IPAPANNEW字体可完美显示音标

1. 家长控制或会造成孩子技能障碍

**Domineering喜欢支配别人的 parents** may keep kids under their thumb拇指 目的状to try to protect the kids from **the perils危险 of peer同辈 pressure**. But this approach方法 may backfire适得其反 / and actually make kids more susceptible易受…影响的 to **going with the crowd**从众. So finds a study in the journal Child Development.

Psychologists got **baseline基准的 information** through interviews采访 with 184 13-year-olds. The researchers ①learned about their parents’ control tactics战术 such as using guilt to manipulate操纵 behavior / and ②watched how the kids dealt with a difference of opinion or argument with a friend.

Years passed. Then the researchers followed up追查;将…深入下去;对…采取进一步行动 with the study participants参与者 [when they were 18] / and again [when they reached 21]. Of **particular interest** were **interaction**（n.）相互交流;相互沟通 **with** a peer or romantic partner.

The [now] young adults （who’d had highly controlling parents） were less able to stress强调 their own viewpoints观点 to a friend or partner 方式状in confident and productive富有成效的 ways. And the effects of that inability（n.）无能力 increased **over time**随着时间的过去: poor relationship skills （in an 18-year-old） predicted further deficits赤字 [at 21].

Seems that resisting抵抗 parental control may be how kids learn to assert坚持自己的主张 themselves, an important skill for healthy future relationships.

专横的父母们可能会像将孩子们捧在手心里那样照顾免他们受来自同辈的压力。但实际上这种方法可能完全适得其反,孩子们会更易受到别人影响。这是根据在《儿童发展》杂志上的研究所得出的结论。

通过对184位13岁的人进行采访，心理学家们掌握到了基础信息。研究人员对于他们父母，使用诸如内疚操控行为的控制措施进行了研究，而后观察孩子们如何应对一位朋友的不同意见或争论。

而几年后。研究人员又在这些参与者18岁，21岁的时候进行跟踪调查。比如对同龄人或情人的特别兴趣。

现在受到父母高度控制的年轻人，不能向朋友或合作伙伴自信且及富有成效地强调自己的观点。而且这种缺乏能力的影响，会随着时间增加:比如18岁时与人的糟糕关系技能，预测在21岁时会进一步恶化。

似乎抵制家长控制，就可使得孩子们坚持己见，这可是对于健康未来关系不可或缺的一项重要技能。

1. Domi-neering [ˌdɔmɪ-ˈnɪə-rɪŋ] adj.专横跋扈的;盛气凌人的
2. thumb [θʌm] n. (大)拇指
3. under one's thumb 受制于…;在某人支配之下; 受某人控制 ...
4. peril [ˈpe-rəl] n. 危险；冒险. vt. 置…于危险中；危及
5. peer n.同龄人；同辈；身份（或地位）相同的人
6. back-fire v.事与愿违；适得其反

It all backfired on me! 一切都与我的愿望背道而驰！

1. you are susceptible（adj.） to something or someone 易受…影响的;易为…左右的
2. go with the crowd 随大流，从众
3. learn about 获得，学得;得知有关…的消息
4. tac-tics ['tæk-tɪks] n.战术;策略;招数
5. ma-nipu-late [mə-ˈnɪ-pju-leɪt] v.摆布，操纵，控制(他人)
6. deal with应付; 对待
7. follow up vt. 把…贯彻到底，对…采取进一步行动；跟着，追逐，继续
8. participant [pa:ˈtɪ-sɪ-pənt] n.参与者；参加者
9. inte-raction [ˌɪntər'ækʃn] n. v.相互交流;相互沟通，互动
10. productive adj. 富有成效的；多产的；高产的
11. over time 随着时间的过去
12. defi-cit [ˈdefɪ-sɪt] n.差额;赤字;亏损;逆差
13. assert [əˈsɜ:t] v. 坚称;断言;坚决表明
14. 婚前犹豫是离婚的先兆?

Should we worry [if we have doubts / before saying “I do”]? Some say it's normal {to feel doubt}. But new research suggests that **pre-wedding uncertainty**（n.）犹疑actually predicts **marital婚姻的 dissatisfaction**不满意. Especially when that doubt is coming from the bride新娘.

Scientists surveyed民意测验 232 couples （within不超过 the first three months of marriage） / and then did follow-up surveys [every six months for four years]. The average age for the men was 27, for the women, 25.

[In the first survey] 47 percent of men and only 38 percent of women said they had, at some point在某一时刻, felt uncertain（adj.） about their upcoming marriage. Four years later, ten percent of couples （in which only the guy had doubts） **wound up**(以…)告终 divorced 与…离婚. But when only the gal was uncertain, 18 percent of the couples **split up**使分手. And when both parties had doubts, the divorce rate was only slightly higher at 20 percent. The study is in **the Journal of Family Psychology**.

Overall总的来说, [when the bride is uncertain] she is two and a half times more likely to be divorced [within four years], **compared with** women （who expressed表达 no hesitation（n.）犹豫 before **tying the knot**结婚）. So, at least some of the time, that pre-wedding doubt seems well-founded（adj.）有根据的.

在说出“我愿意”之前感到怀疑，我们该为此感到担心吗？有人说感到怀疑是正常的。但是一项新的研究认为，婚前的不确定是婚后不美满的先兆，尤其是在新娘感到怀疑的情况下。

科学家们调查了232对结婚不满三个月的夫妇，然后在接下来的四年里，每六个月对他们进行一次随访。这次调查中男性平均年龄为27岁，女性平均年龄为25岁。

在第一次调查中，有47%的男性表示在（说“我愿意”）那一刻感到怀疑，而只有38%的女性表示对未知的婚姻生活感到怀疑。四年后，10%只有男性感到怀疑的夫妇，以离婚收场。但18%只有女性感到怀疑的夫妇分手了。当双方都感到怀疑时，离婚率略高，达到20%。这项研究发表在《家庭心理学杂志》上。

总的来说，相比在喜结良缘前不对未来婚姻生活感到怀疑的新娘，那些不确定的新娘在四年后离婚的可能性是前者的2.5倍。因此，在某些时候，婚前怀疑似乎也是有根据的。

1. uncertainty n.不确定；犹疑
2. marital [ˈmærɪ-tl] adj. 婚姻的，夫妻（间）的
3. dis-satis-faction [ˌdɪs-ˌsæ-tɪs-ˈfæk-ʃn] n.不满;不悦
4. bride [braɪd] n.新娘
5. at some point 在某一时刻
6. up-coming adj.即将发生(或来到)的
7. wind up上紧发条;使结束;收尾;煞尾。①完成;停止。②关停，关闭(企业或其他组织)。③最终沦落到；最终落得；(以…)告终。④摇上(车窗等)

The President is about to wind up his visit to Somalia... 总统即将结束对索马里的访问。

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

1. split v. n.（使）断裂;（使）裂开;分割

→If two people split up, or if someone or something splits them up, (使)分手;(使)离婚

1. Overall adj.总的；整体，总体的，总的来说. n. （上下连身的）工作服，防护服
2. hesitation [ˌhezɪ'teɪʃn] n.犹豫;疑虑;不情愿
3. knot n.结，绳结，结节

→two people tie the knot, 结合；结婚

1. well-founded adj. 有充分根据的，理由充足的
2. 恐惧使艺术更迷人

Emmanuel Kant spoke often about the sublime崇高的事物, and specifically how art becomes more sublime [when beauty mixes with terror恐惧]. Now research provides some support for this **philosophical（adj.）哲学上的 viewpoint**观点看法.

Scientists had 85 subjects experience one of five different things. One group watched a brief scary吓人的 movie, another group watched a happy movie, and two other groups performed执行 either 30 or 15 jumping jacks. The control group did nothing.

Then all the subjects looked at four abstract paintings, for 30 seconds each, by a Russian artist, El Lissitsky. And they rated评价 the art—based on qualities of how inspiring启发灵感的, stimulating有刺激性的, rousing使兴奋的, boring, forgetful易忘的 or uninteresting （the piece was for them）.

The group that watched **the scary movie** rated the art as more sublime崇高的 and positive积极正面的 than any other of the groups. In fact the other four groups **did not significantly differ**（v.） in their ratings（n.）评级.

We might not think of describing art as frightening. The researchers note强调指出, however, that art can “…be surprising, **elicit引起 goose bumps**鸡皮疙瘩, and inspire唤起…情绪反应 awe敬畏.”

Who knew that 主{pairing使配对 The Walking Dead with a trip to **the Museum of Modern Art**} 谓would make **the entire整个的 experience** more sublime.

伊曼纽尔康德常常谈论崇敬，尤其爱谈论美与恐惧结合的艺术品如何变得更令人崇敬。如今有一项研究为这项哲学观点提供了依据。

科学家们让85名受试者分别体验了五种事情。一组受试者观看一部简短的恐怖电影。另一组观看一部喜剧片，而其他两组分别练习跳爆竹，最后一组是对照组，什么也不做。

然后让受试者观察由俄罗斯艺术家厄尔利西茨基，创作的四幅抽象画，每幅画观看30秒。然后评价每幅画作的艺术价值——画作如何带给自己灵感，如何使人深受启发，受到激励，或者如何让人感到枯燥，无趣。

相比其他各组，观看恐怖片的那组成员给出了更多高尚，积极的评价。实际上，其他四组之间没有明显的差别。

我们也许不会将恐惧跟艺术联系在一起。然而，研究人员解释道，艺术可以“令人吃惊，让人起鸡皮疙瘩，令人敬畏。”

谁知道搭配上“行尸走肉”的恐怖场景，会不会使现代艺术馆之旅更加令人崇敬。

1. sub-lime [səˈb-laɪm] adj.崇高的;壮丽的;宏伟的;令人赞叹的
2. the sublime .崇高的事物;壮丽的景象;绝妙的东西

She elevated every rare small success to the sublime. 她把每一个极不起眼的小小成功都夸大成非凡的成就。

1. terror [ˈte-rə(r)] n.恐惧;惊恐;恐慌
2. scary [ˈskeə-ri] adj.引起恐慌的;骇人的

→scary movies恐怖片

1. perform v.做，执行，履行（尤指复杂的任务或行动）
2. jumping jack 跳爆竹（一般是双腿跳起,双手在头顶击掌。）
3. rate v.评价;评级;评定

The film was rated excellent [by 90 per cent of children]... 90%的孩子都表示这部电影很精彩。

1. inspiring [ɪn-ˈspaɪə-rɪŋ] adj.鼓舞人心的;有激励作用的；启发灵感的
2. stimulate（v.）的基本意思是指类似刺状物“刺激”,用于人指从懒散、心灰意冷、迟钝或无动于衷中振作起来，或使事物从潜伏、静止的状态中活跃起来。还可用于表示激发兴趣,尤指智力方面的兴趣。
3. sti-mu-lating [ˈstɪ-mju-leɪ-tɪŋ] adj. 刺激的，有刺激性的. v.刺激;激励;促使;促起

The Russian health service has stimulated public interest in home cures. 俄罗斯的公共医疗服务，已经激起了公众对家庭治疗的兴趣。

Exercise stimulates the digestive and excretory systems... 锻炼能促进消化和排泄系统的活动。

1. rousing adj. 充满活力[激情]的；激励的，激动人心的. v.唤醒;叫醒;(使)醒来.使激动;鼓动;煽动;使振奋
2. think of doing sth ①有…的看法，对…有某种看法，考虑…是否适合… ②想做某事；打算做某事；考虑做某事。
3. think of ①有…想法, 有…看法

They all thought of her as a nice girl. 他们都认为她是一个好女孩。

I cannot think of you living alone any longer. 我认为你不会再一个人住多久了。

She couldn't think of such a thing. 她简直不能想象这样的事。

②对…有意见

He was highly thought of by his employer. 他为老板所器重。

1. a person describes someone or something as a particular thing把…说成;把…称为;认为
2. eli-cit [iˈlɪ-sɪt] vt. ①引起（反应）;引出. ②探出;套出，诱出（回答等）

Mr Norris said {he was hopeful that his request would elicit a positive response}... 诺里斯先生说希望他的请求能够引起积极反响。

Phone calls elicited no further information. 几个电话都没有打听到进一步的消息。

1. goose [gu:s] n. 鹅

goose bump n. 鸡皮疙瘩

1. awe [ɔ:] n. v.敬畏；惊惧；惊叹
2. inspire v.激起，唤起(某种感情或反应)。 inspire指激起勇气和信心，侧重鼓励，有时含“启发灵感”之意。

The car's performance quickly inspires confidence. 该汽车的性能会很快唤起驾驶者的信心。

→someone or something inspires you to do something new or unusual, 激励;鼓舞;驱使

Our challenge is to motivate those voters / and inspire them to join our cause... 我们面临的挑战是，如何调动那些选民的积极性，并鼓励他们加入我们的事业。

1. pair v. ①（使…）成对，（使…）成双。②交配，交尾

→one thing is paired with another 使配对；使配成搭档

1. Walking Dead 行尸走肉; 有时也指特别累还得工作的人
2. entire [ɪnˈtaɪə(r)] adj. 全部的；整个的；全体的
3. 提高目击证人辨认嫌疑犯的准确度

Ronald Cotton went to prison for rape强奸罪. The victim （picked him from a lineup阵容） convinced确信 she was accurate精确的. She picked him again years later when his case was reopened. This second lineup included the actual真实的 rapist强奸犯. After 11 years behind bars, Cotton was later exonerated免罪 by DNA evidence.

Experts say that the current lineup format pressures witnesses目击者 to identify指认 a suspect嫌疑犯, even when they **lack缺乏 confidence信心**. So researchers are trying to improve the accuracy of such identifications（n.）鉴别.

