1. 家长控制或会造成孩子技能障碍

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

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

Years passed. Then *the researchers* followed up with *the study participants*参与者 when they were 18 / and again when they reached 21. Of *particular interest* were *interaction*互动 (with a *peer* or *romantic partner*).

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

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

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

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

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

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

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

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

It all backfired on me! 一切都与我的愿望背道而驰！

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

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

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

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

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

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

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

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

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

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

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

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

1. split v. n.(使)断裂;(使)裂开;分割

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

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

→two people tie the knot, 结合；结婚

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

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

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

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

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

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

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

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

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

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

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

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

谁知道搭配上“行尸走肉”的恐怖场景，会不会使现代艺术馆之旅更加令人崇敬。

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

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

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

→scary movies恐怖片

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

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

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

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

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

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

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

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

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

②对…有意见

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

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

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

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

1. goose [gu:s] n. 鹅

goose bump n. 鸡皮疙瘩

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

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

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

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

1. pair v. ①(使…)成对，(使…)成双。②交配，交尾

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

on trial 受审;在试验[测试]中;试用

put on trial使经受严重考验

1. 脂肪细胞也需要休眠

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

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

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

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

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

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

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

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

1. get by on靠…过活

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. gain n. 利润，获益

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

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

life expectancy 预期寿命；平均(期望)寿命

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

brisk walk 轻快行进，快步走

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

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

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

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

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

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

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

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

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

1. slice [slaɪs] n. (指食物切下的)片，薄片

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

1. no big deal没什么大不了的

big deal ①大事；要事。②有什么了不起

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

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

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

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

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

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

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

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

→定时的;定期的;有规律的

Take *regular exercise*... 定期进行锻炼。

Exercise regularly... 定期锻炼。

→经常的;频繁的

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

→经常使用的;固定的

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

→正常的;常见的;普通的

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

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

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

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

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

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

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

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

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

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

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

因此在你对坏先生倾心之前，看看他穿长运动裤是什么样子。

1. draw v.

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

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

1. Triad [ˈtraɪ-æd] n.三个一组;三件一套;三位一体

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

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

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

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

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

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

→you present yourself somewhere, v.出席；到场

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

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

→someone pulls back from an action, 退出；退却

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

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

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

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

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

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

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

Don't fall for his tricks. 不要中他的诡计.

1. 颜色会欺骗你的味蕾

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*Previous studies* have shown that *down time*停机 [in general] makes people more creative. The researchers thus say that *this creativity boost* is probably due to not just ①nature, but ②to taking a break from *the stresses* of work and technology.

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

罗伯特·弗罗斯特有句名言：“树林可人，幽暗而深邃。”

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

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

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

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

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

1. foster [ˈfɔstə(r)] v.促进;鼓励;培养

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

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

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

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

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

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

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

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

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

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

1. promise v.允诺，许诺；给人以…的指望或希望。有指望，有前途

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

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

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

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

1. 家猫严重破坏生态系统

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

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

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

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

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

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

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

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

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

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

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

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

1. havoc [ˈhæ-vək] n. v.大破坏;大毁坏;大混乱

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

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

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

1. 睡前酒对睡眠的影响

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. conduct v.进行;组织;实施

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

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

1. setting n.环境;背景;地点

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

...the *drug rehab* programme. 戒毒康复项目

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

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

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

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

1. on the right foot 顺利；以非常幸运方式

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

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

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

1. 学习新语言能开发大脑

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

→sth. remain to be done：...有待被做

1. 酒店房间"住着"大量细菌

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

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

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

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

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

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

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

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

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

→someone pledges to do something

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. grip n. v. 紧握，抓牢

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

atomic force microscopy ( AFM ) 原子力显微镜

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

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

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

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

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

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

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

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

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

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

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

...350 mg net weight. 净重350毫克

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

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

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

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

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

1. charge n. (带电物质的)电荷，充电量

→To charge a battery(v.)给(电池)充电

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

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

1. bite the dust 倒地而死；被打败，被拒绝；战死沙场

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

1. 如何让你对自己选择更满意

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

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

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

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

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

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

Just don't put back any half eaten chocolates.

决定有时很难。我们也许会被未选择的路所困扰。

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

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

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

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

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

记住别把吃掉一半的巧克力放回去。

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

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

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

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

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

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

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

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

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

1. rumi-nate [ˈru:mɪ-neɪt] vi.

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

→animals ruminate, (动物)反刍

1. 照顾年迈父母的担子落在女儿身上

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. concerning adj.让人不安的;令人担忧的

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

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

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

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

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

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

1. 成年人婴儿式聊天促进宝宝语言构成

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. setting n.环境;背景;地点

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

1. engage v.

→you engage in an activity, 参与;从事

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

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

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

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

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

1. 足球守门员扑救点球忽略概率基本规则

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. head v.

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

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

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

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

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

1. lunge [lʌndʒ] v.猛冲；扑

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

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

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

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

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

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

1. worth 与数量词构成的词：(与时间连用)可维持…(时间)

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

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

1. flip v. (用拇指)弹，抛，掷

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

1. you take advantage of something, 利用

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

1. leg up n. (对上马或跨跃障碍时的)帮助

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

1. 去除硫化物, 保护下水道

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

硫化氢比空气稍重，硫化氢和空气的混合物极易爆炸。

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

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

1. crumble [ˈkrʌm-bl] v. (使)破碎;(使)成碎屑

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

目前一项研究证明抵制诱惑的能力并不完全是天生的，也深受环境的影响。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Margaret [ˈma:ɡərit] n.玛格丽特(女子名)

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

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

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

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

1. 预防气候变化刻不容缓

*Climate change* is real. *Carbon dioxide*二氧化物 fromburning *fossil fuels* and clearing *forests*, among other human activities, is to blame责备. And more and more of that *global warming pollution*污染 is being dumped倾倒 in the atmosphere each year.

So says *the United Nations Intergovernmental政府间的 Panel专门小组* [地点状on *Climate Change's new synthesis综合 report* (released发布 on November 2)]. The synthesis reduces减少 thousands of pages of scientific knowledge to their essence本质. That essence, however, has hardly changed [since *the last synthesis report* in 2007].

{What has changed} is *the concentrations*浓度 of *greenhouse温室 gases* in the atmosphere, which have now touched 400 parts-per-million百万分之几. *Pollution* (in *the first decade* of the 21st century) grew twice [as fast as it did in *the last few decades* of the 20th century].

*The resulting作为结果的 global warming* poses造成问题risks (ranging变化from rising sea levels (that drown淹死 inhabited coasts海岸) to *crop产量 failures* from *stronger heat waves* and *drought*旱灾).

The IPCC has now offered提供 a budget预算 for how much pollution (people can add to the atmosphere without too much *climate change*). Unfortunately, humanity has already used more than half of that budget.

The world's nations are meeting in Lima this year 目的状in *hopes* of hammering out a global deal (to combat *climate change*) 目的状to be agreed upond达成一致 in Paris in 2015. The new report is *a reminder* to world leaders (that *the stakes*利害关系, like the seas, are high).

气候变化是事实。产生气候变化的罪魁祸首，是化石燃料的燃烧，以及树木的砍伐等人类活动。如今，排放到大气中的温室气体一年比一年多。

联合国政府间气候变化专门委员会，于 11月2日发布的综合报告也是如此说。该报告省略了数千页描述气候变化本质的科学知识。自2007年的综合报告发布以来，这些被省略的部分就没有改变过。

改变的内容则是大气中温室气体的浓度，现已上升至百万分之400。21世纪头10年的污染速度和20世纪最后几十年的污染速度一样，增长了两倍。全球变暖势必会造成海平面上升，沿海居住区的淹没，以及热浪和干旱加剧导致的作物减产。

日前，联合国政府间气候变化专门委员会，就人类可以向大气排放多少污染物而不至使气候变化太明显，发布了一个“预算”。遗憾的是，人类早已用尽过半“预算”。

今年，世界各国领导人在利马召开会议，希望拟定一项应对气候变化的全球协议，并于2015年在巴黎商定。对于世界各国领导人来说，这份新报告是个提醒，当中的厉害关系就像大海一样深不可测。

1. di-oxide[daɪ-ˈɔk-saɪd] n.二氧化物
2. dump v.倾倒;倾卸
3. Inter-govern-mental adj. 政府间的
4. Panel n.(进行公开讨论或作决策的)专门小组
5. syn-the-sis [ˈsɪn-θə-sɪs] n.综合;结合;结合体。(通过化学或生物反应进行的)合成
6. release v.释放;放出。发表;公布
7. es-sence [ˈe-sns] n.实质;本质;精髓
8. concen-tration [ˌkɔn-sn-ˈtreɪ-ʃn] n.浓度。集中;汇集。全神贯注;专心;专注
9. green-house n.温室；暖房
10. greenhouse gases 温室气体(主要为二氧化碳)
11. parts-per-million百万分之一;百万分之几;百万分率
12. resulting adj. 作为结果的，因而发生的
13. pose v.产生(问题)；造成(威胁、危险等)
14. range from ... to ... 在从…到…的范围内变化

→things range between two points / or range from one point to another (在一定幅度内)变化，变动

1. drown [draun] v.(把…)淹死，溺死
2. inhabited adj. 有人居住的
3. drought [draut] n. 干旱(时期)，旱季；旱灾
4. offer v.提供(信息、建议等)；
5. budget [ˈbʌ-dʒɪt] n. 预算
6. hammer out (经长时间或艰难的讨论)达成(一致意见或协定)
7. agree upon就 ... 达成一致。对某事[物]有同样看法， 商定[同意]某事， 商定做某事

As soon as the details had been agreed upon, the results would be proclaimed. 一旦细节问题取得一致意见, 结果将予以公布。

1. stake [steɪk] n. (比赛或行动的)赌注，风险。利害关系;重大利益;(企业等中的)股本，股份
2. 过多过少睡眠都会使患病几率增加

Shakespeare莎士比亚 called sleep宾补*the chief主要的 nourisher滋养* in life's feast宴会. But today we know it's so much more. *Insufficient不足的 sleep* contributes to the risk of *cardiovascular心血管的 disease*, diabetes糖尿病 and obesity肥胖症. And now a study finds that *too little or too much sleep* are both associated with *a significant increase* in sick days *away from work*.

Almost 4,000 men and women (between 30 and 64 years old) participated in参加 the study, which followed them for seven years. The research revealed that *the absence*缺席 *from work* (due to由于 illness *increased dramatically显著地*) for those who said they slept less than six hours / or more than nine hours [per night].

*The sleep time* (that was associated with *the lowest number* of sick days) was *seven hours 38 minutes* for women / and *seven hours 46 minutes* for men. The study is in the journal Sleep.

Of course *these findings* are associative由关联产生的 / and not 表necessarily必然地 causal(adj.)存在因果联系的. Other factors may be 表responsible负有责任的 for the under-or oversleeping [to begin with首先，起初]. But *sleep patterns*模式 are still *a warning sign* for increased illness and health complications并发症.

Shakespeare put it best: Sleep…that knits up编织成*the ravell'd sleave*乱丝 of care.

莎翁称睡眠为生命筵席的主要营养。但现如今我们对睡眠则了解的更多。睡眠不足会引发心血管疾病、糖尿病及肥胖症病发风险。而现在一项研究发现，睡眠太多或太少都会显著增加我们患病请假的几率。

30至64岁年龄段的4000名男女参与了这项研究，研究人员追踪他们达7年之久。研究表明，那些称自己睡眠时间每晚少于6小时，或多于9小时的人们，因病误工的时间明显增加。研究还发现，因病请假天数最少的女性的睡眠时间，是每天7小时38分，男性则是7小时46分钟。这项研究已经在《睡眠》杂志上发表。

当然这些发现之间并没有联系，而且不存在因果必然关系。其他因素也可能导致睡眠不足或睡过头。但是睡眠模式仍然是导致疾病及引发健康病症的一个警告信号。

正如莎翁说的好:睡眠织起万千愁绪。

1. chief adj.主要的;最重要的

*Financial stress* is well established as *a chief reason* for divorce... 经济压力被确认是导致离婚的首要原因。

1. nou-rish [ˈnʌ-rɪʃ] v. 给…提供营养;滋养
2. feast [fi:st] n. 盛会；宴会
3. Insufficient [ˌɪnsə'fɪʃnt] adj.不充分的;不足的;缺乏的
4. cardio-vas-cular [ˌka:diəu-ˈvæs-kjə-lə(r)] adj. 心血管的
5. dia-betes [ˌdaɪə-ˈbi:ti:-z] n.糖尿病
6. obesity [əu'bi:-sətɪ] n. 肥胖，过胖；肥胖症
7. participate [pa:ˈtɪ-sɪpeɪt] v.

→you participate in an activity参与；参加

1. Someone's absence from a place n.不在；缺席
2. due to由于；因为；应归于；因…而产生，(作为结果)发生
3. dramatically[drə'mætɪklɪ] adj.

→A dramatic change or event突如其来的;急剧的;引人注目的

This policy has led to *a dramatic increase* in our prison populations. 这项政策已经让我们监狱的囚犯人数激增(显著的增加)。

→A dramatic action, event, 激动人心的;引人注目的;令人印象深刻的

He tipped his head to one side / and sighed dramatically. 他把头歪向一边，重重地(令人印象深刻地)叹了口气。

→戏剧的;有关戏剧的;戏剧学的

1. associative [əˈsəu-ʃiə-tɪv] adj.联想的；由关联产生的。关联式； 相联； 传递性

*The associative guilt* was ingrained in his soul... 由此产生的内疚感在他灵魂深处挥之不去。

1. necessarily adv. 必要地；必需地；必定地；必然地

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

1. causal [ˈkɔ:zl] adj. 具有因果关系的，构成原因的

Rawlins stresses that it is impossible to prove a causal link between the drug and the deaths... 罗林斯强调，无法证明这种药物和多起死亡事件之间存在因果关系。

1. someone or something is responsible(adj.) for a particular event or situation, 负有责任的;应承担责任的
2. to begin with首先，起初

You are wrong about the facts [to begin with]. 首先你把事实都没弄对。

It was fine [to begin with] / and then it started to rain. 起初天气很好, 后来才开始下雨。

1. knit [nɪt] v.编织；针织；机织

knit up织成，织完(某物)

1. sleave [sli:v] n. 细丝，乱丝。v. 解开，分成细丝
2. 快速冲刺能燃烧大量脂肪

Want to exercise, but don't have enough time? Forget slogging苦干 half an hour on the treadmill跑步机. You can burn *the same number of calories* with a few *quick sprints*全速短跑 on an *exercise bike*. So says a study presented展示 at *a meeting* of *the American Physiological Society*.

Researchers studied *10 active*有生气的 *young men*. For three days, the men ate an energy-balanced diet—meaning *calories in* matched使相配 *calories out*. Then, still on the diet, each guy spent two days living in a sealed密封的 chamber房间, so researchers could monitor监控oxygen and CO2 levels—*a way* of exactly calculating calories burned.

Just hanging out闲逛 watching TV, the guys burned 2,200 calories a day. But they burned 200 more on days when they did five *30-second sprints*冲刺on an exercise bike. Now, these were not laid-back悠闲的 efforts. The guys pedaled蹬踏板 as hard as they could, and had to take *four-minute rest breaks*小憩in between.

*Previous studies* show that *sprint training* like this improves *the body's response* to blood sugar, possibly helping to stave off延迟 diabetes糖尿病. And the researchers say {it may be *an alternative*(n.)可供替代的 to *endurance耐力 exercise* for burning calories}. That is, [if you don't mind really] feeling the burn.

想锻炼身体，却苦于没有足够的时间？别再提花半个小时在跑步机上跑步了。在健身自行车上快速冲刺也能燃烧掉同样多的热量。一项美国生理学会会议研究如此报道。

研究人员以10名充满活力的年轻男子为对象展开了实验。让他们摄取能量均衡的饮食，以保证摄入和输出相等的热量，并维持三天。之后让每个人在封闭的室内住两天，同时继续上述饮食方式。这样研究人员就能通过监测氧气和二氧化碳的水平，来计算消耗了多少热量。

就算他们整天躺着看电视，也要每天燃烧二千二百卡路里。有时让他们做30秒的自行车冲刺，则会多消耗两百卡路里热量。注意，这可不是闲散的运动。他们得尽全力踩踏板，中途还得休息四分钟。

以前的研究表明：像这样的冲刺训练能够改善身体的血糖循环，有预防糖尿病的可能性。研究人员还指出这也许是另一种燃烧脂肪的方式，可以替代持久的锻炼。如果你真的不介意燃烧的感觉，那么就去试试吧。

1. slog [slɔg] v.n. 困难而费力的工作(或任务)

→you slog through something, v.拼命干;努力苦干

She has slogged her way through ballet classes since the age of six... 从 6 岁开始，她就一直在努力地学习芭蕾。

→长途跋涉;步履艰难地行进

Why should Melissa have to slog around the supermarket on her own? 为什么梅利莎会一个人在超市里面费劲地转来转去？

1. tread-mill [ˈtred-mɪl] n. ①踏车；(锻炼身体的)跑步机。②单调的工作；枯燥(或繁重)的工作
2. sprint [sprɪnt] n. vi. 冲刺，全速短跑。
3. exercise bike [体]室内健身自行车
4. present v.呈现；展示；陈述

We presented three options to the unions for discussion... 我们向工会提供了3种选择供讨论。

1. sealed [si:ld] adj. 未知的，密封的
2. monitor v.监控;监视;监督
3. hang out v.①晾晒(洗好的衣物)。②(呆在某处，或与某人呆在一起)闲逛，逗留
4. laid-back adj.悠然自得的；放松随和的。懒散的；悠闲的
5. pedal v.蹬，骑(自行车)
6. in between adv. 在中间
7. stave off v.推迟;暂时避开
8. endu-rance [ɪnˈdjuə-rəns] n.耐力;忍耐力
9. 士兵为何患上战后心理创伤?

War is hell. And for many soldiers, the experience leaves lasting持久的 scars创伤. And not just physical ones. A subset子集 of veterans退伍军人 develop *post-traumatic创伤后的 stress disorder*失调, or PTSD. But it might not be *only the horrors* of battle that make them susceptible易受影响的. [According to a study in the journal *Psychological Science*] *echoes*回声 of *childhood abuse* may contribute.

Psychologists assessed评估 *the mental health* of hundreds of Danish soldiers before, during and eight months after they were shipped to Afghanistan. Turns out *the vast广大的 majority*, some 84 percent, were resilient能复原的, showing no *undue过度的 signs* of stress [at any time]. A small number, about 4 percent, developed PTSD, with *symptoms*症状 (that showed up显现出来 when the troops returned home).

When the researchers compared those two groups, they discovered that *the cohort*一群人 with PTSD had not been exposed暴露于 to more battlefield trauma创伤—but they were more likely to have experienced *violence暴力 or abuse* in civilian平民 life, particularly as a child.

For the remaining剩余的 soldiers, being deployed部署 actually helped: something about *being part of the team* quelled平息 *the anxiety* they started out with. *That finding* suggests that PTSD is not uniform统一的, even for those (in uniform制服). And that *one man's poison*毒药 may be *another man's cure*疗法，药物.

战争就是地狱。对于许多军人来说，战争的经历给他们留下了永远的创伤，并不仅仅是指身体上的创伤。根据一项发表在《心理科学杂志》上的题为“虐待儿童可能造成的影响”的研究，一小部分退伍军人患上了创伤后应激障碍，略作 PTSD，然而对战争的恐惧并不足以使他们患上这种心理疾病。

心理学家们评估了上百名丹麦士兵被派往阿富汗战场之前，期间以及八个月之后的心理健康水平。结果证明，大多数(大约84%)士兵的精神适应力强，在任何时候都没有迹象显示他们承受着过度的压力。在部队撤回后，一小部分士兵(大约4%)出现了创伤后应激障碍的症状。

当研究人员比较这两组士兵时，发现患上创伤后应激障碍的战士，并没有更多地接触到战地创伤，但是他们在平常生活中经历过暴力或者虐待的可能性更大，尤其是在儿童时期。

对于从战场上幸存的战士来说，听从指挥实际上有所帮助：这种成为团队一员的归属感平息了一开始就有的焦虑心态。这个发现证明：即使对那些身穿制服的士兵，创伤后应激障碍也并不完全一样。这就所谓的我之毒药，彼之良药。

1. scar [ska:(r)] n.疤;伤疤;伤痕；精神上的创伤
2. subset [ˈsʌbset] n.小组;分组;子集(*A subset* of a group of things)
3. vete-ran [ˈvetə-rən] n.退伍军人;老兵;老战士
4. post-traumatic ['pəust-trɔ:-m'ætɪk] 创伤后的
5. trau-matic [trɔ:ˈmætɪk] adj.造成创伤的;惊骇的;痛苦的

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

1. disorder [dɪs-ˈɔ:də(r)] n. ①(身心机能的)失调，不适，紊乱，疾病。②杂乱;混乱;凌乱

He appeared to be suffering from *a severe mental disorder* / and had served *a term* in prison. 他看上去患有严重的精神疾病，而且坐过牢。

*The emergency*紧急的 *room* was in disorder... 急诊室里一片混乱。

1. post-traumatic stress disorder创伤后应激障碍( PTSD)
2. echo n. 回声，共鸣；(言语、作风、思想等的)重复
3. vast adj.巨大的;广大的;广阔的

the vast majority绝大多数

1. resi-lient [rɪ-ˈzɪ-liənt] adj.①坚韧的;有弹性的;有韧性的;有回弹力的。②能复原的;恢复快的;适应力强的
2. undue [ˌʌnˈdju:] adj.过分的；过多的；过度的
3. show up v. (使)清晰;(使)变得明显;(使)显现出来
4. co-hort [ˈkəu-hɔ:t] n. (尤指为了进行统计而被看作一个整体的)一群人(A cohort of people)

Tests were carried out by teachers on *the entire cohort* of eight to nine year-olds in their third year at primary school... 测试是由老师在小学三年级所有八岁到九岁的学生中进行的。

1. someone is exposed to something dangerous or unpleasant, v.使暴露于(险境);使遭受(危险或不快)

→someone is exposed to an idea or feeling, usually a new one, 使受…的影响(或熏陶);使接触

1. civilian [səˈvɪ-liən] n. adj.平民(的);老百姓
2. deploy v.部署，调集(部队或军事力量);展开； 配置

The president said he had no intention of deploying ground troops. 总统称并不打算部署地面部队。

1. quell [kwel] v.①压制;消除;镇压;平息。②消除，祛除(害怕、愤怒等)

Troops eventually quelled the unrest. 军队最终平息了动乱。

1. uniform adj.①(同一物)始终如一的，均匀的，划一的。②(不同物)全都相同的，一律的，清一色的

Chips should be cut into *uniform size* and *thickness*... 土豆条要切得大小厚薄均匀。

Along *each wall* stretched uniform green metal filing cabinets... 每面墙边都一溜摆着相同的绿色金属档案柜。

The natives uniformly agreed on this important point. 当地人在这一要点上达成了共识。

1. 有创意的人更善于圆谎

“Lots of us are able to cheat a little bit有点 and still think of ourselves as honest people.”

Dan Ariely is a professor of *behavior economics* at Duke University. His *latest book*, *The Honest*正直的 *Truth* About Dishonesty欺诈, explains how *creativity* makes us *better liars*说谎者—even to ourselves.

“Dishonesty不诚实 is all about *the small acts* we can take and then think, no, this not real cheating. So if you think that *the main mechanism*行为方式 is rationalization(n.)合理化, then 主{what you come up with想出}, and {that's what we find}, 系is that (we're basically总的说来 trying to balance feeling *good* about ourselves). On the one hand we get some satisfaction, some utility(n.)效用 from thinking of ourselves as honest, moral, wonderful people. On the other hand we try to benefit受益 from cheating.

“So rationalization合理化is {what we allows you to live with some cheating / and not pay a cost in terms of根据 your *own view* of yourself}.

“What kind of people would be able to rationalize使合理化 better than other people? Better storytellers, right? Creative people, right? Because if you're creative, you find more ways to cheat / and still使平静下来 yourself 双宾a story (about why this is okay).”

"许多人或多或少会欺骗别人，但仍自认为是个诚实的人。"

丹艾瑞里是杜克大学行为经济学的教授。他最近出版的书籍《The Honest Truth About Dishonesty》解释了为何创造力使人们更善于撒谎，甚至是更好地自欺欺人。

“不诚实都是善意的小举动，对，这不是真正的欺骗。所以如果你认为合理化才是主要的机制，那么你得平衡自己的说法和别人发现的事实，以达到自我感觉良好的目的。一方面人们倾向于认为自己很诚实、有道德、很了不起，从这样的想法中能获得满足感。另一方面我们试图从欺骗中获益。”

“那么合理化就是即允许你欺骗别人，但却丝毫不影响自己对自己的看法。”

“哪一类人能够比别人更好地将谎言合理化？更会讲故事的人，对吗？富有创意的人，对吗？因为如果你有创意，那么你会想到更多欺骗的方式，只要你能圆谎就行。”

1. a little bit有点;有几分。

I am *a little bit* *busy* right now ,can we talk later？我现在有点忙,能等一下再说吗 ？

1. Dis-honesty [dɪs-'ɔnɪ-sti:] n.不诚实;欺诈
2. mechanism [ˈme-kənɪ-zəm] n. (人为生存、对付困境的)机制，行为方式

...a *survival mechanism*, a means of coping with intolerable stress. 一种生存机制，一种应对无法承受的压力的方法

1. rationa-lization [ˌræʃ-nə-laɪ-'zeɪʃn] n.合理化，合于经济原则。

→v.使…合理化;对…进行理性解释。

I poured my thoughts out on paper 目的状in an attempt to rationalize my feelings. 我把自己的想法一股脑地写在纸上，以试图给自己的感受找个说辞。

→(v.)a company, system, or industry is rationalized, 精简;(通常指通过削减员工和设备)使更有效率

...*the rationalization* of the textile industry. (n.)纺织行业的精简

1. you come up with a plan or idea, 想出，提出(计划、想法等)

Let's fingerprint the canoe, see if we come up with anything. 让我们提取一下独木舟上的指纹，看看能不能有什么发现。

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

1. utility [ju:ˈtɪ-ləti] n.功用;效用;实用
2. in terms of

→就…而言, 从…方面说来

He referred to提及 your work in terms of high praise. 他对你的工作大加赞扬。

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

→用…的话，用…字眼，以…的措辞；从…角度来讲

→根据，依据

→以…为单位；换算，折合

1. still v. (使)安静；(使)无声

*Her crying* slowly stilled... 她的哭声慢慢静了下来。

1. 相比过去未来更接近现在吗?

When people talk about the past, they tend to lean使倾斜 slightly back. And [if folks talk about *things* to come] they tend to lean forward. Various studies have revealed *those physical attitudes*. Now a study finds that people usually experience time as if we are literally确实地 moving toward the future / and away from the past.

[Through通过 surveys调查] researchers first determined确定 {that subjects perceive *future events* as being closer than past events, even if *the events* are equidistant等距的}. Then the scientists had *subjects* experience *a virtual reality*虚拟现实 where they were either walking towards a fountain喷泉 or backwards away from it. And as they walked, the subjects had to estimate the distance of a specific特定的 date日期. The date they were given was either three weeks ago or three weeks in the future. The participants (backing away from the fountain) perceived the dates as being equidistant from the present. But those (walking towards the fountain) estimated *the future date* 宾补to be closer than *the past date*.

The researchers interpret解释 the finding 宾补to mean that *the future* feels closer because it seems like we’re literally确实地 moving towards it. Gives *new meaning* to the phrase, “Looking forward to seeing you.”

当人们谈到过去的事情时，身体总是会稍微后仰。当人们谈起即将发生的事情时，身体往往会向前倾。虽然各式各样的研究已经揭示了身体姿势的秘密，但有项研究发现，人们对时间的体验往往是这样的：仿佛我们真的在不断地走向未来，远离过去。

通过调查，研究人员首次确认了在受试者的意识里，未来的事件比过去的事件更接近一些，即使这些事件在时间上是等距的。其后，科学家让受试者去感受虚拟的现实，即让他们朝喷泉的方向前进，或者朝远离它的方向倒退。同时让受试者估计某个特定时间所代表的距离。给受试者的日期，或者是三星期前，或者是三星期后。远离喷泉后退的参与者感知的日期，与现在是等距的。然而朝喷泉前进的受试者估计的未来的日期，更接近于现在。

研究人员解释道，这项研究说明未来给人的感觉更近，因为我们似乎确实在向未来前进。这给短语“Looking forward to seeing you(期望与你再见面)”赋予了新的含义。

1. lean[li:n] v.(身体)倾斜，倾侧

→you lean on or against someone or something, v.(使)倚；(使)靠

1. literally [ˈlɪtə-rəli] adv.确实地；真正地；不加夸张地
2. as if 好像，似乎，仿佛
3. determine v. ①确定;查明。②下决心;决意;决定
4. equi-distant [ˌi:kwɪ-ˈdɪs-tənt] adj. 距离相等的，等距的
5. virtual reality虚拟现实
6. fountain [ˈfaun-tən] n.①喷泉;喷水池。②源泉;根源;来源
7. inter-pret [ɪnˈtɜ:prɪt] v.①解释;说明;阐释。②口译
8. 困惑帮助人们学习

When we're confused困惑 by something—say with *a movie plot*情节 or *calculus*—we tend to feel uncomfortable, frustrated挫败的. But maybe we should embrace拥抱 the confusion. Because a new study finds that confusion can lead to better learning.

Scientists set up *a situation* where they purposely故意地 confused subjects during *a pretend假装的 learning session学期*.

The subjects watched *an animated有生气的 tutor助教* / and student discuss *possible flaws瑕疵* in a scientific study. The researchers had *the animated tutor* and *student* disagree with有分歧 each other on specific flaws. But 目的状to set up *a really confusing situation* for one group of subjects / they also had *the pretend tutor* and *student* make incorrect or contradictory互相矛盾的 statements about the study. Then *the subjects* had to decide *which of the two opinions* had more scientific科学的 merit优点，价值.

Subjects (who were forced被迫的 to deal with *the incorrect and contradictory互相矛盾的 statements*) did significantly值得注目地 better on later tests where they had to spot发现 flaws in studies, as opposed to而不是 *those subjects* who only faced the disagreements分歧 between *the animated tutor* and *student*. The study will be published in the journal *Learning and Instruction*教诲.

Researchers note that confusion motivates激励 us to work harder to understand, and so we gain *a deeper and more comprehensive*广泛的 *knowledge* of a subject.

当我们对某些事物，例如某个电影的情节或者微积分感到困惑时，往往让人们觉得不舒服，沮丧。也许我们应该迎接困惑。因为一项新的研究发现困惑能引导人们更好地学习。

科学家们设定了一个情景——故意让受试者对假设的课程产生困惑。

让受试者观看一场生动的、在老师和学生之间展开的生动的讨论，讨论主题为一项科学研究的缺陷。研究人员让老师和学生就某个具体的缺陷产生意见分歧。但为了让其中一组受试者真正感到困惑，研究人员还得让老师和学生对研究进行错误的或者自相矛盾的陈述。然后由受试者决定哪一方的观点更具有科学价值。

其中一组受试者只需要面对老师和学生的意见分歧，与之相反，另一组还需要面对错误、矛盾的陈述，很明显在后续试验中指出研究里错误的地方时，后者比前者表现得更好。这项研究将会发表在《学习与教学》杂志上。

研究人员指出困惑能激发人们的斗志，让他们为了弄明白某事物而努力学习，这样人们才能对一门学科有更深刻，更全面的认识。

1. frustrate [frʌˈstreɪt] v.①使灰心;使沮丧;使愤怒。②挫败;阻挠…的成功
2. embrace [ɪmˈbreɪs] v.拥抱
3. session n. (某项活动的)一段时间，一场，一节

A session of a particular activity

1. animated [ˈænɪ-meɪ-tɪd] adj.生气勃勃的；活泼的；热烈的
2. tutor [ˈtju:tə(r)] n. 家庭教师；导师；(大专院校的)助教；课本
3. flaw [flɔ:] n. ①瑕疵，缺点；②(性格中的)缺点，弱点。③错误;谬误
4. you disagree with someone / or disagree with what they say, 不同意;有分歧;意见不合
5. contra-dictory [ˌkɔn-trə-ˈdɪk-təri] adj.互相矛盾的;相互对立的
6. merit [ˈme-rɪt] n.①优点;长处;优势。②良好品质;价值

This method at least had *the merit* of simplicity(n.)简单. 这种办法至少有简单明了的优点。

The argument seemed to have *considerable merit*... 这个论点似乎颇有价值。

1. someone forces you to do something, 强迫;强制
2. spotv.看到;发现;认出
3. as opposed to而不是

We ate in the restaurant, as opposed to the bistro. 我们是在餐厅吃的饭，而不是在小饭馆。

→you are opposed(adj.) to something, 反对的；不赞成的

1. motivate [ˈməutɪ-veɪt] v.① (尤指情绪)激发，激励，驱使。②使决心做;使决意做

They are motivated by a need to achieve... 对成功的渴望激励着他们。

How do you motivate people to work hard and efficiently?... 你是怎样激励大家奋发高效地工作的？

1. compre-hensive [ˌkɔm-prɪ-ˈhensɪv] adj.综合性的;全面的

*The Rough Guide* to Nepal is *a comprehensive guide* to the region. 《尼泊尔概况》是一本全面介绍该地区的旅游指南。

1. 气味泄露情绪的秘密

Pheromones信息素: they're those *chemical signals* often associated with attraction吸引力. But there are many chemical signals (we give off散发出)—including ones (that might signal发信号 alarm, aggression侵略 or other emotions).

For example, take fear. If sweat contains compounds混合物 associated with fear, could someone (smelling the sweat of a frightened person themselves) wind up最终落得 experiencing fear?

To find out, researchers had *male subjects* watch two movies. One was scary吓人的, and the other made viewers feel disgusted厌恶的. The researchers then collected the participants' sweat. Female女性的 subjects then smelled the sweat, 与…同时while the scientists recorded their facial面部的 expressions. And the women who smelled “fear sweat” actually produced fearful害怕的 facial expressions. While those who smelled the “disgust sweat” made disgusted faces. The inference is that the chemical compounds impelled the female subjects to remotely experience the same emotions felt by the sweaty males. The study is in the journal Psychological Science.

So despite our lack of *conscious(adj.)有意识的 awareness(n.)察觉* of interpersonal人际的 chemical communication, it seems that we nevertheless(adv.)仍然 do *physically身体上地 and psychologically心理上地 process* such chemical signals. The researchers note that this study provides evidence that communication is not limited to language and visual cues(n.)暗示: even we *rational理性的 humans* can become “emotionally synchronized使同步” via经由 scent人的气味.

信息素是一种化学信号，常与吸引力有关。我们散发出的化学信号有许多种，包括那些传递警觉，攻击或者其他情绪的化学信号。

用恐惧来作例子。如果汗水里包含与恐惧有关的化合物，那么当一个人闻到另一个感到恐惧的人身上散发出的汗味，他会最终感受到恐惧吗？

为了找到答案，研究人员让男性受试者观看了两部电影。一部电影是恐怖片，另一部则让观众觉得恶心。研究人员收集了受试者的汗液，然后让女性受试者闻收集到的汗液，并会记录下她们的面部表情。闻到“害怕的汗”时，女性们脸上真的会出现恐惧的神情。那些闻到“恶心的汗”的女性则会做出恶心的表情。因此研究人员推断，化学信号会驱使女性受试者远程体验与流汗者同样的情绪。这项研究发表在《心理科学》杂志上。

尽管我们并没有意识到人际间存在化学信号交流，但不管怎样，我们的生理和心理均在处理这种化学信号。研究人员指出，这项研究为交流并不局限于语言和眼神提供了证据：即使我们是有理性的人类，但我们的情绪仍会被气味“同化”。

1. Phero-mone [ˈferə-məun] n. 信息素(生物体释放的化学物质、能影响其他同类生物的行为)；外激素
2. give off / out 释放，放出，发出(气体、热量、气味等)
3. signal v. ①(用手势、声音等)发信号，发暗号，示意。②预示;表明;显示
4. compound n. ①(化学中的)化合物，②混合物;组合物
5. wind up 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. aware-ness [əˈweə-nəs] n. 察觉，觉悟，意识

There has been *an increasing awareness* that many people are affected by crime. 人们越来越清楚地认识到很多人受到犯罪活动的影响。

1. never-the-less [ˌnevə-ðə-ˈles] adv. 然而；尽管如此；不过；仍然
2. cue [kju:] n. 暗示;提示;信号，线索。v.给(演员)暗示(或提示);为…提示

He read the scene, with Seaton cueing him. 在西顿的提示下，他念了这一场的台词。

1. rational [ˈræʃnəl] adj. 神智清楚的；理性的；理智的；合理的
2. syn-chronized ['sɪŋ-krə-naɪzd] v. (使)同步;(使)在时间上一致;(使)同速进行

It was virtually(adv.)实际上 impossible to synchronise our lives so as to take holidays and weekends together... 想让我们的生活步调保持一致好一起去度假和过周末，几乎是不可能的事。

...a series of unexpected, synchronized attacks. 一连串同时发生的意外攻击

1. via [ˈvaɪə] prep. 经过；通过，凭借；取道

The executive's meeting had finished / and Sir Marcus had reported its conclusions to the prime minister via Richard Ryder. 领导层会议已经结束，马库斯爵士已通过理查德·赖德把会议结论报告给了首相。

1. 苦味也许能战胜哮喘

People (with asthma哮喘, *chronic疾病慢性的 obstructive故意阻碍的 pulmonary肺的 disease* and other *breathing disorders(n.)失调*) need fast relief(n.)缓解 when their airways tighten up收紧. Unfortunately, *the most commonly(adv.)通常地used medication* has obnoxious令人讨厌的 *side effects*副作用. But scientists recently discovered that *a bitter苦的 taste* can be *a more effective treatment*疗法 ——and now they know why. The work is published in PLoS Biology生物学.

