1. 敏感的司机更安全

Do you tend to get stressed out变得过度劳累；紧张 behind the wheel? That might not be a bad thing.

Researchers have discovered {that *teenager drivers* （who have *a high sensitivity* to stress） actually have *lower rates* of car accidents than their mellow怡然自得的 friends}.

*Car crashes* are *the leading cause* of death for teenagers, so *teen*青少年 *driving* is a legitimate真正的 public health issue （that deserves a lot of study）.

To create *a stressful situation* in the lab, scientists administered执行 *a math test* to 40 teenagers, all of whom had recently gotten their *drivers' licenses*许可证. The researchers measured *the teens' level* of *the stress hormone* *cortisol*皮质醇 [after the math quiz]. The higher the cortisol level, the more sensitive an individual is to *a pressurized situation*.

The researchers then tracked the teens for 18 months. And cameras （mounted inside their cars） documented记录 their driving behavior. Turned out that the teens （who had *a lower response* to stress） actually had *higher rates* of crashes / and near crashes than did those （with higher stress sensitivity）.

Calm confidence can be *a valuable attribute*属性 in some situations. But [*behind the wheel*] perhaps *the safer teen driver* is just a bit jangled（adj.）神经紧张.

坐在驾驶位置上的你是否感到压力非常大呢？也许这并不是坏处。研究人员们发现压力敏感的青年驾驶员相比别的司机，实际上遇到车祸的几率要小。

青少年非正常死亡最多的，便是车祸造成，因此青少年驾驶是一种还是有很多值得研究的法律意义上公众健康问题。

为了在实验室内制造出压力环境，科学家们对40多名最近才拿到驾照的青少年，进行了数学测试。研究人员在数学测验后，测量了这些青少年的压力荷尔蒙皮质醇水平。皮质醇水平越高,个人对于压力增加的情况越是敏感。

研究人员们之后又对青少年进行了18个月的跟踪检测。而且安装在汽车内部的摄像头，记录了他们的驾车行为。结果显示，抗压能力比较强的青年们，实际上比那些对压力敏感的人，更容易出现事故或者事故未遂。

冷静自信在某些情况下，是有显著利用价值的品质。但是就开车这事来说，或许还是神经质的年轻司机更安全。

1. stress n.精神压力;心理负担;紧张
2. get out（使）出现；作出。（消息、信息等）泄露，为人所知

get stress out变得过度劳累；紧张

1. wheel n. 方向盘
2. tee-nager= teen n.青少年，十几岁的人(指从 13 到 19 岁)
3. sensitivity adj. 易受影响的;敏感的
4. rate n.比率;频率
5. mellow [ˈme-ləʊ] adj. (尤指喝过酒或品尝过美食后)怡然自得。的v. (使)变平和;(使)变得成熟
6. leading adj.最重要的；主要的；前列的；首位的
7. legiti-mate [lɪ-ˈdʒɪ-tɪ-mət] adj. 真正的，真实的。①合法的；依法的；法律认可的. ②合情理的；有道理的；正当的

The government will not seek to disrupt *the legitimate business activities* of the defendant. 政府无意干扰被告的合法经营活动。

The New York Times has *a legitimate claim* to be a national newspaper. 《纽约时报》有理由称自己是一份全国性报纸。

1. de-serve [dɪˈzɜ:v] v.应得;应受;值得
2. stressful adj. 有压力的
3. administer v.给予；执行；管理；治理（国家）
4. corti-sol ['kɔ:tɪ-sɒl] n.皮质醇（是肾上腺在应激反应里产生的一种类激素。）
5. quiz [kwɪz] n.小型考试；简单的小测验
6. pre-ssu-rize [ˈpre-ʃə-raɪz] adj. 增压的；加压的。v.强迫；向…施加压力
7. track v.跟踪;追踪
8. mount…on… v.安装;安置;裱在……上
9. document v.记录，记载(详情)
10. attribute n.（人或物的）品质，特征
11. jangle v.（神经）紧张；刺激，烦扰（神经）
12. 饮食多样性降低，对农作物和美国造成威胁

Diets日常食物 （all around the world） have become increasingly similar. That's not good news for either human health or for crop health, according toa study in *the Proceedings*学术进程 of *the National Academy* of Sciences. 《国家科学院院刊》杂志

Scientists analyzed分析 *diet trends* [over the past 50 years]. Overall总体上看, people are eating more, and are getting more of those calories from *meat, oil and grains*谷物. But *the diversity*多样性 has gone down.

*Wheat*小麦*, rice and corn*谷物have gotten even more important. *Soybeans*大豆 and *sunflower* and *palm*棕榈树 *oil* have also become larger players. Meanwhile, crops such as *sorgum*高粱, *rye*黑麦and *cassava*木薯have dropped in relative importance. （已经下降到相对的重要性地位了）

The authors say *the trend* （towards the Western diet） contributes to *obesity*肥胖and *heart disease*，as well as *a diminished*减少了的 *diversity*多样性 （in *oral*口腔的and *gut内脏 microbes微生物*）, which is harmful对…有害的 to health.

Perhaps equally important, *the reliance*依赖（on a small group of foods） puts the crops themselves 宾补at risk from diseases or climate change.

*Study co-author*合著者 Andy Jarvis says that a more diverse（adj.多元的） global food system is critical.

Quote引述, “This is the best way, not only to combat *hunger*, *malnutrition*营养不良, and *over-nutrition*营养过度, but also to protect global food supplies against *the impacts*冲击 of global climate change.”

全世界的日常饮食已经变得越来越相似。但这对人类和农作物健康都不是个好消息。一项在《国家科学院院刊》杂志上发表的研究得出了上述结论。

科学家们对过去50年来的饮食趋势进行了分析。总体上看，人们吃的越来越多，并且从肉类、油脂以及谷类中摄取的能量增多。但食物种类的多样化，则呈现下降趋势。

小麦、水稻和谷类已经变得十分重要。大豆油、葵花籽油和棕榈油，也已经变得屡见不鲜。同时，高粱、黑麦和木薯这些农作物，已经变得相对重要。

该文章作者表示，朝西方饮食转变的这种趋势，使人们更易患肥胖症和心脏病，同时口腔和肠道内有益菌群的多样性，也会有所下降，这对人类健康会造成危害。

或许是对双方都很重要，作为食物，对一小部分农作物的依赖，使得农作物本身抵抗疾病或气候变化也有了风险。

而该文章的合著者安迪·贾维斯表示，更多样化的全球食物系统非常关键。这里引用道:“这是最好的一种方式，不仅有利于抵抗饥饿、营养不良，以及营养过剩等问题，而且对保护全球食物供应链体系应对全球气候变化带来的深远影响，也是大有助益。”

1. Diet n.日常饮食;日常食物
2. increasingly ADV 渐增地;越来越多地
3. Proceeding n.学术进程； 专报

*the Proceedings* of the National Academy of Sciences《国家科学院院刊》杂志

1. analyze ['ænə-laɪz] vt.分析； 研究
2. trend n. 走向；趋向
3. Overall总体上看
4. calory ['kælə-rɪ] n. 卡路里
5. grain n. 谷物，粮食
6. diver-sity [daɪ-ˈvɜ:-səti] n.多样性;多样化;多元性
7. Wheat n.小麦
8. corn n.麦类作物;谷物;谷粒
9. Soybean ['sɔɪ-bi:n] n. 大豆，黄豆
10. sun-flower n. 向日葵
11. palm n.棕榈树
12. player n.重要参与者
13. crop n.庄稼;作物
14. sor-ghum [ˈsɔ:gəm] n. 高粱；秫
15. rye [raɪ] n.黑麦;裸麦
16. cas-sava [kə-ˈsɑ:və] n.木薯
17. contribute to… (为…)做贡献
18. obe-sity [əʊ'bi:-sətɪ] n. 肥胖；肥胖症
19. as well as adv. 也，又。既…又…;除…之外（也）;此外

·He was out of sorts physically , as well as disordered（adj.混乱的） mentally. 他浑身不舒服, 心绪也很乱.

1. diminish v.（使）减小;（使）减弱;（使）降低。adj. 减少了的，被贬低的

*Federalism* is intended to diminish *the power* of the central state... 联邦制旨在削弱中央政府的权力。

1. oral adj.口的；口腔的
2. gut [gʌt] n.肠；消化道
3. reliance（n.） on…对…的依赖；依靠
4. at risk处于危险中
5. co-author n. 合著者
6. di-verse [daɪ-ˈvɜ:s] adj.形形色色的;各式各样的，不同的

Society is now *much more diverse* than ever before. 当今社会较之以往任何时候都要丰富多彩得多。

1. critical adj.极重要的;关键的
2. Quote [kwəʊt] v.引述;引用
3. mal-nu-trition [ˌmæl-nju:-ˈtrɪ-ʃn] n.营养不良；营养失调
4. over-nu-trition [əʊvə-nju:-'trɪ-ʃən] n. 营养过度，进食量过多
5. impact n. 冲击力，影响;作用
6. 卧室电视机，或许和儿童增重有关

Parents, it's time to get the TV out of your kids' bedroom.

About *60 percent* of all teenagers' bedrooms in the U.S. include a TV set. Now research suggests that *the mere presence* of that TV in the bedroom is linked with weight gain—regardless of how long a youngster's eyes are glued to the small screen.

The finding comes from *phone surveys* of more than 6,000 kids across the country （that probed探查 for *details* on height, weight and television practices）.

[Even when the researchers controlled for factors including age, sex, socioeconomic status, video game playing / and parenting style] their discovery was confirmed证实: a bedroom TV was clearly linked with heavier weight. The study is in *the journal* JAMA Pediatrics.

The jury is still out on why the link exists.

The researchers suggest *the weight gain* could stem from sleep disruption（n.）扰乱 / since因为shorter sleep times are associated with putting on增加（体重） pounds.

Another trigger诱因 could be increased exposure（n.）暴露 to *junk food ads* targeting kids.

Limiting TV time requires consistent一贯连续的 oversight（n.）照管. But {simply moving the TV from the bedroom} is an easy fix应急措施. It'll burn some calories too.

