1. 学会与陌生人交谈或许让你更快乐

Consider the times （you've hopped on a subway地铁, boarded a plane / or entered a waiting room）.

Chances are, you probably avoided engaging with any fellow （commuters乘车上班的人 or patients）.

But contrary（adj.） to what we might think, we'd be happier [if we did strike up a conversation with a total stranger].

In a study, commuters in Chicago were asked to either talk with a stranger on a train, or sit quietly alone, or just do whatever *they'd normally do* on their commute通勤来往的路程.

Then, they responded to *a survey* （about *how they felt*）.

Turns out those （who engaged with strangers） had the most pleasurable experience / and those （who remained solitary） had the least enjoyable experience.

These answers were compared with another group （that did not participate参与/ but instead had to predict how they might feel in each situation）.

This group thought {talking with strangers would be the least enjoyable}, by far. 到目前为止

The study is *the journal* of Experimental Psychology. 《实验心理学杂志》

So despite being *social animals* and enjoying social engagement, we avoid chatting with strangers.

Why? Well, according to *a follow up*后续的 *study* it's because we think, wrongly, that strangers don't want to talk with us.

{The one way to get over克服 this} is to practice *reaching out*——who knows, *commuting* could become more enjoyable.

想象一下你有多少次跳进地铁,登上过飞机或进入等候室。很有可能,你要避免与任何通勤者或病人接触。但与我们想象相反的是,如果与一位陌生人侃侃而谈的话，我们可能会因此感到快乐。

在一项研究中,芝加哥的通勤者们被要求要么在火车上和一位陌生人交谈,要么独自一人静静闲坐,要么干脆他们就像往常一样表现。而后他们表达了自己对于这项调查的感受。结果显示，那些与陌生人谈话的人最愉快，而那些依然孤独的人则最不高兴。

这些调查结果与另一组并没有参与其中,只是预测对于每一种情况反应的人进行相比。

到目前为止这组人认为和陌生人交谈是最愉快的。这项研究已经在《实验心理学杂志》上发表。

所以尽管我们自认为是社会动物,以享受社会接触自居,但仍然尽可能避免与陌生人谈话。原因何在?嗯,根据一项后续研究显示，因为我们错误地认为,陌生人不想和我们谈话。解决这个问题的方法之一就是亲身实践——结果谁知道呢，交流沟通或许会更愉快。

1. hop v. 跳上[下]；单足蹦跳；齐足（或双足）跳行。

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

1. subway n. 地铁；地下通道
2. board vt. 上（船、车或飞机）
3. engage v. 吸引（人）;引起（注意、兴趣）

you engage with something or with a group of people 适应；（与…）建立密切关系

She found it hard to engage with office life... 她发现很难适应办公室生活。

1. com-muter [kə-ˈmju:-tə(r)] n. （远距离）上下班往返的人
2. contrary to… 与…相反
3. you strike up a conversation or friendship with someone 开始(交谈);建立(友谊);开始(来往)
4. you respond to a need, crisis, or challenge. v. 应对;作出回应;作出反应
5. least adj. 最小的；最少的（ little的最高级）；最不重要的，地位最低的
6. compared with 与…相比;和…比起来
7. participate in… v.参与；参加…
8. en-gage-ment [ɪn-ˈgeɪdʒ-mənt] n. 订婚，婚约；约会；约定，契约
9. chat v. 聊天；闲谈。与…攀谈；与…搭讪（或调情）
10. follow up v.把…贯彻到底，对…采取进一步行动；跟着，追逐，继续
11. get over v.克服，战胜（问题、困难）；（使）渡过；走完。从（不快或疾病中）恢复过来

It took me a very long time to get over *the shock* of her death. 得知她去世的消息我惊愕不已，很长时间才缓过劲来。

1. reach out （使）伸出
2. commuting n.& adj. 交换（的）
3. Wiki百科医疗信息来源或存在严重错误

Feeling a bit sick恶心的? Maybe you checked your symptoms on Wikipedia before seeing a doctor. And maybe your doctor checked Wikipedia before seeing you. Up to 70 percent of physicians内科医生 and medical students admit to using Wikipedia as a reference（n.）参考, too. But Wikipedia can be shockingly令人震惊地 wrong.

Researchers who compared *peer同辈-reviewed审查* articles to *the Wikipedia pages* for *the 10 most costly*造成严重损失的 *medical conditions* in the U.S.—including *heart disease*, back pain / and osteoarthritis骨关节炎—discovered *incorrect information* on nine out of 10 pages. Only *information* on concussions脑震荡appeared to 系be accurate. The study is in *the Journal* of the American Osteopathic整骨疗法的 Association.

*Earlier research* suggested表明 that Wikipedia is roughly comparable类似的to *peer-reviewed sources*. *A study* in the journal Nature （in 2005） found Wikipedia was about *as accurate as* the Encyclopedia百科全书 Britannica大不列颠的, even about *science topics*主题.

But *that analysis* looked only at 42 entries条目 among *the millions* on Wikipedia. [Since then] the site has exploded, now including *tens of millions* of entries. The new results suggest we should all take *online info* with a grain of salt.

身体感觉有点不适？

也许看医生之前你曾在Wiki百科网站上搜索过相关症状。或许医生在见你之前也登陆Wiki百科查询过。多达70%的医生和医学院的学生们承认他们常用Wiki百科作为参考。但这家知名网站可能存在严重错误。

研究人员们与同类审阅过后信息比较过后，他们发现对包括心脏病，背痛以及骨关节炎在内的美国10种高发疾病中，Wiki网页上的搜索结果10篇文章中，有9篇中的信息是错误的。只有对脑震荡的信息检索所显示的内容还算靠谱。该研究已在《美国骨科医学协会》杂志上发表。

早期研究显示相对于同类审阅过的文献来源Wiki百科的是比较粗糙。一篇于2005年在自然杂志上发表的研究曾发现Wiki百科和大不列颠大百科全书一样精准，甚至有关科学方面也是如此。但该研究只是对Wiki百科中几百万条内容中的42条进行了调查分析。

而且自从那时起这家网站迅速扩张，现在已经涵盖成百上千万条记录内容。这些最新的研究结果提示我们，不要盲目轻信此类信息的真实性。

1. sick adj. 恶心的；想吐的，晕船；不舒服的
2. shocking ['ʃɒkɪŋ] adj.①糟透了的;极坏的。②令人震惊的;令人愤慨的;不道德的

I must have been 表in a shocking state last night. 昨晚我的情况一定很糟糕。

It is shocking that *nothing* was said... 当时竟然什么都没说,真让人愤慨。

Shockingly（adv.）, ……. 令人震惊的是

1. peer [pɪə(r)] n.同龄人；同辈；身份（或地位）相同的人
2. review n.v. 检查;审查;审核

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

1. costly adj. ①昂贵的；代价高的

→②you describe *someone's action or mistake* as costly 造成严重损失的;代价大的

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

1. osteo-arth-ri-tis [ˌɒs-tiəʊ-ɑ:ˈθ-raɪ-tɪs] n. 骨关节炎
2. con-cussion [kən-ˈkʌʃn] n. 震荡；脑震荡
3. Os-teo-pathic [ˌɒs-tɪə-'pæ-θɪk] adj. 整骨疗法的
4. Something that is comparable to something else （adj.）类似的;同类的
5. En-cyclo-pedia [ɪn-ˌsaɪ-klə-'pi:-dɪə] n.百科全书
6. Bri-tan-nic [brɪ-ˈtæ-nɪk] adj. 大不列颠的，英国的
7. topic n.题目;话题；论题
8. entry n.（日记或计算机文件的）事项;（参考书的）条目；（账簿的）账目

Many entries relate to *the two world wars*. 很多条目与两次世界大战有关。

1. you take something with *a pinch一撮* of salt 对…半信半疑;不完全相信
2. 重金属摇滚乐疯狂摇头行为，存在罕见危险

*Heavy metal music* can be hazardous有危害的 to your health—at least, in what 系appear似乎 to be *rare circumstances*.

*A 50-year-old fan* （who recently rocked左右摇晃 out at *a Mot0rhead concert*音乐会） developed *bleeding*（n.）出血 （in the brain） （that required surgical外科手术的 repair）. He had celebrated庆祝 the band's signature（adj.）鲜明特征的 *fast tempo节奏music* by head banging猛撞 —that is, violently pitching抛 his noggin脑袋 to and fro来回地 in time to the music. A month after the concert, the man experienced an intense headache.

Doctors found [on *the right side* of his brain] a chronic慢性的 subdural硬膜下的 hematoma血肿: an injury （where *blood* collects under *the brain's outer protective membrane*薄膜）. Surgeons外科医生 fixed him up. The case study is in *the journal* The Lancet.

Headbanging is usually considered relatively harmless, though it can cause whiplash颈部过度屈伸损伤 or shorter-term *head or neck* pain. *A follow-up后续的 scan* （of *the Mot0rhead fan*） revealed that *a benign良性的 cyst*囊肿 may have made him 宾补more vulnerable易受伤害的 to *brain injury* than your standard一般的 heavy metal enthusiast.

The study authors作者 say devotees热衷者 may maintain *their headbanging habit*, 因为as *such bleeds*出血are so uncommon. Even more uncommon are *brain injuries* sustained保持 at concerts featuring以…为主要内容 *the music* of Mozart, Mahler or even Rachmaninoff.

重金属乐可以对你的健康造成危害，至少在极个别的情况下会出现危险。

最近在摩托头乐队的演唱会上，一位50多岁的疯狂粉丝跟随摇滚节奏乐疯狂摇头，导致脑部出血，需要进行外科手术才能治疗。他当时用疯狂的摇头庆祝这个乐队的标志性快节奏音乐，即跟着音乐节拍猛烈摇动脑袋。演唱会一个月后这位粉丝头痛十分严重。

经医生检查发现他的大脑右侧出现了慢性硬膜下血肿：患处是在大脑外部的保护膜收集血液的地方。外科医生帮他进行了治疗。该病例研究已经在《柳叶刀》医学杂志上发表。

疯狂摇头可以引起颈部扭伤，短期头痛和颈痛，但是这种行为通常被认为相对无害。而接下来对该摩托头乐队粉丝的头部扫描表明，一个良性囊肿可能使他比一般的重金属乐爱好者更容易遭受脑损伤。研究人员表示这样的脑部出血很少见，因此音乐爱好者们可能会继续他们的疯狂举动。

更罕见的是，头部损伤在莫扎特，马勒，甚至拉赫玛尼诺夫等音乐会中也是屡见不鲜。

1. ha-zar-dous [ˈhæzə-dəs] adj.尤指对健康或安全）有危险的，有危害的
2. you say that something 系appears 表to be *the way* you describe it 好像;似乎;看来

The aircraft 系appears 表to have crashed near Katmandu... 飞机似乎在加德满都附近坠毁了。

appear用作系动词,接“to be+ n./adj. ” 或者介词短语、动词不定式，或as if/though引导的从句, to be可以省略。但当形容词是表语形容词时, to be不可省略。

1. rock out（非正式）如痴如狂地奏摇滚乐
2. rock v.(使)来回摆动;(使)左右摇晃。

She sat on the porch / and rocked the baby. 她坐在门廊上，摇晃着孩子。

→*an explosion* or *an earthquake* rocks a building or an area （使）震动;（使）摇晃

concert n. 音乐会

1. bleeding [ˈbli:dɪŋ] n.adj.v. 流血，失血
2. cele-brate [ˈselɪ-breɪt] v. 庆祝；祝贺
3. sig-nature [ˈsɪg-nə-tʃə(r)] adj.为(某人)所特有的;体现个体特征的

*Rabbit stew* is one of chef *Giancarlo Moeri*'s signature dishes... 炖野兔，是厨师詹卡洛·莫里的招牌菜之一。

1. tempo n. [乐]速度，拍子；（运动或活动的）速度，进度
2. bang v.n.

