1. 丝蛋白帮助疫苗抵抗高温

Vaccines疫苗 are desperately极需要地 needed in the developing world. Even when they're available and inexpensive便宜的, there's still a major problem: most vaccines need to be refrigerated冷藏. Reaching the relevant相关的 populations often means traveling to areas where electricity电力 and refrigeration冷藏 are spotty时好时坏的 at best顶多. Nearly half of the vaccine疫苗 doses around the world are lost 原因状to the heat高温. Also, the cost of refrigeration contributes to about 80 percent of the cost of the vaccines.

So *silk蚕丝 experts* at Tufts University have come up wit想出计划 a potential潜在的 solution解决办法: encase把…包住 the vaccines in silk丝 protein蛋白质.

*Silk proteins* contain nanoscale纳米级 pockets that can hold and protect biological compounds化合物. Inside the *silk protein* wrap包裹物, the compounds stay biologically stable稳定的. In the lab, they were able to stabilize使稳定 *the measles麻疹, mumps腮腺炎 and rubella风疹 vaccine* for more than 6 months at *a variety of*各式各样 tropical热带的 temperatures.

The technology also worked使产生效果 with antibiotics抗生素. Stored贮存 at a month at temperatures reaching 140 degrees Fahrenheit华氏温度, the antibiotics kept their potency药效. The research is in the Proceedings of the National Academy of Sciences.

If *the lab results* hold up经受得住检验 out in the world, the silk safeguard防护措施 could save billions of dollars, and millions of lives.

发展中国家迫切需要疫苗。即使发展中国家能生产大量便宜的疫苗，但仍面临着一大难题：大多数疫苗必须要加以冷冻。将疫苗送到需要的人群手上，就意味着要跋山涉水，前往缺电少水，不能制冷的地方。全世界几乎有一半剂量的疫苗，因为高温而半路报废。而且，冷冻成本占疫苗总成本的百分之八十。

所以塔夫斯大学的丝绸专家们想出一个可能的解决办法：用丝蛋白包住疫苗。

丝蛋白含有纳米口袋，能包住并保护生物化合物。在丝蛋白的包围下，化合物会保持生物稳定性。在实验室里，它们能在不同的热带温度下使麻疹，腮腺炎，及风疹疫苗保持稳定，长达六个多月。

这项技术也能用于保存抗生素。将抗生素保存在温度高达140摄氏度的环境里，一个月后抗生素仍然保持原有的功效。这项研究发表在近期的《国家科学院学报》上。

如果实验结果被全世界所接纳，那么起保护作用的丝蛋白就可节省几十亿美元，挽救数百万人的生命。

1. desperately ['des-pərə-tlɪ] adv. 绝望地；不顾一切地；<口>极度地；猛烈地

desperate [ˈdes-pərət] adj.①（因绝望而）孤注一掷的，铤而走险的，拼命的。②极困难的;极严重的;极危险的

He madea desperate attempt to hijack a plane. 他铤而走险，企图劫持一架飞机。

I decided not to abandon John when he was in such a desperate position. 我决定不在约翰走投无路的时候抛弃他。

→you are desperate（adj.） for something or desperate to do something, 极需要的;渴望的

People are desperate for him to do something. 人们极希望他能做点什么。

1. refrigerate [rɪ-ˈfrɪdʒə-reɪt] v.（常指为了保存食物而将其）冷藏
2. relevant [ˈrelə-vənt] adj.①相关的;相应的;有重要性的（relevant to）。②适当的;合适的;确切的

We are trying to make politics more relevant（v.） to younger people. 我们试图使政治活动更加贴近年轻人。

We have passed *all relevant information* on to the police. 我们已经把所有相关信息都告知了警方

Make sure you enclose all the relevant certificates. 要保证把所有相关证书都放在里面。

1. spotty [ˈspɒti] adj.①脸上有斑点的;多粉刺的。②时好时坏的

He quit in 1981—had *a spotty political career*... 他在1981年辞职了——其政治生涯几经沉浮。

1. at best 至多， 充其量；顶多

At best a few hundred people attended the meeting. 充其量只有几百人出席会议。

1. protein [ˈprəʊ-ti:n] n.蛋白质。adj. 蛋白质的
2. silk protein 丝蛋白质
3. biological compounds 生物体成分
4. measles [ˈmi:zlz] n.麻疹。是儿童常见的急性病毒传染病。
5. rubella [ru:ˈbelə] n.风疹。急性传染疾病。
6. anti-biotic [ˌænti-baɪ-ˈɒtɪk] n.抗生素；抗菌素
7. Fahrenheit [ˈfæ-rən-haɪt] adj. n.华氏温度计的；华氏的
8. potency [ˈpəʊ-tn-si] n.①（人、行动或思想的）影响力，支配力。②（药物等的）效力；药力；药效。③（男子的）性交能力，性机能
9. hold up v.①举起;抬起;提起。②支撑;支承。③耽搁;阻延。

Why were you holding everyone up?... 你为什么耽搁了大家？

→举出…作为批评（或赞扬）的对象

She said the picture that had appeared in a Sunday newspaper had held *her* up to ridicule... 她说，一份周日的报纸上刊登的照片使她备受嘲讽。

→维持;保持良好

*Children's wear* is one area that is holding up well in the recession. 童装是经济衰退中仍然保持良好发展的一个领域。

→（论点、理论等）经受得住检验

I'm not sure if the argument holds up, but it's stimulating. 我不能肯定该论点是否经得起检验，但它很有新意。

1. 简单的抉择花时更长?

What's more important, a decision with life-long终身的 consequences, like getting married or moving? Or a decision about what to have for lunch? New research finds that we might magnify放大 a seemingly trivial微不足道的 decision's importance—if we find it difficult / and we spend a lot of time making it.

In the study, volunteers chose between two flight options. One group was told the trip was long / so *it* was important {they chose the best option}. The other group was told the trip was easy, so either option was fine. To manipulate操纵 the decision's difficulty / the researchers presented呈现 the two options either in a *readable易读的 type size* or in a *hard-to-see tiny极小的 size*.

When deciding about the tough trip, the subjects spent just as long deliberating深思熟虑 over the easy to read options as the hard to read options. But for the unimportant decision, participants spent significantly more time with the hard-to-read option. *In fact* this group spent even more time than *either of the groups* faced with the important decision.

And this *extra time and effort* led subjects to believe the decision was important, despite being told it was *an easy trip* and so *an easy decision*. The study will be published in the Journal of Consumer Research.

So time equals等于 difficulty, which then translates into importance, which leads to even更加 more time spent deciding. The researchers call this predicament困境 “decision quicksand流沙.” Speaking of which说到这, I think I'll have the BLT火腿、莴苣、番茄三明治. Or maybe the chicken鸡肉 salad色拉. Then again, the burger汉堡包 looks good…

像结婚或者搬家这样影响一生的决定，和中午吃什么这样的决定，哪个更重要？新的研究发现，我们可能放大了看似琐碎的决定的重要性——如果我们觉得很难做出决定，就会花很长时间来做这个决定。

在实验中让志愿者在两列航班中做出选择。其中一组被告知旅途很长，做出最好的选择很重要。另一组被告知旅途很短，每趟航班都是不错的选择。为了控制难度，研究人员分别以两种字体呈现两种航班选择，一种是易于阅读的字号，一种是很难看得见的小字号。

面临艰难旅途的那一组研究对象，在易读和难读的选择上逗留的时间一样长。但是面临轻松选择的那一组，参与者在难读的选择上花了大量时间。实际上，这组人花的时间比面临艰难旅途的那一组更多。

尽管被告知这次旅途很轻松，选择很简单，但是多余的时间和努力,会让对象们觉得这个决定很重要。这次研究将会刊登到《消费者研究》上。

那么时间与难度对等，难度也通常被解读为重要性，重要性又会导致人们耗费更多时间来抉择。研究人员称这种困境为“抉择困难的流沙”。说到这，我想我会选择培根、生菜和番茄三明治，又或者是鸡肉沙拉。又来了，汉堡包看起来也不错......

1. magnify [ˈmæg-nɪ-faɪ] v.①放大;扩大。②加强;加大;加剧。③夸大;夸张

...magnifying lenses. 放大镜

1. Poverty and human folly magnify natural disasters... 贫困和人类的愚昧加剧了自然灾难。

They do not grasp the broad situation / and spend their time magnifying ridiculous荒谬可笑的 details... 他们不去把握大局，而是在细枝末节上花费时间大做文章。

1. trivial [ˈtrɪ-viəl] adj.琐碎的;不重要的;微不足道的
2. ma-nipulate [mə-ˈnɪ-pju-leɪt] v.摆布，操纵，控制(他人，事件或局势)

*His mind* moves in quantum leaps, manipulating ideas / and jumping on to new ones [as soon as he can]. 他的脑子飞快地转着，分析着各种想法，还不时冒出新的点子来。

1. pre-dica-ment [prɪ-ˈdɪkə-mənt] n.困境；艰难的处境；尴尬的境地
2. BLT: bacon熏猪肉；lettuce莴苣 and tomato 火腿、莴苣、番茄三明治
3. 我们真的关心子孙后代吗?

We care about our children / and *the world* they'll inherit继承. And we care about their children. But when it comes to the generations一代人 we won't be around to know, the ties连结 tend to be less strong—at least when it comes to dealing with how our current behavior might impact future generations.

But researchers have found that {reminders of令人回忆起 our own mortality必死的命运} may motivate促动 us to make inter-generational两代间的 trade-offs（n.）权衡取舍 that benefit future communities群落.

Volunteers were asked to read an article about a fatal致命的 airline accident. Then they had to play the role担任…角色 of the head of a company that discovered a new source of cheap, efficient有效率的 energy. They had to decide how much of that energy should be used by the company today versus与…相对 saving it for use by others in the future. Turns out, those who were primed事先指点 to think of mortality必死性 were much more likely to save the resource资源 for future use by others. The study is in the journal Psychological Science.

The researchers say that [by making a difference for future generations] we gain a sense of purpose意义 that combats与…战斗 the feeling of finality终结性 when we face our inevitable不可避免的 mortality.

我们关爱孩子，关心这个他们将要继承的世界。我们也关爱他们的下一代。但是提到未知的后代时，这种祖辈关系就不那么强烈了——至少在提到我们现在的行为会如何影响后代时是这样。

但是研究人员发现，只要提醒人类自身生命有限，就会激发我们权衡代际关系，做出对后代有益的决定。

在一项实验里，要求志愿者读一篇关于致命的航天事故的文章。然后让他们扮演一家公司的首脑人物，这家公司发现了一种价格低廉，高效的的新能源。他们必须决定现代的公司利用多少能源，节省多少能源留给未来的人们。结果证明，事先想过死亡问题的志愿者更倾向于节省能源，为未来做准备。该研究刊登在《心理科学》杂志上。

研究者说道，通过影响后代，我们有了目标感，这种感觉与我们面临不可避免的死亡时的终结感相对抗。

1. trade-off n.权衡;协调;交易;交换
2. prime [praɪm] v. 使准备好；填装；事先指导

Arnold primed her for her duties... 阿诺德事先让她熟悉了自己的任务。

The press corps was primed to leap to the defense of the fired officials. 记者团获知信息后，立即声援被解雇官员。

1. finality [faɪ-ˈnælə-ti] n.终结性;决定性;不可改变性。结尾；定局

'Not this time, Faye,' he replied with finality. “这次不行，费伊，”他斩钉截铁地说。

1. 温度影响人的口味

Does an ice-cold冰冷 drink actually taste better than the same beverage饮料 at room temperature? Depends on取决于 what its taste is: a new study finds that *the intensity强烈程度 of some flavors味道* varies有差异 with temperature. The work工作成果 is in the journal Chemosensory化学感应的 Perception（n.）知觉洞察力.

Researchers took solutions溶液 that tasted bitter苦的, sour, sweet, or astringent味涩的——a flavor风味 （found in legumes豆类） and （*raw（adj.）未经加工的 produce农产品* that creates *a dry, puckering使嘴撅起 feel* in the mouth）. They either chilled使变冷 the solutions溶液 to 5 degrees Celsius摄氏的, the recommended被推荐的 temperature for keeping food cool…or heated把…加热 the solutions to 35 degrees Celsius, *a couple两三个 degrees* below human body temperature. Volunteers then rated the tastes.

Both sour and astringent味涩的 solutions tasted stronger at warm temperatures, and the intensity lasted longer than it did with chilled drinks. Bitter flavors came through显露 best when chilled. And temperature had no effect on *perception感知 of sweetness*.