父母们，是时候把你孩子卧室中的电视搬出来了。

在美国60%左右的家庭中，青少年们的卧室中都有台电视机。现在一项研究表明，仅仅是卧室中有电视这个因素，就已经能和体重增加挂钩——不管你家孩子能盯着这个小屏幕看多久。

该研究发现，对全国范围内超过6000名孩子进行了电话调查，调查内容涉及详细询问身高、体重，及电视使用情况。

即使研究人员们对年龄，性别，社会经济状况，视频游戏娱乐，以及父母做事风格等因素进行控制，他们的研究发现也仍旧得到证实：卧室电视机的存在，很明显和体重增加有关。这项研究已在《美国医学协会儿科学》 杂志上发表。

关于为什么二者之间有这样的联系，仍然还不明确。研究人员们提示，体重增加也许源于睡眠紊乱。因为睡眠时间减少是和体重增加有关的。

另外的原因也许是，由于孩子们看电视时接触到了许多针对儿童投放的垃圾食品广告。

限制看电视的时间需要持续监管，但把电视直接搬出来可是简单易实现呢。而且还能消耗不少卡路里热量。

1. young-ster [ˈjʌŋ-stə(r)] n.年轻人;（尤指）少年，儿童
2. sb. is glued to sth. 完全吸引；使专注于… （glue vt. 胶合；紧附于）
3. phone surveys电话调查
4. probe v.调查；探究。用探针（或探测器等）探查，探测
5. so-cioe-conomic [ˌsəʊ-sɪ-əʊˌi:-kə'nɒmɪk] adj. 社会经济的，社会经济学的
6. Pedi-a-trics [ˌpi:dɪ'-æ-trɪks] n. 小儿科；儿科学；幼科
7. JAMA全称为*Journal* of the American Medical Association《美国医学会杂志》。
8. jury [ˈdʒʊə-ri] n.舆论的裁决；陪审团

the jury is out [on…]= the jury is still out [on…] （某事）悬而未决，仍未达成定论

The jury is still out on what kind of solutions we might undertake. 尚未确定我们可能采取何种解决办法。

1. stems from…起源于;来自;由…造成
2. dis-ruption [dɪs-'rʌpʃn] n.中断;扰乱;混乱

*The rail strike* is causing *major disruptions* at the country's ports. 铁路罢工使该国港口陷入了一片混乱。

1. put on增加（体重）puts on weight
2. pound n. 英镑；磅
3. trigger [ˈtrɪ-gə(r)] n.诱因;起因;引发…的原因。（枪）扳机；起动装置
4. exposure（n.） to something dangerous暴露;接触
5. consistent adj. (行为、态度等)一贯的，一致的，始终如一的

...his *consistent support* of free trade. 他对自由贸易始终如一的支持

1. over-sight n.照管；监督；负责
2. fix n.应急措施
3. 精心布置教室或能分散学生注意力

Remember your kindergarten幼儿园 classroom? The maps on the wall, *the charts图表 of the seasons* on bulletin公告 boards, the alphabet字母表 over the blackboard? I know I spent hours staring at the brightly colored decorations—and not listening to what my teacher was saying. Maybe you did, too. And it looks like we're not alone. The more decorations in a classroom, the more distracted思想不集中的 students may be. *So finds a study* in the journal *Psychological Science*.

Researchers observed five-year-olds in *highly decorated classrooms* and in *classrooms* （that were relatively bare）. And the kids were less able to hold their focus, spent more time off-task开小差 and had *smaller learning gains* in the busy rooms than in the bare rooms.

At that young age, *attention regulation管理 skills* aren't fully formed. And yet it's at that stage of development that children find themselves surrounded by decorations （irrelevant（adj.）不相关的 to *what they're learning* at any given time）.

The researchers are not prescribing开药方 a change （from busy to bare rooms）. They say there is more research to be done. But this study, along with和…一起 previous work, suggests that *the visual environment* can affect how young children learn their reading, writing and arithmetic算术.

还对你的幼儿园教室记忆犹新吗？墙上悬挂的地图，布告栏上的每个季度的课表，还有黑板上的字母表？我记得自己曾花数小时盯着这些明亮颜色的装饰图案——但老师讲的一句话也没听进去。

或许你也有同感。并且好像不只是你和我这样。教室里面装饰越多，学生们或许就越容易分心。这是发表在《心理学科学》杂志上一项研究得出的结论。

研究人员们分别对精心及相对简单布置的教室中的5岁儿童进行了观察。精心布置教室中的孩子们并没有将注意力全部放在学习上，更容易走神儿，记住的知识也没在相对简单环境的教室中的孩子们多。

在年幼时，掌控注意力的技能还不甚完善。然而也正是那个阶段，孩子们发现自己处于一间布置精美的教室中，但却和所要学习的知识完全无关。

研究人员并没有表明精心布置的教室需要改变。还需要更多的相关研究证明。但这项研究，以及之前的相关研究工作，都建议视觉环境能够对幼儿的阅读，写作以及算术等基本能力产生影响。

1. kinder-garten [ˈkɪndəgɑ:tn] n. 幼儿园，学前班
2. bulletin [ˈbʊlə-tɪn] n.①（电台或电视台的）简明新闻，简短消息，简讯. ②公告；布告. ③（学校、教堂等机构或团体发放的）学报，会刊，小册子
3. alpha-bet [ˈælfə-bet] n. 字母表；字母系统；入门，初步
4. dis-tracted [dɪˈs-træk-tɪd] adj.注意力分散的;思想不集中的;心烦意乱的
5. off-task开小差
6. regulation n.①(常指通过规章制度进行的)调控，管理，控制。②规则;规章;规定;制度

Social services also have responsibility for *the regulation* of nurseries... 社会福利部门也有责任对托儿所进行管理。

1. ir-rele-vant [ɪ-ˈrelə-vənt] adj.①不相关的;无关系；无关；答非所问。不切题的。②无关紧要的;不重要的

The government decided that their testimony would be irrelevant（adj.） to the case. 政府认定他们的证词与案件不相关。

Their *old hard-won skills* were irrelevant... 他们以往辛苦学得的技能没什么大用处。

1. pre-scribe [prɪ-ˈskraɪb] v.开（药、处方）. （人、法律、规则）规定，指定
2. arith-metic [əˈrɪθ-mətɪk] n. 算术，计算；算法
3. 美甲沙龙紫外线照射，或增加患皮肤癌风险

You just got your nails指甲 done at a salon美容院, and now they're drying under an ultraviolet紫外线的 lamp. They'll look great. But exposure（n.）暴露to *UV radiation*（n.）辐射could prematurely过早地 age your hands / and even *potentially潜在地 boost促进* your risk of skin cancer.

Researchers found that *the output* （from such nail salon dryers） is highly variable易变的. They measured *the amount* of irradiation辐射 from dryers （with different bulbs电灯泡） （across 16 salons）. Higher-wattage瓦特数 lamps emitted *higher levels* of harmful UV.

The researchers assumed an eight-minute UV exposure [each time]. The damage to DNA （from UV exposure） is cumulative. So *salon customers* （sitting under the highest-intensity强度 nail dryer） just eight times in two years could reach the threshold门槛 for DNA damage associated with cancer.

In contrast相比之下, users使用者 of *the lowest-emitting dryer* would need more than 200 visits [over a half century]. The study is in the journal JAMA Dermatology皮肤病学.

The small study needs to be replicated重复 on a large scale to be confirmed. But for now, the researchers advise salon-goers常客 to load up on sunscreen防晒霜 / or wear UV-blocking gloves手套 （with the fingertips lopped off剪去） [before going under the lamp]. Maybe just air dry. Oh, and try not to breathe *the nail polish*擦亮剂 *fumes* either.

你刚刚在沙龙里做完指甲，现在正在紫外灯下烤干。只有这样才能使指甲看起来更漂亮。但紫外线的辐射，会使你的手提前老化，甚至还有可能增加你患皮肤癌的风险。

研究人员们发现，美甲沙龙里的这种烘干器做出的指甲，可是十分不稳定的。它们测量了16家沙龙中的不同烘烤器上灯泡工作时发出的辐射。高功率的灯发射出高水平的有害紫外光。

研究人员假设，每次美甲进行8分钟的紫外光照射。而照射造成的DNA遗传损伤效果是能累加的。结论得出，美甲顾客们在2年内照射8次，就能造成DNA损伤足以致癌的程度。

相比之下，低辐照的烘烤器则需要顾客在50年内光顾200次以上才能造成同样的伤害。这项研究已经在 《美国医学联合会皮肤学》杂志上发表。

这样的小型研究还需要通过大量重复试验，才能有更可靠的结果。而现在，研究人员们建议，喜爱美甲的消费者提前涂抹防晒霜，或者戴上只露出指甲的防紫外辐射手套进行保护。或者只进行风干。也别忘记尽量避免呼吸到指甲油的味道。

1. make\get\have sth. done 使某事被做、请别人做某事
2. salon [ˈsælɒn] n.①美容院;美发厅;发廊。②高级服装店;时装店
3. ultra-violet [ˌʌl-trə-ˈvaɪə-lət] adj.紫外的；紫外线的（简写UV）
4. exposure（n.）to something dangerous 暴露;接触

exposure [ɪkˈs-pəʊ-ʒə(r)] n. 暴露；揭发；公开；（商品等的）展出

1. radiation [ˌreɪ-di-ˈeɪʃn] n.辐射物；放射物
2. pre-ma-turely ['pre-mə-tʃə(r)lɪ] adv.过早地；太早地；提前地
3. potentially [pə'tenʃəlɪ] adv. 潜在地；可能地
4. boost v.①使增长；推动；改进；使兴旺. ②增强，提高（信心或士气）
5. out-put n.①产量；输出量；排出量. ②（计算机、文字处理器等的）输出信息，输出文件
6. variable adj.多变的;易变的;反复无常的。 n.变量

...*a variable rate* of interest. 时高时低的利率

{*The potassium*钾 *content* of foodstuffs食物} is very variable... 食物中钾的含量差别很大。

1. ir-radi-ation [ɪ-ˌreɪ-dɪ-'eɪʃn] n. 放射，照射；辐射
2. bulb [bʌl-b] n. 球茎，块茎植物；电灯泡
3. wattage [ˈwɒtɪdʒ] n.瓦特数
4. inten-sity [ɪnˈten-səti] n. 强烈；（感情的）强烈程度；强度；烈度

→intense adj.强烈的;剧烈的;极度的

Suddenly the room filled with intense light... 突然,刺眼的强光照亮了整个房间。

1. thre-shold [ˈθreʃ-həʊld] n.adj. 门槛，入口，临界值
2. contrast n. 对比，对照；差异

→You say by contrast or in contrast, or in contrast to something 相比之下;与…相反

→one thing is in contrast to another 与…截然不同;与…对比鲜明

1. Derma-tology [ˌdɜ:mə-ˈtɒlə-dʒi] n. 皮肤病（学）；皮肤科
2. goer [ˈgəʊə(r)] （用于theatre, church, film等词之后构成名词）表示“常去…的

...excited party-goers. 兴奋的派对常客们

1. block vt. n. 阻止；阻塞；限制。（体育运动中）拦截，阻截（进球、对手等）

I started to move round him, but he blocked my way... 我准备绕过他，但他挡住了我。

*His persistent attempts* （to complain to his superiors） were blocked and ignored. 他一再试图向上级投诉，但都被挡了回来并置之不理。

1. lop [lɒp] vt. 砍伐；剪（枝）；削减；（从…）砍掉

→you lop something off （通常指快而狠地）砍下，剪去，截掉

1. 小心周围的喷嚏云

When you have to sneeze打喷嚏or cough咳嗽, do it into *the bend*弯曲处 of your arm. Sneeze into your arm with Elmo. Ah-choo! Gordon and Elmo from *Sesame Street* are right.

And *MIT researchers* recently found that viruses can travel much further than we thought. Which shows how important it is to block阻挡 coughs and sneezes.

The researchers used *high-speed imaging*成像 of folks人们 （coughing and sneezing,） along with simulations数值模拟 and *mathematical数学的 models*. The new research shows that *multiple多重的 drops travel* in a cloud. And *the cloud’s turbulence*涡流 pulls in surrounding air, which allows *the goopy粘稠的 assemblage聚集物* to maintain buoyancy浮力 / and move farther.

*Heavier particles* drop out退离出 [first], but about *five times further out* than had been previously predicted预测. And *the small ones* swirl旋转 around在周围 / and can be carried 200 times past超出 *previously predicted distances*. The research is in *the Journal* of Fluid流质的 Mechanics力学.

*Longer flight distances* means *coughs and sneezes* can often reach *ventilation通风设备 systems*. The researchers thus encourage *hospital and airplane engineers* to consider designs （that block droplet小滴 flight / and thus keep *everyone else* from catching your cold）.

