1. 人类节育措施戕害两栖动物

{The most common types of ingested摄取 birth control} contain estrogen雌激素. But the hormone doesn’t just prevent阻碍human babies. It may be lowering使降低 numbers of frog青蛙 babies, too. Because estrogens雌激素 can travel unaltered未改变的 through a woman’s system, and back into the environment—where they interfere with妨碍 the courtship求偶 of frogs.

Researchers bathed 给…洗澡 male frogs in tanks贮水池 containing *various concentrations*浓度 of estrogen雌激素—comparable可比较的 to levels （previously先前 measured in nature）. And they found that males （exposed to estrogen） made significantly fewer *‘advertisement’（n.）广告 calls喊叫*: *mating（n.）交配 calls* （that say “hey ladies, I’m over here.”） Instead反而, the frogs made more so-called ‘rasping物体摩擦时发出刺耳的声音’ calls: a sign （the boys weren’t as turned on激发…的性欲 as they used to be）.

As it turns out, neither两者都不的 were the ladies. Because when researchers played back重播 estrogen-influenced calls to females, the lady frogs weren’t as hot to hop蹦跳, compared to与…相比 when they heard the crooning低声的哼唱 of control frogs. Those findings appear in the journal Public Library of Science ONE.

The authors say less seductive诱惑的 *mating calls* could mean fewer tadpoles蝌蚪. Which means *our sex lives* could be partly to blame for making *global populations* of amphibians两栖动物 croak呱呱地叫.

使用雌性激素是人类最常用的节育方式。然而，雌性激素不仅可以降低人类婴儿的出生率，还会使蛙类的繁殖大受影响。雌性激素可通过女性身体完好无损地排放到环境中——这就对蛙类的求偶产生影响。

研究人员将青蛙浸泡在含有不同浓度（相对于以往在自然界中测得的青蛙雌性激素水平而言）雌性激素的容器中。他们发现，浸泡在雌性激素中的雄蛙的原本重要的求爱声“嘿，女士们，我在这里”大大减少。相反，雄蛙会更多地发出一种“沙哑”的叫声——这种叫声意味着他们已不像以往那样孔武有力。

事实证明，雌蛙会因此而受到影响。与听到雄蛙响亮叫声的反应不同的是，当研究人员向雌蛙播放受雌性激素影响的雄性青蛙的叫声时，雌蛙并不兴奋。这项研究结果刊登在《科学公共图书馆》杂志上。

研究人员认为，雄蛙求爱声魅力减弱，与雌蛙产卵量减少是有联系的。因此，全球青蛙数量的减少，部分程度上应归咎于人类的的两性生活。

1. ingest [ɪnˈdʒest] v.摄取;吸收

...side effects occurring in fish that ingest this substance... 对吸收了该物质的鱼产生的副作用

1. estrogen['i:strə-dʒən] n. 雌激素
2. unaltered [ʌnˈɔ:ltəd] adj.未改变的；照旧的

These were my opinions, and they continue unaltered. 这是我以前的看法，现在仍旧没有变。

1. interfere [ˌɪntəˈfɪə(r)] v.

→someone interferes in a situation, 干涉;干预;介入

The UN cannot interfere in the internal affairs of any country. 联合国不能干涉任何国家的内政。

→Something that interferes with a situation, activity, or process 妨碍;冲突;抵触

Smoking and drinking interfere with your body's ability to process oxygen. 抽烟与酗酒有碍身体处理氧气的能力。

1. here与over here的区别：如果两人在一起，就是here。如果两人不在一起，隔着比较远的距离，就加over。当然不加over也是可以的，over是强调。
2. turn on ①打开（设备）；接通（…的供应）。②诱惑；激发…的性欲。③突然表现得;突然装出

The body （that turns men on） doesn't have to be perfect. 并不是非得完美无瑕的身体，才能激发男人的性欲。

He could also turn on the style when the occasion demanded. 如果场合需要，他也能瞬间就表现得风度翩翩。

1. seductive [sɪ-ˈdʌk-tɪv] adj.①非常吸引人的;诱惑的;有魅力的。②性感的;撩人的

...a seductive woman... 性感的女人

1. amphibian [æm-ˈfɪ-biən] n. 两栖动物
2. 糖尿病需早防范

Want to ward off防止 *memory issues* / and other *cognitive认知的 problems* as you age? Looks like *low blood glucose葡萄糖 levels* are an important factor. New research finds that individuals （diagnosed诊断with *type 2 diabetes糖尿病* in middle age） had greater cognitive认知的 impairment损伤 in the following decades than their nondiabetic非糖尿病的 counterparts配对物（人）.

In fact, poorly不良地 managed diabetes appears to看起来 age the brain [roughly大致上 five years faster than normal]. That means *a 55-year-old* with diabetes has *cognitive decline* on par with与…相似 a healthy 60-year-old. And the problems accumulate积聚: over 20 years, diabetes in midlife is associated with a 19 percent decrease减少 in *mental function*心智功能. Cognitive decline is considered a precursor先兆 to dementia老年痴呆症. The findings are in the journal Annals of Internal Medicine. [*Andreea M. Rawlings* et al, *Diabetes* in Midlife and *Cognitive Change* Over 20 Years: A Cohort同伙共犯 Study]

A team from *Johns Hopkins Bloomberg School* of Public Health followed跟踪 some 6,000 study subjects in Maryland, North Carolina, Minnesota and Mississippi from 1987 through 2013. The researchers used accepted公认的 tests to evaluate评估 the participants’ *cognitive performance*. And the people （with *low blood sugar levels*） outperformed做得比…好 those （with *midlife diabetes* or pre-diabetes前驱糖尿病）.

The researchers’ conclusion: better weight control, exercise and a healthful有益于健康的 diet could really help keep both body—and mind—fit胜任的 over the long haul费时费力的事.

想要避免随着年龄增长出现的记忆减退问题和其它认知问题么？ 貌似低血糖是个关键因素呢。最新的相关研究发现，在中年患有2型糖尿病的个体，与没有患2型糖尿病的同龄人，在随后的几十年里有更大的风险经受认知功能的损伤。

事实上，控制的不好的糖尿病患者，比同期的正常人出现大脑功能减退的情况，大概要早5年。这就意味着一个55岁的糖尿病患者，他的大脑认知功能因年龄减退的程度，从平均上看，相当于一个健康的60岁的人。

来自于约翰霍普金森布龙博格学校的公共健康专业的一组研究人员，跟踪采访了大约6000名参与实验的人，他们分别来自于马里兰，南卡莱罗纳，明尼苏达和密西西比，时间跨度是从1987 到2013年。该组研究人员们采用公认的实验方法，评估了实验对象们的认知表现。血糖水平较低的人，比那些中年时已经患有糖尿病、或者已经出现糖尿病症兆的人，表现的要好。

他们因此得出如下结论：良好的掌控你的体重，积极的参与健身锻炼，并且实行健康的饮食，也许真能帮助你的身体和大脑都保持长时间的正常运转。

1. ward [wɔ:d] n.①病房;病室。②被监护人（A ward or a ward of court）。③区;行政区;选区
2. ward off v.避开，躲开，防止(危险、疾病等)

She may have put up a fight 目的状to try to ward off her assailant... 她可能进行了顽强的反抗，试图击退袭击者。

1. issue的基本意思是“问题”“争论点”,多指所思、所说，及所写的主要事件或观点,引申可作“要点”“争吵原因”解,一般只用单数形式。
2. par [pɑ:(r)] v. n.（高尔夫球的）标准杆数

→two people or things are on a par with each other, 与…同样；与…相似

*Parts of Glasgow* are on a par with the worst areas of London and Liverpool for burglaries. 格拉斯哥部分地区的入室盗窃案与伦敦、利物浦最乱的地区一样猖狂。

→someone or something is below par or under par, 不符合标准的；不如预期的

*Duffy's primitive guitar playing* is well below par... 达菲粗糙的吉他演奏技巧远不够水平。

→someone or something is not up to par, 达到标准的；合格的

His performance was not up to par... 他的表演不合格。

→you feel below par or under par, 不在状态；感觉不如平常好

→something that happens is par for the course, （不快之事）不出所料，在意料之中

He said *long hours* are par for the course. 他说时间之久是意料之中的。

1. pre-diabetes [pri:-daɪə-'bi:ti:z] n. 前驱糖尿病。是指在患有高血糖症和低血糖症的患者中，存在的葡萄糖代谢障碍，但其并未达到标准的 II 型糖尿病的诊断标准。
2. haul v. n. (用力地）拉，拖

a task or a journey is a long haul, ; 费时费力的事;耗时累人的行程

Revitalising the Romanian economy will be a long haul. 罗马尼亚经济的复兴，将是一项长期而艰巨的工作。

1. 药品广告副作用警示可以提高顾客购买欲

Medications药物 come with伴随…发生 long lists of potential *side effects*副作用. Now a study finds that the litany枯燥冗长的陈述 of unpleasant consequences后果 does not deter阻止 prospective可能即将发生的 purchasers. In fact, those warnings might actually increase drug sales.

For the study, subjects were shown *two different versions* of ads for three different products产品: cigarettes, artificial人造的 sweeteners甜味剂 and medications. One version of the ads clearly warned of发出关于…的警告 potential perils危险—for example, hair loss, weight gain or stroke中风. The other set of ads were warning-free无…的.

Subjects （who saw ads with warnings） were initially最初 less likely to buy the products. But when surveyed调查 again some time later, they were actually实际上 more likely to make the purchase than were those （who saw ads without the warnings）. The study is in the journal Psychological Science.

The researchers say [after some time goes] viewers观众 of the ads interpret把…解释为 the listing of *negative消极的 side effects* as a show of good faith信用: a sign of trustworthiness可信赖，信誉.

Who would have thought you could increase demand 方式状with...nausea（n.）呕吐感恶心, diarrhea腹泻, bloating胃气胀, etcetera等等….

药物有一大堆潜在的副作用。而现在一项研究发现，这些不愉快的副作用竟然没有妨碍潜在购买者。事实上,这些警示反而可能会增加药品的销售。

在实验中,展示给受试者的是香烟,人工甜味剂，和药物三样不同产品各两个不同版本的广告。其中一个版本的广告明显警告潜在的风险,比如脱发,体重增加或中风等等。而另一组广告则完全没有警示。

那些看到警示广告的受试者，最初不太愿意购买产品。但是当再次调查一段时间后,相比那些看过没有警示广告的人，他们的购买欲望更为强烈。这项研究已经在《心理科学》杂志上发表。

研究人员表示,经过一些时间的推移，观众将广告中的负面影响理解为商家的以示诚信:这是一种卖方诚信的标志。

谁会想到，通过恶心、腹泻、腹胀等等副作用说明，就能提高你的购买欲呢？

1. come with 伴随…发生，与…一起供给

By an unfortunate oversight, full instructions do not come with the product. 由于一个不幸的疏忽，产品未能附上完整的说明。

1. litany [ˈlɪtəni] 陈词滥调；枯燥冗长的陈述
2. deter [dɪˈtɜ:(r)] v.