→you bang on something / or if you bang it猛击；砰然重击

There is no point in shouting or banging the table. 叫嚷或者拍桌子都毫无意义。

→you bang something on something / or if you bang it down （因生气而）砰地放下，猛然放下

He banged down the telephone. 他砰的一声挂断了电话。

→you say bang goes something …告吹了；…完蛋了；…没戏了

There will be 表more work to do, not less. Bang goes *the fantasy* of retirement at 35. 工作只会增加，不会减少。梦想着35岁退休是彻底没戏了。

1. pitch v.（通常指仔细瞄准后用力）投，掷，扔，抛
2. noggin ['nɒ-gɪn] n. 小杯；少量的含酒精饮料。[美俚]头, 脑袋; 脑筋
3. fro adv. 向那边，向后
4. to and fro adv. 来回地，往复地
5. chro-nic [ˈkrɒ-nɪk] adj.(疾病、残疾)慢性的，长期的
6. sub-du-ral [sʌb-'djʊə-rəl] adj. 硬膜下的：位于硬脑膜和蛛网膜之间的
7. he-ma-toma [ˌhi:-mə-'təʊ-mə] n. 血肿; 血液由破裂的血管流出
8. injury n. 伤害，损害；受伤处
9. mem-brane [ˈmem-breɪn] n.（连接或覆盖身体某些部位的）膜,薄膜
10. Lan-cet [ˈlɑ:n-sɪt] n. 柳叶刀；刺血针
11. whip-lash [ˈwɪp-læʃ] n.(车祸等中造成的)颈部过度屈伸损伤
12. follow-up n.adj. [医]定期复查，随访；跟踪；后续行动，后续事物； 进度检查

One man was arrested during the raid / and another during a follow-up operation. 一人在突袭中被捕，另一人在后续行动中被捕。

1. be-nign [bɪ-ˈnaɪn] adj.和蔼的；温和的；慈祥的。没有危害的。（肿瘤）良性的
2. cyst [sɪst] n. [医]囊肿；囊，泡囊；膀胱
3. vul-nera-ble [ˈvʌl-nərə-bl] adj.脆弱的;易受伤害的

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

→a person, animal, or plant is vulnerable to a disease易感染（某种疾病）的；易患病的

People （with high blood pressure） are especially vulnerable（adj.） to diabetes... 有高血压的人尤其易患糖尿病。

→易受伤害的;易受影响的

1. au-thor [ˈɔ:-θə(r)] n.作者;著作者。(计划或建议的）筹划者，制定者
2. devo-tee [ˌdevə-ˈti:] n.（狂热的）爱好者，热衷者
3. sustain v.使持续;保持
4. feature v.

→由…主演;以…为主要内容;重点介绍

*The hour-long programme* will be updated each week / and feature *highlights* from recent games... 这个时长一小时的节目将每周更新，重点介绍最近比赛的精彩片断。

→someone or something features in something such as a show, exhibition, or magazine 出演重头戏;担任主演;(在展览、杂志中)为重点推出的部分

Jon featured in one of the show's *most thrilling episodes*. 乔恩主演剧中最引人入胜的剧集之一。

1. 人到中老年进行锻炼为时也未晚

Even if you waited till midlife（n.）中年 or later, it still pays to get your body moving. Because{*a study* of about 3,400 people （between *the ages* of 54 and 73）} found that even *moderate适度的 physical activity* （just once a week） was associated with less physical and mental impairment损伤.

Researchers tracked *British adults* [for eight years]. Even *new moderate movers* were about *three times* more likely to age使变老 [free of摒除 major *chronic*慢性的 *disease* / or mental deterioration（n.）恶化] than were inactive adults. The findings are in *the British Journal* of Sports Medicine.

Adults （who were already active（adj.）定期活动的 [at the start of the study]） were even better off情况好转. Four years after being *initially最初地 evaluated评估*, they were *seven times* more likely to be healthy（adj.）健康的 than inactive people. That's even after accounting for *differences* in age, sex, smoking, wealth, alcohol intake摄入量 / and marital婚姻的 status.

And since people tend to report more exercise than they really do, actually事实上 engaging in参与 *physical activity* may boost health even more than we know. So even if you haven't exercised since you passed your last high school gym健身房 class—in 1970—you can benefit by getting off离开 the couch长沙发.

即使已近中年或老年，运动锻炼仍然对你有好处。因为一项对年龄在54到73岁之间的3400人进行的研究表明，即便是每周一次温和的运动，也能减少生理和精神上的损伤。

研究者们对英国成年人进行了为期8年的跟踪调查。即使是跟年龄无关初级水平的健身者，比不活动的成年人，对主要常见慢性身体疾病或者精神损伤有三倍的免疫力。这一研究已在《英国运动医学》杂志上发表。

而研究调查开始时，已经加入健身行列的成年人，会获得更好的免疫效果。在开始评估四年后，他们更健康的可能性，是不活动人士的7倍。这个结果甚至是考量过年龄、性别、吸烟情况、财务状况、酒精摄入量，及婚姻状况等条件差异过后得出的。

而且人们往往夸大他们的实际运动量，所以实际上涉及到的运动，也许比我们现在已经知道的更能促进身体健康。所以，如果从最后一次高中体育课结束后，就没特别锻炼过身体的话，——大概是在1970年比如说——那么你现在离开沙发马上活动吧。

1. pay v.①给…付工资；给…付酬.

I get paid monthly... 我按月领工资。

→a job, deal, or investment pays a particular amount （工作、交易或投资）有…报酬，产生…利润

We're stuck in jobs （that don't pay very well）... 我们深陷在工资低廉的工作中。

→a course of action pays 有利；有好处；值得

It pays to invest （in protective clothing）... 在防护服上投资是值得的。

He talked of defending *small nations*, of ensuring {that aggression does not pay}. 他谈到了保卫小国家，绝不让侵略得逞。

1. mode-rate [ˈmɒdə-rət] adj.①中等的;普通的;适度的；适量的. ② (政治观点或政策)温和的，不激进的. ③ (人或团体)温和的，稳健的. ④(变化)不大的，有限的

...moderate exercise. 适度的锻炼

1. impair-ment [ɪm-ˈpeə-mənt] n. 损害，损伤
2. active adj.

→someone is active in an organization, cause, or campaign积极（参与）的

He is active（adj.） on Tyler's behalf. 他为泰勒积极奔忙。

→a person or animal is active in a particular place or at a particular time, 定期进行的;活动的

...animals which are active at night. 夜行动物

1. free of 摒除, 打消…

He freed himself of *the charge* of stealing. 他澄清了这一偷盗的指控。

She can't free herself of *the idea* （that someone's watching her [all the time]）. 她无法摆脱有人一直在盯着她的念头。

1. chro-nic [ˈkrɒ-nɪk] adj.①(疾病、残疾)慢性的，长期的。②难以根除的;积习难改的。③(局势或问题)严重的，顽固的

*Most of them* were chronically ill. 他们多数人患有慢性病。

de-terio-ration [dɪ-ˌtɪə-rɪə-'reɪ-ʃn] n.恶化;变坏;衰退

*Grant's health* steadily deteriorated（v.）. 格兰特的健康状况持续恶化。

1. better off 比较富裕；情况好转

They've got *nearly all the luxuries* （they need）; *of course* they're much better off than we are.

他们所需要的奢侈品几乎都有了, 当然他们比我们富裕多了。

Things will 系be better off [when he is voted chairman]. 当他被选为主席后，一切都会好转的。

1. ini-tially [ɪˈnɪʃəli] adv. 开始；最初

Initially, they were wary of Simon. 开始时他们对西蒙小心提防。

1. e-valu-ate [ɪ-ˈvælju-eɪt] v.评估;评价

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

*The market situation* is difficult to evaluate. 市场状况难以评价。

1. intake [ˈɪnteɪk] n. ①(食物、饮料、空气等的)摄取量,吸入量。②(组织或地方的)新纳入者，新招收
2. mari-tal [ˈmærɪ-tl] adj. 婚姻的，夫妻（间）的
3. you engage in an activity 参与;从事
4. gym [dʒɪm] n.健身所；健身房；体育馆
5. get off 出发；离开
6. 午睡确实能帮助增强记忆力

*The midday nap* is a preschool幼儿园 tradition. But is it necessary?

Some preschools plan to eliminate消除 this downtime停工时间 to fit in有地方容纳 more teaching （which could come at扑向威胁the expense费用 of learning）. Because a study suggests that the snooze白天的小睡 may help kids retain记住 information they learned earlier in the day. The work is published in PLOS ONE.

To see how naps affect academic performance, researchers taught 40 preschoolers between the ages of 3 and 6 to perform执行 a memory task. [After a few hours of *break time*休息时间] the children either stayed awake or got to nap, sleeping for an average of 77 minutes.

Although napping made no significant difference to feelings of sleepiness睡意, it did help enhance memory. When tested later in the day, students （who had rested） performed better. Even the next day, the children who had napped after the initial最初的 lesson still retained more information.

The benefit was greatest for students who took naps regularly, not just during the study. Which suggests schools may want to keep sleep on the syllabus课程大纲.

睡午觉就像是学龄前儿童的必修课。但这对他们来说真的有必要吗？

一些学前班计划取消这项内容以便安排更多的教学内容，从而带来更多的学习时间。但是一项研究显示，短暂的休息也许能帮助孩子们牢记当天早些时候所学到的知识。这项研究已在《公共科学图书馆》期刊上发表。

为了检测午睡在科学研究上的影响，研究人员对40名3到6岁的学龄前儿童，进行了记忆力方面的相关测试。经过几小时的学习后，孩子们被分为两组，一组保持清醒，而另一组则进行大概平均77分钟的午睡。

尽管没有为睡眠本身带来明显差异，但午睡确实能帮助增强记忆。而在当天随后所进行的测试中，之前短暂休息的学生表现得更好些。甚至到了第二天，这些午睡过的孩子们仍然能记得更多已学过知识的信息。

经常午睡确实能对学习有帮助，不仅仅是在学习阶段。这项研究表明学校也许想把午睡也列入教学大纲了吧。

1. fit in有地方容纳；有时间从事（某事）；有时间接待（某人）；相处融洽
2. come at袭击； 威胁；找到； 得到

→a person or animal comes at you, 扑向;向…逼近

1. 学生需要有效率的失败

“One of the things that amazed me was when we brought business people back带回 to say, ‘What don’t we teach you in school,’ these were physicists物理学家 who became business people. We didn’t teach students how to fail effectively.”