When *an asthma哮喘 attack* hits一击, the airway肺的气道 shrinks收缩 and makes breathing difficult. To keep air flowing流动, the sufferer患者 must take medication to relax the passage's muscles / and open it back up. But a couple years ago, researchers discovered *airways* contain含有 *bitter taste receptors感受器* like the ones on the tongue舌头. After exposure(n.) to暴露接触 bitter substances物质, *the receptors* can expand使…扩张 *the airway* more quickly and more effectively than *the most commonly used treatment*.

Researchers examined *airway tissue*动植物的组织 to learn why bitterness苦味 makes the muscles relax. During an asthma哮喘 attack, calcium(n.)钙flows into the cells of the airway / and contributes to muscle contraction(n.)收缩. But *bitter substances* block阻止 the channels that allow calcium钙into cells, which relaxes *the tightened tissue*. And that's *the opposite对立物* of a bitter pill药丸.

患有哮喘、慢性阻碍性肺病，以及其它呼吸不畅的病人，需要迅速缓和收缩的气道。不幸的是，最常用的药物有着令人讨厌的副作用。不过，近来科学家发现苦味是治疗效果更好的药物。现在科学家们也发现了其中的原因。这项研究发表在《公共科学图书馆·生物学》上。

当哮喘发作时，气道萎缩，导致呼吸困难。为了保证呼吸，患者需要服用药物来舒缓气道上的肌肉，使之重新舒张。然而几年前，研究人员发现气道里包括跟舌头一样可以感受苦味的感受器。苦味感受器接触到苦味物质之后，能够迅速地扩张气道，且比最常用的药物更快，更有效。

研究人员检查气道组织后，了解了为什么苦味能够让肌肉放松。原来哮喘发作时，钙流进气道细胞，于是导致肌肉收缩。但是苦味物质能够阻碍钙流入气道细胞，所以就能缓解拉紧的组织。这就是良药苦口利于病。

1. asthma[ˈæsmə] n. <医>气喘，哮喘
2. chronic [ˈkrɔnɪk] adj. ①(疾病、残疾)慢性的，长期的。②难以根除的;积习难改的
3. obstructive [əbˈstrʌktɪv] adj.故意刁难的；蓄意阻挠的
4. pulmo-nary [ˈpʌl-mə-nəri] adj.肺的；肺部的
5. disorder n. ①(身心机能的)失调，不适，紊乱，疾病。②杂乱;混乱;凌乱
6. tighten [ˈtaɪtn] v.收紧；(使)变紧；(使)绷紧，拧紧

tighten up v. 使紧密，加强；收紧。v加紧工作;加强管理;严格要求

1. ob-noxious [əb-ˈnɔk-ʃəs] adj.令人讨厌的；使人反感的；可憎的
2. side effect n. (药物等起到的)副作用
3. shrink [ʃrɪŋk] v.收缩，皱缩；(使)缩水；退缩，畏缩

All my jumpers have shrunk. 我所有的套头毛衣都缩水了。

*The vast forests* of West Africa have shrunk.. 西非的大片森林面积已缩小了。

→you shrink away from someone or something, (因害怕、震惊或厌恶)退缩，畏缩，避开

→you do not shrink from a task or duty, 畏避，回避(工作、责任等)

1. back up倒行；退着走；后退，倒车

She backed up a few steps. 她后退了几步。

1. a couple of 两三个;几个
2. receptor [rɪˈseptə(r)] n.(人体的)感受器，受体
3. Exposure(n.) to something dangerous 暴露;接触
4. cal-cium [ˈkæl-siəm] n.钙
5. con-traction [kən-ˈtrækʃn] n. ①(分娩时的)子宫收缩，宫缩。②(词的)缩写形式。③(开支等)缩减

*the expansion扩张 and contraction*收缩of the metal 金属的膨胀与收缩

1. The opposite(n.) of someone or something对立物；对立面
2. 学龄前儿童户外运动偏少

It's springtime, and that means mud pies, bug bites and scraped擦伤 knees—if you're a preschooler学龄前儿童. Or at least it used to.

*Health experts* say young children should get at least *an hour* of physical activity a day. And studies have linked more time outside with motor运动神经 development, improved *mental精神的 health*, *better behavior* and, of course, more sun-supplied *vitamin D*.

But *a new study* of nearly 9,000 U.S. children found that *almost half of preschool-age kids* are not getting outside at least once a day with their parents.

Girls were even less likely to be taken outside than boys, and some families reported not taking *their young children* outside more than a few times a month. The findings are in Archives档案 of Pediatric小儿科的 & Adolescent青春期的 Medicine.

*Kids* who had daycare托儿所 were slightly less likely to get the time outside with a parent. They were also unlikely to get *the recommended被推荐的 minimum最低限度的 one-hour* of physical activity while at daycare. So researchers recommended建议 checking in [with *care providers*] about time outside. *One hour* out of 24 isn't *too much to ask*过分的要求, right?

时值春天，而春天对学前小朋友来说则意味着泥馅饼，蚊虫叮咬和擦伤膝盖。或者说至少曾经是。

健康专家建议孩子们每天至少花一个小时来做体力运动。且研究显示户外活动时间越长，越有利于运动发育、促进心理健康，改善行为，当然也有助于接受日晒，产生更多维生素D。

但一项新的研究在调查了近9千名美国儿童后，发现几乎有一半的学龄前儿童，并没有每天被父母带出去玩。

女孩们被带出去玩的时间比男孩们更少，且有些家庭称带孩子出去玩的时间一个月只有几次。这项发现发表在《儿科学与青少年疾病文献集》上。

那些托儿所的孩子们同家长一起出去玩的可能性更少。托儿所也不太可能建议孩子们每天至少花一个小时去户外活动。因此研究人员建议与保健人员确认孩子户外活动时间。一天24小时，花一小时去运动不是过分的要求，对吗？

1. Archive [ˈɑ:kaɪv] n.档案;史料;记录;档案馆
2. Pediatric [ˌpi:dɪ-'ætrɪk] adj. 小儿科的
3. Ado-lescent [ˌædə-ˈle-snt] adj.青少年的;青春期的。n. 少年，少女
4. day-care ['deɪ-keə] n. 日托，幼儿园
5. re-commended [rekə-'men-dɪd] adj. 被推荐的
6. re-commend v.①推荐;介绍。②建议;劝说(做…)
7. check in ①(在旅馆)登记入住;(在门诊部)挂号。②(在机场)办理登机手续，检票登机

I'll ring the hotel. I'll tell them we'll check in tomorrow... 我来给旅馆打电话，通知他们我们明天入住。

He had checked in at *Amsterdam's Schiphol airport* for a flight to Manchester. 他已经在阿姆斯特丹的斯希普霍尔机场办好了登机手续，准备飞往曼彻斯特。

1. too much to ask 过分的要求
2. 睡眠有助于记忆

Want to remember something? Sleep on it先睡一晚上.

A recent study finds that *the more* we value重视 a piece of information *the more* likely we'll review回顾 it during our sleep. And because we do that, we'll tend to remember it.

Participants were shown objects with *different corresponding对应的dollar amounts* [on a computer screen]. If participants could remember that object [later on a test], they were rewarded with the associated有关联的 dollar amount. Objects were also accompanied伴随 by an associated sound, *for instance* a cat was accompanied by a “meow猫叫声.”

[After either a 90-minute nap打盹 or wake period] *subjects' memory* for low-value objects was worse than for high-value objects.

[In a second experiment] *associated sounds* were played either when the subjects were awake or asleep, 作为as *a way* to trigger引发 the memory of the object.

Researchers found that *low-value objects* were better remembered when *the associated sound* was played during subjects' sleep as opposed to而不是when they were awake.

The authors believe that during sleep is when we tend to go over重温 the day's new information, so / that is why they could manipulate操纵 *the memory storage* of lower-value objects during sleep time rather than wake time.

Gives *new meaning* to *the term*术语 (sound asleep).

想记住某些事情吗？睡一觉再想吧。

一项最近的研究发现，人们越重视某条信息，就越有可能在睡觉时回顾这条信息。因为如此，所以我们往往会有它的记忆。

研究人员通过电脑屏幕向参与者展示金额不等的相应物体。如果参与者能够在稍后的测试中记住物体，那么就能获得相关金额的奖励。这些物体出现时，也会伴有相关的声音，例如一只猫会伴有一声猫叫。

不论是小睡90分钟或者醒着，受试者对低价值物品的记忆，要差于对高价值物品的记忆。

第二次实验中，为了触发对物体的记忆，研究人员在受试者睡着或清醒时，播放相关的声音。

研究人员发现，当受试者睡着时播放相关声音，他们对于低价值物品的记忆要好一些。

研究人员认为，正是在睡觉时间，人们往往会回顾当天接收的新信息，这就是为什么人们能够在睡觉时更好地掌控对低价值物品的记忆存储。

这又赋予“sound asleep(熟睡)”一个新的含义。

1. sleep on it v. 考虑一晚上；把问题留在第二天解决

I can't decide what to do. I'll sleep on it and let you know tomorrow. 我不能决定该怎么做. 我考虑一下,明天告诉你.

1. corre-sponding [ˌkɒrə-ˈspɒndɪŋ] adj. 相当的，对应的

→(v.)one thing corresponds to another, 相类似;相关;相对应

*The two maps* of London correspond closely... 这两张伦敦地图很相似。

*A 22 per cent increase* in car travel corresponds with *a 19 per cent drop* in cycle mileage per person... 乘车出行者的比率上升了22%，与之相对应，人均骑自行车的行驶里程下降了19%。

*March and April sales* (this year) were up *8 per cent* [on *the corresponding period* in 1992]. 与1992年同期相比，今年3月和4月的销售额增长了8%。

→(v.)you correspond with someone, (与…)通信

1. trigger [ˈtrɪgə(r)] n. (枪)扳机；起动装置。vt. 引发，触发；扣…的扳机
2. as opposed to 而不是，与⋯⋯相对

We ate in the restaurant, as opposed to the bistro. 我们是在餐厅吃的饭，而不是在小饭馆。

1. go over 重温，仔细检查；认真讨论；用心思考
2. mani-pulate [məˈnɪ-pju-leɪt] v.摆布，操纵，控制(他人，事件或局势)

He is a very difficult character. He manipulates people... 他是个极难对付的角色，总是把人玩弄于股掌之间。

...*accusations* of political manipulation. 对政治操纵的指控

1. storage n. 贮存；贮藏；储藏处，仓库
2. 真菌有恋足癖吗?

Do fungi真菌 have a foot fetish恋物癖? When researchers mapped绘制…的地图 the fungal species物种 (living on *the surface* of the human body), they found *the skin* on the feet harbors the most diverse多种多样的 fungal真菌 community社会团体. The work is in the journal Nature.

Our skins play host to接待贵客 a huge variety多样性 of microbes, but previous studies focused on bacteria细菌. To expand扩展 that, researchers took *skin scrapings*刮屑 from 10 healthy adult volunteers. They collected these samples from 14 different sites on the body, including the scalp头皮, around the ears耳朵 and nose, along the limbs四肢, and three sites on the feet.

In most of these locations, a single genus(动植物的)属 of fungi called Malassezia dominated在…中占首要地位. But several different genera(动植物的)属 thrived兴隆 on the feet. Perhaps because feet come into direct contact with接触 the environment often, spend *part of their time* inside *warm, moist潮湿的 shoes* / and don't get washed洗涤 nearly as much as hands.

Fungal diversity(n.)多样化 did not correspond符合一致 with bacterial diversity多样性. Clearly显然地, different microbes prefer different types of skin. Understanding了解 these preferences喜好 could help treat *skin diseases*, leaving *our hides*人的皮肤 footloose自由自在的 and infection(n.)传染-free免…的.

真菌有恋足癖吗？当研究人员绘制出寄宿在人体表面的真菌物种图时，发现脚部皮肤上寄居的真菌群最具多样化。这项研究发表在《自然》期刊上。

人类的皮肤招待着种类奇多的微生物，但之前的研究重点在于细菌。为了解释这一点，研究人员收集了10位健康成年人的皮肤碎屑。他们收集的碎屑来自于14个不同的身体部位，包括头皮，耳朵和鼻子，四肢还有脚上的三处部位。

有一种叫做马拉色氏霉菌的单种属真菌，几乎占据了所有这些区域。但是在脚部却繁衍着其他种类的一些细菌。也许这是因为脚部经常与环境直接接触，总是躲在潮湿、温暖的鞋子里，且并不像洗手那样经常冲洗的缘故。

真菌的多样性与细菌的多样性并不一致。很明显，不同的微生物喜爱不同位置的皮肤。了解微生物的这些偏好，有助于治疗皮肤性疾病，让我们的皮肤自由自在，免受感染之苦。

1. fungi [ˈfʌŋ-gi:] n. (fungus [ˈfʌŋ-gəs]的复数)真菌
2. fetish [ˈfe-tɪʃ] n.① (能引起性快感的)恋物癖，恋物。②迷恋;痴迷
3. diverse [daɪ-ˈvɜ:s] adj.形形色色的;各式各样的
4. a person or country plays host to an event or an important visitor, 主办(活动);接待(贵客)

→host v. 当主人，款待，做东；主办宴会，主持节目

1. scrapings [sk'reɪ-pɪŋz] n. 被刮削下的碎屑；刮( scraping的名词复数 )；擦；挖；刮擦声
2. scalp [skælp] n.头皮。战利品;对…的惩罚。v.剥下…的头皮。倒卖，炒卖(票)

Stock speculators wanted his scalp... 股票投机商想整他一顿。

He was trying to pick up some cash 方式状scalping tickets. 他那时正想通过倒票赚点儿钱。

1. limb [lɪm] n.①肢；臂；腿。②树枝
2. genus [ˈdʒi:nəs] n. (动植物的)属；类；种；型(复数写作genera)
3. dominate [ˈdɒmɪ-neɪt] v.①在…中占首要地位，在…中最具影响力。②控制;统治;支配。③俯视;高耸于

No single factor appears to dominate. 没有一个因素看似是决定性的。

1. you come into contact with someone or something, 接触;遇见

Doctors (I came into contact with) voiced their concern... 我接触到的医生，都表示了他们的担心。

1. If someone or something comes into a situation, they have a role in it. 在…中起作用

It's an unrestricted journey, and rules of any sort don't come into it. 这是一次没有任何限制的旅行，所有的规则都不起作用。

1. foot-loose[ˈfʊt-lu:s] adj. 未婚的；独身的；自由自在；无拘无束
2. hide n.<口>人的皮肤。兽皮;毛皮
3. duty-free; interest-free; tax-free; 免(税)的
4. 钱的价值取决于挣钱方式

Is every dollar bill钞票 worth the same? Or does a dollar (earned honestly) have a different value than a dollar with a sketchy粗略的 history?

In fact, a new study finds that people think of money (made from *questionable可疑的 activity*) as having less value than profits收益 (made [above board光明正大]). And they're less likely to want the tainted被污染 money. The study is in the journal Social Psychological and Personality Science.

Subjects were divided into two groups. All subjects got the chance to fill out and enter up记下 to *70 raffle抽奖 tickets* to win $50. But *one group* was told that *the retailer*零售商 *Target*某公司名 provided the prize. While *the other group* heard the money came from Walmart—and that Walmart had been accused of poor labor practices. The subjects in the “Walmart” group entered significantly fewer tickets than those in the “Target” group.

The participants were then asked to estimate *how many grocery食品杂货店 items* they could buy with their newly won money. And the Walmart group consistently始终地 estimated that their $50 would purchase less than the estimates (coming out of the Target group). They thought of the Walmart $50 as having less value than the Target $50. Seems a penny (saved) could be somewhat more or less than a penny (earned).

每一块钱都具有一样的价值吗？靠正当劳动挣取的一美元与有不光彩历史的一美元价值不同吗？

事实上，一项新的研究发现：人们普遍认为靠非法活动赚取的钱比辛苦劳动换来的价值要小。人们不太愿意要不太干净的钱。这项研究发表在《社会心理与人格科学》上。

研究中受试者被分为两组。所有的受试者都有机会填写，输入70张彩票并赢得50美元。其中一组被告知奖金是由零售商塔吉特公司赞助，而另一在组则被告知奖金来自于沃尔玛，沃尔玛之前曾被指控压榨员工。“沃尔玛”组的成员输入的彩票明显比“塔吉特”组要少。

然后让受试者估计自己能用新赢来的钱买多少东西。“沃尔玛”组成员对50美元所能买到的东西的预测，要少于“塔吉特”组。他们认为来自沃尔玛的50美元的价值要少于塔吉特公司。似乎节省一个便士正好等于挣了一个便士。

1. sketchy[ˈske-tʃi] adj. (信息)粗略的，大概的，不完全的，不充分的

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

1. questionable [ˈkwes-tʃə-nəbl] adj.可疑的;不可靠的;有问题的;不确定的
2. above board 摆到桌面上的, 光明正大
3. taint [teɪnt] v.①玷污，毁坏，损害，败坏(地位、名誉)。②污染，毁坏(食品、药品)

...tainted evidence. 有瑕疵的证据

1. enter up记下

You must enter up the money (you spent) in the account book. 你必须把你花的钱记在帐上.

→To enter information into a computer or database(向计算机或数据库中)输入，写入

1. raffle [ˈræfl] n. v.抽奖;抽彩
2. retailer [ˈri:teɪ-lə(r)] n.零售商;零售店
3. grocery [ˈgrəʊ-səri] n. 食品杂货店；食品杂货业
4. consis-tently [kən'sɪs-tən-tlɪ] adv. (行为、态度等)一贯地，坚持地，固守地；总
5. 运动能即刻影响DNA

Maybe this will motivate激励 you to work out. New research supports支持 the idea that you don't need to spend hours at the gym everyday for your body to start feeling the positive积极的 effects of exercise. In fact, a single session连续的一段时间 on a stationary固定不动的 bike can affect your *very(adj.)甚至于 DNA*.

Okay, so *your actual真实的 genetic基因的 code* won't morph into改变成 that of Conan野蛮人柯南 (the Barbarian野蛮人). But exercise sets *signals (in motion)* almost instantly立即地 (that determine是…的决定因素 which genes get turned on and off). These what-are-called所谓的 epigenetic表观遗传的 changes signal to the muscles to, well, tone up强化. The study is in the journal Cell Metabolism(n.)新陈代谢.

Researchers recruited征募 14 men and women in their mid-20s who didn't usually exercise. After *a short but intense剧烈的 spin使旋转*on a bike, *samples* of their muscle tissue生物组织 showed *temporary暂时的, but big, changes* in several types of epigenetic 外成的 signals. *Further 更进一步的 tests* showed that *some of the same effects* could be achieved获得 with a jolt震惊 of caffeine咖啡因.

Alas唉, black coffee can't provide all the benefits of your morning workout体育锻炼. But if you get to the nearest coffee shop by running, you're definitely肯定地 starting out启程 on the right foot.

也许这篇文章会成为你锻炼的动力。你不必每天花几个小时在体育馆，好让身体开始感觉到运动带来的积极作用，新的研究支持这一观点。实际上，在健身脚踏车上运动一次便会影响你的DNA。

好吧，你实际的基因代码并不会演变成野蛮人柯南那样。但锻炼几乎能马上发送运动信号，这些信号会决定哪些基因开启，哪些关闭。这些所谓的表现遗传变化信号，会使肌肉更强壮。这项研究发表在《细胞代谢》期刊上。

研究人员招募了14名不经常锻炼的25岁左右的男士和女士。在自行车上短暂而剧烈地运动过后，他们腿部肌肉组织的样本显示，表现基因信号发生了短暂但明显的变化。经进一步实验证明，喝一罐咖啡也能产生同样的效应。

不过，黑咖啡并不能提供晨练的所有益处。但是如果你跑步去最近的咖啡店，那你绝对是迈出了正确的一步。

1. motivate [ˈməʊtɪ-veɪt] v.

→you are motivated by something, (尤指情绪)激发，激励，驱使

→someone motivates you to do something, 使决心做;使决意做

1. session [ˈseʃn] n. (进行某活动连续的)一段时间，一场，一节
2. sta-tionary[ˈsteɪ-ʃənri] adj.静止的;不动的
3. very adj.(与某些名词连用，以确指最远的某一位置或时点)极端的

I turned to *the very end* of the book, to read the final words... 我翻到书的最后一页去读最后的文字。

{The opening of a Euro-Disneyland in *the very heart* of France} is a potent 有效的 symbol... 欧洲迪斯尼乐园在法国首都的开业，就是一个有力的标志。

→adj.正是的;合适的;同样的

Everybody says he is the very man for the case... 每个人都说他是接手这个案子的最佳人选。

She died in this very house... 她正是在这间屋子里死去的。

→adj.(与名词连用，强调重要性或严重性)仅仅的，唯独的，甚至于，就连

[At one stage] his very life was in danger... 他的生命都曾一度处于危险之中。

*The very basis* of Indian politics has been transformed... 甚至于印度的政治基础都被改变了。

Mr Campbell said such programmes were 表by their very nature harmful... 坎贝尔先生说此类节目本质上就是有害的。

1. genetic [dʒə-ˈnetɪk] adj.遗传的；基因的
2. morph [mɔ:f] n. v.

one thing morphs into another thing, 改变;变化

1. Barba-rian [bɑ:ˈbeə-riən] n. adj.野蛮人，原始人；异邦人；粗野的人；无教养的人
2. determine [dɪˈtɜ:-mɪn] v.

→a particular factor determines the nature of a thing or event, 是…的决定因素

Social status is largely determined by the occupation of the main breadwinner... 社会地位很大程度上是由家里经济支柱的职业决定的。

→v.决定;敲定

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

We must take into our own hands *the determination* of our future. (n.)我们必须将未来的决定权，掌握在自己的手中。

1. epige-netic [epɪ-dʒɪ-'ne-tɪk] adj. 外成的；生于地表的；后成的；表观遗传的

There are *four known mechanisms* for epigenetic inheritance. 现有四种已知的机理，可以说明表观遗传.

1. tone up 强化，有力

These exercises will tone up your muscles. 这些运动方式会强健你的肌肉.

1. Metabolism [məˈtæbə-lɪzəm] n. 新陈代谢
2. in-tense [ɪnˈtens] adj.①强烈的;剧烈的;极度的。②认真的;集中的;紧张的

The fast-food business is intensely competitive. 快餐业竞争非常激烈。

Suddenly the room filled with intense light... 突然,刺眼的强光照亮了整个房间。

1. spin [spɪn] n. v. (使)旋转

The Earth spins on its own axis... 地球绕着地轴自转。

1. jolt [dʒəʊlt] n. v.①(使)震动；(使)摇动；(使)颠簸。②使震惊；使惊慌；使慌乱不安

The train jolted into motion... 火车猛地一颠，开动了。

*A stinging slap* (across the face) jolted her... 火辣辣的一巴掌打在脸上，她惊呆了。

1. caffeine [ˈkæfi:n] n.咖啡因;咖啡碱
2. Alas ADV (表示悲伤、怜悯等)感叹声； 呜呼； 唉； 可叹。

Such scandals have not, alas, been absent... 这样的丑事，唉，也不是没有。

1. start out启程，出发；开始[着手]做
2. 人类或许会自食恶果 吃掉扔进海洋中的塑料垃圾

There are now at least *five major garbage patches片块* in the world's oceans, and *much of that trash* is plastic.

But [last month] researchers said they can only account for解释 *one percent* of the plastic they'd expect to find in the oceans. So, where'd *the rest of it* go? Well, animals eat *some of it*. Plastic has been found in turtles海龟, seabirds, fish, plankton浮游生物, shellfish贝类动物, even bottom-feeding invertebrates无脊椎动物.

But there's another way (sea creatures might be accumulating plastic): by sucking up吸收 tiny微小的 plastic particles微粒 方式状with their siphons虹吸管 and gills鱼鳃.

Researchers added common *shore岸滨 crabs*螃蟹 ——*Carcinus maenas*滨蟹——to tanks水箱 of seawater海水 (containing millions of *tiny plastic particles*, just 10 microns微米 in diameter直径). After 16 hours, all the crabs had plastic lodged寄存 in their gills腮. And *the particles* stuck卡住 around [for up to three weeks], too.

The results are in the journal Environmental环境的 Science and Technology.

The longer plastic sits in an animal, researchers say, the better the chances it will travel up the food chain. Meaning *all our plastic waste* (n.)废料 could come back to bite us——*or rather*更确切地说 be bitten by us.

"Of course we eat mussels贻贝 [whole完全地], without the shells. But we're potentially潜在可能地 eating plastic, if they're from a site (where there's plastic present)." *Lead researcher* Andrew Watts, of the University of Exeter(城市名).

"We don't know how much plastic we have in our stomachs… chances are we do have some."

全世界的大洋中，现在至少有五大主要垃圾区域，而且其中绝大多数是塑料垃圾。

但是上个月，研究人员称他们只能找到海洋中百分之一的塑料。那剩下的都去哪了呢? 好吧，动物们会吃掉一些。我们可以在乌龟，海鸟，鱼类，浮游生物，贝类，甚至无脊椎动物身体里发现塑料。

但是也有另外一种方法，那就是海洋生物可以利用其虹管和鱼鳃，吸收微小的塑料颗粒来积累塑料。

研究人员还表示，常见的食草蟹—青蟹身体里所储备的海水中，含有成千上万的塑料粒子，直径只有10微米。16个小时后，在它们的腮部都会留存有塑料微粒。而且这些微粒会停留3周。

这项研究结果已经在《科学与技术》杂志上发表。

塑料在动物身体内时间越长，就越有可能回到食物链中。这就意味着，我们所扔掉的塑料垃圾可能会反咬我们一口，或者说会被我们食用。

“当然我们可以吃贻贝只吃肉，不食壳。但如果它们是来自一个塑料垃圾堆积的海域，我们很可能就会进食塑料。”埃克塞特大学的首席研究员安德鲁瓦特说道。

“我不知道自己胃里会存多少塑料…我们确实可能吃进去一些。”

1. patch [pætʃ] n. 补丁，补片；斑点；小块。(表面上)与周围不同的部分
2. account for 导致；解释

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

→为…提出理由;对…作出说明

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

1. turtle [ˈtɜ:tl] n.海龟。vi. 捕海龟，捕鳖；(船等)翻没，倾覆

→a boat turns turtle, (船)倾覆，翻身

1. plank-ton [ˈplæŋk-tən] n. 浮游生物
2. shell-fish [ˈʃel-fɪʃ] n. (海生)贝类;甲壳类海生动物
3. inver-te-brate [ɪn-ˈvɜ:tɪ-brət] n. adj.无脊椎动物
4. suck v. 吮吸；吸入；卷进入；吸取

suck up 吸收

→someone is sucking up to a person (in authority) when you do not like the fact 奉承;巴结;拍马屁

She kept sucking up to the teachers, especially Mrs Clements. 她不停地巴结老师，尤其是克莱门特夫人。

1. siphon ['saɪ-fn] n. 虹吸管。v.通过虹吸管吸(或输送、抽干)
2. gill n. (鱼等的)鳃
3. crab [kræb] n.蟹;螃蟹

shore crab食草蟹

1. Carcinus maenas 滨蟹。是欧洲和北非的原生物种
2. seawater ['si:wɒtə] n. 海水；海流
3. micron [ˈmaɪ-krɒn] n. 微米(μm)
4. lodge v.①寄宿；租住。②收容；安置；安顿。③卡住；搁住；嵌入。④铭记；留存

The building (he was lodged in) turned out to be a church. 原来，他租住的那栋建筑是一座教堂。

They lodged the delegates in different hotels. 他们把代表团的成员安顿在不同的酒店。

His car has a bullet (lodged in the passenger door). 他的车在客座位的门上嵌着一颗子弹。

It just lodged in my mind as a very sentimental song... 这首歌令人感怀不已，我已牢牢记住。

1. or rather 更确实地，更确切地说

I met him very late on Friday night, or rather, early on Saturday morning. 我在星期五深夜见到他, 更确切地说是在星期六凌晨.

1. whole adv. (表示强调)完全地

It was like seeing *a whole different side* of somebody... 这就像是看到一个人完全不同的一面。

1. chances are we do have some. 这是个倒装句，正常应该是： we are do have some chances.
2. 长跑运动员应保持身体凉爽避免中暑

*Long-distance runners* may *at times*有时 worry about their *heart health* while pounding out the miles. But a study finds that heat stroke fells many more runners than does a bum ticker.

*Heat stroke*中暑can damage a person's brain, heart, kidneys肾 and muscles. And *new data* underscores强调 *the toll*伤亡人数 it takes.

Researchers examined health records from more than 130,000 runners (who competed参加(比赛) in events比赛项目 in Tel Aviv [during a seven-year span持续时间]). The analysis revealed that *distance runners*长跑运动员 were 10 times more likely to experience经历 *heat stroke*中暑 than serious *cardiac心脏的 problems*. All the fatal致命的 or life-threatening危及生命的 events were from *heat stroke*. The study is in the Journal of the American College社团 of Cardiology心脏病学.

The researchers advise runners to take *10 to 14 days* to adjust to适应 the climate / before tackling处理 *a serious run* in a hot region. And they say to sit out静等…结束 the run [if you've been sick recently].

Perhaps one day runners will swallow *internal体内的 temperature sensors* (that reliably可靠地 record *core核心 body temperature*). But *for now* runners should simply do their best to keep cool.

数英里的运动过后，长跑者们有时可能会担心自己的心脏健康。但是一项研究表明，相对于心脏问题，中暑能使得更多的奔跑者倒下。

中暑能对一个人的大脑，心脏，肾脏和肌肉造成损伤。而且新的数据也揭示中暑的巨大代价。

研究人员对7年中在特拉维夫市参加比赛的13万多运动员的健康档案，进行了检查。分析表明，长跑运动员中暑机率，要比患严重心脏病多10倍。所有致命及危及生命的事件都来自中暑。这项研究已经在《美国心脏病学会》杂志上发表。

研究人员建议跑步者在炎热地区进行高强度运动前，要提前用10到14天时间适应环境。还有他们称，如果你最近生病就不要参加比赛。

也许有一天跑步者可以吞下内部温度传感器，这样就可以记录更为可信的核心体温数据。但是现在的跑步者们，应尽力保持身体凉爽。

1. at times有时；有时，间或
2. pound [paund] v.①用力击打；连续砰砰地猛击。②(常因恐惧而心脏)剧烈跳动，怦怦地跳

...*the fast pounding* of her heart. 她快速的心跳

1. Heat stroke中暑
2. kidneys ['kɪd-nɪz] n.肾脏
3. under-score [ˌʌndə-ˈskɔ:(r)] vt. ①划线于…下，②强调；突出；强化
4. toll [təul] n. (死亡、事故或灾难的)总数。v. (缓慢反复地)敲(钟)，鸣(丧钟);(钟)鸣响

The pilgrims tolled the bell. 朝圣者缓缓敲响了钟。

1. event n.①事件;(尤指)特殊事件，重大事件。②(社交聚会、体育比赛等有计划、有组织的)活动。(体育比赛等的)比赛项目
2. span n.间隔;期间。v.持续;跨越;贯穿(something spans a long period of time)

The batteries had *a life span* of six hours... 这些电池的寿命为 6 小时。

1. distance runner长跑运动员
2. car-diac[ˈka:diæk] adj. 心脏(病)的
3. life-threatening adj. 威胁生命的
4. Cardiology [ˌka:dɪ-'ɔlə-dʒɪ] n. 心(脏)病学
5. you adjust to a new situation, 改变(行为或观点)以适应;调节;习惯
6. tackle [ˈtæ-kl] v. (果断或高效地)应对，处理，解决(难题或任务)(you tackle a difficult problem or task,)

Firemen later tackled the blaze. 消防队员们后来扑灭了这场大火。

1. serious adj.(钱等)数目巨大的，大量的

What's it like to be seriously rich at 15? 15 岁时非常富有会是怎样一种情况？

1. sit out (不采取行动)静等…结束，等到…结束；不参加某种活动

The only thing I can do is keep quiet / and sit this one out... 我唯一能做的就是保持沉默，等待这件事结束。

1. reliably [rɪ-'laɪə-blɪ] adv.①可靠地;可信赖的。②(信息)可靠的，可信的,确凿的
2. 精神变态者的内心世界

Psychopaths精神变态者 are responsible应承担责任的 for *a disproportionate不成比例的 amount* of crime. These people are primarily根本上 identified by *an extreme lack* of empathy移情作用. Now a study finds that when psychopaths see images of people in pain, there's a pattern of activity in their brains that is quite different from *brain activity* in non-psychopaths.

Researchers tested 80 prisoners to gauge用仪器测量 their levels of psychopathy. They then scanned the prisoners' brains using *functional功能性的 MRI* 时间状as the prisoners were shown photos of people being intentionally故意地 hurt.

Participants (who scored high *in psychopathy traits特性*), versus those (who were not *considered psychopaths*), showed *much less activation*激活 in the areas of the braininvolved in emotional reactions, social behavior and decision making. The study is published in the journal JAMA美国医学会杂志 Psychiatry精神病学.

Unexpectedly意外地, [when viewing the photos] the psychopaths精神变态者 experienced significant activity in the insular海岛的 cortex大脑皮层, which is involved in emotion and self-awareness(n.)自我意识. The researchers conjecture推测 that the reaction反应 may have been due to *the prisoners ability* to imagine themselves in pain.

In a still unpublished study with other inmates监犯, subjects were specifically明确地 told to imagine *the painful event* happening to someone else. In that case, those (scoring high in psychopathy) had a lesser较少的 reaction. The psychopath thus seems able to relate to pain—as long as只要是 it's his own.

精神变态者，应对不成比例的犯罪数额负责人。这些人被初步诊断为极其缺乏同情心。如今有一项研究表明，当精神变态者观看身陷痛苦的人的画面时，他们大脑的活动方式与精神正常者十分不同。

研究人员对80名囚犯的精神病程度进行了测试。他们向犯人们展示了受害者的照片，同时使用功能性磁共振扫描囚犯们的大脑。

将那些精神变态特征方面得分较高的参与者，与那些非精神病人比较后显示，前者的影响情绪反应、社交行为和决策的大脑区域活性大为减少。这项研究发表在《美国医学会精神病学》期刊上。

出人意料的是，当精神病患者浏览那些照片时，他们大脑中负责情绪与自我意识的岛叶皮层异常活跃。研究人员推测，这可能是由于囚犯们联想到了自己痛苦时的情形。在另一项未发表的对囚犯的研究中，研究人员特别要求受试者去想象发生在其他人身上的痛苦事件。在这种情况下，得分高的精神病患反应较小。由此可见，精神病患似乎只能体会到自己的疼痛。

1. Psychopath [ˈsaɪkə-pæθ] n. 精神变态者，精神病患者
2. dis-pro-portio-nate [ˌdɪs-prəˈpɔ:ʃə-nət] adj. (数量或尺寸)不成比例的，不相称的

*A disproportionate amount* of time was devoted to one topic... 纠缠在同一个话题上的时间太长了。

1. primarily [praɪˈme-rəli] adv.主要地；根本地

Public order is primarily an urban problem... 社会治安主要是城市的问题。

1. empathy [ˈempəθi] n.同感;同情;共鸣
2. gauge [ɡeɪdʒ] v.(常指用某种仪器)测量，测定，算出
3. functional [ˈfʌŋkʃənl] adj.①实用的;为实用而设计的。②工作(或运转)方式的;功能性的。③在工作的;在起作用的;运转正常的

The decor is functional. 装潢风格追求实用。

...*rules* (defining *the territorial boundaries* and *functional limits* of the local state). 划定本州地界并明确政府职权的章程

We have *fully functional smoke alarms* on all staircases. 我们在各层楼梯都安装有完全可用的烟雾警报器。

1. MRI：磁共振成像Magnetic Resonance(n.)共振 Imaging
2. Psychia-try [saɪ-ˈkaɪə-tri] n. 精神病学；精神病治疗法
3. JAMA 《美国医学会杂志》 Journal of the American Medical Association。是由美国医学会(American Medical Association)主办的一种综合性临床医学杂志。

与N Engl J Med 《新英格兰医学杂志》、BMJ《英国医学杂志》和Lancet [ˈlɑ:n-sɪt] 《柳叶刀》杂志号称为全球4大医学周刊。

→NEJM：The New England Journal of Medicine新英格兰医学期刊。由「美国麻州医学协会」( Massachusetts [ˌmæsə-'tʃu:-sɪts] Medical Society)所出版的同行评审性质之医学期刊(medical journal )。

→BMJ：British Medical Journal 英国医学期刊。属于「英国医学协会」British Medical Association所发行。

→The Lancet：柳叶刀。英国的世界权威医学杂志。

1. Un-expectedly [ˌʌn-ɪk-'spek-tɪdlɪ] adv. 未料到地，意外地；竟；居然
2. in-sular [ˈɪn-sjə-lə(r)] adj. 海岛的；孤立的;保守的;思想狭隘的
3. insular cortex [医]岛叶皮质
4. con-jecture [kən-ˈdʒek-tʃə(r)] v. n.推测;猜测
5. in-mate [ˈɪn-meɪt] n.被收容者;监犯;(精神病院的)住院者
6. specifically [spəˈsɪ-fɪkli] adv.①特别地;特意地;专门地。②确切地说

...the only book specifically about that event. 唯一一本专门讲述那一事件的书

I specifically asked for this steak rare. 我明确要求把这份牛排煎得偏生一些。

1. as long as只要，如果

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

1. 童年压力会减小大脑区域

Children (who experience neglect(n.)忽视, abuse and poverty(n.)贫穷) have a tougher time 时间状as adults than *do well-cared-for kids*. Now there’s *evidence* (that *such stress* can actually change the size of *brain structures* (responsible(adj.) for learning, memory and processing加工处理 emotion)). The finding is in the journal Biological Psychiatry精神病学.