One recent study had more than 900 participants watch a short film of **a staged组织上演的 crime**. Up to a week after watching the film, the viewers looked at photos of suspects one at a time, and rated how **confident**（adj.）坚信的they were **about** each one's guilt.

Half of the participants could take as long as they wanted to look at the photos. The other half had to decide within a few seconds. And the fast group was up to 66 percent more accurate. The study is in the Journal of **Psychological Science**.

Strong memories are accessed存取 more quickly than weak memories, which may explain why choosing fast tends to mean choosing right. Another factor （that's **putting** the standard police lineup itself **on trial**）.（put …on trial使经受严重考验）

罗纳德科特因强奸罪被判入狱。受害者从嫌疑犯列队中挑出他来，并确信他是凶手。时隔多年，当这起案子再被翻出来时，她还是认定他是凶手。然而第二拨列队里有真正的强奸犯。在监狱服刑11年后，科特被DNA证据证实清白，无罪释放。

专家表示，目前这种列队辨认嫌疑犯的方式会给目击者造成压力，即使在不确定的情况下也有压力。因此研究人员试图提高此类辨认的精确度。

在最近的一项研究中，有900多名参与者观看了事先策划的犯罪短片。过一周让观众看嫌疑犯的照片，一次只看一张，并评价自己有多么确定每个人的罪行。

有一半的参与者可以花足够久的时间观察照片。另一半必须在几秒钟内做出决定。后一组辨认罪犯的准确率比前组高出66%。这项研究发表在《心理科学》杂志上。

人的大脑在读取强烈的记忆时要比微弱的记忆更快，这就解释了为什么快速选择往往意味着更对的选择。

1. line-up n. （警察要见证人指出谁为嫌疑犯而让数人排成的）行列；人（或物）的列队；选手阵容；电视节目时间表
2. convinced adj. v.确信的;深信的;坚信的
3. accurate adj. 精确的，准确的；正确无误的
4. actual adj.①真实的；实际的。②（用于对比主次方面）真正的，实际的

Officials admit the actual number of AIDS victims is much higher than statistics reflect. 官员们承认艾滋病患者的实际数量，比统计所显示的数字要大得多。

The exercises （in this chapter） can guide you, but it will be up to you to do the actual work. 这一章的练习能给你指导，但实际的工作还得靠你自己完成。（up to sb. 取决于某人。it is up to sb to do sth由某人决定做某事）

1. exone-rate [ɪgˈzɔ-nə-reɪt] v.使免于罪责;证明…无罪;宣布…无罪
2. witness [ˈwɪt-nəs] n. 目击者，见证人；[法]证人；证据
3. identify v.认出;识别;分辨出
4. staged ['steɪ-dʒɪd] v.①组织上演(戏剧、演出等)。②组织(活动或仪式)

Maya Angelou first staged the play 'And I Still Rise' in the late 1970s. 马娅安杰卢在 20 世纪 70 年代后期第一次将戏剧《我还会站起来》搬上了舞台。

1. you are confident（adj.） about something坚信的;有信心的
2. access vt. 接近，进入；使用，接近，获取
3. trial[ˈtraɪ-əl] n.审讯;审理;审判

on trial 受审;在试验[测试]中;试用

put on trial使经受严重考验

1. 脂肪细胞也需要休眠

Sleep is good for you. **Getting by on**靠…过活 too little sleep increases the risk for **heart disease**, stroke中风, **high blood pressure**, diabetes糖尿病 and other illnesses. It also makes it harder to **lose weight** or **stay slim**苗条的 because **sleep deprivation**丧失 makes you hungrier（adj.） / and less likely to be 表active有生气的 during the day.

Now, research shows that sleep also affects **fat cells**. Our fat cells play an important role in regulating调节 energy use and storage贮存, including **insulin胰岛素 processing**加工.

For the study, young, healthy, slim subjects spent four nights getting eight and a half hours of sleep / and four nights getting only four and a half hours of sleep. The difference in their fat cells was startling令人吃惊的: after sleep deprivation, the cells became 30 percent less receptive（adj.）to对…有接受力的 **insulin胰岛素 signals**—a difference that is as large as that **between** non-diabetic非糖尿病的 **and** diabetic糖尿病的 patients. The findings are in Annals年鉴 of Internal Medicine.

Looks like sleep is even more important than we thought for keeping our metabolisms新陈代谢 running well. So consider this 宾补**a wake-up call**警示——to get enough sleep.

睡眠对人体有益。睡眠时间只有短短的几小时会大大增加心脏病，中风，高血压，糖尿病以及其他疾病的患病率。同时也让减肥，保持苗条身材变得更加困难，因为睡眠不足会让你第二天感到更加饥饿，更不愿意活动。

现在，研究表明睡眠也会影响脂肪细胞。人类的脂肪细胞在调控能量的利用和储存方面起了重要作用，其中就包括胰岛素的生产。

在研究中，让年轻、苗条的受试者每晚睡八个半小时，为期四天。接下来的四天里，让他们每晚只睡四个半小时。期间脂肪细胞的变化惊人：睡眠不足时，细胞接收的胰岛素信号少了30%，与糖尿病人和非糖尿病人之间的差异一样显著。这项研究结果刊登在《内科学年鉴》上。

看起来，细胞在保持身体正常代谢方面所起的作用，比想象中要重要得多。为了保持充足的睡眠，就把这当做警钟吧。

1. get by on靠…过活

She can 't get by on so little money. 她无法靠这一点钱生活下去。

1. deprivation [ˌdeprɪ-ˈveɪʃn] n.剥夺;丧失;贫困;匮乏

...the effects of social deprivations on families. 社会权利丧失对家庭的影响

1. fat cell脂肪细胞
2. regulate v. (尤指通过规章制度)管理，调整，控制
3. insulin [ˈɪn-sjə-lɪn] n. 胰岛素
4. process v.加工；处理。n. 过程；工序；做事方法；工艺流程
5. receptive [rɪˈsep-tɪv] adj.

→Someone who is receptive（adj.） to new ideas or suggestions（对新思想或建议）乐于接受的，能接纳的，善于听取的。

→someone （who is ill） is receptive to treatment, （对治疗）反应良好的，能接纳的

...those patients who are not receptive（adj.） to treatment. 治疗未见效果的那些病人

1. me-tabo-lism [mə-ˈtæbə-lɪzəm] n. 新陈代谢
2. wake-up call n. （旅馆等提供的）叫醒电话，叫醒服务；警钟；警示
3. 延年益寿的好办法

A little exercise each week can lead to big gains获益 in **life expectancy**预期寿命. And that's true **regardless of**不论 your current weight, according to **a new review study** that included more than 650,000 people.

The World Health Organization recommends建议 two-and-a-half to five hours of **brisk轻快的 walking** per week, or less time （spent at a more **vigorous剧烈的 activity**）. People who got the full recommended被推荐的 amount of exercise saw看到 an average 3.4-year gain in **life expectancy**. People who got half as much exercise still lived an average 1.8 years longer. The findings are in the journal **PLoS Medicine**（n.）医学.

In fact, exercise was a bigger factor than **body weight** in many cases. People who were normal weight but were inactive actually lived an average of 3.1 fewer years **than** obese过分肥胖的 people who kept up保持 high levels of activity.

Finding time to exercise can be tough难办的. Maybe look at it this way. There are almost 9,000 hours in a year. Five hours a week is 260 hours a year—to get an extra 30,000 hours of life. Do the math. While you **take a walk**.

每周坚持锻炼一小会，寿命会大大延长。一项新的、调查对象超过65万人次的回顾性研究表明：不论你目前的体重如何，坚持锻炼就会延长寿命。

世界卫生组织建议人们每周快走2.5至5个小时，或减少更剧烈的运动时间。那些完全按照建议行动的人平均寿命增加了3.4年。运动量只有建议一半的人平均寿命增加了1.8年。这项研究发表在《公共科学图书馆医学》期刊上。

实际上在许多情况下，锻炼是比体重更重要的因素。相比体型肥胖但活动量持续偏高的人，体重正常但不经常活动的人的平均寿命要短3.1年。

很难计算出确切的锻炼时间。但也许可以这样来看。每年大约有九千个小时。每周锻炼5个小时，那么一年就有260个小时，持续锻炼下去就会增加3万个小时的寿命。算算这道数学题吧。你可以边走边算。

1. gain n. 利润，获益

→（v.）you gain from something（从…中）受益,获益,得到好处

1. expec-tancy [ɪk-ˈspek-tənsi] n.期待;期望。平均寿命； 预期寿命； 预期数额

life expectancy 预期寿命；平均（期望）寿命

1. something happens regardless of something else, 不顾；不管；不论
2. recommend [ˌrekə-ˈmend] v. 推荐；建议;劝说（做…)
3. brisk [brɪsk] adj.轻快的；生气勃勃的

brisk walk 轻快行进，快步走

1. vigorous [ˈvɪgə-rəs] adj.①（体育活动）剧烈的，强度大的，强劲的。②精力旺盛的;充满活力的
2. PLoS（the Public Library of Science）美国科学公共图书馆
3. obese [əuˈbi:s] adj.过分肥胖的；臃肿的；虚胖的
4. 现金奖励更惹人不高兴

Consider the office birthday party / and your slice切片 of cake looks slightly smaller than some. Eh, probably **no big deal**没什么大不了的. Now imagine that instead of cake, everyone got cash. And you got three bucks美元, while some others got four.

Researchers did this experiment. One group of subjects got **cake slices** of **varying sizes**. The other group got cash. Everyone could see what others in their group received. And those in the cash group who received less money than others were upset. But for the cake group, where the size of slices was harder to measure, everyone was equally happy. The study is in the Journal of **Consumer消费者 Research**.

In another trial试验, researchers found that subjects were unhappy when they **missed out on**错过 a deal that had **a specific特定的,具体的 quantity**数量 associated with it, like “**buy one, get one free**” versus与…相比 a more vague模糊的 deal that said, “get a larger bottle **at the regular经常使用的 price**.”

The researchers note that when you can't easily measure something, you tend to be more focused on the experience that the good offers. They even say that we might be happier in a **barter（n.）实物交易 economy**. Although it's easier to carry cash **than** a lot of trade-able可交易的 goods.

设想一下，在办公室的生日聚会上，你手里的那块蛋糕看起来比别人的小。额，也许没什么大不了。再不妨想象一下，如果每个人分到的不是蛋糕而是现金。譬如你分到了三块钱，而其他人分到了四块。

研究人员做了这个实验。一组受试者分到了大小各异的蛋糕。另一组分到的则是金额不等的现金。每个人都能看见小组里其他成员分到了什么。现金组中那些分到较少现金的人比其他人要沮丧。但对于蛋糕组而言，很难衡量蛋糕的大小，因此每个人都一样开心。这项研究发表在《消费者研究》杂志上。

在另一项试验中，研究人员发现受试者在错过一次数量较为具体的交易，比如说“买一赠一”的活动后，也会感到不高兴。反之，对错过“加量不加价”这样比较模糊的交易就不会感到不开心。

研究人员指出，当人们不能轻易测量某事时，就会更倾向于关注商品带给你的体验。他们甚至说道：人类在以物易物的经济时代可能会更开心。尽管带金钱会比带大量的交换品更简单。

1. slice [slaɪs] n. (指食物切下的)片，薄片

A slice of bread, meat, fruit, or other food

1. no big deal没什么大不了的

big deal ①大事；要事。②有什么了不起

'You'll miss The Brady Bunch.'—'Big deal.' “你会错过《布雷迪一家》的。”——“那有什么了不起。”

1. you miss out on something that would be enjoyable or useful to you, 没有参加，错过(对自己有益或有趣的事)

We're missing out on a tremendous极好的 opportunity... 我们在坐失良机。

→you miss out something or someone, 遗漏;漏掉;没把…包括在内

What about Sally? You've missed her out. 萨莉呢？你把她给漏掉了。

1. specific [spəˈsɪfɪk] adj.（表达）明确的，确切的，具体的

I asked him to be 表more specific... 我要求他说得更具体些。

1. vague [veɪg] adj. 模糊的；（思想上）不清楚的；（表达或感知）含糊的；暧昧的
2. regular adj.

→定时的;定期的;有规律的

Take regular exercise... 定期进行锻炼。

Exercise regularly... 定期锻炼。

→经常的;频繁的

Fox, badger, weasel and stoat are regularly seen here... 狐狸、獾、黄鼠狼和白鼬在这里很常见。

→经常使用的;固定的

The man sat at his regular table near the window. 这个人坐在他固定的靠窗的位置。

→正常的;常见的;普通的

The product looks and burns like a regular cigarette... 这种产品看起来和点燃后都与常见的香烟没什么两样。

1. barter [ˈba:tə(r)] v.以物易物；交换（货物）
2. 为什么坏男孩更吸引人?

Why are we attracted to people （we know are trouble）. People may assume they're drawn吸引 to danger or risk taking（adj.吸引人的）. But in fact, people with **dark personalities**性格 may look hotter [when they try harder than do those with more stable **character traits**特性].

Scientists gave personality性格 tests to more than 100 subjects to rate them for what's called **Dark Triad黑暗三性格 trait**—that's Machiavellianism（adj.）不择手段的, narcissism（n.）自恋 and psychopathy（n.）心理变态. They then took different photographs of each subject.

One was a so-called “**adorned被修饰的 condition**” where the participants were turned out出席 clothed穿着…衣服的 and styled.

In the “unadorned未经装饰的 condition” they were presented出席 as neutrally（adv.）保持中立 as possible: their hair was pulled back撤出, they changed into换上衣服 grey **sweat pants**长运动裤 and tee shirts, and they wore no makeup化妆品 or other adornments装饰物. And they maintained neutral中性的 **facial脸上的 expressions**面部表情.