For most people, temperature can enhance flavors. But for some, dubbed把…称作 *thermal温热的 tasters品尝师*, temperature alone can be a flavor. Heating or cooling *parts of the tongue*舌头 creates the sensation感觉 of taste without food—a finding （that’s hard to swallow完全相信）.

冰镇饮料真的比室温下的饮料好喝吗？这要看你喝什么口味的饮料。一项新的研究发现，口味的强度随着温度的变化而变化。这个成果发表在《化学感知》杂志上。

研究人员拿出苦，酸，甜以及涩的溶液，这个涩涩的味道是从豆科植物中提取的，让人在嘴巴里觉得是干干、冲冲的味道。要么把这些溶液冷却至5℃，这是让食物保持新鲜的温度。或者加热到35℃，这个温度比人类正常的体温低了一些。然后志愿者品评这些溶液。

酸和涩的味道，在热的情况下尝起来更强烈，并且比在冷冻的情况下持续的时间更长。苦的味道，在冷冻的情况下最强烈。对于甜味冷或者热没有什么区别。

对大多数人来讲，温度可以加强口味，但是对于一些被称为“热品酒师”的人来说，温度本身就是一种味道。在没有食物的情况下，加热或者冷冻舌头的一部分，产生一种口味。这件事让人难以相信。

1. raw [rɔ:] adj. ①未经加工的;天然状态的。②（食物）生的，生食的，未熟的

raw materials原材料

Half of it is burned and half of it is raw. 一半烧焦了，另一半还是生的。

1. pucker [ˈpʌkə(r)] v.（使）（脸）起皱；（使）（嘴）撅起

She puckered her lips into a rosebud / and kissed him on the nose. 她双唇努起犹如一朵玫瑰花蕾，在他的鼻子上吻了一下。

1. come through v.

→To come through a dangerous or difficult situation 安然渡过(危险或难关)

He's too old to come through a fall like that. 他年纪太大，经不起那么摔一跤。

→a feeling or message comes through, 显现;显露

I hope {my love （for the material） came through}, because it is a great script... 我希望自己表现出了对这个素材的喜爱，因为这个剧本很棒。

→(尤指在履行完某些程序后)到来

The news came through at about five o'clock on election day. 这条消息是选举当天5点钟左右播出的。

The father of the baby was waiting for his divorce to come through... 孩子的父亲正等着离婚手续办完。

→实现(承诺);成功地完成;成功提供

He puts his administration at risk if he doesn't come through on these promises for reform... 如果他不履行改革承诺，就会使他所领导的政府面临危险。

We found that we were totally helpless, and our women came through for us. 我们觉得自己万分无助，而这时我们的女同胞们向我们伸出了援助之手。

1. dub [dʌb] v.①给…起绰号;把…称作。②为(影片等)配音;译制

At the height of her career, Orson Welles dubbed her 'the most exciting woman in the world'. 奥森·韦尔斯把处在事业巅峰的她戏称为“世上最令人兴奋的女人”。

It was dubbed into Spanish for Mexican audiences. 它被译制成西班牙语，以方便墨西哥观众观看。

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。③(衣服)保暖的，御寒的。n.上升热气流

Volcanic activity has created thermal springs and boiling mud pools. 火山活动产生了温泉和沸腾的泥浆池。

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. swallow v.①吞，咽；忍耐，忍受。②完全相信;信以为真。③掩饰，抑制(感情)

Gordon has swallowed the anger he felt... 戈登忍住了内心的愤怒。

I too found *this story* a little hard to swallow. 我也觉得这件事有点难以置信。

It was vital that he swallowed the story about Juanita being in that motel room that night. 关键是他对朱厄妮塔那晚住在那个汽车旅馆房间里一事毫不怀疑。

1. 说出自己的观点就是赚钱

If you enjoy sharing *all your likes and dislikes* on Facebook, you’re definitely肯定地 not alone: research finds that broadcasting广播 personal opinions gives people *the same sense of reward* as earning money. The study is in the Proceedings of the National Academy of Sciences.

Study subjects had their brains scanned while they either talked about their opinions or judged the beliefs of another. And *sharing their own point of view* stimulated刺激 more activity *in* *the reward-processing parts* of the subjects’ brains.

In another experiment, participants got to choose必须（做） among reporting their own opinion, judging someone else's opinion or answering a true or false question. And for each choice, they could earn varying amounts of money.

Rather than maximize最大化 their winnings奖金 by answering *the questions* that were worth the most cash, people preferred to talk about themselves—even though they sacrificed an average of 17 percent of their potential earnings to do it. For the participants, sharing personal information was its own reward.

Which means that people like comedian 喜剧演员 Patton Oswalt, who tweets photos of what he's having for lunch, probably feel like a million bucks美元.

如果你喜欢在FACEBOOK分享你爱憎喜恶，那你可不是一个人！研究发现公开表明个人观点能给人们带来赚钱一样的快感。这项研究发表于《美国国家科学院院刊》。

不管被试侃侃而谈，各抒己见，或指点江山，评论指正，他们的小脑袋都被研究人员扫描着。分享观点可以使被试者大脑的奖励运行区更活跃。

在另外一个实验中，被试有以下三种选择：1、表达自己的想法；2、点评别人的观点；3、回答非对即错的问题。每个选择所得奖金不同。

虽然回答问题可以使个人收益最大化，但是人们更乐于谈论自己的观点，甚至为此放弃平均17%的潜在收益也在所不惜。因为对于被试来说，分享自己的观点本身就是一种褒奖。

这也就能说明为啥会有人像Patton Oswalt一样，喜欢把他中午吃了啥都“晒”上推特，也许这种感觉跟当百万富翁一样high。

1. definitely [ˈdefɪ-nətli] adv. 明确地；确切地；一定地；肯定地

Something should definitely be done about that... 对此一定要采取一些措施。

He told them {that no venue had yet been definitely decided}. 他告诉他们还没有确定下场地。

1. stimulate [ˈstɪ-mju-leɪt] v.刺激;激励;促使;促起
2. I've got to do something = I have to do something
3. 令人厌恶的人真会让我们感到寒冷

Jack Nicholson, playing the crazed疯狂的 caretaker看管者 in The Shining, makes me reach for伸出…以触及 a blanket毛毯. Now a study finds that people （we find, well, creepy令人毛骨悚然的） can actually make us feel colder. The research will be published in the journal Psychological Science.

Researchers interviewed访谈 40 college undergraduates在校本科生. During each interaction互动, the experimenter实验者 was either chummy非常友好的 with the student or very stiff生硬的 and professional职业的. The investigator研究者 also alternated轮流 between mimicking模仿 students’ posture姿势——a signal of rapport友善——and not doing anything at all.

Participants then completed a questionnaire designed to find out how hot or cold they felt. The results showed that the subjects actually felt colder when the investigator acted inappropriately不得体的 or sent mixed signals.

The researchers conjecture猜测 that because the brain tries to interpret解释 *social cues*暗示 and *purely纯粹地 physical ones* [simultaneously同时地], people unconsciously associate *icy stares*凝视 and *chilly冷淡的 interactions互动* with actual真实的 physical coldness冷淡冰凉.

So the next time you have to visit your doctor with the creepy令人不寒而栗的 receptionist接待员, bring a sweater毛衣.

杰克-尼科尔森在电影The Shining中歇斯底里的表现，让我浑身发冷得只想盖上毯子。如今的一项研究发现，那些令人厌恶的人原来真会让我们感到寒冷。这项研究将发表在《心理科学》杂志上。

研究人员采访了40位本科大学生。在和大学生的每个互动中，实验人员要么和学生们亲密无间，要么极其冷漠僵硬，要么就表现得非常职业。研究人员有时模仿学生们的姿势，以此表示他们相处得很融洽，有时则什么都不做。

学生们随后完成了一份调查问卷，旨在询问他们感到发热还是发冷。结果表明，当研究人员行为不当，或发出复杂信号的时候，学生们真地感受到了寒意。

研究人员推测，大脑要同时处理社交暗示和纯粹的肢体动作，这就会让人不自觉地将冰冷的凝视和冷漠的互动，与实际的身体寒意联系起来。

因此，下一次你要是去看医生，而那个医生的接待员又令人讨厌，可别忘了带上一件毛衣。

1. care-taker [ˈkeə-teɪkə(r)] n. 看门人；看管着；守护者。adj. (政府、领导)临时的，代理的

A caretaker government or leader

1. creepy [ˈkri:pi] adj.令人紧张不安的;令人毛骨悚然的
2. chummy [ˈtʃʌmi] adj. (人、社交活动)令人愉快的，友好的
3. stiff adj.①硬的;不易弯曲的。②(行为)拘谨的，生硬的，不太友好的
4. alternate [ɔ:lˈtɜ:-nət] v.（使）交替；（使）轮流。adj.交替的；轮流的

Her aggressive moods alternated with gentle or more co-operative states... 她情绪多变，时而咄咄逼人，时而又显得温柔平和或乐于合作。

1. rapport [ræˈpɔ:(r)] n.和睦;友善;亲近
2. inap-propriately [ˌɪnə-'prəʊ-prɪə-tlɪ] adj.①不适用的;不适合的。②不得体的;不合时宜的

He was dressed inappropriately for the heat in a dark suit. （adv.）这么热的天他不合时宜地穿了套黑色西服。

1. mixed adj. (感情)矛盾的，复杂的，交错的

I came home from the meeting with mixed feelings... 开完会回到家里，我心里百感交集。

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

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

1. chilly [ˈtʃɪli] adj.①阴冷的;寒冷的。②冷的;有寒意的。③ (人际关系、反应)冷淡的，冷冰冰的，不热情的

I'm a bit chilly. 我有点冷。

1. 视觉提示与蔬菜摄取

Americans still fall short of达不到 the recommended被推荐的 daily portions饭菜的一份 of fruits and vegetables. And kids are notoriously众所周知的 averse不乐意的 to veggies蔬菜 at the school cafeteria自助餐厅. So researchers tested whether *visual cues暗示 of healthful foods* could increase consumption消耗量 at a grade school小学 with 800 students.

[First] the scientists determined查明确定 how many kids put carrots胡萝卜 and green beans豆荚 on their trays盘子 and how much they ate. [Three months later] they did the same analysis. But on the second day, the trays had *pictures of carrots and green beans* in the trays’ compartments分隔间（也就是快餐盘里有的一个个分割小空间，中间的大空间放饭，周围的小空间放各种菜）.

On the day with the photo cues, more than twice两倍 as many kids took green beans as on the control day, and more than three times as many kids took carrots. Average consumption消耗量 per student went up as well. The study was published in The Journal of the American Medical Association协会.

The researchers note that the effect needs to be tested elsewhere for longer than two days. And *the amount of veggies蔬菜 eaten* still didn’t meet government recommendations（n.）推荐. But if pictures of burgers汉堡包 can sell meaty多肉的 meals, maybe *fresh fruit and veggie food photos* can play a part in the campaign（n.）活动 for healthier kids.

美国人每日的水果和蔬菜建议摄取量，仍然达不到要求。在学校食堂就餐的孩子们对蔬菜可是出了名的反感。因此，研究人员做了测试，在一个有800名学生的小学，对健康食品采用视觉提示方式，看看能否促进学生们多吃蔬菜。

首先，科学家们确定了有多少孩子在自己的餐盘里放了胡萝卜和青豆，同时确定了他们吃了多少胡萝卜和青豆。三个月后，科学家做了同样的分析。但第二天开始，科学家在餐盘上画上胡萝卜和青豆的图片。

餐盘画上胡萝卜和青豆之后的一天内，选择食用青豆的孩子增加了两倍多，选择食用胡萝卜的孩子增加了三倍多。每名学生的平均蔬菜消费量也上升了。这项研究结果发表在《美国医学协会杂志》上。

研究人员指出，这种方式产生的效果需要在其它地方进行验证，而且测试持续的时间应该在两天以上。尽管如此，学生们的蔬菜摄取量仍然没有达到政府提出的建议值。但如果汉堡图片有助于卖出更多的肉类，那么新鲜水果和蔬菜的图片，大概也可以对“健康孩子运动”有所裨益吧。

1. fall short of v. 不足;缺乏;达不到;不符合

We still fall far short of what the Party expects of us. 我们离党的要求还差得远.

1. portion [ˈpɔ:ʃn] n. ①一部分；一份遗产（或赠与的财产）；②（饭菜的）一份，一客

*The portions* were generous. 每份饭菜分量都很足。

I had learnt a portion of the Koran... 我学过一点儿《古兰经》。

1. averse [əˈvɜ:s] adj.不乐意的；不愿意的；反对的（you say that you are not averse to something,）

He's not averse（adj.） {to publicity, of the right kind}. （直译：他没有不乐意做…）他不反对正当的宣传。

1. veggies ['veɡɪz] = vegetables 蔬菜
2. grade school n. <美>小学，初等学校
3. ... times ＋as many（或much）＋名词＋其它…。用times表示倍数（一般限于包括基数在内三倍或三倍以上的数。表示两倍的数, 一般twice。）。

There are five times as many students as we expected. 到的人是我们预计的五倍。

→.... times＋as＋形容词（或much）或副词原级＋as...