Researchers took images of the brains of 12-year-olds who had suffered either physical abuse or neglect忽视 or had grown up poor. From the images the scientists were able to measure the size of the amygdala扁桃形结构 and hippocampus海马体—two structures involved in emotional processing and memory. And they compared the sizes of these structures with those of 12-year-old children who were raised in middle-class families and had not been abused. And they found that *the stressed children* had significantly smaller amygdalas扁桃形结构 and hippocampuses海马体 than did *the kids* from the more nurturing培养 environments.

Early stress has been associated with depression抑郁, anxiety, cancer癌症 and lack of *career success* later on以后 in adulthood(n.)成年. This study (on the sizes of brain regions) may offer physiological生理学的 clues线索 to why *what happens to toddlers*学步的幼儿 can have such a profound意义深远的 impact [decades十年 later].

那些遭受过忽视、虐待、和贫困的孩子在长大后过的生活，比那些在呵护中成长的孩子还要艰难。现在，有证据显示，上述压力能改变负责学习、记忆、和情绪处理的脑结构的大小。此发现发表在《生物心理学》期刊中。

研究人员拍摄了一些图片，这些图片均取自遭受过躯体虐待、忽视、或贫困的12岁孩童。科学家从这些图片中可以测量出杏仁核和海马区的大小——这两个脑结构均涉及情绪的处理和记忆。他们又将这些数据和那些从中产家庭出身、没受过虐待的12岁孩童的脑结构相关数据作比较。结果发现，那些受过上述压力的孩童，其杏仁核和海马区的大小，明显小于那些从良好环境中成长的孩童的杏仁核和海马区的大小。

早期压力和沮丧、焦虑、癌症、以及长大后事业的失败有关。对脑区域大小的研究，或许能为解释“幼童期发生的事，为什么会对数十年后的生活带来如此深刻的影响”这一问题提供生理线索。

1. neglect [nɪˈglekt] v. n. 疏忽；忽略；遗漏；疏于照顾
2. Psychiatry [saɪ-ˈkaɪət-ri] n. 精神病学；精神病治疗法
3. amygdala [ə'mɪɡ-dələ] n. 扁桃形结构，杏仁体
4. hippo-campus [ˌhɪpə-ˈkæm-pəs] n.海马体(大脑中被认为是感情和记忆中心的部分)
5. nurture [ˈnɜ:tʃə(r)] v. n. 教育;教养;培养

She had always nurtured *great ambitions* for her son. 她总是鼓励儿子要树立远大抱负。

She was not receiving *warm nurturing care*. 她没有得到温暖的抚育。

1. de-pression [dɪ-ˈpreʃn] n.抑郁;沮丧;消沉
2. later on <口>以后;嗣后;他日；过些时候

Can we talk about it later on? 我们能否以后谈论这件事?

1. adult-hood [ˈædʌlt-hʊd] n. 成年；成人期
2. toddler [ˈtɒd-lə(r)] n. 蹒跚行走的人；幼童；学步的幼儿
3. profound [prəˈfaʊnd] adj. 深厚的；意义深远的；严重的；知识渊博的。n. 〈诗〉深海，大洋；深渊；(灵魂)深处

...*discoveries* which had *a profound effect* on many areas of medicine. 对很多医学领域产生了深刻影响的发现

1. 青少年大脑遭受的打击最大

The teenage brain is special. Less plastic可塑的than a child's developing brain, but not yet with all of the executive执行的 functions of an adult noggin脑袋. And that makes them more vulnerable易受伤害的 to *long-term effects* of head injury, according to new research. Especially when it comes to sports-related concussions脑震荡.

In football, soccer英式足球, hockey曲棍球 or rugby橄榄球, the top-front of the head usually receives the brunt(n.)正面的冲击 of the blow重击. And that region is where *the all-important executive function areas* are forming for teenagers: the frontal前额 cortex大脑皮层.

To learn more, researchers recruited招募 96 male sports participants (ages nine through 26) ——half of whom had had *a diagnosed诊断 concussion脑震荡* in the past year. Using a battery一系列测试 of memory, attention, motor tests and EEG脑电图记录 monitors监控, the researchers found that *all of the concussed使震荡 athletes运动员* showed *reduced working memory*.

But the adolescents青少年 had the most cognitive认知能力的 impairment(n.)损伤, even if months had passed since their injury, and they reported feeling just fine. The findings are in the journal Brain Injury.

So for high school athletes运动员, a rough粗暴地 hit could lead to problems lasting longer than a bad headache.

青少年的大脑很特殊，它既没有儿童的大脑可塑性强，也不完全具备成人大脑的执行功能。最新调查表明，青少年的脑部受伤后更易受到长期影响，特别是在涉及体育相关的脑震荡时。

在足球，曲棍球或橄榄球运动中，头部的最前端常常会受到冲击力的打击。而这一区域正是青少年所有重要执行功能正在形成的地方——前额叶。

为了了解更多，研究人员招募了96名年龄在9至26岁之间的男性运动参与者，他们中几乎有一半曾被诊断出脑震荡。经过一系列对记忆力、注意力、运动能力的测试以及脑电图监测，研究人员发现所有患有脑震荡的运动员记忆力减退了。

即使在受伤几个月后，伤者均感觉良好的时候，青少年表现出来的认知障碍仍然最为严重。这项研究发表在《脑损伤》期刊上。

因此对于高中运动员来说，一次严重的打击带来的不仅仅是剧烈的头痛，还会导致更持久的问题。

1. vul-nerable [ˈvʌl-nərəbl] adj.脆弱的;易受伤害的。

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

1. con-cussion [kənˈkʌʃn] n.脑震荡
2. soccer [ˈsɒ-kə(r)] n.英式足球，美式橄榄球
3. hockey [ˈhɒki] n. 曲棍球；冰球
4. rugby [ˈrʌgbi] n.英式橄榄球(运动)
5. brunt [brʌnt] n. (来自攻击一方的)主要力量；撞击，进攻；冲击

→To bear the brunt or take the brunt of something unpleasant承受主要压力；首当其冲

A child's head tends to take *the brunt* of any fall. 孩子摔倒时，头部最容易受伤。

Young people are bearing *the brunt* of unemployment... 年轻人首当其冲，面临失业压力。

1. frontal [ˈfrʌn-tl] adj.前面的;前部的;正面的
2. recruit[rɪ-ˈkru:t] v.招收；招募；征召。n. 新兵；(机构中的)新成员；新学生
3. diag-nose [ˈdaɪəg-nəʊz] v.

→someone or something is diagnosed as having a particular illness or problem, 诊断;确诊;判断;断定

1. battery [ˈbæ-tri] n.电池；炮台

A battery of tests一系列(测试、检查等)

→A battery of equipment(设备的)一排，一套

→A battery of people or things(物品的)一组，一系列；(人的)一群

1. EEG ：electro-encephalo-graph 脑电图描记器

→Electro-：表示“电的”，“与电有关的”

→ence-phalo ['enke-fələʊ] 词根“脑”

1. monitor [ˈmɒnɪ-tə(r)] n. 显示屏，屏幕。监督员;监控人;核查员。v.监控;监视;监督
2. concuss [kənˈkʌs] vt. 使震荡
3. athlete [ˈæθ-li:t] n. 运动员；体育家；强壮的人
4. impair-ment [ɪmˈpeə-mənt] n.损害；损伤；障碍
5. 药品外表改变令病人增加停药几率

Don't judge a book by its cover. And don't judge a pill药丸 by its color…or shape.

When prescriptions处方药 (for post-heart-attack care) got refilled再次填满 / and *the same drugs* suddenly came in different shapes or colors, patients were significantly more likely to stop taking their meds. That's the finding from a study (involving more than 11,000 patients) (that appears发表 in the Annals年鉴 of Internal Medicine).

Even when *different looking pills* contained the exact same active起作用的 ingredient配料成分, a change in color boosted促进 *the odds*几率 that patients would stop taking their heart medication药物 by 34 percent. A change in shape jumped猛增 the chance that patients would cease their meds by 66 percent.

There's no legal法律上的 requirement to make *generic*普通的 *and brand商标-name drugs* 系appear看起来显得 alike. But *the study's authors* say that *the Food and Drug Administration*行政机关 should consider考虑 making *consistent一致的 appearance外貌* 宾补the standard标准, 因为as *such uniformity*(n.)一致性 would likely result in导致 more patients adhering to遵循 their medication regimens养生法.

For now目前, we're all stuck reading *pharmaceutical药品 labels*.

不要从封面来判断一本书的好坏，当然也不能凭借颜色和形状来判断一片药。

当按照为心脏病患者开具的处方第二次抓药时，与第一次所抓的一样，只是药品突然形状和颜色发生改变，也极有可能使得病人开始停药。这是根据一项对11000多名病人所做的调查研究得出的结论，而该研究已经在《内科医学年鉴》上发表。

即便成分完全一样的药片外表不一样，仅仅一个颜色的改变，就会使病人增加34%不再想继续服用的可能性。而形状的改变就会使病人停药的概率猛增66%。

法律并无硬性规定同类或同品牌的药品外表一样。但是该研究者表示，食品和药物管理局应该制定药品始终如一的外观标准，这样的一致性更能使病人坚持完他们的服药疗程。而且目前，我们还都坚持阅读药品标签。

1. pre-scription [prɪ-ˈskrɪp-ʃn] n.①处方；药方；处方药。②对策；解决方案
2. post adv.快速地

She went [post] to the bank / and cashed the cheque. 她急忙赶到银行,把支票兑换成现金。

1. care for 照料;照顾;护理
2. refill [ˌri:ˈfɪl] v.再次填满；再次装满。n.补充装;替换装
3. ingredient [ɪn-ˈgri:-diənt] n.①(混合物的)组成部分；成分;(烹调的)原料。②要素;因素
4. active adj.起化学(或生物)作用的;活性的;有效的

*The active ingredient* in some of the mouthwashes was simply detergent. 某些漱口剂中的有效成分，只不过是洗涤剂而已。

1. odds n.机会；可能性；几率
2. ge-neric [dʒə-ˈne-rɪk] adj.①一般的；普通的；通用的。②无注册商标的；非专利的

Parmesan is *a generic term* used to describe a family of hard Italian cheeses. 帕尔玛干酪是意大利硬奶酪的通称。

To run the test now, see Run the Generic Test. 若要立即运行测试,请参见运行一般测试。

They encourage doctors to prescribe cheaper generic drugs instead of more expensive brand names. 们鼓励医生给患者开较便宜的非专利药，而不是价格更高的品牌药。

1. uniformity [ˌju:nɪ-'fɔ:mə-tɪ] n.统一(性);一致(性)；规则(性)
2. results in 导致;引起;造成

*Fifty per cent* of road accidents result in head injuries... 50％的道路交通事故，都会导致头部损伤。

1. ad-here [əd-ˈhɪə(r)] v. 黏附；附着；坚持；追随

→you adhere to a rule or agreement, 遵守，遵循(规定或协议)

→you adhere to an opinion or belief, 支持，拥护，持有(观点或信仰)

→something adheres to something else, 黏附；附着

1. regi-men [ˈredʒɪ-mən] n. (为病人规定的)生活规则，养生法；养生之道

medication regimen 药物疗法

1. pharma-ceu-tical[ˌfɑ:mə-ˈsu:-tɪkl] adj. 制药的，配药的。n.药物；药品

...a Swiss pharmaceutical company... 瑞士制药公司

1. 厌食症患者同自闭症患者行为上具有相似性

Anorexia厌食症 and autism自闭症 appear very different. But *a British study* (by *autism自闭症 expert* Simon Baron-Cohen / and colleagues同事) finds that *teenage girls* (diagnosed with被诊断为 anorexia厌食症) score得分 high [on *standard tests* for autism自闭症]. Their report is in the journal Molecular分子的 Autism.

The researchers say that traits特点 (indicative(adj.) of暗示的 both disorders失调) parallel与…同时发生 each other. Anorexia厌食症 and autism are characterized使具有特点 by obsessive强迫性的, repetitive反复性的 behaviors, by difficulties困难 with *social interactions*互动 and *an above-average interest* in systems. [For *autistic*(adj.)患自闭症的 *boys* ] that might mean *a fixation*固恋 with math or maps. For anorexic(adj.)厌食的 girls, that translates into转化为 an obsession(n.)着魔 with food, weight and their bodies.

Both groups exhibit below-average empathy(n.)移情, rigid刻板的 attitudes / and an atypical非典型的 preoccupation(n.)入神 with themselves.

Understanding *the behavioral(adj.)行为的 connection* (between the two conditions) could inform告知 treatment疗法 (choices for anorexia厌食症). For example, the researchers suggest that recognizing认出 the fact (that *info*信息 about systems is easier to process处理 than *info* about emotions) may help in developing useful *coping对付 strategies策略*.

厌食症同自闭症看似并无太多相似之处。但是自闭症专家西蒙·巴隆·科恩和他的同事所进行的一项研究表明，患厌食症的青少年女生进行自闭症标准测试时评分较高。这项研究已经在《分子自闭症》杂志上发表。

研究人员称，这两种病症表现出一些相似的行为。厌食症及自闭症均以强迫性反复性的行为、社交障碍，及对某些系统超出平均水平的兴趣为特点，对于有自闭症的男孩子来说，这也许意味着对于数学或是地图的迷恋。而对于厌食症的女孩子来说，就演变成了对于食物、体重以及她们身材的迷恋。

这些男孩女孩均表现为低于平均水平的同感心、冷漠的态度及非典型性的自我关注。

理解两种情况的行为联系，可以为厌食症提供一些治疗的方案。例如，研究人员指出，较之情绪方面的信息，某些系统的信息则更易于处理，这或将为制定有益治疗策略提供帮助。

1. Ano-rexia [ˌænə-ˈrek-siə] n. 厌食症；厌食；食欲缺乏
2. autism [ˈɔ:tɪ-zəm] n.(儿童)孤独症，自闭症
3. diag-nose [ˈdaɪəg-nəʊz] v.诊断;确诊;判断;断定

be diagnosed as 被诊断为...

be diagnosed with 被诊断出... /用....来诊断

In 1894 her illness was diagnosed as cancer... 1894 年，她的病确诊为癌症。

Susan had *a mental breakdown* / and was diagnosed with schizophrenia... 苏珊精神崩溃，被诊断为得了精神分裂症。

1. standard test 标准测试
2. Molecular [mə-'lekjə-lə(r)] adj.分子的;与分子有关的
3. indica-tive [ɪn-ˈdɪkə-tɪv] adj. n.

one thing is indicative(adj.) of another, 指示的;象征的;暗示的

[Often] *physical appearance* is indicative of how a person feels. 一个人的外表常能反映出他的感受。

The result was indicative of a strong retail market... 结果表明零售业市场繁荣。

1. paral-lel [ˈpærə-lel] v.与…同时发生；与…相似

*The change* in smoking is paralleled by a change in the incidence of lung cancer... 吸烟情况的变化与肺癌发病率的变化如影随形。

[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。

His remarks paralleled those of the president. 他的言论和总统的如出一辙。

1. character-rize [ˈkæ-rəktə-raɪz] v.

→something is characterized by a particular feature or quality, 使具有特点，具有…的特征

*A bold use* of colour characterizes the bedroom. 这间卧室的特点是用色大胆。

1. obsessive [əbˈse-sɪv] adj.着迷的；迷恋的；强迫性的；过分(到不正常程序)的。n. 强迫症患者
2. autistic [ɔ:'tɪs-tɪk] adj.患孤独症的;患自闭症的
3. fixation [fɪkˈseɪʃn] n.

→you accuse a person of having *a fixation* on something or someone, 迷恋;固恋;痴迷

1. ano-rexic [ˌænə-ˈrek-sɪk] adj.食欲缺乏的;厌食的;瘦骨嶙峋的；患神经性厌食症的
2. one thing translates or is translated into another, (使)转变为;(使)转化为
3. obsession [əbˈseʃn] n.

→someone has an obsession with a person or thing, 着迷；困扰；强迫观念

She would try to forget *her obsession* with Christopher... 她会努力忘记对克里斯托弗的迷恋。

1. rigid [ˈrɪ-dʒɪd] adj. ①(法律、制度或体系)严格的，刻板的，不可变更的。②固执的;顽固的;刻板的。③坚硬的;刚性的;不易弯曲的

My father is very rigid in his thinking. 我父亲的思想非常顽固。

1. atypical [ˌeɪ-ˈtɪpɪ-kl] adj.非典型的
2. pre-occupation [pri-ˌɒkju-ˈpeɪ-ʃn] n.全神贯注；入神

It was hard {for him to be aware of her}; he kept sinking back into *black preoccupation*. 他很难意识到她的存在；他一直沉浸在沮丧中。

→you have *a preoccupation* with something or someone, 念念不忘；执著

1. cope [kəʊp] v.

→you cope with a problem or task, (成功地)处理，应付，对付

The problems were *an annoyance*, but we managed to cope. 这些问题很讨厌，但是我们都设法解决了。

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

1. strategy [ˈstræ-tə-dʒi] n. (尤指长期的)战略，策略，行动计划
2. 学校考试并不能增加学生智商

*Young American students* take a variety(n.)多样化 of standardized使标准化 tests. But *the ways* (that students are educated / so that they'll do well on such tests) presents导致 a problem.

The preparation准备工作 increases what's called *crystallized使晶状的 knowledge*: that's *factual(adj.)与事实有关的 information*, such as *the capital* of Texas德克萨斯州is Austin(地名).

But *the tests* do not enhance what is referred to as称…为 *fluid流体的 intelligence*: the ability to think logically符合逻辑地 or theoretically(adv.)从理论上.

That's according to a study in the journal Psychological Science.

Scientists analyzed分析 *test scores and IQs* of almost 1,400 eighth-graders. They found that schoolwork课堂作业 could significantly raise students' test scores, 然而while having no effect on the ratings级别 of their *fluid intelligence scores*… which are *better indicators*指标 of memory capacity, thinking speed / and the ability to solve abstract problems.

It's been shown that *high scores* on standardized tests predict预测 success on future exams考试 like the SAT美国大学入学考试 and *Advanced Placement大学先修课 tests*. But little is known about *the effect* of improving fluid intelligence.

Still, the researchers note对…加注释指出 that *crystallized intelligence* is clearly important, since, for example, mathematics and comprehension理解力 are critical极重要的 for *later(adj.)以后的 academic and employment职业 success*.

Systems (that increase fluid intelligence) would therefore seem to be 表a good development—logically and theoretically理论地.

美国的年轻学生们，需要闯过多种标准化考试的难关。但是他们受到的可以很好的应付这些考试的教育模式，也暴露出了缺陷。

备考使得所谓的晶体智力增加：这是种切实存在的固定信息，诸如“得克萨斯州的首府是奥斯汀”。但这样的测试并不会增加他们的流体智力：这是需要运用逻辑思考和理性判断的能力。这是根据在《心理学科学杂志》上发表的研究得出的结论。

科学家们分析了大约1400名8年级学生们的测试及智商测试结果。他们发现，学校作业可以有效帮助学生们提升分数，但不会增加他们的流体智力，而就是流体智力，可是记忆能力、思考速度，以及解决具体问题能力等方面很好的参照物。

而考试的高分成绩，可被用于预测之后要进行的诸如SAT和高等教育测试之类的考试。但却不能很好的检验流体智力方面提高的影响。

并且，研究人员们表示，晶体智力固然很重要，比如，数字计算能力和理解能力，都是对进一步的科研和具体实际工作取得成功至关重要的环节。

增加流体智力方面的系统化训练，因此变成了一项好的能力提高项目——比如在逻辑思考能力和理性判断方面。

1. present v.引起；导致；带来；提供

This presents a problem for many financial consumers... 这给很多金融消费者带来了一个问题。

→an opportunity or problem presents itself, (机会或问题)产生，意外出现

A further obstacle has presented itself, however. 然而，突然又出现了一个障碍。

1. crystallized [ˈkrɪstəlaɪzd] adj. ①[医]结晶的，使晶状的。②(水果或糖)蜜饯的，用糖渍的。
2. factual [ˈfæk-tʃuəl] adj.与事实有关的;真实的

The editorial contained several *factual errors*... 社论里有几处事实性错误。

1. refer to

→you refer to someone or something as a particular thing, (v.)称…(为)

Marcia had referred to him as a dear friend... 马西娅把他称作好朋友。

→谈及;提到;提及

In his speech, he referred to a recent trip to Canada. 他在讲演中提到了前不久的加拿大之行。

1. Fluid intelligence 可变智力(流体智力，先天的)。Crystallized intelligence 固化智力(晶体智力，后天的)。这两个概念是美国心理学家R·B·卡特尔于1963年提出的一种理论。
2. theoretically [ˌθɪə-'re-tɪklɪ] adv.从理论上说;照理说

It's theoretically possible, but highly unlikely ever to happen. 这从理论上说是有可能的, 但是基本上不会发生.

1. indicator [ˈɪndɪ-keɪ-tə(r)] n.①指示物;指标。②(汽车上的)转向指示灯，转向灯

...vital economic indicators, such as inflation, growth and the *trade gap*... 重要的经济指标,例如通货膨胀、增长与贸易逆差

1. Place-ment [ˈpleɪs-mənt] n.①放置；布置；部署。②(培训中的)实习安排

He had *a six-month work placement* with the Japanese government. 他被安排在日本政府部门实习了6个月。

1. Advanced Placement 是美国高中生上大学的预备课程。
2. 科学家首次研究人体各部位对于"空间敏感度"的差异

Pain is an immediate attention注意 getter. And when we're in pain, we think we know the exact location of the source of that pain, for example, your knee or your back. But our ability (to pinpoint准确地指出 pain) varies有差异 across the body, and in a specific特有的 pattern.

Scientists created创造 *stinglike类似叮螫的 discomfort* on the surfaces of volunteers' bodies using two lasers激光.

They measured *the minimum distance* between *the two pain points* where the volunteer could still distinguish辨别 [between the two stings].

And they found that this capacity to discern觉察出 different pain points, called spatial空间的 acuity敏锐度, improves [as we move towards the center of our bodies].

For example, we're better at detecting察觉侦察 *the two pain points* on the shoulders than at the wrists手腕.

The scientists also tested our acuity敏锐度 for touch, assuming假定 it might be similar to pain. While we tend to have *an equal ability* to detect touch and pain, scientists found that our acuity for simple touch decreases减小 towards靠近 the center of the body. So in this case it's harder for us to detect non-painful touch at our shoulders than at our wrists.

The exception例外 to this rule of thumb拇指, if you will, is our fingers (除拇指以外的)手指. The digits手脚指 are sensitive(adj.)敏感的 to both pain and touch. But it's not because fingers手指 have more nerve(n.)神经 fibers纤维. The researchers think it might be a question of information processing工艺流程. Because we use our fingers constantly持续不断地, we're more practiced at sensing感觉到 them. Whether they're playing the piano, or hammering锤打 a nail.

疼痛是一种即刻生效的感觉。并且当我们感到疼痛时，我们以为自己知晓痛处所在，比如你的膝盖或后背。但我们人类的身体，对精确定位疼痛的能力分布是不同的，而是以一种特殊模式呈现出这种疼痛感知分布。

科学家们用两种激光模拟出一种类似于蚊虫叮咬不舒服的的感觉，对参与试验的志愿者身体进行测试。他们随后测量了在可以区分两种疼痛的前提下，这两个不同痛点位置之间的最小距离。而他们发现，这种区分不同疼痛点的能力，也就是所谓的空间视敏度，会随着我们向身体中心的偏移而提高。比如，我们对肩部两点的疼痛感知，会比手腕附近的两点要更灵敏。

科学家们还测试了触觉的灵敏度，前提是与疼痛感知灵敏度相似。当我们趋向于对接触和疼痛的感知能力相等时，科学家们发现，我们对身体中心部位的的简单接触，比外侧要弱。因此，在这种情况下，对无痛的接触方面的感知度，在肩部会比手腕部位要更难检测。

上述规则对拇指不成立，如果你希望的话，手指也是如此。四肢的趾头对疼痛和触摸式很敏感的，但这并不是因为手指部分汇集更多神经纤维的缘故。研究人员们认为，这可能是信息处理方面的一个问题。因为我们总是不间断地使用手指脚趾，所以被迫进行了不少感知活动，无论它们是在弹钢琴，还是在钉钉子。

1. pin-point [ˈpɪn-pɔɪnt] v.①确认；准确解释(或说明)。②精确地确定(或指明)…的位置

It was almost impossible to pinpoint the cause of death. 几乎不可能确认死因。

1. laser [ˈleɪ-zə(r)] n.激光；激光器
2. discern [dɪˈsɜ:n] v.①觉察出;知道;了解;辨明。②依稀看出;分辨出

You need a long series of data to be able to discern such a trend... 你需要一长串的数据才能看出这一趋势。

1. spatial [ˈspeɪ-ʃl] adj.空间的;与空间有关的。(能力)理解立体空间的

...spatial awareness. 空间方位感

1. acuity [əˈkju:əti] n.(视力、听力、思维的)敏锐，敏锐度
2. wrist [rɪst] n. 手腕；腕关节；(衣袖等的)腕部
3. towards prep.

→接近；靠近

*The home of the Morgan family* was up Gloucester Road, towards the top of the hill... 摩根家族的住宅在格洛斯特路接近山顶的地方。

→将近(某一时刻)

There was a forecast of cooler weather [toward the end of the week]. 预报称，这周末天气会凉下来。

→向;朝;面对

When he looked towards me, I smiled and waved... 他朝我看过来的时候，我微笑着挥了挥手。

Caroline leant倾斜 across the table towards him... 卡罗琳隔着桌子俯身向他靠过来。

1. digit [ˈdɪ-dʒɪt] n. ①(从 0 到 9 的任何一个)数字。②手指;拇指;脚趾
2. sensitive adj. 敏感的；感觉的；[仪]灵敏的；易受影响的

you are sensitive to other people's needs, problems, or feelings, 体恤的;体贴的;善解人意的

1. fiber ['faɪbə] n. 光纤；(织物的)质地；纤维
2. 日光浴或会上瘾

You may love to soak up晒太阳 the sun—or the UV rays at the tanning晒成棕褐色 salon. But are you actually addicted上瘾的?

A study finds that mice (regularly定时有规律地 exposed使暴露 to UV) produced the feel-good opioid(adj.)类鸦片引起的 β-endorphin内啡肽, and behaved表现 like addicts有瘾的人. What's more, when they were given a drug (that blocked阻止 the opioid effects), they went through经历 *the rodent啮齿动物 equivalent等同物* of withdrawal(n.)戒瘾过程: shaky发抖的 paws and chattering(牙齿)打颤 teeth. The study is in the journal Cell.

The mice (were exposed to UV light) roughly on par with等同于 a fair-skinned浅肤色的 human (soaking up *a half-hour* of Florida midday中午的 sun, *five days a week* for a month-and-a-half). But it took *just one week* for *the endorphin levels* to zoom急速上升. Mice are normally nocturnal夜行性的 and, of course, covered by fur毛皮.

But *the research team* says {that *the apparent明显的 physical reward* for UV exposure(n.)暴露 suggests it's worth exploring探索 if a similar chemical reaction may be spurring刺激 humans to keep running to *the beach*海滩 or *tanning bed* 晒黑床}.

They also say it's likely *sunblock*防护霜 would protect against these *UV-induced引起 addictive使成瘾的 behaviors*. Yet another reason to slather大量地涂抹 on the sunscreen防晒霜.

你也许很喜欢日光浴—或者在美黑沙龙里暴晒紫外线。但你是不是已经上瘾了呢?

一项研究发现，小鼠如果规律性的暴露在紫外线下，会产生令其愉悦的类鸦片物质β-内啡肽，并且行为也像上瘾之后的表现。另外，当它们被注射阻断类鸦片效应的药物后，它们还会经历啮齿类动物那样的戒毒状态：爪子虚弱，牙齿咯咯作响。该研究已在《细胞》杂志上发表。

对小鼠照射紫外光的程度，大致比拟有浅色皮肤的人类在弗罗里达州中午日光强度情况下的一小时暴晒量，光照射时间频率为每周五天，连续一个半月。但进行才一周时间，内啡肽含量便已经开始增加。小鼠一般在夜间活动，当然，其自身皮肤还由皮毛所覆盖。

但该研究小组表示，紫外线对身体造成的明显增益效果，提示我们是否也是由于有同样的化学反应的激励，才使得人类对海滩日光浴或者美黑沙龙里的床位趋之若鹜。

研究还表示，防晒霜很可能具有防范这些射线成瘾的行为。或许这是另一个涂防晒霜的理由。

1. soak [səʊk] v.浸;泡

What I need is to soak in a hot tub. 我需要在热腾腾的澡盆里好好地泡一泡。

1. soak up v.①吸收(液体)。②晒(太阳)
2. tan [tæn] v. (使)(皮肤)晒黑。n. 晒黑的皮肤
3. pioid [əʊ'-pi:əʊɪd] adj. 类鸦片(引起)的。n. 类鸦片活性肽
4. endor-phin [enˈdɔ:-fɪn] n. <医>内啡肽(体内产生的一种镇痛作用的荷尔蒙)。内啡肽有α、β、γ、δ四种类型。

英文endorphin是endomorphin的简化写法，endo有内在之含意，而morphin则为吗啡的英文名称，故 endorphin有大脑自我制造的类吗啡物质之意。

1. you go through a particular experience or event, 经历;度过

Men go through a change of life emotionally just like women. 男人和女人一样，也要在情绪上经历更年期。

Why was I putting myself through all this misery?... 我为什么要如此自找苦吃啊？

1. rodent [ˈrəʊ-dnt] n.啮齿目动物
2. equiva-lent [ɪˈkwɪ-və-lənt] n. (强调效果的强烈或严重)相当于…的事情

His party has just suffered *the equivalent* of a near-fatal heart attack. 他所在的政党，刚刚经历了一次类似心脏病突发般几近致命的打击。

→one amount or value is the equivalent of another, 等同物;等值物；对应物

1. with-drawal [wɪð-ˈdrɔ:əl] n.①收回;撤回;停止。②戒毒期;脱瘾过程

...*allied troop withdrawal* from the north of the country. 盟军从该国北部撤出

The charity says it wants *a withdrawal* of the comments. 该慈善机构称希望收回所作评论。

1. shaky [ˈʃeɪ-ki] adj.①(声音或身体)颤抖的,发抖的。②不稳固的;不牢靠的;不会长久的;不会成功的

The Prime Minister's political position is becoming increasingly越来越多地 shaky. 首相的政治地位正摇摇欲坠。

1. chatter[ˈtʃæ-tə(r)] v. (牙齿)打战，咯咯响
2. par [pɑ:(r)] n.标准，常规；同等；票面价值;(高尔夫球的)标准杆数

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

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

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

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

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

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

1. fair-skinned 浅肤色的，白肤色的
2. noc-turnal [nɒk-ˈtɜ:nl] adj. ①夜间发生的;夜间的。②(动物)夜间活动的，夜行性的

..*.the immensity*广大 of the nocturnal sky. 夜空的浩瀚

1. spur [spɜ:(r)] v. n.促进;加速;推动

→one thing spurs you to do another, 鼓励;激励(spur on=spur)

Their attitude, rather than reining him back, only seemed to spur Philip on... 他们的态度非但没有令菲利普回头，反倒促使他继续向前。

Even a small success would spur me on to greater effort. 哪怕是微小的成功也会促使我做出更大的努力.

→you do something on *the spur* of the moment, 一时冲动;心血来潮

→you win your spurs / or earn your spurs, 获得地位;赢得名望

1. induce [ɪn-ˈdju:s] v.引起;导致。引诱;劝说
2. slather [ˈslæ-ðə(r)] v.

you slather something with a substance, or slather a substance onto something, 大量地涂抹;厚厚地涂抹

1. 本性何时“易”移？

Some say it's tough艰难的 to break a habit—a behavior so ingrained根深蒂固的 in our mental infrastructure基础设施 that it's automatic. But new research says maybe it's not so tough when you shine *some light* on an alternative可供选择的事物.

Turns out that a small part of the brain's prefrontal额叶前部的 cortex大脑皮层—the infralimbic下边缘的 cortex—is key to *seemingly inflexible*僵硬的, habitual习惯性的 behavior.

Scientists trained *rats* to run a maze迷宫 by using rewards. Eventually最终 the rats ran the maze without any reward, or even when being punished 方式状by completing完成 it with *a drink* (that made them nauseous令人恶心的). So {running the maze *in a certain direction*} had become a habit.

*The scientists* then used what's called optogenetics光遗传学—a procedure步骤过程 that uses light to stimulate刺激 or inhibit抑制 *specific特定的 brain areas*—to turn “off” 关掉 *this small brain area* (involved in与…有密切关联的 forming形成 habits).

[Within seconds] the rats stopped running the maze in the direction (that gave them the icky黏糊糊的 reward). The scientists note留意到 that 主silencing使安静 the neurons神经元 (in that brain area) 谓allowed the rats to have more *cognitive认知的 control* over their supposedly据认为地 *reflexive条件反射的 habit* of running in that one direction.

The hope is 表①to eventually treat医治 *disorders*失调 (involving *obsessive强迫性的 or addictive上瘾的* behavior). And 表②to hopefully show that *old habits* can die消除…的习惯 easy.