The pictures were then shown to volunteers who rated them for attractiveness吸引力. And the people who exhibited展现出 **the Dark Triad traits** were rated as significantly显著地 more attractive in the adorned装扮 state **than** in their unadorned state. But the subjects who did not have **dark traits** did not get an attractiveness boost增强 from getting dressed up打扮 and coiffed盖以头巾. The study is the journal **Social Psychological Personality** and Science.

So before you **fall for**爱上 Mr. Wrong, check him out in sweatpants运动裤.

为什么我们明明知道有些人总是麻烦不断，但还是会被他们所吸引。有人可能会觉得吸引自己的是危险和风险。然而事实并非如此，如果一个人性格中具有黑暗的一面，那么他看起来可能比性格更稳定的人更性感。

科学家们对100名受试者进行了性格测试，以评估他们的黑暗性格，即权谋主义、自恋和精神病态。然后为每位受试者拍不同的两组照片。一组是所谓的“装酷”，参与者穿衣时尚，显得很有个性。在“条件朴素”这一组，他们尽可能显得中性：头发被拉回原样，换上了灰色长运动裤和T恤，不化妆，也不戴任何饰品，就连面部表情也显得很中性化。

之后将这些照片拿给志愿者看，让他们评价这些人的魅力指数。结果志愿者普遍认为，具有黑暗性格的人在“装酷”的时候更有魅力。而那些不具有黑暗性格的人即使盛装打扮，烫染了头发也并不显得有魅力。这项研究发表在《社会心理和人格科学》杂志上。

因此在你对坏先生倾心之前，看看他穿长运动裤是什么样子。

1. draw v.

→you draw someone's attention （to something）, 使注意;引起…注意

He just wants to draw attention to the plight of the unemployed. 他仅仅是想引起人们对失业者困境的关注。

1. Triad [ˈtraɪ-æd] n.三个一组;三件一套;三位一体

dark triad 黑暗三性格：自我中心(自恋者)、热爱冒险刺激且心狠手辣(心理变态者)、善于撒谎喜将人玩弄于股掌(权谋者)。

美国新墨西哥州立大学强纳森教授主持研究针对两百名大学生的三种坏男人特质做了深入人格测验。结果显示，黑暗性格分数越高的男子，女人缘越好，且偏爱短暂的露水关系。

伊利诺伊州布拉德雷大学进行的另一个研究，对象扩及57国、35000人，也发现坏男人较能赢得女性青睐。研究主持人史密特教授说：“黑暗性格分数越高的男人，越会逢场作戏、短暂谈爱，放诸四海皆然，不受文化或国家限制。”

1. Machia-vellian [ˌmækiə-ˈve-liən] adj. 马基雅弗利的，权谋术的。诡计多端的;不择手段的
2. narcis-sism [ˈna:sɪsɪ-zəm] n.自我陶醉;孤芳自赏;自恋
3. psycho-pathy [saɪ'kɔ-pəθɪ] n. 精神变态，心理变态
4. adorn [əˈdɔ:n] v.装饰；装扮
5. people turn out for a particular event or activity, 出席;参加;前去观看

Thousands of people turned out for the funeral... 数千人参加了葬礼。

1. un-adorned [ˌʌn-əˈdɔ:nd] adj. 朴素的，未经装饰的；不加装饰
2. present v.

→you present yourself somewhere, v.出席；到场

We presented ourselves to the authorities promptly. 我们立即向当局备案。

1. neu-trally ['nju:trəlɪ] adv. 中立，保持中立
2. pull back v.

→someone pulls back from an action, 退出；退却

The British government threatened to make public its disquiet / but then pulled back. 英国政府威胁要将其担忧公之于众，但后来没有这么做。

→troops pull back / or if their leader pulls them back, （使）撤退；（使）撤离

1. change into换上衣服；（使）变为
2. pants [pænts] n. <英>（紧身的）短裤；<美> 裤子
3. sweat pants 长运动裤；绒裤
4. neutral [ˈnju:trəl] adj. ①(个人或国家)持中立态度的，中立的，无倾向性的。②(声音或表情)不露声色的，平淡的。③中性的;不引起变化的。④(话语)模糊的，中立的，不含褒贬义的
5. facial [ˈfeɪʃl] adj.面部的;脸上的

Cross didn't answer; his facial expression表情 didn't change... 克罗斯没有答话，脸上的表情也毫无变化。

1. facial expression面部表情
2. exhibit [ɪgˈzɪbɪt] v.①表现;显示。②公开展览某物；展出

He has exhibited symptoms of anxiety and overwhelming worry... 他表现出焦躁不安和过度忧虑的症状。

1. dress up v.打扮；穿上特殊服装
2. coif [kɔɪf] n. 盖以头巾，戴紧帽
3. fall for上当，听信；爱上

Don't fall for his tricks. 不要中他的诡计.

1. 颜色会欺骗你的味蕾

If you've ever dined设宴款待 with a **stuffy鼻子不通的，通风不畅的 nose**, you know that what you smell strongly influences what you taste. But what you see matters有重要性 too. Even the color of a cup can trick欺骗 your **taste buds**蓓蕾. That's according to research in the Journal of Sensory（adj.）感官的 Studies.

Researchers prepared store-bought店铺买的hot chocolate, and served提供端上it in red, orange, white and cream-colored cups to 57 volunteers. The study subjects rated the sweetness甜度, aroma芳香, flavor味道 and overall总体的 likeability喜爱度 of each cup of cocoa. **Turns out** hot chocolate in the orange cup was rated more likable讨人喜欢的 and "chocolaty（adj.）如巧克力般的" than the others—even though each cup had the same stuff原料.

Previous studies also suggest color matters（n.）重要性. Increasing the yellow hue色调 of a 7-Up七喜 can罐头, for example, makes people think {the drink tastes more lemony柠檬味的}. Likewise（adv.）同样地, researchers say the orange cup might enhance the chocolaty brown color of the cocoa, and enhance flavor韵味. 因为Since much more of **the brain's cortex大脑皮层** is **devoted（adj.）热衷的 to** vision **than** taste, what you see could matter [as much as] what your **taste buds** experience. So next time you're really savoring品尝 something, try **feasting饱餐 your eyes凝视on** something else—and see {if the taste passes the test}.

如果你曾在吃饭时鼻子不透气，那么你肯定了解气味对味觉的影响有多强烈。不过视觉也很重要。即使是茶杯的颜色也会欺骗你的味蕾。此观点来自于《感觉研究》杂志上的一项研究。

研究人员准备了现成的热咖啡，把它们分别倒进红色、橙色、白色和奶油色的杯子里，然后分给57名志愿者品尝。最后让受试者评价咖啡的甜、香、味以及整体讨人喜欢的程度。结果证明，装在橙色杯子里的热咖啡更受大家喜爱，被评价为“更有巧克力味”，但实际上，每只杯子里的咖啡都一样。

之前的研究也强调过颜色的重要性。例如增强七喜饮料罐的黄色调，会让人们觉得饮料喝起来更有柠檬味。同理，研究人员说道，橙色的杯子可能会加深咖啡的巧克力色，从而加深口味。因为大脑皮层作用于视觉的部分更多，所以你所看到的可能跟你的味蕾体验到的同样重要。下次你在品尝美食时，尝试着眼睛看其他东西——看味道是否还能通过考验。

1. dine [daɪn] v.进餐;用餐;吃饭
2. stuffy [ˈstʌfi] ①(人或组织机构)一本正经的，古板的，保守的。②通风不畅的;闷热的;空气不新鲜的。③(鼻子)不通的，堵塞的
3. matter v. n.有关系;要紧;有影响

As for Laura and me, the colour of our skin has never mattered... 至于我和劳拉，肤色根本不是问题。

1. trick v.欺骗;哄骗
2. store-boughtn. adj.店铺买的（非自家制的）
3. you serve food and drink, v. (给…)提供，端上(食物);上(菜);开(饭)
4. overall adj.总的；总体的；全面的
5. likeability=likability n.爱； 喜爱度； 亲民
6. likable adj. 可爱的； 讨人喜欢； 悦人的
7. chocolaty [tʃɔk-'leɪ-tɪ] adj. 加巧克力的，如巧克力般的
8. hue [hju:] n.颜色;色调
9. lemony [ˈleməni] adj.柠檬味的；柠檬香的
10. be devoted（adj.） to… ①深爱的;挚爱的;忠诚的。②爱好的;热衷的;致力（于…）的。③专用于…的

...a loving and devoted husband... 深情且忠诚的丈夫

The shop is devoted to a new range of accessories. 该商店专营新的一系列配件。

1. savor ['seɪvə] n. 滋味，味道。v.给…加调味品；使有风味；品尝；欣赏

He needs to savor his victory.他需要享受胜利的滋味。

I will savor its taste / and give thanks. 一口一口，细细品尝，满怀感激。

1. feast [fi:st] n.①宴会;筵席;盛宴。②大量(赏心悦目的事情);盛宴。v.大吃大喝，享用美食；参加宴会

you feast on a particular food, v.饱餐;尽情地吃;大快朵颐

1. you feast your eyes on something, 目不转睛地看;凝视
2. 流感为什么在冬季爆发?

Cases病例 of the flu流感 peak达到顶点in winter [in the U.S]. But why? A new study suggests it's not the heat温度, but the humidity湿度. Or lack thereof. Because [in temperate温带的 regions], the **influenza流感 virus** fares进展;进行 best [when the weather is dry]. That's according to work （published in the journal PLoS One）.

Scientists have long debated辩论 {why flu erupts爆发 [when the days grow chilly寒冷的]}. ①Is it that we spend more time **cooped up**禁闭 together indoors? Or ②is there something about the virus （that likes喜欢 it cold and dry）?

To find out, researchers suspended悬挂 **influenza流感 virus** in a solution溶液 that mimics模仿 **human mucus**黏液. They incubated孵化 this infectious有传染性的 soup汤 at different humidities湿度 / and measured viral survival.

And they found that [at low humidity湿度], the fake伪造的 mucus dries up干涸 / and the virus does just fine. But when the humidity tops 50%, the droplets小水滴 only partially部分地 evaporate（v.）蒸发, leaving behind a solution溶液 （that's too salty（adj.）含盐的 for the virus to thrive）.

Interestingly（adv.）有意思的是, the virus does well again [when the humidity，reaches 100 percent], evaporation蒸发 stops / and the salinity盐浓度 of the mucus黏液 bath容液器 is just right. That could explain why the flu prefers偏好 to hit the tropics热带地区 [in rainy season]. And why you should always keep your nose clean, but moist 潮湿的.

在冬季，美国的流感病例达到高峰。但是为什么呢？一项新的研究显示，流感爆发与温度无关，而是与湿度有关。或者说由于缺乏湿度。因为在温带地区，流感病毒在天气干燥时传播地最厉害。这项研究发表在《公共科学图书馆》期刊上。

科学家们一直在争论为什么天气越冷，流感越容易爆发？是因为我们花更多时间一起呆在室内吗？还是因为病毒喜欢寒冷和干燥？为了找到答案，研究人员将流感病毒培育在一种类似于人类粘液的容器内。他们在不同湿度的溶液中培育这种病毒，并测量病毒的存活率。

他们发现在低湿度、“类人粘液”干涸后，病毒的确完好。但是当湿度达到50%，只有部分的液滴蒸发，这种溶液因盐度过大不适于细菌生长。

有趣的是，当湿度达到100%时，病毒会再次生长，此时溶液不再蒸发，粘液的盐度也适中。这就能解释为什么流感倾向于在热带地区的雨季爆发。这也是为什么你总是擤鼻涕，却总也擤不完。

1. flu [flu:]= influenza [ˌɪn-fluˈen-zə] n. 流行性感冒，流感
2. peak [pi:k] n. v. adj.（达到）顶点；顶峰。达到最高值
3. humidity [hju:ˈmɪ-dəti] n. （空气中的）湿度；潮湿
4. thereof (=from it; of it) adv. 由此；其;在其中；关于它的 Thereof is used after a noun to relate that noun to a situation or thing that you have just mentioned. 通常放在名词后作修饰。

Losses（n.） （caused as a result thereof） shall be borne by the violator. 由此而造成的损失，由违反者承担。

...his belief in God — or the lack thereof. 他对上帝的信仰——或者不信仰

1. temperate [ˈtempə-rət] adj. (气候)温和的;(地区)温带的
2. fare v.进展;进行。吃；进食

It is unlikely that the marine industry will fare any better in September... 海运业在9月份不可能有好转。

1. chilly [ˈtʃɪ-li] adj.阴冷的;寒冷的
2. coop [ku:p] vt. 把…关在笼子（或栏舍等）中，把…拘禁起来。n. （关家禽等的）笼子；栏舍；拘禁的场所；<俚>监牢
3. coop up禁闭，困住，把…关起来
4. mucus [ˈmju:kəs] n. (人体分泌的)黏液
5. incubate [ˈɪŋ-kju-beɪt] v. 孵化；培育
6. fake adj. (毛皮、画作)假冒的，伪造的
7. dry up 枯竭；（使…）干涸
8. droplet [ˈdrɔp-lət] n. 小滴，微滴；小水珠
9. partially [ˈpa:ʃəli] adv.部分地；在某种程度上；有点儿

Lisa is deaf [in one ear] / and partially blind. 莉萨一只耳朵失聪，而且部分失明。

1. evapo-rate [ɪ-ˈvæpə-reɪt] v.（使）蒸发;（使）挥发
2. leave behind留下；余留。永久离开；抛下
3. salinity [sə-'lɪnə-tɪ] adj.盐的;含盐的;咸的。含盐量； 盐浓度
4. bath n.①浴盆；浴缸。②（在浴缸中的）洗澡，沐浴。③（盛放溶液的）容器
5. moist[mɔɪst] adj.湿润的;潮湿的
6. 自然景物能激发创造力

Robert Frost famously著名地 wrote: "The woods are lovely, dark and deep."