Arizona亚利桑那州 State University *theoretical理论性的 physicist* Lawrence Krauss. Along with other researchers, university presidents董事长, and reporters记者, Krauss discussed谈论 *science and tech policy* [recently] at *the Penn Club* in New York City. He talked about how he had developed a program “in physics entrepreneurship企业家精神. Which *the business school dean*学院院长 [at the time] said was an oxymoron矛盾修辞法. But I don’t think so.

The point is that {*what we do* throughout our whole education system is give students *solvable可以解决的 problems*}. In fact they’re guaranteed保证 to be solvable, from problem （sets in first-year physics物理学） to, in fact, a PhD博士学位.

“In the real world, most problems are not solvable exactly, and there are many competing demands. And you have to often change course in the middle in order to meet sociological issues as opposed to而不是 technological技术上的 ones. And it’s very difficult for us to implement实施 that in our teaching. But I think we do a much better job and a much better service to our students [if we try and teach our students to fail more effectively].”

史蒂夫·米尔斯基描述说，“让我大吃一惊的一件事是，当我们培养出商业人士后，说‘在学校里我们没有教授你们什么东西，’这些曾经的物理学家已成为了商业人士。我们没有教授学生如何有效地失败。”

亚利桑那州立大学物理理论学家劳伦斯·克劳斯。最近克伦斯同学校董事、记者和其他研究者一道，在纽约市的佩恩俱乐部讨论科技政策。他谈到自己是如何用物理学和企业家精神开发一个程序的。当时，商业学院院长称这个程序是一个矛盾体。但我不这么认为。关键是在整个教育体系中，我们自始至终所做的是交给学生可解决的问题。事实上，自物理学科的第一年到学生获得博士学位时，这些问题都被保证过能够解决。

“在现实世界里，大多数问题恰好是不可解决的，而且有很多竞争需求。于技术性问题截然相反，为了对付社会问题，你不得不经常中途改变航向。然而对于我们来说，在教学中实施这一方法是很困难的。但是我认为，如果我们尝试和教授学生更有效地失败，那我们干的就更好，对学生的贡献就更多。”

1. entre-preneur-ship [,ɑntrə-prə'nɝ-ʃɪp] 企业家能力/职能；企业家[主办人等]的身份[地位、职权、能力]
2. implement [ˈɪm-plɪ-ment] v.履行;实施。n.工具;器具;用具

The report sets out strict *inspection procedures* to ensure that the recommendations are properly implemented. 报告规定了严格的检查程序，以确保建议得到切实执行。

1. 活到老学到老

Sometimes people complain when trying to learn a new skill: “I’m not that young anymore. It’s harder to learn anything new.” But *adult brains* may be more pliable柔韧的 than we thought. Research has shown that adult brains can increase in *gray matter*脑的灰质 [over weeks or months]. Now comes a study finding that it’s possible to increase *the brain’s gray matter* quite quickly—in only *a matter of days*. That’s according to research in the Proceedings of the National Academy of Sciences. [Veronica Kwok et al., "Learning new color names produces *rapid increase* in gray matter in the intact未受损伤的 adult human cortex大脑皮层"]

The scientists created an experiment （that mimicked模仿 how young children learn new words）. They took four similar shades色彩的浓淡 of green and blue and gave them made-up捏造的 names—meaningless Mandarin汉语普通话 monosyllables单音节词 like sòng. Nineteen adults learned to match与…配对 those names and shades in five sessions某项活动的一节 over跨过 three days, a total of *an hour and 48 minutes*.

The scientists took MRI核磁共振成像 images of the subjects’ brains before and after the experiment. And they found *a noticeable显著的 increase* in gray matter volume体积 in the regions （known to be related to *color vision*色觉 and perception视觉上的感知）. The researchers contend声称 that *the adult brain* is thus more changeable more quickly than anyone thought. And that *an old dog* can learn a new trick.

有时候，人们在学习一项新技能是会抱怨：“我已经不再年轻了，学新东西比较困难了。”但是成年人的大脑其实比想象中的更具适应能力。之前有研究显示，成年人的大脑在数周或者数月时间内能增加一些灰质。现在，一项最新的研究发现，不需要这么久，大脑增加灰质的速度更快——是以“天”计算的。这一研究发表在了《美国国家科学院院刊》上

这一研究的科学家设计了模仿儿童学习新单词的一项试验。他们给了4组看起来很模糊类似的单词，同时告诉一些捏造的名字，比如毫无意义的汉语单音节名字——song。19名成年人在经过3天共5次，总计1小时48分钟的学习后，就能够把这些外形和名字配在一起了。

科学家对他们在试验前后的大脑进行了核磁共振成像观察。发现他们的大脑在一个区域的灰质体积上发生了显著变化，这一区域正是参与颜色观察与识别的区域。因此，科学家认为成年人的大脑更具可塑性，比先前的认识要高得多。看来，还是应该活到老学到老。

1. a matter of weeks n. (强调数量少、时间短)

Within a matter of days she was back at work... 仅仅几天后，她又回去上班了。

1. match v.与…配对;与…匹配（match up=match）

It can take time and effort to match buyers and sellers... 给买卖双方牵线，可能需要一些时间和工夫。

My sister and I never really matched up... 我和妹妹从没真正地合得来过。

I'm sure that yellow lead matched up to that yellow socket. 我敢肯定那根黄线接那个黄色插口。

1. A session of a particular activity， n. (某项活动的)一段时间，一场，一节

...group therapy sessions. 小组治疗时间

*The two leaders* emerged for a photo session. 两位领导现身接受记者拍照。

1. perception n.①理解；看法；认识。②洞察力；认识能力；悟性

...their perception of foreigners. 他们对外国人的印象

It did not require a great deal of perception to realise the interview was over. 并不需要多少洞察力也能意识到面试已经结束了

1. 睡前接触电子产品影响睡眠

The National Sleep Foundation基金会 released公布 the results of its *annual sleep poll*民意调查 today, where they surveyed对…作民意调查 more than 1,500 people between ages of 13 and 64.

Here are some of the findings: 43 percent of Americans say they rarely or never *get a good night’s sleep* during the week.

Nearly everyone, 95 percent, use electronics电子设备 (like TV, computer, or cell phone) within the hour just before bed. Researchers caution告诫 that *the use of such devices* are particularly harmful对…有害的 to the sleep-onset开端 process, since *the artificial人造的 light* can suppress抑制 release释放 melatonin退黑激素 which is our sleep hormone.

More than half of teenagers report consuming消费 and producing text messages every night just before bed compared to与…相比 only 15 percent of those in their 30s / and 5 percent of *the baby boomers*婴儿潮时期出生的人.

And it’s the teenagers who are the sleepiest（adj.）困乏的 of all, with跟…相比或对照 baby boomers getting the most sleep. Scientists caution警告 since most teens get two hours less sleep than the recommended被推荐的 9 hours, maybe an environment with fewer OMGs and ROFLs might encourage a calm wind down before bed.

Christie Nicholas报道，美国国家睡眠基金会公布了一年一度睡眠调查的结果。

今天，美国国家睡眠基金会公布了一年一度的睡眠调查结果。该结果基于基金会工作人员对年龄介乎13到64岁1500多人所进行的问卷调查。在报告中我们发现：高达43%的美国说他们一周中极少或者从未睡过一个好觉。

几乎每个人（占95%）在睡觉前接触一小时的电子产品（如电视、电脑或者手机）。研究人员提醒说，使用此类设备是影响人们进入深度睡眠的部分原因，因为电子产品的人工光源，阻碍人体释放深度睡眠所需的褪黑激素。

超过一半的青少年说，他们每晚睡觉前都会阅读和编写大量短信，相比之下，年纪在30岁的人群中15%、而婴儿潮（1945-1964）出生的人群中的只有5%会这么做。

如此说来，青少年是睡眠质量最糟糕的一群人，婴儿潮的人群能得到最好的睡眠质量。由于青少年每天睡眠的时间比科学推荐的9小时的睡眠时间少2小时，因此科学家提醒，在睡觉前少发点信息、不要过于兴奋，这样也许能够形成宁静舒适的睡眠环境。

1. poll [pəʊl] n. 民意测验；民意调查。v. you are polled on something, 对…进行民意测验（或调查）

Audiences were going to be polled on which of *three pieces of contemporary music* they liked best... 将对观众进行民意调查，询问他们在3部当代音乐作品中最喜欢哪一部。

1. caution v.①提醒;告诫;警告。②受到(警方)正式警告。③向…告知其法律权利(即嫌疑人所说的任何话都可能成为呈堂证据)

Tony cautioned against misrepresenting歪曲 the situation... 托尼告诫说不要歪曲形势。

Nobody was cautioned after arrest. 被捕后，没有人被告知其法律权利。

→you throw *caution* to the wind, 把理智抛至脑后;鲁莽行事;恣意妄为

1. The onset of something，n.（尤指不快之事的）开始，开端，肇始

With the onset of war, oil prices climbed past $30 a barrel. 战争一爆发，油价就攀过了每桶30美元。

1. suppress [səˈpres] v.①镇压;制止;压制。②制止，阻止，抑制(身体的功能或反应) 。③抑制，控制，克制(感情或反应);忍住。④封锁，隐瞒(消息) 。⑤压制，抑制，阻止(进程或活动)

The Professor said that deep sleep allowed *suppressed anxieties* to surface. 教授说深度睡眠可以使压抑的焦虑情绪得以释放。

At no time did they try to persuade me to suppress the information... 他们从没有试图劝我隐瞒这个消息。

'The Government is suppressing inflation by devastating the economy,' he said... 他说，“政府正在通过破坏经济来抑制通货膨胀。”

1. mela-tonin [ˌmelə-ˈtəʊ-nɪn] n. 褪黑激素
2. sleepiest adj. 欲睡的( sleepy的最高级 )；困乏的; 瞌睡的
3. OMGs："Oh My Gosh" or "Oh My God."
4. ROFLs："Rolling On the Floor Laughing."
5. wind down v.①放松;松弛。②逐渐减小(工作规模);使逐步停止;使逐渐关闭

I regularly have a drink to wind down. 我经常喝点酒放松一下。

In 1991 the Ada plant began to wind down. 1991年埃达厂开始逐渐关闭。

1. 船只发出的噪音影响鱼类进食

Do you dislike厌恶 restaurants餐馆 where noise drowns out声音淹没另一声音 dinner? Seems that fish don't like a din喧闹声 with dinner either. Because loud sounds, for example from whizzing发出飕飕声 speedboats快艇, distract使分心 them, and apparently impair损害削弱 their predatory捕食性的 skills. *So suggests a study* in the journal *Public Library* of Science ONE. [Julia Purser and Andy Radford, "*Acoustic noise*噪声 induces引起 *attention shifts* and reduces *foraging搜寻食物 performance* in three-spined有背骨的 sticklebacks棘鱼 (Gasterosteus aculeatus)"]

Researchers took 12 fish tanks水箱, and killed *the gurgling流水潺潺 filter过滤器 sound* to mimic the quiet of a calm lake. Then they immersed使浸没于液体中 a speaker扬声器 in each tank. And watched *three-spined stickleback棘鱼 fish* hunt water fleas跳蚤, to the accompaniment伴奏 of either white noise白噪音 （calibrated校准 to match *the noise level* of speedboats） or a silent track追踪 as a control.

