1. 丝蛋白帮助疫苗抵抗高温

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

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

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

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

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

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

所以塔夫斯大学的丝绸专家们想出一个可能的解决办法：用丝蛋白包住疫苗。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. at best 至多， 充其量；顶多

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

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

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

→举出…作为批评(或赞扬)的对象

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

→维持;保持良好

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

→(论点、理论等)经受得住检验

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

1. 简单的抉择花时更长?

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

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

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

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

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

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

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

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

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

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

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

...magnifying lenses. 放大镜

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. 温度影响人的口味

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

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

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

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

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

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

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

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

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

raw materials原材料

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

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

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

1. come through v.

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

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

→a feeling or message comes through, 显现;显露

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

→(尤指在履行完某些程序后)到来

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

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

→实现(承诺);成功地完成;成功提供

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

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

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

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

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

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

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

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

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

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

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

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

1. 说出自己的观点就是赚钱

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

A caretaker government or leader

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

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

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

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

1. mixed adj. (感情)矛盾的，复杂的，交错的

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

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

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

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

I'm a bit chilly. 我有点冷。

1. 视觉提示与蔬菜摄取

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

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

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

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

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

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

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

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

1. fall short of v. 不足;缺乏;达不到;不符合

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

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

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

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

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

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

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

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

→.... times＋as＋形容词(或much)或副词原级＋as...

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

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

→times＋形容词(副词)比较级＋than...

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

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

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

→.... times＋over＋被比对象：表示“增加……倍”。

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

→... times＋thatof＋被比对象“是……倍”。

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

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

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

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

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

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

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

1. "随你付"让顾客望而却步

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

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

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

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

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

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

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

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

1. name v.提出，说出，指出(价格、时间、地点等)

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

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

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

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

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

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

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

1. 狗狗希望和你享用同样的食物

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

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

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

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

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

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

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

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

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

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

1. go for v.①选择；挑选。②非常喜欢；倾心于

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

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

1. likewise adv. 同样地；照样地，也，而且

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

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

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

...skimpy underwear... 太过暴露的内衣

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

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

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

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

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

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

1. 投票地点影响投票给谁

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

...a bias-cut dress. 斜裁裙装

1. 婚姻市场 女性仍然最想嫁给有钱的男人

The marriage market

Got to必须 have a J.O.B.

Women still most want to marry men with money

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

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

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

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

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

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

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

必须要有一份工作

女性仍然最想嫁给有钱的男人

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

可用的健壮人力数量没有军官预计的那么多。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. whereas [ˌweərˈæz] (表示对比)但是，然而

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

1. two people tie the knot, 结合；结婚

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

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

→you get hitched, 结婚

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

Let me alone! 别管我!

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

1. cite [saɪt] v.(尤指作为例证)引用，援引，提及

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

1. sort v. ①把…分类;整理。②解决(问题);理清(细节)

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

1. 冰敷对付蚊虫叮咬最有效

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

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

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

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

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

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

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

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

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

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

1. dang adj. 倒霉，该死(婉辞，与 damn 同义)
2. wind up v①完成;停止。②关停，关闭(企业或其他组织) 。③最终沦落到；最终落得；(以…)告终。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

类固醇最重要的角色就是作为激素。类固醇药物具有极强的消炎及免疫抑制的作用。

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

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

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

1. scratching v. n.①划痕;擦痕。②划伤;划出痕迹

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

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

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

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

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

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

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

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

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

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

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

1. boon [bu:n] n. 恩惠；福利，给生活带来方便的事物

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

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

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

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

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

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

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

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

1. serve up 端上桌； 上菜；提供； 发送

Are you ready to serve up? 你们可以上菜了吗?

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

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

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

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

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

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

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

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

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

...oil-consuming countries... 石油消费国

It is very space-consuming. 这东西很占地方。

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

The memories consumed him. 他沉浸在回忆中。

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

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

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

1. 越喜欢锻炼的老板对员工越好

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

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

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

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

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

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

1. abusive adj.①虐待的;凌辱的。②侮辱性的；恶言谩骂的

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

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

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

1. something does the trick, 奏效;达到目的

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

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

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

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

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

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

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

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

Not a man was spared... 无人得以幸免。

1. feel like v.①摸起来像是…，有…的感觉；②想要…

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

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

His body was still sound. 他的身体仍然硬朗。

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

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

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

1. 音乐有助于数学学习

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

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

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

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

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

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

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

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

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

1. apiece [əˈpi:s] adv①每人。②每件；每个

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

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

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

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

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

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

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

1. master v.①掌握;精通。②控制;掌控

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

1. 小心,你会被视为持枪者

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

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

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

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

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

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

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

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

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

1. 想漂亮吗?吃水果和蔬菜吧!

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

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

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

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

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

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

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

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

1. heighten v.(使)(情感)增强;(使)加深

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

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

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

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

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

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

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

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

1. hold true v. 适用，有效

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

1. 权力使人伟岸

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

→启发;使产生灵感和热情

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

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

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

1. comment [ˈkɒ-ment] v. n. 评论;意见

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

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

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

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

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

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

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

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

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

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

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

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

1. 亚洲商业 征服世界

Asian business

A world to conquer征服占领

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

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

Arrested阻止 development

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Cereal谷物 killers

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

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

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

亚洲商业正在改革，其新兴的跨国公司将改变我们的生活

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

发展受阻

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

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

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

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

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

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

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

麦片杀手

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

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

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

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

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

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

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

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

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

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

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

→you punch the air, 挥舞拳头

→you punch holes in something, 戳，刺(洞)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. comprise [kəmˈpraɪz] v. 构成;组成

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

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

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

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

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

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

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

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

Let's wait a bit... 我们等一会儿吧。

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

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

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

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

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

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

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

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

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

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

1. one thing rivals another, (v.)能与…媲美;与…匹敌;与…不分高低
2. 人类节育措施戕害两栖动物

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

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

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

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

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

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

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

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

1. ingest [ɪnˈdʒest] v.摄取;吸收

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

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

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

1. interfere [ˌɪntəˈfɪə(r)] v.

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

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

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

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

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

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

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

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

...a seductive woman... 性感的女人

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. 药品广告副作用警示可以提高顾客购买欲

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

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

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

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

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

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

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

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

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

谁会想到，通过恶心、腹泻、腹胀等等副作用说明，就能提高你的购买欲呢？

1. come with 伴随…发生，与…一起供给

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

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

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

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

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

1. warn of 发出关于…的警告

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

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

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

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

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

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

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

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

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

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

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

在另一个实验中，参与者倾向于将变形的铝罐扔到垃圾桶里。

全球每年超过20亿吨的垃圾被丢弃。找出人们丢弃垃圾的原因能减少垃圾的丢弃。

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

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

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

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

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

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

1. cut up切碎；砍伤

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

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

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

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

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

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

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

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

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

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

→v.挤过;挤进;塞进

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

→n.拥挤

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

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

1. 富有激情的表演能增强音乐表现力

Passionate Appearance Enhances Musical Performance

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. 寻求刺激的人能吃下更辣的食物

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

→you kick up dust or dirt, v.扬起(灰尘或土)

1. pepper [ˈpe-pə(r)] n. 胡椒粉。v.

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

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

→something is peppered with things, 布满；充满

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

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

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

1. nearly adv.①几乎;差不多。②即将;就要

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

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

I was nearly asleep... 我差不多都睡着了。

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

→not nearly 远远不;根本不;远非

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

1. hit v.达到(某一高点或低点)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. 开普勒望远镜行将退役

Kepler Exoplanet外星球 Hunter Limps跛行 Into Sunset黄昏

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. inspire v.

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

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

→启发;使产生灵感和热情

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

→激起，唤起(某种感情或反应)

1. 打上分量大小标签会影响人们的进食量

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

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

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

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

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

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

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

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

所以，要是一种打份饮料叫“两个你胃大”的话，或许我们就三思而后饮了。

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

She quickly gulped her tea. 她将茶一饮而尽。

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

1. determine [dɪˈtɜ:mɪn]v.是…的决定因素

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

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

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

Huawei

Seeking its own path

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

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

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

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

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

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

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

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

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

华为 走自己的路

一个不愿上市的中国电信企业

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. thumb [θʌm] n. 拇指

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

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

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

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

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

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

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

→something is at stake, 处于危险境地;处于成败关头

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

→you stake a claim, 提出权利要求;主张权利

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

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

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

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

1. As long as ①只要, 如果。②既然, 由于

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

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

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

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

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

1. 昆虫不排队，更喜欢乱成一团

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

[Mosquito buzzing发出嗡嗡声 sound]

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

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

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

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

昆虫不排队，更喜欢乱成一团

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

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

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

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

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

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

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

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

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

→A swarm of people n. (快速移动的)人群

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

1. flit [flɪt] v. 飞过;掠过;闪过

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

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

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

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

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

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

1. apart adv.(在空间上)相隔，相距

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

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

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

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

1. 大型动物灭亡贫瘠了土壤

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. suspiciously [səˈs-pɪʃə-sli] adv.

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

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

→奇怪地;出乎意料地

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

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

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

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

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

Video Job Interview May Weaken削弱 Your Chances

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

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

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

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

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

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

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

结果是，通过视频面试的应聘者更不讨喜，入职几率很低。

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. land v. (使)着陆；(使)登陆；抵达。

→you land in an unpleasant situation / or place or if something lands you in it,(使)落入；(使)陷于

This is not the first time his exploits have landed him in trouble. 这已经不是他第一次因自己的冒险行为而惹上麻烦了。

→someone or something lands you with a difficult situation, 使遭遇(困境)

The other options simply complicate the situation / and could land him with more expense. 其他办法只会使情况复杂化，而且可能给他带来更大花销。

→you land something that is difficult to get and that many people want, 搞到；弄到；捞到

He landed a place on the graduate training scheme... 他在毕业生培训计划中赢得了一个位置。

1. 发烧能抑制病毒复制

I've always thought that when I get a fever发烧, it's my body trying to make things uncomfortable for the invading侵略 pathogen病原体. And that's often true—higher temperatures can inhibit抑制 the bad guys' ability to replicate. But my fever may actually be a one-two-punch两拳急速连续出击. In addition to除…之外 slowing down使慢下来 the invader入侵者, the heat helps the immune免疫的 system recruit招募 more troops部队 for a counter-attack反攻. That finding appears in the Journal of Leukocyte白细胞 Biology. [Thomas A. Mace et al, Differentiation of CD8+ T cells into effector cells is enhanced by physiological range hyperthermia]

Researchers warmed up使加热 one group of mice to *body temperatures* of about 103 degrees Fahrenheit华氏温度. They left *another group* at normal core temperature—about the same as ours. Then they injected给…注射 *both groups of mice* with an antigen抗原, a substance物质 that attracts吸引引起 the attention注意 of *the immune system*.

*Blood samples* (taken three days later) revealed that *the feverish发烧的 mice* had nearly twice as many killer T-cells: the kind of *immune免疫的 cells* (that can hunt down追捕到 ①*infected受感染的 cells* or ②*tumor肿瘤 cells*, and slaughter屠杀 them).

So when you're sick / and you get the chills着凉, the authors say, your body may be trying to tell you to hop跳上(下) under some blankets毛毯. Lie down躺下, warm up / and send a message. The heat is on.

我很早就知道，发烧的时候，其实是我的身体正在对入侵的病原体做出抵抗。这是事实——高温可以抑制坏病菌复制的能力。但发烧更是一个组合打击。除了减缓病原体的入侵，高温可以帮助免疫系统召集更多的部队做出抵抗。这一研究发表在《白细胞生物学杂志》

研究人员将一组老鼠的体温升高到103华氏度，另外一组保持正常体温——大约是人体温度。然后向这两组老鼠的体内注射抗原——一种会引起免疫系统反应的物质。

三天后，这两组老鼠的血样表明，体温较高老鼠组体内的杀伤性T细胞，是正常组的2倍，这种免疫细胞可以追踪感染细胞或癌细胞，并将其消灭。

所以，当你生病或感到寒冷时，表示你的身体正直向你传达信息——裹条毯子。躺在床上吧，热起来，身体自会做出反应。热度来袭啊。

1. one-two punch 两拳急速连续出击 (先出左刺拳后立即用右拳猛击对方)
2. antigen [ˈæntɪ-dʒən] n.抗原。任何可诱发免疫反应的物质，称为抗原(缩写Ag)。
3. hunt down v.追捕到，穷追直至找到(罪犯、敌人等)
4. slaughter [ˈslɔ:tə(r)] v.①杀戮;屠杀;残杀;滥杀。②屠宰，宰杀(动物)
5. hop v.跳上(或下)；快速移动

I hopped out of bed quickly. 我迅速跳下床。

*My wife and I* were the first to arrive and hopped on board... 我和妻子是最早赶到登船的。

1. heat v.把…加热;使升温。n. ①温度;热度。②强烈的感情;(尤指)愤怒，激动

It was all done in the heat of the moment / and I have certainly learned by my mistake... 所有的一切都是在一怒之下干的，我无疑已经从自己的错误中吸取了教训。

→*The heat* of a particular activity(某活动)最激烈的时刻

Last week, in *the heat* of the election campaign, the Prime Minister left for America. 上周，当竞选活动进行到白热化时，首相启程去了美国。

→a female animal is on heat in British English, or in heat in American English, (雌性动物)正在发情(美国英语中作 in heat)

1. 你的高尔夫球杆有没有沾到高手"仙气"

It takes lots of practice to shave削减 strokes一挥 off your golf score. Or you can just really believe in your putter球棒杆. Because a new study finds that people putted better when told that their putter had been used by a pro职业的 golfer高尔夫球手.

The finding illustrates举例说明 what’s called positive积极的 contagion(n.)传染: the belief (that *beneficial有益的 properties财产所有物* can be transferred to转移到 an object). The research is in the journal Public Library of Science ONE. [Charles Lee et al., "Putting [Like a Pro]: The Role of *Positive Contagion* [in Golf Performance and Perception感知]"]

Forty-one college students (with golf experience) were divided into two groups. One group heard that *the putter* (they would use) had been owned by golf pro Ben Curtis. The others got the same putter, but without the story.

Before putting轻击球, everyone also was asked to draw a circle (the size of the hole). The subjects (who thought their putter was touched by greatness伟大) drew the hole bigger. All participants then took ten putts(n.)高尔夫球的轻击. And the ones (who thought they had Curtis’s stick棍棒) sank击球入洞 an average of *one and a half more putts* than did those (with no such beliefs). Of course, it’s possible that they golfed打高尔夫球 better because they had such a good lie谎言.

要打出漂亮的高尔夫球少不了勤加练习，除非你绝对信任你的推杆。一项新研究发现，业余者如果听说他们的推杆是职业高尔夫手挥过的，就会击出更好的球。

难道说好运还能传染？确实有研究表明，物体能从人身上“吸引”一些好的特质传给其他人。这项研究发表在《公共科学图书馆•综合》杂志上(题为“感觉像专业高尔夫球手一样打球：”积极感染“在打高尔夫球的成绩和感觉中的作用”，作者为查尔斯.李等 )。

该研究把41名有打高尔夫球经验的大学生分为两组，第一组被告知他们将要用的推杆是一流高尔夫球手柯蒂斯用过的，第二组用的推杆其实和第一组的一样，只是他们以为自己用的是普通的推杆挥杆之前。

两组选手都被要求画一个和球洞一样的圆圈，以为自己握了高手球杆的选手画的圈圈更大。随后每组选手都推了10杆球，那些认为沾到柯蒂斯“仙气”的选手，平均多推1.5个球入穴(心理作用)。所以说积极的自欺欺人或许能带来好成绩。(译者注：高尔夫球中，击一次球计一杆，英文叫“stroke”，而“putt”是用推杆推球使球进洞，"sink more putts"就意味着推更多的球入穴。)

1. shave v.剃须;刮脸

→you shave off part of a piece of wood or other material, 刨掉;刨去;切掉;削掉

I set the log on the ground and shaved off the bark... 我将原木放到了地上，刨掉了树皮。

→you shave a small amount off something such as a record, cost, or price, (少量地)削减，缩减;使(略)有下降

Supermarket chains have shaved prices. 超市连锁店已经稍稍降价。

She's already shaved four seconds off the national record for the mile... 她已经将一英里赛跑的国家纪录缩短了 4 秒。

→a close shave 幸免于难;侥幸脱险

I can't quite believe the close shaves I've had just recently. 我真是无法相信，就在最近自己侥幸逃过了几场大难。

1. stroke n.击球(动作);一击;一抽
2. putter n.轻击(球)棒。v. 慢条斯理地工作；悠然自得地做(putter around)

I started puttering around outside, not knowing what I was doing... 我开始在外面闲荡，不知道自己在做什么。

She liked to putter in the kitchen. 她喜欢在厨房里磨洋工。

1. sink v. ①(使)下沉;(使)沉没。②坐下;跪下。③(心情)变得沉重;(情绪)变低落。④(高尔夫球)击(球)入洞;(斯诺克)击(球)入袋

→something sinks to a lower level or standard, 下降;减少;下跌

→To sink into an unpleasant or undesirable mood, situation, or state 逐渐陷入(某种令人不快的心情、状态或处境)

→you sink money into a business or project,把(资金)投入(企业或项目)

→someone sinks a number of alcoholic drinks, 猛喝，灌(酒)

→someone sinks a well, mine, or other large hole, 挖，掘(井、矿井、深洞等)

1. 食物的热量与其加工制作方式有关

Food is the body’s fuel燃料. Now a study finds that *the amount of energy* in that fuel can depend not just on its calorie content—but on how it’s prepared预备饭菜. And the research, published in the Proceedings of the National Academy of Sciences, could explain *an ancient leap*飞跃 in human evolution. [Rachel N. Carmody, Gil S. Weintraub and Richard W. Wrangham, "Energetic力旺盛的 consequences后果影响 of thermal由热引起的 and nonthermal非热能的 food processing"]

Food’s *energy value*能量值 is usually measured before consumption吃喝消费. But Harvard scientists fed two groups of mice either meat or *sweet potatoes*山芋 / and prepared the items differently: either whole or pounded捣碎, raw未加工的 or cooked——to create a variety of diets. The researchers then measured the mice. They found that *pounded meat and potatoes* caused more weight gain than raw food. And that cooking increased weight the most.

The extra calories (cooking makes) available可获得的 may have allowed the survival of humans with larger bodies and more complex brains, starting almost two million years ago. Those physical changes required more energy, and {exposing使暴露于 food to fire} may have provided that boost助推器.

Of course, a legacy遗赠 of evolution is that *modern humans* often gain too much weight. Which might be called *a raw deal*不公平待遇.

食物是身体的燃料供应者。现在有研究发现，食物中能量的多少，不仅仅由食物本身的卡路里含量决定，还由食物的加工方式决定。这项发表在美国国家科学院院刊上的研究结果，还进一步说明了人类演化历史中的一次远古的飞跃。(蕾切尔卡莫尼，吉尔温特劳布和理查德沃尔汉姆提到，“食品热加工和非热加工，产生的能量不同。”)

通常食物能量值的计算以消耗前为准。但哈佛科学家为了创造使膳食多样化，分别给两组老鼠喂食没切碎的肉和土豆，及捣碎的肉和土豆。研究发现，吃了捣碎的肉和土豆的老鼠体重增长较快。而且吃烹煮过的食物体重增长的最快。

食物在烹煮过程中所产生的额外热量，可能是200万年前至今人的体格变的更强壮、头脑变的更发达，从而生存下来的原因。那些物理变化需要更多的能量，所以食物热加工，可能是这些变化的助推器。

当然，人类演化遗传至今，现代人体重往往超标，这可能会被称为不公平待遇。

1. thermal [ˈθɜ:ml] adj. ①热的;由热引起的;温度变化引起的。②(小溪、浴水)天然温热的。(Thermal streams or baths)③(衣服)保暖的，御寒的。n.上升热气流

...thermal power stations. 热电厂

*My feet* were like *blocks of ice* despite the thermal socks... 虽然穿了保暖袜子，我的双脚还是像冰块一样。

1. you are getting a raw deal, 不公平待遇
2. 蛋白质可以降低早晨的紫外线伤害

Levels of a *DNA repair protein* (DNA修复蛋白)naturally自然地 rise in the morning and fall later in the day, which may make exposure(n.)暴露 (to UV) safest early.

The early bird gets the worm蠕虫——and may avoid *skin cancer*. Because a new mouse study suggests that, for humans, tanning使皮肤晒黑 in the mornings may be less likely to permanently永久地 damage DNA and cause skin cancer.

A mouse’s levels of the DNA-repairing *protein蛋白质 XPA* are different from ours—they peak达到最大值 in the morning and bottom out降至最低点 in the evening. Researchers exposed mice to UV radiation放射物 when their XPA was at its minimum level, around 4 a.m., and others to the same rays around 4 p.m., when XPA levels peaked达到高峰，尖的.[qh]

Mice who tanned while low on *the repair protein*蛋白质 developed *skin cancer* faster and five times more frequently than their evening-tanning counterparts配对物. The study is in the Proceedings of the National Academy of Sciences. [Shobhan Gaddameedhi et al, Control of skin cancer by the circadian昼夜节律 rhythm节奏]

Unlike mice, humans are not nocturnal夜行性的, so their XPA levels rise and fall at different times. In people, XPA is at prime全盛时期 DNA-repairing levels in the morning, which thus looks *the safest time* for UV exposure. So if you want to avoid *skin cance*r, probably go to the tanning salon美容院 [early]—or better yet, don’t go at all.

人体内的DNA修复蛋白含量一般在早上升高，晚上会下降，所以，如果早上暴露在紫外线下的话，更安全些。

早起的鸟儿有虫吃，当然也能避免皮肤癌。因为，一项旨在人类健康的动物试验研究显示，晒早上的阳光也许不太容易损害你的DNA从而引发可怕的皮肤癌。

人类的DNA修复蛋白XPA含量变化与老鼠的不同，一般在早晨达到峰顶，而晚上则降低到谷底。研究人员进行了相关实验如下：实验组1—在早上4点左右小鼠的XPA含量最低时，进行UV辐照；而实验组2---在晚上4点也就是小鼠的XPA含量最高时进行，然后对比两组的结果。

结果显示，XPA含量低的实验组动物在照射下，更快的患上皮肤癌，并且比含量高时进行的实验组得病的速度快5倍。 研究已经发表在《国家科学研究进展》杂志上。

不像鼠类那样只在夜间活动，所以人类的XPA含量在不同的时间会有上下起伏的波动。人类的XPA蛋白在早上会达到修复DNA能力的最高含量，因此，在此时如果受到紫外线的照射，也许最安全。因此如果你想避免患皮肤癌的话，或许去晒健康肤色也要赶早一些比较好------或者更安全的做法就是，根本不去晒~

circadian [sɜ:ˈkeɪ-diən] adj. <生理>昼夜节奏的，生理节奏的

1. 鸟儿给我们的教训是"凝血易, 代价高"

They say *what doesn’t kill you* makes you stronger. But sometimes *what makes you stronger* can kill you, at least when it comes to blood clotting血液凝结成块. Because the stickiness黏性 (that allow platelets血小板 to heal愈合 your wounds) also raises your risk of heart attack.

All mammals use platelets to help prevent *blood loss*失血 after traumatic(adj.)外伤的损伤的 injury. But birds don’t have them, nor do reptiles爬行动物 or fish. Instead, these critters动物 have blood cells called thrombocytes凝血细胞, which are about twice the size of platelets血小板.

But is bigger 表necessarily必然地 better [when it comes to clotting血液凝结成块]? Scientists took thrombocytes凝血细胞 from parakeets长尾小鹦鹉 and put them to the test. The work appears in the journal Blood. [Alec A. Schmaier et al., "Occlusive闭塞咬合的 thrombi血栓 arise in mammals but not birds in response to对…做出反应 arterial动脉的 injury: evolutionary(adj.)进化发展的 insight(n.)洞悉深入了解 into human cardiovascular心血管的 disease"]

They focused their attention on birds because *our feathered有羽毛的 friends* have a cardiovascular心血管的 system much like our own, in that blood exerts施加影响 pressure on walls of *blood vessels*血管.

The results: parakeet长尾小鹦鹉 thrombocytes凝血细胞 don’t stick黏附 together like platelets do. They also don’t block阻塞 *blood flow*血流量 in the birds’ arteries动脉 the same way that platelets do when they form clots凝块 in mice.

Which means that mice may be more likely to survive a bloodletting(n.)放血武力冲突-pecking啄食. But birds are far less likely to suffer from the *clot formation*(n.)血块形成 called *economy便宜的 class*飞机的经济舱 syndrome综合征—despite being frequent频繁的 fliers飞行员.

传言杀而不死，则至更强。但有时候，至少血栓，是杀得死你的哦。因为血小板的粘性虽然可以治愈你的伤口，但同时也增加了心脏病的发病几率。

所有哺乳动物在受到外伤时，都靠血小板止血。但是鸟类没有血小板，爬行动物和鱼类也没有。然而，这些生物有一种叫做thrombocytes的血细胞,是血小板的2倍大。

但是对于凝血来说，越大效果就一定更好吗？对此，科学家从长尾鹦鹉体内提取thrombocytes进行测试。此项研究发表于《血液》杂志。

科学家以鸟类作为研究对象的原因是，我们的长羽毛的朋友与我们的血管系统有相似之处：血液对血管内壁的施压方式相同。

研究结果：长尾鹦鹉的thrombocytes不会像血小板那样粘在一起，它们也不会像老鼠体内的血小板那样，在凝结时阻塞动脉内的血液流动。

结论是，老鼠不惧放血，而鸟亦无视经济舱综合征——尽管它们总是飞来飞去。

1. heal [hi:l] v.①痊愈;愈合;治愈。②(感情创伤)愈合;(情感)恢复常态。③(使)(裂痕、创伤)弥合;(使)和好

No doctor has ever healed a broken bone: he or she sets them... 从来没有哪个医生能治愈骨折，他们只是让骨头复位。

Today Sophie and her sister have healed the family rift and visit their family every weekend... 如今索菲和她的姐姐已经和家人和好，每个周末都回家探望他们。

1. traumatic [trɔ:ˈmætɪk] adj.造成创伤的;惊骇的;痛苦的(A traumatic experience is very shocking and upsetting, and may cause psychological damage. )

I suffered a nervous breakdown. It was a traumatic experience... 我曾经神经崩溃过。那是一次痛苦的经历。

1. thrombocyte ['θrɒm-bə-saɪt] (=plateler) n. 血小板，凝血细胞
2. necessarily adv.

→you say that something is not necessarily the case, 一定地;必要地

A higher fee does not necessarily mean a better course. 收费更高并不意味着课程就一定更好。

→Not necessarily 未必;不一定

'So we're trapped.' — 'Not necessarily.' “那么我们是被困住了。”——“未必。”

→you say that something necessarily happens or is the case, 不可避免地;必然地

Tourism is *an industry* that has *a necessarily close connection* with governments. 旅游业是与政府有着必然的密切联系的产业。

1. put to the test v. 使受试验

His courage was put to the test. 他的勇气受到考验.

Sooner or later, life will put the relationship to the test. 总有一天，生活会考验这种关系是否牢固。

Theories must be put to *the test* of practice. 理论必须通过实践来检验.

1. Occlusive thrombi [ɒ'klu:sɪv - 'θrɒmbaɪ] 闭塞性血栓
2. cardio-vascular [ˌkɑ:-diəʊ-ˈvæs-kjə-lə(r)] adj. 心血管的
3. feathered [ˈfeðəd] adj.带羽毛的;有羽饰的

→our feathered friends 鸟类;鸟雀

1. blood-letting [ˈblʌd-letɪŋ] n.①(尤指敌军之间的)武力冲突，流血事件，杀戮。②(新闻用语)内讧，同室操戈
2. formation [fɔ:ˈmeɪʃn] n. ①创建;设立;创造。②形成;养成;建立。③编队;列队

...*the formation* of a new government. 新政府的组建

My profession had an important influence in *the formation* of my character and temperament. 我的职业对我性格和脾气的形成有重要的影响。

1. economy adj.经济的;便宜的(*Economy services* such as travel)
2. syn-drome [ˈsɪn-drəʊm] n. 综合征
3. ECONOMY CLASS SYNDROME经济舱症候群：一般经济舱的座位非常狭小，很容易造成血栓，而引发呼吸困难，此现象称之为“经济舱症候群”。
4. 喜欢吃甜食的人往往更讨人喜欢

With Halloween万圣节前夕 around the corner在拐角处, parents are fretting烦恼发愁 over {what *all that candy*糖果 will do to their little goblins小妖精}. Well, it might just make them sweeter甜美可爱的. Because people (who prefer更喜欢 *sugary含糖的 snacks快餐*) actually 系seem 表to be more kind仁慈的. *So says a study* in the Journal of Personality and Social Psychology. (Brian Meier et al., "*Sweet taste*甜味 preferences(n.)偏好 and experiences predict预言 prosocial亲社会的 inferences(n.)推论, personalities个性, and behaviors")

We often describe personality个性 or behavior 方式状with taste-related terms术语. Think of有…想法 someone (who's bitter怨恨充满敌意的, or sour尖酸刻薄的 or maybe even a little picante激情似火). But do our tastes in food really reflect who we are?

Scientists looked for a link between a love of sweet things and the tendency倾向 to be generous慷慨大方的 or generally agreeable令人愉快的. College students answered a series of questions about their character性格特点—whether, for example, they're soft-hearted心肠软的 or enjoy insulting出言不逊无礼的 people. Then they rated their liking嗜好 for a variety of foods, from cake and ice cream to cranberries蔓越莓, sauerkraut德国泡菜 and salsa洋葱做的辣调味汁. And it turns out that kids with a sweet tooth see themselves as sweet.

And maybe they are. Those (that liked candy more than crackers薄脆饼干) were more likely to volunteer自告奋勇 around campus大学校园 or for additional额外的 studies. So if you're looking打算 to score a little milk of human kindness仁慈友好, try putting out a plate盘子 of cookies小甜饼.