His father is twice as old as he. 他父亲的年纪有他两倍大。

Asia is four times as large as Europe. 亚洲的面积是欧洲的四倍。

→times＋形容词（副词）比较级＋than...

The car runs twice faster than that truck. 这辆轿车的速度比那辆卡车快两倍。（是那辆卡车的三倍快）

→.... times＋the＋名词（size, height, weight, length, width）＋of

This street is four times the length of that one. 这条大街是那条街的四倍长。

→.... times＋over＋被比对象：表示“增加……倍”。

*The grain output in that village* was twice over that of 1978. 那个村的粮食产量比一九七八年的增加了两倍。

→... times＋thatof＋被比对象“是……倍”。

In this workshop, the output of July was 3. 5 times that of January. 这个车间七月份的产量，是元月份的三点五倍。

1. meaty [ˈmi:ti] adj.①（食物）含肉的，多肉的。②（文章、电影等）内容丰富的。③（身体部位)肥厚的，粗壮的

*The short, meaty reports* are those he likes best... 这些简短而翔实的报告是他的最爱。

...a pleasant lady with meaty arms. 一位双臂丰腴、很有亲和力的女士

1. campaign [kæmˈpeɪn] n.①(社会、政治)运动,活动。②(包括一系列战斗的)战役

→（v.）someone campaigns for something, 发起运动;开展活动

We are campaigning for law reform... 我们正在宣传呼吁进行法律改革。

1. "随你付"让顾客望而却步

Music, film and video game makes face *a new online, digital world*. And some are testing试验 a revolutionary pricing system: pay-what-you-want. But a new study finds that when consumers can name提出价格 their own price, many may opt out of决定从…退出 buying at all. The study is in the Proceedings of the National Academy of Sciences.

For the research, tour观光 boat passengers posed for摆姿势以供摄影 photos. Each boat （ride） announced宣告 a price of 15 dollars per picture. But they then charged索要钱 either 15 dollars, 5 dollars, or the option to pay what you want.

As expected正如所料, the fewest tourists purchased photos when they had to pay full price. But more customers bought photos when they cost 5 dollars than when prices were pay-what-you-want——which could have saved passengers even more.

The researchers suggest that {choosing to pay less than an announced lower-than-expected低于预期 price} made people feel cheap. With choices then limited to spending more money / or feeling like a tightwad吝啬鬼, potential customers simply opted out of the purchase. So on sea or land, a low, set price may catch the most fish.

音乐、电影和视频游戏进入了全新的网络和数字时代。这时出现了一种革命性的定价方式：“随你付”。但一项新研究发现，当允许消费者自己给商品定价的时候，他们中的许多人反而选择了放弃购买。这项研究刊登在《全国科学院学报》上。

研究人员以摆姿势拍照的游船乘客作为研究对象。每个游船对每张照片的定价是15美元。但随后有的收取15美元，有的收取5美元，有的则让游客“随你付”。

正如研究人员所料，当不得不支付全价时，很少有游客购买照片。当定价5美元的时候，大多数的游客都会购买照片——多于可以“随你付“的游客——尽管”随你付“的游客本可以节省更多的钱。

研究人员称，低于预期的价格让人们觉得很便宜。人们既不愿意多花钱，也不愿意让人觉得自己是个吝啬鬼。因此，潜在客户只能选择放弃购买。所以，只有较低的固定价格才能抓住大多数顾客的心——这个定价原则，放诸四海而皆准。

1. name v.提出，说出，指出(价格、时间、地点等)

Call Marty, tell him to name his price. 给马蒂打电话，让他出个价儿。

1. you opt for something, or opt to do something, vi.选择；作出抉择
2. opt out of v.决定不参加...；决定（从...）退出

Google lets users opt out of its tracking mechanism. 谷歌让用户可以选择不加入其跟踪机制.

1. you pose for a photograph or painting, v.摆姿势（以供人摄影或绘画）
2. charge v.向…收费;索要(钱);要价

The majority of stalls charged a fair price... 多数货摊要价比较公道。

→To charge something to a person or organization 将…的账单寄给…;把…记在…的账上

*All transactions* have been charged to your account. 所有交易都记在你的账户上了。

1. 狗狗希望和你享用同样的食物

Does your puppy幼犬 turn his nose up at his own chow食物—because he wants some of whatever it is that you’re having? A new study finds that, when it comes to food, dogs recognize认出 human social signals about what’s good. The work is in the journal Public Library of Science ONE.

Researchers let *pet宠物 dogs* choose between two plates, one with a single piece of food and the other with six pieces. Unsurprisingly, the animals generally went for挑选 the larger portion饭菜的一份. But when a human being showed a clear liking for the smaller plate, the canines犬科动物 likewise同样地 went for the skimpier不足的 choice. The dogs apparently recognized and responded to the humans’ social cues.

And *not all cues* were equally effective. When the human approached走近 but did not touch the smaller portion部分, dogs ignored the attention-drawing吸引注意 gesture动作举止. For *a social signal* to influence behavior, it had to demonstrate表露 intention（n.）意图. And the most effective cues also involved communication, such as looking from the food to the dog and back while talking encouragingly勉励人地. For dogs, choosing a bite may depend on another’s bark.

请问您的狗狗是不是对它自己的食物嗤之以鼻？——这是因为它希望和你享用同样的美餐。一项新研究发现，当涉及到食物时，狗狗可以根据人类发出的信号判断哪些食物是好哪些食物是坏。这项研究刊登在《科学公共图书馆》杂志上。

研究人员让宠物狗在两碟食物中选择，一碟有一块食物，另外一碟有六块。不出所料，动物一般选择大的那份。但是，当给狗看一个人有明显的对小碟食物的喜好之后，狗同样做出这种选择。显然，狗意识到并且对人类的社会暗示有反应。

而不是所有的暗示都同样有效。当人走进但没有选取小部分，狗会忽略这种吸引注意力的做法。对于一个社会信号，想达到影响行为的程度，他必须显示出倾向性。并且最有效的暗示包括交流，比如从食品那儿一直看到狗再看回食物同时给狗一些鼓励的话。对于狗来说，选择一快食物可能依赖于他人的话语。

1. puppy [ˈpʌpi] n. 小狗，幼犬；浅薄自负的年轻男子；狂妄自大的小伙子
2. turn up v. (常指出其不意地或经长久等待后)出现，到来，露面

Richard had turned up on Christmas Eve with Tony... 理查德和托尼在圣诞夜一道露面了。

→you turn something up or if it turns up, 找出;发现;注意到;出现

Investigations have never turned up any evidence. 调查从没发现任何证据。

1. go for v.①选择；挑选。②非常喜欢；倾心于

People tried to persuade him to go for a more gradual reform programme. 人们试图说服他采取更为渐进的改革方案。

I tend to go for large dark men. 我非常喜欢身材魁梧、肤色偏黑的男人。

1. likewise adv. 同样地；照样地，也，而且

*These requests* are ignored. *His requests for rent* are likewise sometimes ignored... 这些要求被置之不理。他关于支付租金的要求有时也同样未被理睬。

He lent money, made donations / and encouraged others to do [likewise]. 他又借钱又捐款捐物，并且鼓励别人也这样做。

1. skimpy [ˈskɪm-pi] adj. （衣服）小而暴露的；<贬>（数量或大小）不足的，不够的。短小的;少量的

...skimpy underwear... 太过暴露的内衣

They suffered ①long hours, ②unsafe working conditions / and ③skimpy pay. 他们在不安全的工作环境下长时间辛苦劳作，却只有微薄的工资。

1. gesture [ˈdʒestʃə(r)] n.①手势；姿势；示意动作。②（表明态度或意图的）姿态，表示。v.打手势；用手势表示；用动作示意

There's not greater gesture of love than having someone's name tattooed on your body... 没有比将某人姓名文到身上更绝妙的示爱方式了。

I gestured towards the boathouse, and he looked inside... 我朝船库方向示意，他便往里面瞧了瞧。

1. demonstrate [ˈdemən-streɪt] v.显示;表露

Have they, for example, demonstrated a commitment（n.）承诺 to democracy?... 例如，他们是否已表现出会致力于民主？

1. 投票地点影响投票给谁

On election day, where do you vote? If it's in a church, you might be inclined（adj.）倾向的 to vote more conservatively（adj.）保守党的 than if you cast投票 your ballot无记名的投票 at a school or government building. That’s according to research published in the International Journal for the Psychology of Religion宗教.

And the effect seems to hold保持不变, whether you’re Christian基督徒, Muslim or agnostic不可知论者, progressive 改革论者, independent无党派人士 or conservative保守的人.

The study found that when random people were surveyed对…作民意调查 in front of a church, they gave more socially and politically conservative保守的 responses回应 than people （surveyed while standing in front of a government building）.

The shift改变 in people's attitudes, the researchers suggest, was likely a result of visual priming事先指导—meaning that people （who could see the religious宗教的 building） were, consciously有意识地 or not, getting cues暗示 （that influenced their response）.

The surveys were conducted组织实施 in Europe, so it's possible {American voters might react differently}. But the survey included subjects from more than 30 countries to try to minimize a particular national bias偏好. So before you cast your vote this election year, think about whether your view视野风景 is influencing your views观点.

选举日当天你会在哪里投票？相较于学校或政府大楼，如果投票地点是一所教堂的话，选民可能会倾向于投给比较保守的党派。这是根据《国际宗教心理学杂志》上发表的一项研究得出的结论。

不管你是基督徒、穆斯林或不可知论者，还是革新分子、独立党人或者保守人士，这项结论似乎都一样适用。

随机调查显示，站在教堂前的人比站在政府大楼前的人，对社会和政治持有更加保守的态度。

研究人员认为，人们态度的转变很可能是视觉启动的结果——当人们看到宗教建筑的时候，他们会自觉或不自觉地获得某些暗示，而这些暗示影响了他们的反应。

这项调查是在欧洲进行的，所以美国选民的反应可能不尽相同。但调查对象来自30多个国家和地区，以尽量减少某一特定的民族偏见。所以，如果你在今年的选举中投票的话，考虑考虑你的投票地点吧。

1. you incline to think or act in a particular way, v. (使)倾向;(使)趋向

I incline to *the view* that he is right. 我倾向于认为他是正确的。

→（adj.）you are inclined to have a particular opinion, 倾向于…的;赞成…的

I am inclined（adj.） {to agree with Alan}. 我倾向于赞同艾伦的观点。

→（adj.）you are inclined（adj.） to behave in a particular way, 愿意…的;有…意向的

He was inclined to self-pity... 他总是自怜自叹。

1. conservatively [kən-'sɜ:və-tɪv-lɪ] adj. ①保守的;因循守旧的。②(英国)保守党的，支持保守党的。持右翼观点的。
2. independent adj. 相互独立的;彼此不关联的；(学校)私立的；无党派的
3. prime [praɪm] v.①事先指点；使做好准备。②把（炸弹、枪支）装好

Arnold primed her for her duties... 阿诺德事先让她熟悉了自己的任务。

1. bias [ˈbaɪəs] v.使有偏见；使偏向。n.①偏见；偏心；偏袒。②偏好；偏爱。③斜裁（A dress or skirt that is cut on the bias or that is bias-cut）

We mustn't allow it to bias our teaching. 我们决不允许它影响我们的教学。

...a bias-cut dress. 斜裁裙装

1. 婚姻市场 女性仍然最想嫁给有钱的男人

The marriage market

Got to必须 have a J.O.B.

Women still most want to marry men with money

JANE AUSTEN'S characters角色 took it for granted认为…是理所当然的 that men with money made more eligible符合条件的 mates配偶. “A man like that is hard to find, but I can't get him off my mind,” lamented哀叹 the female女性的 vocalists歌手 of ABBA. A new study from the Pew皮尤 Research Centre, a think-tank智囊团, finds that little has changed. Fully足足 78% of American women who have never been married say it is “very important” that their future spouse配偶 has a “steady稳定的 job”. By comparison相比之下, only 46% of men mind介意 much *what their future spouse does* 目的状for a living为了生存.

Wrenching猛扭 changes in the labour market, combined使结合兼有 with these ancient preferences偏好, have shaken up彻底重组 the marriage market. Women are much more likely to have jobs than they were half a century ago; men, somewhat稍微有点 less so. Women today find it easier to cope成功地应付 without a male breadwinner养家糊口的人. At the same time, many find *the pool水池 of potential潜在的 husbands* less appealing有吸引力的.

