1. 欣然接受怯场

Nervous（adj.）焦虑的 before a big interview? Or a major exam or speech? Well, whatever you do, don't calm down. Because new research finds that people who try to relax away their performance anxiety（n.）焦虑 actually mess up弄糟 more than folks who just give in to the excitement兴奋.

The study is in the Journal of Experimental试验性的 Psychology.

We all grapple with努力解决 nerves when we face some test of our abilities. To find out how the impulse冲动 to banish消除 the butterflies情绪紧张 works out, *Allison Wood Brooks* of the Harvard Business School turned to求助于 karaoke卡拉OK.

She asked subjects to state陈述 that they felt either anxious, excited兴奋的 or calm before launching into积极投入 song, regardless of不管 how they actually felt. The result: the people who said they were excited received the highest marks分数 for their musical prowess高超技艺 on the karaoke console控制台.

The same thing happened when participants read a note that said “try to get excited” before solving some tough math problems. Their scores were almost 10 percent higher than those whose instructions（n.）教导 were “try to remain calm.”

It could be that when we attempt to suppress压制 the jitters（n.）紧张不安, we focus on what could go wrong. But by spinning使旋转 the anxiety into enthusiasm热忱, we dive跳水 in with both feet. And are less likely to stumble踉跄.

面试前会非常紧张吧？或者考试，演讲之前也是这样？恩，不论你做什么，都冷静不下来。因为一项新的研究显示，想要在正事之前放松紧张情绪的人，实际上比那些硬着头皮的人更容易把事情搞砸。

这项研究已在《实验心理学》杂志上发表。

我们在接受考验的时候，神经都是紧绷着的。为了找出一时冲动的念头如何搞定心中的不安因素，哈佛商学院的阿里森伍德布洛克斯对卡拉OK进行了研究。

她安排参加研究的实验对象们，肯定的表示他们在开始唱之前的个人感觉，是渴望，是兴奋，抑或是冷静，不管实际的感觉。结果显示:唱歌之前表示自己很兴奋的人，最后得到的评分最高。

同样的事也发生在参与者在需要解答一些较难数学考题之前，阅读“试着兴奋起来”的纸条之后。他们的解题得分也比那些被教导要“尽量保持冷静”的人高10%。

事实可能是，当我们尝试压制内心的紧张不安时，我们常常会走向错误的方向。但如果化压力为动力，我们就会以正常状态发挥。那自然不会有太多磕磕绊绊喽。

you mess something up / or if you mess up, 搞砸;弄糟

→you mess up a place or a thing, 弄脏;弄乱

→something messes someone up, 干扰;搅乱;使不得安宁

give in to迁就

He refused to give in to her pleadings. 他拒不接受她的请求。

grapple [ˈgræpl] vt. 抓住，捉牢；搏斗

→you grapple with someone, 扭打;搏斗

→you grapple with a problem or difficulty, 努力解决（问题）；设法克服（困难）

banish [ˈbænɪʃ] v.①放逐；驱逐；流放。②消除；排除；摆脱。③不再去想；打消…的念头

...*a public investment programme* （intended to banish the recession）. 旨在摆脱经济衰退的公共投资项目

*The past few days* had been banished from his mind. 他现在已经不再去想过去的这几天了。

butterfly n.蝴蝶

→you have butterflies in your stomach胃/ or have butterflies, 情绪紧张；心慌意乱；忐忑不安

launch v.开展（重大活动）；发起，发动（军事袭击等）

→you launch into something such as a speech, task, or fight,积极投入；猛烈展开

Geoff has launched himself into fatherhood with great enthusiasm. 杰夫满怀热情地做起父亲来。

prowess [ˈpraʊ-əs] n.深厚的造诣；高超的技艺

console [kən'səʊl] n. (机器的)操纵台，控制台，仪表板

suppress [səˈpres] v.①镇压;制止;压制。②抑制，控制，克制(感情或反应);忍住

Liz thought of Barry / and suppressed a smile... 莉兹想起了巴里，忍住没笑。

jitter ['dʒɪ-tə] n. 振动，剧跳；紧张不安。v. 抖动，[电子] 跳动；战战兢兢；神经过敏

Emerging - market bonds and shares, for instance, may jitter further. 例如, 新兴市场债券和股票可能更加震荡.

spin [spɪn] v. 纺纱，(使)旋转

He spun *the wheel* sharply / and made a U turn in the middle of the road... 他猛打方向盘，在路中间掉头。

stumble [ˈstʌmbl] v.①绊脚;跌跌撞撞地走;踉跄;步履蹒跚。②(朗读或说话时)结巴，磕磕巴巴

1. 患有疟疾的老鼠是蚊子的美餐

Malarial（adj.）患疟疾的 Mice Smell Better to Mosquitoes蚊子

{Getting malaria（n.）疟疾} stinks散发难闻气味. Literally确实地. According to a new study, malaria victims受害者 give off散发出 odors气味 that attracts吸引 mosquitoes. And the insects （that feed on以…为食 the infected（adj.）被感染的 sufferer患者） are then more likely to spread the disease.The work appears书籍等发表 in the Proceedings of the National Academy of Sciences. [Consuelo M. De Moraes / et（=and） al其他人, Malaria-induced由…引起的 changes （in host odors） enhance mosquito attraction吸引力]

Malaria is caused by *plasmodium疟原虫 parasites寄生虫*, which are transmitted传播 by mosquitoes. A decade ago, scientists found that Kenyan肯尼亚人的 kids （infected受感染 with plasmodium疟原虫） were more attractive（adj.） to mosquitos than were kids who were 表parasite -free免寄生虫的. But they did not know what drew the bloodsuckers吸血生物 to the unfortunate不幸的 infected children.

To find out, researchers took mice （that harbored被停泊的 *the rodent啮齿动物 version* of malaria疟疾） / and put the animals in a wind chamber抽风箱. And they found that mosquitos flocked群集 toward *the infected animals*, attracted吸引 by their smell alone.

[By chemically analyzing] the animals’ scents气味, the researchers found that the parasites寄生虫 boost the levels of *a variety* of各式各样 odorous（adj.）有气味的 compounds化合物 that attract mosquitoes. So plasmodium疟原虫 is manipulating操纵 both its victim and its carrier带菌者 to get itself spread far and wide.

The finding may help with *malaria疟疾 prevention预防法*: if we can mask掩盖 or harness利用自然力 the eau d’（法语：水） infection感染, maybe we could nose嗅出 the mosquitoes away from people.

Thanks for the minute for *Scientific American 60 Seconds*,Science. I'm Karen Hopkin.

患上疟疾是会发臭的。对，你没听错！

根据一项最新的研究显示，患有疟疾的人身上散发的气味更容易吸引蚊子。因而蚊子这类依靠人类生存的昆虫就会传播更多疾病。这项调查结果发布在美国国家科学院的会议记录中。

疟疾是由疟原虫这种寄生虫引发，并靠蚊子传播的。十年前，科学家在肯尼亚有过这样的发现：相对于体内没有寄生虫的孩子，患有寄生虫病的儿童对蚊子有更强烈的吸引力。但他们不知道的是究竟是什么让这些嗜血的蚊子更青睐这群患病的孩子。

为了一探究竟，研究人员将携有啮齿类疟疾的老鼠放进风箱里。结果，他们发现蚊子都向这些老鼠聚集，原来，吸引它们的仅仅是这些患病老鼠的气味。

通过对这些老鼠气味的化学分析，研究人员发现寄生虫增加了吸引蚊子的气体的浓度。所以，可以说寄生虫通过操控它的携带者和传播者，将自己传向四面八方。

这项发现可以帮助人们预防疟疾。比如，遮盖住自己的身体，喷上些淡香水都可以使蚊子远离我们。

感谢收听科学美国人，我是凯伦·霍普金。

Malarial [mə'leə-rɪəl] adj.疟nüè疾的；患疟疾的

是一种由疟原虫造成的急性寄生虫传染病，通过疟蚊传播。独特症状为间歇性发冷发热。俗称打摆子。

stink [stɪŋk] v. n.发出恶臭;散发难闻气味

Literally [ˈlɪtə-rəli] adv.①确实地；真正地；不加夸张地。②词照字面地；直（译）地

give off 释放，放出，发出（气体、热量、气味等）

infected [ɪn-ˈfek-tɪd] adj. (地方等)受(微生物或细菌)污染的。（伤口）被感染的

In heavily infected areas, half the population become blind. 在受污染严重的地区,有一半人口失明。

plas-modium [plæz-'məʊ-dɪəm] n. 原形体，变形体，疟原虫

para-site [ˈpærə-saɪt] n.寄生虫；寄生物

blood-sucker [ˈblʌd-sʌkə(r)] n. 吸血生物，水蛭，剥削者

draw to使（某人）对…感兴趣；把…拉到…旁

He has something in his character that draws people to him. 他的性格有些吸引人的地方。

scent [sent] n.①香味;芬芳。②(人的)气味，气息;(动物的)臭迹，遗臭

odo-rous [ˈəʊdə-rəs] adj. 有气味的; 香的; 臭的

ma-nipulate [məˈnɪ-pju-leɪt] v.摆布，操纵，控制(他人)

har-ness [ˈhɑ:nɪs] v.①控制（情感）;利用（自然力）。②给（马等）套上挽具

They will harness the sun's energy to heat homes.他们将利用太阳能为住宅供暖。

We must harness the rivers which overflow annually.我们必须治理那些每年泛滥的河流。

→People or things who are working in harness 互相配合;通力合作

→that someone is 表in harness, （常指停止工作一段时间后）正常工作的

1. 赞许体罚孩子的父母，经常进行对骨肉施暴

When it comes {to disciplining惩罚 their young children}, there's a big gulf鸿沟 between what parents say they do and what they actually do. New research finds that parents spank掌掴 or hit more often and for *more mundane（adj.）寻常的 reasons* than researchers previously thought.

The study followed跟踪 33 families from *four to six evenings* while parents wore *audio recorders* documenting记录 all interaction互动 with their toddlers学步的幼儿, who averaged four-years-of-age. Participants参与者 were mostly *working mothers*—80 percent were educated beyond high school and married.

Those parents （who approve of赞成 *corporal人体的 punishment*） contend声称 that they only spank掌掴 as a last resort最终手段, do it only for *serious misbehavior（n.）不正当行为* and only when they are calm. But *the recordings* often revealed the opposite相反的事物.

Parents seemed angry when striking打 their child, they did it reactively反应性地 / and for *minor较小的 transgressions（n.）违反*.

On average, spankings掴打屁股 happened only 30 seconds after a conflict冲突 started, and half the time parents sounded angry before any conflict began. The study is in the Journal of Family Psychology.

Previous studies （using *parental父母的 self-reports*）have estimated估计 that parents spank about 18 times per year. But this study （using real-time audio） found *the median中位数 rate* 宾补to be 18 times per week—and this is among people who knew they were being monitored监视.

That means that [among the mothers who spanked], half of them spanked more than 18 times per week.

当小孩子被管教的时候，父母们表示所说与所做之间，其实有天壤之别。但现在新的一项研究表明，更多情况下，因为普通事情而掌掴或教训的家长们，与之前的推测大相径庭。

该研究跟踪调查了33个家庭4到6个晚上的活动，父母们随身佩戴音频记录器，记下他们和孩子们所有的交流信息，而孩子们的平均年龄为4周岁。参与调查的母亲多为职业女性—其中80%以上，是高中文化程度并且已婚。

那些认同体罚的父母们声称，他们只是将其作为最后的无奈之举，只有孩子们犯下滔天大错还沉着冷静时，才会用。但记录却表明事实刚好相反。

父母们在体罚孩子的时候，听上去很生气，他们用这招相当大程度是为了鸡毛蒜皮的小事。平均来看，在矛盾开始后30秒，暴力行为就会出现，并且在任何争论开始前有一半的时间，父母一方处于非常生气的状态。该研究已经在《家庭心理学》杂志上发表。

之前研究评估出，父母体罚大概为平均每年18次。但这项采用最新实时监听技术进行的研究发现，保守大概是每周18次—这还是在当事人知晓的情况下所进行的。

这意味着体罚的母亲之中，恐怕有一半人是每周超过18次。

discipline [ˈdɪsə-plɪn] v.①训练;磨炼;管教。②惩罚;处罚;处分

gulf n.①海湾。②鸿沟；严重分歧；巨大的差距

mun-dane [mʌn-ˈdeɪn] adj.普通的;平凡的;单调的；寻常的；世俗的

...the mundane realities（n.） of life. 平淡的现实生活

of age成年，够岁数了

He will come of age a week from today. 他再过一个星期就成年了.

working mother 有工作的母亲

corporal [ˈkɔ:pərəl] adj. 人体的n. 下士；身体；肉刑

resort [rɪˈzɔ:t]

→you resort to a course of action that you do not really approve of, v.诉诸;采取

→resort to n.采取;凭借;诉诸;求助

Congress has *a responsibility* to ensure that *all peaceful options* are exhausted before resort （to war）. 国会有责任确保，只有在所有和平手段都不奏效的情况下，才会诉诸战争。

→you do something as a last resort, 最后的办法;最终手段

→in the last resort 最终

They would in the last resort support their friends whatever they did. 无论他们的朋友做了什么，他们最终都会支持他们的朋友。

mis-behavior ['mɪs-bɪ'heɪ-vjə] n. <美>不礼貌，品行不端；违反军规

trans-gression [træns-'ɡreʃn] n.违犯道德(或行为)准则

median [ˈmi:diən] adj. n.中间值的;中位数的;中间的

1. 日食现象或使恒星更明亮

Eclipses日食 are supposed猜想 to make things go dark: the moon blocks阻挡 the sun, and day turns to night.