To deter someone from doing something 威慑住;吓住;阻止;制止

1. prospective [prəˈspektɪv] adj.①想要成为的；可能成为的。②可能即将发生的

The story should act as a warning to other *prospective buyers*... 这篇报道应该对其他潜在的购买者起到警示作用。

1. warn of 发出关于…的警告

The weather station warned of severe snowfalls ahead. 气象台预报将有大雪。

1. diarrhea[ˌdaɪə-'rɪə] n. 腹泻。adj. 腹泻的
2. bloat [bləʊt] v. 膨胀，肿起。n.肿胀的； 胃气胀
3. etcetera [et-'setə-rə] n. 附加的人；附加物；以及其他；等等
4. 我们可能不会回收撕碎的纸

We Probably Won't Recycle回收利用 Shredded被撕碎的 Paper

If something looks like trash垃圾 / you are more likely to trash糟蹋 it. Even if it has value—such as recyclable items like *aluminum铝 cans* or *torn被撕的 paper*. That’s according to a study in the Journal of Consumer Research.

Volunteers were asked to evaluate评价 a pair of scissors剪刀. Some were told to cut up切碎 sheets of paper. The others were instructed to examine the scissors but to leave their sheets of paper alone, uncut and intact完整无缺的. All of the participants were asked to discard抛弃 the paper as they left the room.

At the exit sat two identical完全相同的 trash bins, one labeled用标签标明 for recycling再循环, the other for trash. And the people who shredded撕碎 the paper were less likely to toss扔掷 it in the recycling bin than those who were left holding the pristine崭新的 sheets.

In another experiment, participants were less likely to recycle *aluminum cans* （that were crumpled摺皱的） than empty cans （still in good shape）.

More than two billion tons of trash gets tossed away every year around the globe. {Figuring out弄明白 how people think about what they’re going to discard} should help the effort to squeeze榨取 more use out of less stuff材料.

如果有些东西看起来像垃圾，你可能会更倾向于将它扔到垃圾桶。即使这些东西有价值，比如说可回收的铝罐和碎纸之类的。这是消费者调查杂志上一篇研究得出的结论。

志愿者被要求评估一把剪子。另外的一组被告知剪一些纸。另外一组被指导检查剪子但是将纸完好无损的留下。所有的参与者被要求在离开屋子之后将纸扔掉。

出口放置着两个有标识的垃圾桶，一个上面标着可回收，另一个标记着垃圾。将纸撕碎的人更倾向于将纸扔进垃圾桶，而不是可回收桶。

在另一个实验中，参与者倾向于将变形的铝罐扔到垃圾桶里。

全球每年超过20亿吨的垃圾被丢弃。找出人们丢弃垃圾的原因能减少垃圾的丢弃。

1. trash v. ①(故意)损坏，捣毁，糟蹋。②痛贬;贬损。n.垃圾;废物

Would they trash the place when the party was over?... 聚会结束时他们会把这地方搞得一团糟吗？

People asked {why the candidates spent so much time trashing each other}. 人们问为什么候选人花这么多时间互相贬损。

1. aluminum [ə'lju:-mi-nəm] n.铝
2. evaluate [ɪˈvælju-eɪt] v.评估;评价

They will first send in trained nurses to evaluate the needs of the individual situation... 他们首先会派一些训练有素的护士来评估每个病人的需求。

...the opinions and evaluations（n.） of college supervisors... 学院督学的意见和评价

1. cut up切碎；砍伤

→（adj.）you are cut up about something that has happened, 不高兴的;伤心的

Terry was very cut up {about Jim's death}. 吉姆的死让特丽无比悲伤。

1. identical [aɪˈdentɪkl] adj.完全相同的;同样的

...nine identically dressed female dancers. （adv.）9个装扮得一模一样的舞女

1. pristine [ˈprɪs-ti:n] adj.①一尘不染的；崭新的。②原始状态的；纯朴的，纯洁的；未受腐蚀的，新鲜的

Now the house is in pristine condition. 现在，这所房子一尘不染。

1. figure out 计算出；弄明白；解决；想出
2. squeeze something out of someone, (通过劝说)榨取，获取

The company intends to squeeze further savings from its suppliers. 公司试图从供货商那里再省下一笔费用。

→you squeeze your eyes shut关闭合上 / or if your eyes squeeze shut, 常因害怕或保护眼睛而)紧闭(双眼)

Nancy squeezed her eyes shut and prayed... 南希紧闭双眼祈祷着。

→v.挤过;挤进;塞进

Many break-ins are carried out by youngsters who can squeeze through tiny windows. 很多入室盗窃案都是年轻人干的，他们可以从狭小的窗口钻进去。

→n.拥挤

The lift holds six people at a squeeze（n.）. 电梯里挤一挤能容纳 6 个人。

→a government squeezes the economy, 紧缩，压缩(经济)

1. 富有激情的表演能增强音乐表现力

Passionate Appearance Enhances Musical Performance

富有激情的表演能增强音乐表现力

*Classical music* competitions pit与…斗智performers against each other. Obviously, the most important criterion判断标准 for judges裁判员 is sound. But that assumption假定needs a new…hearing. Because *a player’s passion*激情 may be the best predictor预测器 of victory.

In a new study, nearly 200 novices新手 had to choose the winners of 10 classical music competitions. Some heard a music clip剪辑的片段 of the top three performances. Others saw a video with sound. Still(用以强调剩余物)还有 others watched a silent video. And the participants were more likely to choose the winner if they watched the silent video, in all 10 of the competitions.

Then *professional musicians* gave it a try. *These judges* also only reliably可靠地 selected the winners from the silent video. Musicians音乐家 selected the winner more frequently频繁地 [even when *all they saw* was *an outline外形轮廓 of the motion运动手势* of the performers].

The researchers say {*the findings* show that novices新手 and experts make quick judgments about *musical performances* based on visual cues （conveying表达传递 involvement倾注的热情 and passion）}. The study was published in the Proceedings of the National Academy of Sciences.

So next time you see a live生动的 concert音乐会, don’t close your eyes to focus on the music. You might be missing the most important part.

古典音乐比赛使表演者互相竞争。很明显，对评委来说，最重要的标准是声音。但是上述假定需要重新考量了。因为一个选手的激情可能是取得胜利的最重要因素。

在一份新的研究中，将近200个新手选择十个古典音乐比赛的胜者。一些听了前三名表演的音乐片段。其他的则看了带声的表演视频，还有一些则看了无声的表演视频。在所有的十个比赛中，看了无声表演视频的实验者更倾向于选出胜者。

接着，专业的音乐家也做了这个实验。这些评委也是更倾向于从无声表演视频中选出胜者。音乐家甚至在看到表演者大体动作的时候，更频繁的选出胜者。

研究人员表示，这个发现表明，新手和专家都是基于表达参与与激情的视觉感受做出快速判断。这项研究发表在美国国家科学院院刊上。

因此，下次你看现场演唱会的时候，不要闭上眼睛聆听音乐。你可能会错过最重要的部分。

1. you pit your wits against someone, 与…斗智

I'd like to pit my wits against the best. 我希望同最优秀的对手斗智。

1. crite-rion [kraɪ-ˈtɪə-riən] n. (判定的)标准，准则
2. passion [ˈpæʃn] n. ①强烈的情欲；热恋。②热情；激情；强烈的感情

...Maggy, *the object* of his passions. 玛吉，他热恋的对象

→you have *a passion*（n.） for something, 强烈爱好；酷爱

1. reliable [rɪˈlaɪəbl] adj.①可靠的;可信赖的。②(信息)可靠的，可信的,确凿的

She was efficient and reliable... 她办事很有效率，也很可靠。

1. To convey information or feelings v.传达;表达;传递

He also conveyed his views and the views of the bureaucracy. 他也表达了自己的看法和官方的看法。

→To convey someone or something to a place 运输;运送;输送

1. involvement [ɪn-ˈvɒlv-mənt] n. ①(投入的)感情;(倾注的)热情。②暧昧关系;恋爱关系

Ben has always felt a deep involvement with animals. 本对动物总是有着深厚的感情。

They were very good friends but there was no romantic involvement... 他们是非常要好的朋友，却没有任何暧昧关系。

1. 寻求刺激的人能吃下更辣的食物

Sensation感知觉 Seekers寻求者 Stomach忍受 Spicier辛辣的 Sustenance食物,养料

The more adventurous爱冒险的 the risk-taker风险承担者, the hotter辣的 the wings翅膀. That's according to a study presented展现 at the 2012 *Institute协会 of Food Technologists技术专家* Annual Meeting in Chicago.

Researchers assessed考查评估 184 participants 方式状using *the Arnett人名 Inventory清单 of Sensation感觉 Seeking*, a test for how much a person desires渴望 ①*novel新奇的 and intense强烈的热情的* stimulation刺激 / and ②*risky冒险的 behavior*.

The subjects were then given food （kicked up扬起 with capsaicin辣椒素）, which puts the heat热度 in chili红辣椒 peppers胡椒粉. They were asked to rate how much they liked *the spicy辛辣的 meal* 随着as *the burn燃烧 from the compound复合物* increased.

Those volunteers （who rated high） （on having a sensation-seeking personality人格） continued to enjoy the meal 随着as the burn intensified加剧. Non-sensation seekers couldn’t take the heat and eschewed避开 rather than chewed咀嚼. A third group of *mild温和的 thrill激动 seekers* did not like the spicy meal either, but not nearly远远不 as much as those （with risk-averse personalities）.

The researchers say that people （who enjoy *risky behavior* including gambling or thrill 使激动 rides骑乘） might be 表getting *the same kind of danger rush* when biting咬 into a hot pepper胡椒. Just be sure to digest消化吸收 all that *spicy food* before hitting达到（某一高点或低点） *the roller滚筒 coaster沿岸贸易船*. ←过山车

冒险者越冒险，鸡翅就越辣。这是2012年芝加哥举行的食物技术员协会年会上，展示的一份研究的结论。

研究人员找了184个实验者，利用阿内特感官刺激寻求测试，来测试一个人对新奇极端的刺激和冒险行为的渴望。

实验者随后食用提取自辣椒的辣椒素，并且强度越来越大。他们被要求评估随着辣味的加强，他们对麻辣食物的喜爱程度。

那些打分更高的有寻求刺激性格的实验者，随着辣味的增强，仍然享受食物。非寻求刺激性格的实验者，则受不了辣味，他们避免食用麻辣食物。第三组是相对温和的刺激寻求者，他们也不喜欢麻辣食物，但是比那些非寻求刺激者更好一点。

研究人员表示，喜欢包括赌博和刺激骑行等冒险行为的人，吃辣椒的时候也一样刺激。只不过，坐过山车之前，要等肚子里的麻辣食物消化完哦。

1. inventory [ˈɪn-vən-tri] n.①详细目录;清单。②储备;存货

..*.one* （inventory of twelve sails） for each yacht. 每艘快艇 12 张帆的储备

1. capsai-cin [kæp-'seɪə-sɪn] n. 辣椒素
2. kick v. 踢；踹

→something gives you a kick, （n.）极度兴奋；极度刺激；极大的乐趣

I got a kick out of seeing my name in print. 当看到我的名字印成铅字时，我感到无比兴奋。

→someone does something for kicks, 为了寻求刺激

→you kick up a fuss about something, v.开始（大吵大闹）

→you kick up dust or dirt, v.扬起（灰尘或土）

1. pepper [ˈpe-pə(r)] n. 胡椒粉。v.