[In 1960] young, never-married women were *spoilt for choice*可供选择的东西众多. For every 100 of them （aged 25-34）, there were *139 young, never-married men* with jobs vying竞争 for their attention. [In 2012] there were just 91. For some groups群体, the gap缺口 is much bigger. Young never-married black women outnumber数量比…多 young never-married black men with jobs by a startling令人吃惊的 two-to-one (see chart). This helps explain why although African-Americans are more likely [than other races人种] to say they value重视 marriage, only 26% of black women are actually married, compared with 51% of whites.

*The raw未经加工的 ratio比率* of bachelors单身汉 to bachelorettes未婚女子 varies有差异 with age. There are *118 unmarried 25-year-old men* for every 100 single women, 因为since women are more likely to marry older partners. Around *the age of 40*, the ratio比率 is roughly恶劣地 even. From then on, the surplus剩余额 of men turns into a deficit亏空逆差: by the age of 64 there are only *62 unmarried men*, with or without jobs, for every *100 unmarried women*.

Overall总的说来 20% of *Americans 25 or older*, the highest share ever, have never said “I do.” That is partly because they are marrying later. Kim Parker, one of the study's authors, reckons估计 that kids are more cautious慎重的 these days, whereas然而 lovebirds多情鹦鹉 of yore往昔“used to leap跳跃into the unknown together.”

But *some Americans* are never marrying at all, either because they prefer not to, or because they can't find the right person. Pew predicts预测 that [by 2030] *28% of American men* who were aged between 25-34 in 2010——and 23% of women——will never have tied打结系牢 the knot绳结. In 1980 only *6% of 45-54 year olds* had never been hitched把…钩（或拴、系）在…上. For men （with not much education）, the picture is especially grim严酷的. Among *young American adults* （with a high school certificate文凭 or less）, there are *174 never-married men* for every 100 never-married women. The difference largely reflects反映 the difficulty （poorly-educated低学历 men have finding work）.

*Men and women* with college degrees are still highly likely to wed and stay that way. But *the cost of college* can delay the day when young people feel they can afford *an engagement婚约 ring,* let alone更不用说 a family. A third三分之一 cited引证 their finances财力 as *the reason* （they were not yet hitched使结婚）, compared with just 20% of those （over 35）. As *one Eminem人名 fan* at a recent music festival节日 in Atlanta亚特兰大 romantically浪漫地 put it “I'm just trying to sort解决问题 things [one at a time]. I've got a girlfriend / but I've also got *college debt*债务.”

必须要有一份工作

女性仍然最想嫁给有钱的男人

简·奥斯丁笔下的人物想当然地认为，越是有钱的男人越适合做伴侣。“这样的男人是很难找到的，但是我无法将他们踢除出我的脑海。”ABBA中的一位女歌手这样说道。智囊团尤皮研究中心的一项新研究显示，女性在这方面的思想几乎没有改变。未婚美国女性中，有78%的人认为未来配偶拥有“一份稳定的工作”是“十分重要的。”相比之下，只有46%的男性介意他们未来的配偶以什么为生。

劳动市场的痛苦的变化，以及一些古老的偏好，动摇了婚姻市场。相比于半个世纪之前，女性更有机会参加工作，而男性却稍稍减少了一点。现在的女性发现即使没有男性养家，生活也很容易对付。同时，许多女性发现潜在丈夫没有那么大的吸引力了。

在1960年，年轻、未婚的女性是有极大的选择余地的。每100位25到34岁的女性，就有139位年轻、未婚且有工作的男性，争抢着吸引她们的注意。而到了2012年，只有91位这样的男性了。对于某些群体，这样的差距可能更大。年轻未婚的黑人女性与年轻未婚且有工作的黑人男性的比例，竟高达惊人的2:1。这就解释了为什么尽管非裔美国人强调他们比其他种族更在乎婚姻，然而相比于白人女性51%的结婚率，黑人女性只有26%。

单身的男女比例随着年龄的不同而变化。每100位单身女性，就有118位未婚的单身男性，因为女性更愿意嫁给年长的男性。到了40岁左右，这个比例更加明显了。从那个年龄段开始，盈余的男性变成了赤字：到了64岁，每100位未婚女性，只有62位未婚男性，且不管他们是否有工作。

总体来说，美国25岁以及以上的人，有20%从来没有说过“我愿意”，这一比例创下了历史最高。部分原因是他们晚婚。研究中心的一位作者金姆·帕克说，如今的孩子们更加谨慎了，而昔日的情侣则是选择“一起走向未知的世界。”

但是有些美国人却一生都不结婚，有的是因为自己不愿意，而有的则是因为找不到合适的对象。皮尤研究中心预测，2010年25-34岁的男性到了2030年有28%仍然未婚，而女性则有23%。在1980年，45-54的年龄段中，只有6%的人未婚。对于那些没有受过多少教育的男性来说，情况尤为严峻。对于那些只有高中或以下学历的未婚女性来说，每100位就有174位未婚男性。这样的差异很大程度上反映了低教育程度的男性找工作十分困难。

拥有大学学历的男性和女性，仍然很有可能结婚并保持下去。但是上大学的费用会推迟他们的婚期，直到年轻人认为自己可以负担得起一枚订婚戒指，更不用说是一个家庭。超过35岁的人有20%是因为财政紧张而没有结婚，而他们则有三分之一是出于这个原因。就像在最近亚特兰大的一个音乐节上，埃米纳姆的一个粉丝浪漫地说：“我只是想一次性解决问题，我有女朋友，可我也有大学债务。”

1. you take something for granted, 认为…是理所当然的

→you take it for granted that something is the case, 理所当然地认为

→someone takes you for granted, （因视作理所当然而）不把…当回事，对…不予重视（或不知感激）

1. eligible [ˈelɪ-dʒəbl] adj.（作为结婚对象）合适的，中意的

He's the most eligible bachelor in Japan. 他是日本最为抢手的单身汉。

→Someone who is eligible（adj.） to do something有资格的;符合条件的;有能力的

You could be eligible（adj.） for a university scholarship. 你也许有资格获得大学奖学金。

1. lament [ləˈment] v. n.为…悲痛；哀叹；痛惜。
2. wrench [rentʃ] v.①猛拉;猛拧;猛拽。②挣脱;挣开。③扭伤(关节) 。n.(离别时的)痛苦，愁楚

wrench的基本意思是“猛拉”“猛扭”,指用很强的力把物体朝自己所在的方向或跟着自己移动,有时也可指朝某一方向转动。用于比喻可表示“歪曲”“曲解”等。

They wrenched open the passenger doors / and jumped into her car. 他们使劲拽开后座车门，跳进了她的车子。

He wrenched off his sneakers... 他使劲儿脱下运动鞋。

I always knew it would be a wrench to leave Essex after all these years... 我一直心里清楚过了这么多年后离开埃塞克斯会非常痛苦。

1. combine的基本意思是“联合”“合并”,主要指两个或多个东西“搅拌”“渗透”或“混合”在一起,强调已结合成一体,且被结合物已失去各自的特性。

combine有时也可指人或人群联合行动或组成更大的团体。本词着重强调共同的宗旨和目的。

1. shake up ①彻底调整，重组，改革(组织、机构、行业等) 。②使震动;使激动;使心烦意乱

Shareholders are preparing to shake things up in the boardrooms of America. 股东们正准备在美国的公司董事会议上作出重大调整。

He was in the car when those people died. That really shook him up... 那些人死的时候他正在车里，当时他真是吓坏了。

1. you cope with a problem or task, v. (成功地)处理，应付，对付

→you have to cope with an unpleasant situation, 应付，忍受(不愉快的局面)

1. A pool of people, money, or things 备用数量；可用数目

The available pool of healthy manpower was not as large as military officials had expected...

可用的健壮人力数量没有军官预计的那么多。

The new proposal would create a reserve保留的 pool of cash. 这项新的提议将建立一个现金储备基金。

1. spoil v.①弄糟;损坏;破坏。②溺爱，宠坏(孩子) 。③战利品;因成功获得的好处（*the spoils* of war）

It's important not to let mistakes spoil *your life*... 重要的是不要让错误毁了你的生活。

→you spoil yourself or spoil another person, 犒赏（自己或他人）

→someone is spoilt for choice or spoiled for choice, 可供选择的东西众多

At lunchtime, MPs are spoilt for choice in 26 restaurants and bars. 到了午餐时间，议员们有 26 家之多的餐厅和酒吧可供选择。

1. vie [vaɪ] v. 竞争;争夺（one person or thing is vying with another for something, ）
2. raw adj. ①未经加工的;天然状态的。②（信息）未经处理的，原始的

Analyses were conducted on the raw data. 对原始数据进行了分析。

1. ratio [ˈreɪ-ʃiəʊ] n. 比，比率；比例；系数
2. reckon [ˈrekən] v.料想;估计;认为

Toni reckoned that it must be about three o'clock... 托妮估计当时肯定是3点钟左右。

→you say that something is reckoned to be true, 认为…；把…当作

The sale has been held up because the price is reckoned to be too high. 销售陷入停滞，因为大家认为价格太高了。

→you say that someone reckons to do something, 预计；料想；期望

Police officers on the case are reckoning to charge someone very shortly. 调查这个案子的警官，正在考虑尽快起诉嫌疑人。

1. whereas [ˌweərˈæz] (表示对比)但是，然而

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

1. two people tie the knot, 结合；结婚

you hitch something to something else, v.把…钩（或拴、系）在…上

1. →you hitch ,hitch a lift（n.）搭便车, or hitch a ride, v.搭便车（旅行）；搭顺风车

→you get hitched, 结婚

1. certificate [sə-ˈtɪfɪ-kət] n. 证明书；文凭，结业证书。vt. 发给证明书；用证书证明（或认可）
2. let alone ①不理, 不管〔惹〕, 不烦扰, 不干涉。②更不用说, 还不算

Let me alone! 别管我!

We can't afford a bicycle, let alone a car. 我们连自行车也买不起, 更不用说汽车了。

1. cite [saɪt] v.（尤指作为例证）引用，援引，提及

He cites just one example... 他只引用了一个例子。

1. sort v. ①把…分类;整理。②解决(问题);理清(细节)

These problems have now been sorted. 这些问题现在已经解决了。

1. 冰敷对付蚊虫叮咬最有效

Spring is in the air. And so are those dang该死 insects, hungry渴望的 for a blood meal. The victim can wind up最终落得 with a bunch of大量 bites, red and itchy发痒的. So what drugs can quench止渴 that itch痒? Maybe none, according to a study in the Drug and Therapeutics疗法 Bulletin公告.

Researchers reviewed the literature文献 on a variety of treatments. Topical局部的 antihistamines抗组织胺药? Generally not recommended被推荐的. They’re only marginally略微地 effective and shouldn’t be used for longer than three days.

*Oral口头的 analgesics止痛剂* like ibuprofen布洛芬 are sometimes recommended, but the scientists say there’s no evidence supporting that. *Topical anesthetics*麻醉剂 such as *lidocaine*利多卡因 are only marginally稍微地 effective / and can sensitize使敏感 the skin—meaning *the itching*发痒 could ultimately最终 get worse.

And common topical steroids类固醇 like hydrocortisone氢化可的松? The problem here is that they’re not supposed（adj.）应该 to be used on broken skin. And if you’ve been scratching给…挠痒, that skin may already be broken.

The authors作者 recommend推荐 a simple approach途径: clean the area, and use a cold pack冰袋 to tamp down压实 inflammation炎症 and numb使麻木 the nerves. If you haven’t broken the skin, try the steroid类固醇 cream乳膏. But *your best approach* may be ice. The cold hard fact冷酷的事实 is that *this cold hard treatment* works起作用.

