

Dear Doctor Gloria,

尊敬的 Gloria 医生

My dad is hooked on Facebook.

我爸爸迷上了 Facebook。

He cannot help scrolling the feed and keeping himself updated on what is happening around him.

他忍不住滚动订阅源，并不断更新身边发生的事情。

He is also obsessed about writing 'witty' statuses and expects getting a lot of likes and comments.

他还沉迷于写“风趣的话语”的状态，并期望得到很多喜欢和评论。

He feels extremely depressed when no one responds to anything he shares.

当没有人回应他分享的任何东西时，他感到极度沮丧。

My mum is gradually withdrawing from her book club and badminton friends, opting to stay home and tweet random nonsense on Twitter.

我妈妈正逐渐远离她的书友会和羽毛球朋友，选择呆在家里，在推特上乱说。

She is on the app all the time, monitoring people's reaction to her posts.

她一直在应用程序上，监视人们对她的帖子的反应。

She is overjoyed when someone re-tweets her posts, and she gets hot under the collar when someone unfollows her.

当有人转发她的帖子时，她会欣喜若狂，而当有人对她取消关注时，她也会大发雷霆。

My sister has a compulsion to post every detail of her day on Facebook, from what she had for breakfast to what colour socks she decided to wear that day.

我妹妹有一种冲动，她会在 Facebook 上发布她一天的每一个细节，从她早餐吃了什么，到那天她决定穿什么颜色的袜子。

It almost seems like she thinks that she is a celebrity who is always the centre of attention.

她似乎觉得自己是个名人，总是众人瞩目的焦点。

I honestly can't stand her shameless selfies any more! I cringe every time she asks me if

I liked her photos yet.

我真的再也不能忍受她那无耻的自拍了！每次她问我是否看过她的照片，我都会畏缩。

Tomorrow, I'm having lunch with my brother and I already know what to expect.

明天，我要和我弟弟一起吃午饭，我已经知道会发生什么了。

He'll frantically take photos of every dish we order, and I won't be allowed to touch the food until he finishes taking photos from every possible angle.

他会疯狂地为我们点的每道菜拍照，直到他从各个角度拍照完毕，我才被允许触摸食物。

I might even have to remind him to eat.

我甚至得提醒他吃饭。

Instead of enjoying the food, he'll spend the entire meal editing the brightness and tone of the photos before posting them on Instagram.

他不会享受美食，而是会在把照片发布到 Instagram 之前，花上一顿饭的时间来编辑照片的亮度和色调。

It's my birthday next week and I'm having a celebration dinner with my family.

下周是我的生日，我要和我的家人共进庆祝晚宴。

I might use this opportunity to speak to them, but I don't know where to start.

我可以利用这个机会和他们谈谈，但我不知道从哪里开始。

Could you please give me some advice?

你能给我一些建议吗？

Anxious Girl

焦急的女孩

Dear Anxious Girl,

亲爱的焦虑的女孩

With the advancement of smartphones and mobile broadband services, there is no doubt that social media has become an integral part of everyday life.

随着智能手机和移动宽带服务的发展, 社交媒体无疑已成为日常生活中不可或缺的一部分。

The Ericsson Mobility Report predicts more than 90% of mobile data traffic will come from smartphones in five years' time.

爱立信的移动报告预测, 在未来 5 年内, 超过 90% 的移动数据流量将来自智能手机。

According to the Digital in 2017 Global Overview report, there were nearly 2.8 billion global social media users, with more than 2.5 billion doing so via mobile devices.

根据《2017 年数字化全球概览报告》(Digital in 2017 Global Overview report), 全球社交媒体用户近 28 亿, 其中超过 25 亿是通过移动设备实现的。

Hong Kong is no exception.

香港也不例外。

As of January 2017, 75% of the population were active social media users.

截至 2017 年 1 月, 75% 的人口是活跃的社交媒体用户。

For social media addicts like your family members, a digital detox might be a viable solution.

对于像你的家庭成员这样的社交媒体瘾君子来说, 数字戒毒可能是一个可行的解决方案。

A digital detox is a period of time a person spends without using smart devices.

数字戒毒是指一个人在没有使用智能设备的情况下度过的一段时间。

It aims to help people de-stress and focus on social interaction in the physical world.

