不;

【译】回首过去，令他感触颇深的是，在他小时候，尽管父母没有完成大学学业，但他们仍然有能力为孩子们提供舒适的生活。

“I still grew up in an upper middle-class home with parents who didn't have college degrees,” Schneider said. “I don't think people are capable of that anymore.”

Be capable of: 能够做某事;

【译文】“父母并没有大学文凭，但我成长在一个上层中产阶级家庭。”施奈德说，“我认为人们再也做不到这样了。”

2015 年

Text 1

A new study suggests that contrary to most surveys, people are actually more stressed at home than at work.

Contrary to: 与...相反; stress: 压力

【译】一项新的研究表明，与大多数的调查相反，其实人们在家比上班压力更大。

Researchers measured people's cortisol, which is a stress marker, while they were at work and while they were at home and found it higher at what is supposed to be a place of refuge.

Be supposed to: 应该是; refuge: 避难所; measure: 衡量; 测量

【译】研究人员测量人们在上班时和在家时的皮质醇（压力大小的标志），研究者发现在被人们认为是庇护所的家这一场所中，皮质醇的含量更高。

“Further contradicting conventional wisdom, we found that women as well as men have lower levels of stress at work than at home,” writes one of the researchers, Sarah Damaske.

Contradict: 与...矛盾; conventional: 传统的; as well as: 与 (and)

【译】“进一步与传统认识相矛盾的是，我们发现女性和男性一样，在工作

时比在家中的压力更小。”其中的一位研究人员莎拉·马斯克写道。

In fact women even say they feel better at work, she notes. “It is men, not women, who report being happier at home than at work.”

【译】她指出，事实上女性甚至说她们在工作时感觉更好，“反映在家比上班更幸福的是男性而不是女性。”

Another surprise is that findings hold true for both those with children and without, but more so for nonparents. This is why people who work outside the home have better health.

Hold true: 是真的 (is true) nonparents: 不是父母;

【译】另一个出乎意料的结论是，这些发现对有孩子和没有孩子的人同样适用，但在没有孩子的夫妻身上体现得更为明显。这就是为什么在外面工作的人健康状况更好。

What the study doesn't measure is whether people are still doing work when they're at home, whether it is household work or work brought home from the office.

What the study doesn't measure: 是整句话的主语;

Brought home from office 后置定语修饰 work;

【译】该研究并没有估量的是人们回家后是否仍在工作，不论是家务劳动还是从办公室带回家的工作。

For many men, the end of the workday is a time to kick back. For women who stay home, they never get to leave the office.

Kick back: 放松 (relax) get to do sth. 做某事 (do sth.)

【译】对于许多男性来说，一天工作的结束之时就是休息放松的时间。对于待在家中的女性来说，她们永远不能离开办公室。

And for women who work outside the home, they often are playing catch-up-with-household tasks. With the blurring of roles, and the fact that the home front lags well behind the workplace in making adjustments for working women, it's not surprising that women are more stressed at home.

分析: that the home front lags well behind the workplace in making adjustments for working women, (同位语从句，具体说明 fact 的内容)

Catch up with: 追赶上; blur: 模糊; lag behind: 落后于; adjustment: 阻碍

【译】那些在外上班的女性经常要赶着做家务活。由于这种角色的模糊和家

庭大后方在给职业女性做出调整方面远远落后于工作场所，所以女性在家压力更大就不足为奇了。

But it's not just a gender thing. At work, people pretty much know what they're supposed to be doing: working, making money, doing the tasks they have to do in order to draw an income.

Draw an income: 获得收入; be supposed to :应该做某事;

【译】但这不仅仅是一个性别问题。上班时，人们非常清楚他们应该做什么：工作、赚钱，做他们必须要做的任务以获得收入。

The bargain is very pure: Employee puts in hours of physical or mental labor and employee draws out life-sustaining moola.

Bargain: 交易; pure: 简单的; 纯粹的; physical: 体力的;

Mental: 脑力的; life-sustaining: 维持生活的;

【译】交易非常简单：员工花时间付出体力和脑力劳动，从而赚取维持基本生活的薪水。

On the home front, however, people have no such clarity. Rare is the household in which the division of labor is so clinically and methodically laid out.

Clarity: 清晰度; rare: 稀少的; 罕见的; divide: 分开（名词是 division）

Lay out: 安排;

【译】然而，在家庭大后方，人们没有这样清晰的概念。家务劳动的分工很难做到不偏不倚，并且得到有序的安排。

There are a lot of tasks to be done, there are inadequate rewards for most of them. Your home colleagues—your family—have no clear rewards for their labor; they need to be talked into it, or if they're teenagers, threatened with complete removal of all electronic devices.

Adequate: 充分的; clear: 清晰的（名词是 clarity）

Talk sb into doing sth. 劝服某人做某事; threaten: 威胁;

Remove: 移除（名词是 removal）; electronic devices: 电子设备;

【译】有很多工作要做，而大多数工作没有充足的回报。你在家中的同事——你的家人——劳动没有明确的回报。你需要劝说他们去做家务，如果他们是青少年的话，还需要用切断所有电子设备来威胁他们做家务。

Plus, they're your family. You cannot fire your family. You never really get to go home from home.

【译】另外，他们是你的家人，你不能解雇你的家人，你永远不可能从家中下班再回到家。

So it's not surprising that people are more stressed at home. Not only are the tasks

apparently infinite, the co-workers are much harder to motivate.

Not only are the tasks apparently infinite (倒装结构)

The tasks are not only infinite.

Infinite: 无穷的; motivate: 激励;

【译】所以人们在家压力更大就不足为奇了,这不仅是因为任务显然无穷尽,而且家中的同事也更难激励。

Text 2

For years, studies have found that first-generation college students—those who do not have a parent with a college degree—lag other students on a range of education achievement factors.

Generation: 一代人; 产生; lag: 落后 (lag behind)

A range of: 一系列的 (a series of)

【译】多年来,研究发现,第一代大学生——那些父母没有大学文凭的学生——在一系列学业成绩指标上落后于其他学生。

Their grades are lower and their dropout rates are higher. But since such students are most likely to advance economically if they succeed in higher education, colleges and universities have pushed for decades to recruit more of them.

Dropout rate: 辍学率; be likely to do sth.可能做某事; advance: 前进; 进步;

For decades: 数十年来(文中作为插入语); recruit: 招聘; 招收;

Push to sth. 推动着做某事;

【译】他们的分数比较低,辍学率比较高。但由于此类学生一旦能够成功完成高等教育的话,他们最有可能在经济上取得突破,所以数十年来,各学院与大学都在努力多招收此类学生。

This has created “a paradox” in that recruiting first-generation students, but then watching many of them fail, means that higher education has “continued to reproduce and widen, rather than close” an achievement gap based on social class, according to the depressing beginning of a paper forthcoming in the journal Psychological Science.

Paradox: 悖论; in that: 因为; reproduce: 复制;

widen achievement gap: 扩大成就差异; based on social class: 基于社会阶层;

【译】一篇即将发表在《心理科学》杂志的文章在开头沮丧地指出: 这已经产生了一种“自相矛盾”,既招收第一代大学生,却又看着他们中许多人走向失败,这意味着高等教育在“持续复制并扩大,而不是缩小”基于社会阶层的成就差距。

But the article is actually quite optimistic, as it outlines a potential solution to this problem, suggesting that an approach (which involves a one-hour, next-to-no-cost program) can close 63 percent of the achievement gap (measured by such factors as

grades) between first-generation and other students.