有些人说，要改变一个习惯很难。习惯是一种深深植根于人们心理的自发性行为。但一项新的研究表明，用光照的方法或许能轻易改变习惯。

事实证明：大脑前额皮质的一小部分——边缘下区——决定着看似呆板的习惯性行。

科学家们通过奖励的方式训练小白鼠走迷宫。最后老鼠不再需要任何奖励，甚至在用令它们感到恶心的饮料作为惩罚时，它们仍自觉地走出了迷宫。因此朝特定的方向走迷宫已经变成了老鼠的习惯。

然后科学家们利用被称作“光遗传学”的技术——利用光来刺激或抑制大脑内特定区域的活动——来屏蔽大脑内部涉及到习惯的很小区域。

不出几秒，老鼠就不再朝着有惩罚的那个方向走。科学家们注意到，制止习惯区的脑神经活动能帮助老鼠恢复认知控制，不再按习惯朝那一个方向走。

希望这个研究能帮助治疗强迫性的上瘾行为，帮助人们轻易改掉旧习惯。

1. infra-struc-ture [ˈɪnfrə-strʌk-tʃə(r)] n. (国家、社会、组织赖以行使职能的)基础建设,基础设施
2. prefrontal [pri:'frʌn-təl] adj. 额叶前部的，前额的
3. cortex [ˈkɔ:teks] n.皮层;皮质;大脑皮层

prefrontal cortex(PFC)前额皮层。其各个部分与情绪有关。左侧PFC与积极感情有关(左侧PFC损伤和抑郁症状有关系)，右侧PFC与消极感情有关。

1. infralimbic-cortex大脑前额叶皮层边缘下区

infra['ɪnfrə] adv. 在下，以下，下文

limbic ['lɪm-bɪk] adj. 边的，缘的。大脑缘叶

1. inflexible [ɪnˈflek-səbl] adj.①不可改变的;不容变更的。②顽固的;僵化的
2. complete [kəmˈpli:t] adj.①完全的;十足的。②完整的;全部的;整个的

*The job sheets* eventually filled *a complete book*. 工作指导卡最终装满了整整一个册子。

*The list* may not be complete. 这个单子可能不全。

→(v.)one thing comes complete with another, 配有…的;兼有…的

The diary comes complete with a gold-coloured ballpoint pen. 这个日记本配有一支金色的圆珠笔。

1. nau-seous [ˈnɔ:ziəs] adj. 令人作呕的；讨厌的;恶心的
2. opto-genetics 光遗传学(*optical光学的 stimulation(n.)刺激* plus加上 *genetic遗传的 engineering*)

genetics [dʒə-ˈne-tɪks] n. 遗传学；基因学

1. pro-cedure [prə-ˈsi:dʒə(r)] n.程序；步骤；手续
2. stimulate [ˈstɪ-mju-leɪt] v.①刺激;激励;促使;促起。②刺激(身体部位);使活跃
3. inhibit [ɪnˈhɪbɪt] v.抑制;约束
4. turn off 关上;关掉；截断，切断(…的供应)
5. you are involved(adj.) in a situation or activity, 卷入的;参与的;与…有密切关联的

→you are involved in something, 专心于…的;忙于…的

→involved in包含的;涉及的

He cannot reveal *how much money* is involved in the scheme... 他不能透露该计划投入了多少钱。

1. icky [ˈɪki] adj. ①过于煽情的;过分伤感的。②黏糊糊的;令人厌恶的；过分甜的
2. neuron [ˈnjuə-rɔn] n. 神经元；神经细胞
3. cognitive [ˈkɔg-nətɪv] adj.认识过程的;认知的

...Vygotsky's theory of cognitive development. 维果斯基的认知发展理论

1. supposedly [səˈpəu-zɪd-li] adv. 据认为；据推测；据称；一般相信
2. reflexive [rɪˈflek-sɪv] adj.应激反应的;本能反应的;条件反射的

...that *reflexive urge*冲动 for concealment. 想要躲藏起来的本能冲动

1. obsessive [əbˈsesɪv] adj.着迷的；迷恋的；强迫性的；过分(到不正常程序)的。n. 强迫症患者
2. addictive [əˈdɪktɪv] adj.使人成瘾的
3. habits or attitudes die hard, (习惯或观念)难以改掉，很难摆脱

Such prejudices die hard. 这些偏见很难消除。

1. 开车上下班致健康问题

*The average American car commuter*通勤者 spends a total of about 50 minutes each day getting to and from work. Some spend hours stuck in heavy traffic. Others may enjoy clear roads, but long drives from suburbs to the city.

So is *all of this time* (sitting behind the wheel) bad for us?

To find out, researchers examined more than 4,000 residents住户 of 11 *different Texas德克萨斯州 counties* around *the Austin* and *Dallas-Fort Worth areas*. They found that the more distant *the commute*, the heavier and less fit合身的 *the commuter*. People (with commutes *farther than 10 miles*) were more likely to have *higher blood pressure*. And if commutes were more than 15 miles, people were also less likely to be getting enough exercise. The findings are in the American Journal of *Preventive预防的 Medicine*.

*(Bike to Work) Week* is May 14th through 18th, and reminds us that there can be options (besides driving). Mass transit运输 can help unclog使畅通 the roads and your arteries动脉. I've found *running for a bus or train* 宾补to be *an excellent morning* *workout*(n.)体育锻炼. But *simply walking* for one is good, too.

开车上下班的美国人，平均每天花50分钟在上下班的路上。其中一些人在拥挤的交通中忍受着堵车。其它人虽然能畅通无阻，但要长途驾车从郊区开到市区。

那么，坐在方向盘后每一刻都对我们有害吗？

为了找到答案，研究人员检查了超过4000名来自奥斯汀和达拉斯-沃斯堡周边的11个不同的德州郡的居民。他们发现上下班路程越长，上班人士的体重越重，身体越不健康。上下班路程超过10英里的人高血压的可能性越大。而且，如果路程超过15英里，上班族也不可能得到足够锻炼。这项研究发表在《美国预防医学期刊》。

自行车上班日，从五月14日开始到18日结束，这提醒我们除了开车，我们还有其他选择。选择公共交通出行既有利于疏通道路，也可以帮你疏通脉络。我发现追赶公交或者地铁是极好的晨练方式。但简单的步行对人们也有好处。

1. commuter [kəˈmju:tə(r)] n. (远距离)上下班往返的人。v. (经很远的路程)上下班往返;通勤
2. to and from从某地来回

Getting to and (get)from school involves two hours' travelling a day. 往返学校，每天要两个小时的行程。

1. resident [ˈrezɪ-dənt] n.居民;住户;居住者。adj.(在某地)居住的，居留的

→Someone who is resident(adj.) in a country or a town lives there.

1. Pre-ventive [prɪ-ˈventɪv] adj.防性的；防备的
2. preventive medicine 预防医学;预防药，预防剂
3. transit [ˈtræn-zɪt] v.运输;运送;载运。n.交通运输系统

Mass transit公共交通，公共交通工具(总称)，大量客运

1. unclog ['ʌn-'klɔg] vt. 使畅通，清除…的阻塞，扫除…的阻碍
2. artery [ˈa:təri] n. [解剖]动脉；干线，要道
3. workout n.体育锻炼;体育训练
4. 同步走有助于提高自信 但会低估对手

A lot of us march行军 to the beat节拍 of our own drummer鼓手. But there are certain benefits {实主to walking [in synch同步]}. It can make you feel like you're one of the gang一群. And it might make people (who are not in your gang) look less threatening有威胁性的. That's according to a study in the journal Biology Letters.

*Synchronized同步的 movement* has long been known to cement巩固 alliances(n.)联盟 / and to enhance cooperation协作. But can it also change *the way* you see those (outside your troop)? To find out, researchers had participants pair off成双 and walk together, either in synch or just at their natural pace.

Afterwards, the volunteers were shown *a mug面孔 shot拍摄* of an angry male face / and asked to estimate the criminal's overall size. Those subjects (who kept pace with a colleague) found the bad guy to be less formidable难以对付的 than did their out-of-synch peers. Marchers行军者 guessed *the mug-shot man* was an inch shorter / and about 10 percent smaller / and less muscular肌肉发达的 than did the subjects who simply strolled闲逛.

The findings suggest that *physical身体的 coordination协调* could boost your self confidence. On the down side, it might also lead you to underestimate低估 an opponent—a miscalculation(n.)错误判断 that could really get you off [on the wrong foot]出师不利.

我们很多人都会按照自己的步调行走。但是同步走则有特定优势。一方面会使你感觉自己是团队的一员，另一方面也会降低非己方团队的危险系数。这是《生物学报》一项研究所得出的结论。

协调一致在巩固联盟及加强合作方面一直闻名遐迩。但协调一致是否会改变你对敌方的眼光呢?为了一探究竟，研究人员让参与者们成双结对并且一起行走，要么同步，要么随性。随后，研究人员向志愿者展示了一名面容愤怒男子的嫌犯照片，并要求他们评估罪犯的整体轮廓。

相比随意走的参与者，同步行走者眼中的罪犯已经不是那么穷凶极恶。同步行走者猜测的照片中的男人身高比随意走的人所猜矮1英尺，体型要小10%，而且不是很强壮。

研究结果显示步调协调一致能够提高自信。而从另一方面看，它也可能导致你低估对手——计算误差就可以使你陷入万劫不复的深渊。

1. march v. n.(坚定地向某地)前进；使齐步走；行军，进军
2. drummer [ˈdrʌ-mə(r)] n. (乐队等的)鼓手
3. synch [sɪŋk] =sync n. 同时，同步

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

They swayed back and forth, more or less in sync with the music. 他们来回摇摆，基本上与音乐同步。

Normally, when *demand and supply* are out of sync, you either increase the supply, or you adjust the price mechanism... 通常，当供需失衡时，要么加大供给，要么调整价格机制。

1. feel like有…的感觉；觉得好像…
2. Syn-chro-nize ['sɪŋ-krə-naɪz] v. (使)同步;(使)在时间上一致;(使)同速进行

...a series of unexpected, synchronized(adj.) attacks. 一连串同时发生的意外攻击

1. ce-ment [sɪ-ˈment] n. 水泥；胶合剂。v.巩固;加强
2. alliance [əˈlaɪ-əns] n.(国家或政党的)联盟，同盟
3. pair off (使)成对儿，(使)成双(常指成为恋人)
4. mug shot 面部照片，嫌疑犯照片

mug v.对…行凶抢劫。n. ①傻瓜;易受骗者。②脸;面孔

Bank robberies, burglaries and muggings are reported almost daily in the press... 报纸上几乎每天都有抢劫银行、入室行窃和拦路抢劫的报道。

1. you ask to do something, v.要求(做…)；请求(做…)
2. formidable [ˈfɔ:-mɪdə-bl] adj.可怕的;令人惊叹的;艰巨的

We have *a formidable task* ahead of us... 我们面临着一项艰巨的任务。

1. muscular [ˈmʌs-kjələ(r)] adj. 肌肉的；壮健的，肌肉发达的，强壮的
2. mis-calculation [ˌmɪs-kæl-kjʊ-'leɪ-ʃn] n.判断错误;算错;误算
3. get off ①下(车、马等)。②出发；离开

get off [on the wrong foot] 一开头就很不顺利;出师不利

1. 不忍将目光游离

When it comes {to *first impressions*印象 of a potential new love}, the eyes may indeed be 表*the window* (to the soul)—because主*the direction* of your gaze [when looking at this person] 谓offers *an unconscious*潜意识的*, automatic giveaway*(n.)暴露真相的事物 of whether *your initial*最初的 *reaction* is 表romance or sex.

That's 表according to a study (in the journal刊物 *Psychological Science*).

Heterosexual异性恋的 subjects looked at photographs (on a computer) (of fully clothed,attractive strangers of *the opposite sex*).

For each photo, they had to decide [as quickly as possible] if they experienced *feelings* of either *sexual lust*淫欲 or *romantic love*.

The researchers found no *significant difference* in the time (it took subjects to make their decision). But *eye-tracking*视线轨迹 *data* uncovered *a big difference* in where the subject looked.

If one of the volunteers felt lust for *the individual* (in the photograph), they tended to look at the eyes [first], then fixated视线移向 on the body. 而While those (who felt romantic love), were more likely to keep their attention only on the eyes and face.

The researchers say that {{*identification*鉴定 of distinct明显的 *visual patterns* for love and lust} could have *theoretical*理论的 *and clinical*临床的 *importance* in couples therapy疗法}. Especially if one of them is looking out the window at strangers.

据《心理学》期刊上发表的一项研究显示：当你遇到一段新的潜在恋情时，你的眼睛会直诉你的心声——你注视对方的眼神——观察对方的部位——会在无意中透露出你的心声：是爱慕还是性欲？

科学家要求异性恋志愿者者坐在电脑前观看穿戴整齐、具有吸引力的陌生异性，且每看完一张照片，让他们尽快对自己的内心感受做出抉择：是性欲？还是爱慕？

科学家并未发现异性恋志愿者每做一决定时有多大差异。但眼球追踪数据显示，那些志愿者看每个异性的部位很不同。若志愿者对照片中的人产生性欲，那么，他往往会先看对方的眼睛，然后专注对方的身体。而那些对照片中的人产生爱慕的志愿者，则往往只把注意力放在对方的眼睛和脸蛋上。

科学家称：“在理论和临床医学上，对爱和欲望的不同视觉模式进行识别，这对伴侣治疗具有重大意义。”尤其是当夫妻中有一人想红杏出墙时。

1. first impression 第一印象
2. potential adj. 潜在的；可能的
3. indeed adv.确实;的确
4. direction n. 方向;方位
5. gaze n. 凝视；注视；盯着看
6. automatic adj. 自动的；不假思索的，无意识的
7. initial adj. 开始的;最初的
8. reaction n. 反应；回应；反响
9. romance n.浪漫;爱意;温馨
10. according to (短语介词)依据，根据，依照 (原则等)
11. study n. 审视;端详;细看
12. journal n. (尤指某专门学科的)杂志，刊物
13. Psychological Science《心理科学》期刊
14. Hete-ro-sexual [ˌhetə-rə-ˈsek-ʃuəl] adj. 异性恋的；异性的
15. subject n.研究对象;实验对象
16. attractive adj. (人)漂亮的，动人的，有魅力的
17. opposite adj. 相对的；对面的；对立的
18. the opposite sex异性
19. lust [lʌst] n.(强烈的)肉欲，淫欲，色欲
20. sexual lust性冲动，强烈的性欲
21. significant adj. 数量相当大的;显著的

significant difference显著差别，显著差异，显著性差异

1. eye-tracking n. 视线轨迹，眼球追踪法
2. uncover v. 揭露，发现(隐秘之事)
3. fixate ['fɪk-seɪt] v. 视线移向；注视；使固定
4. identification n. 识别;鉴定;确认
5. distinct adj. 明显的，清楚的

*Now that* Tony was no longer present, there was *a distinct change* in her attitude... 由于托尼不在场了，她的态度有了*明显的转变*。

1. visual patterns视觉模式
2. theoretical [ˌθɪə-ˈre-tɪkl] adj. 理论的；推想的，假设的
3. clinical [ˈklɪ-nɪkl] adj. 临床的；诊所的
4. therapy [ˈθerə-pi] n. (非药物、非手术的)疗法，治疗
5. 相比棉质T恤，合成纤维更易散发恶臭

You've probably noticed that *synthetict*人造合成的*-shirts* stink散发难闻气味 more [after a workout体育锻炼], compared to与…相比 cotton.

But hey—it's not the fabric's织物 fault. It's the microbes (that hang out逗留 on synthetics合成纤维), (that create that *characteristic*特有的 *stench*臭味). That's according to a study (in *the journal* Applied and Environmental Microbiology微生物学).

Twenty-six volunteers—half men, half women—worked out on *spinning*使旋转 *bikes* [for an hour]. And they did so [outfitted装备 with shirts of cotton, polyester涤纶, or *a cotton/synthetic*人造纤维*blend*混合物].

Then researchers stuffed把…塞进 *the sweaty*汗臭的 *shirts* into plastic bags.

The next day, *a trained panel*专门小组 sniffed闻嗅 them, rating their funk(n.)惊恐. Unlucky job. Because yes—*the polyester涤纶 shirts* were indeed more musty有霉味的, sour酸的, and ammonia氨-like than the cotton.

*DNA analysis* revealed that *Micrococcus*微球菌 *bacteria* were to blame. They aren't actually all that common in the armpit腋窝 itself. And they don't flock群集to cotton.

But researchers say they thrive欣欣向荣 on *the open-air lattice*斜格子框架 of synthetic fibers纤维——where they sit 伴随状从chomping嚼得很响 on *the long-chain fatty acids*脂肪酸 (in our sweat), turning them into shorter, stinkier味道极其难闻的 *molecules*分子颗粒.

These findings might just explain one of *the most vexing*使人烦恼的 *questions* of adolescence青春期: why do *stinky发恶臭的 shirts* smell so unpleasantly different from *the body odor*气味 (in the armpits themselves)? Could be because *your favorite shirt* has a *microbiome*生物群落 of its own.

你可能已经注意到，相比棉质T恤，运动过后合成纤维材质所散发的臭汗味更招人讨厌。

但是这可能并不是面料的原因。而是附着在合成纤维上的细菌所产生的特有恶臭。这是根据《应用与环境微生物学》杂志上的一篇研究所得出的结论。

26名志愿者参加到这项动感单车运动1小时的测试，其中男女各占一半。他们所穿的T恤材料有棉质，涤纶，还有半合成棉质。运动过后研究人员们把志愿者穿过的T恤塞进塑料袋里。

第二天，一组经过训练的评判小组对这些T恤进行气味判断，然后依照等级进行评定。这工作真是有够恶心的。

结果显示涤纶衬衫确实比棉质衬衫更易散发出霉味，酸味及氨味。而经DNA分析表明微球细菌是臭味的元凶。这种细菌其实并不常见于腋下，并且它们并不会在棉质材料上依附。

但是研究人员表示它们可以在合成纤维中的开放网格环境下茁壮成长，这些细菌会大肆咀嚼我们汗液中长链的脂肪酸，将它们转变成短小的，散发恶臭的微粒。

这一发现可以解释青春期最令人烦恼的一个问题：为什么衬衫的臭气熏天不同于腋下狐臭更令人不愉快? 可能就是因为你最钟爱的衬衫已经有属于自己的微生物群。

1. syn-the-tic [sɪn-ˈθe-tɪk] adj. 合成的;人造的
2. stink v.发出恶臭;散发难闻气味
3. compared with / compared to 与…相比;和…比起来
4. hey(非正式用法,用以引起注意或表示惊讶、有兴趣、生气等)嘿，喂
5. fabric [ˈfæ-brɪk] n. 织物;布料
6. fault n. 责任;过失;过错
7. microbe n. 微生物，细菌
8. hang out… (呆在某处，或与某人呆在一起)闲逛，逗留

I often used to hang out in supermarkets... 我过去经常在超市里逛个没完。

1. syn-the-tics n. 合成纤维织物;合成纤维;合成物
2. characteristic adj. 特有的；独特的
3. stench [sten-tʃ] n. 臭味;恶臭
4. Applied adj. (尤指某种科学)应用的，实用的
5. Environmental adj. ①与周围环境有关的;由生存环境引起的。②自然环境保护的;生态环境保护的；环保的

It protects against *environmental hazards* such as wind and sun... 它可以保护免受风、太阳等环境因素的危害。

1. Micro-biology [ˌmaɪ-krəʊ-baɪ-ˈɒlə-dʒi] n. 微生物学
2. *the journal* Applied and Environmental Microbiology 《应用、与环境微生物学》杂志
3. work v.(使)(身体某部分)活动
4. spin v. (使)旋转
5. outfit v. 装备；配置设备；供给服装
6. poly-ester [ˌpɒli-ˈes-tə(r)] n. (尤用作衣料的)聚酯纤维，涤纶面料(PET)，俗称“的确凉”。是三大合成纤维中工艺最简单的一种，价格也相对便宜。
7. synthetics n.合成纤维，人造纤维
8. blend n.混合物。v. (使)混合；调和；掺和
9. cotton-synthetic blends 混纺织品
10. stuff v. 把…塞进(或填进)
11. sweaty adj. 浑身出汗的；汗臭的
12. panel n. (进行公开讨论或作决策的)专门小组
13. sniff v. 闻;嗅
14. rate v. 评价;评级;评定
15. funk n. (尤因处于自己无法控制的情形中而出现的)恐慌，惊恐
16. musty adj.有霉味的;发霉的
17. sour adj. 酸的;酸味的
18. ammo-nia [ə-ˈməʊ-niə] n. 氨；氨水
19. analysis n. 细察；分析
20. Micro-coc-cus [ˌmai-krəu-ˈkɔ-kəs] n.[医]微球菌
21. armpit [ˈɑ:m-pɪt] n. 腋窝
22. flock to(介)… v. 蜂拥;群集
23. thrives v. 欣欣向荣;茁壮成长;兴旺发达
24. lattice [ˈlæ-tɪs] n. (斜)格子框架；类似格子框架的设计
25. fiber n. 纤维，纤维物质
26. synthetic fiber 人造纤维，合成纤维
27. chomp [tʃɒmp] v. (人、动物进食时)大声地咬，嚼得很响
28. fatty acid 脂肪酸
29. fatty adj. (食物)含脂肪多的,肥的,高脂的
30. stinky [ˈstɪŋ-ki] adj. 有臭味的;味道极其难闻的
31. molecule [ˈmɒlɪ-kju:l] n. 分子；微小颗粒
32. vexing [vek-sɪŋ] adj. 使人烦恼的，使恼火;使困惑;使伤脑筋
33. adoles-cence [ˌædə-ˈle-sns] n.青春期
34. odor n. 气味，臭气
35. micro-biome微生物组； 微生物群系
36. biome [ˈbaɪ-əʊm] n. (生态)生物群系，群
37. 越深沉的低音越能增强自信

We all have those confidence — *surging浪涌的 songs* (we listen to before a big event).

Now researchers say that *the lyrics*歌词 are not necessarily (what make us feel dominant)—it's the booming轰隆作响的 bass. That's according to a study (in *the journal* Social Psychology and Personality Science).

*Certain types* of music, such as *heavy metal* and *hip-hop*, make people feel powerful and aggressive攻势的.

目的状To find out why, researchers had people listen to *dozens*一打 *of* songs. Then they asked how powerful *the participants* felt [while listening].

Topping the list for imbuing向…灌输 *a sense* of strength: Queen's anthem赞歌 "We Will Rock You."

At the bottom? Baha Men's questioning "Who Let the Dogs Out?".

The researchers then had subjects listen to the songs / and do some tests.

In one, the volunteers were told they could win money [if they predicted预测 *the outcome*结果 of a die骰子 roll], either by a third-party第三当事人 or themselves.

Even though即使 *the outcome* would be random in either case, those (who had listened to bass-heavy music) were more likely to want to be *the one* (to roll the die).

In other tests, participants (listening to bass — heavy music) ①picked more powerful words [when doing *word exercises*] / and ②were more likely to want to go first in debates辩论.

So, if you want a power boost , try just pumping up给…打气 the bass.

在某件大事发生之前，我们都爱听一些使自己信心高涨的歌曲。据《心理学与人格科学》杂志研究报道，如今研究人员发现：让我们感觉自信满满的不一定是歌词，但一定是重浊宽厚的低音。

有些音乐使人震撼，听了积极向上，如重金属摇滚音乐和嘻哈舞曲。为找出个中原因，研究人员安排了一些人听歌曲。他们一边让参与者听音乐，一边询问音乐的震撼力如何。结果显示，那些气势磅礴的歌曲位居榜首：如皇后乐队的颂歌《我们将震撼你》；反之，位列榜尾的是：巴哈马乐团的《是谁放的狗》。

研究人员又让参与者听歌做测试。在一组测试中，参与者被告知：如果他们能擦出骰子的点数(自己猜出或通过第三者猜出都行)，他们就能获得奖金。尽管两种情况(自己猜出或通过第三者猜出都行)下丢出的骰子点数是随机的，但那些听过重低音的人对这一游戏更加跃跃欲试。

其他测试显示，那些听着重低音做文字练习的参与者选择的措辞更有力，且更希望在辩论中首当其冲。因此，当你想激发自己力量的时候，增强低音即可。

1. confi-dence n. 秘密;知心话。信心；信任
2. surge v. (情感的)突发，涌现，突然出现。n.激增;急剧上升;突飞猛进

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

1. lyric [ˈlɪ-rɪk] n. 歌词。adj. 抒情的，抒情诗的；感情丰富的；歌喉柔美的
2. domi-nant adj. 占支配(或统治)地位的;占优势的;显著的
3. boom v. 发出隆隆声；以低沉有力的声音说话
4. bass [beɪs] n. 低音歌唱家，低音乐器。adj.低音的
5. Personality n. 个性；性格
6. Social Psychology / and Personality Science《心理学与人格科学》杂志
7. aggressive adj. 有闯劲的；积极进取的。 侵犯的，攻势的
8. dozen n.，adj. (一)打，十二个
9. parti-ci-pant n. 参与者；参加者
10. top v. 为…之首;居…之冠
11. im-bue v. 向…灌输;使充满

...men (who can imbue their hearers with enthusiasm). 能够激发听众热情的人

1. an-them n. [宗]赞美诗，圣歌，赞歌；校歌；国歌
2. rock v. (使)来回摆动;(使)左右摇晃。使震惊;使震动;使不安
3. predict v. 预言；预测；预告
4. out-come n. 结果；结局；后果
5. die n. 骰子
6. either…or… 或者…或者…；不是…就是…(表二选一)
7. third party 第三方。(商业协议中的)第三方，第三者;(法律案件中的)第三当事人
8. Even though 尽管，即使，纵然
9. parti-ci-pant n. 参与者；参加者
10. go [first] 首当其冲
11. debate n. (各自发表不同观点的)辩论，争论，讨论
12. boost n.，v. 增强，提高(信心或士气)
13. pump up v.用泵(或气筒)给…打气。(尤指通过自我心理暗示)给自己打气，自我鼓励
14. 美国旅行者2号飞经海王星考察25周年纪念

August 24th marks *the 25th anniversary*周年纪念日 of one of NASA's greatest achievements: *the first flyby*飞越of Neptune海王星. At *2.8 billion miles* from the sun, it's *the farthest planet* ever to pose以…身份出现 for a close-up关闭.

You can thank *the Voyager航海家 2 spacecraft* for the close亲密的 encounter相遇. Launched in 1977, Voyager 2 sped快速行进 past Jupiter in 1979, Saturn土星 in 1981, Uranus天王星 in 1986, and Neptune海王星 in 1989.

Voyager discovered that *a large dark spot* marked the face of *the giant blue planet*. It also quadrupled使成四倍 *the number* of Neptune's known moons from two to eight. New discoveries have since raised that number to 14.

The largest and most intriguing引人入胜的 moon is *Triton*海卫一. Voyager discovered that, like Earth, Triton has an atmosphere, mostly of *nitrogen*氮气. The spacecraft also found geysers间歇泉 erupting喷发 material (that rises *five miles* above Triton's surface).

Today, 25 years later, Neptune remains *the farthest planet* (to be visited by a spacecraft). But its record will soon be shattered使粉碎. In July 2015, NASA's *New Horizons mission* zips快速移动 close to Pluto, which will make that *distant*遥远的 *world* 宾补the farthest planet (yet visited)——for those *intrepid*无畏的 *individuals* (who still consider Pluto 宾补a planet).

今年的8月24日是NASA最伟大一次壮举的25周年纪念:这就是探测器，旅行者2号飞船首次飞越海王星。

海王星距太阳约28亿光年，曾经是太阳系范围内距离最远的星球。而旅行者2号飞船曾经同海王星进行了一次亲密接触。旅行者2号飞船于1977年启航，在1979年飞过木星，1981年飞过土星，1986年飞过天王星后，1989年从距海王星上空掠过。

旅行者2号发现这颗巨型的蓝色星球外有个很大的黑色斑点。它的发现将已知海王星的2颗卫星提升4倍，最终变成了增至8颗的总数。而现在最新发现已经变为14颗。其中最大且最为复杂的卫星是Triton。

旅行者2号发现，像地球一样，Triton也有大气层，大部分所含的是氮气。此外，Triton表面的间歇喷泉不时地向外喷射高达5英里远的物质也被旅行者号发现。

25年过后的今天，海王星仍然是目前飞行器造访过最远距离的星球。但这一荣耀不久将被打破。不远的2015年7月，NASA将启动新地平线计划越过冥王星进行考察，届时冥王星将成为迄今为止访问过世界最远距离的星球—因为对那些无畏的人而言，冥王星是一颗星球。

1. anni-ver-sary [ˌænɪ-ˈvɜ:-səri] n. 周年纪念(日)
2. flyby n. (飞机的)飞越定点区域;(航天器的)近天体探测飞行
3. Nep-tune [ˈnep-tju:n] n. 海王星；(罗马神话)海神; 海洋(人格化)
4. pose v. 使摆姿势；以…身份出现
5. close up (通常因离开)关上，关闭

Just close up the shop... 把店关了就好了。

1. thank…for…：因…而向…表示谢意;感谢
2. en-counter n.，v. 相遇，碰见；遭遇战。邂逅; (重要的)相逢。特殊经历;特殊体验
3. Launch v.发射(火箭、导弹或卫星)
4. speed v.快速行进
5. Saturn [ˈsæ-tɜ:n] n. <天>土星；[罗史]农神
6. Uranus [ˈjʊə-rə-nəs] n. 天王星
7. Neptune [ˈnep-tju:n] n. 海王星
8. qua-druple [kwɒ-ˈdru:-pl] v.(使)成四倍;(使)翻两番
9. in-tri-guing [ɪn-ˈtri:-gɪŋ] adj. 有趣的;引人入胜的;奇怪的
10. Triton [ˈtrai-tn] n. 海卫一; <希神>人身鱼尾的海神
11. nitrogen [ˈnaɪ-trə-dʒən] n. 氮;氮气
12. geysers [ˈgi:zə(r)] n. 间歇泉
13. erupt v. (火山)喷发，爆发。动词(感情)迸发，突然转变;(常指)变得狂躁
14. shatter v.(使)粉碎;(使)破碎;(使)碎裂
15. Horizon n. 地平线；范围；界限；眼界
16. zip v.快速移动；飞速行动

My craft zipped across the bay... 我的小艇飞速驶过海湾。

1. Pluto [ˈplu:-təʊ] n. <天>冥王星
2. distant adj.遥远的;远距离的
3. in-trepid [ɪn-ˈtre-pɪd] adj.勇敢的;无畏的
4. 被炒鱿鱼或使人们更加长寿

Losing your job is bad—for you.

But it could be 表good for the rest of us.

Because *a study* shows that *a recession* lowers *mortality* (in the population overall)—even as *the out-of-work individual's risk* of death rises.

That *paradoxical finding* appears in the *American Journal* of Epidemiology.

It's easy to imagine that{*the stress* of getting canned} could pave *the way* to an untimely demise.

But can joblessness really improve societal survival?

目的状To find out, researchers examined data (from *the US Department* of Labor / and *a 20-year survey* of so-called “income dynamics.”)

And they found that *job loss* is linked to *a 73 percent rise* in the probability of death 对于for *the newly unemployed*—*the equivalent* of adding 10 years to his or her age.

At the same time, parsing the data (state by state), the researchers found that people [in general] live longer during *an economic downturn*—*an extra year* for each percentage-point (rise in unemployment).

One possible explanation: when the economy is strong, people commute more / and sleep less—raising *the risk* of car crashes and job-related injuries.

Such accidents are less likely [when folks are sitting on their couches 伴随状polishing up their resumes].

失业对你而言当然是件坏事。但丢了铁饭碗这件事在我们其他人看来可能受益良多。因为一项研究表明，经济衰退可以降低总人口的死亡率，即使失业人口的死亡风险上升也是如此。

这一矛盾的研究发现已经在《美国流行病学》杂志上发表。

我们会很容易理解被炒鱿鱼的压力会加速个体的死亡。但如果失业可以改善社会生存能力呢? 为了寻找答案，研究人员对来自美国劳工部一份长达20年被称为“收入动态”的数据进行了研究。

之后研究人员发现对于新失业者而言，失去工作和73%的死亡率相关，失业的人会等于会继续存活10多年。与此同时，通过分析各州的数据研究人员发现，在经济低迷时期人们会活得更久，失业率每增长1%，人们就会多活一年。

对此相对合理的解释就是：当经济发展良好，人们更多的往来通勤，造成睡眠时间减少—这就使得车祸及与工作相关伤害的风险增加。

这些事不太可能发生在坐在沙发上不断修改简历的人群。

1. re-cession n. 经济衰退；经济不景气
2. mortality [mɔ:-ˈtæ-ləti] n. 死亡人数;死亡率
3. overall adj. 总的；总体的；全面的

Cut down your *overall amount* of physical activity... 减少体力活动的*总量*。

1. out of work adj. 失业的；下岗的
2. para-doxical [ˌpærə-'dɒk-sɪkl] adj. 自相矛盾的；似矛盾而(可能) 正确的
3. appear v.(书籍等)出版，发表，问世
4. Epi-demi-ology [ˌepɪˌ-di:mi-ˈɒlə-dʒi] n. 流行病学
5. the *American Journal* of Epidemiology《美国流行病学》杂志
6. Journal n.(尤指某专门学科的)杂志，刊物
7. can v.将(食物、饮料)装罐保存。解雇;开除

When I got canned, I took these keys as souvenirs. 我被开除后,就拿了这些钥匙作为纪念。

1. pave v. 铺(路或地面)
2. un-timely adj. 过早的；提早的；未到期的
3. demise [dɪ-ˈmaɪz] n. 终止;消亡;死亡
4. jobless adj. 失业的；无工作的
5. societal adj.社会的
6. *the US Department* of Labor 美国劳工部
7. survey n. 调查;民意调查;民意测验。动词总体研究;审视;全面观察
8. so-called adj.①(表示不认同)所谓的，②(指通常的称谓)所说的，所谓的
9. dy-namic [daɪ-ˈnæ-mɪk] n.相互作用;动态。动力，推动变化的力量；动力学；活力
10. income dynamics 收入动态
11. probability n.可能性；几率；概率
12. unemployed adj. 被解雇的；失业的；n. 失业者
13. equiva-lent [ɪˈkwɪ-və-lənt] n.等同物;等值物；对应物。(强调效果的强烈或严重)相当于…的事情

Even *the cheapest car* costs *the equivalent* of 70 years' salary [for a government worker]. 即使是最便宜的汽车，价格也相当于一个公务员70年的薪水。

1. parse [pɑ:z] v.对(句子)作语法分析
2. down-turn n. (经济等的)衰退，下降趋势
3. percentage point 百分点
4. explanation n. 解释;说明
5. commute v. (经很远的路程)上下班往返;通勤
6. folk n.人们;大家
7. couche ['ku:-ʃeɪ] n. 尿布。adj.微微前倾的； 不是竖立着的
8. polish= polish up v. (用擦亮剂等)擦光；磨光；修改；润色。改善；改进
9. resume n. 摘要；简历
10. 期望安慰疗法

The messages (doctors give) can influence some treatments' effectiveness. For example, it seems that *information* (from a doctor) affects *outcomes* for migraine sufferers—whether they got *a real drug* or *a placebo*.

Researchers studied 66 people 方式状从with recurring migraines [over *the course* of seven attacks].

During the first headache, the patients received no treatment. For the next six, they were given either a placebo or a drug. Each time, *regardless of* which they got, some were told it was the drug, some were told it was the placebo, and the rest were informed that it could be either the drug or the placebo.

Overall, the drug did work better than the placebo. But *the placebo* worked, too—both when the patients were told it was a placebo, and *even better* when the doctors told them that they were getting the drug. That is, when the docs set their expectations high. Meanwhile, *the actual drug* was least effective [when *the patients* thought it was a placebo].

The study is in *the journal* Science Translational Medicine.

*The physician's input* thus plays a role in how migraine patients fare. Tell them they're getting a good treatment, and they're apparently more likely to respond.

肌肉放松治疗师的按摩治疗，能对一些疾病的治疗带来效果。比如，医生给予的意见可以影响偏头痛患者的治疗结果——无论他们是服用了真的药物还是安慰剂。

研究人员们对66名多发性偏头痛患者经历的7次病痛期，及期间进行的相应治疗，进行了详细的研究。

在第1次头痛期间，病人没有进行任何治疗。而在接下来的6次当中，他们要么接受安慰剂治疗，要么就是真的药物。不管每次接受什么样的药物治疗，其中一些人被告知是药物，另一些人则被告知是安慰剂，剩下的人则被告知2种都有可能。

整体结果显示，药物的治疗效果比安慰剂更好。但是，安慰剂也有一定的药效——那就是当病人被告知他们被给予安慰剂的时候，医生告诉患者他们正在接受药物治疗后，安慰剂的疗效甚至更好。这就说明医生的话提高了患者的期望值。同时，在患者认为自己得到的是安慰剂时实际疗效则是最低的。

该研究已在《科学转化医学》杂志上发表。

内科医生的意识灌输，直接被作用到偏头痛患者摄入的物质中。告诉他们正在进行一项很有用的治疗，于是患者们就很明显的更愿意给予积极的响应了。

1. treatment n. 治疗;疗法;疗程
2. effective-ness adj.有效的;能产生预期效果的。n. 有效，效益；效用
3. outcome n.结果；结局；后果
4. mig-raine n. 偏头痛
5. sufferer n. 患者，受难者;受苦者
6. place-bo n. 安慰剂
7. recur v. 复发;重现;再次发生
8. over the course of在…过程中
9. attack v. (疾病短时间的)侵袭，发作
10. patient n. 患者；病人
11. regardless of 不顾；不管；不论

It takes in anybody regardless of religion, colour, or creed... 任何人，不论宗教、肤色或信仰，都可以加入。

1. Ove-rall adj. 总的；总体的；全面的。
2. both...and不仅…而且…；…和…都；既…又…
3. doc n.<口>医生
4. expectation n. 期待;期望；预期
5. actual adj. 真实的；实际的
6. Translational adj.平移的(直线的)
7. *the journal* Science Translational Medicine《科学转化医学》杂志
8. physician n. 医生，内科医生
9. input n. 输入信息
10. thus 于是，因此
11. fare v.进展;进行 If you say that someone or something fares well or badly, you are referring to *the degree of success* they achieve in a particular situation or activity.

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

1. apparently adv. 好像;似乎;看来。显然； 明显地； 表面上
2. 女性压力大进食高脂食物更易增肥

Sometimes, after a long, hard day, *all you want* is *a bacon cheeseburger*, a pile of fries / and maybe *a desert doughnut*. After all, *the stress* (that seems to be eating you up) can be eased by what you eat up, right?

Sadly, it's time to burst *the bubble* (in your comfort food *milkshake*).

Researchers asked women about things (that had recently stressed them out). The women were then given *a fat-and calorie-packed* meal of eggs, turkey sausage / and biscuits and gravy.

The researchers then measured the womens' metabolism, *blood sugar*, cholesterol(胆固醇), insulin / and *stress hormones*. Turns out that *the most stressed women* had *higher levels* of insulin(胰岛素). Which slows down metabolism / and causes the body to store fat. And *that fat*, if not burned off, accumulates in the body.