→something is peppered with small objects, （小物体）密集地击打，连续击打

Suddenly the garden was peppered with pellets. 突然间花园遭到扫射。

→something is peppered with things, 布满；充满

Outside, the road was peppered with glass... 屋外，马路上尽是些玻璃碴。

1. thrill [θrɪl] v. n. (突然而强烈的)激动，狂喜，恐惧

The electric atmosphere both terrified and thrilled him... 极度紧张的气氛让他既害怕又兴奋。

1. nearly adv.①几乎;差不多。②即将;就要

Several times Thorne nearly fell... 有好几次索恩都差点跌倒。

Hunter knew nearly all of this already... 这事亨特几乎已全知道了。

I was nearly asleep... 我差不多都睡着了。

It was already nearly eight o'clock... 已经快8点了。

→not nearly 远远不;根本不;远非

Father's flat in Paris wasn't nearly as grand as this... 爸爸在法国的公寓远不如这处宽敞。

1. hit v.达到（某一高点或低点）

He admits to having hit *the lowest point* in his life ... 他承认自己跌到了一生中的最低谷。

1. roller coaster 过山车
2. 当食物是仪式的一部分时，尝起来更好吃

Food Is Tastier更美味的 When Part of a Ritual仪式

Food can taste better when you’re really hungry. Now a study reveals another condition that can enhance the flavor韵味 of a meal: when it’s part of a ritual.

Scientists asked volunteers to eat some chocolate. They told one group to relax for a few minutes, then eat the chocolate in any way they wanted. But another group was given these instructions: “Without unwrapping拆开…的包装 the chocolate bar, break it in half. Unwrap half of the bar and eat it. Then, unwrap the other half and eat it.”

And those who went through经历 the more elaborate复杂精心的 process rated the chocolate more highly, enjoyed it more, and were willing to pay more for it than the group who just ate it. Another experiment included a delay between the ritual仪式 and actually eating the food, and this further increased participants’ enjoyment of the food. [The study is in the journal Psychological Science.]

The scientists found that *personal involvement*（n.）参与 in a ritual典礼仪式 is necessary. When subjects watched someone else prepare lemonade柠檬汽水 in an elaborate way, they did not experience an increase in their enjoyment of the drink.

So, cut your own birthday cake, then hand out分发 slices切片 to everyone else, then taste your piece. It might seem好像 like *best thing* you ever ate.

很饿的时候食物更好吃。现在一项新的研究显示，在另一种情况下食物也能尝起来更好吃，那就是当食物是仪式的一部分时。

科学家让实验者吃巧克力。他们告诉一组实验者先放松一会儿，然后随意吃巧克力。但是另一组则有如下要求：不要剥开巧克力包装，先把巧克力掰成两段。剥开一段的包装，吃掉，然后，剥开另一段的包装，吃掉。

经过更复杂过程吃掉巧克力的实验者，对巧克力评价更高，更享受巧克力，并且比起随意吃掉巧克力的那组，更愿意花钱买巧克力。另一个实验在真正吃食物与仪式之间间隔一段时间，这让参与者更享受食物。

科学家发现，个人参与到仪式中是很重要的。当实验者观看其他人用复杂的方式准备柠檬水的时候，他们并没有觉得饮料更好喝了。

所以，自己亲自切自己的蛋糕，然后把刀子交给别人，品尝你自己的那一份。这会让你觉得蛋糕美味无比。

1. you hand things out to people, 分发;散发

→people in authority hand out something such as advice or permission to do something, 给予（忠告、许可等）

1. 开普勒望远镜行将退役

Kepler Exoplanet外星球 Hunter Limps跛行 Into Sunset黄昏

NASA’s best exoplanet hunter is limping into retirement. The Kepler space telescope has discovered more than 130 exoplanets in our galaxy. But it will seek new worlds no more.

Kepler relies on依靠a set of four flywheels调速轮 to stabilize使稳定 its pointing / and lock onto its target stars. The spacecraft was designed to tolerate容忍 one broken wheel, but not two. One gave out停止运转 last year, and [this May五月] the really bad news arrived—a second wheel had failed. The Kepler team says they can’t revive使复活 the wheels. So astronomers天文学家 will rely on ground-based telescopes to look for寻找 other worlds until NASA’s next *planet hunter*, the TESS satellite卫星, launches around 2017.

But don’t send Kepler off寄走 into the sunset just yet. In an August 15th teleconference电视会议, NASA’s Bill Borucki, the mission’s principal最主要的 investigator研究者, noted that Kepler has *loads of*大量许多 data that have yet to be fully searched for planets, including those *Earth-like worlds* that might host life: “So basically从根本上来讲 in the next two years, when we complete this analysis（n.）分析, we’ll be able to answer the question that inspired启发激励 the Kepler mission: Are Earths common or rare in our galaxy?”

NASA最好的行星探索望远镜慢慢退役。开普勒望远镜已经发现了银河中超过130颗行星。但是其即将退出历史舞台。

开普勒望远镜依靠四个动量轮稳定拍摄点，锁定拍摄行星。它被设定为容许一个动量轮故障，但是两个就不行了。去年有一个动量轮坏掉了，现在又坏了一个。开普勒团队说他们无法修复这个轮子。因此在下一个天文卫星TESS于2017年发射之前，科学家们只能通过地面望远镜观测行星了。

但是开普勒卫星尚未完全变为无用之物。8月15日的一次电话会议上，NASA的Bill Borucki，开普勒任务的领头人物，指出开普勒望远镜有大量数据没有被分析，没有探索类地行星的存在。所以在接下来的两年，当我们完成分析，我们就能回答引出开普勒任务的问题：在银河中地球很普遍呢还是绝无仅有呢？

1. limp [lɪmp] v.一瘸一拐地走；跛行；蹒跚。adj.①软弱的；无力的。②四肢无力的；身体一动不动的

She was told to reject *applicants* with limp handshakes... 她被告知要回绝掉那些握手软弱无力的申请者。

→（v.）something such as an organization, process, or vehicle limps along, 进展缓慢；艰难地行进

1. give out v.（设备或身体部位）停止运转，停止运行
2. revive [rɪˈvaɪv] v. ①(使)复苏;(使)复兴;(使)恢复;(使)再次流行。②(使)苏醒；(使)清醒

...an attempt to revive the British economy... 试图复兴英国经济的努力

[With a glazed stare] she revived for one last instant. 她最后清醒了一会儿，眼神呆滞。

1. you send off a letter or package, v.寄出，寄走(信或包裹)

a football player is sent off, 将(足球运动员)罚下场

1. principal [ˈprɪn-səpl] adj.首要的；最主要的；最重要的

The principal reason for my change of mind is this. 这是我改变主意的最主要原因。

1. inspire v.

someone or something inspires you to do something 激励;鼓舞;驱使

And what inspired you to change your name? 是什么促使你改名的?

→启发;使产生灵感和热情

→a book, work of art, or action is inspired by something, 作为…的为灵感来源;是…的原型

→激起，唤起(某种感情或反应)

1. 打上分量大小标签会影响人们的进食量

Portion饭菜一份-Size Label Influences Ingestion（n.）摄取 Intake摄取量

The mayor市长 of New York famously tried to ban下令禁止 super-sized sodas苏打水. But instead of legislating立法 a drink’s volume体积, maybe we should change its name. Because a new study shows that *the words* （we use to describe *portion size*） affect how much we actually consume. The findings are in the journal Health Economics.

As *portion sizes* at many restaurants grow larger, so do our waistlines腰围. Of course, no one says we have to finish that three-quarter四分之三的 pound burger汉堡肉饼 / or chug咔嚓咔嚓地响 an entire整个的 Big Gulp一大口吞咽. But what determines是…的决定因素 when we lay down放下 the fork餐叉 and push away from the table?

To find out, researchers （led by *Brian Wansink* of the Cornell康奈尔 Food and Brand Lab） served up上菜 some spaghetti意大利面条. Some volunteers志愿者 received a portion饭菜的一份 （labeled “regular,”） others got a dish described as “double size.” Although both plates contained the same amount of pasta意大利面食, people ate more [when they thought *their serving一份食物的量 size* was normal]. Participants （who thought they’d gotten the piggy贪心的-sized portion） left 10 times more food [on their plates].

So if *a big beverage*饮料were called, say, Double the Size of your Stomach," maybe we’d think twice about draining喝光 every last drop滴.

纽约市长因试图禁止超大号苏打水而出名。但是我们可以选择立法以外的方法，给饮料改个名字就行。因为最新研究显示，我们用来描述分量大小的用词会影响进食量。研究成果发表在《健康经济学》杂志上。

随着许多餐馆分量的增加，我们的腰围也随着变粗了。当然，没人逼我们去吃3/4磅的汉堡，或者吞下一整桶Big Gulp。但是什么能让我们放下食物，离开餐桌呢？

为了找到答案，研究人员在康奈尔食物与品牌实验室Brian Wansink的带领下，给测试者端上了一些意大利面。一些测试者拿到的是写着正常量的，而另一些拿到的是写着双倍量的。尽管盘子的意大利面一样多，吃的是正常量的实验者吃的更多。而吃的是写着双倍量的实验者比前者剩下超过十倍的食物。

所以，要是一种打份饮料叫“两个你胃大”的话，或许我们就三思而后饮了。

1. intake n. (食物、饮料、空气等的)摄取量,吸入量
2. gulp [gʌlp] v. ①吞食；大口吃；狼吞虎咽。②（因紧张或兴奋）倒吸气。③大口大口地吸（气）

She quickly gulped her tea. 她将茶一饮而尽。

→A gulp of air, food, or drink, 吞咽的量；一大口

1. determine [dɪˈtɜ:mɪn]v.是…的决定因素

What determines whether you are a career success or a failure? 事业的成败取决于哪些因素？

→you determine to do something,下决心;决意;决定

1. piggy [ˈpɪgi] n.（儿童用语）猪,小猪。adj.（眼睛）细小的，似猪的（someone has piggy eyes,）
2. 华为 走自己的路

Huawei

Seeking its own path

A Chinese technology company （that is steering clear of避开 the stockmarket证券市场）

ONE thing about Huawei is easy to understand: its ambition（n.）野心. In Paris on May 7th *the Chinese telecoms电信 company* showed off炫耀 the Ascend攀登 P7, a sleek外形流畅雅致的 smartphone （compatible兼容的 with the speedy（adj.）迅速的 fourth-generation mobile-phone networks （being built in many countries））.

Huawei started pushing its own brand of smartphones only in 2011, but [by last year] it was the world's third-biggest vendor卖方摊贩. Though it is still far behind the leaders, Apple and Samsung, it hopes *that phones like the P7* will help it close the gap弥合差距. In its *main business*, supplying network equipment and services to telecoms operators经营者, it is already *a close rival*对手 of Ericsson of Sweden. Last year this part of its operations brought in赚入 about 70% of its revenue公司的收入 of 239 billion十亿 yuan.

Huawei's ownership所有权 and management are less *well understood*. Some American politicians and competitors regard把…看作 the company as little better than *a front*幌子 for the Chinese state, partly because *Ren Zhengfei*, its *chief级别最高的 executive主管*, was an engineer工程师 in *the People's Liberation Army* before he founded Huawei in 1987. Its network equipment has *in effect*实际上 been shut out of把…排除在外 the American market.

Huawei has always denied拒绝承认 being under the state's thumb拇指←在…控制下. It says that 84,000 Chinese employees own almost all its shares. Mr Ren has a personal stake股份 of only 1.4%.

Unlike Alibaba and other Chinese technology companies that have sought探寻 stockmarket listings, Huawei has no such plans. Mr Ren made this plain when he spoke to journalists新闻记者 in London on May 2nd. “In reality,” he said through an interpreter口译员, “shareholders股东 are greedy贪婪的, and they want to squeeze榨取 every bit out of the company as soon as possible尽早.”

Huawei's system, he believes, fosters培养促进 a longer-term view （that has helped it overtake追上 listed登记上市的 competitors）. Nor does he think that *going public*公开上市 would alleviate缓解 Huawei's difficulties in America. “It might take ten or 20 years for the United States to know that Huawei is a company with integrity正直诚实,” he said. Meanwhile, Huawei will put its energy into more welcoming markets.