But such natural settings环境;背景;地点 may offer more than just beauty. They might also foster促进 creativity. A recent study suggests that a backpacking背包旅行 trip can substantially大体上 increase just how inventive（adj.）有创造力的 your brain can be. The finding is in the journal PLoS ONE.

Researchers sent 56 subjects out [on four-to-six day wilderness（n.）荒野 hiking（n.）远足 trips without access to electronic电子的 devices仪器——no cell phones, no iPads, no game boys, nothing].

Upon一…即… their return, the hikers徒步旅行者 took tests （designed to measure creativity）. A control group that hadn't been in the woods scored a 4.14 out of 10 [on the test]. But the woods wanderers闲逛者 scored a 6.08.

Previous studies have shown that down time停机 in general一般而言, 总的来说 makes people more creative. The researchers thus say that this creativity boost is probably due to not just ①nature, but ②to taking a break休息一会 from the stresses of work and technology.

So the next time you get stuck难以继续的 on a tough难办的 problem, or can't seem to concentrate集中精力—try a walk in the woods. It could help your creative创意人员 宾补promise给人以…的指望或希望. （help接「动词不定式」作「宾语」或「宾语补足语」时, to常可省略,但用于被动结构时, to则不能省。）

罗伯特·弗罗斯特有句名言：“树林可人，幽暗而深邃。”

然而这种自然情境不仅仅给人以美丽，还能激发创造力。一项研究证明，一次背包旅行能大幅提高大脑的创作才能。这个研究成果发表在《公共科学图书馆·综合》杂志上。

研究人员派遣56名受试者前往荒野徒步旅行，为期4至6天，并且要求不带任何电子设备——包括手机、ipad、游戏机等等。

徒步旅行者们一回来就进行专门用来测试创造力的考试。结果没有去森林旅行的对照组得分为4.4分，其中总分为10分。然而，丛林徒步旅行组则得到6.08分。

既往研究表明：通常情况下休息让人更具创造性。因此研究人员认为创造力并非只由自然景物激发而来，而且因为休息能让人从紧张的工作压力中解脱出来。

所以，下次你碰上一个棘手的问题，或者不能集中注意力的时候，试着去林子里走走。这样对你的创造力会有所帮助。

1. foster [ˈfɔstə(r)] v.促进;鼓励;培养

Its cash crisis has been fostered by declining property values. 地产贬值引发了现金危机。

1. backpacking n. 远足野营，背着背包旅行
2. sub-stan-tially [səb-ˈstæn-ʃəli] adv. 本质上，实质上；大体上；充分地；相当多地;总的来说

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. hiking n. v.远足;（尤指）徒步旅行
2. Upon prep.一…即…；一…就…

Upon conclusion of these studies, the patient was told that she had a severe problem. 这些研究的结果出来后，病人被告知她的病情严重。

1. hiker n.远足者;徒步旅行者
2. wanderer n. 流浪汉；闲逛者；游走动物
3. down time停机[停歇，故障，中断运转]时间；窝工
4. stuck adj. 动不了的；被卡住的；被…缠住的；被…难住的，不知所措

→you get stuck（adj.） when you are trying to do something, 难以继续的;被难倒的

1. concen-trate [ˈkɔn-sn-treɪt] v. 专心于；注意；集中；聚集

→you concentrate on something, or concentrate your mind on it, 全神贯注;集中（心思）

→something is concentrated in an area, 使集中;使汇集

1. promise v.允诺，许诺；给人以…的指望或希望。有指望，有前途

→a situation or event promises to have a particular quality or to be a particular thing, （v.）有可能；有希望

While it will be fun, the seminar also promises to be most instructive. 这次的研讨会不仅会有趣，而且有可能会颇具启发意义。

→someone or something shows promise,（n.）（非常好的或成功的）希望，迹象，指望

The boy first showed promise as an athlete in grade school. 这个男孩在上小学的时候，就初次显示出成为运动员的潜力。

1. 家猫严重破坏生态系统

Beneath在…下面 its **adorable讨人喜爱的 exterior**外表, is your cat hiding the heart of a killer? Researchers now estimate that each year, domestic驯养的 cats kill billions of birds and mammals in the United States alone. The report is in Nature Communications通信.

We already knew that **domestic cats** can wreak造成破坏 havoc大破坏 on islands, causing 14 percent of species（n.）物种 宾补extinctions（n.）灭绝 / and ranking位列 as one of the world's 100 worst **invasive侵略性的 species**物种. But now, scientists have reviewed审查 previous studies to find just **how much damage** cats do on the mainland.

Cats kill some 1.4 to 3.7 billion birds and 6.9 to 20.7 billion small mammals in the U.S. each year. These numbers mean that felines猫科动物 may be **the biggest human-related cause of death** for American birds and mammals. And cats tend to prey on捕食 native species, which can cause major较重大的;主要的 **ecosystem生态系统 damage.**

The worst feline killers are those without owners, and reducing feral野生的 cat populations is **an ongoing不间断的 problem**. But you can still reduce the impact of domestic cats 方式状by keeping your pet宠物 宾补indoors, thus因此 leaving the neighborhood 双宾**a little less red** in tooth and claw爪.

在你家猫咪可爱的外表下隐藏着一颗杀手之心吗？据研究人员估计，每年被家猫杀死的鸟类和哺乳动物仅在美国就多达数十亿。该报道发表在《自然通讯》杂志上。

众所周知，家猫能大肆破坏小岛，导致14%的物种灭绝，这使家猫成为世界上最麻烦的入侵物种之一。但是现在为了弄清楚家猫在大陆会造成多大的破坏，科学家们检查了以往的研究。

在美国，家猫每年会杀死大约14—37亿只鸟类，以及69—207亿只小型哺乳动物。这些数据意味着猫科动物是造成美国鸟类和哺乳动物死亡的最大的人为因素。且家猫倾向于捕猎当地的物种，这严重损坏了生态系统。

最有害的猫科动物杀手是那些流浪猫，减少流浪猫的数量是一个持续存在的问题。不过，你仍可以通过将宠物关在室内来减轻破坏，这样就能让社区少一点血腥。

1. exterior [ɪk-ˈstɪə-riə(r)] n. adj.①外观;外部。②（尤指与实际性格相差甚远的）外表，外貌，外在。

According to Mandy, Pat's tough exterior hides a shy and sensitive soul. 据曼迪说，帕特彪悍的外表下，隐藏着一颗害羞且敏感的心。

1. wreak [ri:k] v.①造成(混乱或破坏) 。②实施(报复) 。发泄； 泄愤； 报仇； 诉诸

He threatened to wreak vengeance（n.）报仇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 [ˈhæ-vək] n. v.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）

1. species[ˈspi:ʃi:z] n. (动植物的)物种，种
2. extinction [ɪk-ˈstɪŋ-kʃn] n.①（物种的）灭绝。②消亡;消灭;不复存在
3. rank v.列为；位居。位列；名列
4. inva-sive [ɪnˈveɪ-sɪv] adj. 侵略性的，侵害的；攻击性的；扩散性的，蔓延性的
5. preys on v.捕食；以捕猎…为生
6. eco-system [ˈi:kəu-sɪstəm] n.生态系统
7. feral [ˈfe-rəl] adj. (尤指通常由人饲养的动物)野生的，未驯服的
8. on-going [ˈɔn-gəuɪŋ] adj.进行中的；不间断的；继续存在的

There is an ongoing debate on the issue... 对此问题的争论一直没有间断过。

1. 睡前酒对睡眠的影响

A little booze酒 before bedtime就寝时间 might help you fall asleep faster. But various studies show that alcohol is anathema（n.）可憎的事物 for restorative（adj.）有恢复健康作用的sleep. A new review paper describes just how detrimental有害的 a few drinks can be.

The researchers pored over仔细阅读 20 studies （conducted实施 in controlled lab settings环境）. They found a clear trend趋势 that just about any amount of alcohol alters改变 sleep. And the effects are usually bigger 伴随状with more drinks.

Just two drinks or more cut REM sleep, which is important for memory and health. And those deep, slow-wave sleep periods are also reduced for people who have tied连接 on more than one.

Perhaps the most potent有效力的 finding is that just a single dose一剂 of alcohol in the late evening can zap摧毁 the efficacy功效 of your z's. The paper is in the journal Alcoholism（n.）酗酒: Clinical临床的 and Experimental实验的 Research.

Disrupted混乱的 and insufficient不足的 sleep has been linked to everything from weight gain to heart problems. Not to mention更不用说 harming损害memory and well-being安康. It may be time to say goodnight to the nightcap睡前饮料（酒）.

睡前一杯小酒能帮你更快地进入梦乡。但各类研究表明酒精是对恢复性睡眠的“诅咒”。一份新的综述论文阐述了睡前饮酒的种种不利。

研究人员详细审查了在精心控制的实验环境下进行的20项研究。他们发现了一个明显的趋势：任何剂量的酒精均会改变睡眠。且剂量越多，影响越大。

喝两杯以上的酒会阻碍 REM 睡眠（快速动眼睡眠），而 REM 睡眠对记忆和健康很重要。并且深度、慢波睡眠阶段也会因一杯以上的饮酒量而缩短。

也许最有效的发现是，在深夜饮用一剂量的酒精会抵消睡眠的功效。这一研究结果发表在《酒精中毒：临床与实验研究》杂志上。

睡眠中断和不足，能够引起从体重增加到心脏病等所有问题。更别提对记忆和健康的不利影响了。也许是时候告别睡前酒了。

1. booze [bu:z] n. v. 酒；酒宴；喝酒
2. ana-thema [əˈnæ-θəmə] n.十分讨厌的人（或事物）

Racial prejudice is (an) anathema to me. 我对种族偏见深恶痛绝。

1. restorative [rɪˈstɔ:rətɪv] adj. 有恢复健康作用的，滋补的; 恢复健康（或体力、精神）的。n.使人恢复健康（或体力、精神）的事物
2. detri-mental [ˌde-trɪ-ˈmentl] adj. 有害的；不利的。n. 有害的人（或物）；不受欢迎的求婚者
3. pore n. 毛孔；气孔；细孔。vi. 细看；钻研；凝视

→you pore over or through information, 仔细阅读；认真钻研

1. conduct v.进行;组织;实施

I decided to conduct an experiment... 我决定进行一次实验。

He said they were conducting a campaign against democrats [across the country]... 他说他们正在全国开展反对民主党人的运动。

1. setting n.环境;背景;地点

Rome is the perfect setting for romance... 罗马是最适合谈情说爱的地方。

Perth was the setting for the SNP's conference this year... 珀斯是今年苏格兰国民党大会的召开地。

1. potent [ˈpəu-tnt] adj.很有效的；强有力的；有说服力的

The drug is extremely potent, but causes unpleasant side effects. 这种药药效极强，但会产生不良的副作用。

1. dose [dəus] n. ①(药物等的)一剂，一服。②(尤指数量很多的)一份，一次，一点

→（v.）you dose a person or animal with medicine 给…服药

1. zap [zæp] v.①杀死，摧毁，击中。②（用遥控器）变换（频道），换（台）。③删除，从屏幕上清除（计算机文件）

A guard zapped him with the stun gun. 一名警卫用眩晕枪击中了他。

Men like to zap the TV channels, something that can drive certain women berserk. 男人喜欢不停地换台，这会让一些女人抓狂。

1. Disrupt [dɪsˈrʌpt] vt. 使混乱；使分裂，使瓦解；破坏；使中断。adj. 混乱的；分裂的，中断的；瓦解的

Anti-war protesters disrupted the debate. 反战示威者们打断了辩论。

The drought has severely disrupted agricultural production. 旱灾已严重影响了农业生产。

1. Not to mention 更不用说;不消说
2. well-being n.健康;安乐;康乐
3. 新妈妈也需要新鞋

Women might expect预期 to need new clothes衣服 after giving birth. But a bigger pair of shoes? Well, yeah. Because pregnancy（n.）怀孕can actually lengthen and widen a woman's feet. That's according to a study in the American Journal of Physical Medicine and Rehabilitation康复 that's probably not a surprise to a lot of women.

Neil Segal, a rehab康复 doc医生 at the University of Iowa爱荷华州, heard that some local women had to don穿上 larger shoes after pregnancy怀孕. So he and colleagues同事 measured the feet of 49 women during their first trimester三个月 / and again five months after childbirth（n.）分娩. Indeed, nearly half the women went up晋级 a shoe size after childbirth, to accommodate容纳 their longer, flatter feet. And multiple pregnancies may add to增加 that effect, Segal says.

Pregnant怀孕的women produce a hormone激素 called "relaxin耻骨松弛激素," which makes the pelvis骨盆 more flexible柔韧的. That's good for childbirth. But the hormone can affect joints关节 and ligaments韧带 elsewhere（adv.）在别处, like in the foot. Adding pregnancy怀孕 weight to that flexibility柔韧性 can lead to permanent永久性的 flattening变平 of the foot's arch足弓——associated with knee and hip臀部 pain in older women.

Segal's now investigating调查 whether custom定制的 shoe inserts插入物 can protect women against that risk, and help get motherhood母亲们 off [on the right foot]一开始就很顺利.