当你马上要打喷嚏或咳嗽的时候，记得用手臂挡一下。和埃尔默一起打喷嚏吧，阿嚏！芝麻街的戈登和埃尔默说的很对。

而麻省理工学院的研究人员们最近就发现，病毒的移动距离比我们想象中要远的多，这就说明阻隔咳嗽和喷嚏的必要性。

研究人员使用高速动态扫描成像，记下人们咳嗽和打喷嚏的全过程，之后进行数据模拟和模型分析。这项新的研究显示呈云雾状轨迹的众多颗粒物。这种云式湍流可以搅动周围空气，从而使得粘稠物得以维持浮动形态并移动更长距离。

较重的颗粒物最先下落，但仍然比之前预测到的距离远5倍以上。小的颗粒物则会呈现蜗旋状态，并且是预测的实际能移动距离的200倍之多。这项研究已在《流体力学》杂志上发表。

远距离意味着咳嗽和喷嚏能更频繁的到达通风设备处。研究人员们因此鼓励负责医院和航空飞行器的工程师们，考虑设计可以阻断颗粒物飞行的辅助装置，从而可以保持周围附近的人与病毒携带传播者之间，更有效的空气阻隔。

1. sneeze [sni:z] n.v.打喷嚏
2. bend n. 弯曲（处）；v. 弯曲（手臂、腿等）
3. Sesame [ˈsesə-mi] n. <植>芝麻
4. block v.堵住，阻挡，挡住（去路）。阻挠；阻止；妨碍
5. folk n.人们;大家
6. along with和…一起[一道]，随着；除…以外（还）；以及；连同
7. multiple [ˈmʌl-tɪ-pl] adj.多部分的;涉及多人的;有多种用途的

He died of *multiple injuries*... 他死于多处受伤。

1. turbu-lence [ˈtɜ:-bjə-ləns] n.①动荡;骚乱;骚动;混乱。②(空气、液体或气体的)湍流,涡流，紊流
2. pull v. 拉；扯；拉过来；划（船）
3. goopy [ˈɡu:pi] adj. <俚>傻的，痴呆的； <美><俚>粘稠的，滑腻的
4. assemblage [əˈsemb-lɪdʒ] n.（人或物的）组合，集合，聚集；（聚集在一起的）一堆东西
5. buoy-ancy ['bɔɪ-ən-sɪ] n.浮力
6. drop out 离开，退出；掉出；①退学;退出(比赛等)。②拒绝接受传统规范;离经叛道;摈弃社会习俗
7. swirl [swɜ:l] v.(使)打旋;(使)旋动;(使)起旋涡
8. Fluid Mechanics [ˈflu:ɪd mɪˈkæ-nɪks] 水力学，流体力学
9. venti-lation [ˌven-tɪ-'leɪʃn] n. 空气流通；通风设备。v.使（房间或建筑）通风;使空气流通
10. drop-let [ˈdrɒp-lət] n. 小滴，微滴；小水珠
11. 舆论的压力

All rise, *the Twitter court* of public opinion民意 is now *in session*开庭. And *the next case* on the docket备审案件目录 will reach a quick verdict（n.）陪审团的裁决. Because *public opinion* solidifies使固化 [rapidly] on Twitter. That's according to a study in the journal Chaos.

Researchers collected almost *6 million tweets* [during *a six-month period*]. They sorted分类 the tweets for either positive or negative消极的 sentiments感情, then focused on *three topics*论题 related to electronics（n.）电子学.

[At first] opinions fluctuated波动, with one side gaining a slight advantage. This advantage grew gradually / and then quickly leveled off趋于稳定, leaving one opinion in a stable稳定的 and dominant占优势的 position——but without an overwhelming压倒性的 consensus一致意见.

And once *public opinion* is established, it is unlikely to change. Only *those* （who see a large number of *dissenting不同意的 opinions* among the people （they follow [on Twitter]）） will reconsider and examine the opposing viewpoint.

These results may offer a valuable lesson for companies, candidates候选人 and *anyone else* in the spotlight. If you plan to sway摇摆 the jury陪审团, be sure to make your case提出理由 early. Because [once *public opinion* stabilizes], the jury is dismissed不再考虑.

全体起立，公众舆论推特法庭现在开庭。下一个要审理的案子将要经过陪审团的快速裁决。因为在推特上，公众舆论可快速地根深蒂固。这是根据《吵闹》杂志上的一篇研究得出的结论。

研究人员们在半年内收集了6百多万的推特消息。他们将这些消息分为正面和负面，然后对有关电子应用领域的三大课题进行重点分析。

首先这些观点都是摇摆不定，总有一方时不时的占个小优势。这个小优势逐渐扩大然后迅速达到平稳状态，造成一方稳定且占据主导地位的优势——但并没有绝对性一致的情况。一旦公共舆论打好基础，就不太能被撼动了。只有那些在推特中跟贴的人群中那些看到了大部分持不同意见的人，才会重新考虑然后检验一下少数一方的观点。

这些研究结果也许对公司、竞选人以及在聚光灯下求生存的人，提供有价值的参考信息。如果你打算左右陪审团的意见，那么千万要早下手。因为一旦公众观点进入平稳阶段，陪审团的意见也是会随大流的。

1. public opinion n. 舆论，民意;公众意见
2. session n.①(议会等的)会议;(法庭的)开庭。②(某项活动的)一段时间，一场，一节

→in session开会，开庭

1. docket ˈdɒkɪt] n.备审案件目录表，（待判决的）诉讼事件表。(包裹、货物等上的)标签，单据
2. ver-dict [ˈvɜ:-dɪkt] n.①（陪审团或法官的）裁决，裁定，裁断。②（经过思考或调查后的）意见，结论
3. solidify [səˈlɪdɪ-faɪ] v.(使)凝固;(使)固化。巩固;(使)变可靠;(使)变稳固

...his attempt to solidify his position as chairman... 他为巩固自己的主席地位所作的努力

1. negative [ˈnegə-tɪv] adj.①消极的;悲观的。②(事实、局势或经历)不悦的，沮丧的，有害的。③(回答或决定)否定的，表示否认的

All this had *an extremely negative effect* on the criminal justice system. 这一切对刑事司法制度产生了极坏的影响。

Dr Velayati gave *a vague but negative* response... 韦拉亚提医生给了一个含糊而否定的回答。

1. senti-ment [ˈsentɪ-mənt] n.(基于思想或情感的)态度，情绪
2. fluc-tuate [ˈflʌk-tʃu-eɪt] v. 波动；涨落。变动;波动;上下浮动

...*the fluctuating price* of oil. 油价的浮动

1. level n.水平；程度；等级。

→adj.（与…）等高的，齐平的（one thing is level with another thing）

He leaned over the counter / so his face was almost level with the boy's... 他倾身伏在柜台上，一张脸几乎凑到小男孩的面前。

→ADV靠近地；接近地

Just before we drew [level] with the gates, he slipped out of the jeep / and disappeared into the crowd... 我们快到门前时，他溜出吉普车，消失在人群中。

→a changing number or amount levels off or levels out, （数字或数量）趋向平缓，趋于稳定

·Inflation is finally levelling out at around 11% a month. 通货膨胀率最终稳定在每月11%左右。

→an aircraft levels off or levels out, （飞机在爬升或下降后）进入平飞

1. stable adj.①稳定的;稳固不变的。②(性格)平和稳重的，持重的
2. dominant [ˈdɒmɪ-nənt] adj.占支配（或统治）地位的;占优势的;显著的

She was a dominant figure in the French film industry. 她在法国电影界是个举足轻重的人物。

1. con-sensus [kənˈsen-səs] n.一致看法;共识
2. established adj.已被认可的;已被接受的。已建立的；已设立的
3. dissenting [dɪ'sen-tɪŋ] n.(尤指与多数人或权威人士的)意见不一致,意见分歧

→dissent v.不同意，持异议(尤指与多数人或权威人士支持的观点、决定相左)

1. make a case for… 证明(某看法), 提出充分的理由（case 理由，一系列理由或支持性的事实；论据）

make *a/the case* that 提出理由、事实证明

1. dismiss [dɪsˈmɪs] v.①不考虑;不理会。(从头脑中)去除;不再考虑;抛弃。(法官)驳回，不予受理。②解雇;免…的职;开除

I wouldn't dismiss it out of hand. 我不会不假思索地摈弃它。

...the power （to dismiss *civil servants* who refuse to work）... 开除拒不上班的公务员的权力

1. 音乐类型影响步幅

As a recent 60-Second Science podcast播客 explained, music syncs up同步 the heartbeats of singers唱歌的人. Now comes a study （on *music* and *the steps of walkers*）. It’s not just the beat节拍 that affects a walker's pace. Scientists discovered that even at the same tempo节拍的速度, different types of music affect stride步幅 differently. The study is in the journal PLoS ONE.

Researchers created 52 different 30-second musical excerpts（n.）摘录. Although all songs shared the same tempo and meter, they ranged在一定幅度内变化 from a simple metronome节拍器 ticking钟表的嘀嗒声 to a traditional Irish爱尔兰的 tune to Van Halen摇滚乐队名. As subjects listened, they walked around an open field 伴随状wearing sensors传感器 to measure stride步幅 length and timing. Afterwards, they rated each song with *qualitative descriptions*定性描述.

Although *the participants*参与者 stepped to the same beat for each song, they lengthened延长 or shortened their strides步幅 for different types of music, which modified their speed. In general一般而言, longer strides accompanied songs （rated as aggressive and loud响亮的）. So if you want to *pick up the pace*加快步伐, don't just choose a fast jam即兴演奏—find one that pumps up给自己打气 your energy as well.

之前一篇文章讲到音乐能让演唱者心跳同步。现在有篇研究是关于音乐与走路者步幅的关系。不仅是节拍影响走路者的步幅。科学家发现即使是相同的拍子，不同的旋律也会产生不同的影响。研究发表在公共科学图书馆期刊上。

研究者制作了52段不同的音乐片段，都有30秒钟长。尽管所有歌曲的节拍和韵律相同，但是它们从简单的节拍器拍子到传统的爱尔兰音乐，再到范海伦乐队。实验对象在一片空地上听着音乐，同时有传感器记录他们的步幅和步频。随后，他们对每段音乐进行描述。

尽管步频没变，但是实验对象的步幅却随着音乐的改变而改变，而这改变了他们行走的速度。总体来说，激进大声的音乐会加大步幅。所以，如果你想跟上节奏，不要只选快歌，还要能激发你的能量才行。

1. beat n.（音乐的）拍子，节拍

It's got four beats to a bar. 一个小节有4拍。

1. Pick up the pace 加快脚步。 pace 的意思是步态、步伐、速度。
2. 满月预示狮子攻击增加

Think humans are at the top of the food chain? Not quite, in parts of Africa. Lions have attacked over 1000 people in Tanzania in the last 20 years. Two thirds of those attacks were fatal致命的, and the victims were eaten. But there does seem to be a way to lower the risk of becoming dinner—avoid going out before moonrise（n.）月出时分 on the nights 伴随状following the full moon. *So says a study* in the journal Public Library of Science One. [Craig Packer et al., "Fear of Darkness, the Full Moon and the Nocturnal夜间的 Ecology生态学 of African Lions"]

Researchers plotted绘制…的曲线 the timing of nearly 500 of those lion attacks [against以…为背景 the phases of the moon]. And they found that {the odds几率 of being devoured吞食 by a lion} were highest on nights （following the full moon）—nights （when the moon rises late）, providing hours of darkness for lions to stage组织上演 a strike攻击.

And previous studies have found that the fatter丰满的 the moon, the slimmer苗条的 the lion. Probably because the bright nights make hunting harder. So lions are hungriest around the full moon, too—and more willing to pounce on猛扑 two-legged prey猎物, as soon as一…就… they're provided the cover of darkness. The authors speculate推测 that humans may be afraid of the dark because this situation has long been true. Seems like a bit of a stretch有点牵强. But you won't find me strolling溜达 the Serengeti塞伦盖蒂平原 after a full moon.