万圣节将至，爸爸妈妈们开始发愁，不知道糖果究竟能给他们的小精灵们带来些啥。其实啊，这些糖果或许只有一个作用，就是会让他们变得更“甜”。《个性与社会心理学》杂志的一篇研究显示，喜欢甜食的人似乎会更加友善。

人们总喜欢用与“味道”相关的词语来描述一个的个性或者行为。比如“刻薄”，“尖酸”或者“小泼辣”。人们对味道的偏好真的能反映出个性吗？

科学家们在找寻“爱吃甜食”和“性格温和甜美”之间的联系。他们邀请了一些学生参加测试，他们首先要回答关于自己性格特征一些问题：比如，是否心肠软，是否喜欢辱骂他人。之后，要根据自己的喜好程度对一些食物进行打分，这些食物包括蛋糕，冰淇淋，越橘，泡菜和沙司。研究显示，那些喜欢甜食的孩子会把自己看成是“小甜心”

或许他们真的是吧。那些喜欢糖果胜过薄脆饼的孩子，更愿意参加校园周边的志愿活动、或者进行额外的研究。所以如果你想让自己不那么友善，就戒掉一盘甜饼干吧。

1. Halloween [ˌhæ-ləʊ-ˈi:n] n.万圣节前夕(10月31日晚，传说此时可见鬼巫。当晚儿童常化装成鬼巫尽情玩闹)
2. around the corner adv. 在拐角处。adj. 迫在眉睫的
3. fret [fret] v. 苦恼;烦恼;发愁

I was working all hours and constantly fretting about everyone else's problems... 我一刻不闲地工作，总是为别人的事操心。

1. goblin [ˈgɒ-blɪn] n.(童话中爱惹事的)小妖精，丑妖怪，哥布林
2. 系动词seem表示“感觉”时，可接“to be+ n./ adj.”、介词短语、to do不定式、-ing现在分词、-ed过去分词作表语。

→在接n.作表语时,如n.前有adj.修饰, to be可以省略,

She seems 表a sentimental多愁善感的 woman. 她像是一个多愁善感的女子。

如没有adj.修饰, to be则不可省略,

He certainly didn't seem 表to be a fool.他当然不像是个傻瓜。

在adj.作主语补足语时to be不可省略,其余情况下to be常省略。

→seem还可接「连词that」或「连词短语as if〔though〕引导的从句」作表语。

→seem接-ed分词,有时是系表结构,有时是被动结构,如:

She seems fascinated by the handsome young man.她好像被那个英俊的年轻人迷住了。

1. picante [pɪ'kɑnte] n. 激情似火(专辑名)
2. you have *a liking* for something or someone, n.喜爱；爱好；嗜好

→If something is, for example, too fast for your liking, you would prefer it to be slower. If it is not fast enough for your liking, you would prefer it to be faster. (不)合(某人的)意

He had become too powerful for their liking... 对他们来说，他现在的权力已经过大了。

She's asking far too many personal questions for my liking. 她问了我太多太多的个人问题。

→something is to your liking, 合(某人的)意；对(某人)的胃口

London was more to his liking than Rome... 伦敦比罗马更称他的心。

1. cranberry [ˈkræn-bəri] n. 蔓越橘；酸果蔓的果实
2. volunteer [ˌvɒlənˈtɪə(r)] n.志愿者;义工。v.主动提供(信息)

'They were both *great supporters* of Franco,' Ryle volunteered... “他们都是佛朗哥的忠实支持者，”赖尔主动说道。

→you volunteer to do something, v.自告奋勇;主动要求

He volunteered for the army in 1939... 1939年他志愿参军。

1. you are looking to do something, 打算；准备； 计划

...young mums looking to get fit after having kids. 生完孩子后打算瘦身的年轻妈妈们

→you look at a subject, problem, or situation, you think about it or study it, 考虑；研究

Anne Holker looks at *the pros and cons* of making changes to your property...

安妮·霍尔克负责权衡你房屋改造的利与弊。

→you look someone in the eye / or look them in the face, 直视

→someone looks the other way, 佯作不知；装作没看见

→someone looks you up and down, 上下端详；上下打量

1. 间谍这一行 隐者为赢

The spying trade行业

Success by stealth暗中行动

What *business executives*主管 can learn from intelligence情报机构 officers

Work Like a Spy: *Business Tips* From *a Former CIA Officer*. By J.C. Carleson.

Trading Secrets: Spies and Intelligence情报 in an Age 时代 of Terror恐怖主义. By Mark Huband.

SPIES are often wrongly presumed假定 to work in a shadowy阴暗的神秘莫测的 and exotic具有异国情调的 world. In fact they are more like *unusually crafty狡诈的 bureaucrats官僚主义者* than James Bond. Their skills would be quite handy(adj.)有用的 for business executives, according to J.C. Carleson, a former CIA officer. In “Work Like a Spy”, her gripping吸引抓牢 layman's外行 guide向导 to spycraft间谍行业, she shows how adopting采取 *an intelligence officer*'s mindset思维模式 can make managers more efficient and better at handling处理应付 people.

In her eight years undercover卧底, Ms Carleson ran agents特工 in hostile敌对的 countries, getting them to risk their lives to steal secrets for America. Targeting目标市场选择 and recruiting征募新兵 such people offers lessons in what might be called “strategic战略的 networking建立工作关系网”: gaining获得 information about customers and competitors. How do you make contact接触 without seeming pushy(adj.)有进取心的? What is the hook吊钩, and what are the incentives激励? It turns out that offering *consultancy咨询业务 fees* and *lavish过分慷慨的 entertainment* rarely works; appealing呼吁 to the ego自我 is far more effective.

尽管While steering clear of避开 real secrets, Ms Carleson gives *an accurate account*记述 of how *intelligence officers* operate. Her “strategic战略的 *elicitation诱出 exercise*”, in which she pushes readers to get random information from a stranger, is particularly well described.

In a trade in which deceit(n)欺诈 is a tool, {knowing when to be honest} is important. Ms Carleson describes the ideal理想的 CIA officer as a “Boy Scout童子军 with a secret dark side”.

Her terse简洁扼要的 remarks评论 on ethics伦理 sound convincing令人信服的, not preachy说教的. She explains, for example, why fiddling expenses(n.)花费 leads to instant立即的 dismissal(n.)解雇 in the CIA: if you cheat骗取 your country out of money, you may betray出卖 its secrets too. Readers (doing business in places where sleaze肮脏 is endemic流行的) will find these points instructive有教益的.

It is wise明智的 to work out想出 in advance *the red lines* you and your company will not cross越过—and make sure everyone (involved) knows what they are.

While Ms Carleson's book highlights强调 the skills of individual intelligence officers, *Mark Huband*'s人名 “Trading Secrets” gives a glimpse of what *spy agencies*代理机构 actually do and how they are evolving演化 to combat与…战斗 new 21st-century threats.

A former journalist新闻记者 who now runs a security安保 consultancy咨询公司, he argues that *undercover agents*卧底特工 are often most useful not when they are spying on a country's enemies, but when they are talking to them.

He gives new details about the role that *Britain's Secret Intelligence情报 Service* (SIS, commonly called MI6) played in opening channels渠道 of communication with the IRA爱尔兰共和军 in Northern Ireland, and with Colonel上校 Qaddafi's卡扎菲 regime政权 in Libya利比亚.

*Mr Huband* also deals with论述 fiascos(n.)惨败, such as *the political misuse*使用不当 of *the sketchy(adj.)信息不充分的 intelligence* available about *Saddam Hussein*'s weapons programmes.

Spies rarely provide solid answers, he says, but offer confusing令人困惑的 bits of *a jigsaw puzzle*智力拼图玩具 of unknown size and shape. At best至多, *secret intelligence* removes an element组成部分 of surprise from foreign affairs事务, but it rarely makes it clear what to do.

The picture he paints is tantalisingly撩人地 incomplete未完成的. His reporting, based on his years as a journalist, hops跳跃 across decades and between fronts前线, chiefly主要地 in the “war on terror恐怖主义” .

He concludes得出结论 that spooks间谍 are “awash(adj.)被淹没的 with more information, insight洞察力 and knowledge than ever before”, but that *the “intrinsic内在固有的 power”* of intelligence has waned衰落. One reason is that some of *the finest spies* are being lured引诱 away by the private私人的 sector经济的部门. It greatly rewards those with a background in *secret government service*—and not only because spycraft has given them *exceptional优异的 people skills*.

间谍这一行

“隐”者为赢

企业管理者所能从情报官身上学到的

书名：《像间谍一样工作：前 CIA 特工教你“生意经”》作者：J.C. Carleson

书名：《行业秘密：恐怖时代的间谍和情报》作者：Mark Huband

人们常常认为间谍这份工作神神秘秘、认为他们总是活动于异国他乡，其实这种想法是错误的。实际上，与詹姆斯-邦德相比，他们更像是狡诈非凡的官员。前CIA 特工J.C. Carleson认为，间谍所掌握的技巧对于企业管理者来说相当受用。在《像间谍一样工作》一书中，她为大众介绍了间谍所掌握的技能，内容十分引人入胜。她为我们讲述了运用情报官的思维方式，是如何会让管理者更有效率、更好地管理人力资源的。

在她八年的卧底行动中，Carleson带领特工在敌国活动，她让手下冒着生命危险为美国窃取机密。这些特工人选的寻找过程和招募过程，会给我们些许启示，这些启示在管理中可被叫做“战略性人脉网”，即了解有关顾客和竞争者的信息。如何在不显得莽撞的前提下与人沟通？引鱼上钩的“钩”是什么？鼓励对方进一步配合的措施是什么？结果证明：提供好处费或奢侈的款待，很少能奏效；投其所好远远更加有效。

尽管Carleson绕开了真正的秘笈不谈，但她准确地描述了情报官是怎么工作的。她对“战略导出练习”的描述尤其出色，在这种练习中，她迫使读者从陌生人那里获取任意信息。

在以欺骗为手段的间谍行业中，知道何时诚实很重要。Carleson把理想的中央情报局官描述为“表面老实，但有着不为人知的阴暗面”。她对伦理学所做的简洁评论听起来很有说服力，但并无说教意味。比如说，她解释了为什么在中央情报局，如果一个人在公司开支上做手脚，就会被立即开除—因为如果一个人骗了国家的钱，他就可能也会泄露国家的机密。如果你经商的地方欺诈行为泛滥，你就会感觉这些观点很有启发性。事先制定好你和你的公司不会超越的“红线”—并且确保所有规定涉及到的人知道这些“红线”是什么，才是明智的做法。

Carleson的书突出了单个情报官的技能；至于间谍机构到底是干什么的、又是怎样参与到打击21世纪人们所面临的新威胁中的，Mark Huband所著的《行业秘密》让读者得以一窥其貌。曾经是一名记者的Mark Huband，现在正经营一家安全咨询公司。他认为通常来说，卧底最有用的时候，不是他们暗中监视一个国家的敌人之时，而是他们与其交谈的时候。对于英国秘密情报局在与北爱尔兰的爱尔兰共和军和与利比亚的卡扎菲政权打开了信息交流的渠道中所起的作用，作者给出了新的细节。

Huband也会谈到失败的例子，像对于萨达姆的武器计划，情报人员得到的情报并不完全，结果这些情报被政府误用了。他说，间谍很少会提供可靠的答案，他们只会提供零零碎碎的令人困惑的信息，至于那些零零碎碎的信息所拼成的“拼图”有多大、是什么形状，谁也不知道。至多，秘密情报能让外事工作少遇到一些意料之外的事情，但很少会让人清楚该做什么。

Huband所描绘的图景并不完整，但很有诱惑力。他的报道基于他多年当记者的经历，内容跨越数十年、穿梭于不同的战线、主要集中在“反恐战争”方面。他得出的结论是：“现在的间谍所能获取的信息、所具备的洞察力和知识比以往任何时候都要多”，但是情报的“内在力量”已经衰减。原因之一是有些最出色的间谍被私营部门挖走了。私营部门会特别奖励那些有在秘密政府机构工作背景的人——不只是因为间谍工作赋予了他们超乎常人的与人相处的技巧。

1. trade n.① (某一)生意，行业。②职业;手艺;行当

...the arms trade. 军火贸易

He learnt *his trade* as a diver in the North Sea... 他在北海学会了潜水员这一行的本事。

1. bureaucrat [ˈbjʊərə-kræt] n.官僚；官僚主义者
2. handy[ˈhændi] adj.①手边的;附近的。②有用的;方便的

→something comes in handy, 派上用场

1. mind-set [ˈmaɪnd-set] n.思维模式;思想倾向
2. pushy [ˈpʊʃi] adj.固执己见的；一意孤行的；爱出风头的

But she insisted and was very pushy. 但她一直坚持,而且很急于求成.

My mother encouraged us, but was never pushy. 我的母亲鼓励我们但从不强迫我们。

1. consultancy [kənˈsʌl-tən-si] n.①咨询公司。②咨询服务;专家咨询
2. you appeal to someone to do something, v. 呼吁;恳请;恳求

→something appeals to you, 对…有吸引力；使感兴趣

1. steer v.①掌(舵)。②引导，带领(某人去某地)

→you steer clear of someone or something, 避开;躲避;绕开

I think a lot of people, women in particular, steer clear of these sensitive issues. 我认为很多人，特别是女性，都会回避这些敏感问题。

→you steer a particular course路线, 选择某种做法;采取某种方式

Prime Minister Hun Sen has sought to steer a course between the two groups... 洪森首相设法游走于两个集团之间。

1. account n.(书面或口头的)记述，描述，陈述，报告

He gave *a detailed account* of what happened on the fateful night... 他详细描述了那个灾难性夜晚所发生的事。

1. elicitation [ɪˌlɪ-sɪ-'teɪʃn] n. 引出；诱出；抽出；启发

*The elicitation* of his testimony was not easy. 在套他的供词时颇费周章.

method of elicitation 启发式

1. someone cheats you out of something, 骗取；骗得
2. sleaze [sli:z] n. (尤指政治、商业、新闻、娱乐等方面存在的)肮脏，污秽，卑劣，不道德

She claimed that *an atmosphere of sleaze* and corruption now surrounded the Government... 她宣称一股肮脏腐败之风充斥着整个政府。

1. endemic [enˈdemɪk] adj.①(疾病)地方性的，流行的。②(情况、问题)常见的,流行的
2. MI6=Military Intelligence 6 英国陆军情报六局。又称秘密情报局，缩写为SIS (Secret Intelligence Service) 代号MI6。
3. IRA= Irish Republican Army <英>爱尔兰共和军
4. regime [reɪˈʒi:m] n.①政权，政体(指非民主且统治手段不被认可的政府或政权体系)。②(机构、公司、经济等的)管理制度，组织方法

the Fascist regime法西斯政权

...*a drastic regime* of economic reform and financial discipline. 雷厉风行的经济改革和财经纪律

1. deal wih v.①处理;应付;与…打交道。②克制(不快情感);冷静面对(感情上困难的局面) 。③论述;讨论;涉及。④与…做买卖;和…有生意往来

She saw a psychiatrist who used hypnotism to help her deal with her fear... 她去看了一位用催眠术帮她克服恐惧感的精神科医生。

...the parts of his book which deal with contemporary Paris. 他的书中涉及当代巴黎的那些部分

1. fiasco [fiˈæskəʊ] n.彻底的失败;大败;惨败
2. mis-use [ˌmɪs-ˈju:z] v. n.使用不当;误用;滥用；盗用
3. sketchy [ˈske-tʃi] adj. (信息)粗略的，大概的，不完全的，不充分的

Details of what actually happened are still sketchy... 对于已发生事实的详细情况知道的仍然有限。

1. tantalize ['tæntə-laɪz] v.使(某人)想要却得不到(某物);逗引;挑逗;撩拨

*A political settlement* remains tantalisingly out of reach. 政治解决方案依然可望而不可即。

1. chiefly [ˈtʃi:fli] adv.主要地;最重要地

He joined the consular service, chiefly because this was one of the few job vacancies... 他到领事馆工作，主要因为那是仅有的几个空缺职位之一。

1. awash [əˈwɒʃ] adj.被水浸漫的;被淹没的

→a place is awash(adj.) with something, 充斥的;充沛的;充满的

This, after all, is a company which is awash with cash. 这毕竟是一家现金充裕的公司。

1. intrinsic [ɪnˈtrɪn-sɪk] adj.内在的;本身的;固有的

The paintings have no intrinsic value except as curiosities... 这些油画除了作为古董，本身没有什么内在价值。

Sometimes I wonder if people are intrinsically evil... 有时我在想是否人性本恶。

1. exceptional [ɪkˈsepʃənl] adj.①优异的;非凡的。②例外的;特殊的

...if the courts hold that this case is exceptional... 如果法庭认为这是个特殊案例

At your request / we may agree, exceptionally例外地, to work outside usual working hours. 在您的要求下，我们可能会破例同意在正常工作时间之外工作。

1. 让智能手机变成间谍工具的软件

Used to be过去常常 if spies wanted to eavesdrop偷听, they planted a bug. These days现今, it's much easier. Because we all carry *potential bugs* in our pockets—smart phones.

One team of researchers used an iPhone to track *typing* on *a nearby computer keyboard* with up to 80 percent accuracy. They presented the findings at a computer security conference研讨会 in Chicago. [Philip Marquardt et al., (sp)iPhone: Decoding破译 Vibrations震动 from *Nearby Keyboards* Using Mobile Phone Accelerometers加速度传感器, *18th ACM美国计算机学会 Conference* on Computer and Communications Security]

The researchers designed a malicious心怀恶意的 app for the iPhone 4. When you place the phone near a keyboard, it exploits充分利用 accelerometer加速度计 and gyroscope陀螺仪 data to sense感觉到检测出 vibrations震动 当as the victim types 打字——detecting whether keystrokes(n.)按键 come from *the left or right side* of the keyboard, and how near or far *subsequent随后的 keys* are from each other. Then, using that seismic由地震引起的 fingerprint指纹, the app checks核对 *a pre-created "vibrational振动的" dictionary* for the most likely words——a technique (that works reliably可靠地 [on words of *three letters or more*]).

Of course, you'd need to install the app to allow it to spy从事间谍活动. But whereas鉴于 most apps have to ask permission(n.)允许 to access location data or the camera, that's not so *for the accelerometer*加速计. This kind of attack may offer good reason to limit accelerometer access too—and keep iPhones from becoming "spiPhones."

以往假如间谍们要监听信息输入，需要先植入病毒。但现在，事情要容易多了，因为如今潜在的病毒就在口袋里装着呢——那便是智能手机。

一个研究团队成功使用一个iPhone程序，识别出了附近的一台电脑键盘上输入的内容，准确率高达80%。在芝加哥举行的一个计算机安全会议上，他们公布了这些发现。

这些研究人员为iPhone 4设计了一款邪恶的应用程序。当你将手机放在键盘附近时，受害者打字所产生的震动，会被它通过加速度感应器和陀螺仪感知。它侦测那些键盘敲击是来自于键盘的左边还是右边，相邻的敲击之间隔了多远。接着，程序将这些“震动指纹”与一个事先创建好的“震动字典”相比对，从而找出最为相近的词。这项技术要求输入的词最少有3个字母。

当然，你得事先安装这个应用程序好让它才能够开展间谍活动。但是，绝大部分的程序都需要经过允许才可以使用地点数据和照相机，使用加速度感应器却没这个要求。于是，存在这种攻击的可能性，为限制加速度感应器的使用提供了一个很好的理由。

1. Accele-rometer [əkˌselə-ˈrɒmɪ-tə(r)] n. 加速计； 加速度传感器：
2. exploit [ɪkˈs-plɔɪt] v.①压榨;剥削;占…的便宜。②利用；乘(机)。③充分运用；发挥。④开采;开发;利用。

*Extra payments* should be made to protect *the interests of the staff* and prevent *exploitation*. 为了保护员工的利益，防止剥削，应该要求公司支付额外工资。

*The government and its opponents* compete竞争 to exploit *the troubles* to their advantage. 政府及其反对派竞相利用这些问题为自己谋利。

Cary is hoping to exploit new opportunities in Europe... 卡里希望好好利用欧洲的新机遇。

I think {we're being *very short sighted* in not exploiting our own coal}. 我认为，不开采我们自己的煤是非常短视的做法。

1. subsequent[ˈsʌb-sɪ-kwənt] adj.随后的;后来的

Those concerns were overshadowed by *subsequent events*. 随后发生的事使之前所关注的那些问题显得无足轻重。

She subsequently became the Faculty's President... (adv.)她随后成了系主任。

→something happened subsequent to something else, 在…之后;继…之后

They won only one more game subsequent to their Cup semi-final win last year. 继去年在杯赛半决赛中获胜后，他们仅又赢过一场比赛。

1. seismic [ˈsaɪz-mɪk] adj.①地震的;地震引起的。②(转变、变化)突如其来的，巨大的，急剧的(A seismic shift or change)
2. 辩论赛中候选人会影响观众对广告的情绪

A lot of people watch political debates辩论 on TV. Which means great opportunities机会 for advertisers广告主. But an ad for *an island getaway*短假 or *exotic具有异国情调的 cuisine*(n.)烹饪 will only sound appealing吸引人的 if the viewer电视观众 agrees with the candidate候选人 they are watching. That’s according to a study in the Journal of Consumer Research. (Alison Jing Xu and Robert S. Wyer, Jr., "The Role of Bolstering增强信心 and Counterarguing抗辩驳论 Mind-Sets思想倾向 in Persuasion(n.)说服")

*Two-hundred-sixty-five people* were exposed to forms of persuasive有说服力的 communication / and then asked to rate advertisements for *vacation休假 spots地点*, cars or food.

In one experiment实验, participants either viewed a debate between two political candidates or watched one politician speak about economics. Study subjects (with a preference偏好 for one candidate) reported *negative消极的 reactions* while watching the speaker (they opposed反对)的. And political independents无党派人士 developed *negative feelings* while they watched the debate.

And the study found that *such negative feelings* decreased减少 a subject’s opinion看法评价 of a subsequent随后的 ad.

The research provides insight洞悉 into how *our cognitive认知的 responses* (to an ad) can be influenced by the context背景环境 in which a viewer experienced the ad. So *even though* an advertisement may look good, it’s like a gemstone经雕琢的宝石: the setting环境背景 counts重要有价值.

许多人喜欢看电视上的政治辩论。这对广告商而言意味着巨大的商机。但是只有观众同意候选人的观点时，一则小岛旅游或者外来美食广告才会变得很吸引人。该结论源于《消费者研究期刊》的一项研究。

265人被安置于各种形式的有说服力的环境中，然后请他们对旅游景点，汽车或者食物广告做出评估。

在其中一项试验中，有些参与者观看了两名政治候选人的辩论；有的参与者看了一名政客关于经济的演讲。那些事先喜欢其中一名候选人研究对象，在看到令他们反感的政客时，他们表现出了消极的反应。当政治独立派看到辩论赛时，他们会产生负面情绪。

研究发现，这样的消极情绪，会降低实验目标对后续广告的感觉。

该研究显示了我们对广告的认知反应是如何受到我们观看广告后的心境影响的。所以即使一则广告表面上看起来很不错，它就像一块宝石：环境决定一切。

1. bolster [ˈbəʊl-stə(r)] v.①增强(信心)；鼓舞(士气)。②巩固(地位)；加强。n.(垫在普通枕头下的)长枕，垫枕

Britain is free to adopt policies to bolster its economy. 英国可以自由制定政策以振兴经济。

1. mind-Set n.思维模式;思想倾向

The modern athlete's mind-set is, 'I'm going to make as much as I can now and not worry about the future.' 当今运动员的一贯想法是：“现在只管尽自己最大努力，而不去担心日后会怎么样。”

1. you gain *insight* / or *an insight* into a complex situation or problem, n.洞悉;深入了解;深刻见解

I hope that {this talk has given you *some insight* into the kind of the work that we've been doing}. 希望这次谈话，能使你对我们正在开展的工作有一些较深入的了解。

1. count v.①计算(或清点)总数。②把…算入;包括

→something or someone counts for something or counts, 重要;有价值

It's as if your opinions, your likes and dislikes just don't count... 就好像是你的意见、你的好恶根本不重要似的。

Surely it doesn't matter where charities get their money from: what counts is what they do with it... 慈善机构从哪里筹得捐款的确无关紧要：关键是钱是怎么花的。

→something counts or is counted as a particular thing, (尤指在特定环境中或在特定规则下)将…看作，将…视为

Any word that's not legible will be counted as wrong... 任何无法辨认的词都将视为错字。

→you keep count of a number of things, you lose count of a number of things, 记录…的数目/记不清…的数目

She'd lost count of the interviews she'd been called for. 她都记不清接受过多少次采访了。

→someone is out for the count, 失去意识;熟睡

→someone should stand up and be counted, 公开表明态度

Those (involved and benefiting from the scandal) must be prepared to stand up and be counted. 丑闻中涉及的那些从中受益的人，必须准备公开表明态度了。

1. 科学家说"公路通往耐药性"

They say *all roads lead to Rome*. Unfortunately that ain’t *all that roads* lead to. A new study shows that roads can promote促进 the spread(n.)广泛多样 of antibiotic抗生素-resistant bacteria细菌. The finding appears in the Journal of the Royal Society Interface. (Joseph Eisenberg et al., "In-roads to the spread of antibiotic resistance: regional patterns of microbial transmission in northern coastal Ecuador")

If you’ve ever taken antibiotics抗生素 to get rid of摆脱 an infection传染病, you know it’s important to complete the course of treatment—to limit *the possibility* that a resistant有抵抗力的 strain病菌的类型 will arise. But that’s just you, personally. How can we contain the spread of drug-resistant superbugs throughout遍布 the population? One way is to restrict限制约束 bacterial traffic交通.

Scientists studied the emergence出现兴起 of *antibiotic resistance*耐抗生素的 in an isolated偏远的 area of northern Ecuador厄瓜多尔. And they found that five years after a new road was constructed, the villages (closest to that road) saw a rise in resistance to ampicillin氨苄青霉素 and sulphamethoxazole磺胺药—nearly double that found in more remote遥远的 regions. Seems看来好像 the motorway高速公路 makes it easier for *resistant microbes* to migrate迁徙 from person to person, and to immigrate in移居入境 from out-of-town.

So *to stay safe* on the highway, remember: wear your seatbelt安全带. And wash your hands.

都说“条条大路通罗马”。不幸的是，罗马并不是所有大路的唯一终点。一项新的研究显示，公路可以促进耐抗生素细菌的传播。该研究结果发表在英国皇家学会《交界》杂志。

如果你曾经使用抗生素治疗感染，会知道完成疗程很重要，目的是减少耐药菌株出现的可能性。但这仅仅是对你个人而言。我们如何才能抑制耐药菌的人际传播呢？办法之一是限制细菌“搭便车”。

科学家对厄瓜多尔北部一个偏远地区出现的抗生素耐药性，进行了研究。他们发现，一条新公路建成五年后，离公路最近的村庄氨苄青霉素和磺胺耐药性上升——幅度几乎是更偏远地区的二倍。看起来，公路使得耐药菌更易于在人际间传播，更方面从外地输入。

因此，要想路途平安，记得：系紧安全带，保持手清洁。

1. ain’t是am not的缩写。
2. spread [spred] v. 伸开；展开(手臂、双手、手指、双腿等)；(使)传播；(使)散布。n.(想法、兴趣等的)广泛，多样

We have *an enormous spread* of industries, mainly in the Home Counties and East Anglia. 我们拥有种类繁多的工业，主要位于伦敦周围各郡和东英吉利地区。

1. antibiotic-resistant adj. 耐抗生素的； 产生抗药性
2. ampicillin [ˌæmpɪ-ˈsɪlɪn] n. 氨比西林，氨苄青霉素
3. sulpha ['sʌl-fə] adj. 磺胺基的，磺胺药剂的：磺胺药。抗菌谱广
4. sul-phame-thoxa-zole [sʌl-'fæm-tɒk-sə-zəʊl] 磺胺甲基异恶唑
5. 地球金矿,从天而降

Thar地名’s gold [in *them thar hills*]—and we may have meteorites陨石 to thank要向…表示感谢. Because it appears that *a rain of meteors*流星 (nearly 4 billion years ago) peppered小物体密集地击打 the Earth’s exterior外部 with precious metals金属. *So* *says a study* in the journal Nature. [Matthias Willbold, Tim Elliott and Stephen Moorbath, "*The tungsten钨 isotopic同位素的 composition(n.)组成构成* of the Earth’s mantle覆盖物 (before the terminal晚期的 bombardment轰炸炮击)"]

When Earth was forming, molten熔化的 iron sank to its center, creating the planet’s core. That iron (carried with it *a slew of*大量的 iron-loving metals), including gold and platinum. In fact, the Earth’s core is packed充满…的 with *enough precious metals* to cover *the entire planet* four meters deep.

But not *all that glitters*小发光物 is down at the planet’s center. Today there’s enough gold in the Earth’s rocky遍布岩石的 shell to please取悦 prospectors探矿者—and to puzzle使迷惑 planetary行星的 scientists: why is that gold not down in the core, too?

The answer, it seems, is that it wasn’t even on the Earth [until after the core formed]. Isotope同位素 concentrations浓度 in *rock samples* of different ages indicate表明 that the composition组成构成 of the Earth’s mantle覆盖物 changed after the planet was blasted爆炸猛击 with meteors流星 3.9 billion years ago. That bombardment猛烈而持久的轰炸 coated给…涂上 our home with a thin veneer(n.)假象虚饰 of riches. Which means that the gold (in *them thar hills*) is 表older than the hills.

—Karen Hopkin

“石头的价值在于能不断地产出黄金”——我们真要感谢陨石了。这是因为一场大概是40亿年前的流星雨，使贵金属布满了地球表层。一项自然杂志的研究如是说。[引自马赛厄斯·威尔伯德，蒂姆·艾略特与史蒂芬·摩尔巴斯《最终爆炸前的地幔中钨的同位化合物 》]

当地球处于形成阶段，熔融的铁沉入地心，形成地核。铁下沉的同时也带走了大量亲铁金属，包括金和铂。实际上，地心所富含的贵金属足够将整个地球表面覆盖上四米的厚度。

但并不是所有“财宝”都沉入了地心。如今，地壳里依然藏着足够数量的贵金属可以满足勘探者的胃口，也疑惑着行星科学家们：为什么这些金没有沉入地球深处呢？

答案似乎是这样的：这些贵金属在地心形成之前并不存在于地球上。不同年代岩石样本中的同位素浓度显示：地幔化合物成分在39亿年前地球被陨石撞击后发生改变。而那场爆炸使地表镶嵌了薄薄的一层贵金属。可谓让石头赋有价值的黄金，可比石头的年龄大的多啊。

1. you have someone to thank for something, v.要向…表示感谢;多亏

I have her to thank for my life... 我这条命多亏了她。

1. slew [slu:] n.许多;大量(A slew of things)。v.(使)(车辆失控)滑行,(使)侧滑

A seven-ton lorry slewed across their path... 一辆 7 吨的货车侧滑到了一侧。

They dealt with a slew of other issues. 他们处理了大量的其他问题。

1. Something that is packed with things adj.充满…的；富含…的
2. coat n. ①上衣;外衣;外套。②(油漆、清漆等的)一层(A coat of paint or varnish)

→(v.)you coat something with a substance or in a substance, 给…涂上(或盖上、裹上)

1. 全价看起来更有质量保证

“Economics: supply and demand.”