女人生完孩子后可能需要重买衣服。但尺码更大的鞋子呢？嗯，也需要。因为怀孕确实能让女人的脚变大变长。这个说法来源于《美国物理医学与康复》杂志上的一项研究，且对于大多数女人来说这并不奇怪。

一位爱荷华大学的康复医生，尼尔·西格尔听说，有些当地女人怀孕后，不得不换上更大码的鞋子。于是他和同事测量了49位处于妊娠初期的女性的脚的尺寸，分娩后五个月再进行一次测量。事实上，几乎有一半的女性在生孩子后，为了适应变长变宽的双脚，而买更大号的鞋子。多胎妊娠的影响则更明显，西格尔说道。

怀孕的女人体内会分泌一种被称作“松弛素”的荷尔蒙，松弛素会使女性的骨盆变得更灵活。这有助于分娩。然而，这种荷尔蒙同时会对关节和韧带起作用。在孕期体重增加的同时保持灵活性，代价就是足部供体永久性变宽，等女人们上了年纪膝关节和臀部就会开始疼痛。

如今西格尔正在研究一种定制的鞋子，看它是否能够帮助女人们预防这个风险，帮助妈妈们拥有正常的双脚。

1. give birth 使诞生，生（孩子）
2. preg-nancy [ˈpreg-nən-si] n.怀孕（期）；妊娠（期）
3. Reha-bili-tation [ˌri:əˌ-bɪlɪ-'teɪʃn] n. 修复；康复；复兴；复职；恢复名誉

...a program for rehabilitating（v.） low-income housing. 对低收入者的住房进行整修的项目

1. rehab [ˈri:hæb] n.康复;恢复（全写为 rehabilitation）

...the drug rehab programme. 戒毒康复项目

1. Iowa [ˈaiə-wə] n. 爱荷华州
2. don [dɔn] v.穿上;戴上;披上（you don clothing,）
3. trimester [traɪ-ˈmestə(r)] n.三个月(左右)时间; (一年三学期制的)学期
4. childbirth n.分娩;生产；生孩子
5. go up v.①（价格、数量或水平）上涨，上升。②（运动队）晋级
6. accommodate [əˈkɔmədeɪt] v.①（有足够的空间）容纳，接纳。②为…提供住宿
7. multiple pregnancies多胎妊娠
8. add to 增加，加强

This lesson adds to the value of the book. 这一课增加了这本书的价值。

1. relaxin [rɪ'læksɪn] n. 松弛肽，耻骨松弛激素
2. pelvis [ˈpel-vɪs] n.骨盆
3. flexible [ˈflek-səbl] adj.①可弯曲的;柔韧的。②易变通的;适应性强的;灵活的
4. ligament [ˈlɪgə-mənt] n.韧带
5. flexibility [ˌfleksə-'bɪlətɪ] n. 柔韧性，机动性，灵活性；伸缩性；可塑度
6. insert [ɪnˈsɜ:t] n.插入物;(尤指夹在书刊中的)活页广告；添加物。v.插入;嵌入
7. mother-hood [ˈmʌðə-hud] n. 母亲身份；母性；母亲们（总称）
8. get off v.①免受惩罚；逃脱（严厉的）惩罚。②出发；离开。③把手拿开；别碰

He is likely to get off with a small fine. 他可能会逃脱严惩，仅仅罚一点钱了事。

1. on the right foot 顺利；以非常幸运方式

I 'm glad that business has been set off on the right foot. 我很高兴生意从一开始，就一直进行得很顺利。

→get off [on the wrong foot] ：get off 有“动身”、“起步”的意思，on the wrong foot 有“用错了脚”，因此 get off [on the wrong foot] 的基本意思是“一开始就错了”，常引申出“一开始就不顺利”、“一开始就犯错”、“一开始给人不好的印象”、“一开始就把事弄糟了”等意思。

→get off [on the right foot] 一开头就很顺利;出师顺利

1. 学习新语言能开发大脑

Learning a new language can grow one's perspective视角. Now scientists find that learning languages grows parts of the brain.

Scientists studied the brains of students in the Swedish Armed Forces Interpreter口译者 Academy, who are required to learn new languages [at an alarmingly使人惊慌的 fast rate]. Many must become fluent流利的 in Arabic阿拉伯语, Russian and the Persian波斯语 dialect方言 Dari达里语 [in just 13 months]. The researchers compared the brains of these students to the brains of medical students who also have to learn a tremendous大量的 amount [in a very short period of time], but without the focus焦点 on languages.

The brains of the language learners exhibited显示出 significant显著的 new growth in the hippocampus海马体 and in parts of the cerebral大脑的 cortex皮质层. The medical students' brains showed no observed观察到的 growth. The study was in the journal NeuroImage神经影像.

Interestingly, the amount of growth in the brains of the linguists语言学家 correlated with相互关联 better skills—so those with better language skills also experienced经历 more growth in the hippocampus and areas of the cerebral cortex that relate to language.

For other students who had to work harder to improve their language skills, the scientists科学家 found greater growth in the motor引擎 area of the cerebral cortex. {Where and how much change take place发生 in the brain} are linked to how easily one picks up学会 a language. But it remains to be seen仍有待观察 why this is.

学习一门新语言能拓展人们的视角。目前，科学家们发现学习语言能开发大脑的某些部位。

瑞典军队翻译学院的科学家们研究了该校学生的大脑。这个学校要求学生以惊人的速度学习一门新的语言，要求他们在13个月内必须熟练掌握阿拉伯语、俄语和波斯方言达里语。研究人员比较了这些学生与医学院学生的大脑，其中医学院学生被要求在很短的时间内学习大量除语言之外的知识。

语言学习者大脑的海马体和大脑皮质的某些部位，增长显著。而医学院学生的大脑没有观察出增长。这项研究发表在《神经影像杂志》上。

有趣的事，语言学习者大脑的生长量，与语言能力有相互的关系——学习者的语言能力越强，大脑中海马体和大脑皮质与语言有关的区域，增长得越显著。

科学家们发现，对于其他靠刻苦学习来提高语言水平的学生而言，他们的大脑皮质运动区增长得更明显。大脑的哪个部位发生变化以及如何变化，与语言习得的难易程度有关。但个中原因还有待研究。

1. perspective [pə-ˈspek-tɪv] n. ①透镜，望远镜；②（尤指受到某种思想、经验影响的）思考方法，态度，观点，角度。

He says the death of his father 18 months ago has given him a new perspective on life... 他说18个月前父亲的去世让他对人生有了新的认识。

→（v.）you get something in perspective or into perspective, / you get something out of perspective, 正确/不正确地看待（或判断）

It helps to put their personal problems into perspective... 这有助于正确看待他们的个人问题。

1. alarming adj.使人惊恐的；令人忧虑的；让人担心的
2. fluent [ˈflu:ənt] adj. ①流利的;流畅的。②(语言或文字)流畅的，熟练的;文笔好的；③液态的

→Someone who is fluent（v.） in a particular language

1. dialect [ˈdaɪə-lekt] n.方言;地方话;土话
2. Dari [ˈda:ri:] n. 达里语（现代波斯语的一种，主要为塔吉克人使用）
3. hippo-campus [ˌhɪpə-ˈkæm-pəs] n.马头鱼尾的怪兽；海马体（大脑中被认为是感情和记忆中心的部分）

（许多神经科学家认为，日常生活中所发生的事情被转化成记忆，临时保存到人脑的海马体中，再由海马体将记忆转移到新大脑皮层，储存为长期记忆。）

1. cerebral [ˈserə-brəl] adj. 大脑的；运用智力的;理智的;冷静的

Washington struck me as a precarious place from which to publish such a cerebral newspaper. 我的感觉是，在华盛顿出版这样一份理性的报纸不是太靠谱。

1. Neuro [n'juə-rəu] （为前缀）：表示“神经”，“神经系统” Neuro- is used to form words that refer or relate to a nerve or the nervous system.
2. lin-guist [ˈlɪŋ-gwɪst] n.通晓数国语言的人；语言学家
3. motor n.发动机;引擎，[火箭]助推器；原动者，原动力；汽车；[解]运动肌，运动神经
4. take place发生; 举行
5. It remains to be seen 但仍有待观察，还要看情况发展

→sth. remain to be done：...有待被做

1. 酒店房间"住着"大量细菌

What's the first thing you do when you get to a hotel room? Turn on the light, kick off踢掉鞋 your shoes / and turn on the tube电视机? If so, congratulations: you've likely just made a quick tour旅行 of the places in the room that harbor庇护 the most bacteria细菌.

Sure, there are a lot of bacteria in the bathroom浴室. But that's not the hottest spot危险的地区 for bugs虫子. Some of the highest concentrations集中 of microbes微生物 were on the light switch, the carpet and the television remote遥控器. The findings were presented at the American Society社会 for Microbiology's微生物学 2012 general meeting全体大会.

The researchers sampled抽样调查 19 surfaces from nine hotel rooms in three different states. They found that 81 percent of those surfaces had at least some fecal排泄物的 bacteria on them. But, of course, not all of these bugs are going to make you sick. The study was [in part] to help inform通知 cleaning protocols议定书.

Some hotel chains连锁店 are already pledging许诺 to keep their properties房地产 a little more germ-free无菌的. So your next stay might be a little cleaner. Just don't investigate CSI-style with a black light. You'll never be able to sleep.

进入酒店房间后，你做的第一件事会是什么呢？开灯，脱鞋，打开电视？如果是，那么恭喜你：在这短短的时间内，你可能沾染了房间里细菌最多的地方。

当然卫生间的细菌非常多。但这里并不是细菌最多的地方。细菌最集中的地方在电灯开关，地毯和电视遥控器上。这项研究结果在2012年“美国微生物学会大会”上提出。

研究人员在3个不同的州，抽样调查了9个酒店房间里的19处表面。他们发现81%的表面上，或多或少存在粪便细菌。当然，并非所有这些细菌都能让你生病。这项研究在一定程度上是为了向清洁议定书报告。

一些连锁酒店已经许下保持环境无菌的承诺。所以下次留宿时，酒店也许会干净一点。只是不要用紫外光灯来进行犯罪现场调查。不然你别想睡觉了。

1. you kick off your shoes, 踢掉（鞋）
2. tube n.电视机
3. tour n.旅行;游历;观光。巡回访问;巡回演出；巡回比赛
4. harbor n. 海港。v.心怀；庇护；避入安全地；（船）入港停泊
5. hot spot 热点；危险的地区；①喧嚣之地;热闹的娱乐场所，②（发生战斗或政治动乱的）热点地区，多事之地
6. concentration [ˌkɔnsn-ˈtreɪʃn] n.集中;汇集
7. general meeting全体大会，会员大会
8. fecal=faecal ['fi:kl] adj. 排泄物的，渣滓的，糟粕的
9. protocol [ˈprəu-təkɔl] n.①议定书；协议。②治疗方案；科学实验计划
10. pledge[pledʒ] n. v.保证，许诺，发誓（做）；保证给予

→someone pledges to do something

1. germ-free [d'ʒɜ:m-fr'i:] 无菌的
2. germ n.①细菌；病菌。②起源；发端；萌芽

The germ of an idea took root in Rosemary's mind... 罗斯玛丽心里萌生了一个念头。

1. CSI <美剧>犯罪现场调查Crime Scene Investigation（n.）
2. 氟对抗蛀牙的奥秘

Fluoride氟化物 helps fight cavities蛀牙. That's why it's in our drinking water and toothpaste牙膏. But {how this mineral矿物质 works its dental牙齿的 magic} is still somewhat有几分 mysterious（adj.）神秘的. Now, researchers offer an incisive深刻的 solution. They find that fluoride treatment（n.）治疗can loosen使松驰 bacteria's细菌 grip紧握 on tooth enamel牙釉质. The study is in the journal Langmuir朗缪尔（诺贝尔化学奖得者）.

Scientists used to think that fluoride could harden tooth enamel牙釉质, helping it retain保存 the minerals矿物质 that protect teeth from the acid酸的 （produced by our oral口腔的 flora植物群）. But recent work has shown that fluoride doesn't really penetrate穿透 past the tooth's thinnest（adj.）最薄处 outer layer, suggesting that something other than hardening使变硬 is going on.

To drill钻 deeper into this toothsome可口的 mystery, researchers whipped up很快做好 a set of artificial人造的 choppers一副牙齿, made of the same stuff原料 as teeth. And they used atomic原子的 force力 microscopy显微镜 to take a closer look at how bacteria interact相互作用 with this dental牙齿的 material. They found that three different strains病菌的类型 of cavity龋洞-causing bugs cling less tightly牢固地 to enamel牙釉质 that's been rinsed漂洗 with fluoride.

The bacteria carry a net纯的 negative负极的 charge电荷 on their surfaces. So the negatively charged（adj.）带电荷的 fluoride ions离子 in the treated已处理过的 enamel牙釉质 may be literally确实地 repulsive（adj.）排斥的 to the bacteria. Which causes them to bite the dust倒地而死.

氟化物有抵抗蛀牙的功效。这就是为什么它会出现在饮用水和牙膏里。然而，这种矿物质是如何施展魔法来保护牙齿至今仍是个谜。如今，研究人员提供了一个具体的解决方案。他们发现氟处理能缓解牙釉质里细菌的压力。这项研究发表在《朗缪尔》期刊上。

科学家们曾认为氟化物能够坚固牙釉质，这样有助于保留矿物质，进而使牙齿不被口腔内细菌分泌的酸所腐蚀。但近期的研究显示，氟化物并不能穿透牙齿的最薄的外层，这说明氟化物不仅能坚固牙齿，而且还有其它作用。

为了发掘更多牙齿的奥秘，研究人员设计了一套人工的假牙，这套假牙是由与真牙相同的物质做成的。他们利用原子力显微镜近距离观察了细菌如何与牙齿材料进行互动。他们发现，引起蛀牙的三种不同的菌株很少粘附于有氟化物加固的牙釉质表面。

细菌的表面带有一个负电荷。牙釉质里的氟离子也带负电荷，因此二者自然互相排斥，这让蛀牙细菌败下阵来。

1. Fluoride [ˈflɔ:-raɪd] n. [化]氟化物
2. cavity [ˈkævəti] n. 腔，洞；蛀牙，龋洞
3. tooth-paste [ˈtu:θ-peɪst] n. 牙膏
4. mineral [ˈmɪnə-rəl] n. adj. 矿物；矿石；矿物质
5. something or someone works their magic / or works their charms on a person, 对…产生(神奇的影响);使…深受（魅力感染）
6. inci-sive [ɪnˈsaɪ-sɪv] adj.机敏的;尖锐的;深刻的。直接的；尖锐的；单刀直入的

His presentation was clear and incisive. 他的报告清晰而犀利.

