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## Why (some) humans are born to have a beer belly

为什么（一些）人天生就有啤酒肚

be born to do: 天生就

Scientific literature on excess weight and health is expanding along with global **waistlines**, and yet, it's hard to find a **solid, coherent** scientific explanation for why some people get fat and others don't, and why some **overweight** people get Type 2 **diabetes** and heart disease and others don't.

全球范围内人们的腰围正在增加的同时，关于超重和健康的科学文献也在变多。然而，很难找到一个可靠且合乎逻辑的科学解释，说明为什么一些人会变胖而一些人不会，为什么一些超重的人得了 2 型糖尿病和心脑血管疾病，而另一些人没有。

Scientific literature: 科学文献

excess weight: 超重

along with: 在...同时

waistline /'weɪstlaɪn/: n. 腰围

- I started jogging recently to try to reduce my waistline. 我最近开始慢跑以减少我的腰围

- a slender waistline 苗条的腰围

- He has a bulging waistline. 鼓起的腰围

solid: 可信赖的

- =reliable

coherent /kou'hɪrənt/: adj. 连贯一致的，条理清楚的

- incoherent, 逻辑混乱的，语无伦次的

- That man was almost incoherent with fear. 那个人被吓得语无伦次了。

overweight: adj. 超重的

diabetes /,daɪə'bidiz/: 糖尿病

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Last week, an **evolutionary biologist** published a **sweeping picture** of human fat and health in the *Proceedings of the National Academy of Sciences*.

上周，一位进化生物学家在《美国国家科学院院刊》上发表了一篇关于人类脂肪和健康的全面描述。

evolutionary biologist: 进化生物学家，一群研究evolutionary biology的人（鼻祖是达尔文）

- evolutionary /ɛvə'lʊʃənəri/: 进化的，演变的

sweeping /'swi:pɪŋ/: adj. 影响广泛的，全面的

- sweeping reforms/changes

picture /'pɪktʃər/: n. 描述

- The writer paints a gloomy picture of the domestic economy. 作者把国内的经济状况描绘得一片惨淡。

Proceedings of the National Academy of Sciences: 《美国国家科学院院刊》

- academy /ə'kædəmi/: n. 研究院

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The biologist, Mary Jane West-Eberhard of the Smithsonian **Tropical** Research Institute in **Costa Rica**, has focused her work on understanding biological **variation**.

这位名叫 Mary Jane West-Eberhard 的生物学家在哥斯达黎加史密森热带研究所工作，她致力于研究理解生物变异。

tropical /'trɒpək(ə)l/: adj. 热带的

Costa Rica /kɒstə 'ri:kə/: 哥斯达黎加 

variation /,veri'eɪʃn/: n. 变化；变异

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Sometimes individuals with the same genes can show **dramatic** differences. She **proposes** that the same biological principle can explain why humans come in quite different shapes. Some people **put on** so-called **visceral** fat, surrounding **vital organs**, while others put on so-called **subcutaneous** fat on the **limbs, hips** and elsewhere. This makes a big difference in health because recent studies show it's the visceral fat that's associated with Type 2 diabetes and heart disease.

有时，具有相同基因的个体可能表现出显著的差异。她提出，同样的生物原理可以解释为何人类的体型如此不同。一些人长着所谓的内脏脂肪，这些脂肪包围着重要的器官。另一些人则在四肢、臀部和其它地方长出所谓的皮下脂肪。这对健康产生了很大的影响，因为最新的研究表明，内脏脂肪才是 2 型糖尿病和心脏病的罪魁祸首。

dramatic /drə'mædɪk/: adj. 戏剧性的；显著的；激动人心的

propose: v. 提出

put on: to become heavier, 变重, 变胖

- put on several kilos 变胖几公斤

visceral fat: 内脏脂肪

- visceral /'vɪs(ə)rəl/: adj. 内脏的，本能的

vital organs: 重要器官

subcutaneous fat: 皮下脂肪

- subcutaneous /səbkju'teɪniəs/: adj. 皮下的

limbs: n. 四肢（四肢所以加s, limb: 肢体（四肢中的一个））

hips: n. 臀部（臀有两侧所以加s? hip和hips都是臀部。牛津词典中对hip解释：a projection of the pelvis and upper thigh born on each side of the body in human beings and quadrupeds. (hips) the circumference of the body at the buttocks 。）

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She looked into visceral fat—also known as the **omentum**, a part of the immune system. It wraps around the vital organs and protects them from **infection**. But what's protective early in life can have a **downside** later. Our natural immune response often involves **inflammation**, and that has been associated with Type 2 diabetes and **coronary heart disease**.

Mary Jane West-Eberhard 研究了也被称为网膜的内脏脂肪，它是免疫系统的一部分。内脏脂肪包裹着重要的器官，让它们免受感染。但是早年具有保护功能的脂肪随后可能会产生不利影响。我们天生的免疫系统（随后对内脏脂肪）的反应包括炎症，而炎症跟 2 型糖尿病和冠心病脱不了关系。

look into : 调查, 研究

omentum /oʊ'mɛntəm/: n. 网膜

immune system: 免疫系统

- immune /ɪ'mjun/: adj. 免疫的

wrap around: 用...裹住; 环绕, 抱住

- She wrapped a scarf tightly around her face. 她用围巾紧紧地把她的脸裹住。

infection: n. 感染, 传染病

downside /'daʊnsaɪd/: n. 负面, 缺点, 缺陷 (总体来说是好事的阴暗面)

- The downside of living here is that it is expensive.

inflammation /,ɪnflə'meɪʃn/: n. 发炎, 炎症

coronary heart disease: 冠心病

- coronary /'kɔ:rənəri/: adj. 冠状动脉的

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Analyses like West-Eberhard's paper might change the way we see our **fellow** humans.

What makes a person with **gorgeous, enviable curves** different **from** someone with an **unhealthy-looking gut**? It's not necessarily that one is more "out of shape" or less self-controlled.

像 West-Eberhard 的论文这样的分析可能会改变我们看待人类同胞的方式。是什么让一个曲线迷人, 令人羡慕的人和一个人有着看起来不健康肚子的人产生不同? 原因不一定在于后者更加“身型走样”或者疏于自我管理。

fellow : adj. 同胞的, 同伴的

What makes A different from B? 是什么让A和B不同?

gorgeous /'gɔ:dʒəs/: adj. 非常美丽迷人的

- a gorgeous blonde: 一个金发美女

- gorgeous weather: 非常宜人的天气

enviable curves: 令人羡慕的曲线

- enviable /'enviəb(ə)l/: adj. 令人羡慕的 (envy v. 嫉妒)

gut /BrE ɡʌt, AmE ɡət/: n. 消化道, 内脏, 肚子

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原文:

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Sometimes individuals with the same genes can show dramatic differences. She proposes that the same biological principle can explain why humans come in quite different shapes. Some people put on so-called visceral fat, surrounding vital organs, while others put on so-called subcutaneous fat on the limbs, hips and elsewhere. This makes a big difference in health because recent studies show it's the visceral fat that's associated with Type 2 diabetes and heart disease.

She looked into visceral fat—also known as the omentum, a part of the immune system. It wraps around the vital organs and protects them from infection. But what's protective early in life can have a downside later. Our natural immune response often involves inflammation, and that has been associated with Type 2 diabetes and coronary heart disease.

Analyses like West-Eberhard's paper might change the way we see our fellow humans. What makes a person with gorgeous, enviable curves different from someone with an unhealthy-looking gut? It's not necessarily that one is more "out of shape" or less self-controlled.