Optimistic: 乐观的; outline: 给...画出轮廓; 指出 (point out)

Potential: 潜在的; approach: 方法;

【译】但是, 实际上这篇文章是十分乐观的, 因为它指出了问题的可能的解决办法, 这种方法 (一个 1 小时、几乎无成本的项目) 可以缩小第一代学生和其他学生之间 63% 的成就差距 (以诸如成绩这样的因素来衡量)。

The authors of the paper are from different universities, and their findings are based on a study involving 147 students (who completed the project) at an unnamed private university. First generation was defined as not having a parent with a four-year college degree.

Be based on: 以...为基础; involve: 包含; 涉及; private: 私有的;

Be defined as: 被定为

【译】论文的作者们来自不同的大学, 他们的研究成果基于一次研究, 这项研究涉及一所匿名私立大学的 147 名学生 (他们都完成了该项目)。第一代大学生被定义为其父母均无四年制大学学位的人。

Most of the first-generation students (59.1 percent) were recipients of Pell Grants, a federal grant for undergraduates with financial need, while this was true only for 8.6 percent of the students with at least one parent with a four-year degree.

Recipient: 接受者 (来自 receive); grant: n. 捐助; 奖学金; Financial need: 经济需求;

【译】大部分 (59.1%) 第一代大学生是佩尔奖学金的获得者, 佩尔奖学金是给予经济困难的本科生设立的一项联邦奖学金, 而那些父母双方至少有一方拥有大学文凭的学生中, 这个百分比只有 8.6%。

Their thesis—that a relatively modest intervention could have a big impact—was based on the view **that** first-generation students may be most lacking **not** in potential **but** in practical knowledge about how to deal with the issues that face most college students.

Thesis: 论点; impact: 影响; intervene: 干预 (名词是 intervention)

Be based on: 以...为基础; be lacking in: 在...方面缺乏; 缺乏...;

Not A but B: 不是 A 而是 B; deal with: 应对; 处理;

【译】他们的论题——相对小的干预就可能产生很大的影响——基于这样一个观点: 第一代大学生可能最欠缺的不是潜力而是关于如何处理他们所面临的问题的实用知识。

They cite past research by several authors to show that this is the gap that must be

narrowed to close the achievement gap.

Cite: 引用; narrow: 缩小; gap: 鸿沟; 差距;

【译】他们引用了几位作者过去的研究，说明这正是缩小成绩差距必须缩小的缺口。

Many first-generation students “struggle to navigate the middle-class culture of higher education, learn the ‘rules of the game,’ and take advantage of college resources,” they write.

Struggle to do sth. 艰难做某事; 挣扎这做某事; navigate: 导航; 应对 (deal with)

Take advantage of: 利用 (make full use of)

【译】他们写道，许多第一代大学生“艰难地应对高等教育中的中产阶级文化，学习‘游戏规则’，利用高校资源”。

And this becomes more of a problem when colleges don’t talk about the class advantages and disadvantages of different groups of students.

class: 班级; 阶级;

【译】当大学不再谈论不同学生群体的阶级优势和劣势的时候，这就更加是一个问题。

“Because US colleges and universities seldom acknowledge how social class can affect students’ educational experiences, many first-generation students lack insight about why they are struggling and do not understand how students ‘like them’ can improve.”

Seldom: 很少 (not;) acknowledge: 承认 affect: 影响; insight: 深刻见解; lack: 缺少;

【译文】“因为美国高校很少承认社会阶级能够影响学生的教育经历，许多第一代大学生不能深刻理解他们为何挣扎，也不知道像他们这样的学生该如何进步。”

Text 3

Even in traditional offices, “the lingua franca of corporate America has gotten much more emotional and much more right-brained than it was 20 years ago,” said Harvard Business School professor Nancy Koehn.

Got emotional: 变得情绪化 (become emotional) right-brained: 右脑的

【译】即使在传统意义上的办公室中，“美国公司的通用语已经比 20 年前更富情感，更多由右脑主导”，哈佛商学院教授南希·科恩说。

She started spinning off examples. “If you and I parachuted back to Fortune 500 companies in 1990, we would see much less frequent use of terms like *journey*, *mission*, *passion*.”

Parachute: 降落伞; v. 空降; frequent: 频繁的; term: 术语;

【译】她开始举出例子, “如果你和我空降到 20 世纪 90 年代财富 500 强企业, 我们会发现很少使用诸如 ‘旅程’、‘使命’、‘激情’ 等术语。”

There were goals, there were strategies, there were objectives, but we didn’t talk about *energy*; we didn’t talk about *passion*.”

【译】那时会使用 ‘目标’、‘策略’、‘目的’ 这些词语, 但不谈 ‘干劲’, 也不谈 ‘激情’。”

Koehn pointed out that this new era of corporate vocabulary is very “team”-oriented—and not by coincidence.

Era: 时代; corporate: 公司; vocabulary: 词汇;

Team-oriented: 以团队为导向的; by coincidence: 巧合;

【译】科恩指出, 新时代的公司用语是极具 “团队” 导向的——而且这不是巧合。

“Let’s not forget sports—in male-dominated corporate America, it’s still a big deal. It’s not explicitly conscious; it’s the idea that I’m a coach, and you’re my team, and we’re in this together.

Dominate: 主导; coach: 教练; v. 训练;

【译】“我们不要忘了体育运动——在男性主导的美国公司, 它依然意义重大。它不是明确具体的有意行为; 它就是这样的一种观点: 我是教练, 你们是我的队员, 我们同舟共济。”

There are lots and lots of CEOs in very different companies, but most think of themselves as coaches and this is their team and they want to win.”

Think of A as B: 认为 A 是 B;

【译】企业各不相同, 有很多很多的首席执行官, 但是他们中的大多数都自认为是教练, 认为这是他们的团队, 他们想赢。”

These terms are also intended to infuse work with meaning—and, as Rakesh Khurana, another professor, points out, increase allegiance to the firm.

Be intended to do sth. 旨在做某事; intend: 打算;

Infuse A with B: 用 B 去注入 A 中; allegiance: 忠诚度 (loyalty)

【译】这些术语是为了使工作充满意义——正如另一位教授拉凯什·库拉纳所指出的, 这些术语也是为了增强对公司的忠诚。库拉纳说,

“You have the importation of terminology that historically used to be associated with non-profit organizations and religious organizations: terms like *vision, values, passion, and purpose*,” said Khurana.

Import: 进口; 引进; terminology: 术语 (term); used to do sth. 过去做某事; be associated with: 与...有关系; religious: 宗教的;

【译】“我们引进了历史上与非营利机构和宗教组织相关的术语, 这样的术语有‘愿景’、‘价值观’、‘激情’和‘意图’。”

This new focus on personal fulfillment can help keep employees motivated amid increasingly loud debates over *work-life balance*.