你认为人类是食物链中的最高级么？在某些非洲地区不完全是。在过去的20年里，坦桑尼亚的狮子攻击了逾千人。2/3的攻击是致命的，受难者被吃掉。但似乎有种方法能够减少被做晚餐的危险——避免在满月之后的夜晚月亮出现之前出行。这是刊登在Public Library of Science One杂志上面一项研究表明。

研究人员对比月相绘制了将近500个狮子袭击案件的时间。他们发现被狮子吞食的概率在满月之后的晚上最高。这是月亮晚升起的晚上，为狮子提供了黑暗的时间来进行攻击。

之前的研究显示，月亮越丰满，狮子越清瘦。大概因为明亮的晚上使打猎更加艰难。因此狮子在满月之时最饿，一旦他们有了黑暗的掩护，就会突然袭击两条腿的猎物。作者们推测，人类害怕黑暗是因为这种情形长期存在。这看起来有一定弹性，但你不会发现我在满月之后的晚上闲逛Serengeti平原的。

1. plot v.①图谋；密谋。②绘制…的曲线。绘制…的图表（或平面图）③（在地图上）标绘出（飞机、船舶的位置或航线）

→someone loses the plot, 困惑；迷惘；不知所措

The Tories have lost the plot on law and order. 保守党人在治安问题上不知所措。

1. against prep.以…为背景

The profits rise was achieved [against a backdrop of falling metal prices]. 在金属价格下跌的背景下，利润提高了。

1. stage v.①组织上演(戏剧、演出等)。②组织(活动或仪式)

Russian workers have staged a number of strikes in protest at the republic's declaration of independence... 俄罗斯工人已经举行了数次罢工，抗议该共和国宣布独立。

1. a bit of a stretch 这么说有点说过了；牵强的
2. stretch v.①延伸;绵延。②(使)延长使用;节俭地使用。adj.(织物)有弹性的，有弹力的

They're used to stretching their budgets... 他们习惯于精打细算。

→your resources can stretch to something, 刚能够节约下来(或支付)

She suggested to me {that I might like to start regular savings} and I said Well, I don't know whether I can stretch to that. 她建议我可以开始定期存钱，我说我还不知道钱是不是够花呢。

→you stretch *a point*, （直译：强拉伸到一个点处）牵强附会;勉强说得过去

*It* is stretching a point {*to* call this censorship}. 把这称为审查有点儿牵强。

→A stretch of road, water, or land，n.一片;一泓;一段

→A stretch of time 一段时间

1. 拥有子女确实能让男人对生活更加满意

The joys愉快 of parenthood家长身份.

Father's day.

*Having children* really does make a man more content with life.

WILL *fatherhood* make me happy? That is a question （many men have found themselves asking）, and *the scientific evidence* is equivocal模棱两可的. A lot of studies have linked parenthood——particularly fatherhood——with *lower levels* ofmarital婚姻的 satisfaction and *higher rates* of depression抑郁 than are found among non-parents.

Biologically speaking, that looks odd古怪的. *Natural selection* might be expected to favour the progeny下一代 of men who enjoy bringing them up养育. On the other hand, *the countervailing抵消的 pressure* to have other children, by other women, may leave the man （who is already encumbered拖累 by a set of offspring后代） dissatisfied感到不满的.

To investigate调查 *the matter* further / Sonja Lyubomirsky, a psychologist at the University of California, Riverside河畔, decided both to study the existing目前的 literature文献, and to conduct组织实施 some experiments of her own. The results, just published in Psychological Science, suggest parenthood *in general*, and fatherhood *in particular*尤其, really are blessings幸事福气, even though the parent in question might sometimes feel they are *in disguise*（n.）伪装.

Dr Lyubomirsky's *first port港口 of call短暂停留* was *the* *World Values*世界观 Survey民意调查. This is a project which gathers huge amounts of data about the lives of people all around the planet. For the purposes of her research, Dr Lyubomirsky looked at the answers 6,906 Americans had given, in four different years, to four particular questions. These were: how many children the responder回应者 had; how satisfied he (or she) was with life; how happy he was; and how often he thought about the meaning and purpose of life.

She found that, regardless of不管 the year the survey was conducted, parents had higher happiness, satisfaction and meaning-of-life生命的意义 scores than non-parents. The differences were not huge, but they were statistically统计上地 significant. Moreover, *a closer look* showed that *the differences* in happiness and satisfaction were the result of men's scores alone going up上涨 with parenthood. Those of women did not change.

Armed with this result, Dr Lyubomirsky conducted her own experiment. The problem with projects研究项目 like *the World Values Survey* is that, because participants are asked to recall回忆说 their feelings rather than stating声明 what they are experiencing in the *here and now*当前此刻, this might lead them into thinking more fondly深情地 in hindsight（n.）后见之明 about their parenting duties than they actually felt *at the time*在那时当时.

Dr Lyubomirsky therefore gave pagers寻呼机 to 329 North American volunteers aged between 18 and 94, having first recorded, among other things, their sex, age, ethnicity种族地位, *socioeconomic status*社会经济地位, *marital status*婚姻状况 and number of children. She told them they would be paged在公共场合通过广播呼叫 at random, five times a day. When they were so paged, they were asked to complete a brief response（n.）回复 sheet about how they felt, then and there. She did not, however, tell them why she was asking these questions.

The upshot结果 was the same as her findings from the World Values Survey. Parents claimed more *positive emotions* and *more meaning* in their lives than non-parents, and a closer look revealed that it was fathers who most enjoyed these benefits益处. Moreover, further analysis revealed that this enhanced enjoyment came from activities which involved children rather than those (*such as* watching television alone, or cooking) that did not.

It looks, then, *as if* evolution has bolted用螺栓固定闩上into men *a psychological mechanism*机制行为方式 to keep them in the family. *At first sight*乍看之下, it is strange that women do not share this mechanism, but perhaps they do not need to. They know, after all, that the children are theirs, whereas然而 *the best （a man can do）* is hope that is true. That, and a man's potential to father成为…的父亲 *an indefinite不清楚的 number of* offspring后代 if he can find willing乐意的 volunteers, might encourage him to stray走失偏离 from *the bosom怀抱 of* his family. Enjoying fatherhood, by contrast相比之下, will help keep him in the porch门廊.

为人父母的快乐。

父亲节。

拥有子女确实能让男人对生活更加满意。

父亲的身份能让自己幸福快乐吗？很多男人都会问自己这个问题，但是至今依然没有一个明确的科学解答。很多关于父母身份（特别是父亲）的研究都显示，有子女的父母有着更低的婚姻满意度和更高的忧郁症比例。

从生物学角度来说，这有点奇怪，因为自然选择趋向于选择那些乐于带孩子男人的后代，反过来看，男性要和其他女性生育更多子女的压力，可能会让那些已有子女的父亲感到不满。

来自加州大学河滨分校的心理学家Sonja Lyubomirsky进行了更为深入的研究，她从现有文献和自己的实验同时入手，其结果发表在《心理学》上。研究表明，父母身份，特别是父亲的身份是相当重要的，尽管那些问题父母有时候可能并没有注意这一点。

Lyubomirsky博士首先进行世界价值观调查，这个步骤要收集生活在世界各地的人的大量数据。为了达到研究目的， Lyubomirsky博士在四个不同的年份分别询问了6906个美国人四个不同的问题，这四个问题分别是：受访者有多少个孩子；他（或她）对生活有多满意；他有多幸福；他多久考虑一次生命的意义。

她发现，比起没有子女的父母，有子女的父母有着更高的幸福感、满意度和生活意义分数。虽然差距不算太大，但统计上很明显，此外，深入分析后发现，在幸福感和满意度上的差距主要来自于父母身份中父亲的分数，女人的分数对其影响不大。

根据这个结果，Lyubomirsky博士开始着手自己的实验。但是在调查世界价值观的时候还存在一些问题，因为受访者是被要求回忆他们当时的感受，而不是描述此时此刻正在经历的事，事后的觉悟可能会让他们把作为父母的责任想得更令人喜爱。所以Lyubomirsky博士在北美选择了329位18至94岁的志愿者，并给他们配备了寻呼机，此外，记录原始数据还包括他们的性别、年龄、种族、社会地位、婚姻状况和子女的数目。她告诉志愿者她会随机呼叫他们，每天5次，当他们被呼叫时，他们会被要求完成一份简短的回复表，这个表主要是关于他们当场感觉，但是她并没有告诉他们她为什么要问那些问题

实验结果和世界观调查结果一样，比起无子女的双亲，正常父母有着更加积极的情绪和更好的生活体验，并且父亲们更加享受这份关系。此外，深入研究还发现，与子女相关的活动比没有子女父母的活动（比如独自看电视，做饭）更能增加快感。

在这一点看来，就像进化论把男人带入了"融入家庭"的心理机制，女人们却没有分享到这个特性，乍看之下还有点奇怪，这或许是因为她们根本不需要，毕竟孩子总是她们的，而男人最多只能祈祷孩子确实是自己。此外，如果能找到情投意合的异性，男人总有与其产下更多后代的潜在欲望，这些都会驱使男性偏离家庭生活，所以还是让他好好享受为人之父的快乐，这才会让他乐意留在家里。

1. equivocal [ɪˈkwɪ-vəkl] adj.①模棱两可的;含糊其词的. ②（常因自相矛盾而）难以理解的，难以解释的
2. progeny [ˈprɒ-dʒəni] n.①（人的）后裔，子女；（动物的）幼崽. ②（某物的）新一代，下一代
3. bring up v.养育；抚养；养大
4. counter-vailing ˈkaʊn-tə-veɪ-lɪŋ] adj.抗衡的;抵消的

There were two central and countervailing forces in the life of Nikola Tesla. 在尼古拉·特斯拉的生活中存在着两股非常重要而且相互抗衡的力量。

1. en-cumber [ɪn-ˈkʌmbə(r)] v.拖累;牵累;妨碍

It is still labouring under *the debt burden t*hat it was encumbered with in the 1980s. 它现在仍旧被20世纪80年代就深受其累的债务压得喘不过气。

→a place is encumbered with things, 阻塞;堵塞;塞满

1. existing [ɪgˈzɪs-tɪŋ] adj.（尤指与未来相对的）现存的，现行的，目前的

...the need to improve existing products and develop new lines... 改进现有产品、开发新生产线的需要

1. you are in disguise, n.假装;装扮;伪装
2. first port of call 第一个停靠港。port of call： 沿途停靠的港口

→call v.①短暂停留;访问;拜访。②(火车、公共汽车、船舶)停靠,停留

A market researcher called at the house where he was living... 一位市场调查人员造访了他的住处。

The steamer calls at several ports along the way. 一路上,汽船在好几个港口停靠。

1. responder n. 回答者；回应者；应答器；响应器
2. project n.①项目；工程；计划；规划。②（学生的）课题，研究项目。v.规划；计划；预计

The government had been projecting a 5% consumer price increase for the entire year. 政府预测全年消费价格将增长5%。

1. fondly [ˈfɒndli] adv. 亲爱地；深情地

Liz saw their eyes meet fondly across the table. 利兹看到他们隔着桌子深情对视。

1. socioeconomic status社会经济地位
2. page v.（在公共场合通过广播）呼叫

He was paged repeatedly as the flight was boarding... 航班登机时，广播里反复呼叫他。

1. the same as 与…同样的；无异
2. bolt [bəʊlt] n.①螺栓。②（门、窗的）金属插销，闩。v.①用螺栓固定；闩上。②闩上（门、窗）。③常指人或动物因受惊吓）迅速逃跑，逃窜。④（蔬菜）生长过快，结实过早（而不宜食用）