Fish in each trial试验 ultimately最终 gobbled up吞噬 the same numbers of prey猎物. But the sticklebacks in noisy tanks spent more time attacking攻击 what's not for dinner, like bits少量 of algae水藻. And they often captured俘获 water fleas only to spit吐出 them out again.

The researchers say *the buzz蜂音嗡嗡声 of boats* may divert转移注意力 attention from the hunt—causing导致 fish to waste more time and energy chasing追赶 prey. Such inefficiency（n.）无效率 could contribute to declines下降 in their numbers. And unlike us, fish can't ask *the restaurant manager* to turn the volume down [as they dine].

克里斯托弗.因塔格利亚塔(Christopher Intagliata)报道，快艇驶过水面发出巨大轰鸣声，正在附近寻找、捕捉，甚至已经咬住猎物的鱼，会受到噪音的干扰而有可能错过到嘴的食物。

在餐厅进餐时你是否讨厌附近有声音响个不停？和我们一样，鱼类似乎也不喜欢在用餐时受到噪音的骚扰。因为巨大响声，例如快艇发出的巨大轰鸣声会让他们分心，而且明显损害了它们的捕猎技能。因此建议公共科学图书馆周刊进行了一项研究。[朱利亚.珀瑟（Julia Purser）和安迪.拉德福德(Andy Radford)说，“噪音导致注意力转移，减低了三椎刺鱼（刺鱼科）的觅食能力”]

研究人员找来12个大鱼缸，想办法消掉过滤器的潺潺声，以模拟安静的湖水环境。之后他们在每个鱼缸底部埋入一个扩音器，将白噪音调制到类似快艇发出轰鸣声，或者可控制的无声跟踪环境。然后观察三椎刺枪鱼在那样的鱼缸内捕捉水蚤的情况。

在每次实验缸内，三椎刺鱼最终都能够捕捉相同数量的猎物。但是在噪音干扰的鱼缸中，三椎刺鱼花了不少的时间咬到一点点不那么可口的藻类植。它们经常抓住水蚤后又很快吐掉。

研究人员称，船只发出的轰鸣声可能让捕食中的鱼类分心——导致鱼类花费了更多的时间和气力觅食。捕食效率不高，食物减少，鱼类数量有可能下降。另外，鱼无法好像我们一样在进食时可以开口让餐厅侍应生调低音量。

1. drown [draʊn] v.（把…）淹死，溺死

→a person or thing is drowning in something, 淹没（于…中）；置身（于…中）

...people who gradually find themselves drowning in debt... 渐渐发现自己债台高筑的人们

drown out（声音）淹没（另一声音）；（洪水）使（人们）无家可归

The loud cheers drown out his shouts. 欢呼声盖过了他的喊叫声。

Many families were drowned out when the river burst its banks. 河堤决口后, 很多家庭流离失所, 无家可归。

1. preda-tory [ˈpre-də-tri] adj.①（动物）捕食性的（Predatory animals）。②掠夺性的；弱肉强食的；损人利己的 （Predatory people or organizations）
2. gurgle [ˈgɜ:gl] v.①潺潺地流；汩汩地流（water is gurgling）。②（尤指婴儿）发咯咯声

We could hear *the swish* and *gurgle*（n.） of water against the hull. 我们能听到水拍打船体时的哗哗声。

Henry gurgles happily in his baby chair. 亨利在婴儿椅里开心地咯咯笑。

1. filter [ˈfɪl-tə(r)] n. 过滤器。v. ①过滤。②(光或声)隐约透过，缓缓传至（light or sound filters into a place,）

Light filtered into my kitchen through the soft, green shade of the cherry tree. 光线透过樱桃树柔和的绿阴隐约照进我的厨房。

→news or information filters through to people, (消息等)走漏，慢慢传开

It took months before *the findings* began to filter through to the politicians... 调查结果数月后才传到从政者的耳朵里。

→To filter out something from a substance or from light，滤除;滤掉

Children should have glasses which filter out UV rays... 儿童应该戴上滤除紫外线的眼镜。

1. cali-brate [ˈkælɪ-breɪt] v.①校定，校准，调节(计量器具) 。②精确测量;准确估量

...instructions on how to calibrate a thermometer. 如何标定温度计的说明

*Pesticide levels* in food are simply too difficult to calibrate. 食品中杀虫剂的含量很难精确测定。

1. gobble [ˈgɒbl] v.贪婪地吃；狼吞虎咽
2. spit v.①吐唾沫(常表示憎恨或轻蔑) 。②吐出(少量液体或食物) 。③(机器) 噼啪作响;(煮着的食物)毕剥作响。④(咬牙切齿地)愤愤说出（spit out= spit）。⑤下毛毛细雨

She spat the name out like an insult... 她像骂人似的说出了那个名字。

1. 学术出版 同行评审机制

Academic publishing

Peer凝视 to peer同行

Portable轻便的 *reviews审查 look* set to speed up the publication出版发行 of papers论文

ASK a researcher {what annoys him most about *scientific publishing*}, and *slowness* will come near接近 the top of the list of gripes抱怨.

It takes nearly six months, on average, for a manuscript手稿 to wend缓慢地去往 its way from submission提交 to publication出版.

Worse, before a paper is accepted by a journal期刊, it is often rejected抛弃拒绝 by one or more others.

The reason need not未必 be *a fatal flaw*瑕疵谬误 in the research; sometimes *the work* is simply not splashy惹人注目的 enough for outlets经销店 high up in the pecking啄食 order顺序.

But in the process, each *journal's editors* send the paper for *peer review*同行审查——appraisal评估 by experts in the relevant相关的 field——*in much the way* that就像…一样 *each prospective*可能即将发生的 *purchaser* of a house commissions受托之事 （his own） survey.

And, unlike those multiple涉及多人的, parallel同时发生的 surveys, the reviewers do not even get paid for their efforts.

Some publishers are at last beginning to twig突然醒悟 that this is *an awful量极大的 waste* of resources.

[Last month] a number of them, including big ones like *the Wellcome Trust*信托基金, BioMed生物群系Central中央的, the Public Library of Science / and the European Molecular分子的 Biology Organisation, said they would give authors of papers （they reject） the option of making *referees审阅人' reports* 宾补available to the other publishers.

The practice is not 表unheard（adj.） of within publishing groups企业集团.

Genome基因组 Biology, BMC's *flagship旗舰 journal*, which accepts just *one paper in ten*, passes超过 40% of *the sound观点明智的 but humdrum单调乏味的 sort* （it spurns摈弃） to its *less prestigious有声望的 sister publications* with reviews attached附上, says Matthew Cockerill, the group's *managing director*总裁（缩略形MD）.

Half of those end up最终到达 in a BMC journal.

But *similar arrangements*安排筹划 between competing publishers have not caught on变得流行.

Other ways （to speed up *peer review*） are being tested, too. Rubriq, a company in North Carolina, plans to offer *fast, independent reports* to authors for a fee. This includes a *reality check*现实的提醒 on just how far up the publication *pecking order*权势等级 a paper might be submitted提交 with a reasonable expectation that it will be accepted. To reviewers, meanwhile同时, it is offering *payment* for the job.

The firm is 表in talks with publishers （including BMC and PLoS）.

*Damian Pattinson*, the editorial编辑的 director主管 of PLoS One, the latter group's biggest journal, calls认为…是 Rubriq's公司名 service 宾补useful, though尽管 he admits that *details of how it will work* have yet to be sorted out理清细节.

*The customers* of a Finnish芬兰的 firm, Peerage贵族 of Science, are not authors, but journals themselves; 23 have signed up跟…签订合同 so far.

Publications [in effect实际上] outsource将…外包 the organisation of *peer review* to the company on the understanding that以…为条件 other clients客户 can look at the results, too.

Then, if the first customer rejects a researcher's offering, those others can choose quickly whether to snap it up抢购 instead.

Peerage's fee is paid by whichever journal ultimately publishes the offering in question.

The number of submissions（n.）提交呈递 to journals is outpacing比…快 reviewers' capacity to deal with them, says Mr Cockerill. *Mr Pattinson* agrees. *PLoS One* already churns搅拌制造 through 4,000 papers a month, putting its referees审阅人 under tremendous strain重负, he says.

With luck运气好的话, *parallel*同时发生的 *processing* of peer review [in this manner照这样] will reduce *the stress* on the system, and thus the time （frustrated 挫败的 researchers have to wait before their gems宝石 see the light of day）.

学术出版

同行评审机制

便捷化同行评审将会加快文章的发表

要是问研究员，在学术论文发表中什么最令他烦恼，速度慢位居烦恼榜单之首。一篇文章从投给出版社到发表，通常需要将近六个月的时间。

更糟糕的是，在论文被一家期刊接受之前，通常会被一家或多家的期刊拒绝。原因不一定是研究有致命的错误；有时只是因为研究内容受关注的程度，达不到高级期刊的要求。

而且，在论文从投稿到出版的过程中，每一期刊的编辑，都会对文章做同行评审——由相关领域的专家评估——就像有意购楼者在购楼前要了解楼盘一样。而且，不像那些多重平行的调查，评审专家甚至没有劳动报酬。

一些出版社终于开始意识到，同行评审这一做法相当浪费资源。

上个月许多出版社，包括一些大型出版社，譬如维康基金会，生物医学期刊出版中心，科学公共图书馆，以及欧洲分子生物学组织，声明他们将会给予被拒文章的作者选择权，决定是否让文章的评审报告对其他出版社开放。

这一做法在出版集团内部不是前所未闻的事。

BMC的重点期刊《基因生物学》，文章接收率只有10%。该期刊40%的比较不错但却单调的被拒文章，会转投给比它名气稍小的子期刊，这些文章都附有评审报告，出版中心的总经理马修·柯克里尔说到。那些文章有一半会发表在BMC旗下的期刊。

但类似这样的做法，并没有在竞争的出版商之间流行起来。

其他加快同行评审的办法。也正经受考验。北卡罗来纳州的Rubriq公司，计划通过向作者收费，从而提供快速、独立的同行评审报告。该服务包含一项适应性评估，评估论文应该投给什么样级别的期刊，才有可能会被采用。同时，评审员是有报酬的。

该公司正与包括BMC和 PLoS在内的出版商协商。

PLoS的最大期刊PLoS One的编辑部主任达米安·帕丁森，认为Rubriq公司的服务有用，但他也承认这项服务运作的细节还未列出。

名为Peerage of Science的一家芬兰公司的顾客，不是作者而是期刊；目前有23家期刊与之签约。

实际上，出版商把同行评审组织外包给了公司，这样的话，其他客户也可以查看结果。那么，如果第一个期刊顾客拒绝了一位研究员的论文，其他的期刊就可以很快的选择是否要发表这篇论文。评审人员的酬劳，由最终发表这篇论文的期刊支付。

柯克里尔先生说道，现在期刊投稿量使评审员负荷过大。帕丁森先生也承认这一点。他说道，PLoS One 现在一个月有投稿论文4000份，这使得他们的评审员承受着巨大的压力。

如果一切顺利的话，同行评审的这种并行处理模式，将会为评审机制减轻压力，同样，那些在郁闷地等待自己的大作发表的研究员们，也可以少等一些时间了。

1. peer n. ①同龄人；同辈；身份（或地位）相同的人. ②（英国有权或曾经有权在上议院投票的）贵族.