Fulfillment: 成就感 (achievement); keep sb motivated: 使某人积极;

Amid=among: 在....之间; work-life balance: 工作生活平衡;

【译】在逐渐激烈的工作与家庭平衡的讨论中, 这种新兴的关注个人成就感可以让员工保持工作积极性。

The “mommy wars” of the 1990s are still going on today, prompting arguments about why women still can’t have it all and books like Sheryl Sandberg’s *Lean In*, whose title has become a buzzword in its own right.

Go on: 继续 (carry on); prompt: 促使; (encourage); debate: 辩论; Buzzword: 时髦语言;

【译】20 世纪 90 年代的“妈咪大战”今天仍在继续, 使关于女性为何不能兼顾工作与家庭的争论愈演愈烈, 并催生了像雪莉·桑德伯格的《向前一步》这类图书。该书的标题本身已经成为一个时髦术语。

Terms like *unplug, offline, life-hack, bandwidth, and capacity* are all about setting boundaries between the office and the home.

Plug: 插; Boundary: 边界;

【译】像“拔掉插头”、“离线”、“生活黑客”、“带宽”和“容量”这些术语都是关于在办公室和家庭之间设置界限。

But if your work is your “passion,” you’ll be more likely to devote yourself to it, even if that means going home for dinner and then working long after the kids are in bed.

Be likely to do sth: 有可能做某事; devote oneself to sth. 投入到某事中;

【译】但是如果你的工作是你的“激情”, 那么你就更有可能全身心投入其中, 即使那意味着你要回家吃晚饭, 孩子们入睡后还需长时间工作。

But this seems to be the irony of office speak: Everyone makes fun of it, but managers love it, companies depend on it, and regular people willingly absorb it.

Irony: 讽刺; make fun of: 嘲笑; depend on: 依赖;

Regular people: 普通人; absorb: 吸收;

【译】但这似乎是在讽刺办公室用语：每个人都取笑它，但经理喜欢它，公司依靠它，普通人愿意接受它。

As a linguist once said, “You can get people to think it’s nonsense at the same time that you buy into it.”

Linguist: 语言学家; get sb to do sth: 让某人做某事; buy into sth. 相信某事;

【译】就像一个语言学家曾经说过，“你可以让人们认为这是无稽之谈的同时还买它的账。”

In a workplace that’s fundamentally indifferent to your life and its meaning, office speak can help you figure out how you relate to your work—and how your work defines who you are.

Be indifferent to: 对....漠不关心; figure out: 弄明白; relate to: 与...有联系;

Define: 定义;

【译】在一个根本不关心你的生活和生活意义的工作场所，办公室用语可以帮你弄明白你是如何与工作相联系的——以及你的工作是如何定义你是谁。

Text 4

Many people talked of the 288,000 new jobs the Labor Department reported for June, along with the drop in the unemployment rate to 6.1 percent, as good news.

【译】许多人都在谈论美国劳工部六月份报道的 28.8 万个新增工作岗位，以及失业率降到 6.1%，认为这是个好消息。

For now it appears the economy is creating jobs at a decent pace.

【译】他们是对的。因为现在经济正以一个相当不错的速度创造工作岗位。

We still have a long way to go to get back to full employment, but at least we are now finally moving forward at a faster pace.

【译】虽然我们仍有很长的路回到充分就业，但至少我们正在以一个较快的速度前进。

However, there is another important part of the jobs picture that was largely overlooked. There was a big jump in the number of people who report voluntarily

working part-time. This figure is now 830,000 (4.4 percent) above its year ago level.

【译】然而，人们很大程度地忽略了就业形势的另一个重要的部分。申请自愿做兼职工作的人的数量激增。这一数字目前比上一年增加了 83 万（4.4%）。

Before explaining the connection to the Obamacare, it is worth making an important distinction.

【译】在解释其与奥巴马医改计划的关联之前，有必要做一个区分。

Many people who work part-time jobs actually want full-time jobs.

【译】做兼职工作的许多人实际上想要一份全职工作。

They take part-time work because this is all they can get.

【译】他们之所以做兼职，是因为他们只能找到这样的工作。

An increase in involuntary part-time work is evidence of weakness in the labor market and it means that many people will be having a very hard time making ends meet.

【译】非自愿兼职工作的上涨是劳动力市场疲软的表现，并且这意味着许多人艰难地做到收支相抵。

There was an increase in involuntary part-time in June, but the general direction has been down. Involuntary part-time employment is still far higher than before the recession, but it is down by 640,000 (7.9 percent) from its year ago level.

【译】在六月，非自愿兼职工作有所上涨，但是整体趋势是在下降。非自愿兼职工作的数量仍然比经济萧条之前高出许多，但是比一年前下降了 64 万（7.9%）。

We know the difference between voluntary and involuntary part-time employment because people tell us.

【译】因为人们告诉了我们，所以我们知道自愿和非自愿兼职工作之间的区别。

The survey used by the Labor Department asks people if they worked less than 35 hours in the reference week.

【译】劳工部进行的调查询问人们是否在所调查参考周内工作不超过 35 个小时。

If the answer is “yes”, they are classified as working part-time. The survey then asks whether they worked less than 35 hours in that week because they wanted to work less than full time or because they had no choice.

【译】如果答案是“是”，他们被归为兼职工作者。接着，调查会询问他们，在那周工作少于 35 小时是因为他们想工作时间少于全职时间还是因为别无选择。

They are only classified as voluntary part-time workers if they tell the survey taker they chose to work less than 35 hours a week.

【译】只有他们告诉调查者他们选择每周工作少于 35 小时，他们才被归类为自愿兼职工作者。

The issue of voluntary part-time relates to Obamacare because one of the main purposes was to allow people to get insurance outside of employment.

【译】自愿兼职的问题与奥巴马医疗改革有关，因为医改一个重要的目的是允许人们在非就业的情况下获取保险。

For many people, especially those with serious health conditions or family members with serious health conditions, before Obamacare the only way to get insurance was through a job that provided health insurance.

【译】对于许多人来说，尤其是那些自己或家庭成员有严重健康问题的人，在奥巴马医疗改革之前，他们获得保险的唯一方式是找到一份提供医疗保险的工作。

However, Obamacare has allowed more than 12 million people to either get insurance through Medicaid or the exchanges.

【译】然而，奥巴马医疗改革已经使得 1200 万人或通过医疗救助，或通过医疗保险交易得到了医疗保险。

These are people who may previously have felt the need to get a full-time job that provided insurance in order to cover themselves and their families.

【译】这些人此前感觉有必要找到一份提供保险的全职工作，以给自己和家人上医疗保险。

With Obamacare there is no longer a link between employment and insurance.

【译】随着奥巴马医疗改革的实施，就业和医保不再有关联。

【译文】

2014 年

Text 1

What would you do with \$ 590m? This is now a question for Gloria MacKenzie, an 84-year-old **widow** who recently emerged from her small, tin-roofed house in Florida to collect the biggest undivided **lottery** jackpot in history.

Widow: 寡妇 lottery: 彩票 undivided: 无法分割的

【译】如果你有 5.9 亿美元，你会怎么花这笔钱？84 岁的寡妇歌莉娅·麦肯兹现在面临这个问题。她住在佛罗里达州的一间小铁皮屋，前不久她去领取了独中的美国彩票历史上最大的头奖。

If she hopes her new-found fortune will yield lasting feelings of fulfilment, she could do worse than read Happy Money by Elizabeth Dunn and Michael Norton.