The doors were bolted on. 门都闩上了。

I made some excuse and bolted for the exit. 我编了个借口后便向出口冲去。

If the soil dries out the plants may bolt. 如果土壤过干，植株可能会过早结实。

→you bolt your food, v.狼吞虎咽

→makes a bolt for somewhere, or makes a bolt for it, 突然逃跑；慌忙逃窜

→A bolt of lightning 一道（闪电）

→a piece of news comes like a bolt from the blue, 晴天霹雳；出人意表；令人大吃一惊

→A bolt of cloth（布的）一匹，一卷

1. whereas (表示对比)但是，然而

Pensions are linked to inflation, whereas they should be linked to the cost of living... 养老金与通货膨胀挂钩，然而它们其实应该和生活费用挂钩。

1. indefinite [ɪn-ˈdefɪ-nət] adj.①期限不定的;无限期的。②不明确的;不清楚的

The trial was adjourned for an indefinite period. 审判被无限期推迟。

...a handsome woman of indefinite age. 年龄不明的端庄女子

1. stray [streɪ] v.迷路;偏离;走失. adj.① (狗、猫)走失的，迷路的，无主的(A stray dog or cat）. ②零星的;离散的;散落的

She shrugged *a stray lock*头发 *of hair* out of her eyes. 她把一缕散发从眼前甩开。（A lock of hair 一绺（头发））

→your mind or your eyes stray, 走神;(视线)偏离，往别处看

1. bosom [ˈbʊ-zəm] n.（女子的）乳房

→you are in the bosom of your family or of a community, n.怀抱；关怀

→A bosom friend， adj.（朋友）知心的，亲密的

→you take someone or something to your bosom, 接纳；关怀；关爱

We, at least, have taken *her* to *our bosom*. 至少我们对她是关爱有加的。

1. 看电视太多易导致糖尿病和心脏病

Apart from working and sleeping, the thing Americans do the most is watch TV—five hours a day on average. But all that time in front of the tube may up your risk of death, according to a review评论文章 in the Journal of the American Medical Association社团协会. [Anders Grøntved and Frank Hu, "Television Viewing and Risk of Type 2 Diabetes糖尿病, Cardiovascular心血管的 Disease, and All-Cause Mortality死亡率"]

Researchers analyzed eight previous studies （looking at the effects of TV on health）. Together合计地, the studies followed more than 200,000 volunteers over about a decade of their lives, and controlled for other risk factors, like age and smoking. The take-home? For every two hours of TV per day, subjects had a 15 percent higher risk of heart disease and a 20 percent higher risk of developing type 2 diabetes. That translates to转化为 a city of a million people （having 1760 extra cases病例 of diabetes糖尿病） compared to a city of a million who watch *two hours less TV* per day.

Previous studies have associated联系 other *sedentary坐着的 activities*, like sitting at a desk, with health risks. But the researchers say there's something unique独特的 about TV. Not only are we not exercising, but we tend to snack吃点心 while watching. The prescription药方对策, in this case, is simple, and *side effects* are rare: get off出发离开 the couch长沙发.

除了工作和睡觉以外，美国人最常干的是就是看电视，平均每天五小时。但是根据美国医学协会杂志的报告，我们在电视机前消耗的时间将增加你死亡的风险。（安德斯·格鲁温特和弗兰克·胡，《长时间看电视和二型糖尿病、心血管病、各种原因的死亡率》）

研究者分析了以前八个研究报告，试图发现电视对健康的影响。这些报告一共跟踪调查了20万志愿者近十年的生活，减少其他因素的影响，比如年龄和吸烟。那么回家呢？每天两小时的电视，被试增加了15%的几率患心脏病以及20%的几率患二型糖尿病。转换成一个百万人口的城市，大概有1760个额外的糖尿病例会因为看了两小时的电视。

先前的调查更多的研究了其他静态的方式，比如坐在椅子前，与健康的影响。但是研究者说，可能还有一些电视所独有的原因，不仅仅是因为我们没有运动，可能还与我们在看电视时喜欢吃零食有关。在这种情况下，治疗方法十分简单，也没有副作用：离开你的长沙发。

1. review v. n.①检查;审查;审核;仔细研究。②检阅(军队)；阅（兵）。n.（对书、电影等的）评论文章;书评;影评

The next day we reviewed the previous day's work. 第二天，我们仔细检查了头一天的工作。

→you review for an examination, （为备考）复习，温习

1. 家猫可以走多远

Lions roaming游荡 the savannah大草原 are a staple主要部分 of nature documentaries纪录片. But the millions of little lions （that live in our homes and neighborhoods） also lead fascinating迷人的 lives. We know more about those lives now, because a two-year-long study used radio-transmitters发射机 to track cats at *the southern edge* of the cities of Champaign and Urbana in Illinois伊利诺斯州. It would have taken a dozen field实地野外 researchers to collect the same data. The study is in the Journal of Wildlife野生动物 Management. [Jeff Horn et al., "Home Range范围, Habitat动物栖地 Use, and *Activity Patterns*活动模式 of Free-Roaming漫游 *Domestic家里的 Cats*"]

The entire kittie软毛小动物 cohort一群人 included both housecats and feral野生的 cats, and ranged漫游自由活动 over almost 6,300 acres. *One feral cat’s* range范围 topped out达到最高点 at 1,351 acres. New York’s Central Park covers 843 acres.

*Owned cats* with homes roamed way less than their feral counterparts配对物. But they still averaged a range of just under five acres. The pets宠物 were highly active just 3 percent of the time, compared with 14 percent for *the cats* that need to find their own food. The work should shed light on protecting *species*物种 （that the cats hunt）, and inform通知告知 the efforts to stop *the spread*传播 of feline contagious病接触传染的*diseases*疾病.

在草原上漫步的狮子已成为自然类纪录片的常客。但生活在我们或者邻居家中数以百万计的“小狮子”也过着传奇的生活。通过一项历时两年的研究 ，我们对它们的了解又多了一些。研究者使用无线电发报机，跟踪来自伊利诺斯州尚佩恩市和乌尔班纳市南部的猫咪。如果放在以前相同的工作，需要12个人才能完成。这项研究已经在《野生动物保护管理》杂志上发表。（杰夫·霍恩等，《家猫的活动范围，息地利用以及活动模式》）

调查样本既有家猫也有野猫，足迹覆盖了几乎6300英亩的地域。范围最大的是一只野猫，达到了1351英亩（5.46平方千米），要知道，纽约中心公园也只占了843英亩（3.4平方千米）。（1 英亩 =0.004 047 平方公里）

家猫走过的范围比野猫小很多，但它们的平均范围差点就达到了5英亩（0.02平方千米）。然而，家猫只在3%的时间里活跃，相比而言野猫是14%因为他们需要自己去觅食。这项工作在保护猫能捕猎的物种方面做出一些阐释，并为阻止猫科传染病的蔓延提供了帮助。

1. staple [ˈsteɪ-pl] adj. (食物、产品或活动)主要的，基本的。n.主要部分;重要内容

Political reporting has become *a staple* of American journalism. 政治新闻已成为美国新闻报道的主要内容。

1. range v.①（在一定幅度内）变化，变动。②（人或动物）漫游，自由活动。

They range in price from $3 to $15. 它们的价格从3美元到15美元不等。

They range widely in search of carrion. 它们在广阔的区域内搜寻腐肉。

1. top out v. ①举行建筑物落成典礼。②达到最高点

When we top out, there will be souvenirs for everyone who has worked on the site. 当我们举行落成典礼时, 凡是在工地上劳动过的人都会得到纪念品。

The production figures this month have topped out. 这个月的生产数字已达最高点。

1. 群策不一定更好

If you want to guess *how many jelly果冻 beans豆子* are in a jar罐子, you should ask your friends. Then average their answers. Because *a group guess* is often more accurate than that of any one individual. Just don’t let them peek at偷看 each other’s responses（n.）回答. Because a new study shows that *social influence* can sway摇摆 people’s estimates估算 and render造成 the crowd人群 incorrect. The work appears in the Proceedings of the National Academy of Sciences. [Jan Lorenz et al, How social influence can undermine the wisdom of crowds effect]

*Crowd wisdom*智慧 is actually a statistical phenomenon. {Gather enough *estimates* and *the wild guesses*} cancel each other out抵消, bringing you closer to the answer. But psychology and statistics统计学 don’t mix. And {knowing *what your peers同辈 think*} doesn’t make you any smarter.

European scientists asked volunteers to estimate statistics统计数字 like *the population density*密度 of Switzerland. Each person got five guesses. Some were shown their peers’ answers and others weren’t. Turns out that *seeing others’ estimates* led to a lot of *second guessing*. Which narrowed the range of *the group’s responses* and pointed指向 them in the wrong direction. Even worse, knowing that *others said the same thing* made everyone more confident *they were right*. So there is wisdom智慧才智 in numbers——as long as those numbers keep quiet `til they’re counted.

如果你想知道一个罐子里有多少粒软豆糖，你可以求教身边的朋友们，然后求平均值。通常，群体的判断结果比个人更准确。不过，也有条件，那就是不能让他们相互看到其他人的答案。根据一项最新的研究结果，社会整体的判断能够影响个人的判断，就有可能把个人的误判放大到群体的错判。这一研究公布在了《美国国家科学院院刊》上。

群策实际上只是一个统计学游戏。收集到足够多的评估值，计算平均值，把过高或过低的值抵消掉，从而接近真值。但是心理学和统计学的结合很少，也就很难知道他人的判断结果是否有利自己的判断。

欧洲科学家让志愿者去估计像瑞士的人口密度这样的统计数字。每个人有五个猜测结果，其中一些能给别的猜测者看而另外一些则不能。事实证明看了别人的猜测结果可以导致第二次猜测。这样便使测试小组的答案的范围缩小了并且误导了他们。更坏的结果是，知道别人说得跟自己的是一样的结果后，会使每个人更加肯定他们是正确的。所以在数量上有智慧——只要这些数量保持安静，直到他们被计算在内。

1. render v.①致使;造成。②给予(帮助);提供(服务)（you render someone help or service）

It contained so many errors as to render it worthless. 它错误太多,所以毫无用处。

He had a chance to render some service to his country... 他有了一个为国服务的机会。

The money was in fact *payment* by the CIA for services rendered. 这些钱其实是中央情报局付给的工作报酬。

1. one thing cancels out another thing, 抵消，（使）平衡
2. 服药加糖疗效好

细菌潜伏起来之后能够躲过抗生素，而在治疗中加入糖分，就能够把细菌引诱出来，从而把它们一网打尽。

Used to be过去常常 that *sick kids* got lollypops棒棒糖 after *a visit* with the doctor. But [in some cases] candy糖果 can be more than a reward—it can be part of the therapy（n.）疗法. Because scientists have found that, in battling与…作战 chronic疾病慢性的 infections传染病, sugar can boost the effectiveness of antibiotics抗生素. The study appears in the journal Nature. [James Collins, Mark Brynildsen and Kyle Allison, "Metabolite代谢物-Enabled Eradication彻底消灭 of Bacterial Persisters by Aminoglycosides氨基糖苷类抗生素] [*Scientific American* is part of *Nature Publishing Group*.]

Chronic infections慢性传染 can be caused引起导致 by persistent持续存在的 bacteria that have learned how to lay low倒下卧床 until all the antibiotics抗生素 are gone. They’re not exactly *antibiotic resistant*有抵抗力的, so they don’t have any special drug-destroying mutations（n.）变异. They just *power down*电源中断, metabolically新陈代谢地 speaking, and then wait until the coast海岸 is clear危险已过 (of antibiotics) to come back to life复活. Which is why *the poor patient* just can’t seem to clear the infection感染.