...a shrewd operator with an incisive mind... 头脑机敏、精明能干的经营者

1. grip n. v. 紧握，抓牢

→Someone's grip（n.） （on something） 掌握；支配；控制

The president maintains an iron grip （on his country）... 总统牢牢地控制着他的国家。

1. enamel [ɪ-ˈnæml] n. ①搪瓷;珐琅;釉。②（尤指用于金属和木材上漆的）瓷漆,瓷釉。③（牙齿的）珐琅质，牙釉yòu质。

牙齿的牙冠是由牙釉yòu质、牙本质、牙髓组成。牙釉质，也称为珐fà琅láng质，是牙齿最外层的组织，牙冠的最外一层，是人体中最坚硬的物质。但它不会再生，因此当有蛀洞产生后不会自行修复。同时，我们长期食用含酸性成分高的食物时，牙齿表面牙釉质就会脱钙。

1. Langmuir [ˈlæŋ-mjuə] n. （姓氏） 朗缪尔（美国化学家， 1881-1957 , 曾获1932年诺贝尔化学奖）
2. retain [rɪˈteɪn] v.①保留;保持;保存。②预聘，付定金聘请（律师）

The interior of the shop still retains a nineteenth-century atmosphere... 这家商店的内部装修仍然保留着19世纪的风格。

He decided to retain him for the trial（n.）审判. 他决定聘请他为出庭律师。

1. flora [ˈflɔ:rə] n. (尤指某一地区的)植物群落
2. pene-trate [ˈpenɪ-treɪt] v.①渗入；进入；穿过；穿透。②进入；跻身。③打入，渗透（敌人或竞争对手内部）。④了解；洞察；领悟

...moves designed to block enemy penetrations（n.）. 旨在阻止敌人渗透的举措

...the continuing failure of women to penetrate the higher levels of engineering... 女性一直未能跻身工程领域的更高层

...long answers that were often difficult（adj.） to penetrate. 往往难以理解的冗长回答

1. outer layer 外层
2. tooth-some [ˈtu:θ-səm] adj. 可口的;美味的（you describe food as toothsome, ）
3. whip [wɪp] v. 鞭打，抽打；严厉地折磨、责打或责备

whip up ①激起，煽动(仇恨等危险情感) 。②短语动词(风)激起，吹起(尘土或水)。③很快做好(尤指一顿饭)

He accused politicians of whipping up anti-foreign sentiments in order to win right-wing votes... 他谴责那些政客为了获得右翼人士的选票而煽动排外情绪。

I used to entertain at home quite a lot, and I can still whip up a fairly decent dinner party. 我原来经常在家自娱自乐，现在也还能迅速准备好一顿颇为像样的晚宴。

1. artificial [ˌɑ:tɪ-ˈfɪʃl] adj.①人造的；非自然形成的。②（味道、外观）不自然的，不真实的，添加非天然成分的。③假装的；虚伪的；矫揉造作的

...the novel's use of homosexuality to suggest the artificiality（n.） of all relationships in that nervous city. 小说通过对同性恋的描写，向读者暗示了在那个浮躁的城市里人际往来的虚情假意

The meat was chewy and the sauce was glutinous and tasted artificial. 肉嚼不烂，酱汁黏稠，味道也不自然。

1. chopper [ˈtʃɒpə(r)] n.斧子，斧头；切碎机；<俚>直升机，<俚>一副牙齿
2. atomic [əˈtɒ-mɪk] adj. 原子的；原子能的

atomic force microscopy ( AFM ) 原子力显微镜

1. micros-copy [maɪˈkrɒs-kəpi] n. 显微镜（使用）；显微手术；显微术
2. strain [streɪn] n. ①(精神上的)压力，重负，紧张。②带来压力的情况;造成紧张的因素。③(病菌的)类型;(植物或其他有机物的)系，品系，品种

Every year new strains of influenza develop. 每年都有新的流感病毒出现。

1. you cling to someone or something,（v.）紧紧抓住;抱紧

→cling to ①(衣服)紧附，黏着。②缠住;依附。③墨守，坚持(观念或行为方式)

They hugged each other, clinging together under the lights. 他们彼此拥抱，在灯光下紧紧相依。

They're clinging to the past. 他们对过去念念不忘。

1. rinse [rɪns] vt. n. ①漂洗；冲洗；漂净；冲掉。②漱（口）。③染发剂

After shampooing, always rinse the hair several times in clear water... 每次用完洗发剂后，都要用清水将头发冲洗几次。

Use a toothbrush on your tongue as well, and rinse your mouth frequently. 舌头也要用牙刷清洁，并且经常漱口。

1. net adj.①净数的;纯的。②(重量)净的，纯的。③(结果)最终的，最后的

...a rise in sales and net profit... 销售和纯利润的增长

...350 mg net weight. 净重350毫克

We will be a net exporter of motor cars in just a few years' time. 我们将在仅仅几年时间里成为汽车净出口国。

1. nega-tive [ˈnegə-tɪv] adj.①(事实、局势或经历)不悦的，沮丧的，有害的。②消极的;悲观的。③(回答或决定)否定的，表示否认的。④(医学检查或科学试验)呈阴性的，结果为否定的。⑤负的;负极的

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

A few weeks later he said that maybe he viewed all his relationships rather negatively. 几个星期后，他说他也许把自己的各种人际关系看得太消极了。

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

1. charge n. (带电物质的)电荷，充电量

→To charge a battery（v.）给(电池)充电

1. ion [ˈaɪən] n. <物>离子
2. repulsive [rɪˈpʌlsɪv] adj.①令人憎恶的;让人厌恶的;使人反感的。②相斥的;排斥的;斥力的

The repulsive force within the nucleus is enormous. 核子内部的斥力是巨大的。

1. bite the dust 倒地而死；被打败，被拒绝；战死沙场

Another good idea bites the dust. 又一个好主意被拒绝了。

1. 如何让你对自己选择更满意

Decisions can be hard. We may be haunted忧心忡忡的 by the path （not taken）.

But {the best way to feel better about the one choice we do make} may be to put up a literal字面的 barrier障碍 to any of the other choices.

In a recent study, some participants had to choose a chocolate from a box holding a selection of 24 chocolates. Others picked from a box containing just six chocolates. Each box had a transparent透明的 lid盖子. Some were told to just pick one and taste it. Others had to pick one, but close the lid again before tasting品尝 it. Then all participants were asked to rate评级 their chocolate.

Those （who put a transparent lid back on the box immediately after choosing from the 24 chocolates） enjoyed their candy糖果 more than those who lingered逗留 [with the lid open]—even though both groups could see the chocolates not chosen!

What about the six-chocolate box? Closing the lid had no effect on chocolate rankings. The study is the Journal of Consumer Research.

The researchers say other studies show that when we start with fewer options we don't tend to ruminate on反复考虑 other choices, or even compare对比 options. We simply like what we get.

Just don't put back any half eaten chocolates.

决定有时很难。我们也许会被未选择的路所困扰。

但是，让我们更加满意自己所做出的选择，最好办法就是对其它选择设置一个文字障碍。

在近期的研究中，令其中一些参与者从装有24颗巧克力的盒子中选择一颗巧克力。其它人则从只装有六颗巧克力的盒子中做出选择。每只盒子的盖子都是透明的。然后让其中一部分选一颗尝尝。让其它人在选择一颗巧克力之后，品尝之前再次关上盒盖。然后让所有的参与者评价他们得到的巧克力。

那些从24颗巧克力中选择一颗后立即把透明的盖子放回盒子的人，比那些纠结于开着的盒盖的人更享受他们的糖果——即使每组人都能看见未被选择的巧克力！

那么装有6颗巧克力的盒子呢？关上盒盖对巧克力的评价没有影响。这项研究发表在《消费者研究》期刊上。

研究人员说道，其它的研究证明，当我们一开始的选择就很少时，我们多半不会去纠结其它的选择，或者比较的选项。很简单，我们对自己得到的感到满意。

记住别把吃掉一半的巧克力放回去。

1. haunted [ˈhɔ:n-tɪd] adj.①（房屋等）有鬼魂出没的，闹鬼的。②（表情）焦虑的，忧心忡忡的
2. literal[ˈlɪtə-rəl] adj.①字面上的；原义的。②确确实实的；完完全全的。③言辞刻板的；听话不听音的

He was saying no more than the literal truth. 他说的全是不折不扣的事实。

Dennis is a very literal person. 丹尼斯是个听话不听音的人

1. barrier [ˈbæriə(r)] n.①障碍；壁垒；阻碍。②关卡；栅栏。③大关；界限

She had been waiting for Simon to break down the barrier between them... 她一直在等待西蒙打破他们之间的隔阂。

They are fearful that unemployment will soon break the barrier of three million... 他们担心失业人数很快将突破300万大关。

1. trans-parent [træns-ˈpærənt] adj.透明的;清澈的
2. linger [ˈlɪŋ-gə(r)] v.①继续存留。②留恋；不愿离开；继续逗留

The scent of her perfume lingered on in the room... 她的香水味道在房间里久久不散。

Customers are welcome to linger over coffee until around midnight... （逗留在咖啡上）客人尽可以喝着咖啡逗留到午夜左右。

1. rumi-nate [ˈru:mɪ-neɪt] vi.

→you ruminate on something, 沉思;琢磨;认真考虑

→animals ruminate, （动物）反刍

1. 照顾年迈父母的担子落在女儿身上

Daughters of aging parents, be aware（adj.）: you and your sisters spend twice as much time caring for your graying泛灰老龄化 parents compared with your brothers: about seven more hours each month. {That new snapshot快照 of how adult children share parent care} comes from a study by Princeton doctoral博士的 student Angelina Grigoryeva. She presented展示 her research at a recent meeting of American Sociological社会学的 Association协会 in San Francisco.

The data originated来自于 from the 2004 portion一部分 of the Health and Retirement（n.）退休 Survey, a national study that samples抽样调查 more than 26,000 Americans over the age of 50 [every couple of years]. The research reveals that women appear to provide as much elderly parent care as their jobs and family responsibilities will allow容许, while men's caregiving decisions appear to 系be largely based on whether or not they believe a female sibling兄弟姊妹 can shoulder担负 the responsibility责任感.

Grigoryeva writes that the findings are particularly尤其地 concerning令人担忧的 since women already more often take on承担 other "invisible" domestic work compared with men. Of course, not all families have children of both sexes. But as a rule通常, Grigoryeva writes, "Sons reduce their relative家属 caregiving efforts when they have a sister, while daughters increase it when they have a brother."

作为女儿，要是你们的父母已渐入年迈，你们应该要知道：比起你们的哥哥或弟弟，你们需要花更多一倍的时间去照顾年迈的父母：每月大约7个多小时。 这则关于成年孩子如何分担照顾其父母的责任的消息，来自于普林斯顿大学博士生安吉丽娜•格里戈耶娃的研究。安吉丽娜•格里戈耶娃在美国旧金山社会学协会的最近一次会议上，发表了该项研究。

该数据源自2004年的《健康与退休调查问卷》，这是一次全国性的调查活动，每隔几年开展一次，参与者均为50岁以上的美国公民，总计26,000人次。调查研究表明：在工作以及自身家庭条件允许的情况下，女性将尽可能花更多的时间去照顾其年迈的父母，而男性在选择是否照顾其年迈父母的时候，很大程度上取决于自己的姐姐或妹妹是否有能力承担照顾父母的责任。

格里戈耶娃写道：自从女性比男性承担更多的“无形”家务后，该调查结果显得尤为重要。当然，不是每个家庭都有男孩和女孩。但规律是这样的，格里戈耶娃写道：“有姐姐或妹妹的男性在照顾父母上花费的精力较少，而有哥哥或弟弟的女性在照顾父母上花费的精力则较多。”

1. A is as much (large, long, ...) again as B. = A is twice as much (large, long, ...) as B. A比B多（大、长、……）1倍。

A is half as much (large, long, ...) again as B. = A is one and a half times as much (large, long, ...) as B. A比B多（大、长、……）一半，即A是B的一倍半。

1. snapshot n. v. ①快照;抓拍的照片。②大致印象;简况
2. doctoral [ˈdɒk-tərəl] adj. 博士的
3. originate [əˈrɪdʒɪ-neɪt] v.发源；来自；产生；创始；开创

I suppose猜想 no one has any idea who originated the story? 我想没有人知道是谁编了这个故事？

1. portion [ˈpɔ:ʃn] n. 一部分；一份遗产（或赠与的财产）；嫁妆；分得的财产

I have spent a fairly considerable portion of my life here... 我生命中相当长的一段时光，是在这里度过的。

1. Retire-ment [rɪ-ˈtaɪə-mənt] n.退休;退休年龄;退休生活
2. care-giver [ˈkeə-gɪvə(r)] n. (残疾人、病人或年幼者等的)看护人，护理者
3. sibling [ˈsɪb-lɪŋ] n.兄弟姐妹
4. shoulder n. 肩膀；（衣服的）肩部。v.承担;担负;肩负
5. particularly [pəˈtɪ-kjə-ləli] adv.①特别；尤其。②格外；异乎寻常地

More local employment will be created, particularly in service industries... 当地会创造出更多的就业机会，尤其是服务行业。

Progress has been particularly disap-pointing... 进展情况格外令人失望。

1. concerning adj.让人不安的;令人担忧的

It is particularly concerning that he is working for non-British companies while advising on foreign policy. 让人尤为不安的是，他在提供外交政策咨询的同时却又供职于一些外国公司。

1. you take on a job or responsibility, 承担，接受(尤指艰巨工作或重大责任)
2. as a rule 通常，一般说来；照说；照例
3. relative [ˈrelə-tɪv] n.亲戚;亲属;家属。adj.相对的，比较而言的

It is a cancer that can be cured with relative ease... 这是一种相对来说比较容易治疗的癌症。

...the relative strength of the central and state governments. 中央政府和州政府的相对力量

→Relative to something 与…相比;与…有关;涉及;关于

Japanese interest rates rose relative to America's... 日本利率随美国利率上浮。

1. 成年人婴儿式聊天促进宝宝语言构成

It's hard to resist. One look at those chubby胖乎乎的 cheeks脸蛋, and the next you're cooing轻声地说:“Who's a cute娇小可爱的 little baby?”