The women (who had reported feeling stressed or depressed in the day before) eating the meal (burned 104 fewer calories) during *the seven hours* following the meal than women (who felt more mellow).

The study is in *the journal* Biological Psychiatry.

If {eating high-calorie comfort food 目的状to alleviate stress} 系becomes habitual(adj.), the result could be *an average weight gain* of 11 pounds [per year]. Which brings its own stress—like spending money on new clothes.

有时漫长而辛苦的一天后,你只是想来个熏肉芝士汉堡,一堆薯条，要是再有份甜点甜甜圈就更好了。毕竟,似乎大快朵颐可以将食物连同你的压力一起吞下去,对吗? 可悲的是,这种安慰的奶昔食物缓解压力的方式，似乎要被颠覆。

研究人员要求参加测试的女性讲出最近感到压力的事情。随后这些女性被给予富含脂肪和卡路里的鸡蛋,火鸡香肠，饼干及肉汤的餐食。然后研究人员检测了餐后女性们的代谢、血糖、胆固醇、胰岛素及应激激素。结果表明,压力最大的女性胰岛素的数值更高。

这会减缓新陈代谢,使身体储存脂肪。脂肪如果不燃烧就会在体内积累。

研究显示相比感觉更成熟的女人，前一天感觉紧张或抑郁的女性进食这顿食物后的7个小时只消耗104大卡更少的热量。这项研究已经在《生物精神病学》杂志上发表。

如果吃高热量食物已经成为缓解压力的习惯,结果可能是每年平均增加11磅的体重。这会给自己带来压力，就像花钱买新衣服一样。

1. bacon n. 培根；熏猪肉
2. cheese-burger n. 奶酪汉堡包；夹干酪和碎牛肉的三明治，放有干酪的肉饼
3. A pile of (上窄下宽的)一堆，(一个压着一个摆放整齐的)叠，摞
4. fry n. 炸薯条
5. desert adj. 沙漠的；荒芜的，不毛的
6. dough-nut n.炸面圈;甜甜圈;多纳圈
7. eat up 吃光；耗尽；<非正>击败；使苦恼
8. ease v. (使)(程度、速度、强度等)减少；(使)降低

Tensions had eased... 紧张关系有所缓和。

1. burst v.(使)爆裂；(使)胀破；(使)炸开
2. bubble n. 泡；气泡
3. milk-shake n. 奶昔(将牛奶或冰淇淋，以及水果或巧克力味的香料，混合或搅拌至起泡的饮料)
4. stress out 承受极大的压力
5. stress vt. 使承受压力；给…加压力(或应力)
6. calorie [ˈkælə-ri] n. 卡，卡路里(热量单位)
7. packed adj.充满…的；富含…的
8. meal n. 一餐;一顿饭。一餐所吃的食物
9. turkey [ˈtɜ:ki] n. 火鸡
10. sausage [ˈsɒ-sɪdʒ] n. 香肠;腊肠
11. gravy n. 肉汁；肉卤
12. me-tabo-lism [mə-ˈtæbə-lɪ-zəm] n. 新陈代谢
13. blood sugar血糖
14. choles-terol [kəˈles-tə-rɒl] n.胆固醇
15. insulin [ˈɪn-sjə-lɪn] n. 胰岛素(是机体内唯一降低血糖的激素。外源性胰岛素主要用来糖尿病治疗。)
16. stress hormones应激激素
17. hormone n.激素;荷尔蒙
18. turn out 连系动词短语 (以某种方式)发生;最后是;结果是
19. burn off 消耗；耗费。烧掉；烧除
20. stress n. 精神压力;心理负担;紧张
21. depress v. 使抑郁;使沮丧;使消沉
22. mellow v. (使)变平和;(使)变得成熟。adj. (尤指喝过酒或品尝过美食后)怡然自得的

Marriage had not mellowed him. 婚姻并没有让他成熟起来。

1. Psychiatry [saɪ-ˈkaɪə-tri] n. 精神病学；精神病治疗法
2. *the journal* Biological Psychiatry 《生物精神病学》杂志
3. alleviate [əˈli:vi-eɪt] v. 减轻，缓解(痛苦等)
4. habitual adj. (动作、状态或行为方式)习惯性的，惯常的，典型的。(人)积习难改的，习以为常的
5. gain n.，v. 获得；增加(体重、速度等)
6. 人类与老虎如何共处?

Tyger! Tyger! burning bright(adv.) in *the forests* of the night. Immortal不朽的though虽然those William Blake lines may be, tigers actually确实 used to go *pretty much*几乎where they wanted, when they wanted. But new research suggests they've become far more *the nocturnal夜行的 creatures* of Blake’s poem.

Why? To keep away from us. Or at least share the landscape形势 with the hairless无毛的, upright直立的 ape猿 that has ascended to晋升至 *the top* of the global food chain——there’s very little we won't hunt down搜索直至找到(某物).

[In Nepal] *camera traps* have revealed that *tigers and humans* now walk literally确实地 the same paths through the forest——just at different times. Instead of roaming漫步 [at will] *any hour* of day or night, *the tigers* of this region have become creatures of darkness. When people retreat撤退 from the forest [after *a day of work*], the tiger takes over接管.

The study was published in *Proceedings*进程 of the National Academy of Sciences.

Finding such an accommodation住处 is vital至关重要的 / if the last 3,000 or so remaining tigers worldwide are to be saved, especially [as *the world* gets even more crowded拥挤的 with people]. To save the big cat, we may just need to leave the forest [when it's night].

老虎！老虎！火焰闪耀，在黑夜的丛林里熊熊燃烧。尽管威廉布莱克的诗句可能会永垂不巧。在过去，老虎自由自在，可以随心所欲飞奔在任何地方。然而一项新的研究显示，老虎变得越来越像布莱克诗中描述的夜行动物。

为什么？为了远离人类。抑或是为了跟无毛，直立行走，攀上全球食物链顶层，由猿类进化而来的人类分享资源——人类无所不能，几乎没有到不了手的猎物。

在尼泊尔陷阱相机揭示：人类和老虎在穿行森林时，几乎是走同一条路线——只不过时间不同。这片区域的老虎变成了夜行生物，它们已告别了不论黑夜白天随意在森林漫步的美好时光。当人们结束一天的工作撤离森林时，老虎这才接管森林。

这项研究发表在《美国国家科学院学报》上。

尤其在这个人类大爆炸的时代，要想保护全世界仅存的3000多只野生老虎，找到这样的栖息地至关重要。为了保护“大猫”这个物种，也许在夜晚离开森林就足够了。

1. Pretty much or pretty well means 'almost' 几乎；近乎；差不多

*His new government* looks pretty much like the old one... 他的新政府看起来和旧政府没什么两样。

I travel *pretty well* every week. 我几乎每周都出去旅行。

1. noc-turnal [nɔk-ˈtɜ:nl] adj. 夜的，夜间的；(动物)夜间活动的；[乐]夜曲的
2. landscape n. ①(陆上)风景，自然景色。②形势；情形；情状

...a change in the political landscape. 政治形势的改变

1. ascend [əˈsend] v. ①攀登；登上。②(事业、社会地位)提高；晋升

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

1. hunt down追捕到，穷追直至找到(罪犯、敌人等)
2. trap n. (捕鸟兽的)陷阱，罗网，夹子，捕捉器
3. lite-rally [ˈlɪtə-rəli] adv.①简直(一些用词谨慎者认为此用法不正确)。②确实地；真正地；不加夸张地。③照字面地；直(译)地

The views are literally breath-taking. 景色美得简直让人窒息。

I literally crawled to the car. 我真的是爬到车那边去的。

1. you do one thing instead of another代替…;而不是…
2. roam [rəum] v.漫步;漫游;游荡;闲逛
3. at will任意，随意

You are free to leave the house at will. 你有随意离开这栋房子的自由。

1. take over 接收，接管(公司) 。(武力)占领，接管，控制
2. ac-commo-dation [əˌ-kɔmə-ˈdeɪ-ʃn] n.住处；住所
3. vital [ˈvaɪ-tl] adj. 维持生命所必需的；必要的;至关重要的;必不可少的
4. crowded adj. 水泄不通的；拥挤的；肩摩踵接
5. 欣然接受怯场

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

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

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

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

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

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

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

这项研究已在《实验心理学》杂志上发表。

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

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

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

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

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

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

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

give in to迁就

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

grapple [ˈgræpl] vt. 抓住，捉牢；搏斗

→you grapple with someone, 扭打;搏斗

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

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

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

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

butterfly n.蝴蝶

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

launch v.开展(重大活动)；发起，发动(军事袭击等)

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

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

prowess [ˈpraʊ-əs] n.深厚的造诣；高超的技艺

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

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

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

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

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

spin [spɪn] v. 纺纱，(使)旋转

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

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

1. 患有疟疾的老鼠是蚊子的美餐

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

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

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

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

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

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

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

患上疟疾是会发臭的。对，你没听错！

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

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

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

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

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

感谢收听科学美国人，我是凯伦·霍普金。

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

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

stink [stɪŋk] v. n.发出恶臭;散发难闻气味

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

give off 释放，放出，发出(气体、热量、气味等)

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

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

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

para-site [ˈpærə-saɪt] n.寄生虫；寄生物

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

draw to使(某人)对…感兴趣；把…拉到…旁

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

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

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

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

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

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

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

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

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

1. 赞许体罚孩子的父母，经常进行对骨肉施暴

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

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

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

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

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

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

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

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

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

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

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

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

这意味着体罚的母亲之中，恐怕有一半人是每周超过18次。

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

gulf n.①海湾。②鸿沟；严重分歧；巨大的差距

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

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

of age成年，够岁数了

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

working mother 有工作的母亲

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

resort [rɪˈzɔ:t]

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

→resort to n.采取;凭借;诉诸;求助

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

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

→in the last resort 最终

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

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

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

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

1. 日食现象或使恒星更明亮

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

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

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

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

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

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

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

日月食一直被认为是使得事物蒙上一层黑色：月亮挡住了太阳，因此白天变成黑夜。

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

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

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

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

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

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

eclipse [ɪˈklɪ-ps] n. (日)食;(月)食

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

astronomer [əˈs-trɒ-nəmə(r)] n.天文学家

Kepler [ˈke-plə]

Kepler's laws 行星运动三定律

dip v. (通常指迅速地)下降，下落，下沉

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

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

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

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

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

dense [dens] adj.①稠密的;密集的。②(物质)密度大的

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

mate n.①伙伴，朋友(尤指男性之间) 。②配偶;性伙伴

→v.交配;交尾

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

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

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

lens [lenz] n.透镜；镜片。(眼球的)晶状体

1. 有益健康肺部微生物，起到帮助呼吸作用

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

asthma [ˈæs-mə] n. <医>气喘，哮喘

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

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

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

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

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

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

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

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

mite [maɪt] n.①螨虫。②(可怜的)小孩，小家伙

→A mite一点点;极少量

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

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

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

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

indicate v.表明;说明。暗示。是…的标志;象征;反映

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

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

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

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

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

1. 专业小提琴演奏家难辨别斯特拉瓦迪

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

→you fold something up, 把…折叠起来

→the fold队伍;同一群体的人

re-nowned [rɪ-ˈnaʊnd] adj.有名的;有声望的

soloist [ˈsəʊ-ləʊɪst] n.独奏者;独唱者;独舞者

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

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

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

tour [tʊə(r)] n. v.巡回访问;巡回演出；巡回比赛

1. 音乐助益于大脑发育

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

...acoustic signals. 声音信号

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

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

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

1. offset [ˈɒfset] v.抵消；补偿

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

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

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

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

1. reap [ri:p] v. 收割，收获(农作物)

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

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

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

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

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

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

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

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

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

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

但是我们讨论的，可不是专业运动员的伤病。

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

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

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

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

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

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

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

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

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

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

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

sustain v.使持续;保持

1. you make for a place, 向…走去;朝…前进

→v.导致;有利于

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

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

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

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

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

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

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

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

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

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

1. goal post门桩

goal n. ①目标，目的；终点。②球门；③得分

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

post n.①柱；桩；杆。②=goalpost 球门门柱

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. pre-ferences ['prefə-rən-sɪs] n.

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

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

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

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

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

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

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

1. "享受"痛苦要趁早 切勿拖延(早死早超生)

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

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

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

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

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

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

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

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

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

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

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

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

1. put *sth* off 推迟；拖延

→you put someone off, 敷衍；搪塞

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

Money is my motivation... 金钱是我的动力。

1. get over with一劳永逸地做完(不愉快但不得不做的事);把…做完了事

→you want to get something unpleasant over with, 马上结束，赶紧做完(不愉快的事情)

The sooner we start, the sooner we'll get *it* over with. 动手越早，我们就会越早了结这事儿。

1. rip off 撕掉。敲…的竹杠;对…漫天要价;坑骗

The airlines have been accused of ripping off customers. 这家航空公司遭到向顾客漫天要价的指责。

1. band-aid n.(邦迪牌)创可贴。adj.(问题的解决办法)短期有效的，权宜之计的，治标不治本的
2. 夜灯颜色可能会对情绪造成影响

Light bulbs电灯泡, TVs, and now computers, e-readers, tablets平板电脑 and smartphones expose使暴露 people to *an increasing amount* of light [after dark].

And *the color* of that light may influence mood心情 and brain function. That’s according to a study in the Journal of Neuroscience神经科学.

Researchers looked at审视 *the role* of specialized专门的 *photosensitive感光性的 cells* in the retina视网膜. The cells, called ipRGCs, are responsible for负有责任的 regulating调节 *circadian昼夜节律的 rhythms节奏*. And *recent evidence* suggests these cells may also play a role in mood and cognition(n.)认识.

To test how *nocturnal夜间的 lighting color* affects mood, the researchers exposed hamsters仓鼠 to *nighttime夜间 conditions* of no light, red light, white light or blue light for four weeks each. Hamsters (exposed to red light at night) had the fewest *brain changes* associated with depression抑郁 in humans, while blue and white light had *the worst effects* on mood.

So *late-night work email* may not be the only thing ticking you off激怒——the blue glow of your machine may also be getting you down使沮丧. The best bet最好的办法: shut down and get some shuteye合眼睡觉.

每当夜幕降临，我们的房间总是灯火通明。天黑之后，电灯、电视、电脑、电子阅读器,笔记本电脑和智能手机，使人们暴露在越来越多的光线之中。

然而，光的颜色可能会对心情及大脑功能造成影响。这是根据神经科学期刊的一项研究所得出的结论。

研究者们研究视网膜内特别的光敏细胞。这些叫做ipRGCs的细胞，负责调节昼夜节律。而最近的证据表明，这些细胞可能也对情绪和认知起到作用。

为了测试夜间光颜色如何影响心情，研究者们将仓鼠放到没有光，红色光，白色光或蓝色光的夜间条件下，进行各4周的研究。在夜间暴露于红色光下呈现最小大脑变化的仓鼠，和人类的抑郁症有关; 而蓝色和白色的光，对于情绪有最坏的影响。

所以，深夜工作的电子邮件可能不是唯一斥责你业绩不佳的托词，你的机器闪烁的蓝色光芒也会让你感到失望。最好的解决办法:干脆关机合一会儿眼。

1. tablet [ˈtæb-lət] n. ①碑，匾；②药片;片剂。③平板电脑
2. Neuro-science [ˈnjʊə-rəʊ-saɪ-əns] n. 神经系统科学(指神经病学、神经化学等)
3. look at评判; 审视

Have you asked the plumber to come and look at the leaking pipe? 你叫管道工来检查漏水的管子了吗?

1. photo-sensitive [ˌfəʊtəʊ-ˈsensə-tɪv] adj. 光敏的，感光的
2. retina [ˈretɪ-nə] n.视网膜
3. regulate [ˈregju-leɪt] v.(尤指通过规章制度)管理，调整，控制

As we get older *the temperature-regulating mechanisms* in the body tend to become a little less efficient. 随着年龄的增长，人体体温调节机制的功能往往会有所弱化。

The powers (of the European Commission to regulate competition) are increasing... 欧盟委员会对竞争的监管权越来越大。

1. cir-cadian [sɜ:ˈkeɪ-diən] adj. <生理>昼夜节奏的，生理节奏的 (即大约每天一次的)
2. noc-turnal [nɒkˈtɜ:nl] adj. 夜的，夜间的；(动物)夜间活动的
3. hamster [ˈhæm-stə(r)] n.仓鼠。平均寿命2－3年。
4. tick off v.在…上打钩

Tick it off in the box. 在方框里打钩。

→you tick someone off, 怒斥;责骂

→something ticks you off, 惹恼;激怒

1. something gets you down, v.使沮丧；使忧郁

→you get down, 俯身；跪下；趴下

→you get food or medicine down, (费力地)吞下；勉强咽下

1. best bet <口>最好的办法，最佳措施

→bet n. v.打赌，赌博

1. 美食照片可能会影响真正食欲

Pictures of food.

{Snapping给…拍照 photos of meals} is one of the less expected viral病毒的 social media trends. That megaburger异常巨大的汉堡包, the cheesy有干酪味的 burrito墨西哥玉米煎饼, the strawberry草莓 shortcake水果奶油酥饼, captured forever as an object目标对象 of desire.

But *food photography* can backfire(v.)适得其反. Because a recent study finds that {looking at a lot of photos of food} can make foods similar to those (pictured less enjoyable愉快的 to eat). Due to因…而产生what scientists call “sensory感觉的 boredom厌倦.”

Researchers had more than 230 people look at and rate photos of food. Half of the group viewed and rated 60 pics of sweets like cake and chocolates. The other half saw and rated 60 photos of savory好吃的 foods like chips炸薯条 and pretzels椒盐卷饼. Then everyone in the study ate *salted盐味的peanuts花生* and rated them.

And the subjects who had seen photos of salty foods enjoyed the salted peanuts less than did the participants who had seen pictures of sweets. The study is the Journal of Consumer Psychology.

*The salty含盐的 group* never actually saw any peanut photos. But, the researchers say, viewing观察 *the salty food photos* had satiated使充分满足 their *sensory感官的 experience* of saltiness含盐性—making yet more of the same less appealing有吸引力的.

食物的照片。

为一大桌子美食拍照，已经成了无法预料的病毒性社交媒体趋势。比如这块巨大的汉堡，芝士玉米煎饼,草莓酥饼,捕捉到的瞬间，永恒勾起人们对于食物的欲望。但是美食摄影可能恰恰适得其反。因为最近的一项研究发现,看很多的食物照片的可能，会使类似的食物少了几分享用的乐趣。科学家们称其为“感觉性无聊”。

研究人员让超过230人看食物照片并进行评价。一半的人会观看60张像蛋糕和巧克力糖果等甜食的照片。另外一半的人则观看60张如薯条和椒盐脆饼等风味食物的照片。然后被测试者们进食咸花生之后进行评价。

而那些见过咸食物照片的人在品尝咸花生时，比观察糖果的人少了几分乐趣。该研究已经《消费者心理学》杂志上发表。

咸味组从未看到任何关于花生的照片。但是,研究人员表示，观看咸味食品的照片满足他们对于盐度更多的感官体验，这就使得相同的吸引力下降。

1. mega- adv.①(置于形容词和副词前，表示强调)②adj. (用于名词前)特别好的，异常巨大的，非常重要的

He has become mega rich... 他成了巨富。

...her newly acquired mega salary. 她刚刚到手的巨额薪水

1. burrito [bʊˈri:-təʊ] n. 墨西哥玉米煎饼
2. strawberry [ˈstrɔ:bəri] n. 草莓；草莓色
3. shortcake [ˈʃɔ:t-keɪk] n. 脆饼的一种，水果奶油酥饼
4. backfire v.逆火; 事与愿违；适得其反
5. savory ['seɪ-vərɪ] n. (烹调用的)香薄荷。adj. 好吃的；体面的
6. chips [tʃɪps] n. 炸马铃薯条
7. pretzel [ˈpret-sl] n. 椒盐卷饼;咸脆饼干
8. peanut [ˈpi:-nʌt] n.①花生。②少得可怜的钱；小钱(peanuts)
9. satiate [ˈseɪ-ʃieɪt] v.使满足;使充分享受;使过饱;使腻烦

*The Edinburgh International Festival* offers enough choice to satiate most appetites. 爱丁堡国际艺术节上活动丰富，大多数人都会尽兴而归。

1. 大脑运动在任何年龄都有好处

A book a day may keep dementia老年痴呆症 away. Even if you read it 方式状as a kid. Because a study finds that exercising运用 the brain, at any age, may preserve memory. The work appears online in the journal Neurology神经病学.

Previous studies have shown that engaging in从事于 brain-building activities is associated with a delay (in late-life晚年生活 cognitive认识能力的 decline下降). But why? Does flexing活动活动 the old *gray matter*脑灰质 somehow buffer缓冲保护 against age-related相关的 intellectual impairment(n.)损伤? Or is *cognitive认识能力的 loss* simply a consequence of *the aging brain*’s physical decline?

To find out, researchers questioned询问 nearly *300 elderly(adj.)上年纪的 individuals* about *their lifelong终身的 participation参加* in intellectual pursuits追求—like reading books, writing letters and looking things up查检信息 in the library. Then, every year, for an average of six years until they died, the subjects took tests to measure their memory and thinking.

What the researchers found is that folks (who worked their mental muscles, both early and late in life), remained more intellectually(adv.) limber(adj.)灵活的 than those who didn’t——even when a post-mortem验尸 (look at their brains) revealed *the telltale露馅的 signs* of physical decline.

So if you’re headed朝…行进 to the beach, don’t forget a hat and a book, both to protect your head.

读书让你远离痴呆。即使像小孩一样走马观花的读。因为一项研究发现，任何年龄对大脑的训练都有助于记忆力的维持。这篇文章发表在神经病学杂志的网站上。

先前的研究已经发现参加益智活动，能延缓晚年的认知衰退。但是原因何在呢？收缩老灰质会缓解年龄引起的智力损坏吗？或者认知丢失仅仅是年老的大脑自然衰退的结果？

为了找出答案，研究者调查了接近300名老人一生中对智力活动的参与状况，比如读书，写信，还有在图书馆查阅资料。接着，在他们死前六年每一年测试他们的记忆力和思维能力。

研究人员发现，即使死后验尸发现他们的大脑已经有了自然衰退的迹象，但是一生中用脑较多的老人思维更敏捷。

因此，如果你要去海滩，别忘了戴个帽子加本书，从里到外保护你的头。

1. dementia [dɪ-ˈmenʃə] n. [医]痴呆；老年痴呆症
2. exercise v.运用;行使

They are merely exercising their right to free speech... 他们只是在行使他们的言论自由权。

1. engage [ɪn-ˈgeɪdʒ] v.

you engage in an activity, 参与;从事

→you engage someone in conversation, 使参与，使参加(谈话)

→something engages you or your attention or interest, 吸引(人);引起(注意、兴趣)

1. flex v. 活动，屈伸(肌肉或身体某一部分) 。弯曲(关节)；收缩(肌肉)；显示力量

He slowly flexed his muscles / and tried to stand. 他缓慢地活动了一下肌肉，想尽量站起来。

1. gray matter(脑的)灰质。灰质和白质，都是中枢神经系统的重要组成部分。
2. buffer [ˈbʌfə(r)] vt. 缓冲。保护；保障

The company is buffered by *long-term contracts* with growers. 公司通过与种植户签订长期合同得到保障。

1. impairment [ɪmˈpeə-mənt] n.损害；损伤；障碍
2. pursuit [pəˈsju:t] n.①追求；寻求。②实行；贯彻；实施。③娱乐；爱好

...individuals who impoverish their families 目的状in *pursuit* of some dream. 为了追求某个梦想而使家庭陷于贫困的人

*The vigorous积极的 pursuit* of policies is no guarantee of success. 坚决贯彻方针政策，并不能保证成功。

→Someone who is in pursuit of a person, vehicle, or animal 追赶；追逐；追捕

→you are in *hot pursuit* of someone, 穷追不舍

1. look up (在参考书、列表等中)查检(事实或信息)
2. limber [ˈlɪmbə(r)] adj. 柔软的，灵活的；轻快的。v. (做运动)使身体灵活
3. post-mortem ['pəʊst'-mɔ:tem] ①n. v.验尸；尸体检验；尸体解剖。②n.(尤指对失败或出差错的事情的)事后分析；事后检讨
4. telltale [ˈtel-teɪl] adj.泄露内情的;露馅的。n. 搬弄是非者；指示器

Only occasionally did *the telltale redness*发红 around his eyes betray出卖 the fatigue he was suffering. 只有从他发红的眼圈上，偶尔能看出他非常疲惫。

1. 夫妻到底为什么而争吵

“I’m sorry.” Those two little words can help patch修补关系 things up after a fight with your significant有重大意义的 other. But {what your partner may prefer} is for you to give up some power. *So finds a study* in the Journal of Social and Clinical临床的 Psychology.

Researchers (looking through翻阅 the literature文献) say that all couples’ arguments boiled使沸腾 down to归结为 one of two issues议题: Perceived察觉到 threat, where one person thinks their status is threatened by a critical爱挑剔的 partner, or perceived neglect忽视, where one person feels their partner is either disloyal不忠诚的 or inattentive不注意的.

For this latest study, researchers asked more than 400 married couples to list how they’d want to resolve a conflict. And *the most desired渴望的 resolution决心* involved a relinquishing放弃 of power – either as a compromise妥协, an admission(n.)承认 of fault, a show of respect尊重, or conceding承认…属实 more independence独立性 to the other partner.

Other desired conflict resolutions解决 included: investing投资 in the relationship; halting使停止 adversarial敌对的 behavior; more communication; more affection钟爱之情; and only last最后的, was apologizing.

Of course, the underlying深层的 complaint抱怨 can determine使确定 the correct response. Flowers might be a good response to feelings of “perceived发觉 neglect.” But if the problem is “perceived threat,” well, roses might be construed理解 as *a delivery投递的 system* for thorns棘刺.

“对不起”，可以在夫妻吵架后化解矛盾。但是你的伴侣可能更希望你不要太强势。社会与临床心理学杂志上的一项研究发现了这个结论。

研究人员通过查阅文献表示，所有夫妻之间的争吵归根结底是两个问题之一：第一个是“感知威胁”，一个人觉得他们的状态被挑剔的另一半所威胁，或者另一个问题是“感知忽视”，一个人觉得他的另一半不忠诚、或者对他有所疏忽。

在这个最新的研究中，研究人员询问了超过400对夫妇，列出他们想解决冲突的方法。最想要的解决方法是不那么强势——许一个承诺，承认错误，表示尊重，或者承认另一半的独立。另外更想要的解决方法是投入更多精力维护关系，停止敌对行为，加强交流，表现更多爱意，最后才是道歉。

当然，潜在的抱怨可以决定正确的回应。应对“感知忽视”最好的回应是送花，但是如果问题是“感知威胁”，那么送玫瑰花儿可能被理解为故意找刺。

1. patch [pætʃ] n. 补丁。v.补缀；修补，平息(吵架等)

patch up ①平息(争吵)；修补(关系)。②为…处理伤口；包扎，处理(伤口)。③艰难达成(协议等)

1. look through ①逐一查看，②浏览;翻阅，③(因生气、沉思等)对…视而不见

As for至于，就…方面说来 doctors, when you go to see them they just look right through you. 说到医生，你去看病时，他们直把你当透明的。(Look right through me有两个意思:①完全看穿(看透)了我．②对我视而不见)

1. literature [ˈlɪtrə-tʃə(r)] n.①文学；文学作品，②(某一学科的)著述，文献，图书资料，③印刷品；宣传品
2. boil v. ①(使)沸腾；(使)烧开。②愤怒；怒火中烧

→boil down to(使)煮浓成； 浓缩成； 归结为…；归结起来是

1. perceive v.注意到，察觉，意识到(尤指不明显之物)
2. neglect [nɪˈglekt] v. n.忽视;忽略;疏于照看
3. inat-tentive [ˌɪnə-ˈten-tɪv] adj.疏忽的;不注意的
4. resolution [ˌrezəˈlu:ʃn] n.①正式决定;决议。②决心;决定。③坚定;坚决;果断。④解决

They made *a resolution* to lose all the weight gained during the Christmas period. 他们下定决心要减去圣诞期间增加的体重。

'I think I'll try a hypnotist,' I said with sudden resolution. “我会找催眠师试试，”我突然坚决地说。

1. relinquish [rɪ-ˈlɪŋ-kwɪʃ] v.放弃，出让(权力或控制) ；放开，松手；撤离

He does not intend to relinquish power. 他没有打算放弃权力。

1. com-promise [ˈkɒm-prə-maɪz] n. v.折中;妥协;让步
2. admission [ədˈmɪʃn] n. ①准许进入；准许加入；进入；加入。②(对过错等的)承认，供认

By his own admission, he is not playing well... 他自己承认表现欠佳。

1. concede [kənˈsi:d] v. (勉强)承认，承认…属实。承认(失败);认(输)

Bess finally conceded that Nancy was right... 贝丝最终承认了南希是对的。

1. adver-sarial [ˌædvə-ˈseə-riəl] adj.对立的；敌对的
2. affection n.①喜爱；喜欢，②爱慕；钟爱之情

She had developed quite *an affection* for the place. 她逐渐对这个地方钟爱有加。

...her fear of being replaced in his affections. 她害怕他会移情别恋

1. underlying adj.潜在的；隐藏的；深层的；根本的

To stop a problem / you have to understand its underlying causes... 要想杜绝问题的发生，必须弄清它的深层原因。

1. determine v.①是…的决定因素。②确定;查明。③决定;敲定

The size of the chicken pieces will determine the cooking time... 鸡块的大小，将决定烹饪时间的长短。

Testing needs to be done to determine the long-term effects on humans... 需要进行检测以确定其对人的长期影响。

My aim was first of all to determine what I should do next. 我的目标首先是要确定自己下一步该做什么。

1. construe [kən-ˈstru:] v.理解;领会

He may construe the approach as a hostile act... 他也许会将这种做法理解为敌视行为。

1. delivery [dɪˈlɪ-vəri] adj.递送的;投递的;运送的。n. ①(信件、包裹等的)递送，投递，运送。②递送之物;投递之物;运送之物

...a pizza delivery man. 比萨饼递送员

1. thorn [θɔ:n] n. (某些植物、树木上的)刺，棘刺

→*a thorn* in your side / or *a thorn* in your flesh, 肉中刺;长期困扰的问题

1. 睡眠不足容易增肥

The recommended被推荐的 seven to eight hours of sleep can be hard to get. But here's a good excuse理由 to make sure you catch those extra zzz's额外的睡眠: a study shows that *healthy(adj.) adults* who don't get enough sleep gained significantly more weight than did their well-rested休息充分的 counterparts配对物(人).

The research features由…主演 225 *non非-obese过分肥胖的 subjects* in a controlled lab setting环境. Some were on a restricted受限制的 sleep schedule日程安排, in bed only between the hours of 4 a.m. and 8 a.m. Others had from 10 p.m. to 8 a.m. to lounge懒洋洋地躺 in bed.

After just five days, those sleeping only four hours a night had gained增加体重, on average, more than two pounds, compared to与…相比 less than a quarter-pound gained by the rested group. Men gained more than women did. The findings are in the journal Sleep.

Why the weighty重的 consequences? Sleep disruption(n.)扰乱 has been linked to high levels of hormones that make people feel hungrier. And the new study found that people filled *the extra time* (they were awake) by filling their stomachs. So one step to slimming减肥 down might be to rest up休息.

专家推荐的每日睡眠时间为7至8个小时，但要做到这一点很难。不过为了确保你睡眠充分，这里有一个好理由：一项研究显示，睡眠不足的健康成人比睡眠充足的成人，体重增加得更显著。

这项研究的特点，体现在225名在可控实验室的非肥胖者。一些人的睡眠时间严格控制在凌晨4点至8点。其他人则在休息室的床上，从晚上10点睡到第二天早上8点。

5天之后，这些每晚只睡4个小时的受试者，平均增重了超过2盎司，相比之下，其余的人则只增重了不到0.25盎司。男人比女人增重更多。这项研究发表在《睡眠杂志》上。

为什么会有这么沉重的后果？睡眠中断与使人们感到更加饥饿的高水平荷尔蒙有关。这项研究发现，人们会通过填饱肚子来打发醒着的时间。因此，充分休息也是一种减肥的方式。

1. recommended [re-kə'mendɪd] adj. 被推荐的
2. extra zzz's 额外的睡眠
3. well-rested休息充分的； 气色不错
4. feature v.①由…主演;以…为主要内容;重点介绍。②出演重头戏;担任主演;(在展览、杂志中)为重点推出的部分(someone or something features in something such as a show, exhibition, or magazine)

It's a great movie / and it features a Spanish actor who is going to be a world star within a year... 这是一部精彩的影片，主演是一位西班牙演员，他不出一年就会成为国际巨星。

1. obese [əʊˈbi:s] adj.过分肥胖的；臃肿的；虚胖的
2. setting n.环境;背景;地点

The house is in *a lovely setting* in the Malvern hills. 房子坐落在莫尔文丘陵地区，周围景色迷人。

1. restricted [rɪ-ˈstrɪk-tɪd] adj.①有限的;很少的。② (地区)不对外开放的。③(文件等)保密的，仅限于内部的

...*the monotony* of a heavily restricted diet... 受到严格限制的饮食的单调

→something is restricted(adj.) to a particular group, only members of that group have it. 仅限…使用的;仅限…所有的

The problem is not restricted to the southeast. 这个问题并不只存在于东南部。

1. lounge [laʊndʒ] v.(懒洋洋地)坐，躺。n.①(私宅中的)起居室，客厅。②(酒店、俱乐部或其他公共场所的)休息厅，休息室。③候机厅；候机大堂。

If you don't want to lounge on the beach, you can go on a guided walk along the nature trail. 如果不想闲躺在沙滩上，可以让导游带你走一走观光小径。

1. slim v.① (通过节食)减肥，变苗条。②减少(产品);缩减(人员)

→a company or other organization slims down or is slimmed down, 精简(机构);裁减(人员)

1. rest up休养，休息
2. 合唱让歌唱者心跳同步

Choral合唱的 Singers歌手 Sync(n.)同步 Heartbeats心跳

Music. It can tug at使劲拉 our hearts. Perhaps even literally照字面地. Because when people sing together, their hearts begin to beat in sync with each other.

Researchers monitored监控 the heart rates of 15 teenagers as they produced sounds [solo]单独地. The participants either hummed哼唱 one note声调 or sang a hymn赞美诗 while breathing whenever they wanted. They also performed执行 a mantra咒语 that required them to breath only at the end of each phrase. Then *the exercises* were repeated by groups of five subjects (all singing at once). And when the subjects performed *regular有规律的 song structures* [in unison一起做], their heart rates slowed down and sped up加速 at the same time.

Vocal发声的 performances impose强制实行 set breathing patterns, which regulate调节 and synchronize使同步 heartbeats. According to the researchers, choral合唱的 participation can thus improve well-being康乐福祉. It not only tones使强健 the cardiovascular心血管的 system, but also produces *the same relaxing effect* as像…一样 breathing exercises (practiced in yoga). So music truly soothes抚慰 the savage野蛮的 breast胸怀；内心——or at least, the heart (beating inside it).

—Sophie Bushwick

合唱让歌手心跳同步

音乐，会拨动我们的心弦，可能只从字面上讲也是成立的。因为人们一起唱歌的时候，心率也会变得相同。

研究者监测了15名青少年发出声音时各自的心率。这十五名参与者或者是哼一声，或者是唱个小曲，而呼吸则不受控制。他们也都念了一段需要在每个短语末尾呼吸的段落。然后练习在五组实验对象中重复，他们都只唱一遍。当实验对象一齐表演歌曲的时候，他们的心率同时放缓同时加快。

声乐表演控制呼吸方式，呼吸方式则控制心跳。根据研究者的研究结果来看，合唱能改善健康状况。不光能增强心血管系统，还能产生同瑜伽练习中呼吸练习一样的放松效果。因此音乐真的能抚慰粗犷的胸怀，或者至少对隐藏在胸腔里的心跳有效。

1. choral [ˈkɔ:rəl] adj.由唱诗班(或合唱队)演唱的；合唱的。n. 赞美诗；唱诗班
2. sync [sɪŋk] n. 同时，同步

→two things are out of sync, 不协调/协调;不同步/同步

1. you tug something or tug at it, [tʌg] v.使劲拉;拽
2. solo adj. adj.独自进行的，独自地。n.单人表演
3. hum v.①发出连续而低沉的声音;发嗡嗡声，②哼(曲子)。③(地方)热闹，活跃，繁忙。 惯用语：(踌躇时发出的声音)嗯，呃

The place is really beginning to hum... 这个地方真正开始热闹起来了。

1. hymn [hɪm] v.歌颂;赞美。n.(基督教的)赞美诗，圣歌
2. man-tra [ˈmæn-trə] n. ①(佛教和印度教中的)曼特罗，祷文，符咒。②(尤指认为并不正确或只是部分正确的)准则，原则，圭臬
3. unison [ˈju:nɪ-sn] n. 一致，协调；和谐；共同(做某事)；(音乐中的)齐唱

two or more people do something in unison, 同时；一起

1. syn-chronize [ˈsɪŋ-krə-naɪz] v. (使)同步;(使)在时间上一致;(使)同速进行
2. tone [təʊn] v.①使结实；使强健。②(与…)协调(或相配)(tones with)

...finely toned muscular bodies. 健美强壮的身体

The bowls tone in cleverly with the mugs. 那些碗与杯子巧妙相配。(tone in = tone)

1. cardio-vas-cular [ˌkɑ:diəʊ-ˈvæs-kjələ(r)] adj. 心血管的
2. soothe [su:ð] v.①安抚;抚慰;使平静。②减轻，缓和(身体的痛处或不适)

...*body lotion* to soothe dry skin. 滋润干燥皮肤的润肤液

1. 银为何有杀菌的功效

If you're plagued使困扰 by werewolves狼人, reach for伸出…以触及 the silver. And more mundane普通的 health problems may also respond well to the silver solution )解决办法. Because a new study shows that microbes (exposed to *a pinch of*少量 the precious贵重的 metal) become more vulnerable易受伤害的 to antibiotic抗生素 attack. The research is in the journal Science Translational Medicine.