To eliminate根除消灭 such stealthy鬼鬼祟祟的 bacteria, *scientists* at Boston University searched for a way to jump start助推起动 the bugs’ metabolism（n.）新陈代谢. And they found that sugar is just what the doctor ordered医生开处方. 主{Administering给予病人药物 sugar along with以及 *an antibiotic* called gentamicin庆大霉素} 谓cured治愈 mice （with chronic慢性的 *urinary泌尿器官的 tract道束* infections）, and kept the bacteria from spreading to their kidneys肾脏.

So a spoonful一匙的量 of sugar does more than make the medicine go down数量水平下降. It helps the medicine take the microbes down拆毁.

过去，生病的小朋友在去了医院之后，就会从医生那里得到一只棒棒糖。其实，棒棒糖在有些病例上，不仅仅是一种回报，也是治疗的一部分。因为科学家发现，在应对急性传染病时，糖分能够提高抗生素的疗效。这一研究公布在了《自然》杂志上

急性传染病通常是由一些及其顽固的细菌引起，这些细菌学会了如何逃过抗生素，从而长期潜伏在体内。不过这些细菌不是真正意义上具备抵抗抗生素的能力，所以不是真正那种能够分解药物的异类。从代谢的角度上来阐述，这些细菌只不过善于蛰伏，也就是能够等一波抗生素冲击过后，再重新恢复生理活性状态。这也是为什么有些体质差的病人，始终不能完全治愈的原因。

为了把这些顽固的细菌全部消灭，波士顿大学的科学家找到了一条新方法，能够不让这些细菌进入蛰伏状态。科学家们发现，糖分就是医生随时就能开出的药方。把糖分和名为艮他霉素的抗生素一起喂食患有急性尿路感染的老师，就能够把老鼠肾脏里的细菌全部清楚。

因此，药里加入一勺糖，并不仅仅能够更好喝，也能真正提高疗效，清楚细菌。

1. used to be/to do句型表示“过去常常，过去惯常”。其否定式为used not…，可缩写为usedn”t/ usen”t，口语中可用didn”t use…。例如：

I used to live there [when I was a child].那是我童年住的地方。

"He used to be so handsome." — "And now?" “他以前是那么英俊。”——“那么现在呢？”

1. you visit with someone, v.到…处访问;到…家作客
2. persistent adj.①（尤指不好或不受欢迎的状态或情况）持续存在的，继续发生的. ②执著的；不屈不挠的；锲而不舍的

...*a persistent critic* of the government's transport policies... 对政府交通政策一直持批评态度的人

1. lay low 倒下，卧床，使死亡

He laid his opponent low with a single punch. 他一拳猛击便把对手打倒在地。

1. resistant adj.

→Someone who is resistant（adj.） to something 反对的;抵制的;抗拒的

→something is resistant to a particular thing, 有抵抗力的;不受…损害的

The body may be 表less resistant（adj.） if it is cold. 天冷时，身体的抵抗力会下降。

1. antibiotic resistant 耐抗生素的，抗药性的
2. mu-tation[mju:ˈteɪʃn] v.(使)变异;(使)突变

Scientists have found a genetic mutation（n.） that appears to be the cause of Huntington's disease. 科学家们已经发现了一种可能是引起亨廷顿舞蹈病的基因变异。

→something mutates into something different, 变化;变成

Overnight, the gossip begins to mutate into headlines. 一夜之间，传闻变成了报纸的头条新闻。

1. power down n.断电，电源休眠，电源中断
2. metabolic [ˌmetə'-bɒ-lɪk] adj.新陈代谢的;代谢作用的
3. coast n.海岸;海滨

→the coast is clear, 没有被发现(或捉住)的危险;危险已过

'You can come out now,' he called. 'The coast is clear. She's gone.' “你现在可以出来了。”他喊道，“没危险了，她已经走了。”

1. come back to life 苏醒过来，复活；死而复生
2. stealthy [ˈstel-θi] adj.悄悄的;偷偷摸摸的;鬼鬼祟祟的

Slowly and stealthily（adv.）, someone was creeping up the stairs. 有人正蹑手蹑脚地上楼。

1. jump start n. ①跳线跨接起动，助推起动(法)；②抢跑

The EU is trying to jump start the peace process. 欧盟正试图推动和平进程。

1. administer [əd-ˈmɪnɪ-stə(r)] v.①治理，管理（国家等）；施行，实施（法律、考核等）. ②给予（病人药物）。 ③给以（一拳或一脚）（someone administers a punch用拳猛击 or a kick踢,）

Next summer's exams would be straightforward to administer and mark. 明年夏天的考试，在执行和评分上都将很简单。

Paramedics are trained to administer certain drugs. 护理人员们接受了配发某些药物的培训。

He is shown in the tape录像带 of the beating（n.）殴打 as administering most of the blows. 录像显示在斗殴中他打得最凶。

1. genta-micin [dʒen-tə-'maɪ-sɪn] n. 庆大霉素，艮他霉素。一种抗生素复合物，为广谱杀菌药。
2. tract [trækt] n.(土地等的)大片（A tract of land）. ② (宗教、道德或政治的)短文. ③道;束

Foods are broken down in the digestive消化的 tract... 食物在消化道里分解。

A cold is an infection of the upper respiratory呼吸的 tract. 感冒是上呼吸道的感染。

...urinary tract infections. 尿路感染

1. go down （价格、水平或数量）下降，下跌

→a person or team goes down, （体育比赛中）被打败

→you go down [on your knees] / or [on all fours],跪下；趴下

→the sun goes down, （太阳）落下

→a ship goes down, a plane goes down, （船只）沉没； （飞机）坠落

→a computer goes down, （计算机）出故障

→To go down means to happen. 发生

'What's going down? Any ideas?' “发生什么事了？你知道吗？”

→a remark, idea, or type of behaviour goes down in a particular way, 引起…反响；得到…回应

Solicitors advised their clients {that *a tidy look* went down [well] with the magistrates.} 律师告诫当事人穿戴整洁会赢得地方法官的好感。

1. you take down a structure, v.拆掉;拆毁

→you take something down, (从高处)取下，拿下，够下来

→you take down a piece of information or a statement, 写下;记录

1. 广告使消费者产生虚假经验

{*One way* advertisers convince劝服 us to buy something} is to remind提醒 us that we’ve enjoyed their product before. Unfortunately, we can have *fond*回忆愉快的 *memories* of a product that we’ve never even had. Or that doesn’t even exist.

*A hundred volunteers* looked at *print ads* for *Orville Redenbacher's* "Gourmet美味佳肴的 Fresh新鲜的" popcorn爆玉米花—— a variety品种 that researchers made up虚构. Some subjects saw an ad with a vivid description of the brand's “big white fluffy松软蓬松的 kernels坚果的仁核." Others saw a less evocative唤起回忆的 ad.

A week later, subjects （who saw the vivid ad） were twice as likely to believe they'd tried尝试 this fictional虚构的 product as were subjects who saw the plain简朴的 ad. In fact, the believers相信…的人 were as confident坚信的 that they had tried the popcorn as were people who actually ate popcorn after seeing the fake伪造的 ads. The study is in the Journal of Consumer Research. [Priyali Rajagopal and Nicole Votolato Montgomery蒙哥马利, "Imagine, Experience, Like: The False虚假的 Experience Effect” Link to come]

Previous *marketing surveys*市场调查 have shown that if you think you've tried something before, you tend to like it more and you're more likely to buy it. So next time you're about to grab抓住 a product that you know you love, stop and think: have you actually tried it? Or have ads just made you think you did.

广告商说服我们购买其产品的手段之一，便是唤起我们对其产品曾经的好感。可惜，我们就对从未用过的或者根本不存在的东西感兴趣。

研究人员编造了各种瑞等巴克“新鲜美味”爆米花的平面广告让100志愿者观看。一部分受试者观看的广告有生动的“饱满，洁白，松软的爆米花”品牌描述，其他人看的广告则平淡些许。

一周后，观看生动广告的受试者比观看普通广告的，更相信自己曾尝试过这种虚构的产品。而事实上，在看过这些编造的广告后，受试者和曾今的确吃过的人一样——坚信自己尝试过这种爆米花。该研究发表在 《消费者调查》期刊上。[《想象，经验，好感：虚假的经验效应》，Priyali Rajagopal 和 Nicole Votolato Montgomery文]

之前的市场调查显示，在同等产品下，你会对你认为曾经用过的产品更有好感，也更愿意去购买它。所以下次你想购买喜欢的产品时，先停下来想想自己是否真的用过，或者是这些广告让你觉得似曾相识。

1. you have fond（adj.） memories of someone or something, adj.(回忆)愉快的,愉悦的

I have *very fond memories* of living in our village. 我对乡村生活有着十分美好的回忆。

1. gourmet [ˈgʊə-meɪ] adj.珍馐的；美味佳肴的（Gourmet food）。n.美食家；讲究饮食的人;老饕
2. make up v.①组成;构成。 ②编造;虚构。 ③（给…）化妆;（为…）打扮。 ④铺(床);搭(铺)（you make up a bed,）

I'm not making it up. The character exists in real life. 我没有凭空捏造，这种人现实生活中确实存在。

I can't be bothered to make up my face. 我懒得化妆。

1. evocative [ɪˈvɒkə-tɪv] adj.唤起回忆的;引起感情共鸣的

...the collection一堆一群东西 of islands [evocatively] known as the South Seas. 一个让人充满回忆的名为南海的群岛

1. 影视明星找对象,教育程度需相似

The tabloids通俗小报 love a good celebrity娱乐明星 romance. But so do scientists. One has even used movie stars as models for understanding why people tend to marry partners配偶 with similar levels of education. The star-studded明星荟萃的 study appears in the Journal of *Human Capital*人力资本. [Gustaf Bruze, "*Marriage（n.）婚姻Choices* of Movie Stars: Does Spouse’s配偶 Education Matter要紧?"]

There are *any number of*许多 reasons why individuals might wed与…结婚 their academic equals地位同样的人. *The simplest* being that they actually实际上 meet each other in school. It could also be that people with similar educational backgrounds wind up最终落得 [side by side肩并肩地] in the workplace. Or maybe we’re more comfortable with *someone* whose earning potential is *in our ballpark*（n.）大致相当.

To sort through整理分类 the possibilities, Gustaf Bruze, an economist in Denmark丹麦, looked to the Big Screen. Thespians演员, he found, also tend to marry *people* （with the same level of learning）. So *Tom Cruise* and *Katie Holmes* each have *formal学校教育正规的 education* equivalent等值物 to completion（n.）完成结束 of high school.

Now, actors don’t usually meet their partners in school, and they’re not cast in movies based on their diplomas毕业文凭. Nor does *their education level* correlate with相互关联 their *box office*票房收入 earnings. So it can’t be about happenstance偶然事件 or about finance财政. Maybe it’s just that *people* with the same sort of education like the same movies—in this case, the ones they’re in.