Now astronomers天文学家 have accidentally意外地 discovered the opposite: an eclipse that makes a star brighter. Thank Einstein爱因斯坦. And Kepler—the space telescope, not Johannes.

Launched in 2009, Kepler watched more than 100,000 stars, looking for *tiny dips*下沉 in a star's brightness亮度 caused by *orbiting沿轨道运行 planets* when they pass in front of their sun. But one star didn't get the memo备忘录.

Every 88 days, it brightens slightly. Researchers realized意识到 that they were actually seeing a binary star双子星 system. One of the pair一对 is big and bright like our sun.

The other is *a white dwarf*白矮星—a small, dim暗淡的 star a little larger than Earth, but so dense密度大的 that *a spoonful一匙的量* weighs有…重tons. Because of its high mass, when the white dwarf passes in front of its mate伙伴 its gravity地心引力 bends弯曲 / and amplifies增强the larger star's light, just as Einstein said.

In other words, *the white dwarf* acts like a lens透镜 that makes the bigger star appear brighter during the eclipse日食. The report is in the journal Science.

Black holes （that orbit环绕…的轨道运行 stars） should do the same thing. So someday someone might find a black hole by looking for the light.

日月食一直被认为是使得事物蒙上一层黑色：月亮挡住了太阳，因此白天变成黑夜。

现在天文学家们偶然间发现了截然不同的情况：日月食会使一颗恒星变的更加明亮。多亏了爱因斯坦。 还有天文望远镜开普勒，不是德国那位天文学家。

2009年启用的开普勒望远镜，根据恒星运动到太阳前方附近轨道时，造成恒星反射的微弱光，观察到了超过10万颗恒星。

但有颗星则没有按规矩出牌。每88天，它就会变亮一点。研究人员们意识到他们实际上是在观察一颗双子星系统。其中一颗是像我们的太阳那样又大又明亮。

另一颗是白矮星—一种小型，昏暗，比地球稍大点的恒星，但密度极高，一汤匙的物质就有几吨重。由于其高密度，当这颗白矮星运动到它同伴的前面时，自身重力发生弯曲，并使得较大的那颗恒星发出的光线被增强，就如同爱因斯坦曾经描述的那样。

换句话说，白矮星充当了透射镜片的作用，使得在日月食现象时，较大的恒星候变得更加明亮。这一研究报告已在《科学》杂志上发表。

黑洞附近的恒星也能造成同样的现象。所以终有一天，有人会通过寻找光从而发现一个黑洞。

eclipse [ɪˈklɪ-ps] n. (日)食;(月)食

→one thing is eclipsed by a second thing that is bigger, newer, or more important than it, 使黯然失色;使相形见绌;盖过

astronomer [əˈs-trɒ-nəmə(r)] n.天文学家

Kepler [ˈke-plə]

Kepler's laws 行星运动三定律

dip v. (通常指迅速地)下降，下落，下沉

Blake jumped in expertly; the boat dipped slightly under his weight... 布莱克很熟练地跳上了船，他的重量使小船微微向下沉了沉。

The sun dipped below the horizon. 太阳落到了地平线下。

binary [ˈbaɪ-nəri] adj. 双重的，由两个东西组成的；二元的n.双子星

dwarf [dwɔ:f] n. 侏儒，矮子；矮小的动物（植物）；[天]矮星

→one person or thing is dwarfed by another, v. 使显得矮小;使相形见绌

dense [dens] adj.①稠密的;密集的。②(物质)密度大的

They thrust their way through *the dense crowd*. 他们挤过密集的人群。

mate n.①伙伴，朋友(尤指男性之间) 。②配偶;性伙伴

→v.交配;交尾

They want the males to mate with wild females... 他们希望这些雄性动物可以和野生的雌性动物交配。

amplify [ˈæmplɪ-faɪ] v.①（通常用电子设备）放大，扩大（声音）。②增强；加强

*Her anxiety* about the world was amplifying *her personal fears* about her future. 她对世界的忧虑加剧了她对自己未来的恐惧。

lens [lenz] n.透镜；镜片。（眼球的）晶状体

1. 有益健康肺部微生物，起到帮助呼吸作用

Human cells are outnumbered数量多于ten-to-one by the microbes that thrive in and on us. Now a study finds that *the tiny organisms*微生物 living in our lungs may protect us from asthma（n.）哮喘.

*A newborn's lungs* start out起初是… sterile无菌的 / and then become colonized大批繁殖于 by microbes.

To see how *lung microbes* might influence disease susceptibility易感性, researchers studied mice, which also start with *sterile无菌的 lungs* that soon host做主人 microbes. In the first two weeks of life, these microbial communities社区 shift转移 and proliferate增生扩散.

So the scientists looked at three groups of mice: babies three days old, 15-day-old mice, and two-month old adults. All were exposed to dust mites螨虫, which provoke引起 inflammation炎症. The newborn mice developed inflamed（adj.）发炎的 lungs—similar to asthma哮喘.

But the older groups remained mostly inflammation炎症 free, indicating表明 *a protective保护的 role* for their lung microbes.

The researchers then exposed暴露 older mice whose lungs had been kept sterile无菌的 to mites. These mice did get inflamed发炎的 lungs. The study is in the journal Nature Medicine.

The researchers say that early *lung colonization（n.）殖民* （by *a diverse多种多样的, protective microbial community*） appears crucial极其重要的. They hope to extend延伸 these studies to human infants婴儿—to better understand our lung microbes, and help *kids breathing* freely顺畅地.

人类的细胞与我们身上和体内的微生物相比，数量还不足十分之一。现在一项研究发现，我们肺部中的一些微小组织，也许能保护我们免受哮喘侵害。

新生儿的肺，刚开始是没有被污染的，之后才有微生物进驻。为了探究这些肺部微生物是如何影响它们宿主的疾病易感性，研究人员们用小鼠进行了试验，因为小鼠也是新生肺没有被污染，然后微生物才成为宿主。在出生后的前两周内，这些新的微生物群调整变换，并且开始增殖。

所以科学家们观察了三组实验小鼠：出生三天大的小鼠，出生15天的小鼠，以及两个月大的成年鼠。这3组都曝露在可以激发体内免疫炎症反应的微生物灰尘环境中。新生小鼠的肺器官就这样发炎了—和哮喘的病理现象类似。

但是年龄稍大的试验组结果显示，大部分小鼠都没有被诱发出肺部炎症，这显示出肺部的微生物群起到了某种保护作用。

研究人员们然后对无菌环境下生长发育成熟年龄大的小鼠，进行了同类试验。这些小鼠的肺也发炎了。这项研究结果已在《自然医学》杂志上发表。

这些研究人员们表示，肺在早期就被多种有保护作用的微生物群落光顾是很重要的。他们希望扩展到人类新生儿的相关研究上—为了更好理解我们肺部中的微生物，并且使得婴幼儿能自由的呼吸空气。

out-number [ˌaʊt-ˈnʌmbə(r)] v.（在数量上）压倒，比…多

organism [ˈɔ:gə-nɪ-zəm] n.生物；有机体；（尤指）微生物

asthma [ˈæs-mə] n. <医>气喘，哮喘

someone or something starts out as a particular thing, 起初是…

sterile [ˈste-raɪl] adj.①消过毒的;无菌的。②无生殖能力的;不育的。③无生气的;缺乏新意的

*Too much time* has been wasted in sterile debate. 在毫无新意的辩论上已经浪费了太多时间。

colonize [ˈkɒlə-naɪz] v.①在…开拓殖民地;将…建成殖民地。②(动物)移生于，大批繁殖于；(植物)大批生长于

sus-ceptibility [sə-ˌseptə-ˈbɪləti] n. 感情脆弱之处;情感的要害

I am well aware that [in saying this] I shall outrage引起…的义愤 *a few susceptibilities*. 我十分清楚这样说会戳到一些人的痛处。

→you have *a susceptibility* to something unpleasant, 易受影响(或损害)的状况;敏感性;过敏性

pro-life-rate [prə-ˈlɪfə-reɪt] v. 增生，增殖；激增；剧增

mite [maɪt] n.①螨虫。②（可怜的）小孩，小家伙

→A mite一点点;极少量

I can't help feeling just a mite uneasy about it... 我对此不禁感到一丝不安。

provoke [prə-ˈvəʊk] v.①挑衅；煽动；激怒；刺激。②激起；引起

His *election success* has provoked a shocked reaction... 他的当选引起一片震惊。

inflame-mation [ˌɪn-flə-ˈmeɪ-ʃn] n.发炎;炎症

indicate v.表明;说明。暗示。是…的标志;象征;反映

This indicates whether remedies are suitable for children. 由此可以看出治疗方法是否适合儿童。

protect-tive [prəˈtek-tɪv] adj. 保护的；防护的

*Protective measures* are necessary if the city's monuments are to be preserved. 要保存城市古迹必须采取一些维护性措施。

colo-ni-zation [ˌkɒlə-naɪ-'zeɪʃn] n. 殖民地的开拓，殖民，殖民地化；移殖

crucial [ˈkru:ʃl] adj. 关键性的，极其重要的；决定性的

1. 专业小提琴演奏家难辨别斯特拉瓦迪

The Stradivarius小提琴 is arguably可以说是 *the finest violin* ever made. But could you tell one from a modern instrument? Was that a Strad斯特拉迪瓦里? How about that? Well, if you can't tell the difference, don't feel bad. Neither could a group of accomplished才华高的 violinists小提琴家.

That surprising result appears in the Proceedings of the National Academy of Sciences.

*Old Italian violins* have a reputation好名声 for being superior（adj.）优于…的 in sound to newer models. But is their reputation deserved（adj.）应得的?

To find out, researchers blindfolded蒙住…的眼睛 10 *renowned有声望的 violin soloists独奏者* / and had them play a dozen violins, six new and six old. When asked to guess the age of the instruments, the musicians音乐家 failed to distinguish辨别 classic from modern [at levels水平 better than chance运气].

And *the new violins* received *higher overall（adj.）总体的marks* than the antiques古董. When asked which violin they would choose to take [on tour（n.）巡回演出], six out of the 10 went with a modern instrument. The others grabbed抓住 Strads.

The results suggest that *modern violins perform* as well as the classics. And that modern violinists小提琴家 are better at performing演出 than at picking violins.

斯特拉迪瓦里小提琴可谓世上最好的小提琴。但你还能分辨出它和某个现代乐器的区别么？这是斯特拉迪瓦里制造的？那这个呢？嗯，如果你不能分辨出差别，别失望。一些著名小提琴手也听不出来。这个令人惊诧的结果目前已经发表在《国家科学研究进展》杂志上。

与现代制造出来的新型小提琴相比，古老的意大利小提琴因为更优美的声音而享誉世界。但它们的声誉是否名副其实？

为了一探究竟，研究人员们将10位著名小提琴独奏大师的眼睛蒙上，并请他们用12把小提琴演奏，其中的是6新6旧。当猜测这些乐器的实际年龄时，这些音乐家们并不能区分出传统与现代技术制造的这些乐器，虽然他们并不是依靠运气进行猜测的。

从评价来看，新小提琴比老古董整体上得分要高。当被问及如果可以选一把作为巡演乐器他们会选哪个的时候，10人中有6人选择了现代乐器。而其他人则挑了斯特拉迪瓦里小提琴.

该研究结果显示，现代小提琴与古典小提琴在演奏水平足以媲美。而现代小提琴演奏家们更擅长演奏而不是挑选乐器。

Stra-di-varius[ˌstrɑ:-di-ˈvɛə-riəs] n. 弦乐器（尤指斯特拉迪瓦里，及其子制作的小提琴）。意大利伟大的弦乐器制造师之一。

arguably[ˈɑ:gjuə-bli] adv.可论证地;可以说;按理说

They are arguably the most important band since The Rolling Stones... 他们无疑是继滚石之后最出色的乐队。

accomplished [əˈkʌmp-lɪʃt] adj.熟练的;才华高的;有造诣的

superior [su:ˈpɪə-riə(r)] adj. （级别、地位）较高的；（在质量等方面）较好的；（数量）较多的；上等的

→one thing or person is superior（adj.） to another, 比…好的;比…强的;优于…的

blind-fold [ˈblaɪnd-fəʊld] n.眼罩；障眼物；蒙眼布。v. 蒙住…的眼睛；遮住…的视线。adj.蒙住眼睛的

fold [fəʊld] v. ①折叠;折起;叠起。②(企业或组织)停业，关门

→you fold something up, 把…折叠起来

→the fold队伍;同一群体的人

re-nowned [rɪ-ˈnaʊnd] adj.有名的;有声望的

soloist [ˈsəʊ-ləʊɪst] n.独奏者;独唱者;独舞者

you can distinguish one thing from another / or distinguish between two things, 区分;辨别;分清

→A feature or quality that distinguishes one thing from another (特质或特征)使有别于

There is something about music （that distinguishes it from all other art forms）... 音乐的某种特质，使其有别于所有其他艺术形式。

tour [tʊə(r)] n. v.巡回访问;巡回演出；巡回比赛

1. 音乐助益于大脑发育

*Those piano lessons* you endured忍受 as a child, and *those hours* your parents made you practice, may benefit you in your later years. Even if you haven’t played in decades. So finds a study in the Journal of Neuroscience.