Now research finds that by using this style of speech说话方式 to talk to babies, you may be helping their early language development.

Adults （using so-called baby talk） provide particularly good phonetic语音的 examples—producing产生 sounds that are clearer, longer and more distinct清楚的 from each other.

Researchers used small digital recorders hidden in the vests汗衫 of 11-and 14-month old babies to record the infants'婴儿的 auditory听觉的 environment.

Thirty-second snippets片段 were then analyzed分析 to identify whether the parents used baby talk or regular speech, and whether speech occurred存在 in one-on-one or group settings背景环境.

The more parents engaged in参与从事 one-on-one baby talk, the more the baby babbled含糊不清地说——which is a precursor前身先兆 to word production—and the more words they produced [at age two].

The study will appear发表 in the journal Developmental（adj.）发育的 Science.

So parents, looks like很可能出现 [if you chat regularly with your child], you'll soon be saying, “look who's talking.” 看谁正在说话呀！（惊讶）

这真的是难以抗拒。看着那些圆嘟嘟的小脸，然后你就会低声嘀咕道:“谁是可爱的小婴儿？” 现在研究发现，通过用这种交谈方式和婴儿讲话，你也许能帮他们开发早期的语言能力。

成年人使用这种婴儿谈话方式，可以为宝宝提供良好的语音模板——发声更清晰、更持久而且彼此之间确实不同。

研究人员们在11到14个月大的小婴儿的内衣里，安装小型数码录音设备，记录下他们的听觉环境。这些30秒的小音频之后被分析用于确认，是否他们的父母与之交流，是用婴儿谈话方式，还是一般讲话方式，以及交谈方式是一对一还是一对多。

父母用一对一的方式和婴儿交谈越多，后者咿呀学语就会更多——这些都是词语构建的前体音节——并且这些孩子们在2岁左右就能说更多的单词。这项研究即将在《发育学》杂志上发表。

因此，年轻的父母们，如果你们如果能和孩子们规律的进行交流，你们很快就能看到孩子的进步。

1. chubby [ˈtʃʌbi] adj. 胖乎乎的，圆胖的，丰满的
2. cheeks [t'ʃi:ks] n.脸颊，脸蛋( cheek的名词复数 )；
3. coo [ku:] v. ①鸽子等)咕咕地叫;发出咕咕声。②低声说话;轻声地说;柔声细语
4. phonetic [fəˈne-tɪk] adj. 语音的；语音学的
5. vest n.①贴身背心;汗衫。②背心;马甲;坎肩
6. auditory [ˈɔ:də-tri] adj. 听觉的，听觉器官的
7. snippet [ˈsnɪ-pɪt] n.小片;小部分;零星片段

I read a snippet she had cut from a magazine. 我读了她从杂志上剪下来的一段文字。

1. something occurs in a particular place, v.存在；出现；有

The cattle disease occurs more or less anywhere in Africa where the fly occurs... 在非洲凡是有这种蝇虫的地方，几乎都会出现这一牛病。

1. setting n.环境;背景;地点

Rome is the perfect setting for romance... 罗马是最适合谈情说爱的地方。

1. engage v.

→you engage in an activity, 参与;从事

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

→Someone who is engaged（adj.） in or engaged on a particular activity 从事…的;忙于…的

...the various projects he was 表engaged on. 他参与的各种项目

1. babble [ˈbæbl] v. n.含糊不清地说；兴奋地说
2. pre-cursor [pri:-ˈkɜ:sə(r)] n.①先驱；先锋；前身。②预兆； 前兆
3. appear v.（书籍等）出版，发表，问世
4. look like 很可能出现〔引起〕(某事、做某事)

It looks like rain; Let's start for home. 天像是要下雨了, 咱们回家吧!

1. 足球守门员扑救点球忽略概率基本规则

Imagine you're a soccer goalie守门员. Your opponent对手 gets ready to take a penalty足球点球 kick. You're crouched蹲伏 in front of the net. The past three kickers have aimed to your left. So which way do you dive急速下扑?

If you said “right,” you'd be in good company和…有同样的想法. Because when penalty点球 shots repeatedly反复地 head（adv.）朝着某一点行进 in one direction, world-class goalkeepers守门员 are more likely to lunge猛扑 the other way. That's according to a study in the journal Current Biology.

This form of misconception错误想法 ——that a string of一连串 rights is bound to be broken by a left ——is also common（adj.）常见的 in casinos赌场, so much / so that it's called the “gambler's赌徒 fallacy谬论.”

At the roulette轮盘赌 wheel轮子, for example, bettors打赌者 tend to back black / after seeing a run of一连串的 reds. “We're due（adj.） for预计应到的 a black,” the thinking想法 goes. But in reality现实中, the roulette轮盘赌 ball is still equally相等地 likely to land on either color.

And despite what netminders守门员 might think, the same is true for penalty点球 kicks. In fact, researchers （studying 36 years' worth可维持…时间 of World Cup and Euro Cup） finals found that the direction of penalty惩罚 shots is basically a coin-flip轻弹.

Ah, but if kickers踢者 in the next World Cup were to take advantage of利用 the goalie falling for the gambler's fallacy谬论, they could really get a leg up有帮助.

想象你是一位足球守门员，你的对手已经准备好踢点球，你已经在门前严阵以待。刚才的3名主罚者都是瞄准你的左边，所以你准备扑哪边?

如果你说“右边”,你就和他们一样了。因为当点球都是反复瞄准同一方向,世界级的守门员更容易朝另一边扑救。这是根据《当代生物学》杂志上一项研究得出的结论。

这种一连串的右边势必会被一个左边打破形式的错觉,在赌场也是屡见不鲜,以至于它被称为 “赌徒谬论”。

例如在轮盘赌中,赌徒们看到一连串的红色后往往支持黑色。“接下来就该是黑色了。”人们总是这样考虑。但在现实中,轮盘赌球仍然可能在红黑中二择其一。

然而守门员们可能认为这种观点同样适用于罚点球。事实上,通过研究36年来的世界杯和欧洲杯决赛研究，人员发现，罚球的方向基本上跟抛硬币的概率一样。

啊,但如果在下一届世界杯上，罚球者利用守门员赌徒谬论的观点,他们或许会全罚全中。

1. goalie ['ɡəʊlɪ] n. 守门员
2. penalty [ˈpe-nəl-ti] n.①刑罚；处罚；惩罚。②罚球；点球
3. crouch [kraʊtʃ] v. n.蹲;蹲伏（you are crouching,）

→If you crouch over something, you bend over it so that you are very near to it. 俯身接近

Meantime, here I crouch over a cup of tea in my unheated study. 与此同时，在没有暖气的书房里，我只能就着一杯茶取暖。

1. you feel, believe, or know something in company with someone else, 和…有同样的想法(或感觉、认识)

You may actually be in good company. 事实上，可能有很多人和你一样。

1. head v.

→you head a ball in football, （足球比赛中）用头顶（球）

→you are heading for a particular place, adv.朝着（某一地点）行进（美国英语中亦作 are headed）

He headed for the bus stop... 他朝着公共汽车站走去。

...an Iraqi vessel （heading for the port of Basra）... 开往巴士拉港的一艘伊拉克船

→something or someone is heading for a particular result, 很可能要遭受，会招致（美国英语中亦作 is headed for）

1. lunge [lʌndʒ] v.猛冲；扑

He lunged at me, grabbing me violently... 他向我扑过来，使劲把我抓住。

1. mis-con-ception [ˌmɪs-kən-ˈsep-ʃn] n.错误观念;错误看法;误解
2. A string of 一串

She wore a string of pearls around her neck. 她脖子上戴着一串珍珠。

→A string of similar events 一系列，一连串(类似事件)

1. casino [kəˈsi:-nəʊ] n.赌场
2. fallacy [ˈfæləsi] n.谬论;谬见
3. rou-lette [ru:ˈlet] n. 轮盘赌
4. A run of successes or failures 一系列，一连串(成功或失败等)
5. someone is due（adj.） for something, (期待很长时间后)预期应得的,预计应到的

He is not due for release until 2020. 他要到 2020 年才能被释放。

1. worth 与数量词构成的词：(与时间连用)可维持…（时间）

You've got three years' worth of research money to do what you want with... 你有可维持3年的研究经费，去做自己想做的事。

There's really not very much food down there. About two weeks' worth（n.）. 那儿真的没多少吃的了，大概能维持两个星期。

1. flip v. (用拇指)弹，抛，掷

I flipped a butt out of the window / and drove on. 我把烟蒂弹出车窗外继续开车。

1. you take advantage of something, 利用

→someone takes advantage of you, 占…的便宜；欺骗；捉弄

1. leg up n. （对上马或跨跃障碍时的）帮助

I can climb in this window / if someone gives me a leg up. 如果有人助我一臂之力,我能爬进这窗口.

1. 去除硫化物, 保护下水道

Sewers下水道 are a marvel奇迹. They allow us to live close together without cities turning into smelly（adj.）气味难闻的, disease-spreading swamps沼泽地.

In a sewer's下水道 anaerobic厌氧的 conditions, common sulfate硫酸盐 compounds化合物 are reduced by bacteria细菌 to hydrogen氢 sulfide硫化物— the source of that rotten腐烂的 egg smell臭味. And hydrogen sulfide硫化氢 [when exposed暴露 to air] forms sulfuric含硫的 acid. Which eats away at腐蚀 concrete混凝土. The result: crumbling使破碎 sewers下水道.

The response反应 has been to try to remove sulfide硫化物 from sewage water. But researchers in Australia asked a different question: where does the original sulfate硫酸盐 come from?

Turns out much of it is from drinking water treatment. Aluminum铝 sulfate is added at most Australian drinking water plants工厂 tested to coagulate (液体)凝结 solids out of the dirty water. That process is the source of more than half the resulting作为结果的 sulfates硫酸盐 （in the sewage下水道）. Numbers数目 are 表similar [in the U.S].

The scientists say that 方式状by switching to转变 nonsulfate-based coagulants凝结剂, governments worldwide could save a billion dollars a year in sewer阴沟 repair costs. The research is in the journal Science.

Today, drinking water is managed separately分别地 from sewage treatment. A related editorial社论 calls for呼吁 a holistic全盘的 approach方法 to water management （that looks at the entire（adj.）整个的 water cycle, and helps save sewers [in the process在此过程中，与此同时]）.

下水道堪称奇迹。因为它，人们过上亲密的群居生活的同时，不至于把城市搞得臭气熏天、疾病泛滥。

在下水道缺氧的情况下，细菌会将常见硫酸化合物分解，使其转化为硫化氢——这便是臭鸡蛋气味的来源。当硫化氢暴露在空气中时，会形成硫酸，硫酸有侵蚀混泥土的作用，使得下水道破碎不堪。

一直以来，人们都在试图将硫化物从污水中分离出来。然而，澳大利亚研究人员却转变了思路：这些硫化物来自哪里？

调查结果显示，大部分的硫化物都产生于饮用水的处理。在澳大利亚的饮用水工厂中的污水里加入硫酸铝进行检测，结果显示，绝大多数的饮用水工厂里的污水都出现了凝结颗粒。污水中大部分的硫化物，均来自这一处理过程。美国也出现类似的调查数据。

科学家说，如果用不含硫酸盐的凝结剂，取代含硫酸盐的凝结剂的话，每年，世界各国政府便能在下水道的维修费用中省下十亿美元。该项研究在《科学》杂志中发表。

如今，饮用水管理和污水处理是分开进行的。相关社论呼吁：需从水循环着手对水进行全面管理，同时也要注意保护下水道。

1. sewer[ˈsu:ə(r)] n. 污水管;下水道;阴沟
2. smelly [ˈsmeli] adj.气味难闻的;发臭的
3. swamp [swɒmp] n.沼泽(地)
4. anae-robic [ˌæneə-ˈrəʊ-bɪk] adj.①厌氧的；由厌氧菌引起的。②（锻炼）无氧的
5. sulfate [ˈsʌlˌfeɪt] n. [无化] 硫酸盐。v. 硫酸盐化
6. compound n. (化学中的)化合物
7. hy-dro-gen [ˈhaɪ-drə-dʒən] n.氢;氢气
8. sulfide ['sʌl-faɪd] n. <化>硫化物
9. hydrogen sulfide 硫化氢。是无色、剧毒、酸性气体。