That’s Father *Guido Sarducci*...

“That’s it.”

…sharing *the entirety(n.)整体 of the economics course* at his Five-Minute-University. Of course, *the market forces* of supply and demand are supposed应当 to be the main factors in setting the prices for goods and services. But marketing comes into play起作用 as well. Supply and demand have little to do with与…几乎没有关系 *a seller’s decision* to price定价 an item at $19.99 instead of 20 bucks.

The psychological心理的 trick把戏 of seeing a one instead of a two at the front of a price, as in $19.99 versus $20 can work to increase sales. But Robert Schindler, professor of Marketing市场营销 at *Rutgers School* of Business-Camden, says that *in some cases*, the penny一分钱 (saved) isn’t worth it.

The $19.99 technique技巧 may actually backfire适得其反 when a consumer is most concerned关心 about quality品质, say, in a luxury item. *The penny-lower price* can then raise questions [in the buyer’s mind] about quality. According the Schindler辛德勒, in those cases, the full, round(adj.)整数的 non-99 price may send a signal of a better buy.

“经济学就是供应与需求。”

教父Guido Sarducci如是说，

“完了”

在“五分钟大学”中，他这样诠释经济学课程的精髓。供求关系毫无疑问是决定商品和服务价格的最主要因素。但营销手段也发挥着相应的作用。当商家觉得价格应该是19.99美元而不是20块时，供求关系并没有起到什么作用。

商家一般认为一些小策略，比如价钱以1开头，比以2开头——就像19.99美元和20美元那样——能增加商品的销售量。但是罗切斯特大学商学院营销学教授罗伯特.辛德勒(Robert Schindler)认为，在有些情况下，这几美分剩的不值得。

当消费者更关心商品，比如说一件奢侈品的质量时，19.99美元实际上还适得其反。低价格会使消费者质疑商品的质量。因此辛德勒认为，在有些时候，全价可能提示着商品的质量更好。

1. suppose v.①假定;假设;设想。②(根据所知)认为，推断，料想

→you say that something is supposed to happen, 情态动词短语(按计划或期望)应当，应该，须

→something was supposed to happen, 情态动词短语，本应该(发生而没有发生)

The first debate was supposed to have been held on Tuesday. 第一场辩论本该在星期二就举行了。

→you say that something is supposed to be true, 认为;觉得;相信

'The President cannot be disturbed,' his son is supposed to have told *an early morning caller*. “校长不能见客，”他的儿子应该已经这样告知了一位一大清早就来了的拜访者。

→be supposed to (表示恼怒)还是，竟

Don't try to tell me what I'm supposed to be feeling... 别跟我说我到底该作何感想。

You're supposed to be my friend!... 你还是我朋友呢！

What am I supposed to have done wrong now? 我这会儿究竟做错了什么？

→supposed adj. 误以为的;误信的;所谓的

...when the rule of law is broken by its supposed guardians. 当法治被其所谓的捍卫者破坏时

Supposedly his last words to her were: 'You must not pity me.' 据说他对她说的最后一句话是：“别怜悯我。”

1. come into play 积极活动, 起作用

All your faculties have come into play in your work. 在你的工作中, 你的全部才能已起到了作用。

1. have little to do with 与…关系不大，与…几乎没有关系
2. A round number adj.整数的，不计尾数的(以10的倍数表示)

→Something that is round 圆的;圆形的;球形的

She had small feet and hands and a flat, round face. 她的手脚都很小，脸又扁又圆。

→someone has round eyes, (眼睛)瞪圆的，圆睁的

1. 上班时间锻炼可提升创造力

Labor Day’s劳工节 over, and Americans (fortunate有幸的 enough to have jobs) are getting back to work. But *all work and no play* might make us, well, less productive(adj.)多产的. That’s *the finding* of a study (that looked at评判审视 the effects of *an employee exercise program* in which workers worked out健身锻炼 during office hours).

Researchers evaluated评估 employees [at a large Swiss public *dental牙齿的 health organization*]. Of the 177 participants, one group exercised *two and a half hours* during the work week; a second group had *the same amount of hours* off离…不远 but didn’t exercise; and a control group worked straight连续不间断地 through the week.

The participants were asked to measuretheir①*own productivity* and ②sickness疾病 absenteeism旷工 [after six months / and then after 12 months]. Those who exercised regularly said they felt more productive and were able to accomplish more [during their time working]. Perhaps more significantly显著的, they said they lost浪费时间 less time to *sick days* than those in the other two groups. The study was published in the Journal of Occupational职业的 and Environmental Medicine. [Ulrica von Thiele Schwarz and Henna Hasson, "Employee Self-rated ①Productivity生产率 and ②Objective客观的 Organizational *Production Levels*生产水平: Effects of Worksite工地 Health Interventions Involving Reduced Work Hours and Physical Exercise"]

The researchers say {the results suggest that, to increase productivity生产率, employers take time从…抽时间出来 out from work—if they spend it working out锻炼.}

比起那些在上班时间消磨时间、或者正经工作的人，在同时间段进行锻炼的人，显示出了更强的创造力——辛西娅·格雷伯说。

劳动节结束后，美国人很庆幸他们仍然保有能供自己回去工作的职位。然而，只工作，不放松，会使我们...怎么说呢...创造力低下。一项研究职员工作成效的研究揭示了这一点。

研究人员评估了一个瑞士的大型公共牙科保健机构的177名雇员，他们将人们分成几组：其中一组每周锻炼两个半小时；第二组的休息时间与第一组大体相当，但没有参加锻炼；第三组，作为对照组，整周工作不休息。

在半年和一整年以后，工作人员要求受试者评估自己的创造力、和因病缺勤次数。参加锻炼的那组人表示，自己的创造力更强了，并且能在工作时段内完成更繁重的任务。更能证明该项研究结论的是，比起另两组的人来，第一组人觉得自己花在生病上的时间更少了。

这项研究结果被发表在《职业和环境医学杂志》上。

这项研究的负责人辛西娅·格雷伯说，该结果意味着——如果人们想提升自己的创造力，他们最好在业余锻炼上花更多的时间。

1. Labor Day(美国的)劳动节(9月首个周一)
2. there is money off something, prep.(价格)减掉，降低

...discounts折扣 (offering *thousands of pounds* off the normal price of a car). 比平时车价低几千英镑的折扣

→off 离(某地)不远；在…附近

Lily lives in a penthouse just off Park Avenue... 莉莉住在公园大道附近的一套顶层豪华公寓里。

The Princess's sitting-room leads off the drawing room... 王妃的起居室挨着客厅。

→If something is a long way off, it is a long distance away from you. adv.(空间上)离，距

Florida was a long way off... 佛罗里达离这儿很远。

→If something is a long time off, it will not happen for a long time. adv.(时间上)离，距

The required technology is probably still two years off. 所需技术可能还要两年才能开发出来。

*An end to the crisis* seems a long way off... 这场危机看来远未结束。

1. absenteeism [ˌæbsən-ˈti:-ɪzəm] n.(通常指无正当理由、经常性的)旷工，旷课
2. someone loses no time in doing something, 不浪费时间；赶紧；马上

Francine lost no time in defending herself. 弗朗辛立即为自己辩护。

→someone loses no opportunity to do or say a particular thing, 抓住任何机会

The President has lost no opportunity to capitalise on his new position... 总统抓住一切机会，大肆利用自己的新职位。

1. take time out暂时停止工作

Thankyou for taking time out from yourwork to see me. 谢谢你们百忙中抽空来找我

And they ' re actually taking time out. 而他们真的花了些时间

1. 耐力训练=多骨质+少脂肪

Hi. I’m running. I’m also telling some of my *stem cells*干细胞 what to do right now. Well, I probably am, based on a new study with mice.

We have what are called mesenchymal 间叶细胞的 *stem cells*. This type of *stem cell* goes on开动持续 to become either fat脂肪 or bone. Researchers found out that *endurance耐力 exercise* triggers引起触发*the stem cells* to preferentially优先地 mature发育成熟 into bone. And 主{having more *bone cells*} 谓means 宾improved *blood production*, which means ①a higher *oxygen carrying capacity*, and ②better *immune免疫的 reaction* and ③better *wound clotting*血液凝固. The research appears in the Journal of the Federation联邦同盟 of American Societies for Experimental实验的 Biology, commonly known as the FASEB Journal. [J. M. Baker, Michael De Lisio and Gianni Parise, "*Endurance exercise training* promotes促进增进 medullary骨髓的 hematopoiesis造血作用"]

Researchers (at McMaster University in Canada) had mice work out on a treadmill踏车跑步机 for about an hour *three times a week*. A control group of mice watched *Matlock* reruns重演. Well, they *may as well*倒不如 have. They did not work out. And *the mice that exercised* had way less fat in their bone marrow骨髓 cavities腔洞, and *a big increase* in blood cells [in the marrow骨髓 and in the circulation血液循环]. I don’t like exercising. But I really don’t like fat in my marrow.

一项对老鼠的研究发现，耐久力训练会影响间叶干细胞转化成骨质而非脂肪细胞，这使得运氧容量的增加、和抵抗力的增强。Steve Mirsky报道。

嗨，我在跑步。顺便我也讲讲我的干细胞将要做些什么。呃，当然，这是基于最近一项对老鼠的实验所作的。

我们体内有所谓的间叶干细胞。这种干细胞要么成为脂肪细胞，要么成为骨质。研究者发现，耐久力训练会激发这些干细胞优先成熟为骨质。有更多的骨细胞意味着血液传输能力的提高，也就是更高的运氧容量、以及更强的抵抗力和伤口愈合能力。这项研究发表在美国实验生物联合会(FASEB)的杂志上。

加拿大麦太大学的研究者，让实验鼠一周三次地在踏车上训练。控制组的实验鼠看着Matlock重跑。呃，他们也是跑过的，不过他们没达到锻炼强度。那些经过锻炼的实验鼠，在它们的骨髓腔里含有更少的脂肪，而且骨髓腔和循环内的血细胞数量都大幅提升。我不喜欢锻炼。不过我真的很讨厌骨髓里有脂肪。

1. hemato-poiesis [ˌhemə-təʊ-pɔɪ-'i:sɪs] n. 造血作用；血生成
2. may / might (just) as well… 最好，不妨，倒不如，还是……的好

You may as well keep it a secret. 你最好将这件事保密。

I might as well die as marry him. 我与其嫁给他，倒不如去死算了。

But I might as well have saved my breath. 但是这话还不如不说。

→might as well + have done something 表“对过去未做之事不满或者责备”，常译为“当时还不如……”。

I might as well have been speaking to a brick wall. He took no notice at all. 我还不如对砖墙讲话好。他根本不理会。

→“may / might as well…”句型结构的否定形式为“may / might as well not …”

You might as well not have known it. 其实你还不如不知道这件事情的好。

1. 超高压,灭菌又营养

Pasteurization加热杀菌法 makes food safe 方式状by heating microbes to death. But the high temperatures can destroy some nutrients营养物质 too. A possible alternative可供选择的事物? Ultrahigh超高的 pressure. Which may also actually increase concentrations浓度 of some nutrients营养物质, *at least* in tropical热带的 and subtropical亚热带的 fruit. That’s according to research (presented at *the national国家的 meeting* of the American Chemical Society社团协会 in Denver丹佛市). [Carmen Hernandez-Brenes et al, *High hydrostatic pressure processing*处理技术 as a strategy策略 to increase *carotenoid类胡罗卜素 contents* of tropical热带的 fruits]

In *what’s called Pascalization*超高压灭菌法, food is placed in a vessel, which is force-filled with water. The contents experience *extreme pressures* of 40,000 to 80,000 pounds per square inch英寸. As a comparison(n.)比较对照, pressures (three miles below the ocean surface) are less than 7,000 pounds per square inch. The vessel’s *pressure conditions* kill bacteria, viruses and molds发霉.

Researchers tried Pascalization超高压灭菌法 on the pulp果肉 of avocados鳄梨, papayas番木瓜 and mangos芒果. They measured the levels of carotenoids类胡罗卜素, an important group of antioxidants抗氧化剂. Carotenoids in the avocado鳄梨 and papaya番木瓜 increased overall by about 50 percent, [with some individual] carotenoids类胡罗卜素 rising more than 500 percent. The mango mysteriously remained unchanged.

*The researchers* next hope to find out exactly how the high pressures are inducing the synthesis(n.)合成 of more carotenoids类葫萝卜素. Pascalization may give *food scientists* plenty to chew over反复思考咀嚼回味.

食物的巴氏灭菌法通过高温杀死微生物，但是高温同样能够使营养流失。那是否有替代方法呢？当然有，那就是超高压灭菌。实际上，用超高压灭菌还可以增加某些营养物质，至少对于一些热带和亚热带水果，超高压灭菌具有这样的效果。这一理论公布于在丹佛召开的美国化学学会年会上。

利用超高压灭菌的方法，称为Pascalization。这种方法把食物装入一个容器，然后把水压入，注满容器。这样，容器内的压力能够达到40000-80000磅/平方英尺。这一数字背后的压力有多大呢？来一个对比吧。在海面下3英里的深度，水压也不到7000磅/平方英尺。在这样的超高压环境下，细菌、病毒和霉菌都会被杀死。

研究人员利用Pascalization对鳄梨、番木瓜和芒果的果肉进行了灭菌。随后，研究人员测定了果肉内一类抗氧化物——类胡萝卜素的含量。结果，鳄梨和番木瓜的类胡萝卜素总量，增加了大约50%，个别种类的类胡萝卜素增加量，能达到500%。而芒果的类胡萝卜素则保持稳定。

研究人员下一步将尝试解释，为什么超高压能够增加类胡萝卜素的合成。也许，Pascalization方法不仅能够提高食物的风味，也能吊起科学家的胃口。

1. Pasteu-rization [ˌpɑ:s-tʃə-raɪ-'zeɪ-ʃn] n. 加热杀菌(法)，巴斯德氏杀菌法
2. carote-noid [kə-'rɒtə-nɔɪd] n. 类胡罗卜素
3. pascalization n.超高压灭菌法(一种通过将食物密封后加热加压来达到灭菌、延长保质期的保存食物的方法；该词得名于法国数学家、物理学家、哲学家Blaise Pascal帕斯卡)

→Pascal [ˈpæs-kəl] 帕斯卡

1. pulp [pʌlp] n. ①泥；酱；浆；糊。②果肉；(蔬菜的)肉质部分。③木浆(造纸原料)Wood pulp v. ①把(纸张、蔬菜或水果)打成浆

...creamed or pulped tomatoes. 奶油状或浆状的西红柿

1. anti-oxidant [ˌænti-ˈɒk-sɪdənt] n. 抗氧化剂；防老(化)剂
2. syn-thesis [ˈsɪn-θə-sɪs] n.①综合;结合;结合体。② (通过化学或生物反应进行的)合成

His novels are *a rich synthesis* of Balkan history and mythology... 他的小说融合了大量巴尔干半岛的历史和神话故事。

This kind of lighting encourages *vitamin D synthesis* in the skin. 这种光照会促进皮肤中维生素 D 的合成。

1. 涂鸦画画帮助巩固知识

Many scientists draw their concepts观念想法. “For example, if we look at the work of somebody like Maxwell or Farady法拉——we know {they drew as part of their inventing process}.”

Psychologist *Shaaron Ainsworth* from the University of Nottingham in the UK co-authored合著 *an article* on drawing in the journal Science. [Shaaron Ainsworth, Vaughan Prain and Russell Tytler, Drawing to Learn in Science]

She spoke to the Science podcast播客:

"Our *visual system* is very adapted适用于…的 to getting information from graphical representation描绘表现. Drawing [as you look through a microscope / or reasoning推理about evaporation(n.)蒸发 or pollination(n.)昆虫给…传授花粉] is also really helpful…and when students draw *graphical representations*图示, *visual representations*直观表示, [for themselves] they tend to understand *how these work* better than when they just interpret作解释口译 the representations描绘描写 of others…if you read / then然后 draw what think (you’ve understood from the text) / and then inspect检查 your drawing, rethink, reread it, you tend往往会 to get a better understanding.

You might see gaps in the material, you might generate new inferences结论 about what you’ve come to understand开始明白, you might prompt推动引起 further constructive富有建设性的 strategies策略."

Turns out that *being a better science student* may have to be a *drawn out process*漫长的过程.

画画，作为学习科学概念的一种方法，有助于基本的理解和认识。Cynthia Grabe报道。

许多科学家都把自己的理念画出来。“举个例子，我们看看大家麦克斯韦和法拉第的成就便知道，他们把画图视为创作发明的一部分。”

来自英国诺丁汉大学的心理学家Shaaron Ainsworth与他人，在《科学》杂志上共同发表了一篇论文。

她跟《科学》播客如此说：

“我们的视觉系统非常适应从图示中获取信息。当你观测显微镜，或者理解蒸发现象、或授粉作用时，画下这些知识会很有帮助……当学生亲自动手画图示，会比只看别人的图示，更能增进自己的理解……如果你先阅读，然后画下你从文本中所理解思考的内容，然后回顾的话，重新思考阅读文本，你会对其有更好的理解。你可能会发现材料间的关系；你可能会在似懂非懂的地方，就产生了新的想法；你可能会得到更系统化的知识结构。”

结果显示，好的理科生可能就是画出来的。

1. reasoning [ˈri:zə-nɪŋ] n.推理；论证
2. evaporate [ɪ-ˈvæpə-reɪt] v.①(使)蒸发;(使)挥发。②(情绪)逐渐消失；(计划)逐渐落空；(活动)逐渐停止

The water is evaporated by the sun. 水在阳光照射下蒸发了。

My anger evaporated and I wanted to cry... 我的怒气渐渐消失，想大哭一场。

The project evaporated and Harry was left high and dry. 那个项目逐渐叫停，哈里陷入了困境。

1. something tends to happen, 往往会；经常就

*A problem for manufacturers* is that *lighter cars* tend to be noisy... 制造商们遇到的一个问题是，重量较轻的汽车往往噪音大。

1. come to understand 开始明白；开始了解

I think I have come to understand the significance of your work. 我想我已渐渐了解你的工作的意义.

1. prompt [prɒmpt] v. ①促使；推动；引起。②鼓励，提示(说话者)；给(演员)提词。adj.迅速的；即刻的；立即的；及时的

Japan's recession has prompted consumers to cut back on buying cars... 日本经济的不景气使得消费者在购买车辆上减少了开支。

'Go on,' the therapist prompted him... “接着说，”医生鼓励他道。

How exactly did he prompt her, Mr Markham? 确切地说，他是怎样提示她的，马卡姆先生？

1. drawn out adj.拖得太久的;冗长的；持续很久的

*Pulling out of a recession* is a lengthy and drawn-out process... 从经济衰退中走出来需要漫长的过程。

1. Free exchange交换

The great trailblazer先驱者开拓者

Economists everywhere should mourn哀悼 the passing逝世 of *Gary Becker*

IF THERE is one person to blame for *economists' habit* of opining发表意见 on everything, it is Gary Becker, who died on May 3rd. Not content满足的 with studying the world's economies, he was *the first prominent杰出的 economist* to apply *economic tools* to all aspects方面 of life.

His revelation(n.)揭露 was the sort种类(that seems obvious only in hindsight事后聪明): that people are often purposeful有明确目标的 and rational理性的 in their decisions, whether they are changing jobs, taking drugs or divorcing离婚 their spouses配偶.

This insight洞察力, and *the work* that followed from it, earned him *a Nobel prize* in 1992. No less an eminence身份显赫的人 than Milton Friedman declared宣称 in 2001 that *Mr Becker* was “the greatest social scientist (who has lived and worked in the last half-century)”.

At the heart of Mr Becker's work was the view观点 that “individuals maximise最大化 welfare福利 as they conceive构思设想 it.” Welfare (need) not mean income收入; it could derive获得 from the pleasure of altruism利他主义 or the thrill激动狂喜 of deviancy(n.)偏差越轨. But critically关键地, this thesis命题论点 implied暗示 that people respond to incentives(n.)刺激激励——a realisation认识领会 (that opened the door to insights洞悉 across *the whole range*范围 of human activity).

Mr Becker first used this approach方法 in his *doctoral博士的 study* of discrimination(n.)歧视, *a raw未经加工的 issue* in 1950s America. [At the time] economists' models assumed假定 that employers cared关心 only about productivity生产率, whatever the colour肤色 of the worker. Shunting将…转移至别处 this view aside, Mr Becker instead assumed that *many individuals* had a “taste for discrimination歧视”, and perceived意识到 themselves 宾补to be *worse off*恶化 when forced被迫 to work alongside people of other races. He then explored how this preference(n.)偏好 affected labour markets.

In America, where *the black population* was roughly one-tenth of the total, discrimination歧视 against blacks led to *relatively相对地 small reductions(n.)减少* in white incomes / but *far more substantial大量的 ones* for black workers. In South Africa, with *a far higher proportion* of blacks, discrimination brought *much larger reductions* in incomes across the economy. Mr Becker pointed out that although competition竞争 (from more rational firms) might gradually eliminate消除 corporate法人公司的 discrimination, *market forces* alone would rarely erode侵蚀削弱 discrimination (rooted in the tastes偏好 of workers or consumers). His book (on the subject主题话题, “*The Economics* of Discrimination”), became the foundation基础 for subsequent随后的 research.

Mr Becker's *restless不安宁的 mind* then focused on crime. He became intrigued被吸引住的 [after weighing *the odds机会几率 and cost* of getting *a parking ticket*违规停车罚单], and deciding to risk it.

He looked sceptically怀疑地 on the view观点, common [at the time], that crime was simply *deviant behaviour*越轨行为—a form of *mental illness*心理疾病. *At least* some of it,

he reckoned估计认为, sprang蹦跳 from *a rational理性的 consideration仔细考虑* of perceived意识到 costs and benefits. *Moral道德 norms行为准则* might inhibit抑制禁止 some individuals from breaking the law, but others would overcome战胜克服 their qualms(n.)忧虑不安 when *the return to criminal activity* was high, or *the likely punishment* mild温和的. Such calculations计算盘算 would apply, he argued, across *a wide variety of* crimes, from parking scofflaws常违反法规者 to corporate法人的 fraudsters诈骗犯.

Mr Becker puzzled over苦苦思考 why crime was economically costly昂贵的. Part of the answer, he realised意识到, was that it represents体现反映 rent-seeking寻租: fighting over争夺 the spoils战利品 of *productive activity*生产活动 rather than creation of new wealth财富. Resources (invested in *commission犯罪 of crimes*) might otherwise否则不然 have gone towards growth-boosting activity. *His work* contributed to new crime-fighting methods.

He reckoned估计料想 there is *an optimal最佳的 amount of crime* in society, since it makes little sense没有多大意义 to pay huge sums to wipe out彻底摧毁 *illegal非法的 activity* (carrying low social costs). Where enforcement(n.)强制执行 is patchy差强人意的, governments might still deter威慑阻止 misbehaviour不当行为 by increasing the severity严重程度 of the punishment—by raising fines罚款, say.

Mr Becker was again *a pioneer*, alongside his *Columbia University colleague* Jacob Mincer, in developing在做…的过程中 the concept of “human capital人力资本”, the investments(n.)投资 (individuals make in their own education). Mr Becker ventured冒险发表陈述 that *spending on education and training* should be thought of as *an economic choice*, made in anticipation of预计到 perceived *future gains*, rather than *a high-minded情操高尚的 search* for cultural enrichment(n.)肥沃丰富. His view gave insight into labour-market oddities(n.)奇特.

By taking into account考虑到 *the difference* between *general knowledge* and *“firm-specific公司特有的” skills*, Mr Becker could explain why *skilled workers* are less likely to change firms, or why firms are more likely to promote晋升 from within. *Human capital* also shed light on gaps差距 (in pay) across *demographic人口统计学的 groups*—between men and women, for example. That, in turn相应地转而, shaped塑造 Mr Becker's groundbreaking开创性的 study on the economics of the family.

Family values价值观

Mr Becker brought his characteristic特征 analysis to the question, assuming that people are guided指导 in family choices 方式状by a desire to improve their own welfare. That included marriage and divorce: his analysis implied暗示, for instance例如, that those (in wealthy families) would divorce at lower rates, a prediction预测 borne out证实 by data.

His work also helped explain falling fertility(n.)生育繁殖力 in rich countries. As wages工资 rise, *the opportunity cost*机会成本 of raising增加 children increases, and large families become less attractive. What is more, as *the link* between education and *economic success* grows stronger, parents invest ever more in their children.

Mr Becker's trailblazing开拓性 earned体现包含 plenty of criticism批判. The interdisciplinary跨学科的 adventurism冒险主义 it embodied包含 peeved恼怒的 other social scientists, who doubted that *cool-headed头脑冷静的 analysis* played much part in *matters of love or larceny*盗窃罪. But his work yielded产生结果 *unexpected insights* / and forced social scientists to rethink their assumptions / and sharpen使磨利改善 their analyses, the better to learn why people behave as they do / and how policy can best help. Whole branches分支 of microeconomics owe their existence存在 to him. It is hard to imagine a more welfare-improving contribution.