*Much less clear* is who will succeed继任 Mr Ren / or how *the next boss* might be chosen. Huawei has a half-formed plan: *as well as*除…之外（也） the founder创始人 it has three “rotating轮流 and acting临时代理的” chief executives首席执行官, who serve six-month terms. Mr Ren insists坚决认为 that they have *a free rein*缰绳←放任不管. He has never used his right of veto否决权 over their decisions.

“Ultimately最终 we want to find a mechanism机制方法 for succession,” he said. “But now we don't know what this mechanism should look like.” As long as只要 Huawei is growing quickly and Mr Ren, who is only 69 years old, remains hale精神矍铄的 and hearty精力充沛的, this may not matter不当紧, but eventually最终 it will. Huawei's peculiar form of capitalism资本主义 retains much of its mystery.

华为 走自己的路

一个不愿上市的中国电信企业

关于华为，有一点是显而易见的：这是一个有野心的公司。5月7日，华为在巴黎发布了旗舰机Ascend P7，该机兼容现已在多国通行的4G网络。华为从2011年才开始力推其自己的手机品牌，但到2013年，它就成为了全球的第三大手机厂商;虽然与手机行业的领袖苹果和三星还有很大的差距，但它希望通过P7这样的旗舰机缩小这个差距。华为的主营业务是为电信运营商提供网络设备与服务，现在已经是瑞典爱立信的有力竞争对手。2013年，华为的营业额约为2390亿人民币的营收，其中电信业务占70%。

华为的所有权和管理问题就不是那么显而易见了。一些美国政客和华为的竞争者认为，华为几乎就是一个中国政府的从事间谍活动的掩护场所，他们会这么想，部分也是由于华为的总裁，于1987年创立华为的任正非，之前曾是中国人民解放军的一员。实际上，华为的网络设备已被美国市场拒之门外。华为一直声称其未受中国政府的控制；它表示八万四千名员工几乎持有其全部股份。任正非仅持有华为1.4%的股份。

不像阿里巴巴和其他中国科技公司，华为并没有上市的打算。5月2日，任正非在伦敦接受采访时明确了这一点，他通过翻译对记者说：“实际上，股东们都很贪婪，他们就是想尽快把一家公司榨取得一干二净。”他还认为，华为的股权机制会帮助其建立长远的目光，从而使其能够战胜那些上市的竞争对手。他同样觉得上市并不能解决其在美国的窘境。他说：“也许需要20年的时间才能使美国明白华为是一家正直的企业。“，而在这之前，华为会在欢迎它的市场上施展拳脚。

更加至于谁会接任任正非担任下一任总裁，则是一个更加扑朔迷离的问题。华为现在有一个半成型的计划：那就是包括其他三位创始人在内的总裁，与任正非轮流坐庄执掌帅印，每半年轮换一次。任正非坚称他们完全拥有自主权，他也从未利用他手中的否决权来干预他们的决定。任正非说：“最终，我们会探索出一套继任的机制，但现在它的轮廓还不是很清晰。”这要华为仍快速发展，同时今年69岁的任正非能够继续保持这样良好的健康状态，这个机制到底是什么样其实在当前并不重要。华为特殊的资本形式使其企业的很多情况依旧不为外人所知。

1. you steer掌舵 clear of someone or something, v.避开;躲避;绕开
2. show off v.炫耀;卖弄;表现自己

→something shows something off, 衬托;使夺目;使显得更漂亮(或迷人)

1. sleek [sli:k] adj.① (毛发、皮毛等)柔顺亮泽的。②时髦阔气的。③(车辆等)外形流畅雅致的，造型优美的
2. well-understood 良好理解;充分了解
3. front n.(装出的)样子;假面具

An organization or activity that is *a front* for one that is illegal or secret n. (非法或秘密的组织或活动的)掩护，幌子

...a firm （later identified by the police as *a front* （for crime syndicates））... 后经警方确认为犯罪集团幌子的一家公司

1. in effect ①(法律或规则)在实施中; 有效。②实际上, 事实上

His reply is in effect an apology. 他的答复事实上是一种道歉。

1. shut out v.①把…关在门外;使…不能进入。②摒弃，阻断(念头、情感等) 。③把…排除在外

'I shut him out of the bedroom,' says Maureen... “我把他关在了卧室外面，”莫琳说。

I shut out the memory which was too painful to dwell on... 我不再去回忆那些痛苦不堪的往事了。

She had effectively shut him out by refusing to listen. 她拒不听他说话，并以此有效地将他排除在外。

1. thumb [θʌm] n. 拇指

→you are under someone's thumb, 在…控制下;深受…影响

→someone is twiddling心不在焉地捻弄 their thumbs, 无所事事;闲着无聊（twiddle [ˈtwɪdl] v.旋弄;捻弄;摆弄）

The prospect展望 （of waiting around just twiddling his thumbs） was appalling使人惊骇的... 想到将要无所事事，他就非常害怕。

→someone or something sticks out伸出显得突出 like a sore疼痛的 thumb or stands out凸出显眼 like a sore thumb, 扎眼;碍眼

Does the new housing stick out like a sore thumb or blend into its surroundings?... 这个新住宅区是显得有点扎眼，还是和环境融为一体？

1. stake n. v. ①桩；刑柱；②股份；（在公司、计划等中的）重大利益。③(比赛或行动的)赌注，风险。④比赛;竞赛

→you have *a stake* in something such as a business, n.利害关系;重大利益;(企业等中的)股本，股份

→something is at stake, 处于危险境地;处于成败关头

→you stake something such as your money or your reputation声誉 on the result of something, 将…押(在…);以…打赌;拿…冒险

→you stake a claim, 提出权利要求;主张权利

1. founder n.创办人;创立者;奠基者
2. rein [reɪn] n. (马的)缰绳

→the reins or the reins of power n. (新闻用语)支配权，控制权

→you give *free rein* to someone, 放任;不管;纵容

→you keep *a tight rein* on someone, 严加控制;严格管束

1. As long as ①只要, 如果。②既然, 由于

I'll never forget that as long as I am living. 这事我至死也不会忘记。

You may stay here as long as you like. 你高兴在这儿待多久就待多久。

1. hale [heɪl] adj. (尤指老人）健壮的，矍铄的
2. hearty [ˈhɑ:ti] adj.①大声嚷嚷的;兴高采烈的;精力充沛的。②（情感、观点等）强烈的。③（饭菜）丰盛的

With the last sentiment, Arnold was in hearty agreement. 阿诺德强烈赞成最后一个观点。

The men ate a hearty breakfast. 这些人吃了一顿丰盛的早餐。

1. 昆虫不排队，更喜欢乱成一团

Insects Forego摒弃 Flocks（n.）成群结队 In Favor of以…取代 Swarms一窝蜂

[Mosquito buzzing发出嗡嗡声 sound]

Aha — got ‘im! Yes, the mosquitos are swarming this time of year. Alaskans阿拉斯加州人 joke that *the bloodsucker*吸血生物 is their *state bird*. But have you ever looked closely at *a swarm of* mating交配 mosquitos, gnats叮人的小飞虫, or midges蠓蚊? It’s a curious奇妙的 thing. The swarm一大群虫 maintains a kind of shape [as it moves around]. But *the bugs* inside it seem to flit穿梭 about randomly rather than flocking like birds.

*This collective集体的, yet disordered杂乱的, flight* intrigued激起…的好奇心 physicists物理学家 in Rome. They shot拍摄 *ultraslow-motion video* of swarming midges. Then they mapped绘制…的地图 the flight of each midge, and did *a mathematical analysis* of the collective集体的 behavior.

Their finding: the motion of the midges is not random. The bugs stay far enough apart（adv.）相隔 to avoid locking into a formation. The swarm instead相反地 expands扩展 as needed to stay just below *the threshold临界值 density密度*. The work appears on *the site arXiv.org*.

Flocks and schools (鱼、海豚的)群 move [in formation] only once *the group* reaches a critical严重的 density密度. Below that threshold, the individuals move—well, like midges. Insect avoidance（n.）避免 （of full-fledged经过充分训练的 flocking） may be a reproductive生殖的 strategy: after all, it’s hard to mingle交际 when you’re stuck陷入受困的 in a line dance.

昆虫不排队，更喜欢乱成一团

啊，抓住它了！没错，这个季节蚊子横行。阿拉斯加人开玩笑说蚊子是他们的州鸟。但是你有没有近距离观察过一群交配的蚊子，或者其他种类的蚊子呢？这很让人好奇。蚊群移动的时候会保持一个形状。但是蚊群里面的蚊子随机飞行，而不是像鸟一样保持队形。

蚊子的这种集体无序飞行，引起了罗马物理学家的兴趣。他们给蚊群拍摄了超慢速运动录像。然后他们绘制了每一个蚊子的飞行路线。接着对蚊子的集体行为作了数学分析。

他们发现蚊子的移动不是随机的。蚊子保持一定距离防止保持一个队形不变。相反地，蚊群按需扩张低于最大密度。这份报告发表在arXiv.org网站上。

当蚊群到达临界密度的时候，蚊群才会按队形飞行。在临界值以下，蚊群自由移动。昆虫避免完全统一队形可能是一个生殖策略，毕竟，站成一排的时候可不好乱搞。

1. forego [fɔ:ˈɡəu] v. 摒弃;摒绝;放弃
2. in favor of ①赞成...;支持...;有利于...。②以…取代。③(支票)以某人〔某部门〕为受款人

All in favor of this proposition will please say“Aye”. 请所有赞成这项提议的人讲一声“赞成”。

Price control would gradually disappear消失不见 in favor of a free market. 价格控制逐渐被自由市场所代替。

1. swarm [swɔ:m] v. (蜜蜂等)成群飞行。(人)成群地涌动，蜂拥

→A swarm of bees or other insects n. (蜜蜂等昆虫的)一大群，一大窝

→A swarm of people n. (快速移动的)人群

→（v.）a place is swarming with people, 挤满，聚集(来来往往的人)

1. flit [flɪt] v. 飞过;掠过;闪过

you flit around or flit between one place and another, 辗转;穿梭

→someone flits from one thing or situation to another, (在不同情况间)转变，转换

He's prone to flit between subjects with amazing ease. 他往往会轻松自如地转换话题。

→an expression flits across your face / or an idea flits through your mind, (表情或念头)闪现，闪过

1. ultra- （置于形容词之前构成形容词，用以强调）表示“超…的”，“极其…的”

...an ultra-ambitious executive. 雄心勃勃的主管

1. apart adv.（在空间上）相隔，相距

He was standing a bit [apart] from *the rest of us*, watching us... 他站在离我们其余人不远的地方，看着我们。

1. full-fledged adj.羽毛生齐的；羽翼丰满的，经过充分训练的，成熟的
2. mingle v.①（声音、气味等）混合，混杂;(感情）交织,交错。②应酬;交际 you mingle with the other people there,

Foreboding mingled with his excitement. 他在兴奋的同时又夹杂着一种不祥的预感。

Go out of your way to mingle with others at the wedding... 去跟婚礼上的其他人聊聊。（go out of one's way 特意不怕麻烦做某事；不厌其烦）

1. 大型动物灭亡贫瘠了土壤

Big Animal Extinction（n.）灭绝 Impoverishes使贫瘠 Soil

By about 10,000 years ago, nearly 100 species物种 of large animals had been recently driven迫使 to extinction灭绝 around the globe. This march of megafauna巨型生物 mortality死亡率 coincides与…同时发生 suspiciously可疑地 with the arrival（n.）到来 of another large animal in their vicinity附近地区: humans.