Silver's long been a medical treatment疗法. Hippocrates希波克拉底 himself applied it to open wounds伤口. But its use as a cure药物 for contagion传染病 fell by the wayside半路夭折 with the discovery of penicillin青霉素, and the source源头 of its *bug-blasting炸毁 abilities* remained a mystery. Until now.

Researchers treated处理 E. coli bacteria大肠杆菌 with small amounts of silver. They found that the metal messes with干涉 the bugs' proteins蛋白质, wreaking造成破坏 havoc大破坏 on their metabolism(n.)新陈代谢. It also generates产生 *reactive活性的 chemicals* that attack the microbes from within. All this weakens削弱 the bacteria's defenses, which allows *other, more conventional常规的 antibiotics抗生素* to slip in不失时机地插入 and do their work. Even killing microbes细菌 (that were formerly原先 antibiotic抗菌作用的 resistant抵抗者).

Mice (with fatal致命的 infections感染) were also saved with a silver and antibiotic combo小型乐队, and at doses剂量 (that did *the sick有病的 rodents啮齿动物*no harm). This silver was delivered交付 by injection. For werewolves, the preferred首选的 silver delivery(n.)递送 system is still the bullet子弹.

如果你深受狼人的困扰，那就伸手去拿银器吧。尘世间的大多数健康问题，都能在银溶液中得到体现。一项新的研究显示，接触过少量贵金属的微生物，对抗生素的攻击更为敏感。该研究论文已被刊登在了医学杂志《转化医学》上。

长久以来，银一直被用于医疗。医药之父希波克拉底自己也用它来治疗伤口。但在用它治疗传染病时却半途而废了，因为中途发现了青霉素。但直到现在，银有杀菌功效的缘由仍是一个未解之谜。

研究人员用少量的银治疗大肠杆菌。他们发现金属上混杂着细菌的蛋白质，这对细菌的新陈代谢来说是一场浩劫。它还能产生活性化学物质，这种化学物质能从内部攻击微生物。所有这些都削弱了细菌的抵抗能力，这就促使其它更传统的抗生素进入发挥功效。即使是以前对抗生素有耐药性的细菌也会被杀死。

感染上致命疾病的老鼠，也能被银和抗生素的组合救活，且剂量合适的话，对生病的老鼠没有危害。银是通过注射进入老鼠体内的。对于狼人来说，这种首选的银治疗方案仍是致命的子弹。

1. plague [pleɪg] n. 瘟疫；灾害，折磨。v.困扰；使烦恼；折磨(If you are plagued by unpleasant things,)

→you avoid someone or something like the plague 极力回避

I normally avoid cheap wine like the plague. 我一般对廉价的葡萄酒敬而远之。

→You say a plague on a particular person or thing …真该死；愿上天降祸于…

A plague on you and your damned percentages! 你和你该死的百分比都见鬼去吧！

1. mundane [mʌn-ˈdeɪn] adj.普通的;平凡的;单调的

..*.the mundane realities*现实 of life. 平淡的现实生活

1. A pinch of (一)撮；少量
2. vulnerable [ˈvʌl-nərəbl] adj. 脆弱的;(地方)易受攻击的；易受伤的；易受批评的

Old people are particularly vulnerable members of our society. 老年人是社会中尤为明显的弱势群体。

...a table (showing *which cars* are most vulnerable to theft)... 易被盗车辆一览表

1. anti-biotic [ˌænti-baɪ-ˈɒtɪk] n.抗生素；抗菌素
2. Hippoc-rates [hiə-ˈpɔk-rə-ti:z] 希波克拉底，古希腊的名医, 世称医学之父)
3. cure v.①治愈，治好(疾病或创伤) 。②消除，解决(问题)

Private firms are willing to make *large scale investments* to help cure Russia's economic troubles... 私有企业愿意投巨资帮助俄罗斯渡过经济难关。

→(v.)*an action or event* cures someone of a habit or an attitude, 矫正，使放弃(习惯或态度)

The experience was a detestable ordeal, and it cured him of any ambitions to direct again... 那次经历是一次令人厌恶的煎熬，使得他放弃了任何再当导演的想法。

→(n.)*A cure* for an illness药;药物;疗法

→(n.)*A cure* for a problem 解决方法;措施;对策

1. contagion [kənˈteɪ-dʒən] n.接触传染，传染病
2. wayside n.路边

→a person or plan falls by the wayside, 中途停止;半路夭折

1. peni-cillin [ˌpenɪ-ˈsɪ-lɪn] n. 青霉素，盘尼西林。是人类最早发现的抗生素
2. blast [blɑ:st] v.①爆炸；炸毁；炸出；炸开。②炮轰；抨击。n.爆炸
3. E. coli bacteria大肠杆菌

E. coli =Escherichia coli(拉)大肠埃希氏杆菌，大肠杆菌。是Escherich在1885年发现的。

1. mess with v.干涉;与…有牵连;卷入

You are messing with people's religion / and they don't like that... 你是在干涉人们的宗教信仰，他们并不喜欢你的做法。

Do you know who you're messing with — do you know who I am? 知道你在跟谁打交道吗——知道我是谁吗？

I've warned you already, don't mess with me. 我已警告过你, 不要来打扰我.

1. protein [ˈprəʊ-ti:n] n.蛋白质。adj. 蛋白质的
2. wreak [ri:k] vt. 造成(混乱或破坏)；实施(报复)

He threatened to wreak vengeance(n.)复仇on the men who toppled him a year ago. 他威胁要对一年前扳倒他的人进行报复。

1. havoc [ˈhævək] n.大破坏;大毁坏;大混乱

→one thing plays havoc with another or wreaks havoc on it, 给…造成混乱(或破坏)

Drug addiction soon played *havoc* with his career... 毒瘾很快就毁掉了他的事业。

1. metabolism [məˈtæbə-lɪzəm] n. 新陈代谢
2. reactive adj.①活性的;起化学反应的。②起反应的；回应性的

Ozone is *a highly reactive form* of oxygen gas. 臭氧是一种非常活跃的氧气形态。

I want our organization to be less reactive and more proactive. 我希望我们的组织少一些被动反应，多一些积极主动。

1. slip in不失时机地插入

I cannot resist slipping in a word of advice. 我忍不住想插上一句建议。

→slip v.滑，滑脱。迅速而悄无声息地走(到某处);溜(到某处)

1. combo [ˈkɒmbəʊ] n.小型爵士乐队，小型伴舞乐队
2. deliver [dɪˈlɪvə(r)] v.①递送;投递;运送。②履行;兑现;实现。③托付;交托。④接生(婴儿)

We were told the pizza would be delivered in 20 minutes. 我们被告知比萨饼 20 分钟后送到。

We don't promise what we can't deliver. 我们承诺的就一定会兑现。

Mrs Montgomery was delivered into Mr Hinchcliffe's care... 蒙哥马利夫人托给了欣奇利夫先生照顾。

1. 伸展的姿势可能诱导不诚实行为

Expansive扩张的 body postures姿势, like stretching one's legs, confer授予 a sense感觉 of power. And studies show that the feeling of power can lead to dishonest不诚实的 behavior. Now researchers find that just sitting at a big desk or in a large chair can also influence one's honesty.

Subjects sat at desks with either a large or small working space工作场所. They were asked to unscramble整理 anagrams变位词 without using *an answer key*答案—which was available. And those who had the big desk space cheated作弊 more than those who had the confined空间受限的 area.

In another experiment, volunteers played a video driving game, sitting either in a large or little seat. They had to drive through a course路线 as fast as possible / and attempt not to hit anyone. If they did make contact接触, they were supposed(adj.)应当 to stop playing for 10 seconds. And the big-seat drivers were more likely to hit and run.

[In a real-world setting] the researchers also found that those who drove cars with expansive seats parked停车 illegally非法的 more often that those with smaller driver's seats. The studies are in the journal Psychological Science.

So next time you get behind the wheel开车, are you in the driver's seat or is the driver's seat controlling you?

像伸腿这样的、舒张的身体姿势会给人以一种力量的感觉。研究证明，力量感容易诱导不诚实的行为。目前一项研究发现，坐在一张宽大的桌子前，或者坐在一张宽大的椅子上，同样能影响一个人的诚实。

受试者们坐在办公空间大小各异的桌子前。然后要求他们在不翻答案的前提下解字谜。相比那些空间狭窄有限的受试者，那些位置宽敞的受试者作弊情况更严重。

在另一项试验中，志愿者在玩一个视频驾驶游戏，他们的座位也大小不一。游戏的要求是尽快通关，并且不能撞到任何人。如果他们事先约好在游戏开始后十秒一起停下，那么坐在宽大座位上的驾驶员肇事逃跑的可能性更大。

同时在现实情景中，研究人员发现，相比那些坐在狭窄座位上的驾驶员，那些坐在宽敞座位上的驾驶员非法停车的几率更大。这些研究发表在《心理科学》杂志上。

所以下次驾车时，是你坐在驾驶员的位置？还是驾驶员的位置控制了你？

1. expansive [ɪkˈs-pænsɪv] adj.①广袤的;辽阔的;全面的。②豪爽的;开朗的;健谈的。③扩张的;发展的

...an expansive grassy play area... 广阔的游乐草地

He was becoming more expansive as he relaxed... 他放松的时候变得更加开朗。

*An active and expansive market economy* is a necessary condition for progress. 积极扩张的市场经济，是发展的必要条件。

1. confer [kənˈfɜ:(r)] v.授予，赋予(权力、荣誉等)

Never imagine that rank confers genuine authority. 绝对不要幻想那个头衔会有实权。

1. working space 工作区，工作场所
2. un-scramble [ˌʌn-ˈskræm-bl] v.①整理；使有条理，使回复原状，②译出密码

After a few seconds to unscramble my thoughts, I replied. 我稍微整理了一下思路, 然后回答说.

To the success of such arise suddenly, different person has unscramble differently. 对于这样突如其来的成功, 不同人有不同的解读.

1. anagram [ˈænə-græm] n. 由颠倒字母顺序而构成的字[短语] ;变形词
2. answer key答案，题解
3. something is supposed to happen, (按计划或期望)应当，应该，须
4. get behind the wheel 开车，驾驶
5. 货币政策 或紧或松没有关系

Monetary货币的 policy

Tight, loose, irrelevant(adj.)不相关的

*Interest利息 rates* do not seem to affect investment(n.)投资 as economists assume

IT IS Economics经济学 101. If *central bankers*银行家 want to spur促进 economic activity活力, they cut削减 interest rates. If they want to dampen减弱 it, they raise them. The assumption(n.)假定 is that, as it becomes cheaper or more expensive for businesses and households全家人 to borrow, they will adjust调节 their spending [accordingly相应地]. But for businesses in America, at least, a newstudy suggests that *the accepted(adj.)公认的 wisdom一般观点* on *monetary policy*货币政策 is broadly(adv.)大致上 (but not entirely完全地) wrong.

Using data (stretching延伸 back to 1952), the paper论文 concludes得出结论 that *market市场 interest rates*, which *central banks* aim to influence when they set their policy rates, play some role in how much firms invest投资, but not much. Other factors——most notably尤其 how profitable(adj.)盈利的 a firm is / and how well its shares股票 do——are far more important (see chart). A government that wants to pep up使振奋 the economy, (says S.P. Kothari of *the Sloan School of Management*斯隆管理学院, one of the authors), would have more luck with other measures办法, such as *lower taxes* or *less onerous繁重的 regulation法规*.

{Establishing建立 what drives *business investment*} is difficult, not least尤其是 because it expands扩张 and contracts缩小 far more dramatically急剧地 than the economy [as a whole整体来看]. These shifts转换 were particularly manic发狂的 in the late 1950s (both up and down), mid-1960s (up), and 2000s (down, up, then down again). Overall总的来说, investment has been in slight decline正在衰退 since the early 1980s.

Having sifted through细查 decades of data, however, the authors conclude that neither volatility(n.)波动 in the financial markets nor *credit-default swaps*贷款违约保险, (a measure测量 of *corporate(adj.)公司的 credit risk信贷风险* (that tends to influence *the rates*利率firms pay)), has much impact冲击力. In fact, investment投资额 often rises when interest rates go up上升 and volatility波动性 increases.

Investment grows most quickly, though虽然, in response to *a surge*(n.)激增 in profits利润 and *drops* with bad news. These *ups and downs* suggest *shifts* (in investment) go too far / and are often ill-timed时机不佳的. At any rate无论如何, they do little good: big cuts can substantially大体上 boost profits, but only briefly短暂地; *big increases* in investment slightly decrease减少 profits.

Companies, Mr Kothari says, tend to dwell too much on沉湎于 recent experience [when deciding how much to invest / and too little on how *changing circumstances* may affect *future returns*]. This is particularly true 时间状in difficult times. Appealing有吸引力的 opportunities机会 may exist, and they may be 表all the more attractive吸引人的 because of *low interest rates*. That should matter有重要性——but the data suggest it does not.

利率似乎并不像经济学家假设的那样影响投资

上过经济学101课程的人都知道：如果中央银行想刺激经济，那么它会降低利率；而如果它想遏制经济过度膨胀，就会提高利率。我们这样说的前提假设是：当企业家或家庭贷款的成本增加或降低时，他们会相应地调整支出。但是一项最新的调查显示，对于企业家们，至少是美国的企业家，这个公认的货币政策原理,经常是错误的(但不完全错误)。

使用1952年以来的数据，这篇论文得出这样一个结论：央行希望通过制定利率政策来控制市场利率，这个市场利率对企业投资具有一定影响作用，但作用并不大。而其他因素，尤其是企业获利能力和股票收益情况，则更加显著地影响投资。其中一名来自斯隆管理学院的作者S.P. Kothari说道：如果政府希望刺激经济，应该多采取除货币政策以外的其他措施，比如降低企业税收、减少企业法律义务。

建立一种刺激企业投资的机制是很困难的，不仅仅是因为它扩张和相互联系的方式远远比经济整体更加复杂。这种波动在这些时段表现得尤为显著：20世纪50年代末(有上涨也有下跌)、60年代中叶(上涨)、2000年代(先涨后跌，然后又涨)。总体来说，从20世纪80年代早期开始，投资增速就开始慢慢减缓了。

然而，通过仔细研究几十年的数据，这篇论文的作者得出这样一个结论：无论是金融市场波动率，还是信用违约掉期费率(一个衡量企业信贷风险的指标，通常会影响企业投资所支付的利率)，对企业投资都无显著冲击。实际上，当利率提高、市场波动增强时，企业投资通常会增加。

虽然投资随着繁荣而快速增加，随着经济下滑而快速减少；但是这种波动却表明，投资的变动波幅太大，并且通常是滞后的。不管利率是高是低，投资的变动对经济刺激作用都很小：大幅增加投资确实可以持续促进盈利，但这个作用很小；而大幅减少投资也只能轻微地降低利润。

Kothari先生说，企业在决定投资多少时，往往过多地关注于近期的经验，而很少关注利率变动对未来收益会有何影响。在低谷的时候，这种现象更加严重。赚大钱的机会是存在的，并且当利率很低时，投资会变得更具吸引力。利率应当是影响投资的——但数据表明事实并非如此。

1. Monetary [ˈmʌnɪ-tri] adj.(尤指一国)货币的，金融的
2. irrele-vant [ɪˈrelə-vənt] adj.不相关的;不切题的
3. spur [spɜ:(r)] v. n.鼓励;激励。促进;加速;推动
4. dampen [ˈdæm-pən] v.①降低，减弱，抑制(热情、激动等)。②使潮湿;弄湿

I hate to dampen *your spirits* / but aren't you overlooking a couple of minor points. 我不想扫你的兴，但你是否忽视了几个小的问题呢？

1. adjust v.①调整；调节。②改变(行为或观点)以适应;调节;习惯(adjust to…)
2. accordingly adv.①因此；于是。②照着;相应地

We have a different background, a different history. Accordingly, we have the right to different futures... 我们有不同的背景和不同的历史。因此，我们有权拥有不同的未来。

The new government will make a judgment about its interests / and act accordingly. 新政府将对其利害得失作出判断，并采取相应的行动。

1. wisdom [ˈwɪz-dəm] n.①智慧;才智。明智。②(社会或文化长期积累的)知识，学问，古训，常识。③一般观点;普遍看法
2. broadly adv. 一般说来；大致上

The President broadly got what he wanted out of his meeting... 总统通过这次会议基本上达到了他的目的。

1. entirely [ɪnˈtaɪəli] adv.完全地;完整地;全部地

I agree entirely... 我完全同意。

1. a stretch of time 一段时间

→an event or activity stretches or is stretched into a further period of time, v. (使)延续;(使)持续

1. you aim for something / or aim to do something, v.致力于;旨在;以…为目标
2. profitable [ˈprɒ-fɪtəbl] adj. ①盈利的；有利润的；赚钱的。②有利可图的；有益的；有用的
3. pep up 使振奋；使活跃；使更有趣；使更强大

*The prime minister* aired some ideas about pepping up trade in the region... 首相发表了一些刺激本地区贸易的想法。

1. pep n.活力；精力；劲头。vt. 激励；使精力充沛；给…打气；使活泼
2. Sloan [sləun] n.麻省理工学院斯隆商学院。由通用汽车总裁Alfred P. Sloan于1952年捐助了五百万美金成立。全称即是Alfred P. Sloan School of Management 斯隆管理学院。
3. onerous [ˈəʊnə-rəs] adj.(任务)繁重的，艰巨的，麻烦的

...parents who have had *the onerous task* of bringing up a very difficult child. 曾经辛辛苦苦地养育过任性难缠的孩子的父母亲

1. establish v.①建立;创立;设立；制定。②确定;查实;证实

Medical tests established that she was not their own child... 医学化验证实她不是他们的亲骨肉。

1. not least 尤其是，特别是
2. contract [ˈkɒn-trækt] v. n.

→you contract with someone to do something, 签合同，订立契约(做某事)

→v. (使)收缩;(使)缩小;(使)缩短

→v. (经济、市场等)紧缩，缩小

The manufacturing economy contracted in October for the sixth consecutive month. 10月，制造业经济已经连续第6个月出现萎缩状况。

1. dramatic adj.突如其来的;急剧的;引人注目的

At speeds above 50mph, serious injuries dramatically increase. 时速超过50英里，重伤率会大大增加。

1. as a whole ①整体来看；②普遍说来， 一般地说

We must consider these matters [as a whole]. 我们必须从整体上考虑这些事情。

There are some areas of poverty, but the country [as a whole] is fairly prosperous. 这个国家有些地区比较贫困, 但总的来说是相当富裕的。

1. shift v. (意见、情况、政策)有所变动，稍作改变;使发生些许变化

*The emphasis* should be shifted more towards Parliament. 重点应更多地转向议会。

...*a shift* in government policy. 政府政策的微调

1. manic [ˈmæ-nɪk] adj.①发狂的;狂躁的;非常激动的。②(微笑、笑声或幽默)过度的，失常的

He was really manic(adj.)... 他真的疯了一般。

We cleaned the house [manically] over the weekend... 周末，我们干劲十足地把屋子打扫了一遍。

1. something is in decline or on the decline, 逐渐势微;正在衰退
2. sift [sɪ-ft] v.①筛(面粉、沙子等) 。②细查;详审(you sift through something such as evidence,)

*Police officers* have continued to sift through *the wreckage* following yesterday's bomb attack... 警察继续仔细检查昨天炸弹袭击后留下的残骸。

Brook has sifted the evidence / and summarises it clearly. 布鲁克已经仔细审查过证据并将其总结得一清二楚。

1. volatility [ˌvɒlə-'tɪ-lətɪ] n. ①挥发性；挥发度；反复无常。②波动，波动性

volatile [ˈvɒlə-taɪl] adj.①易变的;动荡不定的;反复无常的。②(人)易变的，情绪无常性的

There have been riots before / and the situation is volatile... 以前曾发生过暴乱，现在局势不太稳定。

1. credit default swap，CDS：信贷违约掉期，也称「贷款违约保险」。

方式是：A向B申请贷款，B为了利息而放贷给A，放贷出去的钱总有风险(如果A破产，无法偿还利息和本金)，那么这时候C出场，由C对B的这个风险予以保险承诺，条件是B每年向C支付一定的保险费用。但万一A破产的情况发生，那么由C补偿B所遭受的的损失。

可以看出，credit default swap，CDS类似保险合同。

1. corporate [ˈkɔ:pə-rət] adj. adj. 法人的，社团的；公司的
2. surge n. v.①激增;急剧上升;突飞猛进。②(水等)汹涌;(电)浪涌，骤强。③(感情、感觉)突袭，涌动，突发

*Surging imports* will add to the demand for hard currency. 进口激增将增加对硬通货的需求。

...the crowd surging out from the church. 从教堂里涌出的人群

Panic surged through her. 她顿时惊慌失措。

He was overcome by *a sudden surge* of jealousy. 他突然妒火中烧。

1. ill-timed adj.不合时宜的;时机不佳的
2. substantially [səb-ˈstæn-ʃəli] adv. ①非常地;巨大地。②基本上;大体上;总的来说

The price was substantially higher than had been expected... 价格比预计的要高很多。

The percentage of girls in engineering has increased substantially... 学工科的女孩的比例已经大大增加了。

He checked the details given / and found them substantially correct... 他核实了一下给出的细节，发现它们基本正确。

1. de-crease [dɪ-ˈkri:s] v. n. (使)减少;(使)减小;(使)降低
2. dwell [dwel] v. 居住;栖身

→you dwell on something, especially something unpleasant, 沉湎于,唠叨,赘述(尤指令人不快的事)

1. 在中国觅食的外国企业家

Foreign entrepreneurs企业家 in China

Small is not beautiful

It is hard for small businesses to break into成功打入 the Chinese market

ENTREPRENEURS do more [方式状with less], proclaimed声明 Fiona Woolf this week on a visit to Shanghai. Lady Woolf, *the current Lord Mayor*英国市长 of the City of London, was speaking at an academic conference研讨会 (devoted to helping *small and medium enterprises小企业* (SMEs) 宾补flourish兴盛 in China). These businesses face all of the same obstacles [当as big firms trying to enter China] / but have far fewer resources.

*Intellectual-property知识产权 rights* are hard and costly昂贵的 to defend保卫. 主The tangle纠缠 (of *red tape*官僚作风 involved in tax, compliance(n.)服从, *customs海关 clearance官方许可*, *business registration*营业登记 and so on) 谓can overwhelm使难以承受 small firms.

*Alexandra Voss* (of *the German Chamber*房间 of Commerce(n.)商业贸易) points out that local firms often work [overtime(adv.)加班地] and [on weekends] during negotiations(n.)谈判—and that *foreign SMEs* (with *staff shortages*(n.)短缺 and *little local knowledge*) can quickly get overwhelmed被淹没.

A bigger snag小问题 is that getting China right demands a huge amount of attention from the top brass高层人物, explains *Franklin Yao* of Smith Street Solutions公司名, *a consulting咨询的 firm* (that advises *firms* (keen热衷的 to enter China)). The problem is that {the market is enormous庞大的, complicated and opaque不透明的}. It is also hyper-competitive(adj.)高度竞争的, thanks to a proliferation激增 of both low-cost locals and deep-pocketed有钱的 multinational跨国的 companies.

For *intrepid无畏的 SMEs* (still keen to try), help is *at hand*. All *developed countries* have *trade offices*贸易办事处and *business chambers*商会 devoted to helping smaller firms clear the many hurdles障碍. Consultants顾问 are also coming up with设法想出 new ways to connect these firms to unfamiliar customers客户.

*Deb Weidenhamer* runs iPai, a trailblazing先驱的 foreign *auction house*拍卖行in China. Her outfit机构 holds dozens of auctions a year, run simultaneously同时地 online / and at *a trendy时髦的 site* in Shanghai, mostly主要地 peddling兜售 excess多余的 inventories存货 from *distributors*批发商 (of fashionable流行的 goods).

For 15,000, she will add *a foreign SME's product* to three of her auctions [over several weeks] / and get user 双宾feedback(n.)反馈. The result, she says, is that *her clients* learn得知 [quickly and easily] {*if and how much* Chinese customers will pay for *their novel新奇的 products* / and what they think of them}.

Another *encouraging令人鼓舞的 development* for smaller firms is *the rise* of e-commerce电子商务 in China. *Frank Lavin* of Export Now, an e-commerce firm, argues提出理由 that {going directly to online sales} lets foreign newcomers新手 build *a national brand品牌* far more quickly and cheaply than through bricks砖-and-mortar浆 outlets专营店. For 17-20% of a firm's Chinese revenues收入, he will take care of照顾 the regulatory管理机构 filings文件, product testing, warehousing(n.)仓库贮存 and so on (required必须的 for online sales).

Alibaba, a Chinese e-commerce giant (that recently went public上市 in America), is explicitly明确地 courting讨好 foreign SMEs. A recent success story involves sales of *imported进口 fresh foods* on its Tmall天猫 portal门户网站. *Keith Hu* of the Northwest Cherry樱桃 Growers种植商, which represents代理 *American farmers* of the fruit, explains that {selling to China} was made even more difficult 原因状as *the fruit* ripens使成熟 only during *an eight-week period* each year. But *a clever聪明的 collaboration合作* with Tmall helped his farmers reach customers [even in smaller Chinese cities], boosting sales [over fourfold四倍地] [in the past year] to over 600 tonnes吨.

While it is possible {to make it}, Mr Yao is blunt(adj.)直言不讳的 about the chances: “If your firm doesn't have at least 100m a year in sales, don't bother操心 trying.” *Life is hardly a bowl碗 of cherries* for most small entrepreneurs trying to enter the Middle Kingdom.

小并不是美

对于小盘生意来说，要打入中国市场难如登天

本周，现任伦敦金融城市长Fiona Woolf在上海进行访问，而在一个致力于帮助中小企业(SMEs)在中国发展扩张的学术研讨会上，Woolf市长声称，企业家们都是能“花小钱办大事”的人。这些中小企业在进入中国市场之时，面临着与大公司一样的困难，但前者所拥有的资源却比后者要少得多。

捍卫知识产权不仅困难重重，其代价也非常高。税务、行政法规、海关、工商登记等等，各式各样的官僚行径交织成一团乱麻，令小公司无法存活。德国商会的Alexandra Voss指出，本地公司常常让员工在平时加班或者在周末上班，而这正是令员工短缺以及缺乏本地业务情况的外国中小企业迅速被打垮的原因。

一家为热衷于进入中国市场的公司提供服务的咨询机构Smith Street Solutions，其分析员Franklin Yao解释道，眼前一个更大的阻碍在于，如果要与中国搞好关系，就必须得到国家高层的大量关注。而问题就在于市场是无比巨大的，是复杂的，同时也是不透明的。同时，高度竞争也是市场的特点之一，而这要归功于廉价的本地劳动力和财力雄厚的跨国公司两者之间的共同成长。

对于勇敢无畏的不停尝试的中小企业来说，还是能够获得帮助的。所有发达国家都成立了商贸部门以及商业协会，以帮助较小的公司清除大部分发展障碍。商业顾问也想出了许多新方法，让这些公司与未曾接触过的客户取得联系。

Deb Weidenhamer，目前在中国运营一家开创性的外国拍卖行。她的机构不仅每年要处理许多拍卖业务，同时也在网上经营，并且是在上海的一个时尚的网站里进行销售，大部分是在兜售时髦产品经销商手中多余的存货。仅需15000美元，她就能让一项外国中小企业产品登陆到自己的拍卖品展示区长达数周，并获取用户的反馈。她表示自己的机构能够最终帮助客户快速轻松地了解到中国顾客的情况，包括他们是否会购买该公司的新产品、出价几何，以及他们对该产品的看法。

对于小型公司来说，另一个利好因素莫过于中国电子商务的发展。来自电商公司Export Now的Frank Lavin表示，通过网络渠道直接销售，不仅可以使新入境的外国竞争者迅速建立国际品牌形象，并且其花费的代价也大大降低，这两大优势都令传统实体营销策略黯然失色。目前该公司在中国的总收入当中，网络渠道的销售额已经占到了约17%至20%，而为此他会处理好政府监管备案、产品测试、仓储等等的一系列网络销售所需要解决的问题。

中国电商巨头阿里巴巴(Alibaba，近期在美国上市)已经明确地对外国中小企业抛出了橄榄枝。最近，该公司在旗下“天猫商城”所推广的进口新鲜食品，已经成为了成功的典范。Northwest Cherry Growers的Keith Hu，美国果农的代表，对外解释称，以前向中国销售新鲜水果是件非常困难的事，因为每年产出的水果只有八周的成熟期。但现在通过与“天猫商城”的精明协作，美国的果农甚至能够把产品卖给中国偏远城市地区，而这令美国果农去年在华的销售量提升了四倍，超过了600吨的大关。

虽然进入中国市场是很有希望的，但Yao先生也率直地评价道：“如果你的公司每年营业额连1亿美元都达不到，那还是不要白费力气了。”对于想要瓜分天朝的小企业家来说，创业总是比较艰难。

1. entre-pre-neur[ˌɒntrə-prə-ˈnɜ:(r)] n. <法>企业家；主办人；承包人
2. break into v. 成功打入，顺利进入(某行业，尤指很难取得成功的领域)
3. pro-claim [prə-ˈkleɪm] v.①宣布；声明；公布。②明确表示；清楚地表明

'I think we have been heard today,' he proclaimed... “我想今天我们说的大家都听见了，”他明确地说。

1. Lord Mayor n.(英国的)市长大人
2. conference n. ①(常持续数天的)专题讨论会，研讨会。②会议;正式商谈
3. flourish [ˈflʌ-rɪʃ] v.繁荣;兴盛;兴旺

London quickly became *a flourishing port*. 伦敦迅速成为了一个繁荣的港口。

1. costly [ˈkɒstli] adj.①昂贵的;价格高的。②造成严重损失的;代价大的

Psychometric tests can save organizations from grim and costly mistakes... 心理测试能够使组织机构避免犯下损失惨重的大错。

1. tangle [ˈtæŋgl] n.缠结;纠结;乱糟糟的一团。v. (使)缠绕;(使)缠结

A tangle of wires is all that remains of the computer and phone systems... 原来的计算机和电话系统如今只剩下乱糟糟的一团电线。

Lee and I fell in a tangled heap... 李和我扭作一团，摔倒在地。

1. red tape n.繁文缛节;官僚作风

tape n. 带子；胶带，磁带；卷尺

1. compliance[kəm-ˈplaɪ-əns] n.

Compliance(n.) with something, for example a law, treaty, or agreement 遵守;服从;听从

The company says it is *in full compliance* with US labor laws... 这家公司说自己严格遵守美国的各项劳工法。

1. clea-rance [ˈklɪə-rəns] n.①清除;清理。②(官方的)批准，许可

customs clearance 结关，海关放行;报关

1. overwhelm v.①(情感、事件等)使不知所措，使难以承受。②征服；制服；击败

The need (to talk to someone, anyone), overwhelmed her. 她迫不及待地要找个人说说话，随便是谁都行。

It was clear {that *one massive Allied offensive* would overwhelm the weakened enemy}. 毫无疑问，盟军一次大规模的进攻，就会击溃已是强弩之末的敌军。

1. chamber n.①大房间;(尤指)大会议室。②议会;议院。③(法官)办公室;(律师)事务所。④(作特殊用途的)房间

*the German Chamber* of Commerce 德国商会

1. negotiation [nɪˌ-gəʊʃi-ˈeɪʃn] n. (尤指商业或政治方面的)谈判，协商，磋商
2. snag n. ①突出物；钩丝。②小困难;小问题;不利条件。v. (把)(尤指衣物)钩破;(使)绊住
3. brass [brɑ:s] n.(军队或其他机构的)高级军官，高层人物
4. opaque [əʊ-ˈpeɪk] adj.①不透明的;不透光的。②费解的；难懂的；晦涩的
5. prolife-ration [prəˌ-lɪfə-ˈreɪʃn] n. 增殖，分芽繁殖。激增；剧增

[In recent years] *commercial, cultural, travel and other contacts* have proliferated between Europe and China. 近年来，欧洲和中国之间的商业、文化、旅游及其他交往发展迅猛。

1. deep-pocketed adj. 有钱的
2. intrepid [ɪnˈtre-pɪd] adj.勇敢的;无畏的
3. hurdle [ˈhɜ:dl] n.①障碍;困难;难关。②跨栏赛跑;障碍赛跑
4. consul-tant [kən-ˈsʌl-tənt] n. ①顾问。②高级顾问医师;会诊医师
5. you come up with a plan or idea, 想出，提出(计划、想法等)

→you come up with a sum of money, 设法拿出(所需钱款)

1. trail-blazing ['treɪl-bleɪ-zɪŋ] adj.先驱的;创始的;开创性的
2. auction [ˈɔ:k-ʃn] n. v. 拍卖；竞卖；标售

auction house 拍卖行

1. outfit n.机构;组织

He works for *a private security outfit*... 他在一家私人保安公司工作。

1. simul-taneously [ˌsɪməl-'teɪ-nɪə-slɪ] adv.同时地；同时发生地； 一齐

The two guns fired almost simultaneously... 两支枪几乎同时开火。

1. peddle [ˈpedl] v.到处叫卖；兜售
2. excess [ɪkˈses] n. adj. ①过量的;过多的。②额外的;多余的

→(n.)*An excess* of something 过多;过量

*Polyunsaturated oils* are essential for health. Excess(n.) is harmful, however. 多不饱和油对健康很重要。但是，食用过量就会有害。

1. invent-tory [ˈɪn-vən-tri] n.①详细目录;清单。②储备;存货
2. distributor [dɪ-ˈstrɪ-bjətə(r)] n. ①批发商；分发者，分配者。经销商;配销商;分销商。② (发动机的)配电器，配电盘
3. you get *feedback*(n.) on your work or progress, 反馈;反应

I was getting *great feedback* from my boss. 老板对我的评价很高。

1. novel n. (长篇)小说。②adj. 新的;新奇的;新颖的
2. encouraging adj.人鼓舞的;振奋人心的;给人希望的
3. bricks and mortar n. (有厂房和店铺的) 公司、商店等，实体店；(尤指视为投资的)房产
4. brick n. 砖，砖块。vt. adj. 用砖建造
5. mortar [ˈmɔ:tə(r)] n.灰浆;砂浆;胶泥
6. outlet n.①出口；排放管。②(情感的)发泄途径；(思想的)表达方式。③经销店；专营店。④廉价商品经销店；折扣店
7. revenue [ˈrevə-nju:] n. (国家的)岁入，税收，(土地，财产等的)收入，收益，所得，(个人的)固定收入

regulatory filings 监管备案文件

→regulatory [ˈregjə-lə-təri] n.①管理者;管理机构;调控者;调控机构。②调节器;调节装置

...the UK's financial regulatory system. 英国的财政管理体制

→file n.档案;卷宗。v.把(文件等)归档

1. ware-housing [ˈweə-haʊzɪŋ] n.入库;仓库贮存
2. go public 首次对外公开出售，首次公开上市；发行股票
3. explicitly [ɪk's-plɪ-sɪtlɪ] adv.

explicit adj.明确的;清晰的;毫不隐讳的

→you are explicit about something, 直言的;坦率的;坦诚的

1. court [kɔ:t] v.① (为使某人、团体或国家按自己的意愿做某事而)试图取悦，讨好。②试图获得，追求(关注或声望) 。③追求(异性)；向…求爱;恋爱。④招致，酿成，导致(不愉快的事)

If he thinks he can remain in power by force / he is courting disaster灾祸... 如果他认为可以通过武力继续掌权，那他就是在自寻死路。

1. portal [ˈpɔ:tl] n. ①正门；宏伟的大门。门户(网站)
2. represent [ˌreprɪ-ˈzent] v.代理，代表(个人或团体)
3. collabo-ration [kəˌlæbə-ˈreɪʃn] n. ①(尤指在著书或研究方面的)合作，协作。②合作(或协作)的成果。③通敌;勾结敌人
4. fourfold [ˈfɔ:-fəʊld] adj. adv. 四倍的，四重的
5. blunt [blʌnt] adj.①直率的；不客气的；直言不讳的。②(物体)钝的，不锋利的，不尖的
6. you do not bother to do something / or if you do not bother with it, 操心；费力；麻烦
7. Life is not always *a bowl of cherries* 直译： 生活不永远是一碗樱桃。言外之意即是：生活不会永远的(完美／好／舒适)下去。
8. 有机食品是健康的选择吗?