自由交易

伟大的开拓者

世界各地的经济学家都该对加里·贝克尔的离世表示哀悼

经济学家们习惯于对一切事情都发表意见，若要将这嗜好归功于一人，这个人便是已于2014年5月3日辞世的加里·贝克尔。不满足于仅仅研究世界经济，贝克尔是第一个将经济学方法应用到生活各个方面的著名经济学家。他揭示了那些事后似乎才一目了然的事：无论是换工作，嗑药，或与配偶离婚，人们往往是有目的、理性地做出决定。正是由于此种见解以及其后一系列围绕它的研究，贝克尔赢得了1992年的诺贝尔经济学奖。声名卓著的米尔顿·弗里德曼在2001年称，贝克尔是“过去的半个世纪以来最伟大的社会科学家”，他完全担得起这个评价。

贝克尔研究的核心是认为“个体总是最大化他们自己所认为的个人福利”。福利不一定意味着收入，它可能源自利他主义的满足感，或越轨的快感。但关键的是，这个论题暗指人们会对激励做出回应——这个认知为全方位地洞悉人类活动打开了一扇门。

贝克尔在其博士生涯研究歧视问题时，第一次使用这种方法，歧视问题在20世纪50年代的美国还未受到重视。当时经济学家的模型假定，雇主只关心生产率，而不管工人的肤色如何。抛开这一观点，贝克尔代之以假设许多人有“歧视偏好”，被迫与其他种族的人一起工作人们会感觉很糟糕。然后他探讨了这种偏好如何影响劳动力市场。

在美国，黑人数量占其总人口约十分之一，对黑人的歧视，导致白人工人收入相对削减较小而黑人工人的工资却较大幅度下降。在南非，黑人占比较高，歧视使整个经济体的收入更大幅度的下挫。贝克尔指出，虽然那些来自更理性的公司的竞争，可能逐步消除企业歧视，但仅仅依靠市场力量，很难削弱根植于工人或消费者偏好中的歧视。他探讨这一问题的书籍《歧视经济学》，为后续研究奠定了基础。

思维活跃的贝克尔，紧接着专注于犯罪领域。在比较了停车罚单的收益和成本，并决定冒险违章停车后，这个问题引起了他的兴趣。按照当时流行的观点，犯罪只是简单的越轨行为，贝克尔对此表示怀疑。他认为，至少部分犯罪是源自权衡成本和收益后的理性考量。道德准则可能会约束某些人不要去违法乱纪，但若犯罪活动回报颇高，或潜在处罚轻微时，其他人还是会将诸般疑虑抛诸脑后的。他认为这种方式也适用于衡量各种不同的犯罪，从违章停车到企业诈骗。

贝克尔对犯罪为何在经济上代价高昂感到困惑。他意识到部分原因在于犯罪是一种“寻租”行为：争食生产活动的战利品，而非创造新的财富。否则，实施犯罪(或阻止犯罪)投入的资源本可用来促进生产活动。他的研究成果为新的打击犯罪的方式做出了贡献。

贝克尔认为，由于支付巨额资金以杜绝低社会成本的非法活动意义不大，社会上的犯罪有着最优量。凡执法存在漏洞的地方，政府仍可能通过加大惩罚力度以震慑不端行为——比如增加罚金。

贝克尔与其哥伦比亚大学的同事雅各布·明赛尔，一起发展了“人力资本”的概念，即个体为自身教育做出的投资。他在这方面再次成为先驱。贝克尔大胆假设，用于教育和培训的开销应，当被看作是一种在预期未来收益的情况下做出的经济选择，而非为了寻求提升高尚的文化修养。这一观点给劳动力市场怪象提供了视角。

考虑到通识知识(比如数学)和“企业特有”技能(如内部软件知识)之间的差别，贝克尔可以解释为什么技术工人不太可能跳槽，或者企业为什么更青睐从内部提拔人才。人力资本也揭示出人口群体——比如男性和女性间的薪酬差异，这反过来形成贝克尔对家庭经济的开创性研究。

家庭价值观

分析这个问题，贝克尔引入了他的特性分析，假设人是出于提高自身福利的愿望来指导家庭选择的，包括结婚和离婚在内。举个例子，他的分析暗示，那些富裕家庭往往离婚率较低，数据也证实了这一预测。

他的工作也有助于解释富裕国家出生率下降的问题。随着工资的上升，抚养子女的机会成本增加，拥有一个大家庭变得不那么有吸引力。更重要的是，教育与经济成功之间的联系变得更加强大，父母在子女身上的投资越来越多。

贝克尔的开创性理论遭到了很多批评。它体现出的跨学科冒险性，使许多社会科学家非常气恼，他们怀疑冷静分析在爱情或盗窃问题起到的作用会更大。但贝克尔的研究成果提供了出人意料的思路，迫使社会科学家重新考虑他们的假设，完善他们的分析，以更好地了解人们的行为：人们为何那么做，政策怎样提供最好的帮助。微观经济学的整个分支的存在，都归功于贝克尔，没有谁在提升福利方面作出的贡献比他更大了。

1. you are content with something, adj.满足的;知足的
2. An aspect of something n.方面;形态;特性

He was interested in *all aspects* of the work here... 他对这里工作的所有方面都感兴趣。

1. revelation [ˌrevəˈleɪʃn] n.①被揭示的真相;被揭露的内情。②揭露;披露;透露。③意想不到的事物;非常好的事物。④(上帝的)启示，默示

...*the revelation* that William had survived the initial attack. 威廉在首次袭击中幸存下来的惊人内幕

Further revelations are expected. 人们期待着真相的进一步披露。

Degas's work had been *a revelation* to her. 德加的作品曾经让她大开眼界。

1. no less … than 和……一样

His mind is no less alert than yours. 他的思路和你的一样敏捷。

1. eminence [ˈemɪ-nəns] n. ①显赫;卓越;著名。②阁下，大人(天主教对红衣主教的尊称)(Your Eminence or His Eminence)

Beveridge was a man of great eminence. 贝弗里奇是个非常有名的人。

1. you derive something such as pleasure or benefit from a person or from something, v.获得;取得;得到

Mr Ying is one of those happy people who derive pleasure from helping others. 英先生属于那种助人为乐的快活人。

→something such as a word or feeling derives or is derived from something else, (使)起源于;(使)来自

Anna's strength is derived from her parents and her sisters... 安娜的坚强源自于她的父母和姐姐们。

1. shunt [ʃʌnt] v.① (通常因为不方便而)将…转移至别处，将…调往别处。②使(火车车皮或车厢)转轨

Independent thinkers are shunted into minor jobs / or refused promotion. 见解独到的人士要么被调往次要的岗位，要么就不被提升。

1. worse off adv. 恶化，情况更坏。美国英语亦用 bad off

→you are badly off, adj.①处于困境的；境况不佳的。②缺钱的；贫穷的

It is outrageous that people (doing well-paid jobs) should moan about {how badly off they are}. 那些有着高薪工作的人竟然还抱怨自己多么缺钱，真是过分。

1. substantial [səbˈstænʃl] adj.①大量的;相当程度的;重大的。②(建筑物)大而坚固的，结实的，牢固的

The party has just lost office and with it a substantial number of seats... 该党刚刚竞选失利，同时还失去了许多席位。

...those fortunate (enough to have *a fairly substantial property* to sell). 那些有相当多的固定资产可出售的幸运儿

1. erode [ɪˈrəʊd] v.① (使)侵蚀;(使)腐蚀;(使)风化。②(权威、权利、信心等)逐渐丧失；削弱。③(使)贬值;(使)降价

*His critics* *say* {*his fumbling* of the issue of reform has eroded his authority}... 批评家们说他在改革问题上的蹩脚做法已经削弱了他的权威。

Competition in the financial marketplace has eroded profits... 金融市场的竞争降低了利润。

1. you have *a taste* for something, n.喜欢;偏好。鉴赏力;品味

She developed *a taste* for journeys to *isolated hazardous regions* in North America... 她喜欢上了到北美那些险象环生的偏远地区旅行。

1. restless [ˈrest-ləs] adj.①焦躁不安的;不耐烦的;不满的。②坐立不安的;不安宁的。③难以入睡的;辗转反侧的
2. parking ticket n. 违规停车罚单
3. reckon[ˈre-kən] v. ①料想;估计;认为。②估算;估计

He reckoned he was still fond of her. 他认为自己还喜欢着她。

The star's surface temperature is reckoned to be minus 75 degrees Celsius... 这颗恒星的表面温度估计在零下75摄氏度左右。

→you say that something is reckoned to be true, 认为…；把…当作

The sale has been held up because the price is reckoned to be too high. 销售陷入停滞，因为大家认为价格太高了。

→someone reckons to do something, 预计；料想；期望

*The merged banks* reckon to raise 4 billion dollars of new equity [next year]... 几家银行合并后明年有望增发40亿美元的新股。

1. spring v.①跳;跃;蹦。②(突然朝某个方向)迅速移动，弹开。

Throwing back the sheet, he sprang from the bed... 他掀开床单，从床上跳了起来。

Sadly when *the lid of the boot* sprang open, it was empty. 不幸的是，当后备箱的盖子弹开时，里面却是空的。

→things or people spring into action or spring to life, 突然活跃起来;突然出现

When she contacted me at the beginning of August to enlist support, Sharon and I sprang into action. 她 8 月初和我联系请求帮助时，我和沙伦便立即行动起来了。

...new industries which had sprung into life during the 1920s. 在 20 世纪 20 年代突然出现的新型工业

→one thing springs from another thing, 起源于;发源于;来自

His anger sprang from his suffering at the loss of *the most important love* (he had ever known in his life). 失去一生中的至爱让他悲痛不已，愤怒涌上他的心头。

1. To inhibit someone from doing something v.禁止;阻止
2. represent [ˌreprɪˈzent] v.①代理，代表(个人或团体)。②相当于，代表着(变化、成就、胜利等)。③象征;体现;反映

These developments represented *a major change* in the established order. 这些发展代表了现有秩序的重大转变。

We believe you represent everything British racing needs. 我们相信你代表了英国赛马所需要的一切。

1. The commission of a crime n.犯(罪)
2. wipe out 摧毁;毁灭;使灭绝。(把器皿里面用抹布)擦净；彻底摧毁
3. patchy [ˈpætʃi] adj.①分布不均衡的；散落的；斑驳的。②时好时坏的；不稳定的；差强人意的

Thick patchy fog and irresponsible driving were to blame... 局部浓雾和驾驶员不负责任是罪魁祸首。

The evidence is patchy... 证据不充分。

Transport is difficult, communications are patchy... 交通困难，通信时断时续。

The rest of the acting is patchy at best. 剩下的表演顶多算是差强人意。

1. severity [sɪ've0rətɪ] n.严重程度； 严重性； 严格； 严重度

Several drugs are used to lessen *the severity* of the symptoms. 使用了几种药来减轻症状。

1. in doing sth. 在句中一般作状语等译为“在做某事的过程中”，或“在做某事方面”，例如He does well [in playing basketball].
2. something is done in anticipation of an event, 期待着；预计到

Troops (in the Philippines) have been put on full alert in anticipation of trouble [during a planned general strike]. 因料到在有组织的大罢工期间可能会出现骚乱，菲律宾的军队已进入全面戒备状态。

1. take into account v. 重视，考虑；顾及
2. someone or something bears a person out / or bears out what that person is saying, v.支持，证实(某人的说法)

Recent studies have borne out claims (that certain perfumes can bring about profound psychological changes). 最近的研究证实了有些香水可以引起深刻心理变化的说法。

1. inter-discipli-nary[ˌɪntə-ˈdɪsə-plɪ-nəri] adj.学科间的;涉及若干学科的;跨学科的

*interdisciplinary courses* combining psychology, philosophy and linguistics. 综合了心理学、哲学与语言学的跨学科课程

1. embody [ɪmˈbɒdi] v.①表现，体现，代表(思想或品质)。②包含;包括

That stability was embodied in the Gandhi family. 甘地家族体现了那种坚定的品质。

The proposal has been embodied in a draft resolution... 那项提案包含在决议草案中。

1. yield v.①出产(作物);产(肉)。②(税收或投资)产生，带来(收益或效益)。③产生(结果)；得出(信息)

Last year 400,000 acres of land yielded a crop worth $1.75 billion. 去年40万英亩的土地产值达17.5亿美元。

It yielded a profit of at least $36 million. 它带来了至少3,600万美元的收益。

This research has been in progress since 1961 / and has yielded a great number of positive results... 这项研究自1961年起一直在开展，已取得了不少积极成果。

His trip to Melbourne had yielded a lot of information. 他的墨尔本之行让他大开眼界。

1. 厄尔尼诺——内战推手

Historians历史学家 have speculated猜测 for years that *global environmental changes* caused some *ancient wars* to erupt爆发, or even *societies* to collapse倒塌崩溃.

Such connections may still exist—because new research finds that *the risk of civil war* in tropical countries increases during hot, dry *El Nino* years as opposed to而不是 cooler *La Nina* periods. The study is in the journal Nature. [Solomon M. Hsiang, Kyle C. Meng and Mark A. Cane, Civil conflicts冲突 are associated with the global climate]

Researchers used a database of global conflicts over the last six decades, which included clashes冲突 (resulting in导致 at least 25 deaths in battle).

They compared those data to *the* *three- to seven-year cycling* of El Nino. And they found that the risk of conflict doubled翻了一番 during El Nino years—but only in tropical countries most affected by the climate cycle. El Nino may have played a role in spurring激励促进a fifth of the 234 conflicts studied.

This study can’t determine确定a cause原因. But the researchers say *hot El Nino conditions*环境状况can diminish使减少 harvests收获量, causing导致 food shortages and sparking触发引起 conflicts. And since El Nino can be predicted *up to* two years in advance提前, governments and NGOs might be better able to plan for *the possibility of a civil war*.

厄尔尼诺现象出现的时候，热带国家的内战爆发频率随之上升。这可能是食物短缺所引起的。Christopher Intagliata报道。

历史学家历经多年研究，推测全球气候变化可能导致古代战争的爆发，乃至社会的瓦解。这种联系可能目前仍旧存在——因为最新研究发现，与寒冷的拉尼娜年间相比，在又干又热的厄尔尼诺现象发生的年间，热带地区国家爆发内战的频率有所上升。这篇研究发表在《自然》期刊中。

研究者建立了一个收集近六十年来的全球争端(包含至少造成25人死亡的争端)数据库。他们将这些数据与3-7年为周期的厄尔尼诺现象相比对，发现在厄尔尼诺现象发生年间，争端的危险翻了一番——不过仅限于受该气候周期影响最严重的热带国家。厄尔尼诺现象可能在被研究的234个案例的五分之一中，扮演了重要的推动角色。

这项研究还不能得出明确的结论。但研究者认为，干热的厄尔尼诺现象会使农业减产，导致食物短缺，引发零星冲突。由于厄尔尼诺现象可以提前两年预知，政府和非政府组织最好能对可能爆发的内战做好准备。

1. erupt v.①(火山)喷发，爆发。②(冲突、战斗等)突然发生，爆发，突然加剧。③(感情)迸发，突然转变;(常指)变得狂躁

Then, without warning, she erupts into laughter... 然后在没有任何征兆的情况下，她突然大笑起来。

1. 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。

1. clash [klæʃ] v.①发生冲突;打斗;争论;意见不合。②(体育用语中尤用来指热情高涨的比赛双方)交锋，交手，厮杀。③(金属相互碰撞)发出当啷当啷声，发出撞击声

A group of 400 demonstrators clashed with police... 400名示威者与警察发生了冲突。

Inside government, there was a clash of views. (n.)政府内部意见不一。

→one event clashes with another, (两件事)时间上冲突，撞期

→one colour or style clashes with another, (色彩或风格)不协调，不搭配

1. something results in a particular situation or event, 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。

→something results from a particular event or action, 由…产生;由…引起

Many hair problems result from what you eat... 很多头发问题都是由饮食引起的。

1. spur v. 促进;加速;推动

The administration may put more emphasis(n.)着重强调 on spurring economic growth... 政府可能会更加重视推动经济增长。

→one thing spurs you to do another, 鼓励;激励

His friend's plight had spurred him into taking part. 朋友的困境促使他投身参与。

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。(spur on=spur)

→you do something on the spur(n.)激励因素of the moment,一时冲动;心血来潮

1. determine v.①确定;查明。②决定;敲定

The investigation will determine what really happened... 调查会查明到底发生了什么事情。

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. spark n.火花;火星。v. ①发出火花;闪光。②引起(大火) 。③触发;引发

The proposals are expected to spark heated debate. 这些提议估计会引起激烈的争论。

→A spark of a quality or feeling, n.微量;一点点

Even Oliver felt a tiny spark of excitement. 连奥利弗都感到一丝兴奋。

1. 树木为现代河流塑形

Rivers today have high muddy泥泞的 banks, sandbars拦江沙 and bends弯曲. But they didn’t always look that way. Because it wasn’t [until *the evolution* of tree-like plants, some 330 million years ago], that rivers were corralled把…关进畜栏 into their current form. Before that, ancient waters flowed wide and shallow浅的 over the land, with little to constrain约束限制 them other than mountains. *So says a study* in the journal Nature Geoscience地球科学. [Neil S. Davies and Martin R. Gibling, Evolution of fixed-channel固定河槽 alluvial plains in response to对…做出反应 Carboniferous石炭纪 vegetation植物(总称)]

Researchers looked through翻阅 over 400 studies of *the Earth’s rock record*, and visited nearly 70 field sites. And they found that *channel formations*(n.)形成 (in the rock)——a signature鲜明特征 of modern rivers——didn’t appear until the Carboniferous石炭纪 period, when tree-like plants evolved进化. That’s because larger plants needed deeper roots, which stabilized使稳固 river banks and forced rivers into narrower paths. And *deep roots* helped form sticky黏性的 clays黏土, which are harder to erode使侵蚀.

All this engineering工程 was to the trees’ advantage对…有利, the researchers say. Because river banks provide trees with easy access to water, without the constant持续不断的 risk of flooding. *Pretty much*几乎 what we humans want. Many of our greatest cities formed along river banks—*for which* we might have trees to thank.

今天的河流有高高的泥泞岸边、沙洲和弯曲，但很久以前并不是这样的。据《自然地球科学》期刊上的一项研究报导，直到大约3.3亿年前，逐渐进化出的树状植被，才将河流围成它们今天的形状；在此之前，古老的水体宽而浅的流经陆地，除了山脉，几乎没有什么能限制它们的流淌。【尼尔·S·戴维斯、马丁·R·吉布林著，石炭纪植被影响下固定河道冲积平原的演变】

在查阅了超过400篇地球岩石记录方面的文献、并进行了接近70次现场考察之后，研究人员发现，现代河流的标志——岩石中的河道形成现象，一直到石炭纪才第一次出现，而这正是树状植被演化出的年代。这是因为，更高大的树木需要更深的根系，这些根系能使河岸稳定并使河道变窄；同时能帮助形成更不易被侵蚀的胶粘粘土。

研究人员表示，对河流进行的这些工程学修饰是对树木有利的，因为河岸能向树木提供易于取得的水源，也没有发生洪水的经常性风险，而这几乎都是人类所需要的条件。历史上许多最宏伟的城市便是沿岸而建——说不定我们需要为此向树木好好地表达感激之情。

1. corral [kəˈrɑ:l] n. (北美的)畜栏，围栏。v. 把(动物)关进畜栏;把(人)关起来
2. constrain [kənˈstreɪn] v.约束;限制;强迫

Women are too often constrained by family commitments and by low expectations... 女性往往受到家庭责任和低期望值的束缚。

→you feel constrained to do something, 觉得被迫(做某事)

1. looke through v.①逐一查看…。②浏览;翻阅。③(因生气、沉思等)对…视而不见
2. Carboni-ferous [ˌkɑ:bə'nɪ-fərəs] n. 石炭纪，石炭层。adj. 含碳或煤的
3. sticky [ˈstɪki] adj.①黏性的;涂有黏性物质的。②(情况)棘手的，令人为难的。③ (天气)湿热的，闷热的。

Inevitably the transition will yield *some sticky moments*... 过渡时期难免会出现一些困难的时候。

...four desperately hot, sticky days in the middle of August. 8 月中旬极其闷热的 4 天

→someone comes to a sticky end or meets a sticky end, 下场很悲惨;死得很惨

1. erode [ɪˈrəʊd] v.①(使)侵蚀;(使)腐蚀;(使)风化。②(权威、权利、信心等)逐渐丧失；削弱。③(使)贬值;(使)降价

America's belief (in its own God-ordained uniqueness started) to erode. 美国人心中上帝赋予了他们独一无二的品质的信念，开始逐渐丧失。

1. you use or turn something to your advantage, (尤指转变不利情况使之)对…有利

The government have not been able to turn today's demonstration to their advantage. 政府未能把今天的游行示威转为己用。

→you take advantage of something, 利用

→something is shown to good advantage or to best advantage, 最有利地；最有效地；使优点突出

The walls were painted in muted tones to show the pictures to good advantage. 墙面被漆成了淡色调，以突出照片。

1. pretty adv.很；颇；相当

I had a pretty good idea what she was going to do... 我很清楚她会怎么做。

Pretty soon after my arrival I found lodgings. 我到达之后，很快就找到了住处。

→pretty much =pretty well 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. 教学相长-教职成就更好的科研学生

Some graduate大学毕业生 students in science, technology, engineering and math—or STEM—only do research, under the guidance(n.)指导 of a mentor导师. Other *STEM grad毕业生 students* also have *teaching*教学的 *responsibilities*责任义务, for example, instructing讲授 undergrads本科生 or local high schoolers.

Now a study finds that *grad students* (who also teach) show significant improvement in *written* *research proposals*提案, compared with grad students (with no teaching requirement(n.)要求). The finding appears in the journal Science. [David Feldon et al., "Graduate Students’ *Teaching Experiences* Improve Their Methodological教研方法论的 Research Skills"]

Researchers followed almost a hundred grad students (attending处理照顾 three different institutions大型机构). About *half of the students* also taught. All the grad students were asked to submit提交 *written research proposals* at the beginning of an academic year and *a revised*经过修正的 *version* again at the end.

And those *grad students* (who spent the year doing research and teaching) showed *bigger improvements* in coming up with想出计划 testable可测试的 hypotheses(n.)假说 and in the design of valid有效的 experiments.

Differences (in *overall总体的 written quality* among the students) could not account for解释说明 the results, because only *specific*特定的 *skills* (among those analyzed) showed improvement as a function of *the teaching experience*. So *teaching* may make STEM grad students 宾补better scientists. Not to mention更不必说 better teachers.

—Steve Mirsky

既做研究又从事教学的理科研究生，比只从事研究的学生，在写研究报告方面更胜一筹。斯蒂夫·米尔斯基报道。

一些从事科学、技术、工程和数学(合称“STEM”)的研究生，只专注于在导师的指引下做研究。其他的STEM研究生，会同时担任教学任务，譬如说，指导本科生或本地高中生。日前一项研究发现，相比之下，从事教学的研究生在撰写研究报告上有着明显的进步。这项研究发表在期刊《科学》上。

研究者追踪了在3个不同研究机构的大约100名研究生。其中一半学生兼任教职。所有的研究生都被要求在学年初上交一份研究报告、及学年末上交一份修改的版本。那些一个学年即投入研究又投入教学的学生，在提出检验性建设和设计有效实验方面，表现出更大的进步。

学生总体撰写质量的差异并不能解释研究结果，因为在所有分析数据中仅仅这一项特定的技能显示出拥有教学经验的好处。因此，教学也许能让STEM研究生成为更好的科学家，更别说是更好的教师了。

1. STEM代表科学(Science)，技术(Technology)，工程(Engineering)，数学(Mathematics)。在国家实力的比较中，获得STEM学位的人数成为一个重要的指标。
2. guidance [ˈgaɪ-dns] n.指导；引导；咨询
3. mentor [ˈmen-tɔ:(r)] n. (尤指工作方面的)导师，指导者。v.为…出谋划策;指导;辅导

He had mentored scores of younger doctors. 他指导过许多更年轻的医生。

1. attend v.

→you attend a meeting or other event, 出席；参加

→you attend an institution机构 such as a school, college, or church, 去(学校、教堂等)；上(学)

→you attend to something / someone, 处理，料理(事情)；照顾，护理(受伤的人)

There are more pressing matters to be attended to today... 今天有更紧急的事情要处理。

1. submit v.提交，递呈(建议、报告或请求)

Head teachers yesterday submitted a claim for a 9 per cent pay rise. 校长们昨天提交了一份要求加薪 9%的声明。

→you submit to something, v.顺从;屈服;投降;被迫接受

If I submitted to their demands, they would not press the allegations. 如果那时我答应他们的要求，他们就不会坚持那些指控了。

1. re-vise [rɪˈvaɪz] v.①改正，改变，修正(想法) 。②调整，改变(价格、数目、估计等) 。③修改(音乐作品)；修订(法律)；审定，校订(文章、书籍)

He soon came to revise his opinion of the profession. 他很快就改变了对这个职业的看法。

→you revise for an examination, (考前)复习，温习

I have to revise for maths... 我得复习数学。

1. you come up with a plan or idea, v.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. hypo-thesis [haɪ-ˈpɒθə-sɪs] n. (有少量事实依据但未被证实的)假说;假设
2. valid [ˈvælɪd] adj.①有根据的;正当的;合理的。②有意义的;有效的。③(票证等)有效的

They put forward many valid reasons for not exporting... 他们提出了很多不出口的正当理由。

He recognized the valid points that both sides were making. 他认可双方观点中的合理之处。

...*the validity of* making children wear cycle helmets. 让孩子在骑车时戴头盔的重要性

1. An account of something n.解释;说明

Science, on Weber's account, is an essentially value-free activity. 按照韦伯的说法，科学在本质上是一种价值无涉的活动。

account for v.①导致；解释。②为…提出理由;对…作出说明。③对(行动、政策等)负有责任。④(数量或比例上)占

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。

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。

1. 男人需要X染色体制造更多的男人

It takes a *Y chromosome*染色体 to make a man. But that doesn't mean its counterpart配对物, the *X chromosome*, plays no part. In fact, it has a big role in making sperm精子.

To study X evolution(n.)演化, researchers first sequenced按顺序排列 the human chromosome染色体 more accurately精确地 than ever before. Then they compared the code to that of a mammal哺乳动物 (*whose evolutionary进化的 lineage谱系* split分裂 from ours about 80 million years ago: the mouse).

It turns out that humans and mice share 95 percent of their X genes. This finding was no surprise. In the 1960s, biologist生物学家 *Susumu Ohno* suggested the X chromosome would evolve slowly, and thus remain similar [in most mammalian哺乳动物的 species物种]. But some things did change over变换 evolutionary进化的 time. Or rather更确切地说, 144 things.

One-hundred-forty-four human *X chromosome genes* had no counterparts配对物 in mice. And these genes seemed to be constantly developing. Many of the genes remained dormant休眠的 in females, only becoming active in tissues动植物的组织 (involved in参与的 sperm production). The study is in the journal Nature Genetics遗传学.

Clearly, the X chromosome Xceeds(exceed)超出 its feminine responsibilities责任. Which is *Xcellent极好的 news* for male fertility(n.)生育力.

Y染色体决定了男儿身。但是这并不意味着X染色体对男儿身没有影响。X染色体在精子的形成过程中起重要作用。

为了研究X染色体的进化，研究人员首先以前所未有的精确度，排序人类染色体。然后他们对比了老鼠的染色体序列。老鼠从8000万年前开始分化出来。

结果人类跟老鼠的X染色体基因95%是重合的。这个发现并不意外。60年代的时候，生物学家Susumu Ohno提出X染色体进化缓慢，大多数哺乳动物的X染色体基因是相似的。但是随着时间的推移，确实有些区别。或者确切的说是144处不同。

人类X染色体上有144组基因不同于老鼠。这些基因看起来是在持续发展。这些基因里的许多，在女性体内都是静止的，只有涉及到精子产生的时候才活跃起来。研究发表在《自然遗传学》杂志上。

很明显，X染色体不光对雌性起作用。这对男性生育来说是个好消息。

1. chromo-some[ˈkrəʊ-mə-səʊm] n. <生>染色体
2. counter-part [ˈkaʊntə-pɑ:t] n.职能(或地位)相当的人;对应的事物

The Foreign Minister held talks with his Chinese counterpart. 外交部长与中国外交部长举行了会谈。

1. sperm [spɜ:m] n. 精子；精液
2. evolution [ˌi:vəˈlu:ʃn] n. 演变；进化；发展
3. sequence [ˈsi:kwəns] n. [数]数列，序列；顺序。vt. 使按顺序排列
4. A sequence of events or things 一系列;一连串

A gene sequence or a DNA sequence (基因)排列顺序，序列

A film sequence (电影中描述某一组动作的)连续镜头,片段

1. lineage [ˈlɪniɪ-dʒ] n.家系；家族；血统
2. split [splɪt] v.(使)断裂;(使)裂开;分割

[In a severe gale] the ship split in two... 在一次大风中，船断成了两截。

1. you change over from one thing to another, (从做…)改变(为做…)。(使)变换；调换；掉期

Perhaps you and I had better change over; you are more experienced. 也许我们的工作还是对换一下好, 你比我更有经验.

He wanted to change over to a more suitable job. 他想换一个更加适合的工作.

Scientific opinions are not carved [on tablets of stone]; they change over the years. 科学观点并非一成不变；它们随着时间而改变。

1. or rather更确实地，更确切地说
2. dormant [ˈdɔ:mənt] adj.暂停活动的;暂搁不用的;休眠的;蛰伏的
3. exceed [ɪkˈsi:d] v.①超过，超出(某数量、数字等)。②超出，超越(限制、规定等)

Its research budget exceeds $700 million a year... 其研究预算每年超过7亿美元。

I would be exceeding my powers if I ordered the march to be halted. 如果我命令停止游行，我就越权了。

1. fertility [fəˈtɪ-ləti] n. (土地的)肥沃；肥力；丰产；<生>繁殖力

→fertile [ˈfɜ:taɪl] adj.(土地、土壤)肥沃的，丰腴的

1. 月相影响睡眠

Moon Cycles周期 Affect Human Sleep

The lunar月球的 cycle affects the night sky, the tides潮汐 and even *the fertility*繁殖力 of certain *marine海洋的 species物种*. And it turns out, we can add your shuteye睡眠 to the list. According to a new study, humans sleep poorly(adv.)差劲地 on *nights* near a full moon. The work is published in the journal Current Biology. [Christian Cajochen et al, Evidence that the Lunar Cycle Influences Human Sleep]

To test the moon's effect, 33 adult volunteers of both sexes and various ages spent several nights in a sleep lab. As they dozed打盹儿, researchers monitored监控 their brain activity, eye movements / and hormone levels. *On nights* (closer to a full moon), the subjects took花时间 an average of five minutes longer to fall asleep, and slept for 20 minutes less. In addition另外, brain activity decreased减少 by 30 percent during *the sleep stage* (that the brain normally uses to recover from its daylight白天 work). And 主*levels* of melatonin褪黑激素, *the hormone* that helps regulate sleep cycles, 谓dropped降低.

On these nights, the sleepers complained of诉说有…病痛 *poor sleep quality* even though they were unaware of the lunar cycle. On the bright side光明的一面是, not a single participant turned into a werewolf狼人.

月相影响夜空，潮汐，甚至影响特定海洋物种的繁衍。最近我们发现，睡眠跟月相也有关系。一份最新的研究显示，月圆时人类容易失眠。这个研究发表在《当代生物学》杂志上。

为了验证月亮的影响，33名年龄各异的成年男女自愿参与了实验，他们在一个睡眠实验室度过了几晚。当他们睡觉的时候，研究人员监测了他们的大脑活动，眼球活动和激素水平。在月球接近满月的夜晚，实验者平均多花费5分钟入睡，睡眠减少20分钟。而且大脑活动在睡眠过程中减少30%，通常大脑通过活动得到休息。帮助调节睡眠周期的褪黑素也减少了。

月圆的晚上，实验者抱怨睡眠质量之差，尽管他们没有意识到月相的变化。幸运的是，实验过程中，没有人变成狼人。

1. lunar [ˈlu:nə(r)] adj.月球的；月亮的
2. tide [taɪd] n.①潮;潮水;潮汐。②潮流，浪潮
3. fertility [fəˈtɪləti] n. (土地的)肥沃；肥力；丰产；<生>繁殖力
4. marine [məˈri:n] adj.海洋的;海生的;海产的
5. shut-eye合眼;睡觉

Go home / and get some shut-eye. 回家睡一会儿。

1. doze [dəʊz] v.(尤指在白天)小睡，打盹儿
2. monitor [ˈmɒnɪ-tə(r)] v监控;监视;监督
3. In addition adv. 另外；除此之外；并且；况且
4. mela-tonin [ˌmelə-ˈtəʊ-nɪn] n. 褪黑激素

「褪黑激素」是人脑部深处像松果般大小的“松果体”分泌的一种胺类激素，所以有人叫它“松果体素”。 它是迄今发现的最强的内源性自由基清除剂。同时，夜间褪黑素水平的高低，直接影响到睡眠的质量。

1. bright side光明的一面，令人高兴的一面
2. were-wolf [ˈweə-wʊlf] n. (故事中)变成狼的人，狼人
3. 社会地位影响我们的信任度

Social Status社会地位 Affects *Who* We Choose To Believe

[*Audio clip*片段of President Reagan里根 saying, “Mr. Gorbachev戈尔巴乔夫, tear down拆毁 this wall!”]

Sounds pretty powerful. You might believe it will actually happen.

But *what if* this guy were to say the same thing: [*Audio clip* of ordinary普通的 guy saying the same thing]

Hmmm. Maybe not so much. Because a study finds that *the social status* of a speaker makes *a significant difference* in how we interpret解释 *statements*声明they make.

Scientists showed participants clips of political statements, that were either true or false, made by a top politician, a news anchor电台节目主持人 or just *your average普通的 joe*. The participants also watched another set of videos, *this time* of the same people making true or false statements about *general world information* like, “Fidel Castro卡斯特罗 is a pop singer.”

The subjects were more likely to accept *the false虚假的 statement* coming from the political figure as opposed to而不是 the other speakers (including *the news anchor*!) However, participants did not accept *any false world knowledge statements* from any of the speakers. *Brain recordings* of the subjects reveal that *their impressions* of the speaker and what he or she says, happens very fast, within 150-450 milliseconds, which is within在…内 average *reflex reaction条件反射 time* for humans. The study is in the journal PLoS One.

Of course, given enough time, even *a politician’s biggest supporter* will accept that something he said isn’t true: [*Audio clip* of President Clinton saying: "I want you to listen to me, I'm going to say this again. I did not have *sexual relations* with that woman, Ms. Lewinsky."]