正常情况下是一种无色、易燃的酸性气体，浓度低时带恶臭，气味如臭蛋；浓度高时反而没有气味（因为高浓度的硫化氢可以麻痹嗅觉神经）。硫化氢的水溶液叫氢硫酸，是一种弱酸，当它受热时，硫化氢又从水里逸出。硫化氢是一种急性剧毒，吸入少量高浓度硫化氢可于短时间内致命。

硫化氢自然存在于原油、天然气、火山气体和温泉之中。少量的硫化氢在原油中、但天然气可以包含高达90％硫化氢。它也可以在细菌分解有机物的过程中产生。人体释放出的屁含有极小量（少于屁成分的1%）的硫化氢。

硫化氢比空气稍重，硫化氢和空气的混合物极易爆炸。

1. rotten [ˈrɒtn] adj.腐烂的;腐臭的;腐朽的
2. sulfuric [sʌl-'fju:-rɪk] adj. <化>（正）硫的，含（六价）硫的
3. sulfuric acid n. 硫酸
4. one thing eats away another / or eats away at another, 侵蚀；腐蚀；使消耗殆尽

The recession is eating away at their revenues. 经济衰退正在消耗他们的财政收入。

1. crumble [ˈkrʌm-bl] v. (使)破碎;(使)成碎屑

→an old building or piece of land is crumbling, 坍塌;损坏;崩裂

→something such as a system, relationship, or hope crumbles, (体系、关系或希望等)崩溃，瓦解，消亡

1. Alumi-num[ə'lju:-mi-nəm] n. 铝
2. Aluminum sulfate 硫酸铝。通常被作为絮凝剂，用于提纯饮用水及污水处理设备当中，也用于造纸工业。在水的净化中，它使杂质凝结，更容易沉淀和过滤。
3. co-agulate [kəʊ-ˈægju-leɪt] v. (液体)凝结，凝固

The blood coagulates to stop wounds bleeding. 血液凝结，使伤口不再出血。

1. you switch to something different, 转换;改变;转变

The encouragement of a friend spurred / Chris into switching jobs. 在一位朋友的鼓励下，克理斯换了工作。

1. co-agulant [kəʊ-'ægjʊ-lənt] n. 凝结剂
2. separately adv. 分别地，另行；分开，单独地来

It doesn't matter much {whether we go together or separately}. 我们一起去还是分头去都可以.

1. editorial [ˌedɪ-ˈtɔ:riəl] n. adj.（报纸、杂志、电视节目等）立场（或观点等）的;社论（式）的
2. call for 要求;呼吁
3. holistic [həʊ-ˈlɪs-tɪk] adj. 全盘的，整体的，整体主义的

We need a holistic approach to our company's development. 我们公司的发展需要一套全盘的方法。

We need to take a holistic approach to this issue. 这就是我们辩证地看待财政赤字的问题.

1. holistic approach 整体分析；全观法
2. 自恋狂的自我认同

Here's an easy way to find out if someone is a narcissist自恋狂. Just ask them. That's according to a study in the journal PLoS One.

Researchers posed提出 the following question to more than two thousand people: "To what extent do you agree with this statement声明: I am a narcissist."

The researchers also provided participants参加者 with a definition定义 of narcissist: egotistical自我本位的, self-focused自我关注的 and vain自负的. Not traits特征 most people would want to be associated with – unless of course you're a narcissist. A small percentage百分比 of the study subjects said they were. Most said they were not.

Then, researchers had the volunteers fill out a lengthy（adj.）冗长的 narcissism clinical临床的 assessment评估. Those （who had rated themselves high on the narcissism scale） also scored得分 high [on the assessment].

After eleven rounds一轮 of tests, the researchers concluded得出结论 that [when the full forty-question clinical临床的 questionnaire could not be done], the Single Item Narcissism Scale级别, or SINS, "To what extent do you agree with this statement: I am a narcissist," was a valuable tool.

Seems that there isn't much mystery [when narcissists themselves are asked to self-identify自我认同]. Yes, they may be narcissists—but they aren't clueless一无所知的.

想知道某人是否是自恋狂？这里有个捷径：直接问他。这是根据《公共科学图书馆期刊》的一项研究得出的结论。在两千多人面前，研究人员提出这样的问题：“你在多大程度上同意这一观点：我是个自恋狂。”

研究人员还向参与者解释了自恋狂的定义：任性的、以自我为中心的、以及自负的。其性格为大多数人所厌恶——当然，除了自恋狂的同类。少数参与者承认他们是自恋狂，而大多数的人说他们不是。

后来，研究人员要求参与者填写一份冗长的临床自恋评估调查问卷。那些认为自己自恋级别高的人在评估中往往获得高分。

经过11轮测试，研究人员得出结论：当整个包含40个问题的临床调查问卷无法完成时，单项自恋级别，或者说SINS——“你在多大程度上同意这一观点：我是个自恋狂。”便是个有效的评估方法。

要求自恋狂承认其自恋的事实，这似乎并不是件很神秘事情。是的，也许他们是自恋狂——但他们并非愚蠢之辈。

1. narcissist [na:'sɪ-sɪst] n. 自我陶醉者；自恋狂
2. PLoS 美国科学公共图书馆（the Public Library of Science）
3. pose v.

→something poses a problem or a danger 产生（问题）；造成（威胁、危险等）

His ill health poses serious problems for the future. 他身体不好，对将来造成严重的隐患。

→If you pose a question, you ask it. If you pose an issue that needs considering, you mention the issue. 提出；陈述

When I finally posed the question, 'Why?' he merely shrugged. 当我最后问“为什么”时，他只是耸了耸肩。

...the moral issues posed by new technologies. 新技术带来的道德问题

1. statement n. v.(正式或明确的口头或书面)陈述，声明
2. definition[ˌdefɪˈnɪʃn] n.(尤指词典中给出的)定义，释义
3. egotistical[ˌi:ɡə-'tɪs-tɪk] adj. 自我本位的，任性的
4. vain [veɪn] 自负的;虚荣的;自命不凡的
5. trait [treɪt] n.特征;特点;特性
6. fill out <主美>填写（表格等）；充实；长胖；（通常指因充气）鼓起[膨胀]
7. cli-nical [ˈklɪ-nɪkl] adj. 临床的；诊所的
8. assessment [əˈses-mənt] n.评估;评定;鉴定
9. round n.①(比赛的)轮，局，场。②(拳击、摔跤比赛的)回合

A round of events is a series of related events, n.一连串，一系列，一轮(相关的事件，尤指相继发生的事件)

1. identify [aɪˈdentɪ-faɪ] v.认出;识别;分辨出
2. clue-less [ˈklu:ləs] adj. 无能的，笨的。一无所知的;一窍不通的
3. 帮助孩子抵制诱惑

They call it the "marshmallow棉花糖 test." A four-to-six-year-old-child sits alone独自地 in a room at a table 方式状facing a marshmallow on a plate. The child is told: "If you don't eat this treat款待，乐事 for 15 minutes / you can have both it and a second one." Kids [on average] wait for five or six minutes before eating the marshmallow. {The longer a child can resist the treat} has been correlated with与…有相互关系的 higher general总的 competency能力 later in life.

Now a study shows that ability to resist temptation isn't strictly仅限于 innate（adj.）先天的—it's also highly influenced by environment.

Researchers gave five-year-olds used crayons彩色蜡笔 and one sticker小贴纸 to decorate a sheet of paper. One group was promised a new set of art supplies for the project研究项目—but then never received it. But the other group did receive new crayons and better stickers.

Then both groups were given the marshmallow test. The children （who had been lied to） waited for a mean平均数time of three minutes [before eating the marshmallow]. The group （that got their promised materials物质材料） resisted an average of 12 minutes.

Thus, the researchers note that experience factors into a child's ability to delay gratification满足. When previous promises have been hollow变空, why believe the next one?

人们称之为“棉花糖测试”：一名四五岁左右的孩子独自坐在房间里的桌子前，桌上摆着装有一根棉花糖的盘子。这个孩子被告知：“如果等足15分钟再吃，我会奖励你第二根棉花糖”。平均每个孩子等五六分钟就忍不住吃起来。孩子抵住美味诱惑的时间越长，在今后人生中表现出的综合能力也就越高。

目前一项研究证明抵制诱惑的能力并不完全是天生的，也深受环境的影响。

研究人员给五岁大的孩子们旧蜡笔和贴纸用来装饰纸张，并承诺会给其中一组孩子一套新的绘画用具，但之后并没有兑现。但是另一组却得到了新的蜡笔和更漂亮的贴纸。

之后对这两组孩子进行棉花糖测试。被骗的那组孩子平均只等了3分钟就把棉花糖吃掉了。另一组孩子则平均等了12分钟。

因此研究人员指出，判断孩子们克制欲望的能力也需要考虑到经验的因素。当希望落空时，谁还会相信下一个承诺呢？

1. marsh-mallow[ˌma:ʃ-ˈmæ-ləu] n. 蜀葵糖浆；棉花软糖
2. both...and 不仅…而且…；…和…都；既…又…
3. correlated ['kɔrə-leɪ-tɪd] adj. 有相互关系的；正相关

→one thing correlates with another, 相互关联;极为相似

Obesity correlates with increased risk for hypertension and stroke... 肥胖会增加高血压和中风发作的几率。

The loss of respect for British science is correlated（adj.） to reduced funding... 英国科学界不如以前受重视，资金也因此减少。

1. compe-tency [ˈkɔm-pɪ-tənsi] n. 资格，能力，胜任素质=competence [ˈkɔmpɪ-təns]
2. strictly [ˈstrɪk-tli] ADV完全;只;仅限于。严格地；完全地

He seemed fond of her in a strictly professional way... 他似乎只是出于职业缘故而喜欢她。

1. innate [ɪˈneɪt] adj.天生的;天然的;固有的（An innate quality or ability）
2. crayon [ˈkreɪ-ən] n.彩色铅笔(或蜡笔)。v.用彩色蜡笔[粉笔]画
3. sticker n. (正面有字或画的)小贴纸，不粘胶贴纸
4. A sheet of paper 一页，一张(纸)
5. Art Supply美术工具
6. mean n. 平均数；中间

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

1. material n.物质;材料
2. gratification [ˌgræ-tɪ-fɪˈkeɪʃn] n. 满足；满意；喜悦；使人满意之事
3. hollow adj. 空的；空洞的；虚伪的；空腹的。v.挖空（某物），变空
4. 声音深沉的女性竞选更具优势

You vote for politicians政治家 based on their views, right? That's how it works in theory. But other factors can sway影响 your vote. Like a politician's voice. Because studies show that the deeper the voice, the more electable有候选资格的 the candidate候选人. And not just for men. Deeper voiced women have an advantage over other women, even when they're running for positions （traditionally held by women）, like the school board董事会 or PTA president会长. So says a study in the journal PLoS ONE.

Researchers played undergrads在校本科生 双宾recordings录音 like this. Then they asked the students to vote for one of them for the school board or the PTA. In each mock模拟的 election, the deeper voiced woman snagged钩住 about 70 percent of the votes.

Women's voices naturally deepen变深 with age, so the researchers say we might be biased（adj.）有偏见的 to select older women as leaders. And previous studies have shown that women with deeper voices are seen as more competent能胜任的, trustworthy值得信赖的 and strong. Margaret Thatcher used that to her advantage—she was famously coached被训练 to deepen her voice. Other politicians might do well to follow her lead, when they make their pitch为…作宣传 to voters.

你会根据政客们的观点投票，对吗？理论上是如此。但其他因素也会影响你的投票。例如政客们的声音。研究表明，候选人的声音越低沉，中选几率越大。并不只是针对男性，对女性也如此。声音深沉的女性比其他女性更具优势，尽管她们竞争的职位传统上由女性担任，例如：学校董事或家长教师联合会主席。一项刊登在《公共科学图书馆期刊》的研究报告表达了这一观点。

研究人员播放了这样的女性录音。然后要求学生们选出一位担任学校董事或家长会主席。在每次模拟选举中，声音更深沉的女性获得了大约70%的选票。

女性的声音随着年龄的增长会自然变得深沉，因此研究人员认为，我们可能偏向选择老年妇女当领导。之前的研究显示声音更深沉的女性被视为更有能力、更可靠，更坚强。玛格丽特撒切尔也利用了这项优势——她经过训练，练就了一副深沉的好嗓音。其他政客们在向选民们发表演讲时，可能很好地效仿了她的做法。

1. advantage后接的介词of与over可替换，表示相同意思。have an advantage over……：over 表示“和……相比有优势”

You have the advantage of/over me in experience.你比我有经验。

1. mock adj.①假的;仿制的;假装的。②模拟考试
2. snag v. (把)(尤指衣物)钩破;(使)绊住。n. 小困难或障碍；突出物；钩丝

Brambles snagged his suit... 荆棘把他的西服钩住了。

1. deepen [ˈdi:pən] v. ①(使)变强烈(或紧张);(使)加剧。加深，深化，增进（知识或理解）。②（使）(声音)变低沉。③（使）(光线或颜色)变暗;（使）变深。④(呼吸)变深长;加深(呼吸)
2. biased [ˈbaɪəst] adj.有偏见的；有成见的；偏袒一方的

→something is biased towards one thing, 偏向…的；偏重…的

Margaret [ˈma:ɡərit] n.玛格丽特(女子名)

1. coach [kəutʃ] v.为…当教练;训练;指导。n. 教练
2. pitch n.音高。程度；强度；极点；顶点

Tension has reached such a pitch that the armed forces say soldiers may have to use their weapons to defend themselves against local people. 紧张关系已达白热化程度，武装部队说士兵有可能不得不使用武器保护自己不受当地民众的伤害。

→someone makes a pitch for something, 为…作宣传；替…说好话

Prue invited the magazine's editor to lunch / and made her pitch. 普吕邀请该杂志的编辑共进午餐，推销自己的点子。