小报最喜欢报道形象良好的名人们的花边新闻，但是科学家们也不例外。 有一位科学家甚至用电影明星来示范为什么人们喜欢找教育程度相似的伴侣。这项众星云集的研究成果发表在《人力资本》期刊上。[Gustaf Bruze, 《电影明星的结婚选择：配偶的学历重不重要？》]

很多人都愿与有同等学历的人结婚是有原因的。最简单的原因就是他们在学校就见过对方了，也有可能他们相似的教育背景为他们的工作产生交集，又或者是因为我们与和自己收入差不多的人待一起感觉更自在。

丹麦的一位经济学家古斯塔夫·布鲁斯为了从这些可能性中得出原因，他将视线投向了大屏幕上的明星们。他发现演员们也倾向找与自己学历相等的人结婚。这也是都只有高中学历的汤姆·克鲁斯和凯蒂·赫尔姆斯结婚的原因。

现今，演员们都不怎么在学校找到自己的伴侣，也不会因为学历去演电影。他们的受教育程度与票房并没有多大关系，所以两位演员都到一块也不会是突发事件这这是因为金融问题，而很有可能因为受相同教育程度的演员喜欢相同的电影——喜欢他们一起出演的电影。

1. tabloid [ˈtæb-lɔɪd] n.(版面小、文章短、图片多的)通俗小报
2. matter v. 关系;要紧;有影响
3. any number of 许多
4. equal n. （能力、地位或权利等）同样的人，相当的人

You should have married somebody more your equal. 你本应该和一个更门当户对的人结婚。

→someone is equal to a particular job or situation, adj. 胜任的；能应付的

She was determined that she would be equal（adj.） to any test the corporation put to them... 她下定决心要成功应对公司对他们的任何考验。

→you say that someone or something has no equal, 出类拔萃;无与伦比

The film demands attention, and has no equal in cinema history. 那部电影众人瞩目，在电影史上无与伦比。

→you say 'other things being equal' or 'all things being equal' 如果其他条件不变;如无意外情况发生

1. wind up 完成;停止

→you wind up something such as the window of a car, 摇上(车窗等)

→someone winds up a business or other organization, 关停，关闭(企业或其他组织)

→you wind up in a particular place, situation, or state, 最终沦落到；最终落得；(以…)告终

Little did I know that I would actually wind up being on the staff... 我完全没有想到自己最后竟会在这里供职。

→you wind someone up, ①故意惹恼;挑衅。②骗;哄骗

This woman really wound me up. She kept talking over me. 这个女人真气死我了。她一直想要说服我。

You're joking. Come on, you're winding me up. 你是开玩笑的。得了吧，你在骗我。

1. side by side肩并肩地，一起；相互支持；并排
2. ball-park [ˈbɔ:l-pɑ:k] n. 棒球场. adj. 大致的；大概的

I can't give you anything more than just sort of a ballpark figure... 我只能给你一个大概的数字。

→in the ballpark n.差不多；大致相当

If you compare it to some of the other surveys that have been recently conducted, then it is in the general ballpark. 如果拿它与其他一些最近的调查作比较，结果大致相当。

1. thes-pian ['θes-pɪən] n.演员。adj.戏剧的;剧院的
2. box office n.①（剧院、电影院或音乐厅的）售票处。②（电影等的）卖座情况，票房收入
3. 宝宝贪睡成长快

Parents wring绞扭双手 their hands over infant婴儿 sleep patterns模式. And so when those patterns change, parents tend to panic. But if your baby is sleeping more or napping白天打盹 at weird不寻常的 times, maybe he or she is just growing. *So says a study* in the journal Sleep. [Michelle Lampl and Michael Johnson, "*Infant Growth* in Length Follows *Prolonged持续很久的 Sleep* and *Increased Naps*"]

It’s known that levels of growth hormone rise during certain stages of sleep. So researchers wanted to know more about *the link* between sleep and growth. They recruited招募 *the parents* of 23 infants. The parents took *careful real-time实时 notes* （on infant sleep patterns） for between four and 17 months. They also noted记录下 whether the babies were breast乳房- or bottle-fed用奶瓶哺乳, and whether they had signs of illness *such as* rashes皮疹 or diarrhea腹泻. And *the babies’ body length* and weight were measured regularly.

The researchers found that *periods* （where *infants* slept more） overall corresponded相关相对应 with growth spurts突然加速前进 and also *a gain* in weight and body fat. Both genders性别 experienced that correlation相关性, though boys had more and shorter *sleep episodes* than girls.

The scientists note that *increases* in sleep may lead to increases in waking醒着的, as因为 *growing bones* produce *growing pains*. So if your baby’s sleeping a little funny, maybe she’s just growing up.

父母们都对宝宝的睡眠习惯了如指掌。所以，一旦这种习惯改变，难免慌张。

但是，如果您的宝宝越来越贪睡了，或者在一般不睡觉的时候睡着了，可能他正在成长。这是《睡眠》杂志的一项研究。[详见米歇尔·兰普尔和迈克尔·约翰逊的论文《睡眠时间影响婴儿长高》]

据了解，成长激素会在特定的睡眠阶段上升，因此，研究人员想要更深入的了解睡眠和成长之间的关系。他们招募了23名婴儿的父母，让其详细记录了婴儿4至17个月的实时睡眠习惯，同时也记录了这些婴儿是母乳喂养还是奶粉喂养的，以及他们是否有皮疹或腹泻等疾病的迹象。

他们定期测量婴儿的身高和体重。研究人员发现，婴儿“贪睡”的时期，总的来说身体都有成长更快的苗头，同时体重和脂肪增加。男女宝宝都是这样，虽然男宝宝睡得更多，但睡眠时间更短。

科学家们指出，睡得越多，当然醒的机会也越多，因为在长骨头的时候，宝宝会有成长的疼痛。

所以啊，如果您的宝宝越睡越“搞笑”时，他正在快快成长。

1. wring [rɪŋ] v. 绞，拧；扭干

→you wring something out of someone, 强行取得;逼取

Buyers use different ruses to wring free credit out of their suppliers... 买主们千方百计想从供货商那儿无息赊购。

→someone wrings their hands, (通常因忧愁、焦虑而)绞扭双手（干叹息)

The Government has got to get a grip. Wringing its hands and saying it is a world problem just isn't good enough. 政府必须采取切实行动，一味搓着手感叹说这是个全球性问题是远远不够的。

→you will wring someone's neck，扭断…的脖子(表示非常生某人的气)

1. weird [wɪəd] adj.奇怪的;不寻常的;奇异的

He's different. He's weird... 他与众不同，有点怪。

1. prolonged [prəˈlɒŋd] adj.长期的；持续很久的；时间长的

...*a prolonged period* of low interest rates. 长期的低利率

1. correspond [ˌkɒrəˈspɒnd] v.

→one thing corresponds to another, 相类似;相关;相对应

Racegoers will be given a number which will correspond to a horse running in a race... 观看赛马比赛的观众将获得一个与某一匹赛马相对应的号码。

*A 22 per cent increase* in car travel corresponds with *a 19 per cent drop* in cycle mileage per person... 乘车出行者的比率上升了22%，与之相对应，人均骑自行车的行驶里程下降了19%。

*March and April sales* this year were up *8 per cent* on the corresponding period in 1992. 与1992年同期相比，今年3月和4月的销售额增长了8%。

1. spurt [spɜ:t] v.①(使)喷射;(使)喷发（liquid or fire spurts from somewhere,）②突然加速前进;冲刺

*The back wheels* spun and *the van* spurted up the last few feet. 后轮突然转动起来，货车加速冲过了最后几英尺距离。

→something happens in spurts, 时有时无;一阵一阵地

The deals came in spurts: three in 1977, none in 1978, three more in 1979. 交易时有时无：1977 年有 3 笔，1978 年没有，1979 年又有 3 笔。

1. 狭蹴的生活空间与痴呆相关

{Keeping the brain active思想等活跃的 and engaged从事…的} appears to combat the cognitive认知的 decline （associated with getting older）. Now a study has found a new, but related, factor （in maintaining a sharp mind）—*the space* in which we live.

Researchers recruited almost 1,300 senior较年长的人 citizens, none of whom showed any signs of *clinical临床的 dementia（n.）痴呆* [at the start of the study]. The participants had their *cognitive function*认知功能 tested [annually] for up to eight years. And they also described their living space. For example, maybe they mostly hung悬挂 around their bedroom. Perhaps they spent time in the yard. Or frequently traveled.

By the end of the study, 180 people had Alzheimers老年痴呆症. And those （whose life-space narrowed in on their immediate home） were almost twice as likely to develop the condition健康问题 as those who ventured冒险 out. The homebound回家的闭门不出的 folks also had *an increased risk* of other cognitive impairments（n.）损害损伤 and *a faster rate* of cognitive decline. The research was published in the American Journal of Geriatric老年病学的 Psychiatry精神病学.[Bryan James et al., "Life Space and Risk of Alzheimer Disease, Mild温和的 Cognitive Impairment（n.）损害损伤, and Cognitive Decline in Old Age"]

The study’s lead领头的 investigator, *Bryan James* of the Rush University Medical Center in Chicago, suggests that, “Perhaps life space is an indicator指示器 of how much we are actively活跃地 engaging参与从事 and challenging挑战 our cognitive abilities.”

保持大脑的灵活和集中，看来要与随着年纪增大产生的认知降低做斗争。现在研究发现了一个新的，但却是相关的因素来保持锐利的心智，那就是——我们所生活的环境。

研究者征募了差不多1300名年长居民，研究最初没有人呈现出痴呆的临床特征。参与者需要连续8年时间进行每年的认知功能测试。同时，需要他们描绘出各自的居住空间。举个例子，也许他们每天被困在卧室里。也许他们在院子里打发时光。或者是经常的旅行。

这一研究结束的时候，有180个人患上阿兹莫尔症。居住在家里狭窄空间的人，比那些经常外出的人更容易产生这些状况。闲适在家的居民，其他的认知疾病风险也明显增加，而且认知功能也下降的更快。研究在美国老年精神状况杂志上发表。[Bryan James et al，居住空间与阿兹莫尔病的关系，温和的认知损伤，以及老年的认知降低。]

研究的领导者，芝加哥医学中心Rush大学的Bryan James建议说：“或许生活空间能够指出，我们对自己的认知能力投入和挑战了多少。”

1. Rush University (Chicago) 拉什大学(芝加哥)，是一所专门提供本科及研究生学位的医学院。

1. 饥饿激素也能然嗅觉更灵敏

When your stomach’s empty, it pumps out大量生产或提供 the hormone ghrelin胃饥饿素, to whet刺激(某人)对…的欲望 your appetite食欲 / and get your juices胃液 flowing. But ghrelin doesn’t just make you crave渴望 a bite. It helps you track it down追踪到 too—by sharpening磨快使提高 your sense of smell. That’s according to a study [out this week] in the Journal of Neuroscience神经系统科学. [Jenny Tong et al., "Ghrelin Enhances *Olfactory嗅觉的 Sensitivity* and *Exploratory探索的 Sniffing*闻嗅in Rodents啮齿动物 and Humans"]

First, scientists injected给…注射 rats with ghrelin, and videotaped把…录在录像带上 their noses. Their sniffers嗅探器 ran on overdrive加倍努力 for several hours following the injection. And the rats could detect fainter微弱的 scents气味, too.

So then *the researchers* called in找来 nine fasting禁食的 humans, to see if our sniffing powers get a boost from ghrelin. The volunteers took whiffs一阵气味 of various substances——like baby powder粉末, tomatoes and *rosemary迷迭香 chicken*. And regardless of不管 how appetizing引起食欲的 each aroma食物等的香味 was, the volunteers took deeper whiffs——even of *plain朴素的 air*——after getting a shot of ghrelin.

All of which suggests we’ve evolved a number of tricks技巧 to avoid the ultimate最终的 game-over: starvation饿死. Because {knowing you’re famished饿极的} is only *half the battle*成功的一半. Actually tracking down追踪到 that wooly羊毛制的 mammoth猛犸象? That’s what really counts重要;有价值.