As we age变老, our response to *fast-changing sounds* slows down—which affects影响 how we understand speech演说——and the world around us. But people who played instruments when they were young respond作出反应 a bit quicker to such complex sounds.

And the more years study subjects played instruments, the faster their brains responded to speech sound.

The researchers say that *early acoustic听觉的 experience* may train the central中心的 auditory听觉器官的 system—and that the changes are retained throughout时间遍及 life.

Previous studies of musicians音乐家 have revealed that years of musical training may offset抵消 *cognitive认知能力的 decline衰退*. This latest analysis shows that even if all you did was reluctantly不情愿地 pound连续砰砰地猛击 a piano / or blow吹 a horn喇叭 40 years ago, you may still be reaping收获 neurological神经系统的 benefits.

当还是个孩子的时候，你忍受着钢琴课的折磨，父母督促的练习很难熬，但这些也许在随后的日子里会让你受益。即使多年之后你已经不曾勤奋的练习。这是发表在《神经生物学》杂志上的一项研究得出的结论。

随着年龄的增长，我们捕捉快速变化的声音的能力也逐渐下降—这能力影响我们对演讲内容的理解—以及对我们周围世界的理解。然而年少时玩儿过乐器的人，会对复杂的声音做出更快的反应。

该研究调查的对象中，接触乐器时间越长的人，大脑对演讲声音的反应能力也较迅速一些。研究人员们表示，早期听觉方面的训练，也许能增强中枢听觉系统的能力——并且这种训练后得到的改善带来的影响会持续一生。

之前对音乐人进行的研究已经揭示出，多年的音乐能力训练可抵消年龄增长带来的认知能力的减弱作用。而最近这个研究分析则显示，即使你40年前的所作所为不过是在不情愿的敲击键盘，或者把管乐号当喇叭吹，你的神经系统仍然获得了锻炼和提升。

1. endure [ɪn-ˈdjʊə(r)] v.①忍耐;忍受。②持续;持久

The company endured heavy financial losses. 那家公司遭受了严重亏损。

Somehow the language endures / and continues to survive. 那种语言以某种方式保存下来，并继续存在下去。

1. changing ['tʃeɪn-dʒɪŋ] n. 替换；变换；转换；变化
2. you respond to a need, crisis, or challenge, v. 应对;作出回应;作出反应

→a patient or their injury or illness is responding to treatment, v. 有良好反应;有积极效果

1. acou-stic [əˈku:-stɪk] adj.①声音的;听觉的。②（吉他等乐器）原声的，自然声的，不用电传音的。n.①（空间的）传声效果，音响效果。②声学

...acoustic signals. 声音信号

The church is acoustically（adv.） perfect（adj.）. 这座教堂收音效果极佳。

1. the central auditory system中枢听觉系统
2. through-out [θru:-ˈaʊt] prep.①（表示时间）自始至终;从头到尾;贯穿。②遍及;遍布

Movie music can be made memorable / because its themes主旋律 are repeated throughout the film. 电影音乐要想让人记住不难，因为它的主旋律贯穿影片始终。

1. offset [ˈɒfset] v.抵消；补偿

Prices have risen in order to offset the increased cost of materials. 为补偿原料成本的增加而提高了价格。

1. you pound something or pound on it, v.用力击打；连续砰砰地猛击

He pounded the table with his fist... 他用拳头猛击桌子。

→your heart is pounding, v.（常因恐惧而心脏）剧烈跳动，怦怦地跳

1. reap [ri:p] v. 收割，收获（农作物）

→you reap the benefits or the rewards of something, 获得；收获；得到；取得

1. neuro-logical [ˌnjʊə-rə-ˈlɒdʒɪkl] adj. 神经学的；神经病学的
2. 足球运动中的脑震荡

Concussions脑震荡 are a major problem in football. But brain injury is a growing concern（n.）令人担忧的事实 in soccer足球, too, usually resulting from由…引起 heading the ball / or collisions（n.）碰撞.

A meta-analysis元分析 of existing studies finds that concussions脑震荡 accounted for占比 between 6 and 9 percent of all injuries sustained使持续 on soccer fields. Most of those concussions come from when two players make for朝…前进 the ball, often when a player's elbow, arm or hand inadvertently无意地 makes contact接触 with another player's head.

But we're not just talking about injuries to professionals专业人士.

One work shows some 63 percent of all varsity校队 soccer players have sustained concussions脑震荡—yet only 19 percent realized it. And another says girls' soccer can be particularly尤其 brutal野蛮的, accounting for占比 8 percent of all sports-related concussions among high school girls. The findings are in the journal Brain Injury.

*Professional专业的 players* （who reported a great deal of extensive广泛的 heading the ball during their careers） did the poorest糟糕的 in tests of verbal口头的 and visual memory compared with other players.

Goalies守门员 and defenders后卫 were most likely to get concussions. So if you want to bend使弯曲 it like Beckham, maybe focus on playing midfield or offense前锋. Padding the goal posts球门门柱 would also be a heads-up当心 policy（n.）策略.

玩橄榄球的人很容易患脑震荡。是在足球行业中，脑损伤问题也正在引起人们的关注，因其通常起因于头球、或者头部碰撞。

但对许多相关研究发现进行后期分析的一项研究显示，脑震荡在足球界持续保持占全部伤病中6-9%的比例。大部分脑震荡，来自于两名队员争抢一个球，常见场景则是，当运动员的肘部、手臂或者手部，无意间冲撞到另一名运动员的头部。

但是我们讨论的，可不是专业运动员的伤病。

有项研究显示的是，所有足球代表队的运动员中，大约有63% 的人，持续忍受脑震荡威胁——然而只有19%的人意识到了这一点。而另一项研究称，女子足球可能更残忍，所有运动相关脑震荡中的8%，都发生在高中女生中。上述研究都已在《脑损伤》杂志上发表。

在职业生涯中曾经历许多广义上的头部与球类的接触的这些职业运动员，相对于其它选手来讲，在口头和视觉记忆测试中的表现不佳。

守门员和后卫是最有可能发生脑震荡的。因此如果你想像小贝一样藐视脑震荡这类疾病，也许应该集中打中场或者前锋。原地垫球也会是个明智选择。

1. Con-cussion [kən-ˈkʌʃn] n. 震荡；脑震荡；冲击；震动
2. concern n. v. ①关心;关切。忧虑;担心。②令人担忧的事实(或情况)
3. something results from a particular event or action, v.由…产生;由…引起
4. meta-analysis元分析，后设分析，荟萃分析
5. accounts for v.①（数量或比例上）占。②导致；解释。③为…提出理由;对…作出说明。④对（行动、政策等）负有责任。⑤将（钱款）列入预算。⑥杀死；消灭；打败

Computers account for 5% of the country's commercial electricity consumption. 计算机占去该国商业用电的5%。

Now, the gene （they discovered today） doesn't account for all those cases. 不过，他们现在发现的基因无法解释所有的病例。

How do you account for the company's alarmingly high staff turnover?... 你怎么解释这家公司高得令人忧虑的人员流动率？

The President and the President alone must account for his government's reforms. 总统必须为他的政府改革负责，而且是负全责。

The really heavy redundancy costs have been accounted for. 非常庞大的裁员开支已被列入预算。

[In the first ten days of May] our squadron accounted for at least seven enemy aircraft... 5月的头10天里我们中队至少报销了7架敌机。

1. sustained [səs-'teɪnd] adj. 持久的，持续的

sustain v.使持续;保持

1. you make for a place, 向…走去;朝…前进

→v.导致;有利于

A happy parent makes for a happy child. 有快乐的父母，才会有快乐的孩子。

1. in-adver-tently [ˌɪn-ədˈvɜ:-tən-tli] adv. 漫不经心地，疏忽地；非故意地
2. varsity [ˈvɑ:səti] adj.（尤用于修饰体育活动或体育比赛代表队）大学的。n.（学校的）校队，代表队
3. brutal [ˈbru:tl] adj.①野蛮的；残暴的。②残酷无情的；难以忍受的。③直截了当的；直言不讳的；直率的

He took an anguished breath. He had to be brutal and say it. 他痛苦地吸了口气，不得不坦言此事。

1. extensive [ɪkˈs-tensɪv] adj.①广大的;广阔的。②广泛的;全面的;包罗万象的。③巨大的；大量的

extensive表示“广泛的”,强调包含的内容多而广; 而extended则表示“延长的”。

...*the extensive research* into public attitudes to science... 针对公众科学观的广泛调查

The security forces have *extensive powers* of search and arrest... 安全部队拥有搜查和逮捕的至高权力。

Hydrogen is used extensively in industry for the production of ammonia. 氢气在工业上广泛用于制氨。

1. verbal [ˈvɜ:bl] adj.①口头的;非书面的;非行动的。②文字的;词语的;用文字表达的
2. goalie ['ɡəʊ-lɪ] n. 守门员
3. offense [əˈfens] n. 进攻；（球队的）前锋
4. pad n.垫子；衬垫；护垫。v.①给…装衬垫， 加垫子。②轻步快速地走；蹑手蹑脚地走

...a dog padding through the streets... 轻步快速穿过街道的狗

1. goal post门桩

goal n. ①目标，目的；终点。②球门；③得分

They scored *five goals* in the first half of the match... 他们在上半场比赛中攻入了5球。

post n.①柱；桩；杆。②=goalpost 球门门柱

1. heads up小心！ 当心！
2. 买家注意了:为许多人买礼物可能会阻碍你买到最好的礼物

Holiday shopping has its *fair share*人人有份of headaches头痛的事 —the crowds人群, the long lines and, of course, the stress of finding the perfect gift for everyone on your list.

But it turns out that shopping for multiple多个的 people can make you 宾补a less thoughtful考虑周到的 gift-giver. That's according to a study in the Journal of Consumer Research.

Researchers conducted组织安排 six experiments实验 asking participants to shop购物 for one person or multiple people.

The *study subjects* were told the recipients'preferences（n.）偏好.

When shopping for multiple people, the gift-givers seemed intent（adj.）下决心的 on varying使变化 the presents, rather than getting the best gift for each recipient接受者. This behavior is called over-individuation个性化 and arises from由…产生 *the desire* to be thoughtful体贴的 and treat对待 each gift-getter as unique独特的.

*Even if* there was no way for two recipients接受者to find out they got the same gift, the volunteers still varied使多样化 the presents. {Asking them to put special thought into their gifts only} exacerbated使恶化 overindividuation.

So how to make sure a gift is a sure-fire必定成功的 hit打击? The researchers suggest: buy your loved ones what they'd most likely get for themselves.

节日送礼对大部分人来说都是一件很头疼的事：拥挤的人群，超长的队伍和那种想要把最好的礼物送给每一个人的压力。但是消费者日报的调查结果显示，送礼物给太多人会让你花费更少的精力为每一个人你要送的人考虑。

研究人员做了六组实验，要求参与者们买礼物给一个人或者很多人。参与者们会事先被告知每一他们要送的人的喜好。

当要送礼物给很多人时，送礼的人会想要送多样化的礼物而不是买收礼物的人最想要的礼物。 这种行为模式被称作“过度个性化”，是一种出于体贴而给每一个人送独一无二的礼物的行为。即使两个人完全不可能相互知道他们收到了同样的礼物，参与者们（送礼的人）依然送给每个人不同的礼物。当研究人员要求他们为每一个收礼物的人花心思时，这要求反而加重了这种过度个性化的现象。

所以到底如何确保你买的礼物会让收到的人开心？研究人员建议：买那些即使是收礼物的人也会想要买给自己的礼物。

1. fair share 指的是人人有份。
2. thoughtful adj.①沉思的;默想的;认真思考的。②体贴入微的;考虑周到的

He was looking very thoughtful（adj.）... 他似乎在静静思考着什么。

Thank you. That's very thoughtful of you... 谢谢你，你想的真周到。

1. pre-ferences ['prefə-rən-sɪs] n.

→you have *a preference* for something, 喜好；偏好；偏爱

→you give *preference* to someone with a particular qualification or feature, 优惠；优待；优先权（直译就是：将自己的偏好这个“资源”给予某人，那当然是照顾某人，惠顾某人了）

The Pentagon will give *preference* to companies which do business electronically. 美国国防部将会优先考虑那些能够进行电子商务的公司。

1. you are intent（adj.） on doing something, 坚决的;下决心的
2. recipient [rɪˈsɪ-piənt] n.接受者；领受人
3. put thought into投入思考

put your thought and heart into it 全心全意的去做某件事情.