The die-off相继死去 in South America included ①giant *ground sloths*树懒 and ②armadillo犰狳-like animals （the size of cars） known as glyptodonts雕齿兽. And *the deaths* seem responsible for对…负有责任的 the dearth of nutrients营养物质 in Amazon rainforest雨林 soils today. So says a study in the journal Nature Geoscience地球科学.

*Plainly直截了当地 put*坦率地说, these big animals disperse散布 a lot of phosphorous磷的 in their feces粪便. Once the big animals are gone（adj.）死去的, there's no way for the phosphorous to get from one part of the rainforest to another. As a result因此, the Amazon rainforest even today is struggling努力 to recover from that loss of fertility（n.）土地的肥沃力.

Other parts of the world face the same poop <俚>大便 paucity（n.）缺乏 predicament困境, according to the researchers’ model模型. But the impact冲击 outside the Amazon was less severe严峻的, for reasons still unknown. *What is clear* is that the impact of extinction灭绝 reverberates回响 down [through the millennia几千年], a clear signal迹象 that we’ve been living in the Anthropocene人类世 for a while.

大约一万年前，世界范围内大约有100种左右的大型动物灭绝。与此同时，附近的另一种大型动物，人类到来了。

南美洲灭亡的动物包括大型地懒和一种犰狳科动物，足足有汽车大小的雕齿兽。它们的灭亡似乎跟现在亚马逊雨林土壤的营养流失有关。《自然地理科学》杂志上一片研究这样表示。

说白了，这些大型动物排泄物里面有很多磷元素。一旦这些大型动物灭绝了，磷元素就无法在雨林里流通。结果就是就算是今天的亚马逊雨林也正努力从营养流失中恢复。

研究人员的模型显示，世界上其他地方也面临粪便缺乏的困境。但是亚马逊雨林之外的地区没那么严重，原因未知。现在很清楚的是，经过了数千年之后，这些大型动物灭亡带来的影响正在减弱，我们已经在人类纪生活了有段时间了。

1. Extinction[ɪkˈs-tɪŋ-kʃn] n.①（物种的）灭绝。②消亡;消灭;不复存在
2. Impoverish [ɪmˈpɒvə-rɪʃ] v.①使贫困;使赤贫。②使贫瘠;使枯竭
3. The desire or feeling that drives a person to do something, v. 驱使，迫使(某人做出极端的事情)

...people who are driven by guilt, resentment and anxiety. 受悔恨、愤怒、焦虑等情感驱使的人们

→To drive someone into a particular state or situation 迫使;逼迫

1. coincide [ˌkəʊɪn-ˈsaɪd] v. (想法、利益等)一致，相符

The kids' views on life don't always coincide, but they're not afraid of voicing their opinions... 孩子们的人生观并不总是一致，但他们敢于表达自己的观点。

→one event coincides with another, 巧合;同时发生

1. suspiciously [səˈs-pɪʃə-sli] adv.

→one thing looks or sounds suspiciously like another thing, 非常，相当(相似)

'Yes,' he replied, though it sounded suspiciously like a question. “是”，他答道，但听起来语气中充满了疑问。

→奇怪地;出乎意料地

He lives alone in a suspiciously tidy flat in Notting Hill Gate... 他一个人住在诺丁山门的一套整洁干净得出奇的公寓里。

1. sloth [sləʊθ] n.①懒惰，怠惰(尤指工作方面) 。②树懒(见于中美洲和南美洲)
2. glyptodont ['glɪ-ptə-dɒnt] n. 雕齿兽
3. fertile [ˈfɜ:taɪl] adj. ①(土地、土壤)肥沃的，丰腴的。②主意多的;富有创意的。③(环境或条件)易于…的，有助于…的，适于…的。④能生育的;可繁殖的
4. there is a paucity（n.） of something 少量；不足；缺乏
5. rever-berate [rɪˈvɜ:-bə-reɪt] v.①发出回声;回响;回荡。②(事情、思想等)产生巨大反响，引起轰动，影响深远

The sound of the tank guns reverberated through *the little Bavarian town*... 坦克炮声在巴伐利亚小镇回荡。

The news sent *shock waves* through the community （that have continued to reverberate to this day）.这则消息震惊了整个社区，直到现在还波澜未息。

1. Anthropocene人类世（地质年代之一）
2. 视频面试减少成功机会

Video Job Interview May Weaken削弱 Your Chances

If you're applying for申请 a job （a couple几个 thousand miles away）, *a Skype interview* will certainly be cheaper than meeting [in person亲自]. But it could end up最终以…结束 costing使损失 you the job. Because a study finds that *a video chat* can make you seem less likeable讨人喜欢的 than a face-to-face interview would.

Researchers recruited招募 104 MBA students, *most of whom* had about five years' work experience. Half the students acted as job candidates求职者 for a position at a fictional虚构的 company; the other half served as interviewers面试官. Each candidate求职者 interviewed面试 both in person亲自 and via经由凭借 video chat.

Turns out, *job seekers* on video were rated as less likeable, and were less likely to be recommended被推荐 for the job.

And it's not just *the interviewees*被接见者 who got *worse scores* with video. Interviewers themselves were judged评价 as less personable品貌兼优的, competent能胜任的 and trustworthy值得信赖的. Even less attractive. The results appear in the journal Management Decision抉择.

It's harder to telegraph透露 emotions / and maintain *eye contact* during a video chat. So if Skype's your only option选项, the researchers recommend建议 positioning放置 your webcam网络摄像头 as close to *eye level* as possible, and being *more expressive*富于表情的 than usual—it might land搞到 you *some actual FaceTime*视频通话 （down the line）.

如果你应聘一个千里之外的工作，Skype视频面试当然比面对面面试省钱。但是这可能会让你丢掉这份工作。因为一份研究显示，视频面试让你看起来比面对面更不讨喜。

研究人员招募了104名MBA学生，大多数都有五年的工作经验。一半充当一个模拟公司的面试官，一半充当应聘者，每个面试官会分别面对面面试和通过网络面试。

结果是，通过视频面试的应聘者更不讨喜，入职几率很低。

不光是应聘者视频面试得分变低，面试官也被认为风度不够，能力不足，不值得相信，甚至不够有吸引力。这个结果发表在《管理决策》杂志上。

在视频聊天中，很难做到传递情绪，保持眼神交流。所以，如果Skype是你唯一的选择，研究人员建议你把摄像头靠近眼睛的高度，你也要比平时表现力更强。这可能会让你达到真实面试的要求。

1. someone or something ends up somewhere, (通常指意外地)最终到达

The result was that the engine ended up at the bottom of the canal... 结果引擎最终沉到了运河底。

→you end up doing something / or end up in a particular state, 最终；结果；到头来

If you don't know what you want, you might end up getting something you don't want... 如果你不知道自己想要什么，到头来你可能得非所愿。

1. cost v. 使丧失;使损失。n.①费用;花费;价钱。②成本。③代价;损失

The increase will hurt small business and cost many thousands of jobs. 这种增长会使小企业受损，并使成千上万的人失去工作。

...a six-year-old boy whose life was saved by an operation that cost him his sight... 手术救了一名6岁男孩的命，却使他失明了

→you know something to your cost, 付出代价;吃了苦头

Kathryn knows to her cost the effect of having served a jail sentence宣判... 凯瑟琳吃了苦头才知道服过刑会给一个人带来什么影响。

→something must be avoided at all costs, 不惜任何代价

→something must be done at any cost, 无论如何;在任何代价

1. telegraph v.流露，透露(计划或意图)
2. expressive adj.①富于表情的;富于表现力的。②表达…的;表现…的（something is expressive of particular ideas or qualities,）

He moved his hands [expressively]. 他的手势富于表现力。

Perhaps *all his poems* were 表really *love poems*, 表expressive of love for someone... 也许他所有的诗歌，其实都是爱情诗，表现了对某个人的爱。

1. land v. （使）着陆；（使）登陆；抵达。

→you land in an unpleasant situation / or place or if something lands you in it,（使）落入；（使）陷于

This is not the first time his exploits have landed him in trouble. 这已经不是他第一次因自己的冒险行为而惹上麻烦了。

→someone or something lands you with a difficult situation, 使遭遇（困境）

The other options simply complicate the situation / and could land him with more expense. 其他办法只会使情况复杂化，而且可能给他带来更大花销。

→you land something that is difficult to get and that many people want, 搞到；弄到；捞到

He landed a place on the graduate training scheme... 他在毕业生培训计划中赢得了一个位置。

1. 发烧能抑制病毒复制

I've always thought that when I get a fever发烧, it's my body trying to make things uncomfortable for the invading侵略 pathogen病原体. And that's often true—higher temperatures can inhibit抑制 the bad guys' ability to replicate. But my fever may actually be a one-two-punch两拳急速连续出击. In addition to除…之外 slowing down使慢下来 the invader入侵者, the heat helps the immune免疫的 system recruit招募 more troops部队 for a counter-attack反攻. That finding appears in the Journal of Leukocyte白细胞 Biology. [Thomas A. Mace et al, Differentiation of CD8+ T cells into effector cells is enhanced by physiological range hyperthermia]

Researchers warmed up使加热 one group of mice to *body temperatures* of about 103 degrees Fahrenheit华氏温度. They left *another group* at normal core temperature—about the same as ours. Then they injected给…注射 *both groups of mice* with an antigen抗原, a substance物质 that attracts吸引引起 the attention注意 of *the immune system*.

*Blood samples* （taken three days later） revealed that *the feverish发烧的 mice* had nearly twice as many killer T-cells: the kind of *immune免疫的 cells* （that can hunt down追捕到 ①*infected受感染的 cells* or ②*tumor肿瘤 cells*, and slaughter屠杀 them）.

So when you're sick / and you get the chills着凉, the authors say, your body may be trying to tell you to hop跳上（下） under some blankets毛毯. Lie down躺下, warm up / and send a message. The heat is on.

我很早就知道，发烧的时候，其实是我的身体正在对入侵的病原体做出抵抗。这是事实——高温可以抑制坏病菌复制的能力。但发烧更是一个组合打击。除了减缓病原体的入侵，高温可以帮助免疫系统召集更多的部队做出抵抗。这一研究发表在《白细胞生物学杂志》

研究人员将一组老鼠的体温升高到103华氏度，另外一组保持正常体温——大约是人体温度。然后向这两组老鼠的体内注射抗原——一种会引起免疫系统反应的物质。

三天后，这两组老鼠的血样表明，体温较高老鼠组体内的杀伤性T细胞，是正常组的2倍，这种免疫细胞可以追踪感染细胞或癌细胞，并将其消灭。

所以，当你生病或感到寒冷时，表示你的身体正直向你传达信息——裹条毯子。躺在床上吧，热起来，身体自会做出反应。热度来袭啊。

1. one-two punch 两拳急速连续出击 (先出左刺拳后立即用右拳猛击对方)
2. antigen [ˈæntɪ-dʒən] n.抗原。任何可诱发免疫反应的物质，称为抗原（缩写Ag）。
3. hunt down v.追捕到，穷追直至找到（罪犯、敌人等）
4. slaughter [ˈslɔ:tə(r)] v.①杀戮;屠杀;残杀;滥杀。②屠宰，宰杀(动物)
5. hop v.跳上（或下）；快速移动

I hopped out of bed quickly. 我迅速跳下床。

*My wife and I* were the first to arrive and hopped on board... 我和妻子是最早赶到登船的。

1. heat v.把…加热;使升温。n. ①温度;热度。②强烈的感情;（尤指）愤怒，激动

It was all done in the heat of the moment / and I have certainly learned by my mistake... 所有的一切都是在一怒之下干的，我无疑已经从自己的错误中吸取了教训。

→*The heat* of a particular activity（某活动）最激烈的时刻

Last week, in *the heat* of the election campaign, the Prime Minister left for America. 上周，当竞选活动进行到白热化时，首相启程去了美国。

→a female animal is on heat in British English, or in heat in American English, （雌性动物）正在发情（美国英语中作 in heat）

1. 你的高尔夫球杆有没有沾到高手"仙气"

It takes lots of practice to shave削减 strokes一挥 off your golf score. Or you can just really believe in your putter球棒杆. Because a new study finds that people putted better when told that their putter had been used by a pro职业的 golfer高尔夫球手.

