News Item 006- 换了环境睡不着存在科学依据

Have you ever had trouble sleeping in a new place? Lots of people do. And now researchers from Brown University in Rhode Island think they know why. They found that one-half of the brain “remains more awake” than the other half when people are trying to sleep in a new place. This appears to be a case of the brain keeping people ready for trouble in a new place, the researchers said. In their report, the researchers said many people report they have a harder time sleeping the first night at a hotel or other places outside their home. They call it “first-night effect.” In Japan they say, “If you change your pillow, you can’t sleep,” said Yuka Sasaki, one of the report’s authors. “You don’t sleep very well in a new place. We all know about it.” The researchers measured brain waves for 35 volunteers over two nights in a laboratory. The two nights were a week apart. They found during the first night the left hemisphere（半球）of the brain was more active than the right hemisphere. This was during the first deep-sleep period, the researchers said. Sasaki said a lot of questions remain. Researchers did not keep measuring brain waves all night long. So, they don’t know if the left hemisphere keeps“watch” all night. Or whether it “works in shifts” with the right hemisphere later in the night. They also do not know why the extra brain activity, at least during the first phase of deep sleep, is always on the left hemisphere. For some, this research may be calming. It is good to know that our brain is “looking out for us,” in a new place. But it may not help with sleep. That extra brain activity, at least according to this new research, makes it harder to get the sleep people need to wake up well rested in the morning.

News Item 007- 美国自杀率 呈上升 趋势

A new study by the United States Centers for Disease Control and Prevention shows suicide rates increased 24 percent between 1999 and 2014. The study showed that the number of suicides increased sharply after 2006. Economic conditions in the U.S. began to worsen at that time. A recession began in 2008. The suicide rate increased for men under the age of 75 by 43 percent between 1999 and 2014. For women under the age of 75, the greatest rate of increase was among those between 45 and 64. The suicide rate among those women was 80 percent higher in 2014 than in 1999. Men are much more likely to kill themselves than women. However, the study showed the rate of women who took their own lives grew much faster than among men. Experts say most people who try to kill themselves are not successful. They say “taking steps to try to convince someone not to kill themselves” is important. Researchers say removing the methods people use to kill themselves, such as guns or poison, can help for a short period. This can give long-term treatment time to take effect.

News Item 008- 糖尿病诊治的新成果

Two factors are critical for the successful treatment of diabetes（糖尿病）patients. First is a correct diagnosis（诊断）of the type of disease, and second—administering a dosage of appropriate drugs. A misdiagnosis and, consequently, the wrong treatment can cause many problems. “If you label someone who actually has Type II diabetes as Type I, they’ll be left on insulin（胰岛素）for the rest of their life when they don’t need it. Even worse, if someone with Type I diabetes is mislabeled as having Type II diabetes, then they may not be treated with the insulin they need, and they may suffer life-threatening complications.” A new, less expensive test, developed by the University of Exeter Medical School, measures 30 genetic variants （变体）of the patients’ DNA and calculates the risk for Type I or Type II. Individual diagnoses can be completed with a commonly used test for antibodies（抗体）. Scientists are now trying to develop an even simpler DNA-based test that could be done with as smartphone app. In the meantime, researchers in South Korea are developing a nanotechnology（纳米技术）-based adhesive strip（医用橡皮膏）that takes away pain and stress of daily injections（注射） for diabetes patients.

News Item 009- 乞丐及残障人士也可自食其力

These men are waiting for food from a local charity（慈善机构）. It may be their only meal today. Disabled, most rely on street begging to sustain them. Unlike the others queuing here, 18-year-old Aliyu Yakubu is learning to fix tricycles（三轮车）and do other metal work to earn a living. Yakubu remembers the moment he decided to quit begging.“My former class prefect（级长）saw me begging on the street and didn’t recognize me. He gave me some money. When I stretched my hand out to collect it, then he saw my face. I felt ashamed, and since then, I decided not to beg again.” Instructor Isiaka Maaji, himself physically disabled, helps people like Yakubu get off the streets and learn a trade. He got his own skills from a state-run vocational rehabilitation（再就业）training program and has been training others since 2002. Five years ago, he began encouraging physically challenged people to abandon begging. “We encourage people like us to learn skills they can use to become self-reliant to support themselves and their families, because being in the streets as beggars is a disgrace to all of us.” So far he has helped and trained 30 people. Some of whom now have their own metal workshop.

News Item 010- 女孩早婚现象

Russian law bans forced, underage and polygamous marriages（重婚）. But in Russia’s remote Caucasus region, tribal laws and traditions carry more weight than state law. And so on Saturday, 47-year old Nazhud Guchigov married a 17-year old bride. Despite laws against child marriage, in developing countries one in every three girls is married before reaching age 18. One in nine is married under age 15. The problem was discussed at a symposium（研讨会）in Morocco this week. Bangladesh（孟加拉国）, India and Niger （尼日尔）are the most affected countries with three in every four girls getting married before age 18. The practice continues mostly due to persistent poverty and gender inequality and is often arranged by a girl’s parents. “So it is at this level that we must first intervene（介入）. And the second level is at the community level,

for the community to start perceiving these dangers.” This fourteen-year-old girl in India was able to avoid the marriage her parents arranged by appealing to her school principal: “Today was to be my wedding day, I’m not getting married, I want to study.” Experts say governments in the affected countries need to do more to keep girls in the educational system and protect them from abuse and violence.