

extreme edges of society, life is most often lived in the quiet centre. And daring to dream of a better life for ourselves and our families is enough to make anyone's heart take flight. Feel ... your ... heart ... beat. ◆R

的，因为通常当最伟大的冒险在社会的边缘地带进行着的同时，人们往往得以在其平静的中心地带生活。而对于我们自己和我们的家庭来说，敢于去梦想并追求一种更好的生活已经足以让每个人的心跳加速了。去感受……你的……心跳吧！◆R

11) insatiable [ɪn'seɪjəbl̩] adj. 不知足的，贪得无厌的

12) free-fall 跳伞者在降落伞张开之前的自由降落

13) base-jumper 定点跳伞者或低空跳伞者，这类跳伞属极限运动的一种



10 Easy Steps to Live the Green Life

简易十招，

绿色生活

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小狐译

所谓“绿色生活”，是指将环境保护与我们日常衣食住行融为一体的一种全新的生活方式。在物质生活日益丰富的今天，越来越多的都市人开始选择更为健康的生活方式，他们骑单车、做瑜伽、穿天然棉麻衣物，吃有机食品，做爱护环境、身心健康的乐活族（LOHAS）。其实只要你稍微改变一下自己的生活方式，你也能成为环保一族。下面小编为你支上十招，如果你还有什么经验记得要和大家分享哦！^_^



1. Save Water with Powder¹⁾ Detergents

Liquid laundry detergents are approximately 80 percent water. It costs energy and packaging to bring this water to the consumer.

1. 使用粉状洗涤剂以节约用水

液态洗涤剂的成分中大约有80%是水，而要将这些水加工成洗涤剂再出售给消费者需消耗能量而且要额外的包装。



2. Change Your Light Bulbs

Replacing 3 frequently used light bulbs with ²⁾**compact fluorescent bulbs** will save approximately 300 lbs. of carbon dioxide.

2. 更换你的电灯泡

将三个你最常使用的电灯泡换成节能型荧光灯泡，这样将少排放大约300磅的二氧化碳。



3. Use Recycled Paper

By switching to 100% ³⁾**post-consumer recycled paper** when printing, you save approximately 5 lbs. of carbon dioxide per ⁴⁾**ream** of paper.

3. 使用再生环保纸

打印时改用100%的循环再利用纸张，每使用一令纸你就能少排放大约5磅的二氧化碳。（小编支招：还提倡双面打印！）



4. Save a Tree

If every household in the United States replaced one box of 85 sheet virgin fiber facial tissues with 100% recycled ones, the savings amount to 87,700 trees. Buy recycled paper products for your living spaces, bathrooms, and kitchen.

4. 挽救一棵树木

如果全美国的每个家庭都能用100%的再生纸来替代一盒85抽的原生纤维面巾纸，那就等于挽救了87700棵树木。请为你的起居室、浴室和厨房购买再生纸产品。

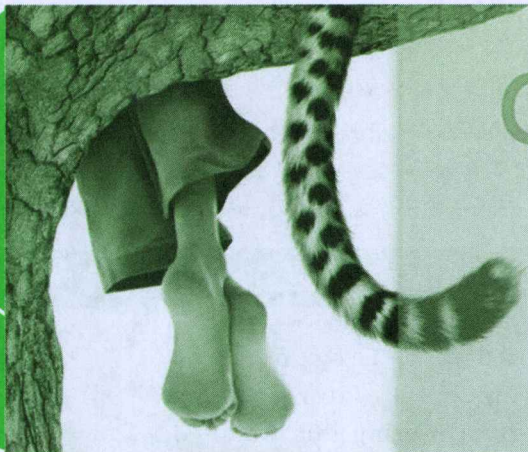
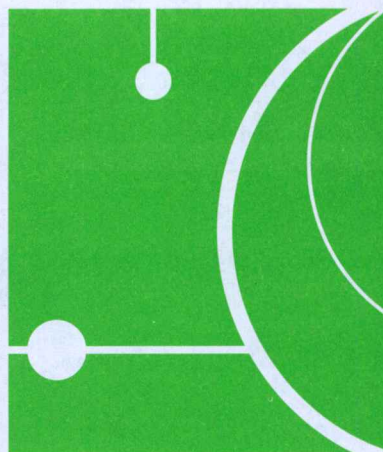


5. Ride Your Bike

For every mile you ride your bike instead of driving a car, you avoid the production of about one pound of carbon dioxide.

5. 骑自行车出行

如果你选择骑自行车而不是开汽车出行，那么每英里你将少产生大约1磅的二氧化碳。



Green Life



- 1) detergent [di'tɜ:dʒənt] n. 清洁剂, 去垢剂
- 2) compact fluorescent bulb 节能型荧光灯泡
- 3) post-consumer recycled paper 循环再利用纸张
- 4) ream [ri:m] n. 令, 纸张的计量单位, 一般以500张规定尺寸的整裁平版纸为一令
- 5) thermostat ['θɜ:məstæt] n. 恒温器, 温度调节装置
- 6) module ['mɒdju:l] n. 模数, 机型



6. Check Your Water Heater

6. 检查你的热水器

By keeping your water heater's ⁵⁾thermostat lower than 120°F, you save 550 lbs. of carbon dioxide a year.

将你的热水器的恒温器控制在华氏120°F (即摄氏49°C) 以下, 你每年将少排放550磅二氧化碳。



7. Change Your Thermostat

7. 调节恒温装置

Conserve fuel by turning down the heat at night and while you are away from your home. Setting your air-conditioning thermostat at 76 degrees during the summer will dramatically reduce your electricity bill as well as your carbon dioxide emissions.

在夜晚或当你外出时, 调低暖气温度以节约燃料。在夏季将你的空调恒温器设置在华氏76度 (即摄氏24度) 将显著地降低你的电费以及二氧化碳排放量。



8. Manually Mow Your Lawn

8. 人工修剪你的草坪

Mowing for an hour with a gasoline-powered lawn mower is equivalent to a 350-mile drive in a car. Consider pushing a lightweight reel mower, you'll burn more calories!

每使用一小时的以汽油为动力的割草机相当于开汽车行驶了350英里。可以考虑自己推一部轻型卷轴式割草机, 你还能多燃烧点卡路里减肥呢!



9. Reduce Your Garbage

9. 减少垃圾

Buy products with less packaging and recycle paper, plastic, and glass. You can save around 1,000 lbs. of carbon dioxide per year by reducing, reusing, and recycling.

购买包装简单的物品并循环使用纸张、塑料和玻璃。通过减少用量、反复使用和回收利用, 每年你能少排放约1000磅的二氧化碳。(小编支招: 还有多用环保购物袋, 少用塑料袋!)



10. Fill Your Dishwasher

10. 装满你的洗碗机

Run your dishwasher only with a full load. Save approximately 100 lbs. of carbon dioxide per year. Eco-friendly ⁶⁾modules save even more energy and water! ♣R

只有装满了碗筷才开动你的洗碗机, 这样每年将少排放约100磅的二氧化碳。使用环保型洗碗机将节约更多的能源和水! (小编支招: 同样也适用于洗衣机!) ♣R

There are three classes of men; the retrograde(退化的), the stationary(固定的) and the progressive.

—Johann Kaspar Lavater