The finding illustrates举例说明 what’s called positive积极的 contagion（n.）传染: the belief （that *beneficial有益的 properties财产所有物* can be transferred to转移到 an object）. The research is in the journal Public Library of Science ONE. [Charles Lee et al., "Putting [Like a Pro]: The Role of *Positive Contagion* [in Golf Performance and Perception感知]"]

Forty-one college students （with golf experience） were divided into two groups. One group heard that *the putter* （they would use） had been owned by golf pro Ben Curtis. The others got the same putter, but without the story.

Before putting轻击球, everyone also was asked to draw a circle （the size of the hole）. The subjects （who thought their putter was touched by greatness伟大） drew the hole bigger. All participants then took ten putts（n.）高尔夫球的轻击. And the ones （who thought they had Curtis’s stick棍棒） sank击球入洞 an average of *one and a half more putts* than did those （with no such beliefs）. Of course, it’s possible that they golfed打高尔夫球 better because they had such a good lie谎言.

要打出漂亮的高尔夫球少不了勤加练习，除非你绝对信任你的推杆。一项新研究发现，业余者如果听说他们的推杆是职业高尔夫手挥过的，就会击出更好的球。

难道说好运还能传染？确实有研究表明，物体能从人身上“吸引”一些好的特质传给其他人。这项研究发表在《公共科学图书馆•综合》杂志上（题为“感觉像专业高尔夫球手一样打球：”积极感染“在打高尔夫球的成绩和感觉中的作用”，作者为查尔斯.李等 ）。

该研究把41名有打高尔夫球经验的大学生分为两组，第一组被告知他们将要用的推杆是一流高尔夫球手柯蒂斯用过的，第二组用的推杆其实和第一组的一样，只是他们以为自己用的是普通的推杆挥杆之前。

两组选手都被要求画一个和球洞一样的圆圈，以为自己握了高手球杆的选手画的圈圈更大。随后每组选手都推了10杆球，那些认为沾到柯蒂斯“仙气”的选手，平均多推1.5个球入穴（心理作用）。所以说积极的自欺欺人或许能带来好成绩。（译者注：高尔夫球中，击一次球计一杆，英文叫“stroke”，而“putt”是用推杆推球使球进洞，"sink more putts"就意味着推更多的球入穴。）

1. shave v.剃须;刮脸

→you shave off part of a piece of wood or other material, 刨掉;刨去;切掉;削掉

I set the log on the ground and shaved off the bark... 我将原木放到了地上，刨掉了树皮。

→you shave a small amount off something such as a record, cost, or price, (少量地)削减，缩减;使(略)有下降

Supermarket chains have shaved prices. 超市连锁店已经稍稍降价。

She's already shaved four seconds off the national record for the mile... 她已经将一英里赛跑的国家纪录缩短了 4 秒。

→a close shave 幸免于难;侥幸脱险

I can't quite believe the close shaves I've had just recently. 我真是无法相信，就在最近自己侥幸逃过了几场大难。

1. stroke n.击球(动作);一击;一抽
2. putter n.轻击（球）棒。v. 慢条斯理地工作；悠然自得地做（putter around）

I started puttering around outside, not knowing what I was doing... 我开始在外面闲荡，不知道自己在做什么。

She liked to putter in the kitchen. 她喜欢在厨房里磨洋工。

1. sink v. ①(使)下沉;(使)沉没。②坐下;跪下。③(心情)变得沉重;(情绪)变低落。④(高尔夫球)击(球)入洞;(斯诺克)击(球)入袋

→something sinks to a lower level or standard, 下降;减少;下跌

→To sink into an unpleasant or undesirable mood, situation, or state 逐渐陷入(某种令人不快的心情、状态或处境)

→you sink money into a business or project,把(资金)投入(企业或项目)

→someone sinks a number of alcoholic drinks, 猛喝，灌(酒)

→someone sinks a well, mine, or other large hole, 挖，掘(井、矿井、深洞等)

1. 食物的热量与其加工制作方式有关

Food is the body’s fuel燃料. Now a study finds that *the amount of energy* in that fuel can depend not just on its calorie content—but on how it’s prepared预备饭菜. And the research, published in the Proceedings of the National Academy of Sciences, could explain *an ancient leap*飞跃 in human evolution. [Rachel N. Carmody, Gil S. Weintraub and Richard W. Wrangham, "Energetic力旺盛的 consequences后果影响 of thermal由热引起的 and nonthermal非热能的 food processing"]

Food’s *energy value*能量值 is usually measured before consumption吃喝消费. But Harvard scientists fed two groups of mice either meat or *sweet potatoes*山芋 / and prepared the items differently: either whole or pounded捣碎, raw未加工的 or cooked——to create a variety of diets. The researchers then measured the mice. They found that *pounded meat and potatoes* caused more weight gain than raw food. And that cooking increased weight the most.

The extra calories （cooking makes） available可获得的 may have allowed the survival of humans with larger bodies and more complex brains, starting almost two million years ago. Those physical changes required more energy, and {exposing使暴露于 food to fire} may have provided that boost助推器.

Of course, a legacy遗赠 of evolution is that *modern humans* often gain too much weight. Which might be called *a raw deal*不公平待遇.

食物是身体的燃料供应者。现在有研究发现，食物中能量的多少，不仅仅由食物本身的卡路里含量决定，还由食物的加工方式决定。这项发表在美国国家科学院院刊上的研究结果，还进一步说明了人类演化历史中的一次远古的飞跃。（蕾切尔卡莫尼，吉尔温特劳布和理查德沃尔汉姆提到，“食品热加工和非热加工，产生的能量不同。”）

通常食物能量值的计算以消耗前为准。但哈佛科学家为了创造使膳食多样化，分别给两组老鼠喂食没切碎的肉和土豆，及捣碎的肉和土豆。研究发现，吃了捣碎的肉和土豆的老鼠体重增长较快。而且吃烹煮过的食物体重增长的最快。

食物在烹煮过程中所产生的额外热量，可能是200万年前至今人的体格变的更强壮、头脑变的更发达，从而生存下来的原因。那些物理变化需要更多的能量，所以食物热加工，可能是这些变化的助推器。

当然，人类演化遗传至今，现代人体重往往超标，这可能会被称为不公平待遇。

1. thermal [ˈθɜ:ml] adj. ①热的;由热引起的;温度变化引起的。②(小溪、浴水)天然温热的。（Thermal streams or baths）③(衣服)保暖的，御寒的。n.上升热气流

...thermal power stations. 热电厂

*My feet* were like *blocks of ice* despite the thermal socks... 虽然穿了保暖袜子，我的双脚还是像冰块一样。

1. you are getting a raw deal, 不公平待遇
2. 蛋白质可以降低早晨的紫外线伤害

Levels of a *DNA repair protein* （DNA修复蛋白）naturally自然地 rise in the morning and fall later in the day, which may make exposure（n.）暴露 （to UV） safest early.

The early bird gets the worm蠕虫——and may avoid *skin cancer*. Because a new mouse study suggests that, for humans, tanning使皮肤晒黑 in the mornings may be less likely to permanently永久地 damage DNA and cause skin cancer.

A mouse’s levels of the DNA-repairing *protein蛋白质 XPA* are different from ours—they peak达到最大值 in the morning and bottom out降至最低点 in the evening. Researchers exposed mice to UV radiation放射物 when their XPA was at its minimum level, around 4 a.m., and others to the same rays around 4 p.m., when XPA levels peaked达到高峰，尖的.[qh]

Mice who tanned while low on *the repair protein*蛋白质 developed *skin cancer* faster and five times more frequently than their evening-tanning counterparts配对物. The study is in the Proceedings of the National Academy of Sciences. [Shobhan Gaddameedhi et al, Control of skin cancer by the circadian昼夜节律 rhythm节奏]

Unlike mice, humans are not nocturnal夜行性的, so their XPA levels rise and fall at different times. In people, XPA is at prime全盛时期 DNA-repairing levels in the morning, which thus looks *the safest time* for UV exposure. So if you want to avoid *skin cance*r, probably go to the tanning salon美容院 [early]—or better yet, don’t go at all.

人体内的DNA修复蛋白含量一般在早上升高，晚上会下降，所以，如果早上暴露在紫外线下的话，更安全些。

早起的鸟儿有虫吃，当然也能避免皮肤癌。因为，一项旨在人类健康的动物试验研究显示，晒早上的阳光也许不太容易损害你的DNA从而引发可怕的皮肤癌。

人类的DNA修复蛋白XPA含量变化与老鼠的不同，一般在早晨达到峰顶，而晚上则降低到谷底。研究人员进行了相关实验如下：实验组1—在早上4点左右小鼠的XPA含量最低时，进行UV辐照；而实验组2---在晚上4点也就是小鼠的XPA含量最高时进行，然后对比两组的结果。

结果显示，XPA含量低的实验组动物在照射下，更快的患上皮肤癌，并且比含量高时进行的实验组得病的速度快5倍。 研究已经发表在《国家科学研究进展》杂志上。

不像鼠类那样只在夜间活动，所以人类的XPA含量在不同的时间会有上下起伏的波动。人类的XPA蛋白在早上会达到修复DNA能力的最高含量，因此，在此时如果受到紫外线的照射，也许最安全。因此如果你想避免患皮肤癌的话，或许去晒健康肤色也要赶早一些比较好------或者更安全的做法就是，根本不去晒~

circadian [sɜ:ˈkeɪ-diən] adj. <生理>昼夜节奏的，生理节奏的

1. 鸟儿给我们的教训是"凝血易, 代价高"

They say *what doesn’t kill you* makes you stronger. But sometimes *what makes you stronger* can kill you, at least when it comes to blood clotting血液凝结成块. Because the stickiness黏性 （that allow platelets血小板 to heal愈合 your wounds） also raises your risk of heart attack.

All mammals use platelets to help prevent *blood loss*失血 after traumatic（adj.）外伤的损伤的 injury. But birds don’t have them, nor do reptiles爬行动物 or fish. Instead, these critters动物 have blood cells called thrombocytes凝血细胞, which are about twice the size of platelets血小板.

But is bigger 表necessarily必然地 better [when it comes to clotting血液凝结成块]? Scientists took thrombocytes凝血细胞 from parakeets长尾小鹦鹉 and put them to the test. The work appears in the journal Blood. [Alec A. Schmaier et al., "Occlusive闭塞咬合的 thrombi血栓 arise in mammals but not birds in response to对…做出反应 arterial动脉的 injury: evolutionary（adj.）进化发展的 insight（n.）洞悉深入了解 into human cardiovascular心血管的 disease"]

They focused their attention on birds because *our feathered有羽毛的 friends* have a cardiovascular心血管的 system much like our own, in that blood exerts施加影响 pressure on walls of *blood vessels*血管.