戈尔巴乔夫先生，推到这块墙吧！听起来很有力度。或许你会相信它会真的发生。但是如果换作这个人说同样的话呢？

嗯，或许不这么令人信服。因为一项研究发现，一个发言人的社会地位，会在我们听取其陈述的时候发挥很重要的作用。

科学家给试验者放政治演说片段，有的是一位顶级政治家说的，有的是新闻主播说的，有的是平常人说的，或真或假。试验者也看了另一组视频，这一次是同样的人讲述正常世界信息，或真或假，例如：“菲德尔·卡斯特罗是一个流行歌手。”

试验者更相信政治人物所说的话，而不是其他人说的，甚至包括新闻主播。然而，试验者不接受任何人说的假的常识。脑活动记录显示，试验者对发言人及其讲话内容的印象发生的很快，在150到450毫秒之间，低于人类反射反应时间。研究发表在《公共科学图书馆·综合》期刊上。

当然，给予充足时间，即使是一个政治家的死忠支持者，都会接受其所说的话有些是假的。“你们听我说，我重申一遍，我绝对没有和这个叫莱温斯基的女士发生过性关系。”

1. Reagan ['rei-gən] [爱尔兰姓氏] 里根 Regan的变体
2. tear v.撕开;扯坏;扯破

→you tear something down, 拆毁;拆除

1. inter-pret [ɪnˈtɜ:-prɪt] v.①解释;说明;阐释。②口译

Both approaches agree on what is depicted in the poem, but not on how it should be interpreted. 两种方法对诗中所描绘的是何种事物的看法是一致的,但是对于应该如何阐释这首诗有所分歧。

1. statement n.(正式或明确的口头或书面)陈述，声明
2. as opposed to 而不是

→you are opposed(adj.) to something, 反对的；不赞成的

1. reflex [ˈri:fleks] n.①本能反应;习惯性动作。②条件反射；反射性动作(A reflex or a reflex action)
2. sexual relations 性关系
3. 大的社群让狐猴更狡猾

Big Social Group Makes Lemurs狐猴 Cannier(adj.)精明的(比较级：更精明)

Good news for *big-time顶级的 networking人际网 primates灵长目动物*: other primates (that live in large social groups) have more *street smarts* than their comrades同志 with smaller social circles. *So finds a study* in the journal PLoS ONE.

Researchers tested the circumstances情形 (under which *lemurs* would pilfer偷窃 food from people). The study included ring-tailed lemurs, which come from large social groups, *as well as* lemurs from small-groups, like *the mongoose猫鼬 lemur*. The lemurs all had the same brain size, so would be presumed to have similar raw原生态的 intelligence.

Humans sat in a room with either *a plate of food* on the table in front of them or behind them. *A third group of people* was blindfolded, with the plate in front of them.

*Lemurs* from large social groups tended to steal the food if *the person's back* was to it. *Lemurs* from smaller social groups went for挑选 the food as frequently频繁地 regardless of不顾 its position. And no lemurs appeared看起来 to understand *the purpose* of a blindfold眼罩.

The researchers interpret作解释 *the results* as showing that *social factors* can influence a species物种' smarts. So you could be outwitted以智取胜 by a birdbrain蠢蛋, if he has a lot of friends.

对社交型灵长类来说，有好消息了。对那些生活在大社群里的灵长类来说，他们比小社交群里的动物更具智慧。公共科学图书馆期刊上一篇研究显示。

研究人员测试了狐猴偷窃人类食物的情景。研究包括节尾狐猴，来自大社群，还有从小社群来的狐猴，比如獴狐猴。狐猴的大脑一般大，假定它们的先天智力一样。

人们坐在一间屋子里，前面的桌子上有一盘食物，一组是正对着桌子，一组背对着桌子。还有第三组是蒙着眼坐在桌前。

来自大社群的狐猴会选择偷背对桌子的那一组的食物。而来自小社群的狐猴则不考虑人坐的方式。两组均不明白蒙眼的目的。

研究人员解释，结果显示社交因素能影响一个种群的智慧。所以如果有个笨蛋有很多朋友，那么你很可能被他蒙骗了。

1. lemur [ˈli:mə(r)] n. <动>狐猴
2. canny [ˈkæni] adj.精明的；狡黠的;头脑灵活的
3. big time adj.顶级的；最高水平的；十分成功的

...a big-time investment banker. 十分成功的投资银行家

1. primate [ˈpraɪ-meɪt] n.灵长类(动物)
2. street smart adj.(尤指)在大城市混得开的;能在艰难环境中生存的。n.城市生活方式、生存能力
3. comrade [ˈkɔm-rid] n.同志；战友；忠实伙伴
4. circumstance n.(事件发生的)情形，详情，原委

I'm making inquiries about *the circumstances* of Mary Dean's murder... 我在调查玛丽·迪安谋杀案的详情。

1. pilfer [ˈpɪl-fə(r)] v.小偷小摸；偷窃(不太贵重的东西)
2. mon-goose [ˈmɒŋ-gu:s] n. 猫鼬，又名狐獴
3. raw [rɔ:] adj.①未经加工的;天然状态的。②未开化的；原生态的；处于蒙昧状态的；原原本本的。③(食物)生的，生食的，未熟的

We import raw materials and energy / and export mainly *industrial products*. 我们进口原材料和能源，主要出口工业产品。

It exposes *capitalism* in the raw. 它暴露了资本主义的本来面目。

1. go for v.①选择；挑选。②非常喜欢；倾心于。③袭击

People tried to persuade him to go for a more gradual reform programme. 人们试图说服他采取更为渐进的改革方案。

I tend to go for large dark men. 我非常喜欢身材魁梧、肤色偏黑的男人。

Pantieri went for him, gripping him by the throat. 潘蒂埃里扑向他，紧紧地扼住他的喉咙。

1. something happens regardless(adv.) of something else, 不顾；不管；不论
2. out-wit [ˌaʊt-ˈwɪt] v.智胜；用计击败(或超过)。瞒骗； 哄骗
3. bird-brain[ˈbɜ:d-breɪn] n. <俚>愚蠢，轻佻的人
4. 少年时期性格决定老年生活

*Outgoing*外向的 and *emotionally感情上 stable稳重的* *young adults* tend to have *happier times* in retirement than those (who lived introverted内向的 or emotionally fraught忧虑的) young adult lives. That’s the finding of an analysis of more than 4,500 people in the Journal of Research in Personality.

Investigators研究者 conducted实施安排 two earlier personality(n.)个性 surveys民意调查. Participants were 16 years old [when they were initially最初 surveyed] / and 26 years old for the follow-up(n.)后续. They were asked questions about their sociability(n.)社交性, energy, emotional情绪上的 stability(n.)稳定性, mood心情, and distractibility随境转移. The researchers calculated计算 *scores*得分 of extraversion外向性 and neuroticism神经过敏症 for every participant.

Then, nearly four decades later, more than 2,500 of the participants completed questions about their *well-being*(n.)康乐 and *satisfaction with life*, and their *physical health*.

*Greater extroversion外向* in young adulthood成人期 directly直接地 correlated with有相互关系 *greater satisfaction* later in life. [On the negative消极的 side] researchers found that *higher levels* of neuroticism神经质 (during the teen青少年时期 and young adult years) was associated with *a greater susceptibility*易感性 toward anxiety and depression抑郁 in people’s 60s. (Remember, that’s a tendency趋势, not a certainty必然性.)

The researchers point out that 主{trying to find *criteria*判断的准则 for life-long终身的 happiness} 系is more than *an academic exercise*: Happy people tend to live longer, so {figuring out弄明白 what makes for happiness} could lead to带…到某处 adding *precious宝贵的, happy years*.

年轻时外向且情绪稳定的人，比年轻时内向且情绪沉闷的人，退休后的时间更快乐。这是《人格研究》杂志在分析了4500多人之后得到的发现。

研究人员开展了两个早期性格调查。参与者在16岁的时候首先接受调查，接着在26岁的时候再接受调查。被调查的问题是关于他们的社交能力，活力，情绪稳定性，心境和注意力分散性。研究人员计算出每位参与者外向性与情绪不稳定性的结果。

然后，在40年以后，超过2500名参与者回答了他们对生活的满意度和幸福指数，以及他们的身体健康状况。

年轻时候越外向的人，年老之后满意度越高。相反的，年轻时候越情绪不稳定的人，其在60多岁的时候更容易变得焦虑和压抑。(记住，只是一个趋势而已，不是必然)

研究人员指出，试图找出一生快乐的条件不仅仅是学术性研究，更重要的是，由于快乐的人通常活得更长，所以找出快乐的秘方可以帮助人们增加宝贵的快乐时光。

1. outgoing [ˈaʊt-gəʊɪŋ] adj.外向的；友好的；喜欢交际的
2. intro-verted [ˈɪntrə-vɜ:-tɪd] adj.内向的;羞赧的;不爱交际的
3. fraught [frɔ:t] adj.充满…的;…重重的(fraught with)。令人焦虑的;困难的;让人担忧的

The earliest operations (employing this technique) were 表fraught(adj.) with dangers. 最早使用这种技术的手术，充满了危险。

It has been *a somewhat fraught day*. 这是让人有些担忧的一天。

1. dis-tracti-bility [dɪs-træktə-'bɪlɪ-tɪ] 注意力分散度。随境转移：不能将注意力集中在手头的工作上；而往往过于受无关紧要的环境刺激所牵制
2. extra-version [ˌeks-trə'vɜ:-ʃən] n. 外向性，外倾性
3. neu-roti-cism [njʊə-'rɒtə-sɪzəm] n. 神经过敏症；情绪不稳定性
4. well-being [wel 'bi:ɪŋ] n. 幸福；生活安宁；福利
5. negative [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

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. sus-ceptibility [sə-ˌseptə-ˈbɪləti] n.感情脆弱之处;情感的要害

you have *a susceptibility* to something unpleasant, 易受影响(或损害)的状况;敏感性;过敏性

Asthmatics have *an increased susceptibility* to viral illnesses. 气喘病人对病毒性病变的敏感性增加了.

...*his increased susceptibility* to infections. 他越来越容易受感染的体质

1. certainty [ˈsɜ:tnti] n.确定;有把握。必然(性);肯定(性) 。确定无疑的事情;必然的事

I began to realize *the certainty* of freezing to death / if I remained where I was. 我开始认识到，如果我呆在原地不动，必定冻死无疑。

1. criteria [kraɪ-'tɪə-rɪə] n. (批评、判断等的)标准，准则( criterion的名词复数 )
2. figure out 计算出，解决；弄明白；合计
3. 对猫咪好点

Cleaning *a cat's litter box*猫砂盆 can be annoying. And it might actually pose造成问题 a health risk. The reason is *a microscopic微小的 organism有机体* called Toxoplasma弓形虫 gondii. This protozoan原生动物 has been linked in humans to *congenital先天的 birth defects缺陷* and *nervous神经的 system damage*. There’s evidence that it’s also tied to关系密切 *an increased risk* for psychiatric精神疾病的 illnesses, rheumatoid风湿病的 arthritis关节炎 and other conditions状况.

It reproduces繁殖 in cats, which shed脱落流出 parasites寄生虫 in their feces粪便. These oocysts卵囊can then be picked up by birds, mice or people.

Cats produce *1.2 million metric公制的 tons* of waste废料 [outdoors] each year in the U.S. And about 1 percent of cats are likely shedding Toxo弓形虫 at any given time.

*Backyard surveys*测量土地 have found up to *400 Toxo oocysts卵囊* per square foot. They can survive存活 for *more than a year and a half* in the soil. And 主just one—which can be accidentally偶然地 inhaled吸入 or ingested摄取——谓could start an infection. These stats are in a report in the journal Trends趋势 in Parasitology寄生虫学.

*Indoor-only cats* are less likely to pick up the parasite寄生虫. Nevertheless不过, best to be cautious小心谨慎的 when around围绕 the garden box, sandbox and litter box猫砂盆.

打扫猫咪的便池很烦人。同时也可能危害健康。原因在于一种叫做刚地弓形虫的微生物。这种原生动物已证明与人类先天性出生缺陷和神经系统损害有关。有证据显示它也会增加精神疾病，风湿性关节炎，以及其他疾病的患病风险。

它在猫体内繁殖，虫卵随猫的粪便排出体外。然后这些卵囊会进入鸟类，老鼠或者人类体内。

在美国，每年猫能在户外产生120万吨的粪便。在特定时间，有大约1%的猫会排出弓形虫。

对后院的调查发现，每平方英尺的土地上大约有400个弓形虫卵囊。它们能在土壤中存活一年半的时间。不经意间的吸入或者摄食，哪怕只是一个，都会引起感染。这些数据发表在寄生虫学趋势杂志的一份报告里。

只在室内活动的猫不太可能感染寄生虫。不过，当你在路过花池，沙池和动物便池的时候还是小心点。

1. something poses a problem or a danger, v.产生(问题)；造成(威胁、危险等)
2. organism [ˈɔ:gə-nɪzəm] 生物；有机体；(尤指)微生物
3. Toxo-plasma [tɒk-səʊ-'plæz-mə] n.弓形虫
4. proto-zoan [ˌprəʊ-tə-ˈzəʊ-ən] n. 原生动物； 原虫。是单细胞动物
5. con-genital [kən-ˈdʒenɪ-tl] adj. 先天的，天生的；先天性
6. one thing is tied to another or two things are tied, v. (使)紧密相连；(使)关系密切
7. psychiatric [ˌsaɪ-ki-ˈæ-trɪk] adj. 精神病学的；精神病治疗的
8. rheuma-toid ['ru:mə-tɔɪd] adj. 风湿病的，类风湿病的

风湿是指以肌肉、关节疼痛为主的一类疾病。主要影响身体的结缔组织，可能是免疫系统损伤造成的。“风湿病”只是一种传统概念，中医认为是由于风、寒、湿、热等外邪侵袭人体，闭阻经脉引起的，在现代医学并不是指某一种特定的疾病，而是一类疾病的总称。

1. arthritis [ɑ:ˈθ-raɪ-tɪs] n. 关节炎
2. shed v.①落(叶);蜕(皮);脱(毛) 。②摆脱;去除;抛弃。③流，洒,落(泪)
3. parasite [ˈpærə-saɪt] n.寄生虫；寄生物
4. feces ['fi:si:z] n. 粪，屎，渣滓；粪便
5. oocyst ['əʊə-sɪst] n. 卵囊
6. metric [ˈme-trɪk] adj.米制的;公制的，十进制的
7. inhale [ɪn-ˈheɪl] v.吸气;吸入(烟等)
8. ingest [ɪn-ˈdʒest] vt. 咽下；摄取，吸收；获取(某事物)
9. Parasi-tology [ˌpærə-sɪ-'tɒlə-dʒɪ] n. 寄生虫学
10. Nevertheless [ˌnevə-ðə-ˈles] adv.然而;不过
11. cautious [ˈkɔ:ʃəs] adj.谨慎的;慎重的;小心的
12. Wedding insurance 婚礼保险

Prenuptial婚前的 protection

Underwriters保险商 are becoming as much *a part of* the big day as cake and flowers

Sorry, your policy保险单 doesn't cover *cold feet*

JUST as each wedding creates *potential business* for *divorce*离婚 *lawyers*, so *each engagement*订婚 gives insurers *a chance* to drum up business.

Future spouses配偶, says *Alan Tuvin* of Travelers公司名, an insurer承保人, may wish to protect themselves against something (going wrong) on the wedding day. It is unlikely that *your betrothed*未婚夫或妻 will scarper溜走 on horseback, as *Julia Roberts* did in “Runaway(adj.) Bride人名”, and most insurers wouldn't cover that [anyway]. But you never know what might happen.

*Mr Tuvin* launched the firm's *wedding-insurance business*; he and his wife were its first clients.

A typical American wedding costs 25,000 or so大约. This has fallen a bit [over the past quarter-century] but still seems lavish铺张的 [条件状given how tight *American belts*裤带 are these days]. Weddings are pricey昂贵的 because *the rich* are more likely to marry than the poor, and *the average age* of newlyweds has gone up, so *couples* are more prosperous / when they eventually tie *the knot*绳结.

High prices, and *the fact* that many venues举办地 require couples to take out取得 *liability*责任 *insurance*, feed *demand* for wedding insurance. A fifth of couples buy it, says the Wedding Report, a trade publication. “If some *fat lady* slips on *a canapé*菜名 and breaks her hip, she doesn't give *a rat's ass* that this is her boyfriend's cousin's堂[表]兄弟姊妹 wedding,” hypothesises假设 *Robert Nuccio* of Wedsure, an insurer. “She just wants to get paid.”

*Wedding insurance* began in Britain: Cornhill公司名, an insurer, wrote *its first policy* in 1988. But there were *few takers*. The idea only took off事业起飞 [once transplanted to America]. In the early days, says Mr Nuccio, there were *incidents* of couples faking假装 *engagements* to collect a payout. Since then, most policies have a clause条款 that excludes “change of heart”.

Wed sure does insure against *cold feet*, but its policy will pay out only if the wedding is cancelled more than 12 months before it is due to take place, thereby从而 guarding against fiancés (or their parents) phoning the broker经纪人 once *the relationship* is already *on the rocks*触礁的.

This does not mean *policies* are useless. *Common causes* of payouts include the venue or caterers酒席承办商 going bust破产 after having taken *a big deposit*订金. Extreme weather, a spouse配偶 being deployed军事布署 by *the armed forces* / and *an absent priest* can all trigger引发 payouts. Most policies will pay to re-stage重演 the photos / if the snapper鲷鱼 fails to turn up露面 or disappears with the pictures. “DJs are flaky不可靠的. Florists花商? Flaky. Cakemakers? Flaky. They are all flaky as hell非常地,” warns Mr Nuccio.

For some, even {*a small risk* of something going wrong on a day (that has been planned for months)} is worth(adj.) paying to avoid. Who says romance is dead?

婚前的保护

在婚礼那天，承销商变得和蛋糕和鲜花一样重要

对不起，您的保险不包含临阵脱逃

正如每一场婚礼会为离婚律师创造潜在的业务一样，每一场订婚也会给保险公司招揽生意的机会。保险公司Travelers的承保人艾伦·图瓦表示，未来的夫妻可能更希望在婚礼上保护自己，免出差错。虽然你的未婚妻不太可能像《落跑新娘》中的茱莉亚·罗伯茨那样骑马跑掉——当然，大多数保险公司不会涵盖这项业务，但是你也不可能知道会发生什么。图瓦先生发起了这家公司的婚礼保险业务，他和他的妻子是的一个客户。

一个传统的美式婚礼大概花费在25000美元左右。在过去的25年里，这项花费略有下降，但是鉴于美国近年来勒紧的裤腰带，这已经很奢华了。婚礼是昂贵的，因为富人比穷人更有可能结婚，并且现在新婚夫妇的平均年龄正在变大，所以当他们最终结婚时，他们的经济相对而言比较宽裕。昂贵的价格以及许多场馆要求夫妻承担责任保险的事实，使得人们对婚礼保险的需求越来越大。贸易出版物Wedding Report 指出，有五分之一的夫妇购买婚礼保险。保险公司Robert Nuccio of Wedsure 提出假设：“如果有一个胖太太从沙发上滑下来并且摔疼了屁股，她并不会完全不在意，由于这是她男朋友表哥的婚礼，她只是想要获得赔偿。”

婚礼保险这项业务，最早是由英国的一家保险公司康希尓于1988年提出来的。但是那个时候少有问津。直到它传到了美国，这个想法才得以落实。Nuccio先生说，在早期，会有情侣假装约会来收集费用。从那时候开始，大部分保险条款就不包括“变心”这一项了。婚礼保险包含婚礼前临阵退缩这一项，但是只有在原定婚礼日期前12个月取消婚礼才有效，这是为了防止未婚夫妇(或他们的父母)临时打电话给介绍人说新人的关系已经濒于破裂。

这并不意味着这些保险就是无用的。保险支出的常见原因包括，场地或供应商在拿到了一笔巨额押金后宣告破产。极端的天气，一方新人被部队征召，或牧师的缺席，都会导致保险的支出。

对于有些人来说，在一个期盼了数月的重要日子里，即使是一个很小的失误，也是值得花钱去避免的。谁说浪漫已经消失了呢？

1. Pre-nuptial [prɪ(:)-'nʌp-ʃəl] adj. 结婚前的，婚礼前的
2. Under-writer n.保险商；承销商。承诺支付者；担保人
3. big day n. 重要日子；大喜的日子
4. policy n.保险单；保险契约
5. cold feet n. 缩手缩脚，信心或勇气的丧失，胆怯
6. divorce n.v. 离婚；分离
7. engagement n. 订婚，婚约；约定
8. drum up v. 招徕，鼓吹。竭力争取(支持);兜揽(生意)

drum n. 鼓。vt. 击鼓；连打；反复讲；鼓吹

1. spouse [spaʊs] n. 配偶，夫或妻。vt. 和…结婚
2. insurer [ɪnˈʃʊə-rə(r)] n. 承保人，保险公司
3. be-tro-thed [bɪ-ˈtrəʊ-ðd] n. (古时用语)未婚夫，未婚妻。adj. (古时用语)同某人订婚

·She was 表betrothed(adj.) to his brother. 她和他哥哥订了婚。

1. scar-per [ˈskɑ:-pə(r)] v.逃跑;溜走;溜号
2. Runaway adj. 逃走的，逃亡的；私奔的。n.离家出走者(尤指小孩)
3. anyway / anyhow adv.

→无论如何，不管怎样

Mother certainly won't let him stay with her / and *anyhow* he wouldn't. 母亲当然不会让他和她住在一起，再说他也不愿意。

→至少

*Mary Ann* doesn't want to have children. Not right now, anyway. 玛丽·安不想要孩子，至少现在不想。

→尽管如此;不管怎样

I wasn't qualified {to apply for the job really} / but I got it anyhow. 实际上我并不具备申请这份工作的资格，但不管怎样，我还是被录用了。

→(表示略去一些细节转到下一个主要话题)总之

I was told to go to Reading for this interview. It was *a very amusing affair*. Anyhow, I got the job. 我被通知前往雷丁面试。整个过程很有意思。总之，我被录用了。

→(表示有意结束谈话)那么

'Anyhow, thanks a lot. Bye bye.' “那么，多谢了。再见。”

→(用于转移话题或回到原话题)对了，好吧

'I've got *a terrible cold*.' — 'Have you? Oh dear. Anyway, so you're not going to go away this weekend?' “我得了重感冒。”——“是吗？哦，天啊。对了，那你这个周末就不走了吧？”

→到底；究竟

What do you want from me, anyway?... 你到底想从我这儿得到什么？

1. or so 大约；左右

We stayed for an hour or so. 我们停留了一小时左右。

1. quarter n. 四分之一
2. lavish adj.v. 铺张的；奢侈的；盛大的。
3. belt n.腰带；裤带；皮带
4. pricey [ˈpraɪ-si] adj. 价格高的，昂贵的
5. prosperous adj.富足的；成功的；兴旺的；繁荣的
6. knot [nɔt] n.绳结，结节

tie the knot 结婚，打结

1. venue [ˈve-nju:] n.(事件或活动的)发生地,举办地点;场地
2. take out v.取得，获得，领到(贷款、执照、保单等)
3. lia-bility [ˌlaɪə-ˈbɪlə-ti] ①累赘；负累；负担。②负债；债务

·*The company* cannot accept *liability* for *any damage caused* by natural disasters. 该公司对自然灾害造成的任何损失，概不承担责任。

1. *canapé*是一种法国开胃菜
2. 俚语not give *a rat's ass* 意思是not care at all，也就是说一点也不在乎，不感兴趣

·To be honest, I don't give *a rat's ass* about her. 坦白地说，我一定都不在乎她。

1. cousin [ˈkʌ-zn] n. 堂[表]兄弟姊妹；远亲，同辈
2. hypo-the-sis [haɪ-ˈpɒθə-sɪs] n. 假设，假说；[逻]前提
3. taker n.接受…的人

take off ①(飞机)起飞。② (产品、活动、事业等)腾飞，突然成功

1. fake v.假装;装作。伪造;仿制
2. payout n.支付款；(尤指)大笔付款，大额支出
3. clause [klɔ:z] n. (法律文书的)条款
4. you insure yourself against something v.使采取预防措施
5. thereby ADV因此;由此;从而

·A firm might sometimes sell [at a loss] to drive *a competitor* out of business, and thereby increase *its market power*. 公司有时会通过亏本出售来将对手挤垮，从而提高其市场地位。

1. fiance n. <法>未婚夫；未婚妻
2. broker n. (股票、外汇或商品)经纪人，代理商
3. on the rocks 触礁的；(婚姻)濒于破裂的；身无分文的
4. cate-rer [ˈkeɪ-tə-rə(r)] n.餐饮公司;酒席承办商
5. bust [bʌst] v.打破，打碎。adj.破产的；倒闭的

go bust破产；倒闭

1. deposit [dɪˈpɒzɪt] n.订金;保证金。(租赁的)押金。(尤指定期)存款
2. deploy [dɪˈplɔɪ] v.部署，调集(部队或军事力量)
3. trigger v.引爆;启动;触发。引起;发动;促使。n.(枪)扳机；起动装置，扳柄；引发其他事件的一件事
4. restage vt. 重新上演；重演
5. snapper n. 鲷鱼(一种鱼)
6. turn up v.(常指出其不意地或经长久等待后)出现，到来，露面

·This is similar(adj.) 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。

1. flaky [ˈfleɪ-ki] adj. ①薄片的；成片的；薄而易剥落的。②古怪的;不可靠的you describe an idea, argument, or person as flaky
2. Florist [ˈflɒrɪst] n.花店店主;花商
3. as hell(用于形容词或一些副词后表示强调)非常，很

as hell非常地，极端地，可怕地

I am angry as hell. 我气坏了。

The men might be armed, but they sure as hell weren't trained. 这些人可能携有武器，但他们很显然没有受过训练。

1. 敏感的司机更安全

Do you tend to get stressed out变得过度劳累；紧张 behind the wheel? That might not be a bad thing.

Researchers have discovered {that *teenager drivers* (who have *a high sensitivity* to stress) actually have *lower rates* of car accidents than their mellow怡然自得的 friends}.

*Car crashes* are *the leading cause* of death for teenagers, so *teen*青少年 *driving* is a legitimate真正的 public health issue (that deserves a lot of study).

To create *a stressful situation* in the lab, scientists administered执行 *a math test* to 40 teenagers, all of whom had recently gotten their *drivers' licenses*许可证. The researchers measured *the teens' level* of *the stress hormone* *cortisol*皮质醇 [after the math quiz]. The higher the cortisol level, the more sensitive an individual is to *a pressurized situation*.

The researchers then tracked the teens for 18 months. And cameras (mounted inside their cars) documented记录 their driving behavior. Turned out that the teens (who had *a lower response* to stress) actually had *higher rates* of crashes / and near crashes than did those (with higher stress sensitivity).

Calm confidence can be *a valuable attribute*属性 in some situations. But [*behind the wheel*] perhaps *the safer teen driver* is just a bit jangled(adj.)神经紧张.

坐在驾驶位置上的你是否感到压力非常大呢？也许这并不是坏处。研究人员们发现压力敏感的青年驾驶员相比别的司机，实际上遇到车祸的几率要小。

青少年非正常死亡最多的，便是车祸造成，因此青少年驾驶是一种还是有很多值得研究的法律意义上公众健康问题。

为了在实验室内制造出压力环境，科学家们对40多名最近才拿到驾照的青少年，进行了数学测试。研究人员在数学测验后，测量了这些青少年的压力荷尔蒙皮质醇水平。皮质醇水平越高,个人对于压力增加的情况越是敏感。

研究人员们之后又对青少年进行了18个月的跟踪检测。而且安装在汽车内部的摄像头，记录了他们的驾车行为。结果显示，抗压能力比较强的青年们，实际上比那些对压力敏感的人，更容易出现事故或者事故未遂。

冷静自信在某些情况下，是有显著利用价值的品质。但是就开车这事来说，或许还是神经质的年轻司机更安全。

1. stress n.精神压力;心理负担;紧张
2. get out(使)出现；作出。(消息、信息等)泄露，为人所知

get stress out变得过度劳累；紧张

1. wheel n. 方向盘
2. tee-nager= teen n.青少年，十几岁的人(指从 13 到 19 岁)
3. sensitivity adj. 易受影响的;敏感的
4. rate n.比率;频率
5. mellow [ˈme-ləʊ] adj. (尤指喝过酒或品尝过美食后)怡然自得。的v. (使)变平和;(使)变得成熟
6. leading adj.最重要的；主要的；前列的；首位的
7. legiti-mate [lɪ-ˈdʒɪ-tɪ-mət] adj. 真正的，真实的。①合法的；依法的；法律认可的. ②合情理的；有道理的；正当的

The government will not seek to disrupt *the legitimate business activities* of the defendant. 政府无意干扰被告的合法经营活动。

The New York Times has *a legitimate claim* to be a national newspaper. 《纽约时报》有理由称自己是一份全国性报纸。

1. de-serve [dɪˈzɜ:v] v.应得;应受;值得
2. stressful adj. 有压力的
3. administer v.给予；执行；管理；治理(国家)
4. corti-sol ['kɔ:tɪ-sɒl] n.皮质醇(是肾上腺在应激反应里产生的一种类激素。)
5. quiz [kwɪz] n.小型考试；简单的小测验
6. pre-ssu-rize [ˈpre-ʃə-raɪz] adj. 增压的；加压的。v.强迫；向…施加压力
7. track v.跟踪;追踪
8. mount…on… v.安装;安置;裱在……上
9. document v.记录，记载(详情)
10. attribute n.(人或物的)品质，特征
11. jangle v.(神经)紧张；刺激，烦扰(神经)
12. 饮食多样性降低，对农作物和美国造成威胁

Diets日常食物 (all around the world) have become increasingly similar. That's not good news for either human health or for crop health, according toa study in *the Proceedings*学术进程 of *the National Academy* of Sciences. 《国家科学院院刊》杂志

Scientists analyzed分析 *diet trends* [over the past 50 years]. Overall总体上看, people are eating more, and are getting more of those calories from *meat, oil and grains*谷物. But *the diversity*多样性 has gone down.