它的目的是帮助人们减压, 专注于现实世界中的社会互动。

Instead of setting unattainable goals, I would suggest your family set small limits for each day.

与其设定难以实现的目标, 我建议你的家人为每一天设定一个小的限制。

For example, they could start with putting away their phones an hour before going to bed or organizing 'phone-free' dinners.

例如，他们可以在睡觉前一小时把手机放好，或者组织“无手机”晚餐。

This may encourage more conversations and family bonding time.

这可能会鼓励更多的交谈和家庭团聚的时间。

Disabling push notifications can also help your family kick the habit.

禁用推送通知也可以帮助你的家人改掉这个习惯。

Without the buzz or flashing light, they will be less inclined to check the phones.

如果手机没有嗡嗡声，他们就会更少的打开手机。

Ask them to go through the app list and turn off all non-essential notifications.

让他们浏览应用程序列表并关闭所有不必要的通知。

I am sure you will be amazed how this one little change will dramatically reduce the time they spend on the phones.

我相信你会惊讶于这一点小小的改变会大大减少他们在手机上的时间。

I believe your family members have a tendency to seek validation online.

我相信你的家人倾向于在网上寻求认可。

From what you described, they seem to feel dejected if they do not get their desired number of likes or followers.

从你所描述的，他们似乎感到沮丧，如果他们没有得到足够的赞或者关注者。

This could be detrimental to their mental health.

这可能对他们的心理健康有害。

Remind them not to let these numbers rule their lives.

提醒他们不要让这些数字主宰他们的生活。

After all, the best connections are the ones made with people who truly like them, not just 'like' them.

毕竟，最好的联系是与真正喜欢他们的人建立的关系，而不仅仅是给他们“点赞”。

Lastly, I am hosting a two-hour workshop on social media addiction next Saturday.

最后，我将在下周六主持一个为期两小时的关于社交媒体成瘾的研讨会。

The workshop begins at 5 p.m.

下午 5 点开始。

It is free and open to the public.

它是免费的，对公众开放。

I think it will be useful for your family to join.

我想你的家人加入会很有用的。

By following my advice, you will have a good time with your family next week and your family can beat social media addiction gradually.

按照我的建议，下周你会和家人度过一段美好的时光，你的家人可以逐渐戒掉社交媒体瘾。

All the best,

祝你一切顺利

Should We Use Nuclear Energy?

我们应该使用核能吗？

Right now, the biggest source of energy in the world is fossil fuel.

现在，世界上最大的能源是化石燃料。

Fossil fuels are oil, gas, and coal.

化石燃料是石油、天然气和煤。

More than 80 percent of the world's energy comes from fossil fuel.

世界上 80%以上的能源来自化石燃料。

There are many problems with fossil fuel.

化石燃料有很多问题。

One problem is that when fossil fuel is burned, it pollutes the air.

一个问题是，当化石燃料燃烧时，它会污染空气。

Also, when we take fossil fuel from the Earth, we often cause a lot of damage.

而且，当我们从地球上获取化石燃料时，我们经常会造成很多损害。

Another problem is that we are running out of it.

另一个问题是我们快用完了。

That is why we need new sources of energy.

这就是我们需要新能源的原因。

A big source of energy for many countries is nuclear power.

核能是许多国家的一大能源。

Thirty-one countries use nuclear power.

31 个国家使用核能。

Many ships also use it.

许多船只也使用它。

Nuclear power has some advantages.

核能有一些优点。

First of all, we can't run out of nuclear power.

首先，我们无法耗尽核能。

Nuclear power does not make the air dirty.

核能不会使空气变脏。

Also, if a country has nuclear power, it doesn't need to buy as much oil from other countries.

另外，如果一个国家拥有核能，它就不需要从其他国家购买那么多的石油。

However, there are also a lot of problems that come with nuclear power.

然而，核能也带来了很多问题。

For example, nuclear accidents are very serious.

例如，核事故非常严重。

In 1986, there was a nuclear accident in Ukraine.

1986 年，乌克兰发生核事故。

In the next 20 years, about 4,000 people got sick and died.

在接下来的 20 年里，大约有 4000 人患病死亡。

In 2011, there was another very serious nuclear accident in Japan.