→you peer at something v.（通常因难以看清而）盯着看，凝视，端详

1. portable [ˈpɔ:təbl] adj.轻便的；手提式的；便于携带的。n.手提式电视机；袖珍收音机；笔记本电脑
2. gripe [graɪp] v. n.抱怨；发牢骚
3. wend [wend] v.(尤指缓慢、悠闲或小心地)走，行，去，往（you wend *your way* in a particular direction,）
4. something need not be true, 情态动词(与否定词连用)未必，不一定

What is right for us need not be right for others... 对我们来说是对的东西，对别人来说未必正确。

1. outlet [ˈaʊtlet] n.①经销店；专营店. ②廉价商品经销店；折扣店（An outlet or an outlet store）. ③出口；排放管. ④（通常指墙上的）电源插座

→someone has *an outlet* for their feelings or ideas, n.（情感的）发泄途径；（思想的）表达方式

Her father had found an outlet for his ambition in his work. 她父亲在工作中找到了施展抱负的机会。

1. economic pecking order指的是世界经济的强弱排序，pecking order在这里的意思是“任何团体中之长幼尊卑次序”，也称为“啄序”。 Pecking order在经济领域特指“优序融资”，也称为“啄食顺序”或“融资顺序”。
2. relevant [ˈrelə-vənt] adj. ①相关的;相应的;有重要性的。②适当的;合适的;确切的

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. much the way 像……一样
2. prospective [prəˈspektɪv] adj.①想要成为的；可能成为的。②可能即将发生的

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

...the terms of the prospective deal. 可能达成的交易的条款

1. commission n. ①受托之事;(接受报酬的)任务。②委员会;调查团。③佣金;回扣。④(银行或公司收取的)服务费，手续费。⑤犯(罪) 。v.

If a person uses a gun in *the commission* of a crime, then he should be given an additional penalty. 如果使用枪支进行犯罪，就应该受到额外的惩罚。

→（v.）you commission something / or commission someone to do something, 正式委托;委托(做)

...specially commissioned reports. 特别委托撰写的报告

...Government-commissioned research. 政府委托进行的研究

→（v.）委任;任命…为军官

He was commissioned as second lieutenant in the Air Force... 他被任命为空军少尉。

1. multiple [ˈmʌltɪ-pl] adj.多部分的;涉及多人的;有多种用途的。n.倍数（one number is a multiple of a smaller number,）

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

1. parallel [ˈpærə-lel] n.①（存在或发生在不同地点或时间的）相似之物，类似物。②（两者间的）近似之处，相似之处。③（标于地图上的）纬线，纬圈

It's *an ecological disaster* with no parallel anywhere else in the world. 这是一场在世界其他地方都没有出现过的生态灾难。

*Friends of the dead lawyer* were quick to draw a parallel between the two murders. 遇害律师的朋友们，很快发现了两起谋杀案之间的相似之处。

→（v.）one thing parallels another, 与…同时发生；与…相似

Often there are *emotional reasons* paralleling *the financial ones*... 往往情感方面的原因和经济方面原因同时存在。

→adj. ①同时发生的；相类似的。②平行的；并列的

...parallel talks between the two countries' Foreign Ministers... 两国外交部长同时进行的会谈

...seventy-two ships, drawn up in two parallel lines... 平行排成两队的72艘船

1. awful adj.①让人讨厌的；糟糕的。②使人不愉快的；令人震惊的；可怕的；极坏的。③生病的;不舒服的。④（量）极大的，极多的。adv.（与表示特征的形容词连用，用于强调）极度地，非常

...an *awful smell* of paint... 难闻的油漆味

Her injuries were massive. It was awful... 她遍体鳞伤。太可怕了。

I looked awful and felt quite shaky. 我貌似生病了，觉得很虚弱。

I've got an awful lot of work to do. 我有一大堆事情要做。

Gosh, you're awful pretty... 天哪，你太漂亮了！

1. BioMed [ˈbaɪəʊm] Central 是一家独立出版社
2. Molecular [mə'lekjə-lə(r)] adj.分子的;与分子有关的
3. spurn [spɜ:n] v.拒绝;摈弃。蔑视

These gestures have been spurned. 这些表示都遭到了拒绝。

1. caught on 变得流行
2. reality check n.真情实况;现实的提醒

*Jones's wise words* are *a timely reality check* for many （at the club） （who believe the great days are just around the corner）. 琼斯的一番高见来得正是时候，对于俱乐部中许多相信好日子已经不远的人来说不啻于当头一棒。

1. pecking order n.（群体中的）尊卑秩序，权势等级

He knew his place in the pecking order... 他知道自己排老几。

1. call v.把…说成;认为…是;将…称为

I wouldn't call it a burden; I call it a responsibility... 我不觉得这是负担;我觉得它是一种责任。

1. sort out 解决(问题);理清(细节)

Have you sorted something out for tomorrow night? 明天晚上安排了什么活动吗？

1. sign up (和…)签约;雇用;报名(参加课程)
2. understanding n. （非正式的）协议

We had not set a date for marriage / but there was an understanding between us. 我们还没有确定结婚的日子，不过我们对此有一致的想法。

→you agree to do something on the understanding that something else will be done, 以…为条件；假如

Kevin had treatment on the understanding that he would attempt to overcome his drinking problem. 凯文接受了治疗，但条件是他要努力克服自身的酗酒问题。

1. snap v.①(狗等动物)突然咬，猛咬。② (使)咔嚓一声折断;(使)啪的一声绷断

snap up 抢购，赶紧买下(便宜或心仪之物)

you snap something up,

1. in this manner 如此，照这样

In this manner the second, third, and fourth months passed. 就这样度过了第二 、 第三和第四个月.

1. 盲目的爱情更美好

They say that love is blind. And that’s probably for the best. Because a new study shows that people who greatly idealize把…理想化 their spouses配偶 have the happiest marriages. For the first few years, anyway不管怎么说. The research appears in the journal Psychological Science. [Sandra Murray et al., "Tempting吸引人的 Fate or Inviting吸引人的 Happiness?: Unrealistic不切实际的 Idealization Prevents预防 the Decline（n.）下降衰退 of Marital婚姻的 Satisfaction," link to come]

Most people mentally心理上 accentuate强调 their partners’ better qualities. At least during courtship求爱期. If we didn’t, who would ever tie the knot绳结? But some folks人们 take these fantasies幻想 to cartoonish漫画的 extremes. Now, you’d think such people are in for免不了遭受 a rude突然的 awakening觉醒 when they realize they married a real human being with real human flaws瑕疵缺点. But *this new study* says it isn’t so.

Researchers recruited招募 222 newlywed新婚的人 couples and followed them for three years. They periodically周期性地 asked the subjects to describe themselves and their partners. And they found that people who maintained *the most unrealistic view* of their *better halves*另一半 were actually the most satisfied with their marriage.

When the honeymoon’s蜜月期 over, it could be that those （who idealize理想化 their mates配偶） may be more likely to forgive the transgressions（n.）违犯 （that arise when people are no longer on their best behavior）. Whatever the reason, the study suggests that couples should exchange交换 rings戒指—and rose-colored玫瑰色的乐观的 glasses.

人们都说爱情是盲目的。但也许这才是最好的，因为一项新研究显示，将他们的配偶大大理想化的人会拥有更快乐的婚姻，起码前几年会是这样。这项研究刊登在《心理科学》杂志上。

很多人在心理上会过分强调恋人的优点——至少在求婚阶段是这样，否则谁还会结婚呢？但有些人将这些幻想过分卡通化了。现在你可以想象，当他们意识到走进婚姻殿堂的伴侣是个普通人，有着常人的缺点时，这些人的幻想就会破灭了。但这项新研究显示事实并不是这样。

研究人员招募了222对新结婚的夫妇，跟踪调查了他们三年。研究人员会周期性地让他们描述一下自己和配偶。而他们发现，仍然对配偶怀有不切实际的幻想的人，实际上对自己的婚姻更加满意。

蜜月结束之后，当人们不再将最好一面展现出来的时候，将配偶理想化的人更容易原谅对方的错误。不论理由是什么，这项研究显示，结婚的夫妇应该在交换戒指的同时，交换一下自己过分乐观的印象。

1. be in for 肯定要经历(或遭受)难免，要遭受(常指坏事)

I'm afraid we are in for a spot of trouble.恐怕我们是一定要遇到麻烦了。

1. rude awakening突然意识(或了解)到(一种不愉快的情况)；(对于现实的)猛然的醒悟；(对于理想或希望的)突然幻灭
2. rude adj.突然的;猝不及防的;突如其来的

It will come as a rude shock [when their *salary or income-tax refund* cannot be cashed]. 如果他们的工资或所得税返还不能兑现，这对他们来说将是晴天霹雳。

People were awakened rudely by a siren just outside their window. 人们被窗外传来的汽笛声猛然惊醒了。

1. your better half / your other half 妻子;丈夫;另一半
2. transgression [træns-'ɡre-ʃn] n. 违反，违法，罪过

→transgresse v.违犯道德(或行为)准则

It seemed to me that he had transgressed the boundaries分界线 of *good taste*高尚. 在我看来他有伤大雅。

1. 山高万丈 实为错觉

Stand at *the bottom* of a big hill / and you can exhaust使精疲力竭 yourself just thinking about climbing it. But a new study suggests it’s not as bad as it looks. Because people tend to overestimate过高估计 the steepness陡度 of slopes斜坡山坡, and not because we’re lazy懒惰的.

Psychologists have long assumed that our misperception错误知觉 of slope was biased使有偏见 by fatigue疲劳 or even fear of falling. If we see going up or down a hill as difficult, our perception看法 could be influenced by our point of view.

But researchers at Ohio俄亥俄州 State University have found it isn’t so. The scientists asked 200 passersby过路人 to estimate the angle of a set of stairs楼梯, and another 200 to do the same for an escalator自动扶梯—which, of course, requires no effort to ascend攀登. In each case, half the subjects looked from the bottom and half from the top.

The results: viewers consistently一贯地 overestimated the slant（n.）倾斜 of each slope斜坡 by about 20 degrees. The work appears in the journal Psychological Science. [Dennis Shaffer and Mariagrace Flint, "Escalating Slant: Increasing Physiological Potential Does Not Reduce Slant Overestimates"]

The researchers are not sure what drives this angular有尖角的 disparity（n.）差异不同. Perhaps it’s because *our visual system* （evolved进化） to be overly sensitive（adj.） to even slight departures（n.）离开 from the horizontal水平线, to help keep us upright（adj.）挺直的. Because ‘*not falling down*’ is the first step to making it up that hill.