*Wheat*小麦*, rice and corn*谷物have gotten even more important. *Soybeans*大豆 and *sunflower* and *palm*棕榈树 *oil* have also become larger players. Meanwhile, crops such as *sorgum*高粱, *rye*黑麦and *cassava*木薯have dropped in relative importance. (已经下降到相对的重要性地位了)

The authors say *the trend* (towards the Western diet) contributes to *obesity*肥胖and *heart disease*，as well as *a diminished*减少了的 *diversity*多样性 (in *oral*口腔的and *gut内脏 microbes微生物*), which is harmful对…有害的 to health.

Perhaps equally important, *the reliance*依赖(on a small group of foods) puts the crops themselves 宾补at risk from diseases or climate change.

*Study co-author*合著者 Andy Jarvis says that a more diverse(adj.多元的) global food system is critical.

Quote引述, “This is the best way, not only to combat *hunger*, *malnutrition*营养不良, and *over-nutrition*营养过度, but also to protect global food supplies against *the impacts*冲击 of global climate change.”

全世界的日常饮食已经变得越来越相似。但这对人类和农作物健康都不是个好消息。一项在《国家科学院院刊》杂志上发表的研究得出了上述结论。

科学家们对过去50年来的饮食趋势进行了分析。总体上看，人们吃的越来越多，并且从肉类、油脂以及谷类中摄取的能量增多。但食物种类的多样化，则呈现下降趋势。

小麦、水稻和谷类已经变得十分重要。大豆油、葵花籽油和棕榈油，也已经变得屡见不鲜。同时，高粱、黑麦和木薯这些农作物，已经变得相对重要。

该文章作者表示，朝西方饮食转变的这种趋势，使人们更易患肥胖症和心脏病，同时口腔和肠道内有益菌群的多样性，也会有所下降，这对人类健康会造成危害。

或许是对双方都很重要，作为食物，对一小部分农作物的依赖，使得农作物本身抵抗疾病或气候变化也有了风险。

而该文章的合著者安迪·贾维斯表示，更多样化的全球食物系统非常关键。这里引用道:“这是最好的一种方式，不仅有利于抵抗饥饿、营养不良，以及营养过剩等问题，而且对保护全球食物供应链体系应对全球气候变化带来的深远影响，也是大有助益。”

1. Diet n.日常饮食;日常食物
2. increasingly ADV 渐增地;越来越多地
3. Proceeding n.学术进程； 专报

*the Proceedings* of the National Academy of Sciences《国家科学院院刊》杂志

1. analyze ['ænə-laɪz] vt.分析； 研究
2. trend n. 走向；趋向
3. Overall总体上看
4. calory ['kælə-rɪ] n. 卡路里
5. grain n. 谷物，粮食
6. diver-sity [daɪ-ˈvɜ:-səti] n.多样性;多样化;多元性
7. Wheat n.小麦
8. corn n.麦类作物;谷物;谷粒
9. Soybean ['sɔɪ-bi:n] n. 大豆，黄豆
10. sun-flower n. 向日葵
11. palm n.棕榈树
12. player n.重要参与者
13. crop n.庄稼;作物
14. sor-ghum [ˈsɔ:gəm] n. 高粱；秫
15. rye [raɪ] n.黑麦;裸麦
16. cas-sava [kə-ˈsɑ:və] n.木薯
17. contribute to… (为…)做贡献
18. obe-sity [əʊ'bi:-sətɪ] n. 肥胖；肥胖症
19. as well as adv. 也，又。既…又…;除…之外(也);此外

·He was out of sorts physically , as well as disordered(adj.混乱的) mentally. 他浑身不舒服, 心绪也很乱.

1. diminish v.(使)减小;(使)减弱;(使)降低。adj. 减少了的，被贬低的

*Federalism* is intended to diminish *the power* of the central state... 联邦制旨在削弱中央政府的权力。

1. oral adj.口的；口腔的
2. gut [gʌt] n.肠；消化道
3. reliance(n.) on…对…的依赖；依靠
4. at risk处于危险中
5. co-author n. 合著者
6. di-verse [daɪ-ˈvɜ:s] adj.形形色色的;各式各样的，不同的

Society is now *much more diverse* than ever before. 当今社会较之以往任何时候都要丰富多彩得多。

1. critical adj.极重要的;关键的
2. Quote [kwəʊt] v.引述;引用
3. mal-nu-trition [ˌmæl-nju:-ˈtrɪ-ʃn] n.营养不良；营养失调
4. over-nu-trition [əʊvə-nju:-'trɪ-ʃən] n. 营养过度，进食量过多
5. impact n. 冲击力，影响;作用
6. 卧室电视机，或许和儿童增重有关

Parents, it's time to get the TV out of your kids' bedroom.

About *60 percent* of all teenagers' bedrooms in the U.S. include a TV set. Now research suggests that *the mere presence* of that TV in the bedroom is linked with weight gain—regardless of how long a youngster's eyes are glued to the small screen.

The finding comes from *phone surveys* of more than 6,000 kids across the country (that probed探查 for *details* on height, weight and television practices).

[Even when the researchers controlled for factors including age, sex, socioeconomic status, video game playing / and parenting style] their discovery was confirmed证实: a bedroom TV was clearly linked with heavier weight. The study is in *the journal* JAMA Pediatrics.

The jury is still out on why the link exists.

The researchers suggest *the weight gain* could stem from sleep disruption(n.)扰乱 / since因为shorter sleep times are associated with putting on增加(体重) pounds.

Another trigger诱因 could be increased exposure(n.)暴露 to *junk food ads* targeting kids.

Limiting TV time requires consistent一贯连续的 oversight(n.)照管. But {simply moving the TV from the bedroom} is an easy fix应急措施. It'll burn some calories too.

父母们，是时候把你孩子卧室中的电视搬出来了。

在美国60%左右的家庭中，青少年们的卧室中都有台电视机。现在一项研究表明，仅仅是卧室中有电视这个因素，就已经能和体重增加挂钩——不管你家孩子能盯着这个小屏幕看多久。

该研究发现，对全国范围内超过6000名孩子进行了电话调查，调查内容涉及详细询问身高、体重，及电视使用情况。

即使研究人员们对年龄，性别，社会经济状况，视频游戏娱乐，以及父母做事风格等因素进行控制，他们的研究发现也仍旧得到证实：卧室电视机的存在，很明显和体重增加有关。这项研究已在《美国医学协会儿科学》 杂志上发表。

关于为什么二者之间有这样的联系，仍然还不明确。研究人员们提示，体重增加也许源于睡眠紊乱。因为睡眠时间减少是和体重增加有关的。

另外的原因也许是，由于孩子们看电视时接触到了许多针对儿童投放的垃圾食品广告。

限制看电视的时间需要持续监管，但把电视直接搬出来可是简单易实现呢。而且还能消耗不少卡路里热量。

1. young-ster [ˈjʌŋ-stə(r)] n.年轻人;(尤指)少年，儿童
2. sb. is glued to sth. 完全吸引；使专注于… (glue vt. 胶合；紧附于)
3. phone surveys电话调查
4. probe v.调查；探究。用探针(或探测器等)探查，探测
5. so-cioe-conomic [ˌsəʊ-sɪ-əʊˌi:-kə'nɒmɪk] adj. 社会经济的，社会经济学的
6. Pedi-a-trics [ˌpi:dɪ'-æ-trɪks] n. 小儿科；儿科学；幼科
7. JAMA全称为*Journal* of the American Medical Association《美国医学会杂志》。
8. jury [ˈdʒʊə-ri] n.舆论的裁决；陪审团

the jury is out [on…]= the jury is still out [on…] (某事)悬而未决，仍未达成定论

The jury is still out on what kind of solutions we might undertake. 尚未确定我们可能采取何种解决办法。

1. stems from…起源于;来自;由…造成
2. dis-ruption [dɪs-'rʌpʃn] n.中断;扰乱;混乱

*The rail strike* is causing *major disruptions* at the country's ports. 铁路罢工使该国港口陷入了一片混乱。

1. put on增加(体重)puts on weight
2. pound n. 英镑；磅
3. trigger [ˈtrɪ-gə(r)] n.诱因;起因;引发…的原因。(枪)扳机；起动装置
4. exposure(n.) to something dangerous暴露;接触
5. consistent adj. (行为、态度等)一贯的，一致的，始终如一的

...his *consistent support* of free trade. 他对自由贸易始终如一的支持

1. over-sight n.照管；监督；负责
2. fix n.应急措施
3. 精心布置教室或能分散学生注意力

Remember your kindergarten幼儿园 classroom? The maps on the wall, *the charts图表 of the seasons* on bulletin公告 boards, the alphabet字母表 over the blackboard? I know I spent hours staring at the brightly colored decorations—and not listening to what my teacher was saying. Maybe you did, too. And it looks like we're not alone. The more decorations in a classroom, the more distracted思想不集中的 students may be. *So finds a study* in the journal *Psychological Science*.

Researchers observed five-year-olds in *highly decorated classrooms* and in *classrooms* (that were relatively bare). And the kids were less able to hold their focus, spent more time off-task开小差 and had *smaller learning gains* in the busy rooms than in the bare rooms.

At that young age, *attention regulation管理 skills* aren't fully formed. And yet it's at that stage of development that children find themselves surrounded by decorations (irrelevant(adj.)不相关的 to *what they're learning* at any given time).

The researchers are not prescribing开药方 a change (from busy to bare rooms). They say there is more research to be done. But this study, along with和…一起 previous work, suggests that *the visual environment* can affect how young children learn their reading, writing and arithmetic算术.

还对你的幼儿园教室记忆犹新吗？墙上悬挂的地图，布告栏上的每个季度的课表，还有黑板上的字母表？我记得自己曾花数小时盯着这些明亮颜色的装饰图案——但老师讲的一句话也没听进去。

或许你也有同感。并且好像不只是你和我这样。教室里面装饰越多，学生们或许就越容易分心。这是发表在《心理学科学》杂志上一项研究得出的结论。

研究人员们分别对精心及相对简单布置的教室中的5岁儿童进行了观察。精心布置教室中的孩子们并没有将注意力全部放在学习上，更容易走神儿，记住的知识也没在相对简单环境的教室中的孩子们多。

在年幼时，掌控注意力的技能还不甚完善。然而也正是那个阶段，孩子们发现自己处于一间布置精美的教室中，但却和所要学习的知识完全无关。

研究人员并没有表明精心布置的教室需要改变。还需要更多的相关研究证明。但这项研究，以及之前的相关研究工作，都建议视觉环境能够对幼儿的阅读，写作以及算术等基本能力产生影响。

1. kinder-garten [ˈkɪndəgɑ:tn] n. 幼儿园，学前班
2. bulletin [ˈbʊlə-tɪn] n.①(电台或电视台的)简明新闻，简短消息，简讯. ②公告；布告. ③(学校、教堂等机构或团体发放的)学报，会刊，小册子
3. alpha-bet [ˈælfə-bet] n. 字母表；字母系统；入门，初步
4. dis-tracted [dɪˈs-træk-tɪd] adj.注意力分散的;思想不集中的;心烦意乱的
5. off-task开小差
6. regulation n.①(常指通过规章制度进行的)调控，管理，控制。②规则;规章;规定;制度

Social services also have responsibility for *the regulation* of nurseries... 社会福利部门也有责任对托儿所进行管理。

1. ir-rele-vant [ɪ-ˈrelə-vənt] adj.①不相关的;无关系；无关；答非所问。不切题的。②无关紧要的;不重要的

The government decided that their testimony would be irrelevant(adj.) to the case. 政府认定他们的证词与案件不相关。

Their *old hard-won skills* were irrelevant... 他们以往辛苦学得的技能没什么大用处。

1. pre-scribe [prɪ-ˈskraɪb] v.开(药、处方). (人、法律、规则)规定，指定
2. arith-metic [əˈrɪθ-mətɪk] n. 算术，计算；算法
3. 美甲沙龙紫外线照射，或增加患皮肤癌风险

You just got your nails指甲 done at a salon美容院, and now they're drying under an ultraviolet紫外线的 lamp. They'll look great. But exposure(n.)暴露to *UV radiation*(n.)辐射could prematurely过早地 age your hands / and even *potentially潜在地 boost促进* your risk of skin cancer.

Researchers found that *the output* (from such nail salon dryers) is highly variable易变的. They measured *the amount* of irradiation辐射 from dryers (with different bulbs电灯泡) (across 16 salons). Higher-wattage瓦特数 lamps emitted *higher levels* of harmful UV.

The researchers assumed an eight-minute UV exposure [each time]. The damage to DNA (from UV exposure) is cumulative. So *salon customers* (sitting under the highest-intensity强度 nail dryer) just eight times in two years could reach the threshold门槛 for DNA damage associated with cancer.

In contrast相比之下, users使用者 of *the lowest-emitting dryer* would need more than 200 visits [over a half century]. The study is in the journal JAMA Dermatology皮肤病学.

The small study needs to be replicated重复 on a large scale to be confirmed. But for now, the researchers advise salon-goers常客 to load up on sunscreen防晒霜 / or wear UV-blocking gloves手套 (with the fingertips lopped off剪去) [before going under the lamp]. Maybe just air dry. Oh, and try not to breathe *the nail polish*擦亮剂 *fumes* either.

你刚刚在沙龙里做完指甲，现在正在紫外灯下烤干。只有这样才能使指甲看起来更漂亮。但紫外线的辐射，会使你的手提前老化，甚至还有可能增加你患皮肤癌的风险。

研究人员们发现，美甲沙龙里的这种烘干器做出的指甲，可是十分不稳定的。它们测量了16家沙龙中的不同烘烤器上灯泡工作时发出的辐射。高功率的灯发射出高水平的有害紫外光。

研究人员假设，每次美甲进行8分钟的紫外光照射。而照射造成的DNA遗传损伤效果是能累加的。结论得出，美甲顾客们在2年内照射8次，就能造成DNA损伤足以致癌的程度。

相比之下，低辐照的烘烤器则需要顾客在50年内光顾200次以上才能造成同样的伤害。这项研究已经在 《美国医学联合会皮肤学》杂志上发表。

这样的小型研究还需要通过大量重复试验，才能有更可靠的结果。而现在，研究人员们建议，喜爱美甲的消费者提前涂抹防晒霜，或者戴上只露出指甲的防紫外辐射手套进行保护。或者只进行风干。也别忘记尽量避免呼吸到指甲油的味道。

1. make\get\have sth. done 使某事被做、请别人做某事
2. salon [ˈsælɒn] n.①美容院;美发厅;发廊。②高级服装店;时装店
3. ultra-violet [ˌʌl-trə-ˈvaɪə-lət] adj.紫外的；紫外线的(简写UV)
4. exposure(n.)to something dangerous 暴露;接触

exposure [ɪkˈs-pəʊ-ʒə(r)] n. 暴露；揭发；公开；(商品等的)展出

1. radiation [ˌreɪ-di-ˈeɪʃn] n.辐射物；放射物
2. pre-ma-turely ['pre-mə-tʃə(r)lɪ] adv.过早地；太早地；提前地
3. potentially [pə'tenʃəlɪ] adv. 潜在地；可能地
4. boost v.①使增长；推动；改进；使兴旺. ②增强，提高(信心或士气)
5. out-put n.①产量；输出量；排出量. ②(计算机、文字处理器等的)输出信息，输出文件
6. variable adj.多变的;易变的;反复无常的。 n.变量

...*a variable rate* of interest. 时高时低的利率

{*The potassium*钾 *content* of foodstuffs食物} is very variable... 食物中钾的含量差别很大。

1. ir-radi-ation [ɪ-ˌreɪ-dɪ-'eɪʃn] n. 放射，照射；辐射
2. bulb [bʌl-b] n. 球茎，块茎植物；电灯泡
3. wattage [ˈwɒtɪdʒ] n.瓦特数
4. inten-sity [ɪnˈten-səti] n. 强烈；(感情的)强烈程度；强度；烈度

→intense adj.强烈的;剧烈的;极度的

Suddenly the room filled with intense light... 突然,刺眼的强光照亮了整个房间。

1. thre-shold [ˈθreʃ-həʊld] n.adj. 门槛，入口，临界值
2. contrast n. 对比，对照；差异

→You say by contrast or in contrast, or in contrast to something 相比之下;与…相反

→one thing is in contrast to another 与…截然不同;与…对比鲜明

1. Derma-tology [ˌdɜ:mə-ˈtɒlə-dʒi] n. 皮肤病(学)；皮肤科
2. goer [ˈgəʊə(r)] (用于theatre, church, film等词之后构成名词)表示“常去…的

...excited party-goers. 兴奋的派对常客们

1. block vt. n. 阻止；阻塞；限制。(体育运动中)拦截，阻截(进球、对手等)

I started to move round him, but he blocked my way... 我准备绕过他，但他挡住了我。

*His persistent attempts* (to complain to his superiors) were blocked and ignored. 他一再试图向上级投诉，但都被挡了回来并置之不理。

1. lop [lɒp] vt. 砍伐；剪(枝)；削减；(从…)砍掉

→you lop something off (通常指快而狠地)砍下，剪去，截掉

1. 小心周围的喷嚏云

When you have to sneeze打喷嚏or cough咳嗽, do it into *the bend*弯曲处 of your arm. Sneeze into your arm with Elmo. Ah-choo! Gordon and Elmo from *Sesame Street* are right.

And *MIT researchers* recently found that viruses can travel much further than we thought. Which shows how important it is to block阻挡 coughs and sneezes.

The researchers used *high-speed imaging*成像 of folks人们 (coughing and sneezing,) along with simulations数值模拟 and *mathematical数学的 models*. The new research shows that *multiple多重的 drops travel* in a cloud. And *the cloud’s turbulence*涡流 pulls in surrounding air, which allows *the goopy粘稠的 assemblage聚集物* to maintain buoyancy浮力 / and move farther.

*Heavier particles* drop out退离出 [first], but about *five times further out* than had been previously predicted预测. And *the small ones* swirl旋转 around在周围 / and can be carried 200 times past超出 *previously predicted distances*. The research is in *the Journal* of Fluid流质的 Mechanics力学.

*Longer flight distances* means *coughs and sneezes* can often reach *ventilation通风设备 systems*. The researchers thus encourage *hospital and airplane engineers* to consider designs (that block droplet小滴 flight / and thus keep *everyone else* from catching your cold).

当你马上要打喷嚏或咳嗽的时候，记得用手臂挡一下。和埃尔默一起打喷嚏吧，阿嚏！芝麻街的戈登和埃尔默说的很对。

而麻省理工学院的研究人员们最近就发现，病毒的移动距离比我们想象中要远的多，这就说明阻隔咳嗽和喷嚏的必要性。

研究人员使用高速动态扫描成像，记下人们咳嗽和打喷嚏的全过程，之后进行数据模拟和模型分析。这项新的研究显示呈云雾状轨迹的众多颗粒物。这种云式湍流可以搅动周围空气，从而使得粘稠物得以维持浮动形态并移动更长距离。

较重的颗粒物最先下落，但仍然比之前预测到的距离远5倍以上。小的颗粒物则会呈现蜗旋状态，并且是预测的实际能移动距离的200倍之多。这项研究已在《流体力学》杂志上发表。

远距离意味着咳嗽和喷嚏能更频繁的到达通风设备处。研究人员们因此鼓励负责医院和航空飞行器的工程师们，考虑设计可以阻断颗粒物飞行的辅助装置，从而可以保持周围附近的人与病毒携带传播者之间，更有效的空气阻隔。

1. sneeze [sni:z] n.v.打喷嚏
2. bend n. 弯曲(处)；v. 弯曲(手臂、腿等)
3. Sesame [ˈsesə-mi] n. <植>芝麻
4. block v.堵住，阻挡，挡住(去路)。阻挠；阻止；妨碍
5. folk n.人们;大家
6. along with和…一起[一道]，随着；除…以外(还)；以及；连同
7. multiple [ˈmʌl-tɪ-pl] adj.多部分的;涉及多人的;有多种用途的

He died of *multiple injuries*... 他死于多处受伤。

1. turbu-lence [ˈtɜ:-bjə-ləns] n.①动荡;骚乱;骚动;混乱。②(空气、液体或气体的)湍流,涡流，紊流
2. pull v. 拉；扯；拉过来；划(船)
3. goopy [ˈɡu:pi] adj. <俚>傻的，痴呆的； <美><俚>粘稠的，滑腻的
4. assemblage [əˈsemb-lɪdʒ] n.(人或物的)组合，集合，聚集；(聚集在一起的)一堆东西
5. buoy-ancy ['bɔɪ-ən-sɪ] n.浮力
6. drop out 离开，退出；掉出；①退学;退出(比赛等)。②拒绝接受传统规范;离经叛道;摈弃社会习俗
7. swirl [swɜ:l] v.(使)打旋;(使)旋动;(使)起旋涡
8. Fluid Mechanics [ˈflu:ɪd mɪˈkæ-nɪks] 水力学，流体力学
9. venti-lation [ˌven-tɪ-'leɪʃn] n. 空气流通；通风设备。v.使(房间或建筑)通风;使空气流通
10. drop-let [ˈdrɒp-lət] n. 小滴，微滴；小水珠
11. 舆论的压力

All rise, *the Twitter court* of public opinion民意 is now *in session*开庭. And *the next case* on the docket备审案件目录 will reach a quick verdict(n.)陪审团的裁决. Because *public opinion* solidifies使固化 [rapidly] on Twitter. That's according to a study in the journal Chaos.

Researchers collected almost *6 million tweets* [during *a six-month period*]. They sorted分类 the tweets for either positive or negative消极的 sentiments感情, then focused on *three topics*论题 related to electronics(n.)电子学.

[At first] opinions fluctuated波动, with one side gaining a slight advantage. This advantage grew gradually / and then quickly leveled off趋于稳定, leaving one opinion in a stable稳定的 and dominant占优势的 position——but without an overwhelming压倒性的 consensus一致意见.

And once *public opinion* is established, it is unlikely to change. Only *those* (who see a large number of *dissenting不同意的 opinions* among the people (they follow [on Twitter])) will reconsider and examine the opposing viewpoint.

These results may offer a valuable lesson for companies, candidates候选人 and *anyone else* in the spotlight. If you plan to sway摇摆 the jury陪审团, be sure to make your case提出理由 early. Because [once *public opinion* stabilizes], the jury is dismissed不再考虑.

全体起立，公众舆论推特法庭现在开庭。下一个要审理的案子将要经过陪审团的快速裁决。因为在推特上，公众舆论可快速地根深蒂固。这是根据《吵闹》杂志上的一篇研究得出的结论。

研究人员们在半年内收集了6百多万的推特消息。他们将这些消息分为正面和负面，然后对有关电子应用领域的三大课题进行重点分析。

首先这些观点都是摇摆不定，总有一方时不时的占个小优势。这个小优势逐渐扩大然后迅速达到平稳状态，造成一方稳定且占据主导地位的优势——但并没有绝对性一致的情况。一旦公共舆论打好基础，就不太能被撼动了。只有那些在推特中跟贴的人群中那些看到了大部分持不同意见的人，才会重新考虑然后检验一下少数一方的观点。

这些研究结果也许对公司、竞选人以及在聚光灯下求生存的人，提供有价值的参考信息。如果你打算左右陪审团的意见，那么千万要早下手。因为一旦公众观点进入平稳阶段，陪审团的意见也是会随大流的。

1. public opinion n. 舆论，民意;公众意见
2. session n.①(议会等的)会议;(法庭的)开庭。②(某项活动的)一段时间，一场，一节

→in session开会，开庭

1. docket ˈdɒkɪt] n.备审案件目录表，(待判决的)诉讼事件表。(包裹、货物等上的)标签，单据
2. ver-dict [ˈvɜ:-dɪkt] n.①(陪审团或法官的)裁决，裁定，裁断。②(经过思考或调查后的)意见，结论
3. solidify [səˈlɪdɪ-faɪ] v.(使)凝固;(使)固化。巩固;(使)变可靠;(使)变稳固

...his attempt to solidify his position as chairman... 他为巩固自己的主席地位所作的努力

1. negative [ˈnegə-tɪv] adj.①消极的;悲观的。②(事实、局势或经历)不悦的，沮丧的，有害的。③(回答或决定)否定的，表示否认的

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。

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. senti-ment [ˈsentɪ-mənt] n.(基于思想或情感的)态度，情绪
2. fluc-tuate [ˈflʌk-tʃu-eɪt] v. 波动；涨落。变动;波动;上下浮动

...*the fluctuating price* of oil. 油价的浮动

1. level n.水平；程度；等级。

→adj.(与…)等高的，齐平的(one thing is level with another thing)

He leaned over the counter / so his face was almost level with the boy's... 他倾身伏在柜台上，一张脸几乎凑到小男孩的面前。

→ADV靠近地；接近地

Just before we drew [level] with the gates, he slipped out of the jeep / and disappeared into the crowd... 我们快到门前时，他溜出吉普车，消失在人群中。

→a changing number or amount levels off or levels out, (数字或数量)趋向平缓，趋于稳定

·Inflation is finally levelling out at around 11% a month. 通货膨胀率最终稳定在每月11%左右。

→an aircraft levels off or levels out, (飞机在爬升或下降后)进入平飞

1. stable adj.①稳定的;稳固不变的。②(性格)平和稳重的，持重的
2. dominant [ˈdɒmɪ-nənt] adj.占支配(或统治)地位的;占优势的;显著的

She was a dominant figure in the French film industry. 她在法国电影界是个举足轻重的人物。

1. con-sensus [kənˈsen-səs] n.一致看法;共识
2. established adj.已被认可的;已被接受的。已建立的；已设立的
3. dissenting [dɪ'sen-tɪŋ] n.(尤指与多数人或权威人士的)意见不一致,意见分歧

→dissent v.不同意，持异议(尤指与多数人或权威人士支持的观点、决定相左)

1. make a case for… 证明(某看法), 提出充分的理由(case 理由，一系列理由或支持性的事实；论据)

make *a/the case* that 提出理由、事实证明

1. dismiss [dɪsˈmɪs] v.①不考虑;不理会。(从头脑中)去除;不再考虑;抛弃。(法官)驳回，不予受理。②解雇;免…的职;开除

I wouldn't dismiss it out of hand. 我不会不假思索地摈弃它。

...the power (to dismiss *civil servants* who refuse to work)... 开除拒不上班的公务员的权力

1. 音乐类型影响步幅

As a recent 60-Second Science podcast播客 explained, music syncs up同步 the heartbeats of singers唱歌的人. Now comes a study (on *music* and *the steps of walkers*). It’s not just the beat节拍 that affects a walker's pace. Scientists discovered that even at the same tempo节拍的速度, different types of music affect stride步幅 differently. The study is in the journal PLoS ONE.

Researchers created 52 different 30-second musical excerpts(n.)摘录. Although all songs shared the same tempo and meter, they ranged在一定幅度内变化 from a simple metronome节拍器 ticking钟表的嘀嗒声 to a traditional Irish爱尔兰的 tune to Van Halen摇滚乐队名. As subjects listened, they walked around an open field 伴随状wearing sensors传感器 to measure stride步幅 length and timing. Afterwards, they rated each song with *qualitative descriptions*定性描述.

Although *the participants*参与者 stepped to the same beat for each song, they lengthened延长 or shortened their strides步幅 for different types of music, which modified their speed. In general一般而言, longer strides accompanied songs (rated as aggressive and loud响亮的). So if you want to *pick up the pace*加快步伐, don't just choose a fast jam即兴演奏—find one that pumps up给自己打气 your energy as well.

之前一篇文章讲到音乐能让演唱者心跳同步。现在有篇研究是关于音乐与走路者步幅的关系。不仅是节拍影响走路者的步幅。科学家发现即使是相同的拍子，不同的旋律也会产生不同的影响。研究发表在公共科学图书馆期刊上。

研究者制作了52段不同的音乐片段，都有30秒钟长。尽管所有歌曲的节拍和韵律相同，但是它们从简单的节拍器拍子到传统的爱尔兰音乐，再到范海伦乐队。实验对象在一片空地上听着音乐，同时有传感器记录他们的步幅和步频。随后，他们对每段音乐进行描述。

尽管步频没变，但是实验对象的步幅却随着音乐的改变而改变，而这改变了他们行走的速度。总体来说，激进大声的音乐会加大步幅。所以，如果你想跟上节奏，不要只选快歌，还要能激发你的能量才行。

1. beat n.(音乐的)拍子，节拍

It's got four beats to a bar. 一个小节有4拍。

1. Pick up the pace 加快脚步。 pace 的意思是步态、步伐、速度。
2. 满月预示狮子攻击增加

Think humans are at the top of the food chain? Not quite, in parts of Africa. Lions have attacked over 1000 people in Tanzania in the last 20 years. Two thirds of those attacks were fatal致命的, and the victims were eaten. But there does seem to be a way to lower the risk of becoming dinner—avoid going out before moonrise(n.)月出时分 on the nights 伴随状following the full moon. *So says a study* in the journal Public Library of Science One. [Craig Packer et al., "Fear of Darkness, the Full Moon and the Nocturnal夜间的 Ecology生态学 of African Lions"]

Researchers plotted绘制…的曲线 the timing of nearly 500 of those lion attacks [against以…为背景 the phases of the moon]. And they found that {the odds几率 of being devoured吞食 by a lion} were highest on nights (following the full moon)—nights (when the moon rises late), providing hours of darkness for lions to stage组织上演 a strike攻击.

And previous studies have found that the fatter丰满的 the moon, the slimmer苗条的 the lion. Probably because the bright nights make hunting harder. So lions are hungriest around the full moon, too—and more willing to pounce on猛扑 two-legged prey猎物, as soon as一…就… they're provided the cover of darkness. The authors speculate推测 that humans may be afraid of the dark because this situation has long been true. Seems like a bit of a stretch有点牵强. But you won't find me strolling溜达 the Serengeti塞伦盖蒂平原 after a full moon.