Yield: 产生 (produce) fulfilment: 满足 (satisfactory)

Do worse than: 最好做 (had better do sth.)

【译】如果她希望这笔新到手的财富给她带来持久的满足感的话，最好去读一下伊丽莎白·邓恩与迈克尔·诺顿合著的《快乐消费》。

These two academics use **an array of** behavioral research to show that the most **rewarding** ways to spend money can be **counterintuitive**.

An array of: 一系列的 (a series of) rewarding: 有回报的

Intuitive: 直觉的；

【译】这两位学者通过一系列的行为学研究表明：回报率最高的花钱方式可能是与直觉相反的。

Fantasies of great wealth **often involve** visions of fancy cars and extravagant homes.

Involve: 涉及；卷入 (be involved in) extravagant: 奢侈的 (luxury)

【译】一想起巨额财富，人们往往会想到名车与豪宅，

Yet satisfaction with these material purchases wears off fairly quickly. What was once exciting and new becomes old-hat; regret creeps in. It is far better to spend money on experiences, say Ms. Dunn and Mr. Norton, like interesting trips, unique meals

or even going to the cinema.

Wear off; 消退 (fade) regret: 后悔; Unique: 独特的

【译】然而这种物质消费带给人的满足感消退得相当快，曾经令人兴奋又新奇的商品变得陈旧时，后悔悄然而至。邓恩女士与诺顿先生的观点是：把钱花在体验上要好得多，比如愉快的旅行，别致的晚餐，甚至是看场电影。

These purchases often become more valuable with time—as stories or memories—particularly if they involve **feeling more connected to others**.

Valuable: 有价值的 feel connected to: 与....有联系

【译】这些消费通常会随着时间而变得更加珍贵——以故事或回忆的形式——尤其是能让你和他人联系更紧密时。

This slim volume **is packed with** tips to help wage slaves **as well as** lottery winners get the most “happiness bang for your buck.”

Be packed with: 充满了 as well as: 也 (and) wage: 工资 (salary)

【译】这本薄薄的书中写满了建议，来帮助工薪阶层与彩票赢家“从财富中获取最大的幸福”。

It seems most people would be better off if they could shorten their commutes to work, spend more time with friends and family and less of it watching television (something the average American spends a whopping two months a year doing, and is hardly jollier for it).

Commute: n.通勤，上下班; average: 普通的；平均的； jolly: 高兴 (joy)

Spend some time doing sth. 花时间做某事

【译】对于大多数人来说，过得更好的秘诀就是能缩短上下班距离，多陪陪家人和朋友，少看电视（美国民众每年要花至少两个月的时间在电视上，但他们并未因此更快乐）。

Buying gifts or giving to charity is often more pleasurable than purchasing things for oneself, and luxuries are most enjoyable when they are consumed sparingly.

Pleasure: 愉悦; purchase: 购买; luxury: 奢侈品; sparing: 有节制的

【译】我们买礼物送给别人，或是把钱捐给慈善机构，要比给自己买东西快乐得多。奢侈品有节制地购买才能让你感到真正的快乐。

This is apparently the reason McDonald's restricts the availability of its popular McRib—a marketing trick that has **turned** the pork sandwich **into** an object of obsession.

Restrict: 限制 available: 可获得的 marketing trick: 营销手段;

Obsession: 痴迷 turn A into B: 把 A 变成 B

【译】这明显就是麦当劳限量供应其广受欢迎的烤汁猪排堡的原因——是完美的营销伎俩，将猪肉三明治变成了大家痴迷之物。

Readers of Happy Money are clearly a privileged lot, anxious about fulfilment, not hunger. Money may not quite buy happiness, but people in wealthier countries are generally happier than those in poor ones.

Privilege: 特权; anxious about sth. 渴望得到某事; generally: 普遍地

【译】《快乐消费》的读者显然显然是幸运的一群人，渴望得到满足感，而不是还在为糊口而担心。金钱或许不能完全买来幸福，但富裕国家的老百姓肯定要比贫穷国家的要幸福一些。

Yet the link between feeling good and spending money on others can be seen among rich and poor people around the world, and scarcity enhances the pleasure of most things for most people.

Scarce: 稀缺的 enhance: 提升 pleasure: 愉悦

【译】然而，在全世界，无论穷人还是富人中，都可以看到“把钱消费在别人身上”和“感觉更好”之间的联系，此外，稀缺性会提升大多数人对大部分事物的愉悦感。

Not everyone will agree with the authors' policy ideas, which **range from** mandating more holiday time **to** reducing tax incentives for American homebuyers.

Mandate: 授权; 命令 incentive. 激励; 刺激;

Range from A to B: 从 A 到 B 中变化;

【译】也许有人不认同作者的政策理念，包括从延长假期时间到减少对美国购房人的税收激励的一系列内容。

But most people will come away from this book believing it was money well spent.

【译】但相信很多看过这本书的人都会认为这本书物有所值。

【译文】

Text 2

An article in *Scientific America* has pointed out that empirical research says that,

actually, you think you're more beautiful than you are.

【译】

《科学美国人》上的一篇文章指出：一些实证研究证明，事实上，你认为自己比实际更漂亮。

We have a **deep-seated** need to feel good about ourselves and we naturally **employ** a number of **self-enhancing** strategies to achieve this.

Deep-seated: 根深蒂固的; employ: 雇佣; 使用; self-enhancing: 自我提升的

【译】我们非常需要自我感觉良好，且这种需要根深蒂固，于是我们很自然地采取了一系列自我提升的策略去达成此目的。

Social psychologists **have amassed** oceans of research into what they call the “above average effect,” or “illusory superiority,” and **shown** that, for example, 70% of us **rate** ourselves **as** above average in leadership, 93% in driving and 85% at getting on well with others—all obviously statistical impossibilities.

句子结构: some psychologists have amassed research.... and shown that....;

Amass: 积累; Rate A as B: 认为 A 是 B; above average: 高于平均水平;

Get on well with others: 与其他人相处友好;

【译】社会心理学家就其所称的“高于均数效应”或“虚幻的优越感”（的现象）积累了大量的研究，并且表明，举例来说，有 70% 的人认为自己的领导力高于平均水平，在驾驶水平方面，这个数字达到了 93%，而更有 85% 的人觉得自己的交际能力在平均水平之上——所有这些显然都是统计学上的不可能事件。

We rose-tint our memories and put ourselves into self-affirming situations.

【译】我们美化自己的记忆并把自己置于自我肯定的情境下。

We become defensive when criticized, and apply negative stereotypes to others to boost our own esteem. We stalk around thinking we're hot stuff.

Defensive: 防卫的; criticize: 批评 negative: 消极的

Stereotype: 刻板印象 boost: 提升 esteem: 尊严 stalk: 大步走

【译】面对批评，我们会自我防卫，并用负面的成见对待别人来增强我们自己的自尊。我们昂首阔步并自以为是非凡的人物。

Psychologist and behavioral scientist Nicholas Epley oversaw a key study into self-enhancement and attractiveness.

Oversee: 监督; 监管 self-enhancement: 自我提升

【译】心理学家兼行为学家尼古拉斯·埃普利主导了一项有关自我提升和吸引力重要研究。

Rather than **have** people simply **rate** their beauty compared with others, he asked

them to identify an original photograph of themselves from a lineup including versions that had been altered to appear more and less attractive.