1. exacer-bate [ɪg-ˈzæsə-beɪt] v.使恶化;使加剧
2. sure-fire adj.必定成功的;准不会有错的

If something's *a sure-fire hit* / then Radio One will play it. 如果哪首歌一定会火，那么第一频道肯定会播出。

1. "享受"痛苦要趁早 切勿拖延（早死早超生）

*An upcoming即将来到的 dental牙齿的 appointment约会* can be terrifying令人害怕的. So terrifying, in fact, that the fear of future pain can be a worse experience than the actual pain during the procedure程序. *So finds a study* in the journal PLOS Computational计算机的 Biology.

Volunteers had to choose a date on which they would have *hypothetical假设的, painful dental work*, and choose another date to get a real electric shock电击. Most subjects strongly preferred to schedule在时间上安排 the pain as soon as possible——they felt that the dread（n.）恐惧 of waiting was just too much to endure忍耐. They did not want to wait even though they were told that the shocks would be less intense强烈的 if they put them off推迟.

The minority（n.）少数 of participants （who did choose to delay their pain） thought想 that doing so would reduce their immediate anxiety（n.）焦虑. Which is the same motivation动机 for those who wanted to get the pain over with赶紧做完 sooner. However, *the delaying group* suffered *increasing levels* of anxiety as time wore on.

So, when you have *the freedom* to choose, the best strategy策略 appears to be to rip off撕掉 the band-aid创可贴, fast. Never dread害怕 til直到 tomorrow what you can suffer through today.

一想到有个即将到来的牙医预约，似乎马上已经感受到牙痛之苦。事实上，这种对于即将到来疼痛的担心，比实际忍受的痛苦还要糟糕！这一发现已经在《PLOS计算机生物学》杂志上发表。

接受测试的志愿者们，需要选个日子进行假定的疼痛口腔治疗，而另一个日子则接受真正的电击。无论真假日期，多数受试者强烈希望尽快体会痛苦，他们觉得等待的恐惧实在是种煎熬。即使被告知推迟日期可以降低电击之痛，他们也不愿意等下去。

而选择延期体会疼痛的少数被试者，马上感觉没那么紧张了。这与那些希望尽快体验痛苦受试者们的动机其实是一样的。但是，延迟小组随着时间的流逝，更加感到紧张和不安。

所以当你有了选择的自由，最佳策略就是尽早行动！如果今日有能够“享受”痛苦的机会，最好别拖到明天！

1. procedure [prə-ˈsi:-dʒə(r)] n.程序；步骤；手续
2. Computational Biology 计算生物学
3. hypo-thetical [ˌhaɪpə-ˈθe-tɪkl] adj.（基于）假设的;假定的

Let's look at *a hypothetical situation* in which Carol, a recovering cocaine addict, gets invited to a party. 让我们假设这样一种情景，卡萝尔，一位正在康复的可卡因成瘾者，应邀去参加一个聚会。

1. schedule [ˈʃe-dju:l] n.工作计划;日程安排。v. (在时间上)安排，计划
2. dread n. v. adj.忧虑;恐惧

I dreaded coming back, to be honest... （v.）说实话,我生怕回来。

1. put *sth* off 推迟；拖延

→you put someone off, 敷衍；搪塞

1. motivation [ˌməʊtɪ-'veɪʃn] n. 动机；动力;诱因

Money is my motivation... 金钱是我的动力。

1. get over with一劳永逸地做完（不愉快但不得不做的事）;把…做完了事

→you want to get something unpleasant over with, 马上结束，赶紧做完（不愉快的事情）

The sooner we start, the sooner we'll get *it* over with. 动手越早，我们就会越早了结这事儿。

1. rip off 撕掉。敲…的竹杠;对…漫天要价;坑骗

The airlines have been accused of ripping off customers. 这家航空公司遭到向顾客漫天要价的指责。

1. band-aid n.（邦迪牌）创可贴。adj.（问题的解决办法）短期有效的，权宜之计的，治标不治本的
2. 夜灯颜色可能会对情绪造成影响

Light bulbs电灯泡, TVs, and now computers, e-readers, tablets平板电脑 and smartphones expose使暴露 people to *an increasing amount* of light [after dark].

And *the color* of that light may influence mood心情 and brain function. That’s according to a study in the Journal of Neuroscience神经科学.

Researchers looked at审视 *the role* of specialized专门的 *photosensitive感光性的 cells* in the retina视网膜. The cells, called ipRGCs, are responsible for负有责任的 regulating调节 *circadian昼夜节律的 rhythms节奏*. And *recent evidence* suggests these cells may also play a role in mood and cognition（n.）认识.

To test how *nocturnal夜间的 lighting color* affects mood, the researchers exposed hamsters仓鼠 to *nighttime夜间 conditions* of no light, red light, white light or blue light for four weeks each. Hamsters （exposed to red light at night） had the fewest *brain changes* associated with depression抑郁 in humans, while blue and white light had *the worst effects* on mood.

So *late-night work email* may not be the only thing ticking you off激怒——the blue glow of your machine may also be getting you down使沮丧. The best bet最好的办法: shut down and get some shuteye合眼睡觉.

每当夜幕降临，我们的房间总是灯火通明。天黑之后，电灯、电视、电脑、电子阅读器,笔记本电脑和智能手机，使人们暴露在越来越多的光线之中。

然而，光的颜色可能会对心情及大脑功能造成影响。这是根据神经科学期刊的一项研究所得出的结论。

研究者们研究视网膜内特别的光敏细胞。这些叫做ipRGCs的细胞，负责调节昼夜节律。而最近的证据表明，这些细胞可能也对情绪和认知起到作用。

为了测试夜间光颜色如何影响心情，研究者们将仓鼠放到没有光，红色光，白色光或蓝色光的夜间条件下，进行各4周的研究。在夜间暴露于红色光下呈现最小大脑变化的仓鼠，和人类的抑郁症有关; 而蓝色和白色的光，对于情绪有最坏的影响。

所以，深夜工作的电子邮件可能不是唯一斥责你业绩不佳的托词，你的机器闪烁的蓝色光芒也会让你感到失望。最好的解决办法:干脆关机合一会儿眼。

1. tablet [ˈtæb-lət] n. ①碑，匾；②药片;片剂。③平板电脑
2. Neuro-science [ˈnjʊə-rəʊ-saɪ-əns] n. 神经系统科学（指神经病学、神经化学等）
3. look at评判; 审视

Have you asked the plumber to come and look at the leaking pipe? 你叫管道工来检查漏水的管子了吗?

1. photo-sensitive [ˌfəʊtəʊ-ˈsensə-tɪv] adj. 光敏的，感光的
2. retina [ˈretɪ-nə] n.视网膜
3. regulate [ˈregju-leɪt] v.(尤指通过规章制度)管理，调整，控制

As we get older *the temperature-regulating mechanisms* in the body tend to become a little less efficient. 随着年龄的增长，人体体温调节机制的功能往往会有所弱化。

The powers （of the European Commission to regulate competition） are increasing... 欧盟委员会对竞争的监管权越来越大。

1. cir-cadian [sɜ:ˈkeɪ-diən] adj. <生理>昼夜节奏的，生理节奏的 （即大约每天一次的）
2. noc-turnal [nɒkˈtɜ:nl] adj. 夜的，夜间的；（动物）夜间活动的
3. hamster [ˈhæm-stə(r)] n.仓鼠。平均寿命2－3年。
4. tick off v.在…上打钩

Tick it off in the box. 在方框里打钩。

→you tick someone off, 怒斥;责骂

→something ticks you off, 惹恼;激怒

1. something gets you down, v.使沮丧；使忧郁

→you get down, 俯身；跪下；趴下

→you get food or medicine down, （费力地）吞下；勉强咽下

1. best bet <口>最好的办法，最佳措施

→bet n. v.打赌，赌博

1. 美食照片可能会影响真正食欲

Pictures of food.

{Snapping给…拍照 photos of meals} is one of the less expected viral病毒的 social media trends. That megaburger异常巨大的汉堡包, the cheesy有干酪味的 burrito墨西哥玉米煎饼, the strawberry草莓 shortcake水果奶油酥饼, captured forever as an object目标对象 of desire.

But *food photography* can backfire（v.）适得其反. Because a recent study finds that {looking at a lot of photos of food} can make foods similar to those （pictured less enjoyable愉快的 to eat）. Due to因…而产生what scientists call “sensory感觉的 boredom厌倦.”

Researchers had more than 230 people look at and rate photos of food. Half of the group viewed and rated 60 pics of sweets like cake and chocolates. The other half saw and rated 60 photos of savory好吃的 foods like chips炸薯条 and pretzels椒盐卷饼. Then everyone in the study ate *salted盐味的peanuts花生* and rated them.

And the subjects who had seen photos of salty foods enjoyed the salted peanuts less than did the participants who had seen pictures of sweets. The study is the Journal of Consumer Psychology.

*The salty含盐的 group* never actually saw any peanut photos. But, the researchers say, viewing观察 *the salty food photos* had satiated使充分满足 their *sensory感官的 experience* of saltiness含盐性—making yet more of the same less appealing有吸引力的.

食物的照片。

为一大桌子美食拍照，已经成了无法预料的病毒性社交媒体趋势。比如这块巨大的汉堡，芝士玉米煎饼,草莓酥饼,捕捉到的瞬间，永恒勾起人们对于食物的欲望。但是美食摄影可能恰恰适得其反。因为最近的一项研究发现,看很多的食物照片的可能，会使类似的食物少了几分享用的乐趣。科学家们称其为“感觉性无聊”。

研究人员让超过230人看食物照片并进行评价。一半的人会观看60张像蛋糕和巧克力糖果等甜食的照片。另外一半的人则观看60张如薯条和椒盐脆饼等风味食物的照片。然后被测试者们进食咸花生之后进行评价。

而那些见过咸食物照片的人在品尝咸花生时，比观察糖果的人少了几分乐趣。该研究已经《消费者心理学》杂志上发表。

咸味组从未看到任何关于花生的照片。但是,研究人员表示，观看咸味食品的照片满足他们对于盐度更多的感官体验，这就使得相同的吸引力下降。

1. mega- adv.①（置于形容词和副词前，表示强调）②adj. (用于名词前)特别好的，异常巨大的，非常重要的

He has become mega rich... 他成了巨富。

...her newly acquired mega salary. 她刚刚到手的巨额薪水

1. burrito [bʊˈri:-təʊ] n. 墨西哥玉米煎饼
2. strawberry [ˈstrɔ:bəri] n. 草莓；草莓色
3. shortcake [ˈʃɔ:t-keɪk] n. 脆饼的一种，水果奶油酥饼
4. backfire v.逆火; 事与愿违；适得其反
5. savory ['seɪ-vərɪ] n. （烹调用的）香薄荷。adj. 好吃的；体面的
6. chips [tʃɪps] n. 炸马铃薯条
7. pretzel [ˈpret-sl] n. 椒盐卷饼;咸脆饼干
8. peanut [ˈpi:-nʌt] n.①花生。②少得可怜的钱；小钱（peanuts）
9. satiate [ˈseɪ-ʃieɪt] v.使满足;使充分享受;使过饱;使腻烦

*The Edinburgh International Festival* offers enough choice to satiate most appetites. 爱丁堡国际艺术节上活动丰富，大多数人都会尽兴而归。

1. 大脑运动在任何年龄都有好处

A book a day may keep dementia老年痴呆症 away. Even if you read it 方式状as a kid. Because a study finds that exercising运用 the brain, at any age, may preserve memory. The work appears online in the journal Neurology神经病学.

Previous studies have shown that engaging in从事于 brain-building activities is associated with a delay （in late-life晚年生活 cognitive认识能力的 decline下降）. But why? Does flexing活动活动 the old *gray matter*脑灰质 somehow buffer缓冲保护 against age-related相关的 intellectual impairment（n.）损伤? Or is *cognitive认识能力的 loss* simply a consequence of *the aging brain*’s physical decline?

To find out, researchers questioned询问 nearly *300 elderly（adj.）上年纪的 individuals* about *their lifelong终身的 participation参加* in intellectual pursuits追求—like reading books, writing letters and looking things up查检信息 in the library. Then, every year, for an average of six years until they died, the subjects took tests to measure their memory and thinking.

What the researchers found is that folks （who worked their mental muscles, both early and late in life）, remained more intellectually（adv.） limber（adj.）灵活的 than those who didn’t——even when a post-mortem验尸 （look at their brains） revealed *the telltale露馅的 signs* of physical decline.

So if you’re headed朝…行进 to the beach, don’t forget a hat and a book, both to protect your head.