2011 年，日本又发生了一起非常严重的核事故。

Japan is still trying to clean up the nuclear waste from the accident.

直到现在，日本仍在努力清理事故产生的核废料。

Many people don't want nuclear power in their countries.

许多人不想在他们的国家使用核能。

They say that it is not safe.

他们说这不安全。

A lot of people want their countries to use safer and cleaner ways to get electricity.

很多人希望他们的国家用更安全、更清洁的方式来获取电力。

There have been protests against nuclear energy in the United States, Russia, France, Taiwan, Japan, India, and many other countries.

美国、俄罗斯、法国、台湾、日本、印度和其他许多国家都有反对核能的抗议活动。

Although many people hate nuclear energy, more and more countries are using it.

尽管许多人讨厌核能，但越来越多的国家正在使用核能。

One reason for this is that the world is using more and more energy.

一个原因是世界正在使用越来越多的能源。

We just don't have enough fossil fuel.

但我们没有足够的化石燃料。

However, if we use nuclear power, then we may have more serious problems in the future.

但是，如果我们使用核能，那么我们将来可能会有更严重的问题。

The Most Powerful Force in Space

宇宙中最强大的力量

A black hole is a spot in space that has incredibly powerful gravity.

黑洞是太空中具有强大引力的一个点。

A hole's gravity is so strong that it pulls everything nearby into it.

这个洞的引力很强，会把附近的一切都拉进去。

It can pull stars, planets, and other things.

它可以拉动恒星、行星和其他东西。

Nothing can escape a black hole.

没有任何东西能逃出黑洞。

In fact, they are so powerful that even light cannot escape them.

事实上，它们是如此强大，甚至连光都无法逃离它们。

Scientists first started talking about black holes in the year 1783.

科学家们第一次讨论黑洞是在 1783 年。

That year, one scientist said that in the universe, there might be places with gravity strong enough to trap light.

那一年，一位科学家说，在宇宙中，可能存在引力强到足以捕获光的地方。

However, that scientist didn't use the term "black hole".

然而，那位科学家并没有使用“黑洞”这个词。

The term "black hole" was invented in 1967.

“黑洞”一词是 1967 年发明的。

Black holes are formed when a star dies.

黑洞是恒星死后形成的。

When a star dies, it collapses.

当一颗恒星死了，它会收缩。

When that happens, a huge amount of matter crowds into a very small space.

当这种情况发生时，大量的物质聚集在一个很小的空间里。

The matter becomes very, very dense.

物质变得非常，非常密。

How much matter are we talking about? Imagine a star that is the size of ten suns.

我们在谈论多少物质？想象一颗恒星有十个太阳那么大。

Imagine fitting that amount of matter into New York City.

想象一下，把这么多的物质放进纽约市。

That is what a black hole is like.

这就是黑洞的样子。

Its gravity is so powerful because it has so much matter.

它的引力是如此强大，因为它有如此多的物质。

However, not all black holes are huge.

然而，并不是所有的黑洞都是巨大的。

Scientists believe that some black holes are the size of atoms.

科学家认为有些黑洞只有原子那么大。

Although these black holes are tiny, they might have the same amount of matter that a mountain has.

尽管这些黑洞很小，但它们可能有一座山的物质。

We can't see black holes because they don't have any light.

我们看不见黑洞，因为它们没有任何光。

They are completely invisible.

它们完全看不见。

Scientists can guess where black holes are by studying nearby stars and planets.

科学家可以通过研究附近的恒星和行星来猜测黑洞的位置。

If gravity seems to be pulling the stars and planets to one spot, then scientists believe that the spot is a black hole.

如果引力似乎把恒星和行星拉到一个点上，那么科学家们相信这个点就是一个黑洞。

Some people wonder if a black hole could ever destroy the Earth.

有些人想知道黑洞是否会毁灭地球。

We do not need to worry about that.

我们不需要担心这个。

There is no black hole that is close enough to destroy the Earth.

没有一个黑洞离地球很近，足以毁灭地球。

The closest black hole is about 7,800 light years away.

最近的黑洞距离我们大约 7800 光年远。

In addition, the sun is not big enough to create a black hole.

此外，太阳还不够大，无法形成黑洞。