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## Turn down the volume: WHO takes aim at harmful smartphone use

调低音量：世卫组织对不健康的智能手机使用行为宣战

**turn down**：减少，调低

近义词：reduce

**volume** /'vɒljʊm/: n. 册，卷；容积；音量；大量

搭配短语：a ten-volume set 十卷套

搭配短语：adjust the volume 调音量

搭配短语：the volume of traffic/production/trade/work 车流量/产量/贸易量/工作量

搭配短语：volumes of smoke/steam：大量的烟/蒸汽

**WHO**：the World Health Organization 世界卫生组织

**take aim at sth./sb.**：用武器瞄准；对（某事、某人）宣战

例句：The policy takes aim at speculation in the stock market. 该政策旨在瞄准股票市场的投机行为。（**speculation**：n. 猜测；投机）

More than one billion young people risk damaging their hearing through excessive use of smartphones and other **audio devices**, the UN warned Tuesday, proposing new safety standards for safe volume levels.

联合国周二警告称，超过 10 亿年轻人因为过度使用智能手机及其它音频设备，面临听力受损的风险，对此，它提出了新的安全音量范围的标准。

**excessive**/ɪk'sesɪv/: adj. 过量的，过度的

英文释义：too much

例句：Excessive exercise can sometimes cause health problems.

**audio devices**: 音频设备

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In a **bid** to **safeguard** hearing, the World Health Organization and International **Telecommunications** Union issued a **non-binding** international standard for the **manufacture** and use of audio devices.

为了保障人们的听力健康，世界卫生组织和国际电信联盟发布了一项关于音频设备制造和使用的非强制性国际标准。

**bid**/bɪd/: n. 出价；尝试，企图

近义词：attempt, effort

搭配短语：in a bid to do sth./in a bid for sth. 力图做

相关词汇：in an attempt/effort to do sth.

**safeguard**/'seɪfɡɑːrd/: v. 保护，维护

英文释义：to protect something from harm

例句：The company has a duty to safeguard the interests of its employees.

**telecommunications** /tə'leɪkəməjuːnɪ'keɪʃ(ə)nz/: n. 电信学；电信

词根词缀：tele- (a combining form meaning "distant", especially "transmission over a distance".)

相关词汇：communication (n. 交流；信息；通信)

搭配短语：a telecommunications network/satellite 远程通信网络/通信卫星

**non-binding**/'nɒːn'baɪndɪŋ/: adj. 没有约束力的

词根词缀：non- (否定)

反义词：binding (adj. 有约束力的)

搭配短语：a binding agreement

**manufacture**: v. 大量生产；n. 大量生产；工业品

搭配短语：manufactured goods: 工业品

例句：Vitamins cannot be manufactured by our bodies. 维生素无法由人体生成

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Young people are particularly **prone** to risky listening habits. Around half of those between the ages of 12 and 35, or 1.1 billion people, are at risk due to “**prolonged** and excessive exposure to loud sounds, including music they listen to through personal audio devices,” the UN health agency said.

年轻人特别容易养成有害的用耳习惯。全球 12 岁至 35 岁的人中，约半数（即 11 亿人左右）面临听力受损的风险。这个联合国的健康机构称，造成这个现象的原因在于“长时间过度暴露在高分贝声音下，包括他们通过个人音频设备听到的音乐”。

**be prone to (sth./doing sth.):** 有...倾向的

英文释义：You're likely to do this thing and perhaps suffer from it in some way.

例句：Some people are prone to headaches.

**prolong:** v. 延长

相关词汇：prolonged (adj. 持久的)

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Currently, about five percent of the global population, or some 466 million people, including 34 million children, suffer from **disabling** hearing loss. WHO considers a volume above 85 **decibels** for eight hours or 100 decibels for 15 minutes as unsafe.

目前，全球近 5% 的人口——约 4.66 亿人——饱受残疾性听力损失之苦，其中有 3,400 万是儿童。世卫组织认为，暴露在超过 85 分贝下长达 8 小时，或者在超过 100 分贝的环境下待上 15 分钟，即为不安全。

**disable:** v. 致残；使无资格

例句：The thieves disabled the alarm before breaking in. 贼人在闯入之前破坏了报警器

搭配短语：be disabled from doing sth 无资格做某事

**decibel** /'desɪbel, 'desɪbəl/: n. 分贝；响度

词根词缀：deci- (十分之一)

缩写：dB

文化补充：美国发明家 Alexander Graham Bell

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WHO is calling for **parental** as well as automatic volume controls on audio devices to prevent dangerous use.

世卫组织正在呼吁对音频设备添加家长控制功能以及自动音量控制功能，以防止危险的使用行为。

**parental:** adj. 家长的

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While some smartphones and other audio devices already offer some of these features, the UN would like to see a **uniform** standard used to help protect against disabling hearing loss.

虽然有些智能手机和其他音频设备已经提供了其中的一些功能，但联合国希望看到一个统一的标准来帮助防止残疾性听力损失。

**uniform** /'ju:nəfɔ:rm/: adj. 统一的，一致的

词性拓展：uniform (n. 制服)

例句：They are in uniform.

词根词缀：uni- (单一的)

相关词汇：unicycle (n. 独轮车)

词根词缀：form (形态，形状)

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"Think of it like driving on a highway, but without a **speedometer** in your car or a speed limit," Shelly Chadha of the WHO told reporters in Geneva. "What we've proposed is that your smartphones come **fitted** with a speedometer, with a measurement system which tells you how much sound you're getting and tells you if you are going over the limit."

“把这想象成在高速公路上行驶，但是你的车里没有速度计或者公路不限速，”世界卫生组织的 Shelly Chadha 在日内瓦对记者说：“我们建议的是，给你的智能手机安装一个‘速度计’，一个可以告诉你听到的声音有多大，以及你是否超过安全范围的测量系统。”

**speedometer** /spi:'dɑ:mɪtər/: n. 速度计

词根词缀：speed 速度

词根词缀：-meter 测量...的仪表

**fit** /fɪt/: v. 安装，配备；适合，合身

派生词：one-size-fits-all (adj. 均码的，通用的)

例句：She's been fitted with an artificial leg. 她配有假腿。

搭配短语：be/come fitted with sth.

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原文：

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WHO is calling for parental as well as automatic volume controls on audio devices to prevent dangerous use.

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