读书让你远离痴呆。即使像小孩一样走马观花的读。因为一项研究发现，任何年龄对大脑的训练都有助于记忆力的维持。这篇文章发表在神经病学杂志的网站上。

先前的研究已经发现参加益智活动，能延缓晚年的认知衰退。但是原因何在呢？收缩老灰质会缓解年龄引起的智力损坏吗？或者认知丢失仅仅是年老的大脑自然衰退的结果？

为了找出答案，研究者调查了接近300名老人一生中对智力活动的参与状况，比如读书，写信，还有在图书馆查阅资料。接着，在他们死前六年每一年测试他们的记忆力和思维能力。

研究人员发现，即使死后验尸发现他们的大脑已经有了自然衰退的迹象，但是一生中用脑较多的老人思维更敏捷。

因此，如果你要去海滩，别忘了戴个帽子加本书，从里到外保护你的头。

1. dementia [dɪ-ˈmenʃə] n. [医]痴呆；老年痴呆症
2. exercise v.运用;行使

They are merely exercising their right to free speech... 他们只是在行使他们的言论自由权。

1. engage [ɪn-ˈgeɪdʒ] v.

you engage in an activity, 参与;从事

→you engage someone in conversation, 使参与，使参加（谈话）

→something engages you or your attention or interest, 吸引（人）;引起（注意、兴趣）

1. flex v. 活动，屈伸(肌肉或身体某一部分) 。弯曲（关节）；收缩（肌肉）；显示力量

He slowly flexed his muscles / and tried to stand. 他缓慢地活动了一下肌肉，想尽量站起来。

1. gray matter（脑的）灰质。灰质和白质，都是中枢神经系统的重要组成部分。
2. buffer [ˈbʌfə(r)] vt. 缓冲。保护；保障

The company is buffered by *long-term contracts* with growers. 公司通过与种植户签订长期合同得到保障。

1. impairment [ɪmˈpeə-mənt] n.损害；损伤；障碍
2. pursuit [pəˈsju:t] n.①追求；寻求。②实行；贯彻；实施。③娱乐；爱好

...individuals who impoverish their families 目的状in *pursuit* of some dream. 为了追求某个梦想而使家庭陷于贫困的人

*The vigorous积极的 pursuit* of policies is no guarantee of success. 坚决贯彻方针政策，并不能保证成功。

→Someone who is in pursuit of a person, vehicle, or animal 追赶；追逐；追捕

→you are in *hot pursuit* of someone, 穷追不舍

1. look up （在参考书、列表等中）查检（事实或信息）
2. limber [ˈlɪmbə(r)] adj. 柔软的，灵活的；轻快的。v. （做运动）使身体灵活
3. post-mortem ['pəʊst'-mɔ:tem] ①n. v.验尸；尸体检验；尸体解剖。②n.（尤指对失败或出差错的事情的）事后分析；事后检讨
4. telltale [ˈtel-teɪl] adj.泄露内情的;露馅的。n. 搬弄是非者；指示器

Only occasionally did *the telltale redness*发红 around his eyes betray出卖 the fatigue he was suffering. 只有从他发红的眼圈上，偶尔能看出他非常疲惫。

1. 夫妻到底为什么而争吵

“I’m sorry.” Those two little words can help patch修补关系 things up after a fight with your significant有重大意义的 other. But {what your partner may prefer} is for you to give up some power. *So finds a study* in the Journal of Social and Clinical临床的 Psychology.

Researchers （looking through翻阅 the literature文献） say that all couples’ arguments boiled使沸腾 down to归结为 one of two issues议题: Perceived察觉到 threat, where one person thinks their status is threatened by a critical爱挑剔的 partner, or perceived neglect忽视, where one person feels their partner is either disloyal不忠诚的 or inattentive不注意的.

For this latest study, researchers asked more than 400 married couples to list how they’d want to resolve a conflict. And *the most desired渴望的 resolution决心* involved a relinquishing放弃 of power – either as a compromise妥协, an admission（n.）承认 of fault, a show of respect尊重, or conceding承认…属实 more independence独立性 to the other partner.

Other desired conflict resolutions解决 included: investing投资 in the relationship; halting使停止 adversarial敌对的 behavior; more communication; more affection钟爱之情; and only last最后的, was apologizing.

Of course, the underlying深层的 complaint抱怨 can determine使确定 the correct response. Flowers might be a good response to feelings of “perceived发觉 neglect.” But if the problem is “perceived threat,” well, roses might be construed理解 as *a delivery投递的 system* for thorns棘刺.

“对不起”，可以在夫妻吵架后化解矛盾。但是你的伴侣可能更希望你不要太强势。社会与临床心理学杂志上的一项研究发现了这个结论。

研究人员通过查阅文献表示，所有夫妻之间的争吵归根结底是两个问题之一：第一个是“感知威胁”，一个人觉得他们的状态被挑剔的另一半所威胁，或者另一个问题是“感知忽视”，一个人觉得他的另一半不忠诚、或者对他有所疏忽。

在这个最新的研究中，研究人员询问了超过400对夫妇，列出他们想解决冲突的方法。最想要的解决方法是不那么强势——许一个承诺，承认错误，表示尊重，或者承认另一半的独立。另外更想要的解决方法是投入更多精力维护关系，停止敌对行为，加强交流，表现更多爱意，最后才是道歉。

当然，潜在的抱怨可以决定正确的回应。应对“感知忽视”最好的回应是送花，但是如果问题是“感知威胁”，那么送玫瑰花儿可能被理解为故意找刺。

1. patch [pætʃ] n. 补丁。v.补缀；修补，平息（吵架等）

patch up ①平息（争吵）；修补（关系）。②为…处理伤口；包扎，处理（伤口）。③艰难达成（协议等）

1. look through ①逐一查看，②浏览;翻阅，③（因生气、沉思等）对…视而不见

As for至于，就…方面说来 doctors, when you go to see them they just look right through you. 说到医生，你去看病时，他们直把你当透明的。（Look right through me有两个意思:①完全看穿(看透)了我．②对我视而不见）

1. literature [ˈlɪtrə-tʃə(r)] n.①文学；文学作品，②（某一学科的）著述，文献，图书资料，③印刷品；宣传品
2. boil v. ①（使）沸腾；（使）烧开。②愤怒；怒火中烧

→boil down to（使）煮浓成； 浓缩成； 归结为…；归结起来是

1. perceive v.注意到，察觉，意识到（尤指不明显之物）
2. neglect [nɪˈglekt] v. n.忽视;忽略;疏于照看
3. inat-tentive [ˌɪnə-ˈten-tɪv] adj.疏忽的;不注意的
4. resolution [ˌrezəˈlu:ʃn] n.①正式决定;决议。②决心;决定。③坚定;坚决;果断。④解决

They made *a resolution* to lose all the weight gained during the Christmas period. 他们下定决心要减去圣诞期间增加的体重。

'I think I'll try a hypnotist,' I said with sudden resolution. “我会找催眠师试试，”我突然坚决地说。

1. relinquish [rɪ-ˈlɪŋ-kwɪʃ] v.放弃，出让(权力或控制) ；放开，松手；撤离

He does not intend to relinquish power. 他没有打算放弃权力。

1. com-promise [ˈkɒm-prə-maɪz] n. v.折中;妥协;让步
2. admission [ədˈmɪʃn] n. ①准许进入；准许加入；进入；加入。②（对过错等的）承认，供认

By his own admission, he is not playing well... 他自己承认表现欠佳。

1. concede [kənˈsi:d] v. (勉强)承认，承认…属实。承认(失败);认(输)

Bess finally conceded that Nancy was right... 贝丝最终承认了南希是对的。

1. adver-sarial [ˌædvə-ˈseə-riəl] adj.对立的；敌对的
2. affection n.①喜爱；喜欢，②爱慕；钟爱之情

She had developed quite *an affection* for the place. 她逐渐对这个地方钟爱有加。

...her fear of being replaced in his affections. 她害怕他会移情别恋

1. underlying adj.潜在的；隐藏的；深层的；根本的

To stop a problem / you have to understand its underlying causes... 要想杜绝问题的发生，必须弄清它的深层原因。

1. determine v.①是…的决定因素。②确定;查明。③决定;敲定

The size of the chicken pieces will determine the cooking time... 鸡块的大小，将决定烹饪时间的长短。

Testing needs to be done to determine the long-term effects on humans... 需要进行检测以确定其对人的长期影响。

My aim was first of all to determine what I should do next. 我的目标首先是要确定自己下一步该做什么。

1. construe [kən-ˈstru:] v.理解;领会

He may construe the approach as a hostile act... 他也许会将这种做法理解为敌视行为。

1. delivery [dɪˈlɪ-vəri] adj.递送的;投递的;运送的。n. ①(信件、包裹等的)递送，投递，运送。②递送之物;投递之物;运送之物

...a pizza delivery man. 比萨饼递送员

1. thorn [θɔ:n] n. (某些植物、树木上的)刺，棘刺

→*a thorn* in your side / or *a thorn* in your flesh, 肉中刺;长期困扰的问题

1. 睡眠不足容易增肥

The recommended被推荐的 seven to eight hours of sleep can be hard to get. But here's a good excuse理由 to make sure you catch those extra zzz's额外的睡眠: a study shows that *healthy（adj.） adults* who don't get enough sleep gained significantly more weight than did their well-rested休息充分的 counterparts配对物（人）.

The research features由…主演 225 *non非-obese过分肥胖的 subjects* in a controlled lab setting环境. Some were on a restricted受限制的 sleep schedule日程安排, in bed only between the hours of 4 a.m. and 8 a.m. Others had from 10 p.m. to 8 a.m. to lounge懒洋洋地躺 in bed.

After just five days, those sleeping only four hours a night had gained增加体重, on average, more than two pounds, compared to与…相比 less than a quarter-pound gained by the rested group. Men gained more than women did. The findings are in the journal Sleep.

Why the weighty重的 consequences? Sleep disruption（n.）扰乱 has been linked to high levels of hormones that make people feel hungrier. And the new study found that people filled *the extra time* （they were awake） by filling their stomachs. So one step to slimming减肥 down might be to rest up休息.

专家推荐的每日睡眠时间为7至8个小时，但要做到这一点很难。不过为了确保你睡眠充分，这里有一个好理由：一项研究显示，睡眠不足的健康成人比睡眠充足的成人，体重增加得更显著。

这项研究的特点，体现在225名在可控实验室的非肥胖者。一些人的睡眠时间严格控制在凌晨4点至8点。其他人则在休息室的床上，从晚上10点睡到第二天早上8点。

5天之后，这些每晚只睡4个小时的受试者，平均增重了超过2盎司，相比之下，其余的人则只增重了不到0.25盎司。男人比女人增重更多。这项研究发表在《睡眠杂志》上。

为什么会有这么沉重的后果？睡眠中断与使人们感到更加饥饿的高水平荷尔蒙有关。这项研究发现，人们会通过填饱肚子来打发醒着的时间。因此，充分休息也是一种减肥的方式。

1. recommended [re-kə'mendɪd] adj. 被推荐的
2. extra zzz's 额外的睡眠
3. well-rested休息充分的； 气色不错
4. feature v.①由…主演;以…为主要内容;重点介绍。②出演重头戏;担任主演;(在展览、杂志中)为重点推出的部分（someone or something features in something such as a show, exhibition, or magazine）

It's a great movie / and it features a Spanish actor who is going to be a world star within a year... 这是一部精彩的影片，主演是一位西班牙演员，他不出一年就会成为国际巨星。

1. obese [əʊˈbi:s] adj.过分肥胖的；臃肿的；虚胖的
2. setting n.环境;背景;地点

The house is in *a lovely setting* in the Malvern hills. 房子坐落在莫尔文丘陵地区，周围景色迷人。

1. restricted [rɪ-ˈstrɪk-tɪd] adj.①有限的;很少的。② (地区)不对外开放的。③(文件等)保密的，仅限于内部的

...*the monotony* of a heavily restricted diet... 受到严格限制的饮食的单调

→something is restricted（adj.） to a particular group, only members of that group have it. 仅限…使用的;仅限…所有的

The problem is not restricted to the southeast. 这个问题并不只存在于东南部。

1. lounge [laʊndʒ] v.（懒洋洋地）坐，躺。n.①（私宅中的）起居室，客厅。②（酒店、俱乐部或其他公共场所的）休息厅，休息室。③候机厅；候机大堂。

If you don't want to lounge on the beach, you can go on a guided walk along the nature trail. 如果不想闲躺在沙滩上，可以让导游带你走一走观光小径。

1. slim v.① (通过节食)减肥，变苗条。②减少(产品);缩减(人员)

→a company or other organization slims down or is slimmed down, 精简(机构);裁减(人员)

1. rest up休养，休息
2. 合唱让歌唱者心跳同步

Choral合唱的 Singers歌手 Sync（n.）同步 Heartbeats心跳

Music. It can tug at使劲拉 our hearts. Perhaps even literally照字面地. Because when people sing together, their hearts begin to beat in sync with each other.

Researchers monitored监控 the heart rates of 15 teenagers as they produced sounds [solo]单独地. The participants either hummed哼唱 one note声调 or sang a hymn赞美诗 while breathing whenever they wanted. They also performed执行 a mantra咒语 that required them to breath only at the end of each phrase. Then *the exercises* were repeated by groups of five subjects （all singing at once）. And when the subjects performed *regular有规律的 song structures* [in unison一起做], their heart rates slowed down and sped up加速 at the same time.

Vocal发声的 performances impose强制实行 set breathing patterns, which regulate调节 and synchronize使同步 heartbeats. According to the researchers, choral合唱的 participation can thus improve well-being康乐福祉. It not only tones使强健 the cardiovascular心血管的 system, but also produces *the same relaxing effect* as像…一样 breathing exercises （practiced in yoga）. So music truly soothes抚慰 the savage野蛮的 breast胸怀；内心——or at least, the heart （beating inside it）.