如果你的胃里空空如也，它就会产生一种激素蛋白，让你食欲大增，口水直流。但是这种蛋白可不是仅仅让你动嘴上功夫，也能帮你搜寻食物，实现途径是提高你的嗅觉灵敏性。这一研究发表在了本周出版的《神经科学杂志》上。

这项研究当中，科学家们首先给老鼠注入了这种激素蛋白，同时在它们的鼻子上安装了摄像设备。这些嗅觉灵敏的小家伙在注入蛋白之后的几个小时非常兴奋，到处找吃的，连那些气味非常淡的食物都被翻出来了。

于是，科学家们又找来了9名禁食者，想看一下我们人类的嗅觉在这种激素蛋白的作用下是否也会提升。这些志愿者闻了很多种物品的气味，像婴儿爽身粉，番茄，迷迭烧鸡。结果，无论物品的气味能激发多少食欲，志愿者们在注入一针激素蛋白后，即使是闻空气，嗅都会提升。

这些研究结果说明，人类为了避免被饿死，进化出了很多种方法。让你感到饿只是其中的一个，让你随时都能跟着食物走，才是真正解决问题的关键。

1. pump out v.①大量生产（或提供）. ②（流行音乐等）响亮地奏出，喧闹地传出

Japanese companies have been pumping out plenty of innovative products... 日本公司一直在生产大量富有创意的产品。

Teenage disco music pumped out at every station. 每一站都喧闹地播放着十几岁少年所喜爱的劲爆迪斯科音乐。

1. ghrelin [rə'lɪn] n. 胃内产生的一种肽，它能够调节食欲、进食和身体构成。；饥饿激素

someone or something whets your appetite食欲 for a particular thing, v.刺激(某人)对…的欲望;激发（某人）对…的兴趣

1. track down 追踪到;追查到;搜寻到
2. olfactory [ɒlˈfæk-təri] adj. 嗅觉的
3. exploratory [ɪkˈsplɒ-rə-tri] adj.（行动）探究的，探测的，探索性的（Exploratory actions）
4. rodent [ˈrəʊ-dnt] n.啮齿目动
5. video-tape [ˈvɪdiəʊ-teɪp] n.录像带;录影带。v. 把…录在录像带上
6. overdrive n.（汽车的）超速挡，超速变速器

→you go into overdrive, 加倍努力（或紧张）

In the courtroom everybody went into overdrive, assuming that there might well be a verdict soon. 法庭里，人人都加倍紧张地行动起来，认为马上就要作出裁定了。

1. call in 叫（某人）进来；来访；找[请]来；用电话通知
2. fast v.斋戒;禁食;绝食
3. rosemary chicken 迷迭香烤鸡
4. half the battle 成功的一半

something or someone counts for something or counts, 重要;有价值

1. It's as if your opinions, your likes and dislikes just don't count... 就好像是你的意见、你的好恶根本不重要似的。
2. The psychology of morality（n.）道德.

Time to be honest.

*A simple experiment* suggests推荐 a way to encourage truthfulness诚实.

"IS SIN罪孽 original?" That is the question addressed向…作正式讲话 by Shaul Shalvi, a psychologist at the University of Amsterdam阿姆斯特丹, in a paper （just published in Psychological Science）. Dr Shalvi and his colleagues, Ori Eldar and Yoella Bereby-Meyer of Ben-Gurion University in Israel以色列, wanted to know if the impulse to cheat is something that grows or diminishes使减弱 when *the potential cheater* has time for reflection（n.）反思 on his actions. Is cheating, in other words, instinctive天性的 or calculating有心计的?

Appropriately适当地, the researchers' apparatus仪器设备 for their experiment was that icon图符 of sinful邪恶的 activity, the gambling die骰子. They wanted to find out whether people were more likely to lie about *the result of a die roll* [when asked *that result* immediately], or when given time to think.

To carry out实施 their experiment, Dr Shalvi, Dr Eldar and Dr Bereby-Meyer gave each of 76 volunteers *a six-sided die* and *a cup*. Participants were told that a number of them, chosen [at random], would earn ten shekels古钱币的的衡量单位 (about $2.50) for *each pip骰子上的点 of the numeral数字* （they rolled on the die）.

They were then instructed to shake their cups, check the outcome结果 of the rolled die and remember this roll. Next, they were asked to roll the die two more times, to satisfy使确信 themselves {that it was not loaded充满…的}, and, that done, to enter输入 *the result of the first roll* on a computer terminal终端机. Half of the participants were told to complete this procedure程序步骤 within 20 seconds [while *the others* were given no time limit].

The researchers had no way of knowing *what numbers* （participants actually rolled）, of course. But they knew, statistically统计上地, that the average roll, if people reported honestly, should have been 3.5. This gave them *a baseline*基线基准 from which to calculate participants' honesty. *Those* （forced to enter their results within 20 seconds）, the researchers found, reported *a mean平均数 roll* of 4.6. Those （who were not under any time pressure ）reported *a mean roll* of 3.9. Both groups lied, then. But *those* （who had had more time for reflection） lied less.

A second experiment confirmed证实 this result. A different bunch一伙人 of volunteers were asked to roll the die just once. Again, half were put under time pressure and, since there were no additional额外的 rolls to make, *the restriction*限制约束 was changed from 20 seconds to eight. The others were allowed to consider考虑 *the matter* for as long as they wished.

*In this case* the first half reported an average roll of 4.4. Those given no time limit reported an average of 3.4. The second lot一批人, in other words, actually told the truth.

The conclusion, therefore, *at least* in the matter of cheating at dice掷骰子游戏, is that {sin is indeed original}. Without time for reflection, people will default默认的 to the mode labelled "cheat". Given such time, however, they will often do the right thing.

If you want someone to be honest, then, do not press him too hard for an immediate decision.

道德心理学。

诚实是需要时间的。

一个简单的实验却为我们提供了一种鼓励诚实的途径。

"人性本‘恶'？"这是由阿姆斯特丹大学的一位心理学家—— Shaul Shalvi，在《心理科学》杂志上发表的一篇论文中所提出的问题. Shalvi博士和他的两位同事——以色列Ben-Gurion大学的Ori Eldar 和 Yoella Bereby-Meyer，希望知道，如果那些潜在的骗子有时间对他们的行为作出充分考虑，他们撒谎的冲动会否因此增强或减弱呢？换句话说，撒谎究竟是人的一种本能行为，还是经过仔细分析后所作出的选择呢？

研究人员为他们的实验选择了一样合适的工具——骰子——罪恶活动的标志。他们想查明的是：人们是在摇骰后立即被询问其结果时容易撒谎呢，还是在他们获得一定的思考余地的时候呢？

实验前，Shalvi博士，Eldar博士和Bereby-Meyer博士给作为实验对象的76位志愿者，每人发了一个摇盅和一粒骰子。参加者被告知，他们中的一部分被随机抽选出来的，会依据其掷出的骰子点数而得到相应数目的奖励，每点10谢克尔（约合2.5美元）。接着他们便按照指示摇盅，开盅查看结果，记住点数。然后他们被要求多摇两次，以让自己确信骰子中没有被灌铅。最后，让他们自己在电脑终端里输入第一次所掷出的点数。有一半参加者被要求在20秒内完成整个实验流程，而另一半则没有时间限制。

研究人员当然无法知晓每个参加者实际掷出点数。但他们知道，依照统计学规律，如果所有人都能做到如实上报点数，那么这次实验的平均掷出点数应为3.5。这就为研究人员提供了一个测量参加者诚实程度的依据。他们发现，那组被要求于20秒内输入结果的的参加者，所上报的掷出点数平均值为4.6，而另外没有时间压力的参加者的为3.9。显然这两组人都撒谎了，不过在那些有充分时间进行考虑的参加者中撒谎的较少。

第二次实验则验证了这一结果。这次是另一群不同的志愿者被要求掷骰子，不过只掷一次。同上次一样，他们中一半人被限制了时间，并且由于此次只需掷一次骰子，时间限制也从20s缩短为8s.其余一般则想考虑多久都行。

在这次实验中，前面有时间限制的一半人所上报点数的平均值为4.4，而没有时间限制的所上报的平均值为3.4。换言之，后者如实上报了数据。

因此，得出的结论是——至少在此次摇骰作弊的案例中如此—"人性本‘恶'"。在缺少时间进行考虑的情况下，人们会进入默认的"撒谎"模式。然而，如果他们获得了那样的考虑时间，一般会作出道德上正确的选择。所以，如果你希望某人对你诚实，那么千万别逼迫他立即做出出决定啊

1. address v.①向…作正式讲话;对…发表演说. ②向…说话. ③称呼（某人）；给…冠以（某种称呼）

He is due to address a conference on *human rights* next week. 他下星期将在一个大会上发表关于人权的演说。

*The two foreign ministers* did not address each other directly [when they last met]... 这两位外交部长在上次会面时，并没有直接的言语交流。

I heard him address her as darling... 我听见他称她为“亲爱的”。

1. Ben Gurion [benˈgʊəri:ən] 本·古里安·戴维((1886-1973) 波兰裔以色列政治领导人。积极参加犹太复国主义运动。以色列第一任总理。
2. diminish v.（使）减小;（使）减弱;（使）降低

Federalism is intended to diminish the power of the central state... 联邦制旨在削弱中央政府的权力。

1. reflection n. ①（镜子里的）映像;（水中的）倒影. ②（光或热等的）反射. ③深思;见解;想法

After days of reflection she decided to write back... 想了几天之后她决定回信。

→*Reflections* （on something） 评论;感想

1. appropriate [əˈprəʊ-priət] adv.适当的;合适的;恰当的

Dress neatly and attractively in an outfit （appropriate（adj.） to the job）... 着装要整洁美观，适合于这份工作。

Dress appropriately and ask intelligent questions... 穿着要得体，提问要机敏。

1. shekel [ˈʃekl] n. 古希伯来或巴比伦的衡量单位（或钱币）
2. pip [pɪp] n. （苹果、柑橘、梨等的）种子，籽.

→someone is pipped to something such as a prize or an award, v. 以微弱优势打败；险胜

She pipped *actress* *Meryl Streep* to the part. 她击败女演员梅丽尔·斯特里普，拿到了这个角色。

→someone is pipped at the post or pipped to the post，（在竞赛等中）于最后一刻击败，险胜

I didn't want us to be pipped to the post. 我不希望我们在最后一刻落败。

1. satisfy v.①使满意;使满足;使高兴。②使确信;使弄清楚;使信服（To satisfy someone that something is true or has been done properly）

He has to satisfy *the environmental lobby* {that *real progress* will be made to cut emissions...} 他必须令环境游说团体相信在减排方面将取得实质性进展。

1. terminal [ˈtɜ:mɪnl] adj. ①(疾病)致命的，不治的，晚期的。②(病人)患绝症的，晚期的,病危的（A terminal patient）。n.①(车辆、乘客、货物的)集散地，起点站，终点站。②(电路的)端头，端子，线接头

...terminal cancer.晚期癌症。

...his illness was terminal. 他的病没治了。

...the positive terminal of the battery. 电池的阳极

1. mean n. 平均数;平均值

...the mean score for 26-year-olds. 26岁年龄组的平均分数

1. A bunch of people 一伙，一群（人）
2. lot n.①（一）组；（一）批；（一）群。 ②（特定的）（一）类（人）。③（指刚提到的数量的）全部，整个儿（the lot）

We've just sacked one lot of builders. 我们刚炒掉一批建筑工人。

Future generations are going to think that we were a pretty boring lot. 未来几代人会觉得我们无趣乏味得很。

Instead of using the money to pay his rent, he went to a betting shop and lost the lot in half an hour. 他没有拿钱去交房租，而是去了投注站，半小时内就把这笔钱全输光了。