*Organic有机的 food* options(n.)选择 are often *a pretty penny*许多钱 more than their conventionally传统的 produced counterparts配对物. And they have often been touted兜售 as better for you [as well as *the environment*].

But [if you're looking for extra nutrients营养物] you might not be getting them, according to *a new review报刊的评论 paper* (in *Annals*年鉴 of *Internal Medicine*内科医学).

Researchers analyzed分析 results [from 237 strong studies] 目的状looking for health differences between the two types of food——and didn't find much. Only 17 of the studies were in humans, and they did not include any *long-term follow-ups* of their subjects.

One study did find that *children* (on an organic diet) had *smaller traces* of pesticides杀虫剂 in their bodies. And although *pesticide amounts* were below *current acceptable U.S. levels*, *many health experts* contest对…提出异议 that *pesticide exposure(n.)暴露 limits* are still too high.

Organic methods might also cut down on减少 antibiotic抗生素-resistant bacteria细菌.

So going organic might be more *a personal choice* about supporting *that form* of farming than about *specific特定的 health benefits*. And *the most important health choice*, it seems, is to stop dallying over produce labels标签/ and just eat it—at least five servings一份食物的量 a day.

有机食物通常会比传统食物贵很多，而且它们通常被吹捧成既对身体好又对环境有益的事物。然而，根据《内科医学年鉴》上一篇新的回顾性论文所说，如果你正在寻找额外的营养，你可能不会从有机食物上获得它们。

研究者分析了从237项令人信服的研究中所得出的结论，这项研究旨在寻找有机食物和传统食物的区别。结果他们并没有发现这两类食物有什么区别。

只有17项研究以人类作为实验对象，这些实验中没有任何长期被随访的受试者。

的确有一项研究发现，那些吃有机食物的儿童，其体内存有微量杀虫剂。尽管杀虫剂含量低于目前美国可接受的最低标准，但是仍有许多健康专家对其提出质疑，他们表示杀虫剂在体内暴露的最低值还是被有关部门定得太高了。

有机食物还可能杀死耐抗生素的细菌。

于是，选择有机食物可能更多是一种支持种植方式的个人选择，而并非出于具体的健康优势。 最重要的健康选择似乎是，别把时间浪费在看产品标签上有没有写着“有机”两字，就去吃它吧——每天至少来上五份！

1. Organic [ɔ:ˈgæ-nɪk] adj.有机的；绿色的；无农害的；不使用化肥的
2. a pretty penny许多钱，相当多的钱
3. penny n. 便士
4. counter-part [ˈkauntə-pa:t] n.职能(或地位)相当的人;对应的事物

The Foreign Secretary telephoned *his Italian counterpart* to protest. 外交部长致电意大利外长表示抗议。

1. tout [taut] v.兜售;吹嘘
2. nutrient [ˈnju:-tri-ənt] n.营养物质;养分;滋养物
3. Annals [ˈænlz] n.史册;历史记载。(用于学术杂志的名称)年鉴
4. Internal Medicine n. 内科医学
5. Internal adj. 国内的；内部的；体内的；内心的
6. strong adj. (印象、影响)强烈的，深刻的
7. pesticide [ˈpestɪ-saɪd] n. 杀虫剂，农药
8. contest v.争辩;对…提出异议。竞争，为…而奋争；辩驳
9. cut down on减少,削减;节省

He cut down on coffee and cigarettes, and ate a balanced diet. 他喝咖啡和吸烟都比以前少了，饮食也均衡了。

1. anti-bi-otic[ˌænti-baɪ-ˈɔtɪk] n. 抗生素；抗菌素
2. bacteria [bæk-ˈtɪə-riə] n. 细菌(bacterium的名词复数)
3. specific [spəˈsɪ-fɪk] adj.① (部位、问题、题目等)特定的，特别的。②(表达)明确的，确切的，具体的

There are several specific problems to be dealt with... 有几个特定问题需要解决。

I asked him to be more specific... 我要求他说得更具体些。

1. dally [ˈdæli] vi. ①慢吞吞地做;拖延。②随随便便地对待；不很认真地考虑；浪费时间；调情。

He did not dally over *the choice* of a partner. 他没有在选择合伙人的问题上浪费时间。

[In the past] he dallied with actresses and lady novelists. 他过去曾与许多女演员和女小说家调情。

1. dally over v. 延误

Don't dally over your work. 别磨洋工了.

1. serving n. (供一个人吃的)一份食物的量
2. 掌声也会传染

Applause鼓掌声 is a sign迹象 of appreciation after a good performance. Right? Actually, a new study finds that {how enthusiastically非常感兴趣地 you clap拍手} can be strongly influenced by the volume and frequency of the audience clapping around you.

To test howapplauding鼓掌 behavior spreads使散布 in groups, researchers filmed拍摄 six different sets of university students who were told to clap after listening to an academic lecture演讲.

The videos showed that people were strongly swayed受影响 by other audience members, or even by just one particularly influential有影响力的 clapper鼓掌者. *Applause掌声 incidents事件* averaged平均值为 9-15 claps(n.) per person, but would swell to膨胀到 as many as 30 claps solely仅仅 based on an individual applause(n.)鼓掌 leader. The spasm(n.)发作 stopped in much the same way: when one person ceased clapping it triggered触发 a larger group dynamic动态.

The study is in the Journal of the Royal Society Interface接口 and is part of *a larger effort* to understand social behavior and how it can spread使传播 within a group.

So the next time you see a dull沉闷的 performance, remember, the desire to hold back抑制住 on clapping might be out of your hands.

掌声是对一场精彩表演的赞美。对吗？实际上，一项研究证明，你鼓掌的热情程度会深受你周围观众掌声的数量和频率的影响。

为了验证鼓掌行为是如何在人群中传递的，研究人员拍摄了不同组的大学生，并要求他们在听完学术讲座后鼓掌。

视频显示，人们总是深受其他成员的影响，有时甚至只受到某一特殊鼓掌者的影响。在鼓掌过程中，平均每人鼓掌9至15次，但如果有个人领先鼓掌，那么平均每人鼓掌的次数将增加到30次。掌声停下来的方式也类似：当这个人不再鼓掌时，那么便会触动一大群观众的停止拍手。

这项研究发表在《皇家学会界面杂志》上，是了解社会行为及其如何在群体传播的另一项努力的一部分。

因此下次你看了一场枯燥的表演时，记住你是无法左右自己不愿鼓掌的欲望的。

1. Applause [əˈplɔ:z] n.掌声;喝彩
2. enthusiastically [ɪnˌθju:-zɪ'æs-tɪklɪ] adj.非常感兴趣的;热心的;热情的

Bob Dole seemed less than enthusiastic(adj.) about the proposed move. 鲍勃·多尔似乎对提议的这项行动不太感兴趣。

The announcement通告 was greeted enthusiastically. 公告受到人们的热烈欢迎。

1. clap v. n.拍手，鼓掌

→(v.)you clap someone on the back or on the shoulder, 轻拍(背或肩膀)

1. applaud [əˈplɔ:d] v.鼓掌(以示赞赏)
2. spread [spred] v.①摊开;铺开。②(使)传播;(使)散布;(使)扩散。③伸出，张开,叉开(手臂、双手、手指、双腿等)

His coat was spread over the bed. 他的外套摊在床上。

...the sense of fear spreading in residential neighborhoods... 在住宅小区中蔓延的恐惧感

Sitting on the floor, spread your legs as far as they will go without overstretching... 坐在地板上，在不要拉伤的前提下将双腿尽量分开。

1. you are swayed by someone or something, v.影响;左右
2. influential [ˌɪn-fluˈenʃl] adj.有影响力的;有权势的
3. swell [swel] v. ①(使)膨胀;(使)扩大;(使)增加。②(身体部位)肿胀，膨胀。③涌起，充满(某种情感) 。④(声音)增强,变响亮

[By the end of this month] the size of the mission is expected to swell to 280 people... 到这个月底，参加该任务的人员规模将有望增至 280 人。

The limbs swell to an enormous size. 四肢肿得不得了。

She could see her two sons swell with pride. 她能看出她的两个儿子充满了骄傲。

Heavenly music swelled from nowhere. 不知从何处响起天籁般的音乐。

1. spasm [ˈspæ-zəm] n.①痉挛;抽搐。②(剧痛或不愉快情感的)阵发，迸发。(能量、行为等的)突发；发作

*A muscular spasm* in the coronary artery can cause a heart attack... 冠状动脉的肌肉痉挛可能导致心脏病。

A spasm of pain brought his thoughts back to the present... 一阵剧痛把他的思绪拉回到了现在。

1. trigger [ˈtrɪgə(r)] n. (枪)扳机。v.引爆;启动;触发
2. you hold back or if something holds you back, (使)犹豫;(使)退缩

The administration had several reasons for holding back... 政府因为几个原因而犹豫不决。

→To hold someone or something back 阻挡;阻止

Jake wanted to wake up, but sleep held him back. 杰克想要醒来，但睡意使他又沉入梦乡。

→you hold something back, ①储备;保留。②隐瞒

Farmers apparently hold back produce in the hope that prices will rise. 农民囤积农产品，显然是希望价格能够上涨。

You seem to be 表holding something back. 你好像隐瞒了点什么。

→you hold back something such as tears or laughter, or if you hold back, 抑制住,忍住(眼泪、笑声等)

1. 同情心可以通过训练来养成

Can you train训练 someone to be a nicer person? A recent study using meditation冥想 techniques shows that it might be possible. The research is published in the journal Psychological Science.

One group of subjects learned to practice what's called “compassionate有同情心的 meditation冥想” by focusing on a specific person while repeating a phrase短语 like, “May祝愿 you be free from suffering.” The subjects concentrated on集中心思于 five different people: A loved one, a friend, themselves, a stranger and then someone they were in conflict冲突 with. Another group of subjects performed执行做 general positive积极的 thinking. Both groups did the exercise 30 minutes a day for two weeks.

Then everyone was asked to spend money to help a fictional虚构的 character人物 who had been treated unfairly.

And the subjects who did compassionate有同情心的 meditation冥想 were more likely to spend their money to help than those who trained to just think more positively积极地. The researchers also did brain scans of those who behaved表现 most altruistically利他地, before and after training. And people (who were most altruistic利他的 after training) showed the biggest increases in activity活动 in brain areas involved in与…有密切关联的 empathy同理心 and positive emotion. So empathy同情 appears to be like a muscle—it can be built up by exercise that causes引起 actual physiological changes.

你能把某人训练成为一位更优秀的人吗？一项近期的、结合冥想技巧的研究显示，那是可能的。该研究发表在《心理科学》杂志上。

一组受试者学着去实践所谓的“慈悲冥想”，即将注意力集中在一个特定的人身上，并不停地重复一句话，例如“祝愿您远离痛苦”。这些受试者们将注意力集中在5个人身上：爱人，朋友，自己，陌生人，然后是与之有冲突的人。另一组受试者则进行一般积极的思考训练。每组受试者每天这样锻炼30分钟，持续两个星期。

之后便要求每位受试者花钱去帮助一位虚构的、被不平等对待的人。

相比那些在训练时想法更积极的人来说，那些进行同情冥想的人，更愿意花钱去帮助别人。在训练前后，研究人员分别扫描了那些表现得最无私的受试者的大脑。结果显示，那些在训练后表现最为慷慨的受试者，其大脑内与同情和积极的情绪有关的区域的活动大为增强(本博：自我实现的预言？)。因此，同情心似乎与肌肉类似——可以通过能引起真正生理变化的训练来建立。

1. medit-ation [ˌmedɪ-ˈteɪʃn] n.①(宗教中)默想，打坐，冥想。②深思熟虑;苦思冥想

→*A meditation* on a particular subject (关于某主题的)感想,沉思录

1. compassionate [kəm-ˈpæʃə-nət] adj.有同情心的;表示同情的
2. concentrate [ˈkɒn-sn-treɪt] v. 专心于；注意；集中；聚集

→you concentrate on something, or concentrate your mind on it, 全神贯注;集中(心思)

→something is concentrated in an area, 使集中;使汇集

Most development has been concentrated in and around cities. 土地开发主要集中在城市及周边地区。

1. altruistic [ˌæl-trʊ-'ɪs-tɪk] adj.利他的；无私的
2. empathy [ˈempəθi] n.同感;同情;共鸣
3. 更年期导致记忆力减退

Women have plenty to deal with during menopause更年期. There are mood情绪 fluctuations波动 and hot flashes潮红. And now a study adds documented 形成文件的 memory loss.

In previous studies, women reported that they had memory lapses闪失 during menopause更年期. The new study wanted to see if there was an objectively在客观上 arrived-at获得 connection.

Researchers tested 68 women between ages 44 and 62 years on their attention and recall记忆力. All the women had reported having at least 35 hot flashes per week. One test involved looking at *a line drawing*线条画 for 10 seconds and then trying to reproduce重现 the figure图形 immediately afterward过后. The complexity复杂性 of the drawing increased over 10 trials试验. [In another test] researchers read out *a string of一串 numbers* and the subjects had to repeat the numbers back(adv.)回忆.

Women (who'd reported trouble remembering) indeed(adv.)的确 performed poorly on *tests* involving memory. And those (who had more, and more extreme极端的, hot flashes) did worse on the tests than those who had fewer and less intense强烈的 hot flashes. The study is published in the journal Menopause绝经期.

The study shows that memory issues are indeed associated with menopause绝经期. Although in the midst of和…一起 a hot flash, that assurance(n.)确信 might be *cold comfort*不起作用的安慰.

更年期的女人有很多问题要应付，包括情绪波动和热潮红。如今，有一项研究证明更年期还会导致记忆力衰退。

在之前的研究中，女性报告说她们在更年期期间出现记忆衰退。这项新研究想要探究这两者之间是否在客观上存在联系。

研究人员对68名年龄介于44至62岁间的女性进行了注意力和记忆力的测试。据报告，所有女性每周至少会发生35次热潮红。其中一种测试包括观看线条画10秒钟，然后立即让她们试着重新画一遍。十次实验之后，提高线条画的复杂程度。在另一项测试中，研究人员读出一组随机数字，然后让受试者重复一遍听到的数字。

实际上，那些报告说记忆困难的女性在测试(包含记忆力测试)中表现很差。并且那些出现潮热次数更多，更严重的女性，在测试中比那些出现潮热次数少且不那么严重的女性表现要差得多。这项研究发表在《更年期》杂志上。

这项研究证明，记忆问题确实与更年期有关系。尽管它们之间仿佛都与热潮现象相关联，但这种结论真起不到神马安慰作用啊。

1. meno-pause [ˈmenə-pɔ:z] n.更年期，绝经期(通常在50岁左右)

更年期综合症最普遍同时也最为突出的一个症状表现就是月经紊乱。一般而言，妇女在35岁左右就出现卵巢功能衰退、体内雌激素降低的现象，开始步入更年期，妇女更年期的情绪症状，可以维持到60岁甚至更后。

32岁以后男性荷尔蒙的水平每十年下降大约百分之十。男性更年期是和较低的男性荷尔蒙水平有关。

1. fluctuation [ˌflʌk-tʃʊ-'eɪʃn] v.变动;波动;上下浮动
2. hot flash ：潮热，又名潮红，常见于更年期或者更年前期，常伴出汗及心悸而出现的燥热症状，多数情况下，由面部或者胸部开始，蔓延至全身，有人发作时可见到面部明显潮红。每次发作可持续20～30分钟，发作次数不定，可一周出现几次，也可一天出现几次。
3. lapse[læps] n.①闪失；过失；失检。②(一时的)疏忽，大意，开小差
4. arrive at ①到达, 来到。②达成, 获得, 作出(决定)

I have not arrived at an opinion on that matter. 我对那件事还没有明确的意见。

1. you think back to something that happened in the past, adv.回想；回忆

I thought back to the time in 1975 when my son was desperately ill... 我回想起1975年我儿子病得奄奄一息的那段时间。

1. assurance[əˈʃʊə-rəns] n. ①保证；确保(you give someone an assurance that something is true or will happen)。②(人寿)保险

→(n.)you do something with assurance, 信心；把握

1. cold comfort n.不起作用的安慰

These figures may look good on paper / but are 表cold comfort to the islanders themselves. 这些数字理论上看来可能不错，不过对岛民们起不到安慰的作用。

1. 文化会影响第二外语的应用

Ordinarily通常, you'd call称呼 a pistachio开心果 a pistachio. But if you're, for example, an immigrant移民 from China / and you've just seen a Ming vase花瓶, you might call a pistachio a “happy nut坚果.” Because visual cues暗示 can affect language in people with multiple cultural experiences经验. That's according to a study in the Proceedings进程 of the National Academy of Sciences.

Researchers performed执行 various tests with students who had come to the U.S. from China. In one, the students heard a recorded录音 conversation, in English, about campus大学校园 life. But some looked at a Chinese face while they listened, while others saw a Caucasian白人的 face.

The students then spoke about their own lives. And the Chinese-American students (who had listened while looking at a Chinese face) spoke English more slowly and less fluently流利地 than those who listened while looking at the Caucasian face.

In another test, when the students were exposed to Chinese icons图符, they were more likely to translate from Chinese into English literally(adv.)照字面理解. Thus pistachios开心果 became “happy nuts,” which is the name in China.

This phenomenon现象 demonstrates表明 that *immigrants* struggling with a new language can face unusual and unanticipated意料之外的 challenges. And that what you see can affect what you say.

通常，你把 pistachio 称作 pistachio。但如果你是来自外国，比如说中国的移民，假使你刚看到一只明代的花瓶，那么你就可能会把 pistachio 称为“happy nut”。因为视觉提示可以影响有多重文化背景的人的语言。这是根据发表在《美国科学院院报》上的新研究所得出的结论。

研究人员对许多华裔美国留学生进行了各种测试。其中一种测试就是让学生听一段英语的谈话录音，主题是关于校园生活。在听的同时，有些学生看到的是中国人的面孔，而其他人则看到的是白种人的面孔。

然后让学生们讲述自己的生活。边听边看着中国人脸孔的华裔美国学生说话的语速，比那些边听边看着白种人面孔的学生慢得多。

在另外的测试中，当学生接触到中国元素时，他们会更有可能按字面意思把中文翻译成英文。因此 pistachios 就变成了“happy nuts”，就是中文“开心果”的直译。

这种现象说明，在新的语言环境下抗争的移民，要面临不寻常和不可预测的挑战。那就是：你所看到的会影响你所说的。

1. pistachio [pɪ-ˈstæ-ʃiəʊ] n. 开心果
2. im-migrant [ˈɪ-mɪ-grənt] n. (外来)移民;侨民
3. nut n.坚果
4. campus [ˈkæmpəs] n. (大专院校的)校园
5. Caucasian [kɔ:ˈkeɪ-ziən] adj.①白种人的;白人的。②高加索人的
6. fluently ['flu:-əntlɪ] adv.流利地;流畅地
7. demon-strate [ˈde-mən-streɪt] v.①证明;论证;表明;说明。②显示;表露

You have to demonstrate that you are reliable... 你得证明自己是靠得住的。

The government's going to great lengths to demonstrate its military might. 该政府正不遗余力地展示其军事力量。

1. 口头的鼓励可能会削弱运动能力

Exercising with a partner is a good motivator促进因素. But maybe only if your gym buddy同伴 keeps quiet. That's according to research to be published in the Journal of Medical Internet Research.

For the study, participants had to hold a plank厚木板 for as long as possible. Some simply did the exercise. Others did it with a partner who was on video. They were told the partner was stronger than they were—past research has shown that *a more accomplished熟练的 workout体育锻炼 buddy* motivates激励 people to exercise longer.

The video partner was silent with some participants. But the partner verbally口头地 encouraged others. And when their gym buddy told the exercisers做运动的人 to feel the burn, they instead反而 burned out筋疲力尽.

The researchers believe that the encouragement decreased减少 *exercise ability* because the participant might have interpreted解释为 the support as patronizing(adj.)自视高人一等的. Or they thought that the gym buddy was really only encouraging him- or herself.

The research could inform告知 the design (of effective有效的 *video game workouts(n.)锻炼* and *social media tools*) to help people exercise. Because while尽管 increased增加的 motivation动力 can help physical activity, a lot of yapping说个不停 may just be sapping削弱.

和同伴一起锻炼不失为一种好的办法。但前提是你的锻炼伙伴能保持安静。这是根据一项将要发表在《医学网络研究》杂志上的文章得出的结论。

为了研究，参与调查的人不得不尽可能长时间的握住一块木板。其中一些人就只是简单做这项运动。另外一些人在做运动的时候还伴随着视频，里面也有个人在同时健身。看视频的参与者被告知视频中的人经过锻炼变得很强壮了——因为过去的研究显示，如果有个成功塑身的同伴陪伴健身，能激励人坚持锻炼的时间长一些。

视频中的同伴是安静的。但同伴会在口头上进行鼓励。当这些健身伙伴对锻炼的人表示他们感到自己能量在燃烧时，受试者反而感觉不到自己在消耗能量。

研究人员们认为，鼓励会降低运动能力，因为参与调查的人本来就认为视频辅助这项内容只是一种督促。或者他们认为，健身伙伴真的就只是在鼓励他或她呢。

该研究能提示我们，设计出有效的视频运动游戏以及社会媒体工具，能帮助人们更有效的健身。因为，尽管激励作用的增加能帮助身体活动，但叽里呱啦的乱叫或许刚好抵消这种促进作用。

1. motivator ['məʊtɪ-veɪ-tə(r)] n. 激起行为(或行动)的人(或事物)，促进因素，激发因素
2. buddy [ˈbʌdi] n.同伴(通常指男子的男性伙伴)，搭档。老兄；老弟

→one person is buddy buddy with another, 跟…关系要好

1. accomplished adj.熟练的;才华高的;有造诣的
2. workout n.体育锻炼;体育训练
3. motivate [ˈməʊtɪ-veɪt] v. ①(尤指情绪)激发，激励，驱使。②使决心做;使决意做
4. verbally [ˈvɜ:bəli] adv. 言词上；口头地；作为动词

verbal adj.口头的;非书面的;非行动的

We have *a verbal agreement* with her... 我们和她有个口头约定。

1. burn out v.

→a fire burns itself out, 燃尽；烧尽；熄灭

→you burn yourself out, 耗尽体力；筋疲力尽

1. patro-nizing [ˈpætrə-naɪ-zɪŋ] adj.自视高人一等的；屈尊俯就的；自命为恩人的；要人领情的；傲慢的
2. motivation [ˌməʊtɪ-'veɪʃn] n. 动机；动力；诱因
3. yap [jæp] v. n.①(小狗)狂吠，汪汪乱叫。②哇啦哇啦地说个不停;瞎扯
4. sap v.消耗(精力);削弱(信心)

I was afraid the sickness had sapped my strength... 我担心患病已让我元气大伤。

sapping v. 逐渐削弱(某人[某事物]的力量、活力等)

1. 探测出声音的出现更重要

We know we can't hear everything in a busy area, or even in a quieter space. It's ultimately最终 our attention that guides what sounds reach our conscious(adj.)有意识的 awareness(n.)察觉. Think of the kids who can't hear the nagging唠叨的 parent.

But a new study finds another factor that determines…的决定因素 if we can hear a sound: Whether that sound is appearing出现 or vanishing消失.

Scientists asked participants to detect the onset(n.)开始 or disappearance消失 of different pure-tone纯音 sounds within soundscapes音响范围 of ranging在一定幅度内变化 complexity(n.)复杂性. They found that listeners are really great优秀的 at detecting new sounds but far less able to detect when a sound disappears. In fact they missed at least half of the changes when it involved a disappearing sound. This distinction特点 remained within *a range of*一系列 soundscapes, from very simple to pretty complex(adj.).

Researchers call this phenomenon "disappearance blindness失明." Interestingly(adv.)有趣的是, vision studies研究 have found a similar advantage优势 for *objects (that appear)*, as opposed to而不是 *disappearing objects*.

This study finds that ultimately最终 the auditory(adj.)听觉的 system is not a “change” detector探测器 but rather a novelty(n.)新奇的事物 detector. The researchers note that maybe detecting the appearance出现 of new sounds, like a predator捕食性动物 approaching / or stranger in the night, is more important for survival幸存 than detecting when that sound has gone away.

我们更倾向于发现并准确定位声音的出现而不是声音的消失。

我们知道在嘈杂的环境里听不到所有声音，甚至在比较安静的地方也如此。最终决定声音进入我们的认知系统的是我们的注意力。想想那些听不见父母唠叨的小孩吧。

但是最新研究发现另一个因素也会决定我们能否听到声音：声音是正在出现还是消失。

科学家让研究参与者探查声音的出现与消失，这些声音为声谱中的单音调，并依次变复杂。他们发现，参与者很擅长探测出新声音的出现，却不太能探测到声音的消失。事实上在声音消失的变化中，他们至少错过了一半。从简单到复杂的声谱中，都存在这种差别。

研究人员称这种现象为“消失忽略”。有趣的是，视觉研究也发现了相同的现象，相比物体的消失，人们更容易察觉到物体的出现。

这个研究发现，最终听觉系统不是“变化”探测器，而是猎新探测器。研究者指出，也许探测出新出现的声音(如捕食者的靠近，或深夜陌生人的声响)比探测消失的声音对生存更有利。

1. ultimately [ˈʌltɪ-mətli] adv.①最终；最后；终于。②根本上；归根结底

Ultimately, *Bismarck's revisionism* scarcely几乎不 affected or damaged British interests at all. 从根本上说，俾斯麦的修正主义，几乎未对英国的利益造成一丝一毫的影响或损害。

1. conscious [ˈkɒnʃəs] adj. ①清醒的;有知觉的。②(记忆或想法)有意识的，意识到的

She was fully conscious all the time and knew what was going on. 她一直都很清醒，知道是怎么回事。

He had no *conscious memory* of his four-week stay in hospital... 他对自己住院的4个星期没有任何有意识的记忆。

→you are conscious(adj.) of something, ①注意到的;意识到的。②(尤指由于不满或自觉重要而)注意的，关注的

She was very conscious {of Max studying her}... 她非常清楚马克斯在仔细端详她。

I'm very conscious of my weight... 我很在意自己的体重。

1. aware-ness [əˈweə-nəs] n. 察觉，觉悟，意识

The 1980s brought *an awareness* of green issues... 20世纪80年代人们开始意识到“绿色问题”。

1. conscious awareness 自觉意识；清醒的认识

Teachers of advanced reading should develop *a conscious awareness* of the syntax of written English. 教高级阅读的教师，应该特别注意书面英语的句法.

1. determine [dɪˈtɜ:mɪn] v.是…的决定因素

What determines whether you are a career success or a failure? 事业的成败取决于哪些因素？

1. onset [ˈɒn-set] 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. range n.幅度;等级;范围

→a piece of writing or speech ranges over a group of topics, (文章或讲话)涉及，包括

→(v.)things range between two points / or range from one point to another, (在一定幅度内)变化，变动

1. complexity [kəmˈplek-səti] n.复杂性;错综复杂
2. distinction [dɪˈs-tɪŋk-ʃn] n. ①荣誉(称号)，殊勋，勋章。②区别，差别，不同点

①分别;差别;不同(*A distinction* between…)。②卓越;杰出;优秀。③特殊奖励;荣誉;光荣。④特质;特点

Lewis emerges as a composer作曲家 of distinction and sensitivity. 刘易斯作为一位悟性很高的优秀作曲家崭露头角。

The order was created in 1902 as a special distinction for eminent men and women... 该勋位设立于1902年，作为一项殊荣授予杰出的男性和女性。

He has *the distinction* of being regarded as the Federal Republic's greatest living writer. 他才华横溢，被誉为联邦共和国目前尚在世的最伟大的作家。

1. A range of things (同类事物的)一系列，一连串
2. not …, but rather … 不是…，而是…
3. novelty [ˈnɒvlti] n.①新奇性;新颖。②新奇的事物。③廉价小饰物;小玩意
4. predator [ˈpre-dətə(r)] n.①捕食性动物。②掠夺者；掠夺成性的人(或组织)。③<铁血战士>电影名
5. 低温环境下也能发生化学反应

Icy objects such as comets彗星 may have helped start life on Earth 方式状by delivering递送 *water* and *carbon碳-based molecules分子* to the young planet. Because putting something on ice doesn't necessarily必然地 keep it from changing变化: a new study finds that even in frigid极冷的, deep space environments, *simple hydrocarbon烃 molecules* can react作出反应 to become more complex ones. The process even works when temperatures drop to near absolute zero.

But just what kind of organic有机的 molecules would exist存在 on *the icy bodies* of a forming solar system? Researchers (at the Jet喷气式飞机 Propulsion推进力 Laboratory实验室 in Pasadena, California), investigated作调查 how organic molecules might evolve演化 toward greater complexity(n.) even in the cold of interstellar星际的 space.

The scientists found that ultraviolet紫外线的 light, which radiates辐射 from stars and galaxies, can induce引起 rapid changes in icy hydrocarbon烃 molecules (cooled冷却 to 5 kelvin绝对温度单位—that's a frosty霜冻的 minus零下负的 451 degrees Fahrenheit华氏温度计的)(即摄氏-268.3度).

The chemical reactions反应 resulted in导致造成 molecules of more complexity—which is the right direction to go if you want to eventually make amino氨基的 acids酸 and biological molecules. The study appears in the Astrophysical天体物理学的 Journal Letters.

It just goes to show—if you really want to freeze使冻结 something in place, you'd better encase包装 it in carbonite天然焦炭.

像彗星这样的冰状天体，曾给年轻的地球提供水和碳基分子，从而促进了地球上生命的起源。因为只提供冰层并不能有所改变：一项新的研究发现，即使在严寒的深太空环境中，简单的碳氢化合物分子也能发生反应，生成更复杂的化合物。即使在温度接近绝对零度时，反应也能发生。

但是哪种有机分子能存在于最初形成的太阳系的冰层里呢？加利福尼亚州帕萨迪纳喷气推进实验室的研究人员，调查了在寒冷的星际空间里，有机分子是如何进化成更高级的化合物。

科学家们发现，恒星和星系放射的紫外线，能够诱使冷却到5开尔文的冰态碳氢化合物迅速发生变化。5开尔文相当于零下451华氏摄氏度。

化学反应后产生更复杂的分子——如果你想最终得到氨基酸和生物分子，那么这就是正确的方向。这项研究发表在《天体物理学报通信》上。

这只是证明——如果你真想在太空里冻结某物，最好用焦炭材料来包装。

1. comet [ˈkɒmɪt] n. [天]彗星
2. carbon-based碳基； 基于碳； 碳为基础； 含碳的
3. molecule [ˈmɒlɪ-kju:l] n. 分子；微小颗粒
4. keep sb from doing sth 防止某人做某事(=stop sb. from doing sth. =prevent sb. from doing sth.)

keep sb doing sth使某人一直做某事

1. frigid [ˈfrɪ-dʒɪd] adj.①寒冷的;极冷的。②(女子)性冷淡的。③拘谨的;冷淡的;不友好的
2. hydro-carbon [ˌhaɪ-drə-ˈkɑ:bən] n.碳氢化合物;烃(tīng)有机化学上碳氢化合物的总称(“碳”、“氢”二字连读)。

属易燃易爆品。所有的烃都是憎水的,即所有的烃都不溶于水。

1. re-act v.

→you react to something that has happened to you, (作出)反应；回应

→you react to a substance such as a drug, or to something you have touched,产生不良反应;过敏

→you react against someone's way of behaving, 反抗;不服;反对

→one chemical substance reacts with another, or when two chemical substances react, 起(化学)变化;发生(化学)反应

1. pro-pulsion [prəˈpʌl-ʃn] n. 推进；推进力
2. inter-stellar [ˌɪntə-ˈste-lə(r)] adj. ①星际的；恒星际。②《星际穿越》电影名
3. ultra-violet [ˌʌltrə-ˈvaɪə-lət] adj.紫外的；紫外线的；产生紫外线的
4. radiate [ˈreɪ-di-eɪt] v.①辐射；(从中心)发散。②散发(热)；发射(光)。③流露，显示(情感)
5. kelvin n. 开(开尔文温标的计量单位，常用符号K表示。它以绝对零度-273.15℃作为计算起点。所以开尔文温度和人们习惯使用的摄氏温度相差一个常数273.15，即T=t+273.15(t是摄氏温度的符号))；绝对温度单位。
6. frosty [ˈfrɒsti] adj.①霜冻的;严寒的。②结霜的;被霜覆盖的。③冷淡的;冷若冰霜的
7. Fahren-heit [ˈfærən-haɪt] adj. 华氏温度计的；华氏的

符号℉，德国人华伦海特制定了华氏温标，他把一定浓度的盐水凝固时的温度定为0℉，把纯水的冰点(ice point)温度定为32 ℉，把标准大气压下水的沸点(boiling point)温度定为212℉，中间分为180等份(212-32=180)，每一等份代表1度，这就是华氏温度。

1. amino [ə'miːnəʊ] adj. <化>氨基的
2. encase [ɪnˈkeɪs] v.把…包住;把…封起来
3. carbo-nite ['kɑ:bə-naɪt] n. 碳质炸药；硝酸甘油；天然焦炭
4. 美航局红外探测器统计黑洞数量

Black holes are common常见的. But actually事实上 counting数一数 them is no easy task. Even the brightest can be hard to see. Of course, “bright black holes” is a bit of an oxymoron矛盾修辞法. But when supermassive特大质量的 black holes (at the center of a galaxy) feed吃食, the material (falling into them) heats up变热, giving off放射出 a bright glow across the electromagnetic电磁的 spectrum光谱.

Infrared红外线的 light (in particular特定的) is good to look for when black-hole hunting猎食. Some feasting饱餐中的 black holes are obscured遮蔽 by gas and dust, which absorbs吸收 much of their glow—but they still shine发出光 in the infrared红外线.

It's no surprise, then, that NASA's infrared红外线的 WISE spacecraft found a bunch一大批. WISE launched in 2009 to survey测绘 *the entire全部的 sky* in the infrared红外线. Now researchers have used WISE data to countthe luminous发亮的 black holes in a well-known corner of the sky called the COSMOS field. In just that tiny region, WISE found about 130 glowing black holes, or active galactic星系的 nuclei核心. The study will appear in the Astrophysical天体物理学的 Journal.

Extrapolating推断 from this small area, at least two million active black holes dot散布于 the sky, confirming证实 that these extreme astrophysical objects are common indeed确实.

黑洞是普遍存在的现象。但实际上要统计黑洞的数量并非易事。即使最耀眼的地方也很难看见。当然，用明亮来修饰黑洞有点矛盾。然而，当星系中心质量超级大的黑洞“吞食”时，落入其中的物质便会升温，发出一道明亮的光，通过电磁波频谱可以显示出来。

在黑洞“捕捉”物质时，红外线尤其容易被找到。一些正在“享受盛宴”的黑洞被气体和灰尘所遮蔽，它们吸收掉大多数光线——但仍会发出红外光线。

美国宇航局的“智慧号”红外探测器发现了许多这类光线，这并不足以为奇。“智慧号”发射于2009年，用以探测整个天空的红外线。现在研究人员已经使用“智慧号”发送的数据计算著名的天空一角——被叫做COSMOS领域里的黑洞数量。在这块微小的区域，智慧号发现了130个发光的黑洞或活动星系核。这项研究将出现在天文物理期刊上。

根据这块小区域可以推断，天空中至少散布着200万个活跃的黑洞，这也证实了这些极端天体的存在确实很普遍。

1. oxymoron [ˌɒksɪ-ˈmɔ:rɒn] n. 矛盾形容法，逆喻
2. give off 释放，放出，发出(气体、热量、气味等)
3. electro-magnetic [ɪˌlek-trəʊ-mæg-ˈnetɪk] adj.电磁能的;电磁效应的
4. spectrum [ˈspek-trəm] n. ①光谱；波谱；②范围；系列
5. Infra-red [ˌɪnfrə-ˈred] adj. n. <物>红外线的。对红外辐射敏感的。n. 红外线
6. feast [fi:st] v.饱餐;尽情地吃;大快朵颐(you feast on a particular food,)。n. 宴会;筵席;盛宴
7. bunch [bʌntʃ] n. 束，串，捆。v. 聚成一串，形成一串；聚成一组；使起褶：使(织物)起褶

A bunch of people 一伙，一群(人)

A bunch of flowers一束(花)

A bunch of bananas or grapes 一串(香蕉或葡萄)

A bunch of keys 一串(钥匙)

A bunch of things大量；大批

1. luminous [ˈlu:mɪ-nəs] adj.发光的；发亮的
2. nuclei ['nju:klɪaɪ] n. 核，核心，原子核
3. extrapo-late [ɪkˈs-træpə-leɪt] v. (由已知资料对未知事实或价值)推算，推断(you extrapolate from known facts,)
4. dot n.点;小点;小圆点。v.散布于;星罗棋布于;遍布
5. 轻音乐降低进食量

In lab tests, music and lighting can affect how much people eat. Now a study has found that {changing the ambiance氛围 of *a fast food restaurant* to more of *a fine-dining atmosphere* } lessened使减少 the amount of food (people crammed把…塞进 into their *pie holes*嘴). To quote引述 the paper, “softening使变柔和 the lighting and music led people to eat less, to rate the food as more enjoyable令人愉快的, and to spend花费 just as much一样多.”