真是春意盎然啊。不过各种昆虫也活跃了起来，大吸特吸人类的鲜血。结果，人们可能被叮了满身的包，又红又痒。用什么药可以解痒？根据刊登在《药物与治疗通报》上的一项研究，目前也许还没有有效的解痒药。

研究人员翻阅了多种有关解痒方法的文献。局部用抗组胺药怎么样？一般不予推荐。它们只能勉强有效，而且有效期不超过3天。

有时推荐使用口服止痛药，如布洛芬。但科学家们说，没有证据显示这种解痒药一定有效。局部麻醉剂比如如利多卡因都只能勉强有效，但会让皮肤过敏，因而最终让瘙痒变得更严重。

常见的外用类固醇（如氢化可的松）怎么样？问题是，这类东西不应用于破损的皮肤。如果你用手搔痒了，就可能已经把皮肤挠破。

作者推荐给大家一个简单的方法：清洁被咬部位，然后用冰袋压实该炎症发生区域并麻痹该处神经。如果你还没把那里的皮肤弄破，试着涂一些外用类固醇软膏。但是其实最好的方法是用冰。冷酷无情的事实就是：这种冷处理确实管用。

1. dang adj. 倒霉，该死（婉辞，与 damn 同义）
2. wind up v①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。

Both partners of the marriage wound up unhappy. 最后婚姻双方都不幸福。

1. itchy [ˈɪtʃi] adj.①发痒的;令人感到瘙痒的。②漫游的渴望;旅行的渴望（you have itchy feet）

The trip gave me *itchy feet /* and I wanted to travel more. 这次旅行让我渴望出游,想去更多的地方。

1. quench [kwentʃ] v.①解(渴)；止(渴) 。②终止（某事物）；（用水）扑灭（火焰等）；将（热物体）放入水中急速冷却

He stopped to quench his thirstat a stream. 他停了下来，在小溪边饮水止渴。

1. Thera-peutics [ˌθerə-ˈpju:-tɪks] n. 治疗学，疗法
2. Topical adj.有关时事的;时下关注的;热门话题的

The book has *all the lively topicality*（n.）时事性话题of first-rate journalism. 这本书包含了一流新闻报道中出现的所有热门议题。

1. anti-hista-mine [ˌænti-ˈhɪstə-mi:n] n.抗组（织）胺药（用于抗过敏）

组胺（Histamine）也称组织胺，作为身体内的一种化学传导物质，可以影响许多细胞的反应，包括过敏，发炎反应等，也可以影响脑部神经传导，会造成想睡觉等效果。

1. analgesic [ˌænəl-ˈdʒi:-zɪk] adj.止痛的；镇痛的。n. 止痛剂
2. ibu-profen [ˌaɪ-bju:-ˈprəʊ-fen] n. 布洛芬。是一种抗炎药，常被用来缓解关节炎，经痛，发热（退烧）等症状。此外它也是一种镇痛药，特别是用于炎症引发的疼痛。
3. anesthetic [ˌæ-nəs-'θetɪk] n. （使局部或全身失去知觉的）麻醉剂。adj. 感觉缺失的；麻木的，麻醉的
4. lidocaine [ˈlɪ-də-keɪn] n. 利多卡因（一种局部麻醉剂）
5. sensitize [ˈsensə-taɪz] v.

→you sensitize people to a particular problem or situation, 使敏感;使意识到

How many judges in our male-dominated courts are sensitized to women's issues? 在男性占主导地位的法庭上，有多少法官对妇女问题是比较敏感的呢？

→a substance is sensitized to something such as light or touch, 使对…有反应;使敏化;使过敏

...sensitised nerve endings. 变得敏感的神经末梢

1. steroids ['stɪə-rɔɪ-dz] n. 类固醇( steroid的名词复数 ) (运动员服用后可增强体力)

类固醇最重要的角色就是作为激素。类固醇药物具有极强的消炎及免疫抑制的作用。

类固醇是人体本来就会自己分泌的物质，除此之外，我们在遇到外在环境压力或危急时也会迅速分泌大量类固醇来“应急”，最明显的是运动员常打一种合成代谢类固醇，也是类固醇的一种，以增加运动场上的爆发力。但大量服用类固醇对身体带来的副作用很大，因此体育协会将类固醇列为禁药。

1. hydro-corti-sone [ˌhaɪdrə-ˈkɔ:tɪ-zəʊn] n. 氢化可的松，皮质醇

皮质醇是一种由肾上腺分泌的荷尔蒙，在应付压力中扮演重要角色。皮质醇会提高血压、血糖水平和产生免疫抑制作用。在药理学，人工合成的皮质醇称作「氢羟肾上腺皮质素」（hydrocortisone）。

1. scratching v. n.①划痕;擦痕。②划伤;划出痕迹

→you do something from scratch, 从零开始;从头做起;白手起家

→someone is scratching their head, 苦苦琢磨;绞尽脑汁

→you only scratch the surface of a subject or problem, 触及表面;隔靴搔痒;浅尝辄止

→someone or something is not up to scratch, 达到标准;合格;令人满意

1. cold pack n. 冷毛巾，冰袋等
2. tamp [tæmp] v.压实;夯实（tamp down）
3. cold hard fact本意是指"冰冷坚实的事实"，冷酷的事实
4. 全球变暖不利植物生长

Global warming might seem like a botanical植物学的 boon恩惠. After all, milder温和的 temperatures and more carbon dioxide二氧化物 and nitrogen氮气 should feed喂养 flora植物群落. But a ten-year study has found that *any initial最初的 positive积极的 effect* on plant植物 growth生长（n.） from climate change may soon disappear. The report is in the journal Nature Climate Change.

Researchers transplanted移植 vegetation植物 from four grassland草原 ecosystems生态系统 to lower, warmer elevations高地. They also modified修改 the precipitation降水 at the transplant移植 sites based on *altered更改 rainfall estimates预测*. For the first year, the plants did great, producing more biomass（单位面积或体积内）生物的数量 and churning搅动 out大量生产 more oxygen for us. But their productivity生产率 went down for the rest of the decade.

What happened? Warming did speed up the nitrogen氮 cycle, which should have increased nitrogen’s availability利用率 as plant fertilizer肥料. But a lot of the nitrogen left the soil through run-off流失 or uptake（n.）摄取 into the atmosphere. In addition此外, *productive高产的 native本地的 plants* began to lose out失败 to *species*物种 that thrive兴隆 at higher temperatures, but are less productive（adj.）多产的than the natives. Warmer temperatures may spur促进 immediate立即的 growth, but in the long term, we can’t expect plants to like it hot.

全球变暖对植物而言似乎是个福音。毕竟，温和的气候和日渐增多的二氧化碳和氮，可以给植物提供养料。但一项为期十年的研究发现，任何气候变化对植物生长产生的最初积极影响，可能很快就会消失。该报告发布在《自然气候变化》杂志上。

研究人员将四个草场生态系统的植被，移植到海拔较低、较温暖的地域。根据预期的降雨量变化，他们还改变了移植地的降水量。第一年，植物长势确实很好，产量很高，也给我们制造了更多的氧气。但这些植物的生产能力，在这十年的剩余时间里却降低了。

这是怎么回事？原来，气候变暖也加快了氮循环，这可以使更多的氮气用作植物的肥料，但也有大量的氮从土壤中溢出，或者流入大气层中。此外，多产的的原生植物在竞争中，开始输给那些可以在较高温度下茁壮成长的植物物种，但仍然低于原生植物原本的产量。气温升高可以迅速刺激植物增长，但是从长远来看，温度上升可不是植物们所喜欢的。

1. boon [bu:n] n. 恩惠；福利，给生活带来方便的事物

This battery booster is a boon for photographers. 这种电池充电器是摄影工作者的好帮手。

1. elevation [ˌelɪ-ˈveɪ-ʃn] n.①高地；高处。②海拔。
2. churn [tʃɜ:n] n. (制作黄油的)搅乳器。v. 搅动，搅起，扰动(水、泥浆、灰尘) 。制造（奶油等）；产生剧烈搅动
3. 智能手机的隐藏成本

Free smart phone apps might seem like a deal. But they can have a hidden cost: your phone's battery life. That's because free apps often serve up提供 ads, which can drain排水耗尽 your battery more than using the app itself does.

Researchers built a tool called Energy Profiler程序剖析, which breaks down分解 how apps consume耗费energy. Then they analyzed popular free Android apps like Angry Birds and Free Chess国际象棋. Turns out *both apps* used only *a quarter of their total consumed energy* on game-play. The other three quarters went to advertising—things like *user tracking*, uploading上传 user info / and downloading ads. The findings were presented展示 at the European Conference研讨会 on Computer Systems. So, just as there’s no such thing as a free lunch, there are really实际上 no free apps.

The research team found a different energy leak泄漏 when they did a Google search on the Android browser浏览器. The search happened in a blink一眨眼间. But the phone's 3G hardware stayed in *high power mode* for up to seven seconds afterward, eating up吃光耗尽 much more energy than the search itself. You may not be able to avoid that energy suck吮吸——the researchers say it's just how 3G networks behave行为表现.

智能手机的免费应用程序看起来很划算，但其中暗含着隐藏成本：手机的电池寿命。这是因为免费软件往往是用来支持广告的，而广告比应用软件本身更容易将你的电池能量耗光。

研究人员建立了一个叫做能量探测器的工具，用来观察应用软件是如何消耗掉电池能量的。然后，他们分析了几款当下流行的免费安卓应用程序（像愤怒的小鸟和免费的国际象棋）。结果显示，这两个应用程序本身所消耗的电池能量，只占游戏消耗能量的四分之一。剩余的四分之三则完全用在了广告上，例如用户跟踪、用户信息上传和广告下载。这项研究结果是在欧洲计算机系统会议上公布的。所以说，既然没有免费午餐这样的好事，也就没有真正免费的应用程序。

该研究小组在用安卓浏览器进行谷歌搜索时，还发现了另外一个导致电池能量泄漏的原因。研究人员的这个搜索，只在一瞬之间，但之后3G手机的硬件处在高功率模式下的时间，却高达7秒，由此消耗的电池能量，远远高于搜索本身所消耗的能量。你无法避免这样的能量消耗——因为这就是3G网络的工作模式，研究人员如是说。

1. serve up 端上桌； 上菜；提供； 发送

Are you ready to serve up? 你们可以上菜了吗?

Chrysler will be able to serve up a substantially better car. 克莱斯勒有能力制造更为优异的汽车.

1. Profiler ['prəʊ-faɪ-lə(r)] 成型铣床，程序剖析
2. break down v.①（机器或车辆）出毛病，损坏。②（讨论、关系或系统）失败，破裂，失灵。③分解；将…分成若干部分。④感情失控（痛哭起来）。⑤捣毁；拆除。⑥消除，破除（障碍或偏见）

Paola's marriage broke down. 葆拉的婚姻破裂了。

The report breaks down the results region by region... 报告将调查结果按地区分成若干部分。

The young woman broke down in tears. 这名年轻妇人痛哭流涕。

Firemen were called after his father failed to break the door down. 他的父亲没能把门砸开，后来就把消防员叫来了。

1. consume [kənˈsju:m] v.①吃;喝;饮用。②消耗，耗费(燃料、能源或时间) 。③(火)烧毁，吞没，吞噬。④(使)沉溺，(使)沉迷，(使)充满(感情或思想)

...serving chocolate ice-creams for the children to consume in the kitchen. 端上巧克力冰激凌让孩子们在厨房里吃

Some of the most efficient refrigerators consume 70 percent less electricity than traditional models. 一些极为节能的冰箱比传统型号耗电减少70%。

...oil-consuming countries... 石油消费国

It is very space-consuming. 这东西很占地方。

...the fire which consumed the dwelling. 吞噬了居所的火灾

The memories consumed him. 他沉浸在回忆中。

1. blink [blɪŋk] v. ①眨（眼）。②（灯光）闪烁，闪动，忽明忽灭

→something happens in the blink of an eye, 一眨眼的工夫；转眼之间；瞬间

→a machine goes on the blink, （机器）不能正常工作，出故障，出毛病

1. 越喜欢锻炼的老板对员工越好

We've all heard exercise is good for your physical and mental well-being幸福安康. But a good workout（n.）体育锻炼 can actually influence *the mental well-being* of others, too. Because bosses who hit the gym tend to be less abusive恶言谩骂的 to their employees. That's according to a study in the Journal of Business and Psychology.

Researchers asked 98 MBA students （who were also employed雇用 full-time） to rate how their supervisors管理者 treated them, by responding to statements like "[my boss] puts me down奚落贬低 in front of others." The researchers also had supervisors fill out a different survey, about their *stress levels* and *weekly exercise*. And, as the authors expected, the more stressed-out压力过重的 supervisors were, the more their employees felt belittled轻视 by them. But the employees felt better about bosses （who exercised锻炼, whether it was yoga瑜伽, cardio（n.）有氧运动 or weight lifting举重）. And just *one or two days* a week did the trick奏效.

Exercise didn't simply melt融化 away情绪等消散 the stress——bosses （who worked out体育锻炼） reported feeling just as much pressure as *their sedentary久坐少活动的 counterparts配对者*. Active bosses just spared使幸免 subordinates下属 the verbal口头上的 attacks. So next time you feel like想要… telling your boss to take a hike远足, it might actually be sound明智的 advice!