Have sb do sth. 让某人做某事; rate: 评价 compared with: 比较
Identify: 辨别 original: 最初的; version: 版本
Alter: 改变

【译】他并没有简单地要求受试者就自己的容貌和他人的进行比较来评价自己的容貌，而是要求他们从一组照片中识别出自己的原始照片照片，这些不同版本的照片中进行了修改，看起来比本人显得更好看，或者难看一些。

Visual recognition, reads the study, is “an automatic psychological process, occurring rapidly and intuitively with little or no apparent conscious deliberation.”

Automatic: 自动的; 自发的; process: 过程; intuitive: 直觉的;
Conscious: 意识的 deliberate: 深思熟虑;

【译】研究指出，视觉识别是“一种自动的心理过程，它依靠直觉快速发生，几乎没有或根本不存在明显有意识的思考”。

If the subjects quickly chose a falsely flattering image—which most did—they genuinely believed it was really how they looked.

Subject: 实验对象 flatter: 奉承 genuine: 真实的;

【译】如果受试者很快选出一张虚假的美化照片——大部分人都这么做了——那么说明他们打心底认为这就是他们真实的样子。如果你心情抑郁，就不会自我提升。

Epley found no significant gender difference in responses.

Significant: 显著的; 重要的

【译】埃普利没有发现受试者的反应有显著的性别差异，

Nor was there any evidence that those who self-enhanced the most(that is, the participants who thought the most positively doctored pictures were real) were doing so to make up for profound insecurities.

Evidence: 证据 participant: 参与者 doctor: 篡改, 修改
Make up for: 补偿

【译】也没有任何证据表明那些自我提升最强的人（即认为修饰得最漂亮的照片反映了其真实面貌的受试者）这么做是为了弥补内心深处强烈的不安全感。

In fact, **those** who thought that the images higher up the attractiveness scale were real directly corresponded with those who showed other markers for having higher self-esteem.

主干: those (定从) corresponded with those (定从): 一些人对应着另一些人

Images (higher up the attractiveness scale): 吸引力程度更强的照片

Scare: 规模; 程度

marker: 标志

self-esteem: 自尊

【译】实际上, 那些认为吸引力程度更强的照片是自己的真实形象的人恰好与那些表现出更强自尊心的人是一致的。

“I don’t think the findings that we have are any evidence of personal delusion,” says Epley. “It’s a reflection simply of people generally thinking well of themselves.” If you are depressed, you won’t be self-enhancing.

Delude: 欺骗; 幻想;

reflection: 反应

depressed: 压抑的;

【译】“我认为实验结果不能作为人们妄想的证据,” 埃普利说, “它只能说明人们通常自我感觉良好。”如果你很沮丧, 你不会进行自我提升。

Knowing the results of Epley’s study, it **makes sense** that many people hate photographs of themselves viscerally—on one level, they don’t even **recognize** the person in the picture **as** themselves.

Make sense: 说得有道理;

recognize A as B: 把 A 认为是 B

【译】了解了埃普利的实验结果后, 也就不难理解为什么许多人打心眼里反感自己的照片——在某种层面上, 他们甚至并不承认照片中的人就是他们自己。

Facebook, therefore, is a self-enhancer’s paradise, where people can share only the most flattering photos, the cream of their wit, style, beauty, intellect and lifestyles.

Paradise: 天堂

flatter: 奉承

wit: 智慧

intellect: 知识; 智慧

【译】因此, 脸谱网就成了自我提升者的天堂, 因为人们只在上面分享他们最讨人喜欢的照片以及他们的智慧、风格、美貌、见识和生活方式中的精华部分。

It’s not that people’s profiles are dishonest, says Catalina Toma of Wisconsin-Madison University, “but they portray an idealized version of themselves.”

Profile: 轮廓;

portray: 描述 (describe)

idealized: 理想化的

Version: 版本

【译】“这并不是说人们在展现自身形象上不诚实”, 威斯康星大学麦迪逊分校的卡特琳娜·托马说, “只是他们(在社交网站上)塑造了一个理想化版本的自己。”

【译文】

Text 3

The concept of man versus machine **is** at least as old as the industrial revolution, but this phenomenon tends to be most acutely felt during economic downturns and fragile recoveries.

Industrial revolution: 工业革命 ten to do sth: 倾向于做某事

Fragile: 脆弱的; recovery: 恢复

【译】人机对抗的概念至少可以追溯到工业革命时期，然而在经济下滑、复苏乏力的情况下，这一现象给人的感受最为强烈。。

And yet, it would be a mistake to think we are right now simply experiencing the painful side of a boom and bust cycle.

Experience: 经历 boom and bust: 繁荣和衰退

【译】即便如此，认为我们此刻正处在繁荣与萧条循环周期令人痛苦的阶段的想法也并不正确。

Certain jobs have gone away for good, outmoded by machines. Since technology has such an insatiable appetite for eating up human jobs, this phenomenon will continue to restructure our economy in ways we cannot immediately foresee.

For good: 永远 (forever) since: 因为 insatiable: 难以满足的;

Appetite: 胃口 phenomenon: 现象 reconstruct: 重塑 Foresee: 预测

【译】一部分工作因被机器淘汰，早已永远地消失。由于技术对吞噬人类工作的欲望是无穷尽的，所以这一现象会继续以一种我们无法立刻预见的方式重塑我们的经济结构。

When there is rapid improvement in the price and performance of technology, jobs that were once thought to be immune from automation suddenly become threatened.

Rapid: 快速的; performance: 表现; 性能; be immune from: 不受..影响

Threaten: 威胁

【译】随着技术价格急剧下降、性能大为改善，那些曾被认为无法被自动化取代的工作也会突然受到威胁。

This argument has attracted a lot of attention, via the success of the book *Race Against the Machine*, by Erik Brynjolfsson and Andrew McAfee, who both hail from MIT's Center for Digital Business.

Attracted attention: 吸引关注 via: 通过 hail from = come from

【译】来自麻省理工数据业务中心的埃里克·布伦乔尔森和安德鲁·麦卡菲合著有《与机器赛跑》一书，通过该书的热卖，这种观点已经吸引了广泛关注

This is a powerful argument, and a scary one. And yet, John Hagel, author of *The Power of Pull* and other books, says Brynjolfsson and McAfee miss the reason why these jobs are so vulnerable to technology in the first place.

Miss the reason (why 引导定语从句);

Scary: 恐惧的; be vulnerable to: 面对....脆弱的; vulnerable: 脆弱的

【译】这是一个有说服力的但同时又让人恐慌的观点。然而著有《拉动力》和其他书约翰·哈格尔认为布伦乔尔森和麦卡菲忽视了这些工作在新技术面前脆弱的根本原因。

Hagel says we have designed jobs in the U.S. that tend to be “tightly scripted” and “highly standardized” ones that leave no room for “individual initiative or creativity.”

从句套从句的现象:

jobs in the U.S. that tend to be “tightly scripted” and “highly standardized” ones (定从)
ones that leave no room for “individual initiative or creativity.” (定从)

Leave room for: 给...留下空间; initiative: 主动性 creativity: 创造性

【译】哈格尔说,在美国我们把工作设计得“高度模式化”、“高度标准化”,这使得人们没有发挥“个人主动性和创造性”的空间。

In short, these are the types of jobs that machines can perform much better at than human beings. That is how we have put a giant target sign on the backs of American workers, Hagel says.