The results: parakeet长尾小鹦鹉 thrombocytes凝血细胞 don’t stick黏附 together like platelets do. They also don’t block阻塞 *blood flow*血流量 in the birds’ arteries动脉 the same way that platelets do when they form clots凝块 in mice.

Which means that mice may be more likely to survive a bloodletting（n.）放血武力冲突-pecking啄食. But birds are far less likely to suffer from the *clot formation*（n.）血块形成 called *economy便宜的 class*飞机的经济舱 syndrome综合征—despite being frequent频繁的 fliers飞行员.

传言杀而不死，则至更强。但有时候，至少血栓，是杀得死你的哦。因为血小板的粘性虽然可以治愈你的伤口，但同时也增加了心脏病的发病几率。

所有哺乳动物在受到外伤时，都靠血小板止血。但是鸟类没有血小板，爬行动物和鱼类也没有。然而，这些生物有一种叫做thrombocytes的血细胞,是血小板的2倍大。

但是对于凝血来说，越大效果就一定更好吗？对此，科学家从长尾鹦鹉体内提取thrombocytes进行测试。此项研究发表于《血液》杂志。

科学家以鸟类作为研究对象的原因是，我们的长羽毛的朋友与我们的血管系统有相似之处：血液对血管内壁的施压方式相同。

研究结果：长尾鹦鹉的thrombocytes不会像血小板那样粘在一起，它们也不会像老鼠体内的血小板那样，在凝结时阻塞动脉内的血液流动。

结论是，老鼠不惧放血，而鸟亦无视经济舱综合征——尽管它们总是飞来飞去。

1. heal [hi:l] v.①痊愈;愈合;治愈。②（感情创伤）愈合;（情感）恢复常态。③（使）（裂痕、创伤）弥合;（使）和好

No doctor has ever healed a broken bone: he or she sets them... 从来没有哪个医生能治愈骨折，他们只是让骨头复位。

Today Sophie and her sister have healed the family rift and visit their family every weekend... 如今索菲和她的姐姐已经和家人和好，每个周末都回家探望他们。

1. traumatic [trɔ:ˈmætɪk] adj.造成创伤的;惊骇的;痛苦的（A traumatic experience is very shocking and upsetting, and may cause psychological damage. ）

I suffered a nervous breakdown. It was a traumatic experience... 我曾经神经崩溃过。那是一次痛苦的经历。

1. thrombocyte ['θrɒm-bə-saɪt] (=plateler) n. 血小板，凝血细胞
2. necessarily adv.

→you say that something is not necessarily the case, 一定地;必要地

A higher fee does not necessarily mean a better course. 收费更高并不意味着课程就一定更好。

→Not necessarily 未必;不一定

'So we're trapped.' — 'Not necessarily.' “那么我们是被困住了。”——“未必。”

→you say that something necessarily happens or is the case, 不可避免地;必然地

Tourism is *an industry* that has *a necessarily close connection* with governments. 旅游业是与政府有着必然的密切联系的产业。

1. put to the test v. 使受试验

His courage was put to the test. 他的勇气受到考验.

Sooner or later, life will put the relationship to the test. 总有一天，生活会考验这种关系是否牢固。

Theories must be put to *the test* of practice. 理论必须通过实践来检验.

1. Occlusive thrombi [ɒ'klu:sɪv - 'θrɒmbaɪ] 闭塞性血栓
2. cardio-vascular [ˌkɑ:-diəʊ-ˈvæs-kjə-lə(r)] adj. 心血管的
3. feathered [ˈfeðəd] adj.带羽毛的;有羽饰的

→our feathered friends 鸟类;鸟雀

1. blood-letting [ˈblʌd-letɪŋ] n.①（尤指敌军之间的）武力冲突，流血事件，杀戮。②（新闻用语）内讧，同室操戈
2. formation [fɔ:ˈmeɪʃn] n. ①创建;设立;创造。②形成;养成;建立。③编队;列队

...*the formation* of a new government. 新政府的组建

My profession had an important influence in *the formation* of my character and temperament. 我的职业对我性格和脾气的形成有重要的影响。

1. economy adj.经济的;便宜的（*Economy services* such as travel）
2. syn-drome [ˈsɪn-drəʊm] n. 综合征
3. ECONOMY CLASS SYNDROME经济舱症候群：一般经济舱的座位非常狭小，很容易造成血栓，而引发呼吸困难，此现象称之为“经济舱症候群”。
4. 喜欢吃甜食的人往往更讨人喜欢

With Halloween万圣节前夕 around the corner在拐角处, parents are fretting烦恼发愁 over {what *all that candy*糖果 will do to their little goblins小妖精}. Well, it might just make them sweeter甜美可爱的. Because people （who prefer更喜欢 *sugary含糖的 snacks快餐*） actually 系seem 表to be more kind仁慈的. *So says a study* in the Journal of Personality and Social Psychology. (Brian Meier et al., "*Sweet taste*甜味 preferences（n.）偏好 and experiences predict预言 prosocial亲社会的 inferences（n.）推论, personalities个性, and behaviors")

We often describe personality个性 or behavior 方式状with taste-related terms术语. Think of有…想法 someone （who's bitter怨恨充满敌意的, or sour尖酸刻薄的 or maybe even a little picante激情似火）. But do our tastes in food really reflect who we are?

Scientists looked for a link between a love of sweet things and the tendency倾向 to be generous慷慨大方的 or generally agreeable令人愉快的. College students answered a series of questions about their character性格特点—whether, for example, they're soft-hearted心肠软的 or enjoy insulting出言不逊无礼的 people. Then they rated their liking嗜好 for a variety of foods, from cake and ice cream to cranberries蔓越莓, sauerkraut德国泡菜 and salsa洋葱做的辣调味汁. And it turns out that kids with a sweet tooth see themselves as sweet.

And maybe they are. Those （that liked candy more than crackers薄脆饼干） were more likely to volunteer自告奋勇 around campus大学校园 or for additional额外的 studies. So if you're looking打算 to score a little milk of human kindness仁慈友好, try putting out a plate盘子 of cookies小甜饼.

万圣节将至，爸爸妈妈们开始发愁，不知道糖果究竟能给他们的小精灵们带来些啥。其实啊，这些糖果或许只有一个作用，就是会让他们变得更“甜”。《个性与社会心理学》杂志的一篇研究显示，喜欢甜食的人似乎会更加友善。

人们总喜欢用与“味道”相关的词语来描述一个的个性或者行为。比如“刻薄”，“尖酸”或者“小泼辣”。人们对味道的偏好真的能反映出个性吗？

科学家们在找寻“爱吃甜食”和“性格温和甜美”之间的联系。他们邀请了一些学生参加测试，他们首先要回答关于自己性格特征一些问题：比如，是否心肠软，是否喜欢辱骂他人。之后，要根据自己的喜好程度对一些食物进行打分，这些食物包括蛋糕，冰淇淋，越橘，泡菜和沙司。研究显示，那些喜欢甜食的孩子会把自己看成是“小甜心”

或许他们真的是吧。那些喜欢糖果胜过薄脆饼的孩子，更愿意参加校园周边的志愿活动、或者进行额外的研究。所以如果你想让自己不那么友善，就戒掉一盘甜饼干吧。

1. Halloween [ˌhæ-ləʊ-ˈi:n] n.万圣节前夕（10月31日晚，传说此时可见鬼巫。当晚儿童常化装成鬼巫尽情玩闹）
2. around the corner adv. 在拐角处。adj. 迫在眉睫的
3. fret [fret] v. 苦恼;烦恼;发愁

I was working all hours and constantly fretting about everyone else's problems... 我一刻不闲地工作，总是为别人的事操心。

1. goblin [ˈgɒ-blɪn] n.（童话中爱惹事的）小妖精，丑妖怪，哥布林
2. 系动词seem表示“感觉”时，可接“to be+ n./ adj.”、介词短语、to do不定式、-ing现在分词、-ed过去分词作表语。

→在接n.作表语时,如n.前有adj.修饰, to be可以省略,

She seems 表a sentimental多愁善感的 woman. 她像是一个多愁善感的女子。

如没有adj.修饰, to be则不可省略,

He certainly didn't seem 表to be a fool.他当然不像是个傻瓜。

在adj.作主语补足语时to be不可省略,其余情况下to be常省略。

→seem还可接「连词that」或「连词短语as if〔though〕引导的从句」作表语。

→seem接-ed分词,有时是系表结构,有时是被动结构,如:

She seems fascinated by the handsome young man.她好像被那个英俊的年轻人迷住了。

1. picante [pɪ'kɑnte] n. 激情似火（专辑名）
2. you have *a liking* for something or someone, n.喜爱；爱好；嗜好

→If something is, for example, too fast for your liking, you would prefer it to be slower. If it is not fast enough for your liking, you would prefer it to be faster. （不）合（某人的）意

He had become too powerful for their liking... 对他们来说，他现在的权力已经过大了。

She's asking far too many personal questions for my liking. 她问了我太多太多的个人问题。

→something is to your liking, 合（某人的）意；对（某人）的胃口

London was more to his liking than Rome... 伦敦比罗马更称他的心。

1. cranberry [ˈkræn-bəri] n. 蔓越橘；酸果蔓的果实
2. volunteer [ˌvɒlənˈtɪə(r)] n.志愿者;义工。v.主动提供（信息）

'They were both *great supporters* of Franco,' Ryle volunteered... “他们都是佛朗哥的忠实支持者，”赖尔主动说道。

→you volunteer to do something, v.自告奋勇;主动要求

He volunteered for the army in 1939... 1939年他志愿参军。

1. you are looking to do something, 打算；准备； 计划

...young mums looking to get fit after having kids. 生完孩子后打算瘦身的年轻妈妈们

→you look at a subject, problem, or situation, you think about it or study it, 考虑；研究

Anne Holker looks at *the pros and cons* of making changes to your property...

安妮·霍尔克负责权衡你房屋改造的利与弊。

→you look someone in the eye / or look them in the face, 直视

→someone looks the other way, 佯作不知；装作没看见

→someone looks you up and down, 上下端详；上下打量

1. 间谍这一行 隐者为赢

The spying trade行业

Success by stealth暗中行动

What *business executives*主管 can learn from intelligence情报机构 officers

Work Like a Spy: *Business Tips* From *a Former CIA Officer*. By J.C. Carleson.

Trading Secrets: Spies and Intelligence情报 in an Age 时代 of Terror恐怖主义. By Mark Huband.

SPIES are often wrongly presumed假定 to work in a shadowy阴暗的神秘莫测的 and exotic具有异国情调的 world. In fact they are more like *unusually crafty狡诈的 bureaucrats官僚主义者* than James Bond. Their skills would be quite handy（adj.）有用的 for business executives, according to J.C. Carleson, a former CIA officer. In “Work Like a Spy”, her gripping吸引抓牢 layman's外行 guide向导 to spycraft间谍行业, she shows how adopting采取 *an intelligence officer*'s mindset思维模式 can make managers more efficient and better at handling处理应付 people.

In her eight years undercover卧底, Ms Carleson ran agents特工 in hostile敌对的 countries, getting them to risk their lives to steal secrets for America. Targeting目标市场选择 and recruiting征募新兵 such people offers lessons in what might be called “strategic战略的 networking建立工作关系网”: gaining获得 information about customers and competitors. How do you make contact接触 without seeming pushy（adj.）有进取心的? What is the hook吊钩, and what are the incentives激励? It turns out that offering *consultancy咨询业务 fees* and *lavish过分慷慨的 entertainment* rarely works; appealing呼吁 to the ego自我 is far more effective.

