

流利阅读 2019.2.24

#英语/流利阅读/无笔记版

下载 笔记版/无笔记版 pdf资料：[GitHub - zhbink/LiuLiYueDu: 流利阅读pdf汇总](#)

本文内容全部来源于流利阅读。流利阅读对每期内容均有很好的文章讲解，向您推荐。

您可以关注微信公众号：[流利阅读](#) 了解详情。



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

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。

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。

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”。

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。

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。

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。

"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。”

——— 文章来源 / 法新社

重点词汇

turn down

减少，调低

- 近义词：reduce
- 相关短语：turn up the volume

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.

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.

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.
- 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.

non-binding/ˌnɒn'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

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.

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

uniform/'juːnəfɔːrm/

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)

speedometer/spiː'dɑːmɪtər/

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.
- 搭配短语：be/come fitted with sth.