Perform: 表现; put a target on: 以...为目标

【译】简而言之,那是一些机器可以远远比人做得好得多的工作。这便是我们给美国工人贴上巨大的目标标签的方式,哈格尔说。

It's time to reinvent the formula for how work is conducted, since we are still relying on a very 20th century notion of work, Hagel says.

Formula: 方式; 公式 (method) conduct: 执行 (do)

Rely on: 依赖 notion: 理解 (understanding)

【译】哈格尔认为是时候彻底改进工作方式的时候了,因为到现在为止我们对工作的认识仍停留在 20 世纪。

In our rapidly changing economy, we **more than ever** need people in the workplace who can take initiative and exercise their imagination “to respond to unexpected events”.

More than ever: 相比之前; take initiative: 发挥主动性;

Respond to: 对..做出回应 unexpected: 出乎意料的

【译】在经济形势快速转变的今天,我们比以往更加需要那些在工作中可以发挥主动性、能够运用想象力“去应对突发情况”的人才。

That is not something machines are good at. They are designed to perform very predictable activities.

Perform: v.表现；执行（do） be designed to: 被设计来；旨在做某事

【译】那是机器所不擅长的事情。机器设计的初衷只是用来执行非常容易预测的行为。

As Hagel notes, Brynjolfsson and McAfee indeed touched on this point in their book.

【译】正如哈格尔所指出的，布伦乔尔森和麦卡菲在他们的书中确实提到了这一点。

We need to **reframe** race against the machine **as** race with the machine. In other words, we need to look at the ways in which machines can augment human labor rather than replace it.

Reframe A as B: 把 A 重新阐述为 B; race: 比赛；种族；

Augment: 增加（increase） rather than: 而不是； replace: 代替

【译】我们需要把“与机器赛跑”重新表述为“与机器一起赛跑”。换句话说，我们应该去关注机器增强人力的方面而不是代替人力。

So then the problem is not really about technology, but rather “how do we innovate our institutions and our work practices?”

Innovate: 创新； institution: 机构； 制度

【译】由此可见，问题并不在于技术本身，而是“我们该如何改革体制及工作方式。”

【译文】

Text 4

When the government talks about infrastructure contributing to the economy the focus is usually on roads, railways, broadband and energy. Housing is seldom mentioned.

when 引导的从句，难点是看出来在 economy 那里结束；

infrastructure contributing to the economy (对经济做贡献的基础设施-- 倒过来理解)

Infrastructure: 基础设施； contribute to: 对...贡献；

【译】当政府谈到对经济发展做出贡献的基础设施时，焦点往往落在公路、铁路、宽带和能源上，住房则很少被提及。

Why is that? To some extent the housing sector must shoulder the blame.

To some extent: 某种程度上； housing sector: 房地产行业；

Shoulder the blame: 承担指责;

【译】这是为什么呢? 在某种程度上, 房地产行业必须承担责任。

We have not been good at communicating the real value that housing can contribute to economic growth.

Communicate: v.沟通; 传达

【译】我们一直不擅长传达住房为经济增长所贡献的真正价值。

Then there is the scale of the typical housing project. It is hard to shove for attention among multibillion-pound infrastructure projects, so it is inevitable that the attention is focused elsewhere. But perhaps the most significant reason is that the issue has always been so politically charged.

Scale: 规模 housing project: 住房项目; shove for attention=attract attention. Inevitable: 不可避免的; charge: v.控诉; 负责

【译】其次是典型住房项目的规模问题。在数十亿英镑的基础设施项目中, 它很难脱颖而出获取注意力, 因此注意力集中在别的行业也不可避免。但可能最重要的原因是这个问题一直受到政治的严重制约。

Nevertheless, the affordable housing situation is desperate. Waiting lists increase all the time and we are simply not building enough new homes.

Affordable: 可支付的; desperate: 绝望的;

【译】然而, 可支付住房的处境很令人绝望。轮候名单不断增加, 而我们确实没有建造足够多的新房屋。

The comprehensive spending review offers an opportunity for the government to help rectify this. It needs to **put** historical prejudices **to one side** and take some steps to address our urgent housing need.

Comprehensive: 综合性的; review n.审核; rectify: 纠正 (correct)

Put A to one side: 把 A 放到一边; prejudice: 偏见

Take steps to do sth. 采取措施做某事; address housing need: 解决住房需求

【译】全合性开支审查为政府提供了一个调整这种情况的机会。政府需要将历史偏见放在一边, 采取措施来解决我们迫切的住房需要。

There are some indications that it is preparing to do just that. The communities minister, Don Foster, has hinted that George Osborne, Chancellor of the Exchequer, may introduce more flexibility to the current cap on the amount that local authorities can borrow against their housing stock debt.

【译】有迹象表明，政府正准备这样做。社区大臣唐·福斯特暗示道，财政大臣乔治·奥斯本可能会放宽目前地方政府住房存量债务的借贷数额的限制。

Evidence shows that 60,000 extra new homes could be built over the next five years if the cap were lifted, increasing GDP by 0.6%.

【译】有证据表明，如果限额提高的话，未来五年内可以多建造 60000 套新房，GDP 将增长 0.6%。

Ministers should also look at creating greater certainty in the rental environment, which would have a significant impact on the ability of registered providers to fund new developments from revenues.

【译】部长们还应该考虑提高房屋租赁市场的稳定性，这将会对注册的供应商把房产收入用于投资新住宅的能力产生重大的影响。

But it is not just down to the government.

【译】但这不仅仅是政府的责任。

While these measures would be welcome in the short term, we must face up to the fact that the existing £ 4.5bn program of grants to fund new affordable housing, set to expire in 2015, is unlikely to be extended beyond then.

【译】虽然这些措施在短期内将会是受欢迎的，但我们必须面对一个事实，即现有的用于资助经济适用房的 45 亿英镑拨款计划定于 2015 年到期，并且不可能延期。

The Labor party has recently announced that it will retain a large part of the coalition's spending plans if it returns to power.

【译】工党最近宣布，如果它重新执政的话，它将保留联邦的大部分支出计划。

The housing sector needs to accept that we are very unlikely to ever return to the era of large-scale public grants. We need to adjust to this changing climate.

【译】房地产行业必须承认我们不可能回到大规模公共拨款的时代。我们必须适应这个正在变化的形势。

While the government's commitment to long-term funding may have changed, the very pressing need for more affordable housing is real and is not going away.

【译】尽管政府长期资助的承诺可能已经改变了，但是对可支付房的迫切需要却是真实存在的，并且不会消失

【译文】

2013

Text 1

In an essay entitled "*Making It in America*," the author Adam Davidson relates a joke from cotton country about just how much a modern textile mill has been automated:

【译】亚当·戴维森《在美国制造》一文中提到一个有关棉产区的笑话，内容涉及现代纺织厂自动化的程度

The average mill has only two employees today, "a man and a dog. The man is there to feed the dog, and the dog is there to keep the man away from the machines."