尽管While steering clear of避开 real secrets, Ms Carleson gives *an accurate account*记述 of how *intelligence officers* operate. Her “strategic战略的 *elicitation诱出 exercise*”, in which she pushes readers to get random information from a stranger, is particularly well described.

In a trade in which deceit（n）欺诈 is a tool, {knowing when to be honest} is important. Ms Carleson describes the ideal理想的 CIA officer as a “Boy Scout童子军 with a secret dark side”.

Her terse简洁扼要的 remarks评论 on ethics伦理 sound convincing令人信服的, not preachy说教的. She explains, for example, why fiddling expenses（n.）花费 leads to instant立即的 dismissal（n.）解雇 in the CIA: if you cheat骗取 your country out of money, you may betray出卖 its secrets too. Readers （doing business in places where sleaze肮脏 is endemic流行的） will find these points instructive有教益的.

It is wise明智的 to work out想出 in advance *the red lines* you and your company will not cross越过—and make sure everyone （involved） knows what they are.

While Ms Carleson's book highlights强调 the skills of individual intelligence officers, *Mark Huband*'s人名 “Trading Secrets” gives a glimpse of what *spy agencies*代理机构 actually do and how they are evolving演化 to combat与…战斗 new 21st-century threats.

A former journalist新闻记者 who now runs a security安保 consultancy咨询公司, he argues that *undercover agents*卧底特工 are often most useful not when they are spying on a country's enemies, but when they are talking to them.

He gives new details about the role that *Britain's Secret Intelligence情报 Service* (SIS, commonly called MI6) played in opening channels渠道 of communication with the IRA爱尔兰共和军 in Northern Ireland, and with Colonel上校 Qaddafi's卡扎菲 regime政权 in Libya利比亚.

*Mr Huband* also deals with论述 fiascos（n.）惨败, such as *the political misuse*使用不当 of *the sketchy（adj.）信息不充分的 intelligence* available about *Saddam Hussein*'s weapons programmes.

Spies rarely provide solid answers, he says, but offer confusing令人困惑的 bits of *a jigsaw puzzle*智力拼图玩具 of unknown size and shape. At best至多, *secret intelligence* removes an element组成部分 of surprise from foreign affairs事务, but it rarely makes it clear what to do.

The picture he paints is tantalisingly撩人地 incomplete未完成的. His reporting, based on his years as a journalist, hops跳跃 across decades and between fronts前线, chiefly主要地 in the “war on terror恐怖主义” .

He concludes得出结论 that spooks间谍 are “awash（adj.）被淹没的 with more information, insight洞察力 and knowledge than ever before”, but that *the “intrinsic内在固有的 power”* of intelligence has waned衰落. One reason is that some of *the finest spies* are being lured引诱 away by the private私人的 sector经济的部门. It greatly rewards those with a background in *secret government service*—and not only because spycraft has given them *exceptional优异的 people skills*.

间谍这一行

“隐”者为赢

企业管理者所能从情报官身上学到的

书名：《像间谍一样工作：前 CIA 特工教你“生意经”》作者：J.C. Carleson

书名：《行业秘密：恐怖时代的间谍和情报》作者：Mark Huband

人们常常认为间谍这份工作神神秘秘、认为他们总是活动于异国他乡，其实这种想法是错误的。实际上，与詹姆斯-邦德相比，他们更像是狡诈非凡的官员。前CIA 特工J.C. Carleson认为，间谍所掌握的技巧对于企业管理者来说相当受用。在《像间谍一样工作》一书中，她为大众介绍了间谍所掌握的技能，内容十分引人入胜。她为我们讲述了运用情报官的思维方式，是如何会让管理者更有效率、更好地管理人力资源的。

在她八年的卧底行动中，Carleson带领特工在敌国活动，她让手下冒着生命危险为美国窃取机密。这些特工人选的寻找过程和招募过程，会给我们些许启示，这些启示在管理中可被叫做“战略性人脉网”，即了解有关顾客和竞争者的信息。如何在不显得莽撞的前提下与人沟通？引鱼上钩的“钩”是什么？鼓励对方进一步配合的措施是什么？结果证明：提供好处费或奢侈的款待，很少能奏效；投其所好远远更加有效。

尽管Carleson绕开了真正的秘笈不谈，但她准确地描述了情报官是怎么工作的。她对“战略导出练习”的描述尤其出色，在这种练习中，她迫使读者从陌生人那里获取任意信息。

在以欺骗为手段的间谍行业中，知道何时诚实很重要。Carleson把理想的中央情报局官描述为“表面老实，但有着不为人知的阴暗面”。她对伦理学所做的简洁评论听起来很有说服力，但并无说教意味。比如说，她解释了为什么在中央情报局，如果一个人在公司开支上做手脚，就会被立即开除—因为如果一个人骗了国家的钱，他就可能也会泄露国家的机密。如果你经商的地方欺诈行为泛滥，你就会感觉这些观点很有启发性。事先制定好你和你的公司不会超越的“红线”—并且确保所有规定涉及到的人知道这些“红线”是什么，才是明智的做法。

Carleson的书突出了单个情报官的技能；至于间谍机构到底是干什么的、又是怎样参与到打击21世纪人们所面临的新威胁中的，Mark Huband所著的《行业秘密》让读者得以一窥其貌。曾经是一名记者的Mark Huband，现在正经营一家安全咨询公司。他认为通常来说，卧底最有用的时候，不是他们暗中监视一个国家的敌人之时，而是他们与其交谈的时候。对于英国秘密情报局在与北爱尔兰的爱尔兰共和军和与利比亚的卡扎菲政权打开了信息交流的渠道中所起的作用，作者给出了新的细节。

Huband也会谈到失败的例子，像对于萨达姆的武器计划，情报人员得到的情报并不完全，结果这些情报被政府误用了。他说，间谍很少会提供可靠的答案，他们只会提供零零碎碎的令人困惑的信息，至于那些零零碎碎的信息所拼成的“拼图”有多大、是什么形状，谁也不知道。至多，秘密情报能让外事工作少遇到一些意料之外的事情，但很少会让人清楚该做什么。

Huband所描绘的图景并不完整，但很有诱惑力。他的报道基于他多年当记者的经历，内容跨越数十年、穿梭于不同的战线、主要集中在“反恐战争”方面。他得出的结论是：“现在的间谍所能获取的信息、所具备的洞察力和知识比以往任何时候都要多”，但是情报的“内在力量”已经衰减。原因之一是有些最出色的间谍被私营部门挖走了。私营部门会特别奖励那些有在秘密政府机构工作背景的人——不只是因为间谍工作赋予了他们超乎常人的与人相处的技巧。

1. trade n.① (某一)生意，行业。②职业;手艺;行当

...the arms trade. 军火贸易

He learnt *his trade* as a diver in the North Sea... 他在北海学会了潜水员这一行的本事。

1. bureaucrat [ˈbjʊərə-kræt] n.官僚；官僚主义者
2. handy[ˈhændi] adj.①手边的;附近的。②有用的;方便的

→something comes in handy, 派上用场

1. mind-set [ˈmaɪnd-set] n.思维模式;思想倾向
2. pushy [ˈpʊʃi] adj.固执己见的；一意孤行的；爱出风头的

But she insisted and was very pushy. 但她一直坚持,而且很急于求成.

My mother encouraged us, but was never pushy. 我的母亲鼓励我们但从不强迫我们。

1. consultancy [kənˈsʌl-tən-si] n.①咨询公司。②咨询服务;专家咨询
2. you appeal to someone to do something, v. 呼吁;恳请;恳求

→something appeals to you, 对…有吸引力；使感兴趣

1. steer v.①掌（舵）。②引导，带领(某人去某地)

→you steer clear of someone or something, 避开;躲避;绕开

I think a lot of people, women in particular, steer clear of these sensitive issues. 我认为很多人，特别是女性，都会回避这些敏感问题。

→you steer a particular course路线, 选择某种做法;采取某种方式

Prime Minister Hun Sen has sought to steer a course between the two groups... 洪森首相设法游走于两个集团之间。

1. account n.（书面或口头的）记述，描述，陈述，报告

He gave *a detailed account* of what happened on the fateful night... 他详细描述了那个灾难性夜晚所发生的事。

1. elicitation [ɪˌlɪ-sɪ-'teɪʃn] n. 引出；诱出；抽出；启发

*The elicitation* of his testimony was not easy. 在套他的供词时颇费周章.

method of elicitation 启发式

1. someone cheats you out of something, 骗取；骗得
2. sleaze [sli:z] n. (尤指政治、商业、新闻、娱乐等方面存在的)肮脏，污秽，卑劣，不道德

She claimed that *an atmosphere of sleaze* and corruption now surrounded the Government... 她宣称一股肮脏腐败之风充斥着整个政府。

1. endemic [enˈdemɪk] adj.①（疾病）地方性的，流行的。②(情况、问题)常见的,流行的
2. MI6=Military Intelligence 6 英国陆军情报六局。又称秘密情报局，缩写为SIS (Secret Intelligence Service) 代号MI6。
3. IRA= Irish Republican Army <英>爱尔兰共和军
4. regime [reɪˈʒi:m] n.①政权，政体（指非民主且统治手段不被认可的政府或政权体系）。②（机构、公司、经济等的）管理制度，组织方法

the Fascist regime法西斯政权

...*a drastic regime* of economic reform and financial discipline. 雷厉风行的经济改革和财经纪律

1. deal wih v.①处理;应付;与…打交道。②克制(不快情感);冷静面对(感情上困难的局面) 。③论述;讨论;涉及。④与…做买卖;和…有生意往来

She saw a psychiatrist who used hypnotism to help her deal with her fear... 她去看了一位用催眠术帮她克服恐惧感的精神科医生。

...the parts of his book which deal with contemporary Paris. 他的书中涉及当代巴黎的那些部分

1. fiasco [fiˈæskəʊ] n.彻底的失败;大败;惨败
2. mis-use [ˌmɪs-ˈju:z] v. n.使用不当;误用;滥用；盗用
3. sketchy [ˈske-tʃi] adj. (信息)粗略的，大概的，不完全的，不充分的

Details of what actually happened are still sketchy... 对于已发生事实的详细情况知道的仍然有限。

1. tantalize ['tæntə-laɪz] v.使(某人)想要却得不到(某物);逗引;挑逗;撩拨

*A political settlement* remains tantalisingly out of reach. 政治解决方案依然可望而不可即。

1. chiefly [ˈtʃi:fli] adv.主要地;最重要地

He joined the consular service, chiefly because this was one of the few job vacancies... 他到领事馆工作，主要因为那是仅有的几个空缺职位之一。

1. awash [əˈwɒʃ] adj.被水浸漫的;被淹没的

→a place is awash（adj.） with something, 充斥的;充沛的;充满的

This, after all, is a company which is awash with cash. 这毕竟是一家现金充裕的公司。

1. intrinsic [ɪnˈtrɪn-sɪk] adj.内在的;本身的;固有的

The paintings have no intrinsic value except as curiosities... 这些油画除了作为古董，本身没有什么内在价值。

Sometimes I wonder if people are intrinsically evil... 有时我在想是否人性本恶。

1. exceptional [ɪkˈsepʃənl] adj.①优异的;非凡的。②例外的;特殊的

...if the courts hold that this case is exceptional... 如果法庭认为这是个特殊案例

At your request / we may agree, exceptionally例外地, to work outside usual working hours. 在您的要求下，我们可能会破例同意在正常工作时间之外工作。