That last finding means that fast food joints廉价娱乐场所, which are accused of contributing to the obesity肥胖 epidemic(n.)泛滥, might actually try it. The study was led by well-known eating behaviorist *Brian Wansink* from Cornell康乃尔 University / and appears发表 in the journal Psychological Reports.

The researchers converted part of a Hardee's so that it had soft lighting and slow jazz instrumentals器乐. The patrons顾客 were expected to possibly eat more in the relaxed section部分, because they'd linger逗留, maybe get dessert甜点. But they actually averaged 18 percent fewer calories per meal than the folks in the rowdy吵闹的 section—down from an average of 949 calories to 775. The overall experience appears to have been a more satisfying令人满意的 meal. Even if there was less of it.

在实验室测试中，音乐和灯光能影响人们的进食量。如今有一项研究发现，将快餐店的环境气氛改装得更精美，会使人们减少填进肚子里的食物总量。引用研究论文上的话“柔和的灯光，轻盈的音乐会使人们减少进食，但会提高食物的档次，消费仍然不减。”

最后一项发现意味着快餐连锁店可能会试一试。快餐店被指控是导致肥胖症的元凶。这项研究由来自康奈尔大学的知名饮食行为学家布莱恩·文森克引导，并发表在心理科学报告上。

研究人员改变了哈迪快餐厅的部分区域，使这里的灯光更柔和，播放的音乐也以慢爵士乐器为主。预计顾客在休闲区进食更多，因为在这里有活动区域，还可能吃到甜品。但实际上，相比在吵闹的区域进食的顾客，这里的顾客平均每餐少消费18%的卡路里，从平均的949卡路里降至775卡路里。总体来说，这顿饭似乎更令人满意。即使进食量减少了。

1. ambiance ['æmbɪəns] n. 周围环境，气氛
2. lessen [ˈlesn] v.(使)缩小；(使)减少；(使)减轻

Make sure that your immunisations are up to date to lessen the risk of serious illness. 要确保接种最新的疫苗，以降低患上严重疾病的危险。

1. cram (into) [kræm] v.把…塞进;使塞满。挤进;拥进

→you cram a hat on, (尤指匆忙地)戴上(帽子)

→you are cramming for an examination, (为应考)临时死记硬背，填鸭式学习

1. pie hole n. (俚)嘴
2. joint n.廉价娱乐场所；下等娱乐场所

They had come to the world's most famous pick-up joint... 他们来到了全世界最有名的寻花问柳之地。

...a hamburger joint. 汉堡包店

1. epidemic [ˌepɪˈdemɪk] n.①(疾病的)流行，传播(*an epidemic* of a particular disease somewhere,)。②(坏事的)盛行，泛滥，猖獗

A flu epidemic is sweeping through Moscow. 一场流感正席卷莫斯科。

1. patron [ˈpeɪ-trən] n.①(艺术家、作家和音乐家等的)赞助人，资助人。②(酒吧、旅馆等的)主顾，顾客
2. section n.①部分。②(文件的)节,章;(法律的)条，款，项。v.把…切成片;把…分成段(或组等)

It holds vegetables in place [while they are being peeled or sectioned]. 将蔬菜削皮或切片时，用它来固定。

1. linger v. ①继续存留。②留恋；不愿离开；继续逗留

The scent of her perfume lingered on in the room... 她的香水味道在房间里久久不散。

1. dessert [dɪˈzɜ:t] n.(饭后)甜点
2. rowdy [ˈraʊdi] adj.吵闹的;粗野的;惹是生非的
3. 中年健身为老年健康投资

Being physically身体上 active(adj.) has numerous benefits. Now a study has looked closely密切地 at *the effects* of fitness身体适应能力 in the midlife years for preventing debilitating使衰弱 chronic慢性的 diseases later.

The ongoing进行中的 study gathered fitness健身 stats统计数字 for more than 18,000 adults, and followed their health status into old age. Assessing评估 40 years of that data, the analysis finds that {those who had *higher fitness levels* in their 30s, 40s and 50s} were substantially总的来说 less likely to have *a chronic慢性的 condition健康问题* between the ages of 70 and 85. The findings are in the Archives档案 of Internal体内的 Medicine.

*Physical fitness* seemed to stave off延缓 heart disease and heart failure(n.)衰竭, which might not be a big surprise. But it also reduced rates of diabetes糖尿病, kidney肾脏 disease and even Alzheimer's老年痴呆症 disease.

Current recommendations(n.)推荐 suggest adults make time for at least 20 minutes of *moderate适度的 to vigorous(体育活动)强度大的 physical activity* a day, such as fast walking, jogging慢跑, biking or swimming. *Busy middle-aged people* might find it especially hard to make time for such exercise. But a small investment looks like it could pay big health dividends红利 for decades to come.

活动身体有许多益处。如今有一项研究仔细观察了中年人健身对以后，身体预防慢性疾病的影响。

这项研究还在进行中，期间共收集了超过一万八千名成人的健身资料，并跟踪他们步入老龄期的健康状况。评估分析了40年的数据后，研究人员发现，那些在30至50岁期间经常锻炼的人，活到70—85岁时患上慢性疾病的几率大大减少。这项研究发表在《内科医学档案》上。

健身似乎能抵御心脏病和心力衰竭，这早就不让人感到新奇。然而健身还能降低糖尿病、肾脏疾病，甚至是阿尔茨海默氏症的患病几率。

目前的建议是，成年人至少每天腾出20分钟做中度或者剧烈运动，例如快走，慢跑，骑自行车或者游泳。繁忙的中年人可能很难腾出时间来锻炼。但看起来很小的投资会为你今后几十年的健康带来很多益处。

1. fitness [ˈfɪtnəs] n. 身体适应能力；身体素质

They’re doing exercises to improve their fitness. 他们为增强体质而做体操。

1. debilitate [dɪ-ˈbɪlɪ-teɪt] v. 削弱(组织、社团或政府)的力量

→you are debilitated by something such as an illness, 使虚弱;使衰弱

1. stats=statistics n.统计学，统计表，统计数字(或资料)
2. assess [əˈses] v.①评估；评价；考查。②评估(价值)；估价

Our correspondent has been assessing the impact of the sanctions... 我们的记者一直在评估制裁带来的影响。

What's the property's *assessed value*? 这些财产的估值是多少？

1. stave off 推迟；延缓；暂时避开
2. moderate [ˈmɒdə-rət] adj. ①(政治观点或政策)温和的，不激进的。②(人或团体)温和的，稳健的。③中等的;普通的;适度的；适量的
3. 银河系和卫星星系的排列很罕见

Our *Milky Way galaxy* has two large satellite(n.)卫星 galaxies orbiting绕转 it. They're known as the Large and Small Magellanic(adj.)麦哲伦的 Clouds. And humans have been aware of the existence of these celestial天体的 objects for at least a millennium一千年.

Recently, researchers were curious好奇的 about whether our configuration构造 is fairly相当地 typical典型的, or an astronomical天文学的 anomaly(n.)反常. In other words, is our corner of the cosmos宇宙 ordinary(adj.)普通的?

Now a new study finds that *the Milky Way* and *its companion同伴 galaxies* are an unusual combination(n.)组合, but they're not one of a kind.

Astronomers in the U.K. and Australia looked at thousands of galaxies to try to find an analogue相似物 of our arrangement排列. The search turned up发现 two close replicas复制品: each with a Milky Way–like galaxy (accompanied by two galaxies (comparable可比得上的 to the Magellanic Clouds)).

But the researchers also concluded断定 that such arrangements are pretty rare. Only half a percent of Milky Way–like galaxies have companions同伴 like ours.

The Magellanic Clouds may be transitory暂时的 features. In a few billion years the Milky Way may absorb吸收 them completely. So someday *our corner of the cosmos* could be pretty ordinary after all.

有两大卫星星系环绕着我们的银河系转动。它们以大小麦哲伦云为人们所知。人类意识到这些天体的存在至少有一千年了。

近期，研究者对银河系的构造表示好奇。我们的星系是非常典型的宇宙产物，还是异常的天文现象？换句话说，我们这个宇宙的一角平常吗？

现今，一项新的研究发现，银河系及其卫星星系是不同寻常的组合。但也不是独一无二的。

英国和澳洲的天文学家观察了上千个星系，试图找到另一处类似于银河系的排列。这次研究找到了两个类似的星系：每个星系均像银河系一样，环绕着能与麦哲伦云相媲美的卫星星系。

但研究人员也作出结论，这样在排列方式相当少见。只有0.5%的星系像我们银河系一样有同伴。

麦哲伦云可能是暂时性的天文特征。再过几十亿年，银河就会完全将它们吞没。因此，到那天，我们这个宇宙一角会变得很普通。

1. Magellanic [mæɡə-ˈlæ-nik] adj. (葡萄牙航海家)麦哲伦的
2. celestial [səˈles-tiəl] adj.①天体的;天空的;天的。②了不起的;美妙的;奇妙的

Gravity governs *the motions* of celestial bodies. 万有引力控制着天体的运动。

...a chocolate cake with an apricot filling and *celestial effect* on the taste buds. 味道妙不可言的杏仁夹层巧克力蛋糕

1. millennium [mɪˈle-niəm] n.一千年;千年期
2. configuration [kənˌ-fɪgə-ˈreɪʃn] n.①安排;格局;布局。②配置
3. fairly adv. ①相当;还;尚。②(用在形容词和副词前，代替very,表示强调，但比 very 语气弱)有些，有点，还算。③(表示强调)在很大程度上，简直。④简直;几乎可以说

We did fairly well but only fairly well. 我们做得还过得去，但也仅仅是过得去而已。

You've got to be fairly single-minded about it... 对这事你还得专心一点。

He fairly flew across the room... 他简直是飞过了房间。

[After I had read the book] I could fairly claim to be an expert. 读完这本书，我差不多可以说是专家了。

1. turn up ①(常指出其不意地，或经长久等待后)出现，到来，露面。②找出;发现;注意到;出现。③开大，调高(收音机、暖气等)

This is similar to waiting for a bus that never turns up. 这就跟等待一辆永远等不到的公共汽车差不多。

Investigations have never turned up any evidence. 调查从没发现任何证据。

1. comparable [ˈkɒm-pərə-bl] adj. 可比较的；比得上的

By contrast, *the comparable figure* for the Netherlands is 16 per cent... 相反，荷兰的可比相对数字为16%。

1. transitory [ˈtræn-sə-tri] adj.短暂的;转瞬即逝的;昙花一现的
2. 为什么会选择手上的商品

You just bought peanut花生 butter黄油. You chose the jar罐子 because, well, you've always eaten the crunchy松脆的 variety品种. In reality现实中, however, something else may have influenced your choice—the product you picked was centrally在中心地 located坐落于 on the store shelves.

Researchers tracked *eye movements* of 67 subjects (scanned a 3 by 3 matrix of fictitious虚构的 brands). The tracking found that consumers tend to focus on the objects in the middle—specifically确切地说, five seconds before they make their choice. And they do this for all kinds of products, from vitamins to online movies. The study will be published in December 2012 in the Journal of Consumer Research.

Also, subjects continued to go for挑选 the centrally-located brand even if the product was not in the middle of their specific特定的 visual field. So it's not in reference to关于 one's view, it is literally真正地 about *the product* being central中央的 within the entire整个的 shelf layout布局.

Past studies have shown that people tend to make a lot of choices based on central locations, like choosing the middle bathroom卫生间 stall小分隔间 in a public washroom厕所, a middle seat at a table, or even *the middle items* in a series of arbitrary随意的 objects.

*The test consumers* had no conscious awareness {that they had chosen *centrally located brands*}. Makes you wonder what you've taken home without realizing why.

你刚买了花生黄油。你选择这罐，是因为你总是食用这种易碎的品种。然而在现实生活中，其它某些因素可能影响了你的选择——你拿到的产品摆放在货架的正中间。

研究人员追踪了67名被试者，让他们浏览3\*3排列的9个虚拟品牌，与此同时观察他们的眼部运动。追踪结果显示，消费者倾向于关注中间的物品——尤其是在做出选择的前5秒。从维生素到在线电影，他们在挑选所有产品时是均是这样。这项研究将于2012年发表在《消费者研究》期刊上。

并且，被试者仍会选择放置在中间的品牌，即使它们并不在视野中央。因此这与视野没有关系，而是与货架整个布局的中心有关。

过去的研究显示，人们倾向于根据中间位置选择商品，就像选择公共厕所中间的隔间，桌子中间的座椅，或者是一系列任意对象的中间项。

被试的消费者没有意识到自己选择了置于中间位置的品牌。你不禁产生疑惑，怎么没有注意到为什么就把它带回家了。

1. peanut [ˈpi:nʌt] n. 花生；微不足道的人，小人物；很少的钱
2. crunchy [ˈkrʌntʃi] adj. (食物)硬脆的，松脆的
3. variety n. ①变化;多样化。②品种;种类。③综艺表演;综艺节目
4. go for ①选择；挑选。②非常喜欢；倾心于
5. with reference to / in reference to 关于…

I'm calling in reference to your series on prejudice. 我打电话是要谈谈你写的有关“偏见”的系列文章。

→reference n. v. 参考；参考书；提及，涉及

1. arbitrary [ˈɑ:bɪ-trəri] adj.武断的;任意的;任性的;主观的

The victims were not chosen arbitrarily(adv.). 下手对象不是随便选择的。

1. "糖衣"延长香蕉寿命

One day the banana is perfect. Bright yellow, firm结实的, flavorful充满…味道的. But [even within the same day] *brown棕色的 spots* appear on your perfectly完全地 ripe banana, its flesh果肉turns mushy软塌塌的, and it's destined(adj.) for命中注定的 the compost肥料 or at best, banana bread.

But scientists are developing a way to extend延伸 the life of bananas. It's a spray-on coating涂层 made from chitosan壳聚糖——a substance物质材料 (found in crab螃蟹 and shrimp小虾 shells壳). The new gel凝胶 can be sprayed on把…喷在…上 bananas to slow *the ripening process* by up to 12 days.

Like other fruit / bananas remain alive after being picked / and they actually continue to respire呼吸. This means they take in吸收 oxygen and release carbon dioxide二氧化物. *The more* the banana breathes *the faster* it ripens使成熟 and then rots使腐烂. Bananas ripen more quickly than most fruit / because they don't naturally顺理成章地 slow the respiration呼吸 [after being picked], in fact it speeds up, giving bananas 宾补their notoriously臭名昭著地 short *shelf life*保存限期.

Chitosan壳聚糖 not only kills *the bacteria on banana's skin* that then leads to rot, it also significantly slows down the respiration呼吸 *in the first place*从一开始. So bananas won't drive you bananas发狂的.

有一天香蕉成熟了，这时它很完美。金黄，坚挺，味道可口。但是即使是在香蕉熟透的当天，香蕉皮上会出现棕色斑点。果肉变成泥，注定要成为肥料或者做成香蕉面包。

然而科学家们正在开发一种延长香蕉寿命的方式。这是一种由壳聚糖做成的喷雾涂层，壳聚糖是在螃蟹和虾子体内发现的一种物质。这种凝胶可以喷洒在香蕉上，将香蕉的成熟过程放慢至12天。

和其它水果一样，采摘之后香蕉还是活的，它们还能继续呼吸。这时的呼吸是指吸进氧气吐出二氧化碳。香蕉呼吸的越快，成熟得越快，然后烂得越快。香蕉比一般水果成熟的快，因为在采摘之后它们并不自然地放慢呼吸，相反它们会加速呼吸，这就造成香蕉臭名昭著的短寿。

壳聚糖不仅杀死了香蕉表皮细菌，这些细菌会诱使香蕉腐烂，同时显著地放缓了香蕉呼吸的节奏。因此香蕉不会再让你抓狂。

1. perfectly adv. 完全地，十足地(尤用于所说的话可能会受质疑时)

They made it perfectly clear that it was pointless to go on... 他们非常明确地表示继续下去毫无意义。

1. destine ['des-tɪn] vt. 注定；指定；命定；预定
2. destined [ˈdes-tɪnd] adj. 命中注定的，预定的；去往…的

→something is destined to happen / or if someone is destined to behave in a particular way, (命中)注定的;一定的

He feels that he was destined(adj.) to become a musician... 他觉得自己注定会成为一名音乐家。

Everyone knew that Muriel was destined(adj.) for great things. 所有人都知道缪里尔命中注定要成就一番伟业。

→someone is destined for a particular place, or if goods are destined for a particular place, 去(或运)往(某地)的

...*products* destined for Saudi Arabia. 运往沙特阿拉伯的产品

1. coating n.涂层;覆盖层
2. chitosan ['kaɪ-tə-sæn] n. 壳聚糖；聚氨基葡萄糖
3. dioxide [daɪ-ˈɒk-saɪd] n. [化]二氧化物
4. respiration [ˌres-pə-ˈreɪʃn] n. 呼吸，一次呼吸
5. noto-riously [nəʊ-'tɔ:-rɪə-slɪ] adv. 恶名昭彰地；声名狼藉地；著名地；众所周知地
6. shelf life n. (包装食品的)货架期，保存限期
7. in the first place 首先，从一开始
8. bananas n.香蕉。adj. 发狂的，疯狂的，糊涂的

Adamson's going to go bananas on this one. 亚当森会被这个气疯的。

1. 怀孕改变体内微生物组织

Having a kid changes everything, from your sleep schedule日程安排 to the status of that formerly原先 spare room备用卧室. The stable马厩 of bacteria (that live in a woman's gut内脏) is also transformed改变 when their host主人 becomes pregnant怀孕的. So finds research in the journal Cell.

The study looked at审视 *women* (in Finland芬兰). The women's *microbial makeup*组成成分 changed dramatically引人注目地 between the first and third trimesters三个月期. *The array of microbes* in the gut went from looking normal [in the first three months of a pregnancy] to resembling与…相似 what's found in patients病人 (suffering from metabolic新陈代谢的 disease) in the last three.

But some of the symptoms征兆 of that condition—like weight-gain and slower *sugar metabolism*(n.)新陈代谢——can be beneficial有益的 to pregnant women, supporting支撑 *energy storage*储藏 that helps a fetus胎儿 develop. Other symptoms, like inflammation炎症, demonstrate证明 that *the immune免疫的 system* is functioning运转 properly正确地 as a pregnancy comes to term临产.

Scientists don't yet fully understand what brings about导致 the changes in gut bacteria细菌—immune function免疫功能 is a suspect可疑分子, but *factors* like hormonal signals aren't ruled out排除…的可能性. The research suggests that other changes to the body, like puberty青春期 or old age, could also bring about microbial由细菌引起的 makeovers改头换面.

有了孩子一切就变了，不仅睡觉时间变得不规律，之前空余的房间也会大变样。女人怀孕后，寄生在肠道里的细菌的稳定性，也在悄然改变。在《细胞》杂志上可发现这项研究。

研究中观察了芬兰的妇女。在早期妊娠和晚期妊娠之间，妇女们的微生物组织方面发生了巨大的改变。肠道内的微生物种类，从怀孕前三个月的正常，发展到后三个月与患有新城代谢疾病的病人类似。

但是这种情况下的某些症状，比如说体重增加和糖类代谢缓慢，都对孕妇身体有益处，有助于孕妇储存能量，以促使婴儿发育。其他一些症状，比如说炎症，就说明在怀孕过程中免疫系统功能正常。

科学家们并不完全了解肠道细菌的变化因什么引起——免疫功能只是一种猜测，而且荷尔蒙信号这类因素也不能排除。这项研究显示身体的其他变化，比如说青春期和老龄期，也能引发体内微生物发生巨变。

1. stable n. (繁殖、训练赛马的)养马场。adj. 稳定的;稳固不变的
2. transform的基本意思是“改变”,指使人或物在性质上或形态上，发生彻底或根本的积极的变化，常指突然或神秘地改变，有时含有夸张的意味。

→To transform something into something else 转换;改变;改造

→改善;使改观;使改头换面

A cheap table can be transformed by an interesting cover… 一块趣味盎然的桌布就能使一张廉价桌子面目一新。

1. tri-mester [traɪ-ˈmes-tə(r)] n.三个月(左右)时间; (一年三学期制的)学期。三月期：通常用于妊娠
2. fetus ['fi:təs] n. 胎，胎儿
3. properly [ˈprɒ-pəli] adv.①正确地；准确地；令人满意地。②适宜地；合适地；得体地；恰当地

You're too thin. You're not eating properly... 你太瘦了。你的饮食不合理。

They will be concerned to do the right thing — to dress properly, for instance. 他们需要注意行为是否恰当——比如说，穿着得体。

1. term n.怀孕期;足月;临产The term of a woman's pregnancy is the nine month period that it lasts. Term is also used to refer to the end of the nine month period.
2. To bring something about 导致；引起

{The only way they can bring about political change} is by putting pressure on the country. 要使该国进行政治变革，唯一的办法就是向其施压。

1. rule out ①用直线划掉；宣布…不可能，排除…的可能性。②阻止…发生;使…成为不可能

Local detectives have ruled out foul play. 当地的侦探已经排除了他杀的可能性。

1. puberty [ˈpju:bəti] n.青春期；发育期
2. makeover n.①(通常指通过专业人士作出的)外表的改观，美容，改头换面。②重大改造；革新

*The biggest makeover* has been in TV drama. 最大的变革发生在电视剧行业。

1. 睡眠不足影响疫苗反应

You've probably noticed you're more likely to catch a cold if you pull a lot of all-nighters通宵熬夜. But *lack of sleep* can also compromise使陷入危险 your *immune免疫的 system's response* to vaccines疫苗. And in some cases, make the shots注射 useless. *So says a study* in the journal Sleep.Researchers gave *125 healthy, middle-aged men and women* the Hepatitis肝炎 B vaccine疫苗——*a three-part vaccine* given at one, two and six months. And *during that time*, volunteers tracked their sleep habits.

Six months after the final booster助推器, researchers took blood samples to see if the patients had rallied召集 sufficient numbers of antibodies抗体 against Hep-B乙肝疫苗. Eighteen patients had not—the vaccine疫苗 had failed. Turns out结果发现 the vaccine was almost 12 times倍 as likely to fail in volunteers (who regularly slept fewer than six hours a night) compared to与…相比 those (who snoozed小睡 more than seven).

Makes sense是合情合理的, because *previous studies* have shown that sleep deprivation(n.)剥夺 cuts numbers of B and T cells—which coordinate使协调 *the immune system's attack* on bad guys. So remember, vaccines疫苗 aren't magic. You still need a good night's sleep to give 'em有效的微生物群 a fair shot一个公平的机会.

你可能会意识到这种情况：如果你经常熬夜的话，会更容易患上感冒。睡眠不足会损害免疫系统对疫苗的反应。而且在某些情况下，使打针失去应有的效果。上述研究发表在《睡眠》期刊。

研究人员让125名中年男女注射了乙肝疫苗，这种疫苗全程共接种3针，按照1，2，6个月程序。在此期间，让志愿者们记录自己的睡眠习惯。

打完最后一针疫苗的六个月后，研究人员采集血液样本，看病人是否有足够数量的抗体来对抗乙肝。18名病人没有足够数量的抗体，免疫失败。事实证明，与那些酣睡7个多小时的病人相比，睡眠时间长期少于6小时的病人免疫失败的概率，是前者的12倍。

这在情理之中，因为之前的研究证明，睡眠不足会减少B细胞和T细胞的数量，而这些细胞与免疫系统合作共同抵御疾病入侵。因此记住，疫苗不是万能的。你仍然需要高质量的睡眠，好给疫苗一次公平的机会。

1. pull an all-nighter 通宵熬夜
2. compromise [ˈkɒm-prə-maɪz] n.折中;妥协;让步

→(v.)you compromise with someone, 妥协;作出让步

'Nine,' said I. 'Nine thirty,' tried he. We compromised on 9.15... “9点。”我说。“9点半。”他试着说。于是我们各让一步，定在了9点一刻。

→someone compromises themselves or compromises their beliefs, 使(自己)声誉受损;违背(信念) ；(尤指因行为不很明智)使陷入危险

He would rather shoot himself than compromise his principles. 他宁愿一枪打死自己也不愿违背自己的原则。

1. vaccine [ˈvæk-si:n] n. adj. 疫苗，痘苗
2. Hepatitis [ˌhepə-ˈtaɪ-tɪs] n. 肝炎
3. rally [ˈræli] v. ①召集，集合。②振作；恢复

→people rally to something or when something rallies them, v.一致支持；团结起来

His supporters have rallied to his defence... 他的拥护者团结起来为他辩护。

He rallied enough to thank his doctors... 他身体好得差不多了，于是去感谢他的医生。

1. Make sense ①有道理；有意义；讲得通。②是明智的, 是合情合理的。③表述清楚；易于理解；道理明显

This sentence doesn't make any sense. 这个句子没有意义。

It would make sense to leave early. 还是早点走好。

Can you make sense out of what this book says? 你能理解这本书的内容吗?

1. em有效的微生物群 (Effective Microorganisms)；
2. a fair shot 一个公平的机会
3. 彩色标签帮助消费者选择健康食物

You might not know how many calories were in that sandwich夹心面包片. But if you got lunch at the Massachusetts马萨诸塞州 General Hospital cafeteria自助餐厅, you could tell [with one glance] whether you'd made a healthful choice: offerings are color-coded用不同色彩作标记或分类.

*Simply posting calories* does not always get consumers to make healthier choices. So researchers tried something different.

Mass General's cafeteria food and beverage饮料 options可选择的事物 were classified分类 as least最少量, somewhat稍微有些 or most healthful [with red, yellow or green labels]. Green is healthiest. Researchers then tracked some 4,600 employees.

[About six months after] the changes were made, the purchases of *"red" label food* decreased by more than 15 percent, and "red" beverages dropped by 39 percent. "Green" food and drink purchases increased, according to the study in the American Journal of Preventive预防的 Medicine.

{Making *healthy food choices* easier} could especially help the poor， the undereducated受教育不足的, the very populations (most affected by the obesity肥胖 epidemic(n.)盛行泛滥). *Mass麻省 General总部的 employees* from those groups made the biggest improvements.

也许你并不知道那个三明治里含有多少卡路里。但如果你去马萨诸塞州总医院的自助餐厅吃午饭，你一眼就能辨别自己的选择对不对：供应的食物均标有彩色编码图。

仅仅只贴上卡路里含量的标签，并不能保证让消费者选择更健康的食物。因此研究者尝试了与众不同的做法。

麻省总医院自助餐厅，对供应的食物和饮料做了最细的分类，比如说，根据食品的健康程度分别贴上红色，黄色或者绿色的标签。绿色代表的食物最健康。然后研究者追踪了大约4600名雇员。

发表在《美国预防医学期刊》上的一项研究表明，做出改变后的第六个月，贴有红色标签的食物销量减少了15%，“红色”的饮料销量减少了39%。“绿色”食物和饮料的购买量增加了。

让人们更容易得选择健康食物，尤其会帮助穷人，未受教育者，以及受肥胖症影响最严重的人群。麻省总医院的这群员工做出了最大的改进。

1. 望远镜观测系外行星和天体物理学现象

At two high-altitude海拔高度 sites, in two countries, two very different telescope projects have come online to scan the skies.

At Palomar山名 Observatory天文观测站 in San Diego County, a new instrument on the Hale Telescope is looking for exoplanets太阳系外行星. Called Project 1640, it’s designed to blot out遮蔽 the infrared红外线的 light of a star, without blocking the light from anything else. That allows astronomers天文学家 to directly observe观察 exoplanets, even though the star is thousands or even millions of times brighter.

Most known exoplanets have been discovered by indirect间接的 means, but planetary与行星有关的 scientists believe they can learn a lot more from direct observation.

Over在…的上空 in Namibia纳米比亚, meanwhile, a new telescope called HESS II is seeking out higher-energy photons光子. The 28-meter telescope is designed to identify识别 very high energy gamma rays. And gamma rays, the most energetic 精力充沛的 kind of electromagnetic电磁的 radiation辐射, already pack打包 a pretty good wallop(n.)冲击力.

The gamma rays HESS (sees) are mostly by-products副产品 of extremely violent astrophysical天体物理学的 events such as supernovae超新星 and flaring闪耀的 black holes.

HESS and Project 1640 differ相异 in method and motive. But for astronomers (studying exoplanets or extreme astrophysics), the new projects represent代理象征着 two more eyes on the sky.

为了观测天空，分别在两个国家的高海拔地区，建立了截然不同的望远镜项目。

海耳望远镜坐落在圣迭戈乡村的帕洛玛天文台上，它上面最新安装的仪器，正在寻找系外行星。这个项目就是“1640”计划，旨在遮挡来自恒星的红外线，同时并不阻断从其他物体发出的光线。这就使天文学家能够直接观测系外行星，尽管恒星比行星要亮一千倍甚至上百万倍。

众所周知，系外行星是通过间接方式发现的，但是行星科学家们相信，通过直接观测会了解到更多。

与此同时，在纳米比亚上空，一个叫做“HESS II”的新式望远镜正在寻找高能光子。这架高28米的望远镜被设计用来辨别高能的伽马射线。伽马射线是一种极其活跃的电磁辐射，它聚合的冲击力相当强。

HESS观测到的伽马射线大多数是极端猛烈的天体物理现象的副产品，比如说超新星的爆炸，以及燃烧的黑洞。

HESS和“1640”计划的不同之处在于观测方法和动机。但对于正在研究系外行星和极端天文物理现象的天文学家来说，这两个项目代表着两只监视天空的眼睛。

1. altitude[ˈæltɪ-tju:d] n. 高度，海拔高度
2. high altitude高空
3. planetary [ˈplænə-tri] adj.行星的；与行星有关的
4. photon [ˈfəʊ-tɒn] n. 光子，光量子
5. wallop [ˈwɒ-ləp] n.重击;狠揍；冲击力
6. flare [fleə(r)] n.闪光信号灯;照明弹。v. ①(火)突然烧旺，突然熊熊燃烧。②(麻烦、暴乱、冲突等)加剧，升级，愈演愈烈。③发怒;发火

Even as the President appealed for calm, trouble flared in several American cities. 尽管总统呼吁保持冷静，美国一些城市的骚乱仍有所升级。

→a disease or injury flares up, (疾病、伤势)突然复发，突然恶化

1. 分享时间 让自己拥有更多时间

Meetings, calls, kids, dogs, errands(n.)跑腿, exercise—and all those emails! Who doesn't feel starved使迫切需要 for time these days?

But a new study suggests that you can feel like you have more time—by donating捐献 some to others. The research is in the journal Psychological Science.

There really are only 24 hours in a day—*seven or eight* of which are (ideally) spent sleeping. And *a time commitment*承诺 does take time. But researchers found that if people felt like they had done something for others, their perception(n.)感知 was that they had gotten more done than people who killed time, spent time on themselves or got unexpected未预料到的 free time. And that made them feel like they had more time overall.

You don't even have to spend your whole Sunday volunteering自愿去做. *The helping tasks* in the study took only about 5 to 15 minutes. They included things like editing a student's essay随笔 or writing a note便条 to a sick生病的 child.

Time donators捐赠者 also felt like they could do more with their time, making them even more willing乐意的 to give time in the future.

会议，电话，孩子，宠物，运动——还有所有的邮件！这些天谁不觉得时间在飞逝？

然而一项新研究发现，通过将自己的时间奉献给别人，你就能感觉时间延长了。这项研究来自《心理科学》期刊。

一天确实有24小时，理想状态下，用于睡觉的时间7到8小时。信守时间确实花费时间。但是研究人员发现，如果人们在为他人做事，直觉让他们觉得相比那些浪费时间、将时间花在自己身上、或是有意外闲散时光的人，自己做得事情更多。这让他们感觉时间延长了。

你不必花一个下午特意去做志愿者。研究表明只需花5到15分钟帮助别人就足够了，能做的事情很多，包括帮学生修改作文，或者帮生病的小孩写请假条。

奉献时间也会使人感觉能利用有限的时间做更多事情，鼓励他们日后更多的分享时间。

1. errand [ˈe-rənd] n.(短程的)差事;跑腿

→(v.)you run an errand for someone, 为…跑腿；为…办事

1. starve [stɑ:v] v.挨饿;饿死。

→a person or thing is starved of something that they need, 使极其缺乏;使迫切需要

The most damaging thing (the West could do) is to starve Russia of new foreign capital. 西方能够祭出的最阴险一招就是不让俄罗斯得到新的外资。

1. donate [dəʊ-ˈneɪt] v. n.

you donate something to a charity or other organization, v.捐赠;赠送

1. perception [pəˈsepʃn] n.①理解；看法；认识。②洞察力；认识能力；悟性

perception作“认识,观念,看法”解时,可接that从句。

...*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. You don't even have to spend your whole Sunday volunteering自愿去做.

spend的宾语后常可接以介词in〔on,for〕引导的短语表示“把…花在…上”,介词宾语可以是「名词」,也可以是「动名词」。以「动名词」作宾语时介词in常可省略,尤其在口语中。

1. 北极光也能制造声音

Interesting sound. I would have guessed a Wild West performer演奏者 was practicing实行 with a bullwhip粗而长的鞭 while also并且 vacuuming用真空吸尘器打扫. But no. That sound is apparently显然地 produced by the aurora朝霞 borealis北方的, the northern lights北极光.

[Since 2000] *researchers* at Finland's芬兰 Aalto University have been collecting audio as part of what's called the Auroral极光的 Acoustics声学 project. Folk tales民间故事 have long held that长期以来一直认为 the lights also produce odd sounds, but the claims声称 were hard to prove. And some researchers thought that any noises (produced by the energetic充满活力的 particles微粒 that cause the light show) would be far too high in the sky 结果状to be heard on the ground.

But the latest results indicate表明 that *at least*至少 some sounds are produced very close to the ground. A setup of three ground-based microphones allowed researchers to estimate that the sounds occur发生 perhaps just 70 meters up. The results成果 were just presented展示 at *the International Congress代表大会* on Sound and Vibration震动 in Vilnius立陶宛共和国首都, Lithuania立陶宛.

More information about the sounds of the northern lights could lead to a more complete understanding of the phenomenon. So if you see an aurora, keep your ears耳 open.

听到这有趣的声音，我会联想到一个狂野的西部表演家，正一边挥舞着牛鞭，一边开着吸尘器。但是，我错了。很明显那声音是由北极光发出的。

自2000年，芬兰阿尔托大学的研究人员就开始收集光的声音，把这当作极光升学计划的一部分。很久以前，民间故事就坚信光能发出奇怪的声音，但却很难得到证实。另外，一些研究人员认为，形成北极光的高能粒子离地面太远，它们发出的声音因而无法被听到。

但最新的结果表明，至少有些声音在离地很近的地方产生。研究者凭借一套由三个放在陆面的麦克风组成的设备，估算出那些声响，发生在离地大约70米的高空。不久前在立陶宛首都维尔纽斯举办的国际声音和振动大会上，研究人员介绍了这项研究成果。

如有更多关于北极光声音的信息，人们便能全面地了解这种现象。所以，如果你看到极光，记得竖起耳朵倾听。

1. practicing ['præk-tɪ-sɪŋ] adj. 开业的，在工作的
2. bullwhip ['bʊl-wɪp] n.长而重的鞭子
3. vacuum [ˈvæ-kjuəm] n.①空位;空缺;空白。②真空。v.用真空吸尘器打扫

→something is done in a vacuum, 在封闭状态中;与外界隔绝

1. also adv.而且;还;此外

She has a reputation for brilliance. Also, she is gorgeous. 她以才华出众而闻名。此外，她还非常漂亮。

1. aurora [ɔ:-'rɔ:-rə] n. 晨曦；曙光；朝霞；北极光； 欧若拉
2. boreal ['bɔ:ri:l] adj. 北的；北方的；北方地区的；北风的
3. Auroral [ɔ:-'rɔ:-rəl] adj. 曙光的，极光的，玫瑰色的
4. Acoustics [əˈku:s-tɪks] adj.①(吉他等乐器)原声的，自然声的，不用电传音的。②声音的;听觉的。n.①(空间的)传声效果，音响效果。②声学。

...acoustic signals. 声音信号

1. folk tale 民间故事
2. have long held that 长期以来一直认为
3. Lithu-ania [ˌlɪ-θjʊ-'eɪ-nɪə] n. 立陶宛