—Sophie Bushwick

合唱让歌手心跳同步

音乐，会拨动我们的心弦，可能只从字面上讲也是成立的。因为人们一起唱歌的时候，心率也会变得相同。

研究者监测了15名青少年发出声音时各自的心率。这十五名参与者或者是哼一声，或者是唱个小曲，而呼吸则不受控制。他们也都念了一段需要在每个短语末尾呼吸的段落。然后练习在五组实验对象中重复，他们都只唱一遍。当实验对象一齐表演歌曲的时候，他们的心率同时放缓同时加快。

声乐表演控制呼吸方式，呼吸方式则控制心跳。根据研究者的研究结果来看，合唱能改善健康状况。不光能增强心血管系统，还能产生同瑜伽练习中呼吸练习一样的放松效果。因此音乐真的能抚慰粗犷的胸怀，或者至少对隐藏在胸腔里的心跳有效。

苏菲·布什维克

1. choral [ˈkɔ:rəl] adj.由唱诗班(或合唱队)演唱的；合唱的。n. 赞美诗；唱诗班
2. sync [sɪŋk] n. 同时，同步

→two things are out of sync, 不协调/协调;不同步/同步

1. you tug something or tug at it, [tʌg] v.使劲拉;拽
2. solo adj. adj.独自进行的，独自地。n.单人表演
3. hum v.①发出连续而低沉的声音;发嗡嗡声，②哼（曲子）。③(地方）热闹，活跃，繁忙。 惯用语：（踌躇时发出的声音）嗯，呃

The place is really beginning to hum... 这个地方真正开始热闹起来了。

1. hymn [hɪm] v.歌颂;赞美。n.（基督教的）赞美诗，圣歌
2. man-tra [ˈmæn-trə] n. ①(佛教和印度教中的)曼特罗，祷文，符咒。②（尤指认为并不正确或只是部分正确的）准则，原则，圭臬
3. unison [ˈju:nɪ-sn] n. 一致，协调；和谐；共同（做某事）；（音乐中的）齐唱

two or more people do something in unison, 同时；一起

1. syn-chronize [ˈsɪŋ-krə-naɪz] v. (使)同步;(使)在时间上一致;(使)同速进行
2. tone [təʊn] v.①使结实；使强健。②(与…)协调(或相配)（tones with）

...finely toned muscular bodies. 健美强壮的身体

The bowls tone in cleverly with the mugs. 那些碗与杯子巧妙相配。（tone in = tone）

1. cardio-vas-cular [ˌkɑ:diəʊ-ˈvæs-kjələ(r)] adj. 心血管的
2. soothe [su:ð] v.①安抚;抚慰;使平静。②减轻，缓和(身体的痛处或不适)

...*body lotion* to soothe dry skin. 滋润干燥皮肤的润肤液

1. 银为何有杀菌的功效

If you're plagued使困扰 by werewolves狼人, reach for伸出…以触及 the silver. And more mundane普通的 health problems may also respond well to the silver solution )解决办法. Because a new study shows that microbes （exposed to *a pinch of*少量 the precious贵重的 metal） become more vulnerable易受伤害的 to antibiotic抗生素 attack. The research is in the journal Science Translational Medicine.

Silver's long been a medical treatment疗法. Hippocrates希波克拉底 himself applied it to open wounds伤口. But its use as a cure药物 for contagion传染病 fell by the wayside半路夭折 with the discovery of penicillin青霉素, and the source源头 of its *bug-blasting炸毁 abilities* remained a mystery. Until now.

Researchers treated处理 E. coli bacteria大肠杆菌 with small amounts of silver. They found that the metal messes with干涉 the bugs' proteins蛋白质, wreaking造成破坏 havoc大破坏 on their metabolism（n.）新陈代谢. It also generates产生 *reactive活性的 chemicals* that attack the microbes from within. All this weakens削弱 the bacteria's defenses, which allows *other, more conventional常规的 antibiotics抗生素* to slip in不失时机地插入 and do their work. Even killing microbes细菌 （that were formerly原先 antibiotic抗菌作用的 resistant抵抗者）.

Mice （with fatal致命的 infections感染） were also saved with a silver and antibiotic combo小型乐队, and at doses剂量 （that did *the sick有病的 rodents啮齿动物*no harm）. This silver was delivered交付 by injection. For werewolves, the preferred首选的 silver delivery（n.）递送 system is still the bullet子弹.

如果你深受狼人的困扰，那就伸手去拿银器吧。尘世间的大多数健康问题，都能在银溶液中得到体现。一项新的研究显示，接触过少量贵金属的微生物，对抗生素的攻击更为敏感。该研究论文已被刊登在了医学杂志《转化医学》上。

长久以来，银一直被用于医疗。医药之父希波克拉底自己也用它来治疗伤口。但在用它治疗传染病时却半途而废了，因为中途发现了青霉素。但直到现在，银有杀菌功效的缘由仍是一个未解之谜。

研究人员用少量的银治疗大肠杆菌。他们发现金属上混杂着细菌的蛋白质，这对细菌的新陈代谢来说是一场浩劫。它还能产生活性化学物质，这种化学物质能从内部攻击微生物。所有这些都削弱了细菌的抵抗能力，这就促使其它更传统的抗生素进入发挥功效。即使是以前对抗生素有耐药性的细菌也会被杀死。

感染上致命疾病的老鼠，也能被银和抗生素的组合救活，且剂量合适的话，对生病的老鼠没有危害。银是通过注射进入老鼠体内的。对于狼人来说，这种首选的银治疗方案仍是致命的子弹。

1. plague [pleɪg] n. 瘟疫；灾害，折磨。v.困扰；使烦恼；折磨（If you are plagued by unpleasant things,）

→you avoid someone or something like the plague 极力回避

I normally avoid cheap wine like the plague. 我一般对廉价的葡萄酒敬而远之。

→You say a plague on a particular person or thing …真该死；愿上天降祸于…

A plague on you and your damned percentages! 你和你该死的百分比都见鬼去吧！

1. mundane [mʌn-ˈdeɪn] adj.普通的;平凡的;单调的

..*.the mundane realities*现实 of life. 平淡的现实生活

1. A pinch of （一）撮；少量
2. vulnerable [ˈvʌl-nərəbl] adj. 脆弱的;（地方）易受攻击的；易受伤的；易受批评的

Old people are particularly vulnerable members of our society. 老年人是社会中尤为明显的弱势群体。

...a table （showing *which cars* are most vulnerable to theft）... 易被盗车辆一览表

1. anti-biotic [ˌænti-baɪ-ˈɒtɪk] n.抗生素；抗菌素
2. Hippoc-rates [hiə-ˈpɔk-rə-ti:z] 希波克拉底，古希腊的名医, 世称医学之父)
3. cure v.①治愈，治好(疾病或创伤) 。②消除，解决(问题)

Private firms are willing to make *large scale investments* to help cure Russia's economic troubles... 私有企业愿意投巨资帮助俄罗斯渡过经济难关。

→（v.）*an action or event* cures someone of a habit or an attitude, 矫正，使放弃(习惯或态度)

The experience was a detestable ordeal, and it cured him of any ambitions to direct again... 那次经历是一次令人厌恶的煎熬，使得他放弃了任何再当导演的想法。

→（n.）*A cure* for an illness药;药物;疗法

→（n.）*A cure* for a problem 解决方法;措施;对策

1. contagion [kənˈteɪ-dʒən] n.接触传染，传染病
2. wayside n.路边

→a person or plan falls by the wayside, 中途停止;半路夭折

1. peni-cillin [ˌpenɪ-ˈsɪ-lɪn] n. 青霉素，盘尼西林。是人类最早发现的抗生素
2. blast [blɑ:st] v.①爆炸；炸毁；炸出；炸开。②炮轰；抨击。n.爆炸
3. E. coli bacteria大肠杆菌

E. coli =Escherichia coli（拉）大肠埃希氏杆菌，大肠杆菌。是Escherich在1885年发现的。

1. mess with v.干涉;与…有牵连;卷入

You are messing with people's religion / and they don't like that... 你是在干涉人们的宗教信仰，他们并不喜欢你的做法。

Do you know who you're messing with — do you know who I am? 知道你在跟谁打交道吗——知道我是谁吗？

I've warned you already, don't mess with me. 我已警告过你, 不要来打扰我.

1. protein [ˈprəʊ-ti:n] n.蛋白质。adj. 蛋白质的
2. wreak [ri:k] vt. 造成（混乱或破坏）；实施（报复）

He threatened to wreak vengeance（n.）复仇on the men who toppled him a year ago. 他威胁要对一年前扳倒他的人进行报复。

1. havoc [ˈhævək] n.大破坏;大毁坏;大混乱

→one thing plays havoc with another or wreaks havoc on it, 给…造成混乱（或破坏）

Drug addiction soon played *havoc* with his career... 毒瘾很快就毁掉了他的事业。

1. metabolism [məˈtæbə-lɪzəm] n. 新陈代谢
2. reactive adj.①活性的;起化学反应的。②起反应的；回应性的

Ozone is *a highly reactive form* of oxygen gas. 臭氧是一种非常活跃的氧气形态。

I want our organization to be less reactive and more proactive. 我希望我们的组织少一些被动反应，多一些积极主动。

1. slip in不失时机地插入

I cannot resist slipping in a word of advice. 我忍不住想插上一句建议。

→slip v.滑，滑脱。迅速而悄无声息地走(到某处);溜(到某处)

1. combo [ˈkɒmbəʊ] n.小型爵士乐队，小型伴舞乐队
2. deliver [dɪˈlɪvə(r)] v.①递送;投递;运送。②履行;兑现;实现。③托付;交托。④接生(婴儿)

We were told the pizza would be delivered in 20 minutes. 我们被告知比萨饼 20 分钟后送到。

We don't promise what we can't deliver. 我们承诺的就一定会兑现。

Mrs Montgomery was delivered into Mr Hinchcliffe's care... 蒙哥马利夫人托给了欣奇利夫先生照顾。

1. 伸展的姿势可能诱导不诚实行为

Expansive扩张的 body postures姿势, like stretching one's legs, confer授予 a sense感觉 of power. And studies show that the feeling of power can lead to dishonest不诚实的 behavior. Now researchers find that just sitting at a big desk or in a large chair can also influence one's honesty.

Subjects sat at desks with either a large or small working space工作场所. They were asked to unscramble整理 anagrams变位词 without using *an answer key*答案—which was available. And those who had the big desk space cheated作弊 more than those who had the confined空间受限的 area.

In another experiment, volunteers played a video driving game, sitting either in a large or little seat. They had to drive through a course路线 as fast as possible / and attempt not to hit anyone. If they did make contact接触, they were supposed（adj.）应当 to stop playing for 10 seconds. And the big-seat drivers were more likely to hit and run.

[In a real-world setting] the researchers also found that those who drove cars with expansive seats parked停车 illegally非法的 more often that those with smaller driver's seats. The studies are in the journal Psychological Science.

So next time you get behind the wheel开车, are you in the driver's seat or is the driver's seat controlling you?

像伸腿这样的、舒张的身体姿势会给人以一种力量的感觉。研究证明，力量感容易诱导不诚实的行为。目前一项研究发现，坐在一张宽大的桌子前，或者坐在一张宽大的椅子上，同样能影响一个人的诚实。

受试者们坐在办公空间大小各异的桌子前。然后要求他们在不翻答案的前提下解字谜。相比那些空间狭窄有限的受试者，那些位置宽敞的受试者作弊情况更严重。

在另一项试验中，志愿者在玩一个视频驾驶游戏，他们的座位也大小不一。游戏的要求是尽快通关，并且不能撞到任何人。如果他们事先约好在游戏开始后十秒一起停下，那么坐在宽大座位上的驾驶员肇事逃跑的可能性更大。

同时在现实情景中，研究人员发现，相比那些坐在狭窄座位上的驾驶员，那些坐在宽敞座位上的驾驶员非法停车的几率更大。这些研究发表在《心理科学》杂志上。

所以下次驾车时，是你坐在驾驶员的位置？还是驾驶员的位置控制了你？

1. expansive [ɪkˈs-pænsɪv] adj.①广袤的;辽阔的;全面的。②豪爽的;开朗的;健谈的。③扩张的;发展的

...an expansive grassy play area... 广阔的游乐草地

He was becoming more expansive as he relaxed... 他放松的时候变得更加开朗。

*An active and expansive market economy* is a necessary condition for progress. 积极扩张的市场经济，是发展的必要条件。

1. confer [kənˈfɜ:(r)] v.授予，赋予(权力、荣誉等)

Never imagine that rank confers genuine authority. 绝对不要幻想那个头衔会有实权。

1. working space 工作区，工作场所
2. un-scramble [ˌʌn-ˈskræm-bl] v.①整理；使有条理，使回复原状，②译出密码

After a few seconds to unscramble my thoughts, I replied. 我稍微整理了一下思路, 然后回答说.

To the success of such arise suddenly, different person has unscramble differently. 对于这样突如其来的成功, 不同人有不同的解读.