站在大山脚下，光想着爬上去就让你累得够呛了。但一项新研究显示，事情并没有你想象中那么难，因为人们倾向于高估边坡陡度——但这并不是因为大家生性懒惰。

心理学家一直假定，我们对山坡的错误认知受到了身体的疲劳，或者甚至是受到了对掉下山的恐惧的影响。假如我们将登山和下山看做一件难事的话，自身的观点就会影响我们对山坡的看法。

但俄亥俄州的研究人员发现事实并不是这样的。科学家询问了200个行人，让他们评估楼梯的坡度，然后又找了另外200人去评估自动扶梯的坡度——人们总不用攀登自动扶梯了吧。每一次实验都有一半人从下往上看，另一半人从上往下看。

结果就是：观察者总是高估了大概20度的坡度。这项研究刊登在《心理科学》杂志上。

研究人员并不确定是什么因素导致了坡度的出入。可能是由于视觉系统进化，使得我们对些微高于水平面的物体过度敏感，以此帮助我们挺直腰杆。因为“不掉下山”是成功登山的第一步呀。

1. bias [ˈbaɪəs] n.①偏见；偏心；偏袒。②偏好；偏爱。v.使有偏见；使偏向

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

1. fatigue [fəˈti:g] n.①疲惫;疲劳;疲倦; ②厌倦。③(金属或木材的)疲劳。④(士兵的)作训服，工作服

She continued to have severe stomach cramps, aches, fatigue, and depression... 她仍然患有严重的胃痉挛，感觉疼痛、疲乏、抑郁。

1. ascend v.①攀登；登上。②（楼梯、路）上升，升高。③（通常指垂直地）上升。④（事业、社会地位）提高；晋升

...*an ascending spiral path* leading to a tower. 螺旋上升的通向一座塔的路

*Nott and Dickinson* set a new altitude record when they ascended 55,900 feet in their balloon. 诺特和迪金森乘坐热气球上升了55，900英尺，创造了一项新的高度纪录。

→someone ascends to an important position, 升迁；升职；(君主)登基,即位

→something or someone ascends to a higher level, （境界）上升；升华

→they ascend to heaven. （在某些宗教中指灵魂）升天，进入天堂

1. consistent [kənˈsɪstənt] adj. ①(行为、态度等)一贯的，一致的，始终如一的。②(观点或看法)前后一致的，连贯的

It's something I have consistently denied... （adv.）那是我自始至终否认的事。

→one fact or idea is consistent with another, （观点等）一致的，吻合的，不矛盾的

New goals are not always consistent with the existing policies. 新目标并不总是与现行政策一致。

1. slant [slɑ:nt] v. ①倾斜;歪斜。②使有倾向性;使有偏向性。n. ①歪着的;倾斜的。②(尤指有失偏颇的)观点，看法;偏向;偏袒

*The morning sun* slanted through the glass roof... 清晨的阳光透过玻璃屋顶，斜照了进来。

The programme was deliberately slanted to make the home team look good. 这个节目故意偏向主场队，以使他们看上去表现还不错。

...slanted（adj.) news coverage. 带有倾向性的新闻报道

1. angular [ˈæŋ-gjə-lə(r)] adj.尖的;有尖角的

He had *an angular face* with prominent cheekbones. 他的脸棱角分明，颧骨突出。

1. there is *a disparity* between two or more things, n.不同;不等;差异;悬殊

...*the great disparity* of wealth between rich and poor countries. 贫富国家间的财富鸿沟

1. departure n.①离开;启程;动身;出发。②辞职;离职;（从某组织的）脱离。③违背;背离

..*.the President's departure* for Helsinki... 总统动身前往赫尔辛基

*Reihill's departure* from the company is thought to follow disagreements with John Reihill Sr, who now controls the company. 赖希尔从公司的离职被认为是因为与现在掌管公司的老约翰·赖希尔意见不合。

1. 商标名与消费者行为之间的有趣关系

研究发现，与驾驶标有其他饮料logo汽车的实验者相比，驾驶红牛车的实验者要更勇猛。

Companies spend billions on advertising广告活动 every year. But they're not just pushing products—they're selling their brand's "personality性格," too. Think: Red Bull公牛. What comes to mind? Most people say things like speed...power...hyper亢奋的...extreme.

Well, a pair of一对男女 scientists wanted to see if *the energy drink*'s能量饮料 alleged声称的 qualities would influence people's performance in a racecar video game—without sipping小口喝 Red Bull. So they had 70 volunteers race cars with identical同样的 specs眼镜, but different paint涂抹 jobs. Four with the logo and colors of a drink—Guinness商标名, Tropicana具有热带特性的东西, Coca-Coca or Red Bull—and one car just plain green.

The drivers clocked达到特定的速度 similar times with most of the cars. But behind the wheel方向盘 of the Red Bull car, they actually drove more aggressively侵略地, scoring得分 either incredibly难以置信地 fast race times, or their slowest—by driving recklessly不在乎地 and crashing. The study appears in the Journal of Consumer Psychology. [S. Adam Brasel and James Gips, "Red Bull “Gives You Wings翅膀” for better or worse: A double-edged impact of brand exposure on consumer performance"]

Polled民意调查 after the game, the players didn't realize *the Red Bull image* apparently influenced their driving. Which suggests marketing市场营销 doesn't just influence a brand’s personality. It could be shaping our personalities个性, too, without our even knowing it. 而我们甚至都不知道

1. hyper [ˈhaɪ-pə(r)]亢奋的;精力旺盛的
2. identical adj.完全相同的;同样的
3. clock v.达到(特定的时间或速度)

Elliott clocked the fastest time this year for the 800 metres... 埃利奥特跑出了今年800米的最快速度

1. recklessly ['rek-ləslɪ] adv. 不在乎地，鲁莽地，不顾一切地

reckless [ˈrek-ləs] adj.轻率的;不计后果的;鲁莽的;无所顾忌的

He is charged with causing death by reckless driving. 他被控危险驾驶致人死亡。

He felt a surge of recklessness（n.）... 他感觉到一阵不顾一切的冲动。

Gives You Wings 。红牛广告语“给你翅膀”，引申意：给你力量

1. 交通噪音增加中风的风险

Living in the city, you can't escape逃离 traffic noise. But it's not just仅仅是 a nuisance讨厌的东西. If you're over 65, the noise might be a risk to your health, too—by increasing your risk of a stroke中风. That's according to a study in the European Heart Journal. [Mette Sørensen et al., "*Road traffic noise* and *stroke*: a *prospective前瞻性 cohort一群人 study*前瞻性群组研究"]

The researchers studied over 51,000 Danish city dwellers for about a decade. And they mapped out在地图上标出 noise levels （at each person's home） [over time随着时间的过去], using a noise calculating program. After accounting for将（钱款）列入预算 other variables, like smoking history, diet and air pollution, they found that [for the over-65 set一组], the risk of stroke rose 27 percent higher for every 10 decibels分贝 of noise exposure（n.）. The baseline基准 was the volume of a normal conversation.

This study doesn't prove证明 that *road noise* causes strokes. But previous studies have linked noise to heart attacks and higher blood pressure, too—possibly due to *increased stress* and *sleep disturbance*（n.）打扰失调. For older people who already have trouble sleeping, the researchers say that extra额外的 *tossing and turning*辗转反侧 could be the cause原因. So don’t just worry about the fumes有害的气体 if you're relocating迁移 to a busy city street—keep in mind your sound健康的 health（n.）, too.

住在城市里总避不开交通噪音，而这些噪音只会惹人讨厌。假如你已经超过65岁，这种噪音可能会损害你的健康——它会增加你中风的概率。这是《欧洲心脏杂志》上的一项研究报道。研究人员在过去10年分析了5万1千多名丹麦城市居民的情况。他们用噪音计算程序在地图上标出每个人家里不同时间的噪音度。在考虑了其他诸如抽烟史、食谱和空气污染等多种变量之后，他们发现对于65岁以上的群体，曝噪每提高10分贝，这些人的中风几率就上升27%，而10分贝是正常谈话音量的底线。

此项研究并未证明马路噪音引起中风。但以前的研究显示，噪音和心脏病以及高血压也有关系——它可能会增加人们压力以及干扰睡眠。研究人员表示，对那些已经睡不好觉的老人来说，不必要的辗转反侧可能是影响睡眠的原因。因此在一个繁忙城市街道上安家落户的时候，不要只考虑空气中的烟尘了——要记住全面健康也很重要哦。（sound双关了）

1. nuisance [ˈnju:sns] n.讨厌的人;麻烦的事情
2. prospective cohort study 前瞻性群组研究

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

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

...the terms of the prospective deal. 可能达成的交易的条款

1. map out 设计;计划;规划;安排

I went home and mapped out my strategy... 我回到家里制定出了我的策略。

1. you take something into account, or take account of something, 考虑到；把…计算在内
2. over time 随着时间的过去

Over time, though, Watson's views gained in popularity. 然而渐渐地，沃森的观点赢得了大家的支持。

1. a sum of money is accounted for in a budget, v. 将（钱款）列入预算
2. you toss and turn, 辗转反侧;翻来覆去

→toss v.扔；抛；掷

1. fume [fju:m] n. (难闻且常为有害的)烟,气体。v.发怒;生气

He was still fuming over the remark... 他还在为那句话生气。

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(观点)正确的，明智的

When we bought the house, it was structurally sound... 我们买下这栋房子的时候，它的结构还非常坚固。

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。

1. 质量标准,不标准

In *a laboratory实验室 vault保险库* outside Paris is a small cylinder圆柱体 of *platinum–iridium铱 allo合金* that serves as the standard for all mass质量 measurements（n.）估量 worldwide. By an 1889 international accord（n.）协定, the mass of this metal cylinder defines规定 the kilogram千克公斤.

But that may soon change. The kilogram is the only unit单位 of measurement still based on a man-made artifact人工制品. A second of time, for instance, is now defined in terms of根据 an electron电子 transition变迁 of the cesium铯 atom原子. And the meter米 is tied to the speed of light. Those standards are universal and unchanging—unlike the official kilogram千克. The reference供参考的 cylinder's mass has drifted漂流缓慢移动 slightly through the years—not enough to throw off your *bathroom scale*浴室体重秤, but enough to bother烦扰 measurement scientists.

Some of them are meeting January 24th at the Royal Society in London to discuss future improvements改善 to the measurement units计量单位. The plan is to eventually relate the kilogram to *a universal number* known as Planck's constant常量. But the technology （needed to do） that is not yet fully developed. So, *for the time being*暂且, that *little metal金属 cylinder* outside Paris will just have to keep pulling its weight尽本份. I mean, mass.