我们都知道运动有利于身体和精神健康。实际上，一个经常锻炼的人还可以影响他人的精神状态。因为经常去健身房的老板往往很少虐待他们的员工。这项研究发表在《商业和心理学》杂志上。

研究人员要求98名有全职工作的MBA毕业生，评价他们的上司如何对待他们，例如，他们的老板是否“在众人面前羞辱我？”。同时，研究人员还对他们的主管做了调查，询问他们的压力大小和每周的锻炼情况。正如研究人员所预测的那样，越是那些精疲力尽的主管，他们的员工就越容易受到他们的贬低。但那些经常运动的老板，无论是做瑜伽、有氧运动还是举重运动，对待他们的员工要好很多。不需锻炼很多，每周一两天即可。

锻炼不是简单地消除压力——喜欢锻炼的老板和经常久坐的老板感受到的压力是一样的。只是，精力充沛的老板不会对他们的下属进行言语攻击。因此，下次你若是建议你的老板远足一下，那可是个好主意！

1. abusive adj.①虐待的;凌辱的。②侮辱性的；恶言谩骂的

One in eight women lives in an abusive relationship. 每八位女性中就有一位遭受伴侣的虐待。

1. someone puts you down, v.贬低；奚落；使窘迫
2. belittle [bɪˈlɪ-tl] v.轻视；贬抑；小看

We mustn't belittle her outstanding achievement... 我们一定不能小瞧了她所取得的杰出成就。

1. something does the trick, 奏效;达到目的

Sometimes *a few choice words* will do the trick. 有时说几句尖酸刻薄的话就有人听了。

1. melt v. ①(使)熔化;(使)融化。②(情绪等)消失,消散,平息（melt away= melt）

→someone or something melts your heart, or if your heart melts, (使)(心)软化

→a person or thing melts into something such as darkness or a crowd of people, 逐渐融入(黑暗、人群等);与…融为一体

Add the melted butter, molasses, salt, and flour. 加入化开的黄油、糖浆、盐和面粉。

He would have struggled / but his strength had melted. 他本欲作一番挣扎，却已力不从心。

1. sedentary [ˈse-dn-tri] adj.需要久坐的;长期伏案的;少活动的
2. spare v.使免遭伤害;使幸免

We have lost everything, but thank God, our lives have been spared... 我们已经失去了一切，不过谢天谢地，总算是保住了性命。

Not a man was spared... 无人得以幸免。

1. feel like v.①摸起来像是…，有…的感觉；②想要…

Do you feel like going to a movie? 你想看电影吗?

1. sound adj.①(身体)健康的;(心智)健全的;(建筑)坚固的。②(建议、推理或证据)正确的，合理的，可靠的，明智的。③(睡觉)酣畅的，深沉的

His body was still sound. 他的身体仍然硬朗。

His reasoning is perfectly sound, but he misses the point... 他的推理完全正确，但是未切中肯綮。

I am not sure that this is sound democratic practice... 我不能肯定这是正确的民主行为。

She had woken me out of a sound sleep. 她把我从酣睡中叫醒。

1. 音乐有助于数学学习

Stuck on a tricky棘手的 math problem? Start clapping拍手. *Grade school小学 kids* （who learned about fractions一小部分 through a rhythm-and-music-based curriculum全部课程） outperformed做得比…好 their peers同辈人 （in traditional math classes）. The work is in Educational Studies研究学习 in Mathematics.

Fractions分数 let you divide up分割 a measure音乐的小节 of music into notes音符 of varying length. For example, one four-beat measure could contain a single *whole note*全音符 held for all four beats, two *half notes*半音符 of two beats [apiece每个], four *quarter notes*四分音符 of a beat each, and so on.

In the Academic Music program, based on the Kodaly method of musical education, students clap拍手, drum击鼓 and chant咏唱 to memorize熟记 the lengths of musical notes音符——then solve problems in which fractional notes must add up to a full measure音乐的小节 of music.

Sixty-seven students participated in参与the study. Half did math problems 方式状using the Academic Music system. And after six weeks, the students in the music program averaged 50 percent higher on tests than did the kids in regular math class. Fractions分数 create a solid foundation基础 for further更进一步的 math education——so mastering精通 them is music to educators’ ears.

被一道数学题难住了？开始鼓掌吧。研究表明，小学生在有节奏感的音乐背景下学习分数知识的效果比在传统课堂上好（发表在《数学教育研究》上的具体研究《学术性音乐：如何用音乐辅助三年级小学生学习基本分数概念》——苏珊·琼·柯瑞等）。

从分数的概念来看，一段音乐可分成几串长短不一的音符。比如，一节四拍调子包含一个代表四拍子的全音符，两个分别代表一个二拍子的二分音符，四个分别代表一个一拍子的四分音符……以此类推。在“学术性音乐”项目中，研究人员以科达伊音乐教育方法为基础，让学生们通过打拍子、敲鼓、合唱记住各音符的长度，学生必须把这些片段加起来，才能得到一段完整音乐——这样的实践可解决学生对分数的疑惑。

67名学生参与了研究，有一半在“学术性音乐”体系下解决数学问题。六周后，他们在测试中的得分要比普通班级中的学生平均分高出50%，音节划分给进一步的数学教育提供了一个坚实的基础——对教育者而言，这条消息本身就是一首美妙的旋律了。

1. curriculum [kəˈrɪ-kjə-ləm] n. ①(学校、学院或大学的)全部课程。②(特定的)课程
2. out-perform v.做得比…好；比…更高效

In recent years the Austrian economy has outperformed most other industrial economies... 近几年，奥地利的经济发展超过了其他多数工业国。

1. apiece [əˈpi:s] adv①每人。②每件；每个

He and I had two fish apiece... 他和我各有两条鱼。

Entire roast chickens were sixty cents apiece. 烤全鸡每只60美分。

1. Zoltán Kodály佐尔丹·柯达伊，匈牙利的一位著名作曲家、哲学家和音乐教育家。
2. measure n. v. ①测量，测度；②措施，办法；③程度；尺寸

→（n.）A measure of a particular quality, feeling, or activity 相当数量;一定程度

With the exception of Juan, each attained a measure of success... 除了胡安之外，每个人都获得了相当大的成功。

→（n.）one aspect of a situation is a measure of that situation, （情形严重或发展到了一定程度的）体现，表现，标志

That is *a measure* of how bad things have become at the bank. 那简直就是银行里糟糕局面的写照。

1. master v.①掌握;精通。②控制;掌控

When you have mastered one situation you have to go on to the next... 一旦控制住了一个局面，又得接着应付下一个。

1. 小心,你会被视为持枪者

A quarter of all police shootings involve unarmed未武装的 suspects嫌疑犯. In a few recent cases, officers mistook误解弄错 cell phones and hairbrushes发刷 for guns, and shot and killed the victims. Now a study may explain—in part—these errors. Researchers found that when a person holds a gun, they’re more likely to think they see a weapon being carried by another. That study is in the Journal of Experimental试验性的 Psychology: Human Perception感知 and Performance.

Researchers had volunteers hold a Wii任天堂游戏机 handgun手枪 or a foam泡沫 ball. Then they flashed使闪耀 images of people either holding guns or objects like soda cans, and asked volunteers to decide if they'd seen a weapon. The subjects holding the Wii gun were more likely to mistakenly see a gun in the hands of their onscreen在屏幕上的 "foe敌人." When researchers varied使变化 the experiment实验, subjects holding shoes were more likely to see shoes onscreen.

The reason, the authors say, is that just planning to possibly use an object——like a pistol手枪——might prime使做好准备 the brain for spotting认出 that object. Which might be a great advantage优势 for quickly noting when a suspect is indeed armed武装的. But can cause tragic overreactions反应过激 when there’s really no gun in sight.

被警职人员开枪射杀的人中，有四分之一是手无寸铁的人。在最近的一些案件中，警职人员将手机或发刷误以为是枪支，并开枪打死了那些无辜者。如今，一项研究或许可以部分对这一误杀现象做出解释。研究人员发现，当一个人持有枪支时，他更容易认为其他人也持有武器。这项研究刊登在《实验心理学杂志：人类的感知和行为》上。

研究人员让志愿者手持游戏手枪或泡沫球，然后，他们在银幕上播放一些要么持有枪支，要么持有汽水罐的人物图像，并询问志愿者是否看到了武器。拿着游戏手枪的志愿者更容易将屏幕上“敌人”手中的物体误认为武器。而拿着鞋子的受试者更容易看到屏幕上“敌人”手中的物体就是鞋子。

研究人员说，究其原因，可能持枪者的大脑更容易将物体识别成武器。当犯罪嫌疑人确实是武装分子时，这种反应可能是警职人员的一大优势，但也可能会导致他们对手无寸铁的人做出悲剧性的过激行为。

1. you prime someone to do something, v.事先指点；使做好准备

Claire wished she'd primed Sarah beforehand... 克莱尔真希望她事先指点过萨拉。

→v. someone primes a bomb or a gun, 把（炸弹、枪支）装好

1. 想漂亮吗?吃水果和蔬菜吧!

Fruit and veggies蔬菜 don’t just improve改善 your diet——they could enhance your looks. A new study, done with primarily主要地 Caucasian白种人 subjects, finds that eating produce农产品 heightens使加强 red and yellow skin tones色泽, which increases attractiveness吸引力. The work is in Public Library of Science ONE.

The organic有机的 pigments色素 called carotenoids类葫萝卜素 provide a yellow-red color to fruit and vegetables, and when consumed吃喝消费, to human skin.

Researchers had 35 students fill out填写表格等 questionnaires about much produce农产品 they ate daily, and a spectrophotometer分光光度计 measured their skin color. They collected the same data three weeks later, and again after six weeks. And the more fruit and vegetables participants ate, the more vividly生动地 colored was their skin.

Based on the measured color changes, the researchers created创造 face images that other students rated for health and attractiveness. And the redder and yellower skin color （from even slightly轻微地 increased produce农产品 consumption消费量） was rated higher than the hue色调 associated with a produce-poorer diet. The researchers say they need to determine查明确定 if the effect also holds true适用 for non-white people——but they expect it will. Simply put简单地说, eating healthy looks good.

水果和蔬菜不只改善我们饮食结构，还可以让我们的外貌看起来更有吸引力。一项以白种人为主要对象的新研究表明，多吃农产品可以让白种人的皮肤黄中透红，从而增加了外貌的吸引力。这项研究成果刊登在公共科学图书馆杂志上。

这种叫做类胡萝卜素的有机颜料，使水果和蔬菜显得黄中透红，而当人类食用富含这种类胡萝卜素的水果和蔬菜时，也会让人类的皮肤具有这种色泽。

研究人员曾对35名学生进行调查，让他们写下各自的农产品日摄取量，然后用分光光度计测量了他们的肤色。三个星期后，研究人员收集一次数据；六个星期后再收集一次数据。数据显示，参与者摄取的水果和蔬菜越多，他们的肤色就越动人。

基于所测量到的皮肤色泽的变化，研究人员建立了人脸图像，用于对其他学生的健康和外貌吸引力进行分级。研究显示，即使是农产品食用量稍稍增加的人的肤色，也要比饮食中极其缺乏农产品的人的肤色要好得多。研究人员表示，他们需要确定这种效果是不是同样适用于非白种人——他们预计会的。简单地说，吃的越健康，看起来就越漂亮。

1. heighten v.（使）（情感）增强;（使）加深

The move has heightened tension in the state... 该举动加剧了州里的紧张气氛。

Cross's interest heightened. 克罗斯的兴趣浓厚起来。

1. tone n.①音质;音色;音调。②语气；口气；腔调。③气氛;氛围;格调。④（身体的）强健状况；(尤指肌肉的)紧实度，结实度

{The high tone of the occasion} was assured by the presence of a dozen wealthy patrons… 十几位富有资助人的出席确保了仪式的高格调。

{Keeping your muscles strong and in tone} helps you to avoid back problems. 保持肌肉强健有力有助于避免背部疾病。

1. carote-noids ['kæ-rəʊ-ti:-nɔɪ-dz] 类葫萝卜素。动物不能制造类胡萝卜素，而是从其摄食中获得类胡萝卜素。
2. spectro-photo-meter [ˌspek-trəʊ-fəʊ'tɒ-mɪtə] n. 分光光度计，又称光谱仪(spectro-meter)，是将成分复杂的光，分解为光谱线的科学仪器。
3. hue n.①颜色;色调。②外表，样子

→people raise *a hue and cry* about something, 大声抗议;强烈抗议

Just as the show ended, he heard a huge hue and cry outside. 演出刚结束，他就听到外面愤怒的高声抗议。

1. hold true v. 适用，有效

This law is known to hold true for galaxies at a distance of at least several billion light years. 据知，这条定律同样适用于距离至少几十亿光年之远的星系。

1. 权力使人伟岸

It’s known that taller身材高的 people tend to have more jobs （with more authority）—and higher salaries. But there’s a flip side情况的反面——the more powerful a person is, the taller he or she feels.