1. anagram [ˈænə-græm] n. 由颠倒字母顺序而构成的字[短语] ;变形词
2. answer key答案，题解
3. something is supposed to happen, (按计划或期望)应当，应该，须
4. get behind the wheel 开车，驾驶
5. 货币政策 或紧或松没有关系

Monetary货币的 policy

Tight, loose, irrelevant（adj.）不相关的

*Interest利息 rates* do not seem to affect investment（n.）投资 as economists assume

IT IS Economics经济学 101. If *central bankers*银行家 want to spur促进 economic activity活力, they cut削减 interest rates. If they want to dampen减弱 it, they raise them. The assumption（n.）假定 is that, as it becomes cheaper or more expensive for businesses and households全家人 to borrow, they will adjust调节 their spending [accordingly相应地]. But for businesses in America, at least, a newstudy suggests that *the accepted（adj.）公认的 wisdom一般观点* on *monetary policy*货币政策 is broadly（adv.）大致上 (but not entirely完全地) wrong.

Using data （stretching延伸 back to 1952）, the paper论文 concludes得出结论 that *market市场 interest rates*, which *central banks* aim to influence when they set their policy rates, play some role in how much firms invest投资, but not much. Other factors——most notably尤其 how profitable（adj.）盈利的 a firm is / and how well its shares股票 do——are far more important (see chart). A government that wants to pep up使振奋 the economy, （says S.P. Kothari of *the Sloan School of Management*斯隆管理学院, one of the authors）, would have more luck with other measures办法, such as *lower taxes* or *less onerous繁重的 regulation法规*.

{Establishing建立 what drives *business investment*} is difficult, not least尤其是 because it expands扩张 and contracts缩小 far more dramatically急剧地 than the economy [as a whole整体来看]. These shifts转换 were particularly manic发狂的 in the late 1950s (both up and down), mid-1960s (up), and 2000s (down, up, then down again). Overall总的来说, investment has been in slight decline正在衰退 since the early 1980s.

Having sifted through细查 decades of data, however, the authors conclude that neither volatility（n.）波动 in the financial markets nor *credit-default swaps*贷款违约保险, （a measure测量 of *corporate（adj.）公司的 credit risk信贷风险* （that tends to influence *the rates*利率firms pay））, has much impact冲击力. In fact, investment投资额 often rises when interest rates go up上升 and volatility波动性 increases.

Investment grows most quickly, though虽然, in response to *a surge*（n.）激增 in profits利润 and *drops* with bad news. These *ups and downs* suggest *shifts* （in investment） go too far / and are often ill-timed时机不佳的. At any rate无论如何, they do little good: big cuts can substantially大体上 boost profits, but only briefly短暂地; *big increases* in investment slightly decrease减少 profits.

Companies, Mr Kothari says, tend to dwell too much on沉湎于 recent experience [when deciding how much to invest / and too little on how *changing circumstances* may affect *future returns*]. This is particularly true 时间状in difficult times. Appealing有吸引力的 opportunities机会 may exist, and they may be 表all the more attractive吸引人的 because of *low interest rates*. That should matter有重要性——but the data suggest it does not.

利率似乎并不像经济学家假设的那样影响投资

上过经济学101课程的人都知道：如果中央银行想刺激经济，那么它会降低利率；而如果它想遏制经济过度膨胀，就会提高利率。我们这样说的前提假设是：当企业家或家庭贷款的成本增加或降低时，他们会相应地调整支出。但是一项最新的调查显示，对于企业家们，至少是美国的企业家，这个公认的货币政策原理,经常是错误的（但不完全错误）。

使用1952年以来的数据，这篇论文得出这样一个结论：央行希望通过制定利率政策来控制市场利率，这个市场利率对企业投资具有一定影响作用，但作用并不大。而其他因素，尤其是企业获利能力和股票收益情况，则更加显著地影响投资。其中一名来自斯隆管理学院的作者S.P. Kothari说道：如果政府希望刺激经济，应该多采取除货币政策以外的其他措施，比如降低企业税收、减少企业法律义务。

建立一种刺激企业投资的机制是很困难的，不仅仅是因为它扩张和相互联系的方式远远比经济整体更加复杂。这种波动在这些时段表现得尤为显著：20世纪50年代末（有上涨也有下跌）、60年代中叶（上涨）、2000年代（先涨后跌，然后又涨）。总体来说，从20世纪80年代早期开始，投资增速就开始慢慢减缓了。

然而，通过仔细研究几十年的数据，这篇论文的作者得出这样一个结论：无论是金融市场波动率，还是信用违约掉期费率（一个衡量企业信贷风险的指标，通常会影响企业投资所支付的利率），对企业投资都无显著冲击。实际上，当利率提高、市场波动增强时，企业投资通常会增加。

虽然投资随着繁荣而快速增加，随着经济下滑而快速减少；但是这种波动却表明，投资的变动波幅太大，并且通常是滞后的。不管利率是高是低，投资的变动对经济刺激作用都很小：大幅增加投资确实可以持续促进盈利，但这个作用很小；而大幅减少投资也只能轻微地降低利润。

Kothari先生说，企业在决定投资多少时，往往过多地关注于近期的经验，而很少关注利率变动对未来收益会有何影响。在低谷的时候，这种现象更加严重。赚大钱的机会是存在的，并且当利率很低时，投资会变得更具吸引力。利率应当是影响投资的——但数据表明事实并非如此。

1. Monetary [ˈmʌnɪ-tri] adj.（尤指一国）货币的，金融的
2. irrele-vant [ɪˈrelə-vənt] adj.不相关的;不切题的
3. spur [spɜ:(r)] v. n.鼓励;激励。促进;加速;推动
4. dampen [ˈdæm-pən] v.①降低，减弱，抑制(热情、激动等)。②使潮湿;弄湿

I hate to dampen *your spirits* / but aren't you overlooking a couple of minor points. 我不想扫你的兴，但你是否忽视了几个小的问题呢？

1. adjust v.①调整；调节。②改变（行为或观点）以适应;调节;习惯（adjust to…）
2. accordingly adv.①因此；于是。②照着;相应地

We have a different background, a different history. Accordingly, we have the right to different futures... 我们有不同的背景和不同的历史。因此，我们有权拥有不同的未来。

The new government will make a judgment about its interests / and act accordingly. 新政府将对其利害得失作出判断，并采取相应的行动。

1. wisdom [ˈwɪz-dəm] n.①智慧;才智。明智。②(社会或文化长期积累的)知识，学问，古训，常识。③一般观点;普遍看法
2. broadly adv. 一般说来；大致上

The President broadly got what he wanted out of his meeting... 总统通过这次会议基本上达到了他的目的。

1. entirely [ɪnˈtaɪəli] adv.完全地;完整地;全部地

I agree entirely... 我完全同意。

1. a stretch of time 一段时间

→an event or activity stretches or is stretched into a further period of time, v. (使)延续;(使)持续

1. you aim for something / or aim to do something, v.致力于;旨在;以…为目标
2. profitable [ˈprɒ-fɪtəbl] adj. ①盈利的；有利润的；赚钱的。②有利可图的；有益的；有用的
3. pep up 使振奋；使活跃；使更有趣；使更强大

*The prime minister* aired some ideas about pepping up trade in the region... 首相发表了一些刺激本地区贸易的想法。

1. pep n.活力；精力；劲头。vt. 激励；使精力充沛；给…打气；使活泼
2. Sloan [sləun] n.麻省理工学院斯隆商学院。由通用汽车总裁Alfred P. Sloan于1952年捐助了五百万美金成立。全称即是Alfred P. Sloan School of Management 斯隆管理学院。
3. onerous [ˈəʊnə-rəs] adj.（任务）繁重的，艰巨的，麻烦的

...parents who have had *the onerous task* of bringing up a very difficult child. 曾经辛辛苦苦地养育过任性难缠的孩子的父母亲

1. establish v.①建立;创立;设立；制定。②确定;查实;证实

Medical tests established that she was not their own child... 医学化验证实她不是他们的亲骨肉。

1. not least 尤其是，特别是
2. contract [ˈkɒn-trækt] v. n.

→you contract with someone to do something, 签合同，订立契约(做某事)

→v. (使)收缩;(使)缩小;(使)缩短

→v. (经济、市场等)紧缩，缩小

The manufacturing economy contracted in October for the sixth consecutive month. 10月，制造业经济已经连续第6个月出现萎缩状况。

1. dramatic adj.突如其来的;急剧的;引人注目的

At speeds above 50mph, serious injuries dramatically increase. 时速超过50英里，重伤率会大大增加。

1. as a whole ①整体来看；②普遍说来， 一般地说

We must consider these matters [as a whole]. 我们必须从整体上考虑这些事情。

There are some areas of poverty, but the country [as a whole] is fairly prosperous. 这个国家有些地区比较贫困, 但总的来说是相当富裕的。

1. shift v. (意见、情况、政策)有所变动，稍作改变;使发生些许变化

*The emphasis* should be shifted more towards Parliament. 重点应更多地转向议会。

...*a shift* in government policy. 政府政策的微调

1. manic [ˈmæ-nɪk] adj.①发狂的;狂躁的;非常激动的。②（微笑、笑声或幽默）过度的，失常的

He was really manic（adj.）... 他真的疯了一般。

We cleaned the house [manically] over the weekend... 周末，我们干劲十足地把屋子打扫了一遍。

1. something is in decline or on the decline, 逐渐势微;正在衰退
2. sift [sɪ-ft] v.①筛(面粉、沙子等) 。②细查;详审（you sift through something such as evidence,）

*Police officers* have continued to sift through *the wreckage* following yesterday's bomb attack... 警察继续仔细检查昨天炸弹袭击后留下的残骸。

Brook has sifted the evidence / and summarises it clearly. 布鲁克已经仔细审查过证据并将其总结得一清二楚。

1. volatility [ˌvɒlə-'tɪ-lətɪ] n. ①挥发性；挥发度；反复无常。②波动，波动性

volatile [ˈvɒlə-taɪl] adj.①易变的;动荡不定的;反复无常的。②（人）易变的，情绪无常性的

There have been riots before / and the situation is volatile... 以前曾发生过暴乱，现在局势不太稳定。

1. credit default swap，CDS：信贷违约掉期，也称「贷款违约保险」。

方式是：A向B申请贷款，B为了利息而放贷给A，放贷出去的钱总有风险(如果A破产，无法偿还利息和本金)，那么这时候C出场，由C对B的这个风险予以保险承诺，条件是B每年向C支付一定的保险费用。但万一A破产的情况发生，那么由C补偿B所遭受的的损失。

可以看出，credit default swap，CDS类似保险合同。

1. corporate [ˈkɔ:pə-rət] adj. adj. 法人的，社团的；公司的
2. surge n. v.①激增;急剧上升;突飞猛进。②(水等)汹涌;(电)浪涌，骤强。③(感情、感觉)突袭，涌动，突发

*Surging imports* will add to the demand for hard currency. 进口激增将增加对硬通货的需求。

...the crowd surging out from the church. 从教堂里涌出的人群

Panic surged through her. 她顿时惊慌失措。

He was overcome by *a sudden surge* of jealousy. 他突然妒火中烧。

1. ill-timed adj.不合时宜的;时机不佳的
2. substantially [səb-ˈstæn-ʃəli] adv. ①非常地;巨大地。②基本上;大体上;总的来说

The price was substantially higher than had been expected... 价格比预计的要高很多。

The percentage of girls in engineering has increased substantially... 学工科的女孩的比例已经大大增加了。

He checked the details given / and found them substantially correct... 他核实了一下给出的细节，发现它们基本正确。

1. de-crease [dɪ-ˈkri:s] v. n. (使)减少;(使)减小;(使)降低
2. dwell [dwel] v. 居住;栖身

→you dwell on something, especially something unpleasant, 沉湎于,唠叨,赘述(尤指令人不快的事)

1. 在中国觅食的外国企业家

Foreign entrepreneurs企业家 in China

Small is not beautiful

It is hard for small businesses to break into成功打入 the Chinese market

ENTREPRENEURS do more [方式状with less], proclaimed声明 Fiona Woolf this week on a visit to Shanghai. Lady Woolf, *the current Lord Mayor*英国市长 of the City of London, was speaking at an academic conference研讨会 （devoted to helping *small and medium enterprises小企业* (SMEs) 宾补flourish兴盛 in China）. These businesses face all of the same obstacles [当as big firms trying to enter China] / but have far fewer resources.

*Intellectual-property知识产权 rights* are hard and costly昂贵的 to defend保卫. 主The tangle纠缠 （of *red tape*官僚作风 involved in tax, compliance（n.）服从, *customs海关 clearance官方许可*, *business registration*营业登记 and so on） 谓can overwhelm使难以承受 small firms.

*Alexandra Voss* （of *the German Chamber*房间 of Commerce（n.）商业贸易） points out that local firms often work [overtime（adv.）加班地] and [on weekends] during negotiations（n.）谈判—and that *foreign SMEs* （with *staff shortages*（n.）短缺 and *little local knowledge*） can quickly get overwhelmed被淹没.

A bigger snag小问题 is that getting China right demands a huge amount of attention from the top brass高层人物, explains *Franklin Yao* of Smith Street Solutions公司名, *a consulting咨询的 firm* （that advises *firms* （keen热衷的 to enter China））. The problem is that {the market is enormous庞大的, complicated and opaque不透明的}. It is also hyper-competitive（adj.）高度竞争的, thanks to a proliferation激增 of both low-cost locals and deep-pocketed有钱的 multinational跨国的 companies.

For *intrepid无畏的 SMEs* （still keen to try）, help is *at hand*. All *developed countries* have *trade offices*贸易办事处and *business chambers*商会 devoted to helping smaller firms clear the many hurdles障碍. Consultants顾问 are also coming up with设法想出 new ways to connect these firms to unfamiliar customers客户.