你认为人类是食物链中的最高级么？在某些非洲地区不完全是。在过去的20年里，坦桑尼亚的狮子攻击了逾千人。2/3的攻击是致命的，受难者被吃掉。但似乎有种方法能够减少被做晚餐的危险——避免在满月之后的夜晚月亮出现之前出行。这是刊登在Public Library of Science One杂志上面一项研究表明。

研究人员对比月相绘制了将近500个狮子袭击案件的时间。他们发现被狮子吞食的概率在满月之后的晚上最高。这是月亮晚升起的晚上，为狮子提供了黑暗的时间来进行攻击。

之前的研究显示，月亮越丰满，狮子越清瘦。大概因为明亮的晚上使打猎更加艰难。因此狮子在满月之时最饿，一旦他们有了黑暗的掩护，就会突然袭击两条腿的猎物。作者们推测，人类害怕黑暗是因为这种情形长期存在。这看起来有一定弹性，但你不会发现我在满月之后的晚上闲逛Serengeti平原的。

1. plot v.①图谋；密谋。②绘制…的曲线。绘制…的图表(或平面图)③(在地图上)标绘出(飞机、船舶的位置或航线)

→someone loses the plot, 困惑；迷惘；不知所措

The Tories have lost the plot on law and order. 保守党人在治安问题上不知所措。

1. against prep.以…为背景

The profits rise was achieved [against a backdrop of falling metal prices]. 在金属价格下跌的背景下，利润提高了。

1. stage v.①组织上演(戏剧、演出等)。②组织(活动或仪式)

Russian workers have staged a number of strikes in protest at the republic's declaration of independence... 俄罗斯工人已经举行了数次罢工，抗议该共和国宣布独立。

1. a bit of a stretch 这么说有点说过了；牵强的
2. stretch v.①延伸;绵延。②(使)延长使用;节俭地使用。adj.(织物)有弹性的，有弹力的

They're used to stretching their budgets... 他们习惯于精打细算。

→your resources can stretch to something, 刚能够节约下来(或支付)

She suggested to me {that I might like to start regular savings} and I said Well, I don't know whether I can stretch to that. 她建议我可以开始定期存钱，我说我还不知道钱是不是够花呢。

→you stretch *a point*, (直译：强拉伸到一个点处)牵强附会;勉强说得过去

*It* is stretching a point {*to* call this censorship}. 把这称为审查有点儿牵强。

→A stretch of road, water, or land，n.一片;一泓;一段

→A stretch of time 一段时间

1. 拥有子女确实能让男人对生活更加满意

The joys愉快 of parenthood家长身份.

Father's day.

*Having children* really does make a man more content with life.

WILL *fatherhood* make me happy? That is a question (many men have found themselves asking), and *the scientific evidence* is equivocal模棱两可的. A lot of studies have linked parenthood——particularly fatherhood——with *lower levels* ofmarital婚姻的 satisfaction and *higher rates* of depression抑郁 than are found among non-parents.

Biologically speaking, that looks odd古怪的. *Natural selection* might be expected to favour the progeny下一代 of men who enjoy bringing them up养育. On the other hand, *the countervailing抵消的 pressure* to have other children, by other women, may leave the man (who is already encumbered拖累 by a set of offspring后代) dissatisfied感到不满的.

To investigate调查 *the matter* further / Sonja Lyubomirsky, a psychologist at the University of California, Riverside河畔, decided both to study the existing目前的 literature文献, and to conduct组织实施 some experiments of her own. The results, just published in Psychological Science, suggest parenthood *in general*, and fatherhood *in particular*尤其, really are blessings幸事福气, even though the parent in question might sometimes feel they are *in disguise*(n.)伪装.

Dr Lyubomirsky's *first port港口 of call短暂停留* was *the* *World Values*世界观 Survey民意调查. This is a project which gathers huge amounts of data about the lives of people all around the planet. For the purposes of her research, Dr Lyubomirsky looked at the answers 6,906 Americans had given, in four different years, to four particular questions. These were: how many children the responder回应者 had; how satisfied he (or she) was with life; how happy he was; and how often he thought about the meaning and purpose of life.

She found that, regardless of不管 the year the survey was conducted, parents had higher happiness, satisfaction and meaning-of-life生命的意义 scores than non-parents. The differences were not huge, but they were statistically统计上地 significant. Moreover, *a closer look* showed that *the differences* in happiness and satisfaction were the result of men's scores alone going up上涨 with parenthood. Those of women did not change.

Armed with this result, Dr Lyubomirsky conducted her own experiment. The problem with projects研究项目 like *the World Values Survey* is that, because participants are asked to recall回忆说 their feelings rather than stating声明 what they are experiencing in the *here and now*当前此刻, this might lead them into thinking more fondly深情地 in hindsight(n.)后见之明 about their parenting duties than they actually felt *at the time*在那时当时.

Dr Lyubomirsky therefore gave pagers寻呼机 to 329 North American volunteers aged between 18 and 94, having first recorded, among other things, their sex, age, ethnicity种族地位, *socioeconomic status*社会经济地位, *marital status*婚姻状况 and number of children. She told them they would be paged在公共场合通过广播呼叫 at random, five times a day. When they were so paged, they were asked to complete a brief response(n.)回复 sheet about how they felt, then and there. She did not, however, tell them why she was asking these questions.

The upshot结果 was the same as her findings from the World Values Survey. Parents claimed more *positive emotions* and *more meaning* in their lives than non-parents, and a closer look revealed that it was fathers who most enjoyed these benefits益处. Moreover, further analysis revealed that this enhanced enjoyment came from activities which involved children rather than those (*such as* watching television alone, or cooking) that did not.

It looks, then, *as if* evolution has bolted用螺栓固定闩上into men *a psychological mechanism*机制行为方式 to keep them in the family. *At first sight*乍看之下, it is strange that women do not share this mechanism, but perhaps they do not need to. They know, after all, that the children are theirs, whereas然而 *the best (a man can do)* is hope that is true. That, and a man's potential to father成为…的父亲 *an indefinite不清楚的 number of* offspring后代 if he can find willing乐意的 volunteers, might encourage him to stray走失偏离 from *the bosom怀抱 of* his family. Enjoying fatherhood, by contrast相比之下, will help keep him in the porch门廊.

为人父母的快乐。

父亲节。

拥有子女确实能让男人对生活更加满意。

父亲的身份能让自己幸福快乐吗？很多男人都会问自己这个问题，但是至今依然没有一个明确的科学解答。很多关于父母身份(特别是父亲)的研究都显示，有子女的父母有着更低的婚姻满意度和更高的忧郁症比例。

从生物学角度来说，这有点奇怪，因为自然选择趋向于选择那些乐于带孩子男人的后代，反过来看，男性要和其他女性生育更多子女的压力，可能会让那些已有子女的父亲感到不满。

来自加州大学河滨分校的心理学家Sonja Lyubomirsky进行了更为深入的研究，她从现有文献和自己的实验同时入手，其结果发表在《心理学》上。研究表明，父母身份，特别是父亲的身份是相当重要的，尽管那些问题父母有时候可能并没有注意这一点。

Lyubomirsky博士首先进行世界价值观调查，这个步骤要收集生活在世界各地的人的大量数据。为了达到研究目的， Lyubomirsky博士在四个不同的年份分别询问了6906个美国人四个不同的问题，这四个问题分别是：受访者有多少个孩子；他(或她)对生活有多满意；他有多幸福；他多久考虑一次生命的意义。

她发现，比起没有子女的父母，有子女的父母有着更高的幸福感、满意度和生活意义分数。虽然差距不算太大，但统计上很明显，此外，深入分析后发现，在幸福感和满意度上的差距主要来自于父母身份中父亲的分数，女人的分数对其影响不大。

根据这个结果，Lyubomirsky博士开始着手自己的实验。但是在调查世界价值观的时候还存在一些问题，因为受访者是被要求回忆他们当时的感受，而不是描述此时此刻正在经历的事，事后的觉悟可能会让他们把作为父母的责任想得更令人喜爱。所以Lyubomirsky博士在北美选择了329位18至94岁的志愿者，并给他们配备了寻呼机，此外，记录原始数据还包括他们的性别、年龄、种族、社会地位、婚姻状况和子女的数目。她告诉志愿者她会随机呼叫他们，每天5次，当他们被呼叫时，他们会被要求完成一份简短的回复表，这个表主要是关于他们当场感觉，但是她并没有告诉他们她为什么要问那些问题

实验结果和世界观调查结果一样，比起无子女的双亲，正常父母有着更加积极的情绪和更好的生活体验，并且父亲们更加享受这份关系。此外，深入研究还发现，与子女相关的活动比没有子女父母的活动(比如独自看电视，做饭)更能增加快感。

在这一点看来，就像进化论把男人带入了"融入家庭"的心理机制，女人们却没有分享到这个特性，乍看之下还有点奇怪，这或许是因为她们根本不需要，毕竟孩子总是她们的，而男人最多只能祈祷孩子确实是自己。此外，如果能找到情投意合的异性，男人总有与其产下更多后代的潜在欲望，这些都会驱使男性偏离家庭生活，所以还是让他好好享受为人之父的快乐，这才会让他乐意留在家里。

1. equivocal [ɪˈkwɪ-vəkl] adj.①模棱两可的;含糊其词的. ②(常因自相矛盾而)难以理解的，难以解释的
2. progeny [ˈprɒ-dʒəni] n.①(人的)后裔，子女；(动物的)幼崽. ②(某物的)新一代，下一代
3. bring up v.养育；抚养；养大
4. counter-vailing ˈkaʊn-tə-veɪ-lɪŋ] adj.抗衡的;抵消的

There were two central and countervailing forces in the life of Nikola Tesla. 在尼古拉·特斯拉的生活中存在着两股非常重要而且相互抗衡的力量。

1. en-cumber [ɪn-ˈkʌmbə(r)] v.拖累;牵累;妨碍

It is still labouring under *the debt burden t*hat it was encumbered with in the 1980s. 它现在仍旧被20世纪80年代就深受其累的债务压得喘不过气。

→a place is encumbered with things, 阻塞;堵塞;塞满

1. existing [ɪgˈzɪs-tɪŋ] adj.(尤指与未来相对的)现存的，现行的，目前的

...the need to improve existing products and develop new lines... 改进现有产品、开发新生产线的需要

1. you are in disguise, n.假装;装扮;伪装
2. first port of call 第一个停靠港。port of call： 沿途停靠的港口

→call v.①短暂停留;访问;拜访。②(火车、公共汽车、船舶)停靠,停留

A market researcher called at the house where he was living... 一位市场调查人员造访了他的住处。

The steamer calls at several ports along the way. 一路上,汽船在好几个港口停靠。

1. responder n. 回答者；回应者；应答器；响应器
2. project n.①项目；工程；计划；规划。②(学生的)课题，研究项目。v.规划；计划；预计

The government had been projecting a 5% consumer price increase for the entire year. 政府预测全年消费价格将增长5%。

1. fondly [ˈfɒndli] adv. 亲爱地；深情地

Liz saw their eyes meet fondly across the table. 利兹看到他们隔着桌子深情对视。

1. socioeconomic status社会经济地位
2. page v.(在公共场合通过广播)呼叫

He was paged repeatedly as the flight was boarding... 航班登机时，广播里反复呼叫他。

1. the same as 与…同样的；无异
2. bolt [bəʊlt] n.①螺栓。②(门、窗的)金属插销，闩。v.①用螺栓固定；闩上。②闩上(门、窗)。③常指人或动物因受惊吓)迅速逃跑，逃窜。④(蔬菜)生长过快，结实过早(而不宜食用)

The doors were bolted on. 门都闩上了。

I made some excuse and bolted for the exit. 我编了个借口后便向出口冲去。

If the soil dries out the plants may bolt. 如果土壤过干，植株可能会过早结实。

→you bolt your food, v.狼吞虎咽

→makes a bolt for somewhere, or makes a bolt for it, 突然逃跑；慌忙逃窜

→A bolt of lightning 一道(闪电)

→a piece of news comes like a bolt from the blue, 晴天霹雳；出人意表；令人大吃一惊

→A bolt of cloth(布的)一匹，一卷

1. whereas (表示对比)但是，然而

Pensions are linked to inflation, whereas they should be linked to the cost of living... 养老金与通货膨胀挂钩，然而它们其实应该和生活费用挂钩。

1. indefinite [ɪn-ˈdefɪ-nət] adj.①期限不定的;无限期的。②不明确的;不清楚的

The trial was adjourned for an indefinite period. 审判被无限期推迟。

...a handsome woman of indefinite age. 年龄不明的端庄女子

1. stray [streɪ] v.迷路;偏离;走失. adj.① (狗、猫)走失的，迷路的，无主的(A stray dog or cat). ②零星的;离散的;散落的

She shrugged *a stray lock*头发 *of hair* out of her eyes. 她把一缕散发从眼前甩开。(A lock of hair 一绺(头发))

→your mind or your eyes stray, 走神;(视线)偏离，往别处看

1. bosom [ˈbʊ-zəm] n.(女子的)乳房

→you are in the bosom of your family or of a community, n.怀抱；关怀

→A bosom friend， adj.(朋友)知心的，亲密的

→you take someone or something to your bosom, 接纳；关怀；关爱

We, at least, have taken *her* to *our bosom*. 至少我们对她是关爱有加的。

1. 看电视太多易导致糖尿病和心脏病

Apart from working and sleeping, the thing Americans do the most is watch TV—five hours a day on average. But all that time in front of the tube may up your risk of death, according to a review评论文章 in the Journal of the American Medical Association社团协会. [Anders Grøntved and Frank Hu, "Television Viewing and Risk of Type 2 Diabetes糖尿病, Cardiovascular心血管的 Disease, and All-Cause Mortality死亡率"]

Researchers analyzed eight previous studies (looking at the effects of TV on health). Together合计地, the studies followed more than 200,000 volunteers over about a decade of their lives, and controlled for other risk factors, like age and smoking. The take-home? For every two hours of TV per day, subjects had a 15 percent higher risk of heart disease and a 20 percent higher risk of developing type 2 diabetes. That translates to转化为 a city of a million people (having 1760 extra cases病例 of diabetes糖尿病) compared to a city of a million who watch *two hours less TV* per day.

Previous studies have associated联系 other *sedentary坐着的 activities*, like sitting at a desk, with health risks. But the researchers say there's something unique独特的 about TV. Not only are we not exercising, but we tend to snack吃点心 while watching. The prescription药方对策, in this case, is simple, and *side effects* are rare: get off出发离开 the couch长沙发.

除了工作和睡觉以外，美国人最常干的是就是看电视，平均每天五小时。但是根据美国医学协会杂志的报告，我们在电视机前消耗的时间将增加你死亡的风险。(安德斯·格鲁温特和弗兰克·胡，《长时间看电视和二型糖尿病、心血管病、各种原因的死亡率》)

研究者分析了以前八个研究报告，试图发现电视对健康的影响。这些报告一共跟踪调查了20万志愿者近十年的生活，减少其他因素的影响，比如年龄和吸烟。那么回家呢？每天两小时的电视，被试增加了15%的几率患心脏病以及20%的几率患二型糖尿病。转换成一个百万人口的城市，大概有1760个额外的糖尿病例会因为看了两小时的电视。

先前的调查更多的研究了其他静态的方式，比如坐在椅子前，与健康的影响。但是研究者说，可能还有一些电视所独有的原因，不仅仅是因为我们没有运动，可能还与我们在看电视时喜欢吃零食有关。在这种情况下，治疗方法十分简单，也没有副作用：离开你的长沙发。

1. review v. n.①检查;审查;审核;仔细研究。②检阅(军队)；阅(兵)。n.(对书、电影等的)评论文章;书评;影评

The next day we reviewed the previous day's work. 第二天，我们仔细检查了头一天的工作。

→you review for an examination, (为备考)复习，温习

1. 家猫可以走多远

Lions roaming游荡 the savannah大草原 are a staple主要部分 of nature documentaries纪录片. But the millions of little lions (that live in our homes and neighborhoods) also lead fascinating迷人的 lives. We know more about those lives now, because a two-year-long study used radio-transmitters发射机 to track cats at *the southern edge* of the cities of Champaign and Urbana in Illinois伊利诺斯州. It would have taken a dozen field实地野外 researchers to collect the same data. The study is in the Journal of Wildlife野生动物 Management. [Jeff Horn et al., "Home Range范围, Habitat动物栖地 Use, and *Activity Patterns*活动模式 of Free-Roaming漫游 *Domestic家里的 Cats*"]

The entire kittie软毛小动物 cohort一群人 included both housecats and feral野生的 cats, and ranged漫游自由活动 over almost 6,300 acres. *One feral cat’s* range范围 topped out达到最高点 at 1,351 acres. New York’s Central Park covers 843 acres.

*Owned cats* with homes roamed way less than their feral counterparts配对物. But they still averaged a range of just under five acres. The pets宠物 were highly active just 3 percent of the time, compared with 14 percent for *the cats* that need to find their own food. The work should shed light on protecting *species*物种 (that the cats hunt), and inform通知告知 the efforts to stop *the spread*传播 of feline contagious病接触传染的*diseases*疾病.

在草原上漫步的狮子已成为自然类纪录片的常客。但生活在我们或者邻居家中数以百万计的“小狮子”也过着传奇的生活。通过一项历时两年的研究 ，我们对它们的了解又多了一些。研究者使用无线电发报机，跟踪来自伊利诺斯州尚佩恩市和乌尔班纳市南部的猫咪。如果放在以前相同的工作，需要12个人才能完成。这项研究已经在《野生动物保护管理》杂志上发表。(杰夫·霍恩等，《家猫的活动范围，息地利用以及活动模式》)

调查样本既有家猫也有野猫，足迹覆盖了几乎6300英亩的地域。范围最大的是一只野猫，达到了1351英亩(5.46平方千米)，要知道，纽约中心公园也只占了843英亩(3.4平方千米)。(1 英亩 =0.004 047 平方公里)

家猫走过的范围比野猫小很多，但它们的平均范围差点就达到了5英亩(0.02平方千米)。然而，家猫只在3%的时间里活跃，相比而言野猫是14%因为他们需要自己去觅食。这项工作在保护猫能捕猎的物种方面做出一些阐释，并为阻止猫科传染病的蔓延提供了帮助。

1. staple [ˈsteɪ-pl] adj. (食物、产品或活动)主要的，基本的。n.主要部分;重要内容

Political reporting has become *a staple* of American journalism. 政治新闻已成为美国新闻报道的主要内容。

1. range v.①(在一定幅度内)变化，变动。②(人或动物)漫游，自由活动。

They range in price from $3 to $15. 它们的价格从3美元到15美元不等。

They range widely in search of carrion. 它们在广阔的区域内搜寻腐肉。

1. top out v. ①举行建筑物落成典礼。②达到最高点

When we top out, there will be souvenirs for everyone who has worked on the site. 当我们举行落成典礼时, 凡是在工地上劳动过的人都会得到纪念品。

The production figures this month have topped out. 这个月的生产数字已达最高点。

1. 群策不一定更好

If you want to guess *how many jelly果冻 beans豆子* are in a jar罐子, you should ask your friends. Then average their answers. Because *a group guess* is often more accurate than that of any one individual. Just don’t let them peek at偷看 each other’s responses(n.)回答. Because a new study shows that *social influence* can sway摇摆 people’s estimates估算 and render造成 the crowd人群 incorrect. The work appears in the Proceedings of the National Academy of Sciences. [Jan Lorenz et al, How social influence can undermine the wisdom of crowds effect]

*Crowd wisdom*智慧 is actually a statistical phenomenon. {Gather enough *estimates* and *the wild guesses*} cancel each other out抵消, bringing you closer to the answer. But psychology and statistics统计学 don’t mix. And {knowing *what your peers同辈 think*} doesn’t make you any smarter.

European scientists asked volunteers to estimate statistics统计数字 like *the population density*密度 of Switzerland. Each person got five guesses. Some were shown their peers’ answers and others weren’t. Turns out that *seeing others’ estimates* led to a lot of *second guessing*. Which narrowed the range of *the group’s responses* and pointed指向 them in the wrong direction. Even worse, knowing that *others said the same thing* made everyone more confident *they were right*. So there is wisdom智慧才智 in numbers——as long as those numbers keep quiet `til they’re counted.

如果你想知道一个罐子里有多少粒软豆糖，你可以求教身边的朋友们，然后求平均值。通常，群体的判断结果比个人更准确。不过，也有条件，那就是不能让他们相互看到其他人的答案。根据一项最新的研究结果，社会整体的判断能够影响个人的判断，就有可能把个人的误判放大到群体的错判。这一研究公布在了《美国国家科学院院刊》上。

群策实际上只是一个统计学游戏。收集到足够多的评估值，计算平均值，把过高或过低的值抵消掉，从而接近真值。但是心理学和统计学的结合很少，也就很难知道他人的判断结果是否有利自己的判断。

欧洲科学家让志愿者去估计像瑞士的人口密度这样的统计数字。每个人有五个猜测结果，其中一些能给别的猜测者看而另外一些则不能。事实证明看了别人的猜测结果可以导致第二次猜测。这样便使测试小组的答案的范围缩小了并且误导了他们。更坏的结果是，知道别人说得跟自己的是一样的结果后，会使每个人更加肯定他们是正确的。所以在数量上有智慧——只要这些数量保持安静，直到他们被计算在内。

1. render v.①致使;造成。②给予(帮助);提供(服务)(you render someone help or service)

It contained so many errors as to render it worthless. 它错误太多,所以毫无用处。

He had a chance to render some service to his country... 他有了一个为国服务的机会。

The money was in fact *payment* by the CIA for services rendered. 这些钱其实是中央情报局付给的工作报酬。

1. one thing cancels out another thing, 抵消，(使)平衡
2. 服药加糖疗效好

细菌潜伏起来之后能够躲过抗生素，而在治疗中加入糖分，就能够把细菌引诱出来，从而把它们一网打尽。

Used to be过去常常 that *sick kids* got lollypops棒棒糖 after *a visit* with the doctor. But [in some cases] candy糖果 can be more than a reward—it can be part of the therapy(n.)疗法. Because scientists have found that, in battling与…作战 chronic疾病慢性的 infections传染病, sugar can boost the effectiveness of antibiotics抗生素. The study appears in the journal Nature. [James Collins, Mark Brynildsen and Kyle Allison, "Metabolite代谢物-Enabled Eradication彻底消灭 of Bacterial Persisters by Aminoglycosides氨基糖苷类抗生素] [*Scientific American* is part of *Nature Publishing Group*.]

Chronic infections慢性传染 can be caused引起导致 by persistent持续存在的 bacteria that have learned how to lay low倒下卧床 until all the antibiotics抗生素 are gone. They’re not exactly *antibiotic resistant*有抵抗力的, so they don’t have any special drug-destroying mutations(n.)变异. They just *power down*电源中断, metabolically新陈代谢地 speaking, and then wait until the coast海岸 is clear危险已过 (of antibiotics) to come back to life复活. Which is why *the poor patient* just can’t seem to clear the infection感染.

To eliminate根除消灭 such stealthy鬼鬼祟祟的 bacteria, *scientists* at Boston University searched for a way to jump start助推起动 the bugs’ metabolism(n.)新陈代谢. And they found that sugar is just what the doctor ordered医生开处方. 主{Administering给予病人药物 sugar along with以及 *an antibiotic* called gentamicin庆大霉素} 谓cured治愈 mice (with chronic慢性的 *urinary泌尿器官的 tract道束* infections), and kept the bacteria from spreading to their kidneys肾脏.

So a spoonful一匙的量 of sugar does more than make the medicine go down数量水平下降. It helps the medicine take the microbes down拆毁.

过去，生病的小朋友在去了医院之后，就会从医生那里得到一只棒棒糖。其实，棒棒糖在有些病例上，不仅仅是一种回报，也是治疗的一部分。因为科学家发现，在应对急性传染病时，糖分能够提高抗生素的疗效。这一研究公布在了《自然》杂志上

急性传染病通常是由一些及其顽固的细菌引起，这些细菌学会了如何逃过抗生素，从而长期潜伏在体内。不过这些细菌不是真正意义上具备抵抗抗生素的能力，所以不是真正那种能够分解药物的异类。从代谢的角度上来阐述，这些细菌只不过善于蛰伏，也就是能够等一波抗生素冲击过后，再重新恢复生理活性状态。这也是为什么有些体质差的病人，始终不能完全治愈的原因。

为了把这些顽固的细菌全部消灭，波士顿大学的科学家找到了一条新方法，能够不让这些细菌进入蛰伏状态。科学家们发现，糖分就是医生随时就能开出的药方。把糖分和名为艮他霉素的抗生素一起喂食患有急性尿路感染的老师，就能够把老鼠肾脏里的细菌全部清楚。

因此，药里加入一勺糖，并不仅仅能够更好喝，也能真正提高疗效，清楚细菌。

1. used to be/to do句型表示“过去常常，过去惯常”。其否定式为used not…，可缩写为usedn”t/ usen”t，口语中可用didn”t use…。例如：

I used to live there [when I was a child].那是我童年住的地方。

"He used to be so handsome." — "And now?" “他以前是那么英俊。”——“那么现在呢？”

1. you visit with someone, v.到…处访问;到…家作客
2. persistent adj.①(尤指不好或不受欢迎的状态或情况)持续存在的，继续发生的. ②执著的；不屈不挠的；锲而不舍的

...*a persistent critic* of the government's transport policies... 对政府交通政策一直持批评态度的人

1. lay low 倒下，卧床，使死亡

He laid his opponent low with a single punch. 他一拳猛击便把对手打倒在地。

1. resistant adj.

→Someone who is resistant(adj.) to something 反对的;抵制的;抗拒的

→something is resistant to a particular thing, 有抵抗力的;不受…损害的

The body may be 表less resistant(adj.) if it is cold. 天冷时，身体的抵抗力会下降。

1. antibiotic resistant 耐抗生素的，抗药性的
2. mu-tation[mju:ˈteɪʃn] v.(使)变异;(使)突变

Scientists have found a genetic mutation(n.) that appears to be the cause of Huntington's disease. 科学家们已经发现了一种可能是引起亨廷顿舞蹈病的基因变异。

→something mutates into something different, 变化;变成

Overnight, the gossip begins to mutate into headlines. 一夜之间，传闻变成了报纸的头条新闻。

1. power down n.断电，电源休眠，电源中断
2. metabolic [ˌmetə'-bɒ-lɪk] adj.新陈代谢的;代谢作用的
3. coast n.海岸;海滨

→the coast is clear, 没有被发现(或捉住)的危险;危险已过

'You can come out now,' he called. 'The coast is clear. She's gone.' “你现在可以出来了。”他喊道，“没危险了，她已经走了。”

1. come back to life 苏醒过来，复活；死而复生
2. stealthy [ˈstel-θi] adj.悄悄的;偷偷摸摸的;鬼鬼祟祟的

Slowly and stealthily(adv.), someone was creeping up the stairs. 有人正蹑手蹑脚地上楼。

1. jump start n. ①跳线跨接起动，助推起动(法)；②抢跑

The EU is trying to jump start the peace process. 欧盟正试图推动和平进程。

1. administer [əd-ˈmɪnɪ-stə(r)] v.①治理，管理(国家等)；施行，实施(法律、考核等). ②给予(病人药物)。 ③给以(一拳或一脚)(someone administers a punch用拳猛击 or a kick踢,)

Next summer's exams would be straightforward to administer and mark. 明年夏天的考试，在执行和评分上都将很简单。

Paramedics are trained to administer certain drugs. 护理人员们接受了配发某些药物的培训。

He is shown in the tape录像带 of the beating(n.)殴打 as administering most of the blows. 录像显示在斗殴中他打得最凶。

1. genta-micin [dʒen-tə-'maɪ-sɪn] n. 庆大霉素，艮他霉素。一种抗生素复合物，为广谱杀菌药。
2. tract [trækt] n.(土地等的)大片(A tract of land). ② (宗教、道德或政治的)短文. ③道;束

Foods are broken down in the digestive消化的 tract... 食物在消化道里分解。

A cold is an infection of the upper respiratory呼吸的 tract. 感冒是上呼吸道的感染。

...urinary tract infections. 尿路感染

1. go down (价格、水平或数量)下降，下跌

→a person or team goes down, (体育比赛中)被打败

→you go down [on your knees] / or [on all fours],跪下；趴下

→the sun goes down, (太阳)落下

→a ship goes down, a plane goes down, (船只)沉没； (飞机)坠落

→a computer goes down, (计算机)出故障

→To go down means to happen. 发生

'What's going down? Any ideas?' “发生什么事了？你知道吗？”

→a remark, idea, or type of behaviour goes down in a particular way, 引起…反响；得到…回应

Solicitors advised their clients {that *a tidy look* went down [well] with the magistrates.} 律师告诫当事人穿戴整洁会赢得地方法官的好感。

1. you take down a structure, v.拆掉;拆毁

→you take something down, (从高处)取下，拿下，够下来

→you take down a piece of information or a statement, 写下;记录

1. 广告使消费者产生虚假经验

{*One way* advertisers convince劝服 us to buy something} is to remind提醒 us that we’ve enjoyed their product before. Unfortunately, we can have *fond*回忆愉快的 *memories* of a product that we’ve never even had. Or that doesn’t even exist.

*A hundred volunteers* looked at *print ads* for *Orville Redenbacher's* "Gourmet美味佳肴的 Fresh新鲜的" popcorn爆玉米花—— a variety品种 that researchers made up虚构. Some subjects saw an ad with a vivid description of the brand's “big white fluffy松软蓬松的 kernels坚果的仁核." Others saw a less evocative唤起回忆的 ad.

A week later, subjects (who saw the vivid ad) were twice as likely to believe they'd tried尝试 this fictional虚构的 product as were subjects who saw the plain简朴的 ad. In fact, the believers相信…的人 were as confident坚信的 that they had tried the popcorn as were people who actually ate popcorn after seeing the fake伪造的 ads. The study is in the Journal of Consumer Research. [Priyali Rajagopal and Nicole Votolato Montgomery蒙哥马利, "Imagine, Experience, Like: The False虚假的 Experience Effect” Link to come]

Previous *marketing surveys*市场调查 have shown that if you think you've tried something before, you tend to like it more and you're more likely to buy it. So next time you're about to grab抓住 a product that you know you love, stop and think: have you actually tried it? Or have ads just made you think you did.