The researchers who investigated this phenomenon were inspired启发 by the BP chairman’s总裁 comment评论 [after the oil spill溢出] about the “small people.” There are many such metaphors暗喻——think “big man on campus大学校园.” Could these metaphors隐喻 influence—or reflect反映—reality现实性? Might *powerful people* actually overestimate过高估计 how tall they are?

Scientists created three experiments with nearly 300 participants. In each, the participants were made to feel more or less powerful: being chosen as, say, a manager versus与…相对 an underling <贬>走卒. Then they faced a task in which they estimated their own height—comparing their actual height to a pole杆, for example, or choosing *the height* of an online avatar化身.

In each case, when the participants were in a position地位 of power, they represented描绘 their height as significantly taller than those in weaker软弱无权力的 positions. The research was published in the journal Psychological Science.

So, the researchers conclude, the “beleaguered受到围攻的 CEO of BP” inadvertently不经意地 led them a new finding. When we feel powerful, we feel on top of the world—or, quite literally照字面理解, tall.

众所周知，身材较高的人往往能够获得更多的工作机会、更高的权力以及更高的薪金。但反过来讲，一个人的权力越高，他（她）就会觉得自己越高大。

调查这种现象的研究人员，从溢油事件之后英国石油公司董事长的一番对“小人物”的评论中受到启发。其实有很多这方面的隐喻——比如说“校园风云人物。”那么，这些隐喻是否能够影响现实或反映现实呢？权力人物是否真地对自身身高估计过高？

科学家召集近300人进行了三个试验。在每个试验中，试验参与者们分别被选为经理人或下属人员，然后让他们感受所拥有的权力。接下来，他们要对自身的身高进行估计——拿他们的实际身高同一个标杆（比如选择一个在线头像的高度）做比较。

在每种情况下，试验参与者们在身居高位时，觉得自己的身高要比那些下级人员的身高要高出很多。这项研究发表在《心理科学》杂志上。

因此，研究人员得出了结论： “四面楚歌的英国石油公司首席执行官”无意中帮助他们得到了一个新的发现。当我们感到拥有权力时，我们就会觉得自己站在世界之巅——或者，通俗地讲，感到自己身材高大。

1. flip side n. ①(没有主打歌曲的)唱片反面。②(情况的)不明显的一面，反面，负面

*The trade deficit* is the flip side of a rapidly expanding economy. 贸易赤字是经济快速发展带来的负面产物。

→flip v. ①(用拇指)弹，抛，掷。②(使)移动;(使)转动;(使)翻动 If something flips over, or if you flip it over or into a different position, it moves or is moved into a different position.

The plane then flipped over and burst into flames... 接着飞机突然翻转并燃起了大火。

He flipped it neatly on to the plate. 他干净利索地把它盛到了盘子里。

1. inspire [ɪnˈspaɪə(r)] v. 激起，唤起(某种感情或反应)

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

→启发;使产生灵感和热情

Jimi Hendrix inspired a generation of guitarists. 吉米·亨德里克斯启发了整整一代吉他演奏者。

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

Jamaica's socialist government is adopting采取 US-inspired free market practices. 牙买加的社会主义政府，正在仿效美国实行自由市场。

1. comment [ˈkɒ-ment] v. n. 评论;意见

→（v.）you comment on something, 发表意见;作出评论

So far, Mr Cook has not commented on these reports... 到目前为止，库克先生仍未就这些报道发表评论。

→（n.）an event or situation is *a comment* （on something）, (通常是不好的事的)体现，写照

He argues that *family problems* are typically a comment on *some unresolved issues* in the family. 他认为，各种家庭问题通常都反映出家庭内部存在一些有待解决的矛盾

→People say 'no comment' 无可奉告(通常用于回答记者的提问)

1. metaphor [ˈmetə-fə(r)] n.隐喻;暗喻;比喻的说法
2. underling n. <贬>跟班儿；手下；羽翼；喽啰；走卒
3. avatar [ˈævə-tɑ:(r)] n. 化身；阿凡达
4. represent [ˌreprɪˈzent] v.①代理，代表（个人或团体）。②象征;体现;反映。

→③you represent a person or thing as a particular thing, 描绘;描写

The popular press tends to represent him as an environmental guru. 大众媒体往往把他描绘成环保领袖。

1. beleaguered [bɪˈli:gəd] adj.①被敌人包围的；四面楚歌的；陷入重围的。②处境艰难的；饱受非议的；备受指责的

The beleaguered party leader was forced to resign. 那位饱受指责的政党领导人被迫辞职。

1. inad-vertently [ˌɪ-nəd-ˈvɜ:tən-tli] adv. 漫不经心地，疏忽地；非故意地

I inadvertently pressed the wrong button. 我一疏忽按错了按钮。

1. 亚洲商业 征服世界

Asian business

A world to conquer征服占领

Asian business is reforming改革. Its emerging multinationals跨国公司 will change the way we all live

BUSINESS power follows economic power. [In the 1920s] British firms owned 40% of the global stock股份 of *foreign direct investment外国直接投资*. [By 1967] America was *top dog*魁首, with a 50% share. Behind those figures数字 lie cultural revolutions. The British spread使散布 the telegraph电报 and trains in Latin America. American firms sold a vision展望 of the good life, honed开发产品 by Hollywood and advertising做广告. Kellogg's凯洛格 changed what the rich world ate for breakfast, and Kodak柯达 how it remembered holidays. The next corporate法人公司的 revolution, as we describe in our *special report*专题报道 this week, is happening in Asia. This too will change how the world lives.

Arrested阻止 development

Asian capitalism资本的拥有 has brawn强壮的肌肉. *The continent's大陆 share* of global GDP has risen from a fifth五分之一 to 28% since 1984. It is the world's factory, a diverse各式各样的 region of rivals竞争者 bound与…紧密相连 together by *supply chains*供应链. But it lacks brains and global savvy（n.）见识. Asia smelts熔炼 *76% of the world's iron* and emits 44% of its pollution污染, but hosts 做主人 only a tenth十分之一 of its most valuable brands and venture-capital风险资本 activity. Its multinationals punch影响力 below their weight, owning 17% of the world's foreign direct investment. Wealthy富有的 Japan and South Korea have a cast全体演员 of superstars, such as Toyota and Samsung. But few other firms command指挥 the world stage.

That is because Asian capitalism资本主义 has been too cosy暖和舒适的. [In the boom经济的繁荣 between 2002 and 2010] easy profits利润 were made at home—growth增长 was fast / and *labour劳动力 and credit* cheap. Two-thirds三分之二 of big Asian firms are state-controlled or “business houses商行” (often family-run). These incumbents在职官员 tend to be chummy非常友好的 with the government / and get *cheap land* and *loans*贷款. Half of all billionaire亿万富翁 wealth in Asia has been made in sectors部门领域, such as property房地产, that are prone（adj.）有（不好的）倾向的 to cronyism（n.）任人唯亲, versus与…相比 15% in the West. Outside除了…之外 Japan, Taiwan and South Korea, innovation创新 has been neglected疏忽. Mahindra & Mahindra汽车品牌名 and Great Wall, car champions冠军 from India and China, have *a combined联合 research-and-development (R&D) budget预算* that is 3% of Volkswagen's大众汽车.

For Western firms, Asia's shortcomings缺点短处 have been a relief宽慰. The iPhone shows why: although it is made by the hands of Chinese workers, it is the brains behind it, at Apple and at *high-tech component组成部分-makers* in the rich world, that take nearly all the profits. Now, however, the rules （that have governed支配 Asian capitalism资本 for the past two decades） are changing. Asian firms are having to become brainier, more nimble头脑灵活的 and more global.

The immediate急迫的 motivation动机 is underperformance业绩走低: growth has slowed, and *Asian shares*市场占有率 have lagged落后于American ones by 40% in the past three years. *Three deeper trends*趋势 are also at work.

First, *labour costs* are rising, *not least*尤其是 in China, and *East Asia's workforce*劳动人口 is ageing.

Second, *Asia's middle class* is becoming more demanding要求很高的. They are no longer satisfied with fake假冒的 Louis Vuitton handbags; they want clean air, safe food and more leisure闲暇, and are madly疯狂地 in love with the internet.

Third, competition竞争 has intensified增强 from Western multinationals, which have invested投资 $2 trillion万亿 in Asia. They also now use the same cheapish驯顺的 labour, and they generally通常 have much more sophisticated精明老练的 supply chains, brands品牌 and R&D研发.

With *their home markets* no longer quite很 so safe, Asian firms are adapting使适应—and becoming stronger. In response to对…做出反应 *rising wages*, production生产制造 (of clothes, for example) is shifting使转移 from China to *South-East Asia* and Africa, led领先 by Japanese firms which are also worried about a war with the Middle Kingdom.

Chinese firms such as Haier, which makes fridges电冰箱, plan to automate使自动化 factories工厂 and get into致力于 cleverer智商高的 products产品.

And 随着as the Chinese push推进 upmarket高端市场, the Koreans韩国人 are redoubling进一步加强 efforts to stay ahead. Samsung's spending花钱 on R&D研发 rose by 24% in 2013.

If they get their act together, India and Indonesia, Asia's bumbling笨手笨脚的 giants, will attract吸引 lots of factory jobs. Their best firms are also getting brainier有头脑的. Once曾经 dismissed不理会 as “body shops”, India's *IT-outsourcing外包 firms* are now leaders in big data.

Rising consumer消费者 aspirations渴望 are helping internet firms disrupt使瓦解 traditional industries. Alibaba, a Chinese internet giant, is expanding扩张 into banking, telecoms电信 and logistics物流. Analysts分析家 think it might be worth $150 billion, more than China's steel钢铁 industry.

China's drive干劲 to reform改革 *its state-owned firms* is meant to make them more responsive（adj.）积极响应的 to customers. Xi Guohua奚国华, the boss of China Mobile, plans to give shares股份 to his staff.

[Across Asia] demand for *health care*卫生保健 is likely to create a whole new generation of companies—the industry comprises由…组成 only 4% of the region's stockmarket证券市场, compared with与…相比 12% in the rich world.

In order to challenge挑战 foreign rivals, Asian firms are globalising全球化中, following the example of Samsung and Toyota.

Lenovo, a thriving Chinese computer firm, has Western-style governance管理方法 and many foreign staff. Huawei has overtaken追上 Ericsson in telecoms电信 equipment设备. India's *Sun Pharma*医药 is now one of the world's biggest generic-drugs非专利药 firms. Tencent腾讯, China's Facebook, has hired the footballer足球运动员 Lionel Messi to advertise its services abroad. Sprawling杂乱无序伸展的 business houses公司 are evolving进化 into focused multinationals. *Tata Sons* is now a superb极好的 *IT firm* and *luxury-car maker* （tied to a ragbag大杂烩 of Indian assets资产）.

Cereal谷物 killers

Asian business needs to do much more. Big firms are spending 50% more on R&D than five years ago, but must get better at breakthrough（n.）重要技术成就 innovations创新. Conglomerates企业集团 must focus on a few areas where they can achieve global scale规模. Governments can do their bit尽一份力, by freeing *state firms* from meddling插手干涉 and ensuring确保 that powerful incumbents现任在职官员 do not stifle扼杀 entrepreneurs.

Western firms should payattention关心注意. In some industries产业—aircraft manufacturing制造业, for example—*the barriers*屏障 to entry进入 are still immense巨大的, but [in other sectors] brands and technology will no longer be a shield护盾 from emerging Asian competition竞争对手. The threat （to *low-paid Western jobs*） may recede减弱退去. Haier's Chinese workers are paid 25% of what its American workers get, up from 5% in 2000. Instead反而 it may be copywriters广告文案 , scientists and designers who feel the chill寒冷 of competition from the East.

History suggests使想起 consumers will adapt适应 fast. In 20 years, miracle奇迹 cures疗法 for the old will come from Japan, the best web apps from India and couture高级时装 from China. And cornflakes玉米片, once a cutting-edge最先进的 food, will be rivalled与…匹敌 by congee稀饭粥 and dosas食物名, sold in boxes by a global brand. Asian capitalism资本 will change the world—even, maybe, what it has for breakfast.