*Deb Weidenhamer* runs iPai, a trailblazing先驱的 foreign *auction house*拍卖行in China. Her outfit机构 holds dozens of auctions a year, run simultaneously同时地 online / and at *a trendy时髦的 site* in Shanghai, mostly主要地 peddling兜售 excess多余的 inventories存货 from *distributors*批发商 （of fashionable流行的 goods）.

For 15,000, she will add *a foreign SME's product* to three of her auctions [over several weeks] / and get user 双宾feedback（n.）反馈. The result, she says, is that *her clients* learn得知 [quickly and easily] {*if and how much* Chinese customers will pay for *their novel新奇的 products* / and what they think of them}.

Another *encouraging令人鼓舞的 development* for smaller firms is *the rise* of e-commerce电子商务 in China. *Frank Lavin* of Export Now, an e-commerce firm, argues提出理由 that {going directly to online sales} lets foreign newcomers新手 build *a national brand品牌* far more quickly and cheaply than through bricks砖-and-mortar浆 outlets专营店. For 17-20% of a firm's Chinese revenues收入, he will take care of照顾 the regulatory管理机构 filings文件, product testing, warehousing（n.）仓库贮存 and so on （required必须的 for online sales）.

Alibaba, a Chinese e-commerce giant （that recently went public上市 in America）, is explicitly明确地 courting讨好 foreign SMEs. A recent success story involves sales of *imported进口 fresh foods* on its Tmall天猫 portal门户网站. *Keith Hu* of the Northwest Cherry樱桃 Growers种植商, which represents代理 *American farmers* of the fruit, explains that {selling to China} was made even more difficult 原因状as *the fruit* ripens使成熟 only during *an eight-week period* each year. But *a clever聪明的 collaboration合作* with Tmall helped his farmers reach customers [even in smaller Chinese cities], boosting sales [over fourfold四倍地] [in the past year] to over 600 tonnes吨.

While it is possible {to make it}, Mr Yao is blunt（adj.）直言不讳的 about the chances: “If your firm doesn't have at least 100m a year in sales, don't bother操心 trying.” *Life is hardly a bowl碗 of cherries* for most small entrepreneurs trying to enter the Middle Kingdom.

小并不是美

对于小盘生意来说，要打入中国市场难如登天

本周，现任伦敦金融城市长Fiona Woolf在上海进行访问，而在一个致力于帮助中小企业（SMEs）在中国发展扩张的学术研讨会上，Woolf市长声称，企业家们都是能“花小钱办大事”的人。这些中小企业在进入中国市场之时，面临着与大公司一样的困难，但前者所拥有的资源却比后者要少得多。

捍卫知识产权不仅困难重重，其代价也非常高。税务、行政法规、海关、工商登记等等，各式各样的官僚行径交织成一团乱麻，令小公司无法存活。德国商会的Alexandra Voss指出，本地公司常常让员工在平时加班或者在周末上班，而这正是令员工短缺以及缺乏本地业务情况的外国中小企业迅速被打垮的原因。

一家为热衷于进入中国市场的公司提供服务的咨询机构Smith Street Solutions，其分析员Franklin Yao解释道，眼前一个更大的阻碍在于，如果要与中国搞好关系，就必须得到国家高层的大量关注。而问题就在于市场是无比巨大的，是复杂的，同时也是不透明的。同时，高度竞争也是市场的特点之一，而这要归功于廉价的本地劳动力和财力雄厚的跨国公司两者之间的共同成长。

对于勇敢无畏的不停尝试的中小企业来说，还是能够获得帮助的。所有发达国家都成立了商贸部门以及商业协会，以帮助较小的公司清除大部分发展障碍。商业顾问也想出了许多新方法，让这些公司与未曾接触过的客户取得联系。

Deb Weidenhamer，目前在中国运营一家开创性的外国拍卖行。她的机构不仅每年要处理许多拍卖业务，同时也在网上经营，并且是在上海的一个时尚的网站里进行销售，大部分是在兜售时髦产品经销商手中多余的存货。仅需15000美元，她就能让一项外国中小企业产品登陆到自己的拍卖品展示区长达数周，并获取用户的反馈。她表示自己的机构能够最终帮助客户快速轻松地了解到中国顾客的情况，包括他们是否会购买该公司的新产品、出价几何，以及他们对该产品的看法。

对于小型公司来说，另一个利好因素莫过于中国电子商务的发展。来自电商公司Export Now的Frank Lavin表示，通过网络渠道直接销售，不仅可以使新入境的外国竞争者迅速建立国际品牌形象，并且其花费的代价也大大降低，这两大优势都令传统实体营销策略黯然失色。目前该公司在中国的总收入当中，网络渠道的销售额已经占到了约17%至20%，而为此他会处理好政府监管备案、产品测试、仓储等等的一系列网络销售所需要解决的问题。

中国电商巨头阿里巴巴（Alibaba，近期在美国上市）已经明确地对外国中小企业抛出了橄榄枝。最近，该公司在旗下“天猫商城”所推广的进口新鲜食品，已经成为了成功的典范。Northwest Cherry Growers的Keith Hu，美国果农的代表，对外解释称，以前向中国销售新鲜水果是件非常困难的事，因为每年产出的水果只有八周的成熟期。但现在通过与“天猫商城”的精明协作，美国的果农甚至能够把产品卖给中国偏远城市地区，而这令美国果农去年在华的销售量提升了四倍，超过了600吨的大关。

虽然进入中国市场是很有希望的，但Yao先生也率直地评价道：“如果你的公司每年营业额连1亿美元都达不到，那还是不要白费力气了。”对于想要瓜分天朝的小企业家来说，创业总是比较艰难。

1. entre-pre-neur[ˌɒntrə-prə-ˈnɜ:(r)] n. <法>企业家；主办人；承包人
2. break into v. 成功打入，顺利进入（某行业，尤指很难取得成功的领域）
3. pro-claim [prə-ˈkleɪm] v.①宣布；声明；公布。②明确表示；清楚地表明

'I think we have been heard today,' he proclaimed... “我想今天我们说的大家都听见了，”他明确地说。

1. Lord Mayor n.（英国的）市长大人
2. conference n. ①(常持续数天的)专题讨论会，研讨会。②会议;正式商谈
3. flourish [ˈflʌ-rɪʃ] v.繁荣;兴盛;兴旺

London quickly became *a flourishing port*. 伦敦迅速成为了一个繁荣的港口。

1. costly [ˈkɒstli] adj.①昂贵的;价格高的。②造成严重损失的;代价大的

Psychometric tests can save organizations from grim and costly mistakes... 心理测试能够使组织机构避免犯下损失惨重的大错。

1. tangle [ˈtæŋgl] n.缠结;纠结;乱糟糟的一团。v. (使)缠绕;(使)缠结

A tangle of wires is all that remains of the computer and phone systems... 原来的计算机和电话系统如今只剩下乱糟糟的一团电线。

Lee and I fell in a tangled heap... 李和我扭作一团，摔倒在地。

1. red tape n.繁文缛节;官僚作风

tape n. 带子；胶带，磁带；卷尺

1. compliance[kəm-ˈplaɪ-əns] n.

Compliance（n.） with something, for example a law, treaty, or agreement 遵守;服从;听从

The company says it is *in full compliance* with US labor laws... 这家公司说自己严格遵守美国的各项劳工法。

1. clea-rance [ˈklɪə-rəns] n.①清除;清理。②(官方的)批准，许可

customs clearance 结关，海关放行;报关

1. overwhelm v.①（情感、事件等）使不知所措，使难以承受。②征服；制服；击败

The need （to talk to someone, anyone）, overwhelmed her. 她迫不及待地要找个人说说话，随便是谁都行。

It was clear {that *one massive Allied offensive* would overwhelm the weakened enemy}. 毫无疑问，盟军一次大规模的进攻，就会击溃已是强弩之末的敌军。

1. chamber n.①大房间;(尤指)大会议室。②议会;议院。③（法官）办公室;(律师)事务所。④(作特殊用途的)房间

*the German Chamber* of Commerce 德国商会

1. negotiation [nɪˌ-gəʊʃi-ˈeɪʃn] n. (尤指商业或政治方面的)谈判，协商，磋商
2. snag n. ①突出物；钩丝。②小困难;小问题;不利条件。v. (把)(尤指衣物)钩破;(使)绊住
3. brass [brɑ:s] n.（军队或其他机构的）高级军官，高层人物
4. opaque [əʊ-ˈpeɪk] adj.①不透明的;不透光的。②费解的；难懂的；晦涩的
5. prolife-ration [prəˌ-lɪfə-ˈreɪʃn] n. 增殖，分芽繁殖。激增；剧增

[In recent years] *commercial, cultural, travel and other contacts* have proliferated between Europe and China. 近年来，欧洲和中国之间的商业、文化、旅游及其他交往发展迅猛。

1. deep-pocketed adj. 有钱的
2. intrepid [ɪnˈtre-pɪd] adj.勇敢的;无畏的
3. hurdle [ˈhɜ:dl] n.①障碍;困难;难关。②跨栏赛跑;障碍赛跑
4. consul-tant [kən-ˈsʌl-tənt] n. ①顾问。②高级顾问医师;会诊医师
5. you come up with a plan or idea, 想出，提出(计划、想法等)

→you come up with a sum of money, 设法拿出(所需钱款)

1. trail-blazing ['treɪl-bleɪ-zɪŋ] adj.先驱的;创始的;开创性的
2. auction [ˈɔ:k-ʃn] n. v. 拍卖；竞卖；标售

auction house 拍卖行

1. outfit n.机构;组织

He works for *a private security outfit*... 他在一家私人保安公司工作。

1. simul-taneously [ˌsɪməl-'teɪ-nɪə-slɪ] adv.同时地；同时发生地； 一齐

The two guns fired almost simultaneously... 两支枪几乎同时开火。

1. peddle [ˈpedl] v.到处叫卖；兜售
2. excess [ɪkˈses] n. adj. ①过量的;过多的。②额外的;多余的

→（n.）*An excess* of something 过多;过量

*Polyunsaturated oils* are essential for health. Excess（n.） is harmful, however. 多不饱和油对健康很重要。但是，食用过量就会有害。

1. invent-tory [ˈɪn-vən-tri] n.①详细目录;清单。②储备;存货
2. distributor [dɪ-ˈstrɪ-bjətə(r)] n. ①批发商；分发者，分配者。经销商;配销商;分销商。② (发动机的)配电器，配电盘
3. you get *feedback*（n.） on your work or progress, 反馈;反应

I was getting *great feedback* from my boss. 老板对我的评价很高。

1. novel n. (长篇)小说。②adj. 新的;新奇的;新颖的
2. encouraging adj.人鼓舞的;振奋人心的;给人希望的
3. bricks and mortar n. （有厂房和店铺的） 公司、商店等，实体店；（尤指视为投资的）房产
4. brick n. 砖，砖块。vt. adj. 用砖建造
5. mortar [ˈmɔ:tə(r)] n.灰浆;砂浆;胶泥
6. outlet n.①出口；排放管。②（情感的）发泄途径；（思想的）表达方式。③经销店；专营店。④廉价商品经销店；折扣店
7. revenue [ˈrevə-nju:] n. （国家的）岁入，税收，（土地，财产等的）收入，收益，所得，（个人的）固定收入

regulatory filings 监管备案文件

→regulatory [ˈregjə-lə-təri] n.①管理者;管理机构;调控者;调控机构。②调节器;调节装置

...the UK's financial regulatory system. 英国的财政管理体制

→file n.档案;卷宗。v.把(文件等）归档

1. ware-housing [ˈweə-haʊzɪŋ] n.入库;仓库贮存
2. go public 首次对外公开出售，首次公开上市；发行股票
3. explicitly [ɪk's-plɪ-sɪtlɪ] adv.

explicit adj.明确的;清晰的;毫不隐讳的

→you are explicit about something, 直言的;坦率的;坦诚的

1. court [kɔ:t] v.① (为使某人、团体或国家按自己的意愿做某事而)试图取悦，讨好。②试图获得，追求(关注或声望) 。③追求(异性)；向…求爱;恋爱。④招致，酿成，导致(不愉快的事)

If he thinks he can remain in power by force / he is courting disaster灾祸... 如果他认为可以通过武力继续掌权，那他就是在自寻死路。

1. portal [ˈpɔ:tl] n. ①正门；宏伟的大门。门户（网站）
2. represent [ˌreprɪ-ˈzent] v.代理，代表（个人或团体）
3. collabo-ration [kəˌlæbə-ˈreɪʃn] n. ①(尤指在著书或研究方面的)合作，协作。②合作(或协作)的成果。③通敌;勾结敌人
4. fourfold [ˈfɔ:-fəʊld] adj. adv. 四倍的，四重的
5. blunt [blʌnt] adj.①直率的；不客气的；直言不讳的。②（物体）钝的，不锋利的，不尖的
6. you do not bother to do something / or if you do not bother with it, 操心；费力；麻烦
7. Life is not always *a bowl of cherries* 直译： 生活不永远是一碗樱桃。言外之意即是：生活不会永远的（完美／好／舒适）下去。