巴黎城外的一个玻璃罩里存放着一个铂铱合金圆柱体，这个圆柱体就是全世界测量物体质量的参照标准。1889年某项国际协议中规定，该铂铱合金圆柱体的质量为1千克。

但这个标准即将成为过去。千克是目前唯一一个以人工制品为参照标准的计量单位。比如说，秒就是根据铯原子内部的电子跃迁时间来下的定义，而米的定义则和光速有关。这些计量标准普遍通用、亘古不变，而千克的参照标准则不然。历经多年，质量标准参照物——铂铱合金圆柱体的质量已略有减轻。你倒不至于把浴室秤给扔掉，但计量学家就有得操心了。

部分计量学家将于1月24日在英国皇家学会举行会议，探讨计量标准的改善问题，计划最终将千克这个计量单位与普朗克常数联系起来。然而，要完成这项工作，技术问题仍有待解决。因此，在此之前，那小小的合金圆柱体还得继续扮演“重量”级的角色，当然，是在质量测量方面的重量级角色。

1. vault [vɔ:lt] n.①金库;保险库。②（通常指安葬同一家族死者的）教堂地下室，墓穴,墓室。③拱顶;穹窿

...the vault of a great cathedral. 一座大教堂的拱顶

1. measurement n.①（通常以数字形式呈现的）测量结果。②测量;计量。③（质量、价值或影响的）衡量，评估，估量。④三围；(身材)尺寸

We took lots of measurements... 我们得到了许多测量结果。

*Measurement* of blood pressure can be undertaken by practice nurses. 测量血压可以由实习护士完成。

...the measurement of output （in the non-market sector）. 评估非市场部门的效益

1. define v.①阐明;规定;限定;使明确。②给…下定义;解释

He was asked to define his concept of cool. 他被要求说明自己关于“酷”的定义。

1. in terms of ①就…而言, 从…方面说来。②用…的话，用…字眼，以…的措辞；从…角度来讲。③根据，依据。④以…为单位；换算，折合

He thought of everything in terms of money. 他是从钱的角度来看每一件事。

1. transition n.转变;过渡;变革;变迁。v. (从某一状态或活动)转变，过渡(到另一状态或活动)

*The transition* to a multi-party democracy is proving to be difficult. 事实证明，向多党民主制的转型非常艰难。

There was *a significant decline* in the size of the business [as the company transitioned to an intellectual property company]. 随着公司向知识产权公司转型，其业务规模显著下降。

1. reference n.①咨询;征询;参考;查阅。②引语；引用的观点；引证。adj.（书）供参考的

There are several reference books which have been compiled to help you make your choice. 有几本参考书专门帮你作出选择。

1. drift v. ①缓慢移动;逐渐移动。②(声音等)传到,传出

As rural factories shed labour, people drift towards the cities. 由于农村的工厂纷纷裁员,人们逐渐流向城市。

Cool summer dance sounds are drifting from the stereo indoors. 清凉的夏日舞曲的声音从室内音响中传了出来。

1. scale n.天平;秤;磅秤
2. Planck's constant 普朗克常数，用以描述量子大小。
3. for the time being 暂且；权；权时

She's staying with her aunt for the time being. 她暂时住在她姨妈那里。

1. pull one's weight 尽职；尽本份，努力做好自己分内的工作
2. 不焦虑也得靠烂笔头

Performance anxiety can be crippling严重损害健康的. Entertainers艺人 （who suffer from it） come up with想出计划 creative创造性的 defenses. Bono has his purple紫色的 shades阴影部分. *The indie音乐独立制作的 rock singer* Cat Power猫女魔力 faces away把脸转到一边 from the audience. Others turn to more *standard常规的 solutions解决办法* like Xanax阿普唑仑.

But there might be a healthier *quick fix*应急解决办法: writing. Because new research reveals that writing about your *specific特定的 worries* just before a performance can reduce the risk of blowing搞砸 it due to anxiety. The work工作成果 appears in the journal Science. [Gerardo Ramirez and Sian Beilock, "Writing About *Testing Worries* Boosts *Exam（n.）考试 Performance* in the Classroom"]

Researchers gave 20 students two math tests. The students did nothing special before the first test. But before the second test, students were told they’d receive money for high marks. Half of the students were then instructed指示 to take 10 minutes and write down any concerns（n.）忧虑担心 they had about the test. The other half sat quietly.

Those （who just sat waiting） did 12 percent worse更糟 on the second test than on the first. But those who wrote about their fears showed a five percent improvement on the exam.

Another part of the research found that writing in general didn’t work—it had to be about *test-related concerns* to trigger启动触发 the effect. So *to write* may prevent some wrongs.

表现性焦虑可能会带来严重后果。深受此害的专业演员们可谓是各出奇招。波诺用紫色来打掩护，独立摇滚歌手猫女魔力转脸不看观众，而其他人则通常用赞安诺等来舒缓焦虑。

但是，现在有了一种更健康的选择：写作。因为一项最新的研究表明，在表演之前把自己担心的事情写下来，能够降低因焦虑带来的糟糕表现。这一研究发表在了《科学》杂志上[Gerardo Ramirez and Sian Beilock, Writing About Testing Worries Boosts Exam Performance in the Classroom]。

科学家给了20名学生2次数学测试。第一次测试没有什么特殊的。而在第二次测试前，学生们被告知，取得高分就能获得奖金。此时，其中一半的学生能够在考前花10分钟把自己担心的事情写下来，而另一半则只能坐着等着测试。

那些只能坐等考试的学生，第二次考试的成绩比第一次下降了12%，而写下焦虑的学生，成绩提高了5%。

这一研究的另外一部分则发现，只是一般的记录是没有什么用的，必须是写下与考试相关的内容才能提高成绩。因此，做好纪录，就能避免失误。

1. crippling ['krɪ-plɪŋ] adj.①(疾病等)严重损害健康(或身体)的。②有严重危害的
2. face away 把脸转到一边

He was facing away from me, so I couldn't see who he was. 他脸背着我, 所以我不知道他是谁。

1. Xanax是 Alprazolam ['æl-prə-zəʊ-læm] 即阿普唑zuò仑的别名，主要用于抗焦虑。
2. quick fix 应急解决办法；权宜之计
3. blow v.①失去，断送（机会）；搞砸（努力）。②（保险丝）烧断；使（保险丝）熔断。③（轮胎）爆裂；使（轮胎）爆裂

Oh you fool! You've blown it! 哦，你这个笨蛋！都让你搞砸了！

...the high-risk world of real estate, where *one careless word* could blow a whole deal... 一字不慎就可能会断送整笔交易的高风险的房地产业

The car tyre blew. 这辆车爆胎了。

1. 获得尊重比其他更快乐

Remember affirmations肯定? [“Because I’m good enough, I’m smart enough, and doggonit, people like me.”] Well, if *Stuart Smalley*’s shot（n.）药品等的注射 in the arm makes you smile, you’re not alone. Because a new study shows that young people would rather pump up自我鼓励 their *self-esteem*（n.）自尊 than see a friend, have a drink or cash兑现支票 a big fat利润或费用丰厚的 paycheck付薪水的支票. The results appear in the Journal of Personality. [Brad Bushman, Scott Moeller and Jennifer Crocker, "Sweets, Sex, or Self-Esteem? Comparing the Value of Self-Esteem Boosts with Other Pleasant Rewards"]

We all like feeling good about ourselves. But can a little praise赞扬 really trump胜过压过 *a slice食物切下的薄片 of* pizza, a great party / or *a wad叠捆 of* cash现金? College students were given a questionnaire调查问卷. And they were asked to rate various activities based on how much they liked or wanted them. Things like: drinking, hanging with friends, having sex, and getting paid领工资.

The results? Undergrads在校本科生 do like those things. But not as much as they say they like getting good grades评定的等级成绩 or a compliment赞美. *Study author*发起人 Brad Bushman says “*American society* seems to believe that self-esteem is the cure治疗方法药物 all for every *social ill*, from bad grades评分成绩 to teen pregnancies（n.）怀孕 to violence. But there has been no evidence that *boosting self-esteem* actually helps with these problems. We may be too focused on increasing self-esteem.”

还记得自我肯定法吗？“我够好了，我够聪明了，真是该死，大家都这么喜欢我。”好吧，如果斯尔图特·斯莫利的一番鼓励让你咧嘴一笑的话，还有很多人跟你一样。因为新的研究发现，比起和朋友见面、喝酒或是兑换一张巨额支票，年轻人更渴望获得别人的尊重。此研究结果发表在《个性杂志》上。

我们都愿意对自己有个良好的感觉。但一个小小的称赞真的能击败一块比萨、一个很棒的聚会或一叠钞票吗？我们让大学生做一份调查问卷。

他们需要根据自己对各种活动的喜好程度评价这些活动。这些活动包括：喝酒、与朋友在一起消磨时间、做爱、以及领工资等。

结果如何呢？学生们的确喜欢这些活动。但他们说得到好成绩和获得称赞比这些更加重要。此研究的带头人布拉德·布什曼说：“美国社会似乎认为自尊是解决所有社会问题的良药，包括成绩不好，青少年怀孕以及暴力行为等。但并没有迹象表明增加自尊可以帮助解决这些问题。我们也许过于看重提升自尊的重要性了。”

1. affirmation [ˌæfə'meɪʃn] n. 肯定；确认；证实

→affirm [əˈfɜ:m] v.①断言；申明；坚持声称。②证实；确认

...a speech in which he affirmed a commitment to lower taxes... 他作出减税承诺的演讲

'This place is a dump,' affirmed Miss T. “这地方简直像个垃圾堆，”T小姐声称。

She nodded her head in affirmation.她肯定地点了一下头。

The ministers issued发表发布 *an affirmation*肯定 of their faith in the system. 部长们表示了对该体制坚定的信心。

Everything I had accomplished seemed to affirm that opinion. 我所取得的一切似乎都证明那个观点是对的。

The high turnout投票人数 was *an affirmation* of the importance that the voters attached to the election. 高投票率清楚地显示出选民们对选举的重视。

1. Shot in the arm = stimulus [ˈstɪ-mjələs]刺激物，boost 强心剂
2. fat adj. (利润或费用)巨大的，丰厚的

They are set to make a big fat profit. 他们下定决心要大赚一笔。

1. trump [trʌmp] n.① (牌戏中的)王牌，主牌。②Donald Trump 唐纳德·特朗普（人名）。v. 胜过;压过

The Hong Kong and Shanghai Bank has trumped Lloyds by raising its offer. 汇丰银行通过提高报价击败了劳埃德保险公司。（“香港汇丰银行”，全称为“香港上海汇丰银行股份有限公司”，The Hongkong and Shanghai Banking Corporation Limited（adj.）。简写为： HSBC）

→someone came up *trumps*, 意外地胜利;意外地成功（come up，v.走近;走到跟前）

Dwayne has come up *trumps* with a goal进球得分 worthy of winning any match. 德韦恩意外地蒙进了一个可以拿下任何比赛的球。

1. A wad of something such as paper or cloth，n. 卷;叠;捆

...a wad of banknotes. 一沓钞票

1. get paid 领工资

He'll want to get paid come hell or high water. 无论怎样他都会要回这笔钱的.

1. A cure for an illness， n.药;药物;疗法

A cure for a problem， n.解决方法;措施;对策

1. 创造力降低领导者气质

College students viewed people （with *innovative革新的 ideas*） as having less *leadership potential*潜力 than those （*whose thinking* remained in the box）. Karen Hopkin reports.