【译】：如今的普通工厂只有两个雇员，“一个人外加一条狗”。人是负责喂狗的，狗是负责让人不要靠近机器的。”

Davidson's article is one of a number of pieces that have recently appeared making the point that the reason we have such stubbornly high unemployment and declining middle-class incomes today is largely because of the big drop in demand because of the Great Recession, but it is also because of the advances in both globalization and the information technology revolution, which are more rapidly than ever replacing labor with machines or foreign workers.

【译】戴维森的文章只是近期铺天盖地涌现出来诸多同类文章中的一篇，它们都阐述了这样一个观点：眼下失业率居高不下，中产阶级收入缩水，其实大部分是由于大萧条造成的需求大幅下降，这其中也有全球化和信息科技革命巨大进步的推动，这种进步使机器或海外劳工以前所未有的速度取代了人力劳动。

In the past, workers with average skills, doing an average job, could earn an average lifestyle. But, today, average is officially over.

【译】过去，工人只要有个一般的手艺，做份普通的工作，生活就过得还凑合。但如今，平庸时代正式结束了。

Being average just won't earn you what it used to. It can't when so many more employers have so much more access to so much more above average cheap foreign labor, cheap robotics, cheap software, cheap automation and cheap genius.

【译】不出众将不再使你拥有过去它所能给你的一切。因为现在越来越多的雇主有大把的机会接触到不错的外国廉价劳动力、便宜的机器人技术、廉价的软

件、低廉的自动化设备和要价低的人才。

Therefore, everyone needs to find their extra—their unique value contribution that makes them stand out in whatever is their field of employment.

【译】因此，人人都需要找到自身的额外价值：一种能使自己在任何职场中脱颖而出的独特价值贡献。

Yes, new technology has been eating jobs forever, and always will. But there's been an acceleration.

【译】是的，新技术一直在吞噬我们的工作岗位，并将一直持续下去。而且吞噬的速度一直在加快。

As Davidson notes, “In the 10 years ending in 2009, [U.S.] factories shed workers so fast that they erased almost all the gains of the previous 70 years; roughly one out of every three manufacturing jobs—about 6 million in total—disappeared.”

【译】如戴维森所言，“2009 年之前的十年内，美国工厂裁减工人速度很快，裁减的人数基本上等于过去 70 年新增的工人数量的总和；制造业岗位中，大约有三分之一，共计约 600 万个消失了。”

There will always be change—new jobs, new products, new services.

【译】变化总是会存在的，新工作、新产品和新服务都会出现。

But the one thing we know for sure is that with each advance in globalization and the I.T. revolution, the best jobs will require workers to have more and better education to make themselves above average.

【译】但我们确信无疑的是，全球化和信息科技革命每前进一步，最好的工作都会要求员工接收更多更优质的教育，这样他们才能脱颖而出。

In a world where average is officially over, there are many things we need to do to support employment, but nothing would be more important than passing some kind of *G.I. Bill* for the 21st century that ensures that every American has access to post-high school education.

【译文】在一个正式告别了平庸的世界，我们需要做很多事情以促进就业，但在 21 世纪，最重要的是莫过于出台《退伍军人权利法案》等诸如此类的法规，以确保每个美国人都有机会接受高等教育。

Text 2

A century ago, the immigrants from across the Atlantic included settlers and sojourners.

【译】一个世纪以前，横跨大西洋的移民中既有定居者，也有旅居者。

Along with the many folks looking to make a permanent home in the United States came those who had no intention to stay, and who would make some money and then go home.

【译】许多人期望在美国建立一个永久的家，还有一些人没打算留下来，也有一些人想在这赚些钱然后回家乡。

Between 1908 and 1915, about 7 million people arrived while about 2 million departed. About a quarter of all Italian immigrants, for example, eventually returned to Italy for good. They even had an affectionate nickname, “uccelli di passaggio,” birds of passage.

【译】1908 到 1915 年间，有大约 700 万人抵达美国，也有大约 200 万人离开。例如，约占四分之一的意大利移民最终永久返回了意大利。这些人甚至有一个深情的昵称：候鸟。

Today, we are much more rigid about immigrants.

【译】如今我们却对移民更加严苛。

We divide newcomers into two categories: legal or illegal, good or bad. We hail them as Americans in the making, or brand them as aliens to be kicked out.

【译】我们将新移民分为两类：合法的和不合法的，好的和坏的。我们将他们誉为正在形成中的美国人，或给他们打上外国人的烙印驱逐出境。

That framework has contributed mightily to our broken immigration system and the long political paralysis over how to fix it.

【译】这一思维模式在很大程度上造成我们的移民体系漏洞百出，也致使政府长期以来对修复其无能为力。

We don't need more categories, but we need to change the way we think about categories. We need to look beyond strict definitions of legal and illegal.

【译】我们不需要更多的类别，但是我们需要改变对类别的思考方式。我们需要超越合法与不合法的严格定义。

To start, we can recognize the new birds of passage, those living and thriving in the gray areas. We might then begin to solve our immigration challenges.

【译】首先，我们需要承认新“新候鸟”，即那些生活和繁荣发展在灰色地带的人们。然后我们才可以开始解决移民方面面临的挑战。

Crop pickers, violinists, construction workers, entrepreneurs, engineers, home health-care aides and physicists are among today's birds of passage.

【译】如今的“候鸟”中，有农作物收割工、小提琴家、建筑工人、企业家、工程师、家庭医护助手和物理学家。

They are energetic participants in a global economy driven by the flow of work, money and ideas. They prefer to come and go as opportunity calls them.

【译】受工作、金钱、观念的流动促使，他们是全球经济精力充沛的参与者。他们愿意跟着机会走，或来或走。

They can manage to have a job in one place and a family in another.

【译】他们能够在一个地方工作，而在另一个地方组建家庭。

With or without permission, they straddle laws, jurisdictions and identities with ease. We need them to imagine the United States as a place where they can be productive for a while without committing themselves to staying forever.

【译】不管有无许可，他们轻松地越过了法律、司法管辖区和身份的限制。

We need them to feel that home can be both here and there and that they can belong to two nations honorably.

【译】我们需要他们把美国视作一个能让他们有所成就而无需承诺永久居住的地方。我们需要他们感觉到家可以在美国也可以在他处，他们可以光荣地属于两个国家。

Accommodating this new world of people in motion will require new attitudes on both sides of the immigration battle.

【译】适应这个流动人员的新世界，需要展开移民战的双方采取新的态度。

Looking beyond the culture war logic of right or wrong means opening up the middle ground and understanding that managing immigration today requires multiple paths and multiple outcomes, including some that are not easy to accomplish legally in the existing system.

【译文】超越文化中非对即错的战争逻辑，意味着我们需要开放中间地带，并且要明白，今天的移民管理需要多管齐下，取得多种结果，包括在现有体系下通过合法手段难以达成的方式和结果。

Text 3

Scientists have found that although we are prone to snap overreactions, if we take a moment and think about how we are likely to react, we can reduce or even eliminate the negative effects of our quick, hard-wired responses.

【译】科学家发现，尽管我们很容易做出快速的过激反应，但是如果我们花时间想一想我们可能是如何反应的，就能够减轻甚至消除我们快速本能反应带来的负面影响。

Snap decisions can be important defense mechanisms; if we are judging whether someone is dangerous, our brains and bodies are hard-wired to react very quickly,

within milliseconds.