亚洲商业正在改革，其新兴的跨国公司将改变我们的生活

商业能力紧随经济实力。1920年代，英国公司拥有40%的全球海外直接投资股票。截至1967年，美国以50%的市场份额雄霸世界。这些数字的背后是文化革命。英国将电报机和铁路传至拉丁美洲。美国公司则通过好莱坞和广告营造了一副美好生活的憧憬。家乐氏公司改变了发达国家人们桌上的早餐，柯达则定格了人们对于假期的美好回忆。下一场公司革命，就如同我们在本周的特别报道中描述的一样，将发生在亚洲。这也同样会改变我们生活的世界。

发展受阻

亚洲资本强劲有力。亚洲大陆占全球GDP的份额，自1984年以来已经增长了五分之一，至28%。 这里是世界工厂，由供应链连结起来的竞争多元化的地区。但是它“力大无脑”，缺乏对全球市场的领悟能力。亚洲熔炼了76%的世界钢铁，并排放了44%的污染物，但是只掌握了十分之一最有价值的品牌和风险资本活动。这里，跨国公司的实力与其规模并不相称，只拥有世界17%的外国直接投资。富裕的日本和韩国有众多的明星企业，例如丰田和三星。但是，其他能够在世界舞台上占领一席之地的公司，却是屈指可数。

这是因为亚洲的资本主义是“温室里的花朵”。从2002到2010年，唾手可得的利润在家里就能轻松赚到——快速的增长，以及廉价劳动力和信贷。三分之二的亚洲大公司都是国有的，或者家族式经营的商号。它们都与政府有着密切的关系，能够得到廉价的土地和贷款。亚洲近半数的亿万富豪都是从政府有关部门发家的，例如极易产生裙带关系的房地产业，相比之下在西方只占15%。除了日本、台湾和南韩之外，创新都遭到了忽视。马恒达和长城这两个印度和中国的汽车业龙头，其研究开发经费加起来，也不过是大众汽车的3%。

对于西方公司来说，亚洲的短板令他们从中得利。iPhone就是和很好的例子：尽管都是出自中国工人的双手，但从中赚取几乎全部利润的“大脑”，是背后的苹果公司，和发达国家的高科技元件市场。然而，这个曾经在过去二十年里管理着亚洲资本的游戏规则正在改变。亚洲企业正在变成更为灵活和全球化的“大脑”。

最直接的动力是表现不佳：增长在减缓，在过去的3年里，亚洲的份额滞后于美国40%。三个更深层次的趋势正在起作用。首先，劳动力成本在上升，尤其是在中国，东亚的劳动力正在面临老龄化。其次，亚洲中产阶级的需求正在变高。他们不再仅仅满足于山寨LV手包，他们想要干净的空气、安全的食品，和更多的休闲娱乐，同时也越来越迷恋网络世界。第三，来自西方跨国公司的竞争愈发激烈，他们已经在亚洲投资超过2万亿美元。他们现在也有相对廉价的劳动力，除此之外他们大都还拥有成熟的供应链、品牌和研发。

亚洲企业的本土市场，不再是高枕无忧，所以他们也在适应——同时也在变强。由于上升的工资成本，产品生产（例如服装）正在从中国转到东南亚和非洲，日本公司由于担心与中国将爆发战争，所以首先采取了这种措施。中国公司例如生产冰箱的海尔，计划加强工厂自动化，并生产更智能的产品。随着中国高端市场的发展，韩国正竭力保持其领先地位。三星在2013年的研发经费增长了24%。如果印度和印尼能共同进退，这两个笨手笨脚的亚洲巨人将会吸引大量的工厂就业。他们中最好的公司也正变成“大脑”。曾经被忽略为代工车间的印度IT外包公司，现在已经成为大数据的领军者。

消费者日益增长的需求意愿，正帮助互联网企业打破行业传统。阿里巴巴作为一个中国互联网企业巨头，已经将业务扩张到银行业、电信业和物流业。分析师认为，其市值可能达到1500亿美元，超过了中国钢铁行业总和。中国实施国企改革的决心，意味着国企要更多的回应消费者的需求。中国移动董事长奚国华，计划让自己的员工持有本企业的股份。纵观亚洲，对于医疗保健的需求，很有可能会创造一批全新的公司——该行业的份额只占地区股票市场的4%，而在发达国家则占12%。

为了应对国外竞争对手，亚洲公司（例如三星和丰田）正在全球化。作为一家繁荣兴旺的中国计算机企业，联想拥有西式的管理和众多外籍员工。华为在电信设备方面也超越了爱立信公司。印度的太阳药业，现在已经跻身为全球最大的非注册商标类药品公司之一。腾讯是中国版的facebook，聘任足球明星莱昂内尔·梅西为其服务进行海外宣传。粗放式发展的商业模式，已经进化成集中而专业的跨国企业。塔塔之子公司，这家优秀的IT公司和豪华汽车制造商，已经成为印度资产大杂烩中的一员。

麦片杀手

亚洲商业前路依然漫长。跟5年前相比，大公司的研发开支增加了50%，但仍需突破性的创新。企业集团需要集中优势到某一些领域，并做大到国际规模。政府能帮忙的地方就是解放国企、停止插手，并确保大权在握的现任领导不会扼杀企业的发展。

西方企业需要注意。某些行业（例如航空制造业）的准入门槛仍然很高，但在其他领域，品牌和科技不再是阻挡新兴亚洲竞争对手的避风港。西方国家低收入工作所面临的威胁可能会减少。海尔中国工人的收入是美国工人的25%，自2000年以来增加了5%。相反的，广告文案、科学家和设计师这些人，更有可能需要面对来自来亚洲的竞争。

历史证明，消费者需要迅速适应新情况。在未来20年，治愈老人的医疗奇迹将发生在日本，最好的网络应用程序来自印度，而高级时装则来自中国。玉米片这个一度被认为是高科技的食品，将被装在盒子里、贴着全球品牌的稀饭，和印度薄饼所取代。亚洲资本将改变世界——甚至有可能是桌上的早餐。

1. top dog 首领;老大;魁首
2. hone [həʊn] v.①磨（刀等）；把…磨快。②磨炼（技能）;开发（产品）；锤炼（观点）

His body is honed and kept in trim with constant exercise. 他经常运动，以锻炼身体和保持身材。

1. diverse [daɪˈvɜ:s] adj.形形色色的;各式各样的。不同的;迥异的

...shops selling a diverse range of gifts... 出售各种礼品的商店

1. savvy [ˈsævi] n.悟性;见识;实际知识。adj.有见识的;具有实际知识的;有经验的

He is known for his political savvy and strong management skills. 他以睿智的政治头脑和强势的管理手腕出名。

1. punch v.①用拳猛击（或攻击）。②按（键等）；压（按钮等）。③打孔机；穿孔器

Mrs. Baylor strode to the elevator and punched the button. 贝勒太太迈向电梯，按下按钮。

→you punch the air, 挥舞拳头

→you punch holes in something, 戳，刺（洞）

I took a ballpoint pen and punched a hole in the carton. 我拿了一支圆珠笔，在纸盒上戳了一个洞。

→（n.）you say that something has punch, 影响力；效力

My nervousness made me deliver the vital points of my address without sufficient充足的 punch... 我太紧张，没能有效地传达我演说的要点。

→you say that someone does not pull their punches when they are criticizing a person or thing, 谨慎（或婉转）地批评

She has a reputation for getting at the guts of a subject and never pulling her punches. 她论事一针见血是出了名的，从来都是直言不讳。

1. command n.①命令;下令;指示。②博得，赢得，拥有(尊重、服从等) 。③控制;掌管。统率，指挥(军队)

...an excellent physician who commanded the respect of all his colleagues... 赢得所有同事尊敬的优秀的内科医生

1. incumbent [ɪnˈkʌm-bənt] n.现任官员;在职官员

→it is incumbent（adj.） upon you to do something, 成为责任的;义不容辞的;必须履行的

It is incumbent（adj.） {upon all of us to make an extra effort}. 我们所有人都必须加倍努力。

1. chummy [ˈtʃʌmi] adj. (人、社交活动)令人愉快的，友好的
2. prone [prəʊn] adj. 俯卧的；面部（或腹部）朝下的

Bob slid from his chair / and lay prone on the floor... 鲍勃从椅子上滑下来，趴在了地板上。

→To be prone to something, 有（不好的）倾向的；易于…的；很可能…的

For all her experience, she was still prone to nerves... 尽管有经验，她还是容易紧张。

1. cronyism [ˈkrəʊ-niɪ-zəm] n.任人唯亲;任用亲信
2. motivation n. 动机；动力；诱因
3. demanding adj.①费时的;费力的;劳神的;要求很高的。②难伺候的;难取悦的;挑剔的;苛刻的

He found he could no longer cope with his demanding job... 他发现自己已无力应对那份劳神费力的工作了。

Ricky was a very demanding child... 里基是个非常难伺候的孩子。

1. intensify [ɪnˈtensɪ-faɪ] v.加强;强化;加剧

The conflict is almost bound to intensify... 冲突几乎注定会加剧。

1. cheapish [ˈʃi:pɪʃ] adj.窘迫的;难为情的;尴尬的。羞怯的，腼腆的；（像绵羊一样）驯顺的
2. sophisticated [səˈfɪs-tɪke-tɪd] adj. ①(机器、装置等)高级的，精密的;(方法)复杂的。②善于社交的;高雅时髦的;见过世面的。③精明老练的;老于世故的
3. get into ①从事；致力于。②获准（入学）；被录取。③使行为异常；使着魔

He was eager to get into politics. 他渴望进入政界。

What has got into you today? Why are you behaving like this? 你今天疯了吗？为什么要这样做呢？

1. re-double [ˌri:ˈdʌbl] v.加倍；加强
2. dismiss v.①不考虑;不理会。

→you dismiss something from your mind, (从头脑中)去除;不再考虑;抛弃

→a judge dismisses a case against someone, (法官)驳回，不予受理

→an employer dismisses an employee, 解雇;免…的职;开除

→you are dismissed by someone in authority, 让…离去;把…打发走;解散;遣散

1. aspiration [ˌæspəˈreɪʃn] n.抱负；志向；渴望
2. drive n. ①精力;干劲;冲劲;决心。②强烈欲望;强烈需求;本能需求。③(为达到某目的而进行的)努力,运动。④(用于路名)路,大道

...compelling, dynamic sex drives. 强烈而旺盛的性欲

The Church in Haiti has played an important role in the drive towards democracy. 海地的教会在争取民主的运动中扮演了重要的角色。

1. comprise [kəmˈpraɪz] v. 构成;组成

Women comprise 44% of hospital medical staff. 女性占医院医护人员的44%。

→something comprises or is comprised of a number of things or people, 包括;由…组成

The task force is comprised of congressional leaders, cabinet heads and administration officials... 工作小组由国会领导人、内阁首脑和行政官员组成。

1. Pharma-ceu-tical [fɑ:mə-ˈsu:tɪkl]adj.制药的
2. Pharma-ceu-ticals n.药物；药品
3. sprawling [ˈsprɔ:lɪŋ] adj. 蔓延的；杂乱无序伸展的
4. superb [su:ˈpɜ:b] adj.①极佳的;卓越的;质量极高的。②(信心、控制力、技巧)非同一般的，超凡的

With superb skill he managed to make a perfect landing. 他凭借超凡的技术实现了完美着陆。

1. ragbag [ˈræg-bæg] n. 装破布的袋。大杂烩;杂七杂八的东西
2. breakthrough [ˈbreɪk-θru:] n. ①突破；穿透；②重要技术成就，重大进展
3. conglomerate [kənˈglɒ-mə-rət] n.大型联合企业;企业集团
4. you do your bit, 尽微薄之力；尽一份力

Marcie always tried to do her bit. 玛茜总是努力尽一份力。

→you do something a bit, 一会儿，片刻（英国英语中亦用for a bit）

Let's wait a bit... 我们等一会儿吧。

I hope there will be time to talk a bit... 我希望能有时间谈一谈。

1. stifle [ˈstaɪ-fl] v.①（使）窒息；（使）窒闷。扼杀;压制;抑止。②克制住，忍住(哈欠、笑)

She makes no attempt to stifle a yawn... 她忍不住打了个哈欠。

1. chill [tʃɪl] v. ①(使)冷却;(使)凉下来;冷藏。②惊吓;使恐惧。n. ①着凉;伤寒②害怕;焦虑;紧张。adj. (天气)阴冷的，寒冷的

...a glass of chilled champagne. 一杯冰镇香槟

The marble floor was beginning to chill me... 大理石地面开始让我觉得发冷。

There was a coldness in her that chilled him... 她身上透着一股冷漠，让他不寒而栗。

1. couture [kuˈtjʊə(r)] n.高级时装的设计制作;高级时装
2. Cutting-edge techniques or equipment （adj.）最前沿的;最先进的;尖端的

→you are at the cutting edge of a particular field of activity, (某事物发展的)尖端，最前沿，领先阶段

→someone or something gives you a cutting edge, 有利方面;优势

1. one thing rivals another, （v.）能与…媲美;与…匹敌;与…不分高低