Think of a quality品质特性 that defines给…下定义 a strong leader. Do I hear: dynamic精力充沛的, driven奋发努力的, decisive决断的, original独创的? Well, I probably didn’t hear “original.” Because people （who are considered “creative”） are generally not viewed as leaders. That’s according to a study in the Journal of Experimental Social Psychology. [Jennifer Mueller, Jack Goncalo and Dishan Kamdar, "Recognizing认出识别 *creative leadership*: Can creative idea expression negatively否定地 relate to perceptions看法 of leadership potential?"]

People （who show imagination） can be seen as dreamers because their ideas have not been proven. Those seen as leaders, on the other hand, are expected to maintain order and to keep things moving forward. Yet in today’s business world, companies say they’re looking for creative CEOs （who can promote促进 change and lead their businesses in profitable有利润的 new directions）.

To examine仔细研究 what we really think about creativity, scientists asked students to present描述形容 ideas for how airlines can get more revenue收入 from their passengers. Half the students were told to come up with novel新颖的 solutions, and the rest were asked to stick with something more tried-and-true经考验证明好的. Other students （who then listened to these pitches说教） rated those （who were innovative富有革新精神的） as having less leadership potential.

So go ahead, think outside the box. But if you want to scale爬越攀登the corporate ladder晋升阶梯, you might consider仔细考虑 keeping your most interesting ideas under *wraps*包，裹←秘而不宣. *At least* until you’ve nailed钉牢使固定 that *corner拐角 office*.

大学生们通常用一种革新的眼光看待社会，然而事实上，跟那些习惯于把想法放在脑子里的人相比，他们并不具备很高的领导潜质。

你认为一个真正有魄力的领导应该必备哪一种素质？我听到有人说：强劲的工作动力，出色的驾驭能力，有力的决断，独创性。哪一种？当然，我好想没有听到过“独创性”这个词语。根据《试验社会心理学杂志》的一项研究表明，人们似乎并不认为“创新”是领导必备的素质。【认识创新领导力：思想表达创新化是否不利于认识领导潜力---Jennifer Mueller, Jack Goncalo and Dishan Kamdar】

很多人的想象力很强，想法天马行空，但是只能是一个做梦者，因为他们的想法还没有得到证实。那些被看做是领导的人，应该做的其实只是维持秩序，推动事物向前发展。然而纵观当今的商业世界，很多公司还在忙着物色有出色创造力的CEO来推动变革，带领公司取得更好的业绩。

为了研究人们是如何看待创造力的，科学家们邀请学生们参与讨论航空公司如何才能从乘客身上赚到更多的钱。要求是一半的学生要提供新方法，剩下的学生被要求继续使用老套却很管用的方式。

结果是其他学生听了这些陈述后，认为那些想法奇特处处求新者并不具备领导潜质。好了，人们很喜欢跳出固有的思维模式。但是如果你想在公司层层攀升，除非你已经是办公室的领导了，否则最好不要经常跟人提出那些很有趣的想法。

1. pitch v.（通常指仔细瞄准后用力）投，掷，扔，抛。

→something is pitched at a particular level or degree of difficulty, 把…定（在特定的水平、难易程度等上）

The government has pitched High Street interest rates at a new level. 政府已设定了新的商业利率水平。

→you pitch your tent, or pitch camp, 搭（帐篷）；扎（营）

→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。

1. wrap n.包装材料;包裹物。v. (用纸、布等)包，裹

→you keep something under wraps, 保密，秘而不宣（常指待日后宣布）

You can never keep a launch as big as ours completely under wraps. 像我们这么大规模的新品发布，要绝对保密是不可能的。

1. Corner office 角落办公室，即处于公司最佳位置的高级办公室，通常指总裁或总经理办公室。
2. 文海觅踪

A database of millions of books tries to make it possible to track *cultural trends* through the quantities大量 of *individual words*单词in print over the last few centuries. *Cynthia月亮女神 Graber* reports

They call it culturomics文化基因组学: the obvious明显的 play on the word “genomics基因组学” looks at *trends* in human thought思想 and culture. But scientists say culturomics文化基因组学 has been hampered阻碍 by a lack of quantitative数量上的 data. So researchers at Harvard, along with Google, Encyclopedia百科 Britannica大不列颠的, and the American Heritage国家的遗产传统 Dictionary, have come up with a new tool.

It’s a database of 5.2 million books, published since the year 1500. That’s four percent of all the books ever published, with a total of 500 billion words. The focus is on English language culture, so three quarters of三分之四 the books are in English.

Among *the first最初 findings* of the research, published in the journal Science [Jean-Baptiste Michel et al., "*Quantitative Analysis*定量分析 of Culture Using Millions of Digitized将资料数字化 Books"]: about, 8500 new words enter the English language annually每年地. But many of them don’t end up最终处于 in dictionaries. And about fame名望—actors become famous around age 30, writers around 40, and politicians around 50. But the fame of politicians can eventually exceed超越 that of actors.

A Google tool （called the Books Ngram Viewer） is available based on this data——users can track *the usage用法 and frequency频率* of a word or phrase over the past few centuries. Thus, we can watch *the fall and rise* of Melville. And soon *the rise and fall* of Snooki.

一个有着百万本图书的数据库，正尝试把一项举措变为可能，即通过统计上几个世纪所有出版的单词数量，来追踪文化的趋势。 Cynthia Graber报道。

人们把这叫做“culturomics”（文化基因组）——这明显就是借用了"genomics"（基因组）这个单词，从相似的角度探究人类思想和文化趋势的奥秘。但科学家表示数据资料的缺失会妨碍文化基因组的工作。因此哈佛研究员和谷歌、大不列颠百科全书以及美国传统词典一起提供了一个新工具。

这个工具就是自1500年以来出版的520万本书的数据。这些书的数量占所有出版书籍的4%，有5千亿个单词。由于这些书均聚焦于英语文化，因此有3/4都是用英语写的。

研究的首个发现之一就是，每年大约有8500个新单词进入英语体系，但是很多都不会出现在字典里。这项发现已刊登在《自然》杂志上。而谈到个人成名时间——演员在30岁左右，作家在40岁左右，而政治家则在50岁左右。但是最终政治家的名声会超过演员。

一个叫Ngram阅读器的谷歌工具就是基于此数据库诞生的，使用者可以追踪某个单词或短语在过去几个世纪中的用法和使用频率。这样我们就可以看到Melville这个词先衰后盛，以及Snooki这个词先盛后衰的情况啦。

1. culturomics：culture(文化)+genomics(基因组学)，中文被翻译成"文化组学"。通过获取我们使用单词和短语的频率,以有助于量化人类文化演变轨迹的研究。
2. hamper v.妨碍;阻碍;牵制;束缚

The bad weather hampered rescue operations... 恶劣的天气阻碍了救援工作的进行。

I was hampered by a lack of information. 我受到了信息不足的牵累。

1. quantitative [ˈkwɒn-tɪ-tə-tɪv] adj.大小的；数量的;与数量有关的

...the quantitative analysis of migration. 对迁徙的定量研究

1. exceed v.①超过，超出（某数量、数字等）。②超出，超越（限制、规定等）

His performance exceeded all expectations. 他的表演超出了所有人的期待。

I would be exceeding my powers if I ordered the march to be halted. 如果我命令停止游行，我就越权了。

1. 模仿口音有助理解

Seeing may be believing. But according to a new study—

[Man （with foreign accents口音腔调） interrupts打断 to ask for information.]

Where was I? Oh, I was saying that according to a new study, *the key* to understanding *someone （with a different accent）* is 表to repeat what he says / and to approximate使接近 the accent. The work appears in the journal Psychological Science. [Patti Adank, Peter Hagoort and Harold Bekkering, "Imitation模仿 Improves Language Comprehension理解力"]

If you speak to people from different places, you’ve no doubt encountered遭遇 *a variety各式各样 of i*nteresting accents. [Man with foreign accent concurs同意.]

To find out how we can make sense of搞清…的意思 unfamiliar不熟悉的 inflections语调的抑扬变化, psychologists spoke to volunteers in an accent they’d invented发明. Some subjects were told to imitate模仿 the odd sounds. Others were told to simply listen, or to repeat the sentence [in their normal voice].

Turns out the mimics巧于模仿的人 did better at deciphering破译密码 the unusual exchange（n.）短暂的交谈. The scientists say that *simply moving your mouth like other folks* do allows you to intuit凭直觉感知 their potentially eccentric古怪的 speech patterns, and get what they say. [Man （with foreign accent） sums up总结概括.]

眼见为实。但是，根据一项新的研究...

[录音被有外国口音的男子问询中断]

我说到哪里了？哦，我是说，根据一项最新研究，理解不同口音的人说话的关键，就是重复他说的话，并找到近似的发音。这项研究发表在心理科学期刊。 [Patti Adank，Peter Hagoort, Harold Bekkering著：《模仿：提高语言理解》]

如果你跟来自不同地方的人讲话，毫无疑问会遇到各种有趣的口音。 [外国口音的男子表示同意。]

心理学家用自己发明的口音向志愿者讲话，以此找出人们是如何理解不熟悉的语调的。有些志愿者被告知去模仿这些古怪的口音。另外一些志愿者只是被要求倾听，或以其正常的声音重复这句话。结果显示，前者在破译这种不寻常的交流上做的更好（本博：这就证明了学英语一定不能只听，更重要的是跟读模仿！）。科学家认为，只要向别人一样动嘴巴，便可以让你直觉的理解其潜在的古怪口音模式，并明白他们在说什么。 [外国口音的男子做总结。]

1. approximate [əˈprɒk-sɪ-mət] adj.①大约的；大概的。②近似的；粗略的。

→something approximates to something else, v.近似于

Something （approximating to *a fair outcome*结果） will be ensured... 保证会有大致公正的结果。

1. encounter [ɪnˈkaʊntə(r)] v. ①遇到，遭遇（问题、困难）（you encounter problems or difficulties）。②偶遇;邂逅（you encounter someone）
2. make sense of v. 搞清…的意思

Can you make sense out of what this book says? 你能理解这本书的内容吗?

1. exchange v. 交换;互换。n.①短暂的交谈;（常指）口角，争吵。②（不同国家人们之间的）交流，互访。③交战;交火

There've been some bitter exchanges between the two groups. 两组之间发生过一些激烈的争吵。

I'm going to go on *an exchange visit* to Paris. 我将到巴黎交流参观。

This could intensify加剧 the risk of *a nuclear exchange*. 这可能会加剧爆发核战争的危险。

1. intuit [ɪnˈtju:ɪt] v.凭直觉感知

They would confidently自信地 intuit your very thoughts... 他们会很有把握地凭直觉猜出你的真实想法。

1. eccentric [ɪkˈsen-trɪk] adj.古怪的;怪异的；偏离轨道的；离心的
2. you sum something up, 简而言之;概括地说

→something sums a person or situation up, 总结;概括

→you sum up after a speech or at the end of a piece of writing, (在发言后或文章结尾处)作总结;(法官审理结束前)作结案陈词