【译】快速决定可能是重要的防御机制，如果判断某人是否危险，我们的大脑和身体就会在毫秒之间本能地快速做出反应。

But we need more time to assess other factors. To accurately tell whether someone is sociable, studies show, we need at least a minute, preferably five.

【译】但是我们需要更多的时间评估其他因素。研究发现，要准确地判断某人是否善于交际，我们需要至少一分钟，最好是五分钟。

It takes a while to judge complex aspects of personality, like neuroticism or open-mindedness.

【译】判断一个人性格中的复杂的方方面面，例如神经质或者心胸开阔，则需要一段时间。

But snap decisions in reaction to rapid stimuli aren't exclusive to the interpersonal realm. Psychologists at the University of Toronto found that viewing a fast-food logo for just a few milliseconds primes us to read 20 percent faster, even though reading has little to do with eating.

【译】但是快速刺激导致的瞬间决定并不仅限于人际范畴。多伦多大学的心理学家发现，尽管阅读和进食几乎没有任何关系，浏览一个快餐标志仅仅几毫秒就会使我们的阅读速度加快 20%。

We unconsciously associate fast food with speed and impatience and carry those impulses into whatever else we're doing. Subjects exposed to fast-food flashes also tend to think a musical piece lasts too long.

【译】我们不知不觉地将快餐和速度以及急躁联系以来，并将那些冲动反应付诸我们正在做的其他事情中。当受试者眼前闪过快餐标识时，他们也趋向于认为一首乐曲持续时间太长了。

Yet we can reverse such influences. If we know we will overreact to consumer products or housing options when we see a happy face (one reason good sales representatives and real estate agents are always smiling), we can take a moment before buying.

【译】然而我们能够扭转这样的影响。如果我们知道，在看到一张笑脸的时候我们容易对消费产品或房屋选择做出过度反应（这就是优秀的销售代表和房地产代理商一直保持微笑的原因之一），我们可以在购买之前等一等。

If we know female job screeners are more likely to reject attractive female applicants, we can help screeners understand their biases—or hire outside screeners.

【译】如果我们知道女性招聘者更有可能拒绝具有吸引力的女性求职者，我们就可以帮助招聘者认识到自己的偏见——或者聘请外面的招聘人员

John Gottman, the marriage expert, explains that we quickly “thin slice” information reliably only after we ground such snap reactions in “thick sliced” long-term study.

【译】婚姻专家约翰·高特曼解释说，这些快速反应只有建立在大量信息长期研究的基础上，我们才能可靠而又快速地汲取“薄片”信息。

When Dr. Gottman really wants to assess whether a couple will stay together, he invites them to his island retreat for a much longer evaluation: two days, not two seconds.

【译】当高特曼确实想评估一对夫妇以后是否会在一起时，他会邀请他们去他的岛上寓所以便更长期的评价：是两天，而不是两秒。

Our ability to mute our hard-wired reactions by pausing is what differentiates us from animals: dogs can think about the future only intermittently or for a few minutes. But historically we have spent about 12 percent of our days contemplating the longer term.

【译】我们有能力通过暂停的方式减弱本能反应能力，这使得我们有别于动物：狗仅仅能够间歇地或用几分钟思考未来。

Although technology might change the way we react, it hasn't changed our nature. We still have the imaginative capacity to rise above temptation and reverse the high-speed trend.

【译文】但从历史上看，我们大约已经用了 12% 的时间思考未来。虽然技术可以改变我们的反应方式，它并没有改变我们的本性。我们仍然有想象力超越诱惑并扭转这种快速反应的趋向。

Text 4

Europe is not a gender-equality heaven. In particular, the corporate workplace will never be completely family-friendly until women are part of senior management decisions, and Europe's top corporate-governance positions remain overwhelmingly male.

【译】欧洲不是一个性别平等的天堂。特别是，除非女性能参与高层决议，企业的工作场所永远不会有完全成为家庭友好型场所，并且欧洲的高管层中男性仍然占主导地位。

Indeed, women hold only 14 per cent of positions on European corporate boards.

【译】实际上，女性在欧洲的董事会中只占有 14% 的席位。

The Europe Union is now considering legislation to compel corporate boards to maintain a certain proportion of women—up to 60 per cent.

【译】欧盟现在正在考虑立法来迫使董事会确保有一定比例的女性——该比例高达 60%。

This proposed mandate was born of frustration. Last year, Europe Commission Vice President Viviane Reding issued a call to voluntary action. Reding invited corporations to sign up for gender balance goal of 40 per cent female board membership.

【译】这个提议的产生源于一次挫折。去年，欧盟委员会副主席维维安·瑞丁发出一场志愿活动的号召。瑞丁邀请各公司参与性别平衡目标，以保证女性在董事会中占 40%。

But her appeal was considered a failure: only 24 companies took it up.

【译】但是瑞丁的呼吁被认为是失败的：只有 24 家公司接受其呼吁。

Do we need quotas to ensure that women can continue to climb the corporate ladder fairly as they balance work and family?

【译】难道我们需要定额来确保女性在兼顾家庭与工作的同时继续公平地攀爬公司晋升阶梯吗？

“Personally, I don’t like quotas,” Reding said recently. “But I like what the quotas do.” Quotas get action: they “open the way to equality and they break through the glass ceiling,” according to Reding, a result seen in France and other countries with legally binding provisions on placing women in top business positions.

【译】“就个人而言，我不喜欢限额，”瑞丁最近说，“但是我喜欢定额所达到的效果。”瑞丁表示，定额会产生作用：它们“开辟通往平等之路”就法国及其他国家的结果来看，制定这在法国和其他国家初见成效，这些国家对女性在企业高管所占比例有明文规定。

I understand Reding’s reluctance—and her frustration. I don’t like quotas either; they run counter to my belief in meritocracy, governance by the capable.

【译】我明白瑞丁的不情愿和她的挫败感。我也不喜欢定额，它有悖于我所信仰的精英管理这一理念

But, when one considers the obstacles to achieving the meritocratic ideal, it does look as if a fairer world must be temporarily ordered.

【译】。但是，考虑到实现精英管理这一理想面临的诸多障碍，确实看起来必须借助于命令才能让社会变得更公平。

After all, four decades of evidence has now shown that corporations in Europe as well as the US are evading the meritocratic hiring and promotion of women to top

position—no matter how much “soft pressure” is put upon them.

【译】毕竟，四十年的证据已经表明，不管给它们施加了多少“软压力”，欧洲与美国的公司都在回避精英选材并拒绝女性向高层的晋升。

When women do break through to the summit of corporate power—as, for example, Sheryl Sandberg recently did at Facebook—they attract massive attention precisely because they remain the exception to the rule.

【译】当女性真正突破打入公司的权力高层时——例如桑德伯格最近在脸谱网上那样——她们会引起广泛的关注，只因为她们仍然是规则中的例外。

If appropriate public policies were in place to help all women—whether CEOs or their children’s caregivers—and all families, Sandberg would be no more newsworthy than any other highly capable person living in a more just society.

【译】如果存在合适的公共政策来帮助所有的女性——无论是首席执行官还是她们孩子的看护者——和所有的家庭，那么在这样一个更为公平的社会中，桑德伯格就不会比其他任何一位优秀人才更具新闻价值了。