广告商说服我们购买其产品的手段之一，便是唤起我们对其产品曾经的好感。可惜，我们就对从未用过的或者根本不存在的东西感兴趣。

研究人员编造了各种瑞等巴克“新鲜美味”爆米花的平面广告让100志愿者观看。一部分受试者观看的广告有生动的“饱满，洁白，松软的爆米花”品牌描述，其他人看的广告则平淡些许。

一周后，观看生动广告的受试者比观看普通广告的，更相信自己曾尝试过这种虚构的产品。而事实上，在看过这些编造的广告后，受试者和曾今的确吃过的人一样——坚信自己尝试过这种爆米花。该研究发表在 《消费者调查》期刊上。[《想象，经验，好感：虚假的经验效应》，Priyali Rajagopal 和 Nicole Votolato Montgomery文]

之前的市场调查显示，在同等产品下，你会对你认为曾经用过的产品更有好感，也更愿意去购买它。所以下次你想购买喜欢的产品时，先停下来想想自己是否真的用过，或者是这些广告让你觉得似曾相识。

1. you have fond(adj.) memories of someone or something, adj.(回忆)愉快的,愉悦的

I have *very fond memories* of living in our village. 我对乡村生活有着十分美好的回忆。

1. gourmet [ˈgʊə-meɪ] adj.珍馐的；美味佳肴的(Gourmet food)。n.美食家；讲究饮食的人;老饕
2. make up v.①组成;构成。 ②编造;虚构。 ③(给…)化妆;(为…)打扮。 ④铺(床);搭(铺)(you make up a bed,)

I'm not making it up. The character exists in real life. 我没有凭空捏造，这种人现实生活中确实存在。

I can't be bothered to make up my face. 我懒得化妆。

1. evocative [ɪˈvɒkə-tɪv] adj.唤起回忆的;引起感情共鸣的

...the collection一堆一群东西 of islands [evocatively] known as the South Seas. 一个让人充满回忆的名为南海的群岛

1. 影视明星找对象,教育程度需相似

The tabloids通俗小报 love a good celebrity娱乐明星 romance. But so do scientists. One has even used movie stars as models for understanding why people tend to marry partners配偶 with similar levels of education. The star-studded明星荟萃的 study appears in the Journal of *Human Capital*人力资本. [Gustaf Bruze, "*Marriage(n.)婚姻Choices* of Movie Stars: Does Spouse’s配偶 Education Matter要紧?"]

There are *any number of*许多 reasons why individuals might wed与…结婚 their academic equals地位同样的人. *The simplest* being that they actually实际上 meet each other in school. It could also be that people with similar educational backgrounds wind up最终落得 [side by side肩并肩地] in the workplace. Or maybe we’re more comfortable with *someone* whose earning potential is *in our ballpark*(n.)大致相当.

To sort through整理分类 the possibilities, Gustaf Bruze, an economist in Denmark丹麦, looked to the Big Screen. Thespians演员, he found, also tend to marry *people* (with the same level of learning). So *Tom Cruise* and *Katie Holmes* each have *formal学校教育正规的 education* equivalent等值物 to completion(n.)完成结束 of high school.

Now, actors don’t usually meet their partners in school, and they’re not cast in movies based on their diplomas毕业文凭. Nor does *their education level* correlate with相互关联 their *box office*票房收入 earnings. So it can’t be about happenstance偶然事件 or about finance财政. Maybe it’s just that *people* with the same sort of education like the same movies—in this case, the ones they’re in.

小报最喜欢报道形象良好的名人们的花边新闻，但是科学家们也不例外。 有一位科学家甚至用电影明星来示范为什么人们喜欢找教育程度相似的伴侣。这项众星云集的研究成果发表在《人力资本》期刊上。[Gustaf Bruze, 《电影明星的结婚选择：配偶的学历重不重要？》]

很多人都愿与有同等学历的人结婚是有原因的。最简单的原因就是他们在学校就见过对方了，也有可能他们相似的教育背景为他们的工作产生交集，又或者是因为我们与和自己收入差不多的人待一起感觉更自在。

丹麦的一位经济学家古斯塔夫·布鲁斯为了从这些可能性中得出原因，他将视线投向了大屏幕上的明星们。他发现演员们也倾向找与自己学历相等的人结婚。这也是都只有高中学历的汤姆·克鲁斯和凯蒂·赫尔姆斯结婚的原因。

现今，演员们都不怎么在学校找到自己的伴侣，也不会因为学历去演电影。他们的受教育程度与票房并没有多大关系，所以两位演员都到一块也不会是突发事件这这是因为金融问题，而很有可能因为受相同教育程度的演员喜欢相同的电影——喜欢他们一起出演的电影。

1. tabloid [ˈtæb-lɔɪd] n.(版面小、文章短、图片多的)通俗小报
2. matter v. 关系;要紧;有影响
3. any number of 许多
4. equal n. (能力、地位或权利等)同样的人，相当的人

You should have married somebody more your equal. 你本应该和一个更门当户对的人结婚。

→someone is equal to a particular job or situation, adj. 胜任的；能应付的

She was determined that she would be equal(adj.) to any test the corporation put to them... 她下定决心要成功应对公司对他们的任何考验。

→you say that someone or something has no equal, 出类拔萃;无与伦比

The film demands attention, and has no equal in cinema history. 那部电影众人瞩目，在电影史上无与伦比。

→you say 'other things being equal' or 'all things being equal' 如果其他条件不变;如无意外情况发生

1. wind up 完成;停止

→you wind up something such as the window of a car, 摇上(车窗等)

→someone winds up a business or other organization, 关停，关闭(企业或其他组织)

→you wind up in a particular place, situation, or state, 最终沦落到；最终落得；(以…)告终

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。

→you wind someone up, ①故意惹恼;挑衅。②骗;哄骗

This woman really wound me up. She kept talking over me. 这个女人真气死我了。她一直想要说服我。

You're joking. Come on, you're winding me up. 你是开玩笑的。得了吧，你在骗我。

1. side by side肩并肩地，一起；相互支持；并排
2. ball-park [ˈbɔ:l-pɑ:k] n. 棒球场. adj. 大致的；大概的

I can't give you anything more than just sort of a ballpark figure... 我只能给你一个大概的数字。

→in the ballpark n.差不多；大致相当

If you compare it to some of the other surveys that have been recently conducted, then it is in the general ballpark. 如果拿它与其他一些最近的调查作比较，结果大致相当。

1. thes-pian ['θes-pɪən] n.演员。adj.戏剧的;剧院的
2. box office n.①(剧院、电影院或音乐厅的)售票处。②(电影等的)卖座情况，票房收入
3. 宝宝贪睡成长快

Parents wring绞扭双手 their hands over infant婴儿 sleep patterns模式. And so when those patterns change, parents tend to panic. But if your baby is sleeping more or napping白天打盹 at weird不寻常的 times, maybe he or she is just growing. *So says a study* in the journal Sleep. [Michelle Lampl and Michael Johnson, "*Infant Growth* in Length Follows *Prolonged持续很久的 Sleep* and *Increased Naps*"]

It’s known that levels of growth hormone rise during certain stages of sleep. So researchers wanted to know more about *the link* between sleep and growth. They recruited招募 *the parents* of 23 infants. The parents took *careful real-time实时 notes* (on infant sleep patterns) for between four and 17 months. They also noted记录下 whether the babies were breast乳房- or bottle-fed用奶瓶哺乳, and whether they had signs of illness *such as* rashes皮疹 or diarrhea腹泻. And *the babies’ body length* and weight were measured regularly.

The researchers found that *periods* (where *infants* slept more) overall corresponded相关相对应 with growth spurts突然加速前进 and also *a gain* in weight and body fat. Both genders性别 experienced that correlation相关性, though boys had more and shorter *sleep episodes* than girls.

The scientists note that *increases* in sleep may lead to increases in waking醒着的, as因为 *growing bones* produce *growing pains*. So if your baby’s sleeping a little funny, maybe she’s just growing up.

父母们都对宝宝的睡眠习惯了如指掌。所以，一旦这种习惯改变，难免慌张。

但是，如果您的宝宝越来越贪睡了，或者在一般不睡觉的时候睡着了，可能他正在成长。这是《睡眠》杂志的一项研究。[详见米歇尔·兰普尔和迈克尔·约翰逊的论文《睡眠时间影响婴儿长高》]

据了解，成长激素会在特定的睡眠阶段上升，因此，研究人员想要更深入的了解睡眠和成长之间的关系。他们招募了23名婴儿的父母，让其详细记录了婴儿4至17个月的实时睡眠习惯，同时也记录了这些婴儿是母乳喂养还是奶粉喂养的，以及他们是否有皮疹或腹泻等疾病的迹象。

他们定期测量婴儿的身高和体重。研究人员发现，婴儿“贪睡”的时期，总的来说身体都有成长更快的苗头，同时体重和脂肪增加。男女宝宝都是这样，虽然男宝宝睡得更多，但睡眠时间更短。

科学家们指出，睡得越多，当然醒的机会也越多，因为在长骨头的时候，宝宝会有成长的疼痛。

所以啊，如果您的宝宝越睡越“搞笑”时，他正在快快成长。

1. wring [rɪŋ] v. 绞，拧；扭干

→you wring something out of someone, 强行取得;逼取

Buyers use different ruses to wring free credit out of their suppliers... 买主们千方百计想从供货商那儿无息赊购。

→someone wrings their hands, (通常因忧愁、焦虑而)绞扭双手(干叹息)

The Government has got to get a grip. Wringing its hands and saying it is a world problem just isn't good enough. 政府必须采取切实行动，一味搓着手感叹说这是个全球性问题是远远不够的。

→you will wring someone's neck，扭断…的脖子(表示非常生某人的气)

1. weird [wɪəd] adj.奇怪的;不寻常的;奇异的

He's different. He's weird... 他与众不同，有点怪。

1. prolonged [prəˈlɒŋd] adj.长期的；持续很久的；时间长的

...*a prolonged period* of low interest rates. 长期的低利率

1. correspond [ˌkɒrəˈspɒnd] v.

→one thing corresponds to another, 相类似;相关;相对应

Racegoers will be given a number which will correspond to a horse running in a race... 观看赛马比赛的观众将获得一个与某一匹赛马相对应的号码。

*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%。

1. spurt [spɜ:t] v.①(使)喷射;(使)喷发(liquid or fire spurts from somewhere,)②突然加速前进;冲刺

*The back wheels* spun and *the van* spurted up the last few feet. 后轮突然转动起来，货车加速冲过了最后几英尺距离。

→something happens in spurts, 时有时无;一阵一阵地

The deals came in spurts: three in 1977, none in 1978, three more in 1979. 交易时有时无：1977 年有 3 笔，1978 年没有，1979 年又有 3 笔。

1. 狭蹴的生活空间与痴呆相关

{Keeping the brain active思想等活跃的 and engaged从事…的} appears to combat the cognitive认知的 decline (associated with getting older). Now a study has found a new, but related, factor (in maintaining a sharp mind)—*the space* in which we live.

Researchers recruited almost 1,300 senior较年长的人 citizens, none of whom showed any signs of *clinical临床的 dementia(n.)痴呆* [at the start of the study]. The participants had their *cognitive function*认知功能 tested [annually] for up to eight years. And they also described their living space. For example, maybe they mostly hung悬挂 around their bedroom. Perhaps they spent time in the yard. Or frequently traveled.

By the end of the study, 180 people had Alzheimers老年痴呆症. And those (whose life-space narrowed in on their immediate home) were almost twice as likely to develop the condition健康问题 as those who ventured冒险 out. The homebound回家的闭门不出的 folks also had *an increased risk* of other cognitive impairments(n.)损害损伤 and *a faster rate* of cognitive decline. The research was published in the American Journal of Geriatric老年病学的 Psychiatry精神病学.[Bryan James et al., "Life Space and Risk of Alzheimer Disease, Mild温和的 Cognitive Impairment(n.)损害损伤, and Cognitive Decline in Old Age"]

The study’s lead领头的 investigator, *Bryan James* of the Rush University Medical Center in Chicago, suggests that, “Perhaps life space is an indicator指示器 of how much we are actively活跃地 engaging参与从事 and challenging挑战 our cognitive abilities.”

保持大脑的灵活和集中，看来要与随着年纪增大产生的认知降低做斗争。现在研究发现了一个新的，但却是相关的因素来保持锐利的心智，那就是——我们所生活的环境。

研究者征募了差不多1300名年长居民，研究最初没有人呈现出痴呆的临床特征。参与者需要连续8年时间进行每年的认知功能测试。同时，需要他们描绘出各自的居住空间。举个例子，也许他们每天被困在卧室里。也许他们在院子里打发时光。或者是经常的旅行。

这一研究结束的时候，有180个人患上阿兹莫尔症。居住在家里狭窄空间的人，比那些经常外出的人更容易产生这些状况。闲适在家的居民，其他的认知疾病风险也明显增加，而且认知功能也下降的更快。研究在美国老年精神状况杂志上发表。[Bryan James et al，居住空间与阿兹莫尔病的关系，温和的认知损伤，以及老年的认知降低。]

研究的领导者，芝加哥医学中心Rush大学的Bryan James建议说：“或许生活空间能够指出，我们对自己的认知能力投入和挑战了多少。”

1. Rush University (Chicago) 拉什大学(芝加哥)，是一所专门提供本科及研究生学位的医学院。
2. 饥饿激素也能然嗅觉更灵敏

When your stomach’s empty, it pumps out大量生产或提供 the hormone ghrelin胃饥饿素, to whet刺激(某人)对…的欲望 your appetite食欲 / and get your juices胃液 flowing. But ghrelin doesn’t just make you crave渴望 a bite. It helps you track it down追踪到 too—by sharpening磨快使提高 your sense of smell. That’s according to a study [out this week] in the Journal of Neuroscience神经系统科学. [Jenny Tong et al., "Ghrelin Enhances *Olfactory嗅觉的 Sensitivity* and *Exploratory探索的 Sniffing*闻嗅in Rodents啮齿动物 and Humans"]

First, scientists injected给…注射 rats with ghrelin, and videotaped把…录在录像带上 their noses. Their sniffers嗅探器 ran on overdrive加倍努力 for several hours following the injection. And the rats could detect fainter微弱的 scents气味, too.

So then *the researchers* called in找来 nine fasting禁食的 humans, to see if our sniffing powers get a boost from ghrelin. The volunteers took whiffs一阵气味 of various substances——like baby powder粉末, tomatoes and *rosemary迷迭香 chicken*. And regardless of不管 how appetizing引起食欲的 each aroma食物等的香味 was, the volunteers took deeper whiffs——even of *plain朴素的 air*——after getting a shot of ghrelin.

All of which suggests we’ve evolved a number of tricks技巧 to avoid the ultimate最终的 game-over: starvation饿死. Because {knowing you’re famished饿极的} is only *half the battle*成功的一半. Actually tracking down追踪到 that wooly羊毛制的 mammoth猛犸象? That’s what really counts重要;有价值.

如果你的胃里空空如也，它就会产生一种激素蛋白，让你食欲大增，口水直流。但是这种蛋白可不是仅仅让你动嘴上功夫，也能帮你搜寻食物，实现途径是提高你的嗅觉灵敏性。这一研究发表在了本周出版的《神经科学杂志》上。

这项研究当中，科学家们首先给老鼠注入了这种激素蛋白，同时在它们的鼻子上安装了摄像设备。这些嗅觉灵敏的小家伙在注入蛋白之后的几个小时非常兴奋，到处找吃的，连那些气味非常淡的食物都被翻出来了。

于是，科学家们又找来了9名禁食者，想看一下我们人类的嗅觉在这种激素蛋白的作用下是否也会提升。这些志愿者闻了很多种物品的气味，像婴儿爽身粉，番茄，迷迭烧鸡。结果，无论物品的气味能激发多少食欲，志愿者们在注入一针激素蛋白后，即使是闻空气，嗅都会提升。

这些研究结果说明，人类为了避免被饿死，进化出了很多种方法。让你感到饿只是其中的一个，让你随时都能跟着食物走，才是真正解决问题的关键。

1. pump out v.①大量生产(或提供). ②(流行音乐等)响亮地奏出，喧闹地传出

Japanese companies have been pumping out plenty of innovative products... 日本公司一直在生产大量富有创意的产品。

Teenage disco music pumped out at every station. 每一站都喧闹地播放着十几岁少年所喜爱的劲爆迪斯科音乐。

1. ghrelin [rə'lɪn] n. 胃内产生的一种肽，它能够调节食欲、进食和身体构成。；饥饿激素

someone or something whets your appetite食欲 for a particular thing, v.刺激(某人)对…的欲望;激发(某人)对…的兴趣

1. track down 追踪到;追查到;搜寻到
2. olfactory [ɒlˈfæk-təri] adj. 嗅觉的
3. exploratory [ɪkˈsplɒ-rə-tri] adj.(行动)探究的，探测的，探索性的(Exploratory actions)
4. rodent [ˈrəʊ-dnt] n.啮齿目动
5. video-tape [ˈvɪdiəʊ-teɪp] n.录像带;录影带。v. 把…录在录像带上
6. overdrive n.(汽车的)超速挡，超速变速器

→you go into overdrive, 加倍努力(或紧张)

In the courtroom everybody went into overdrive, assuming that there might well be a verdict soon. 法庭里，人人都加倍紧张地行动起来，认为马上就要作出裁定了。

1. call in 叫(某人)进来；来访；找[请]来；用电话通知
2. fast v.斋戒;禁食;绝食
3. rosemary chicken 迷迭香烤鸡
4. half the battle 成功的一半

something or someone counts for something or counts, 重要;有价值

1. It's as if your opinions, your likes and dislikes just don't count... 就好像是你的意见、你的好恶根本不重要似的。
2. The psychology of morality(n.)道德.

Time to be honest.

*A simple experiment* suggests推荐 a way to encourage truthfulness诚实.

"IS SIN罪孽 original?" That is the question addressed向…作正式讲话 by Shaul Shalvi, a psychologist at the University of Amsterdam阿姆斯特丹, in a paper (just published in Psychological Science). Dr Shalvi and his colleagues, Ori Eldar and Yoella Bereby-Meyer of Ben-Gurion University in Israel以色列, wanted to know if the impulse to cheat is something that grows or diminishes使减弱 when *the potential cheater* has time for reflection(n.)反思 on his actions. Is cheating, in other words, instinctive天性的 or calculating有心计的?

Appropriately适当地, the researchers' apparatus仪器设备 for their experiment was that icon图符 of sinful邪恶的 activity, the gambling die骰子. They wanted to find out whether people were more likely to lie about *the result of a die roll* [when asked *that result* immediately], or when given time to think.

To carry out实施 their experiment, Dr Shalvi, Dr Eldar and Dr Bereby-Meyer gave each of 76 volunteers *a six-sided die* and *a cup*. Participants were told that a number of them, chosen [at random], would earn ten shekels古钱币的的衡量单位 (about $2.50) for *each pip骰子上的点 of the numeral数字* (they rolled on the die).

They were then instructed to shake their cups, check the outcome结果 of the rolled die and remember this roll. Next, they were asked to roll the die two more times, to satisfy使确信 themselves {that it was not loaded充满…的}, and, that done, to enter输入 *the result of the first roll* on a computer terminal终端机. Half of the participants were told to complete this procedure程序步骤 within 20 seconds [while *the others* were given no time limit].

The researchers had no way of knowing *what numbers* (participants actually rolled), of course. But they knew, statistically统计上地, that the average roll, if people reported honestly, should have been 3.5. This gave them *a baseline*基线基准 from which to calculate participants' honesty. *Those* (forced to enter their results within 20 seconds), the researchers found, reported *a mean平均数 roll* of 4.6. Those (who were not under any time pressure )reported *a mean roll* of 3.9. Both groups lied, then. But *those* (who had had more time for reflection) lied less.

A second experiment confirmed证实 this result. A different bunch一伙人 of volunteers were asked to roll the die just once. Again, half were put under time pressure and, since there were no additional额外的 rolls to make, *the restriction*限制约束 was changed from 20 seconds to eight. The others were allowed to consider考虑 *the matter* for as long as they wished.

*In this case* the first half reported an average roll of 4.4. Those given no time limit reported an average of 3.4. The second lot一批人, in other words, actually told the truth.

The conclusion, therefore, *at least* in the matter of cheating at dice掷骰子游戏, is that {sin is indeed original}. Without time for reflection, people will default默认的 to the mode labelled "cheat". Given such time, however, they will often do the right thing.

If you want someone to be honest, then, do not press him too hard for an immediate decision.

道德心理学。

诚实是需要时间的。

一个简单的实验却为我们提供了一种鼓励诚实的途径。

"人性本‘恶'？"这是由阿姆斯特丹大学的一位心理学家—— Shaul Shalvi，在《心理科学》杂志上发表的一篇论文中所提出的问题. Shalvi博士和他的两位同事——以色列Ben-Gurion大学的Ori Eldar 和 Yoella Bereby-Meyer，希望知道，如果那些潜在的骗子有时间对他们的行为作出充分考虑，他们撒谎的冲动会否因此增强或减弱呢？换句话说，撒谎究竟是人的一种本能行为，还是经过仔细分析后所作出的选择呢？

研究人员为他们的实验选择了一样合适的工具——骰子——罪恶活动的标志。他们想查明的是：人们是在摇骰后立即被询问其结果时容易撒谎呢，还是在他们获得一定的思考余地的时候呢？

实验前，Shalvi博士，Eldar博士和Bereby-Meyer博士给作为实验对象的76位志愿者，每人发了一个摇盅和一粒骰子。参加者被告知，他们中的一部分被随机抽选出来的，会依据其掷出的骰子点数而得到相应数目的奖励，每点10谢克尔(约合2.5美元)。接着他们便按照指示摇盅，开盅查看结果，记住点数。然后他们被要求多摇两次，以让自己确信骰子中没有被灌铅。最后，让他们自己在电脑终端里输入第一次所掷出的点数。有一半参加者被要求在20秒内完成整个实验流程，而另一半则没有时间限制。

研究人员当然无法知晓每个参加者实际掷出点数。但他们知道，依照统计学规律，如果所有人都能做到如实上报点数，那么这次实验的平均掷出点数应为3.5。这就为研究人员提供了一个测量参加者诚实程度的依据。他们发现，那组被要求于20秒内输入结果的的参加者，所上报的掷出点数平均值为4.6，而另外没有时间压力的参加者的为3.9。显然这两组人都撒谎了，不过在那些有充分时间进行考虑的参加者中撒谎的较少。

第二次实验则验证了这一结果。这次是另一群不同的志愿者被要求掷骰子，不过只掷一次。同上次一样，他们中一半人被限制了时间，并且由于此次只需掷一次骰子，时间限制也从20s缩短为8s.其余一般则想考虑多久都行。

在这次实验中，前面有时间限制的一半人所上报点数的平均值为4.4，而没有时间限制的所上报的平均值为3.4。换言之，后者如实上报了数据。

因此，得出的结论是——至少在此次摇骰作弊的案例中如此—"人性本‘恶'"。在缺少时间进行考虑的情况下，人们会进入默认的"撒谎"模式。然而，如果他们获得了那样的考虑时间，一般会作出道德上正确的选择。所以，如果你希望某人对你诚实，那么千万别逼迫他立即做出出决定啊

1. address v.①向…作正式讲话;对…发表演说. ②向…说话. ③称呼(某人)；给…冠以(某种称呼)

He is due to address a conference on *human rights* next week. 他下星期将在一个大会上发表关于人权的演说。

*The two foreign ministers* did not address each other directly [when they last met]... 这两位外交部长在上次会面时，并没有直接的言语交流。

I heard him address her as darling... 我听见他称她为“亲爱的”。

1. Ben Gurion [benˈgʊəri:ən] 本·古里安·戴维((1886-1973) 波兰裔以色列政治领导人。积极参加犹太复国主义运动。以色列第一任总理。
2. diminish v.(使)减小;(使)减弱;(使)降低

Federalism is intended to diminish the power of the central state... 联邦制旨在削弱中央政府的权力。

1. reflection n. ①(镜子里的)映像;(水中的)倒影. ②(光或热等的)反射. ③深思;见解;想法

After days of reflection she decided to write back... 想了几天之后她决定回信。

→*Reflections* (on something) 评论;感想

1. appropriate [əˈprəʊ-priət] adv.适当的;合适的;恰当的

Dress neatly and attractively in an outfit (appropriate(adj.) to the job)... 着装要整洁美观，适合于这份工作。

Dress appropriately and ask intelligent questions... 穿着要得体，提问要机敏。

1. shekel [ˈʃekl] n. 古希伯来或巴比伦的衡量单位(或钱币)
2. pip [pɪp] n. (苹果、柑橘、梨等的)种子，籽.

→someone is pipped to something such as a prize or an award, v. 以微弱优势打败；险胜

She pipped *actress* *Meryl Streep* to the part. 她击败女演员梅丽尔·斯特里普，拿到了这个角色。

→someone is pipped at the post or pipped to the post，(在竞赛等中)于最后一刻击败，险胜

I didn't want us to be pipped to the post. 我不希望我们在最后一刻落败。

1. satisfy v.①使满意;使满足;使高兴。②使确信;使弄清楚;使信服(To satisfy someone that something is true or has been done properly)

He has to satisfy *the environmental lobby* {that *real progress* will be made to cut emissions...} 他必须令环境游说团体相信在减排方面将取得实质性进展。

1. terminal [ˈtɜ:mɪnl] adj. ①(疾病)致命的，不治的，晚期的。②(病人)患绝症的，晚期的,病危的(A terminal patient)。n.①(车辆、乘客、货物的)集散地，起点站，终点站。②(电路的)端头，端子，线接头

...terminal cancer.晚期癌症。

...his illness was terminal. 他的病没治了。

...the positive terminal of the battery. 电池的阳极

1. mean n. 平均数;平均值

...the mean score for 26-year-olds. 26岁年龄组的平均分数

1. A bunch of people 一伙，一群(人)
2. lot n.①(一)组；(一)批；(一)群。 ②(特定的)(一)类(人)。③(指刚提到的数量的)全部，整个儿(the lot)

We've just sacked one lot of builders. 我们刚炒掉一批建筑工人。

Future generations are going to think that we were a pretty boring lot. 未来几代人会觉得我们无趣乏味得很。

Instead of using the money to pay his rent, he went to a betting shop and lost the lot in half an hour. 他没有拿钱去交房租，而是去了投注站，半小时内就把这笔钱全输光了。

1. 学会与陌生人交谈或许让你更快乐

Consider the times (you've hopped on a subway地铁, boarded a plane / or entered a waiting room).

Chances are, you probably avoided engaging with any fellow (commuters乘车上班的人 or patients).

But contrary(adj.) to what we might think, we'd be happier [if we did strike up a conversation with a total stranger].

In a study, commuters in Chicago were asked to either talk with a stranger on a train, or sit quietly alone, or just do whatever *they'd normally do* on their commute通勤来往的路程.

Then, they responded to *a survey* (about *how they felt*).

Turns out those (who engaged with strangers) had the most pleasurable experience / and those (who remained solitary) had the least enjoyable experience.

These answers were compared with another group (that did not participate参与/ but instead had to predict how they might feel in each situation).

This group thought {talking with strangers would be the least enjoyable}, by far. 到目前为止

The study is *the journal* of Experimental Psychology. 《实验心理学杂志》

So despite being *social animals* and enjoying social engagement, we avoid chatting with strangers.

Why? Well, according to *a follow up*后续的 *study* it's because we think, wrongly, that strangers don't want to talk with us.

{The one way to get over克服 this} is to practice *reaching out*——who knows, *commuting* could become more enjoyable.

想象一下你有多少次跳进地铁,登上过飞机或进入等候室。很有可能,你要避免与任何通勤者或病人接触。但与我们想象相反的是,如果与一位陌生人侃侃而谈的话，我们可能会因此感到快乐。

在一项研究中,芝加哥的通勤者们被要求要么在火车上和一位陌生人交谈,要么独自一人静静闲坐,要么干脆他们就像往常一样表现。而后他们表达了自己对于这项调查的感受。结果显示，那些与陌生人谈话的人最愉快，而那些依然孤独的人则最不高兴。

这些调查结果与另一组并没有参与其中,只是预测对于每一种情况反应的人进行相比。

到目前为止这组人认为和陌生人交谈是最愉快的。这项研究已经在《实验心理学杂志》上发表。

所以尽管我们自认为是社会动物,以享受社会接触自居,但仍然尽可能避免与陌生人谈话。原因何在?嗯,根据一项后续研究显示，因为我们错误地认为,陌生人不想和我们谈话。解决这个问题的方法之一就是亲身实践——结果谁知道呢，交流沟通或许会更愉快。

1. hop v. 跳上[下]；单足蹦跳；齐足(或双足)跳行。

*My wife and I* were *the first* to arrive and hopped on board... 我和妻子是最早赶到登船的。

1. subway n. 地铁；地下通道
2. board vt. 上(船、车或飞机)
3. engage v. 吸引(人);引起(注意、兴趣)

you engage with something or with a group of people 适应；(与…)建立密切关系

She found it hard to engage with office life... 她发现很难适应办公室生活。

1. com-muter [kə-ˈmju:-tə(r)] n. (远距离)上下班往返的人
2. contrary to… 与…相反
3. you strike up a conversation or friendship with someone 开始(交谈);建立(友谊);开始(来往)
4. you respond to a need, crisis, or challenge. v. 应对;作出回应;作出反应
5. least adj. 最小的；最少的( little的最高级)；最不重要的，地位最低的
6. compared with 与…相比;和…比起来
7. participate in… v.参与；参加…
8. en-gage-ment [ɪn-ˈgeɪdʒ-mənt] n. 订婚，婚约；约会；约定，契约
9. chat v. 聊天；闲谈。与…攀谈；与…搭讪(或调情)
10. follow up v.把…贯彻到底，对…采取进一步行动；跟着，追逐，继续
11. get over v.克服，战胜(问题、困难)；(使)渡过；走完。从(不快或疾病中)恢复过来

It took me a very long time to get over *the shock* of her death. 得知她去世的消息我惊愕不已，很长时间才缓过劲来。

1. reach out (使)伸出
2. commuting n.& adj. 交换(的)
3. Wiki百科医疗信息来源或存在严重错误

Feeling a bit sick恶心的? Maybe you checked your symptoms on Wikipedia before seeing a doctor. And maybe your doctor checked Wikipedia before seeing you. Up to 70 percent of physicians内科医生 and medical students admit to using Wikipedia as a reference(n.)参考, too. But Wikipedia can be shockingly令人震惊地 wrong.

Researchers who compared *peer同辈-reviewed审查* articles to *the Wikipedia pages* for *the 10 most costly*造成严重损失的 *medical conditions* in the U.S.—including *heart disease*, back pain / and osteoarthritis骨关节炎—discovered *incorrect information* on nine out of 10 pages. Only *information* on concussions脑震荡appeared to 系be accurate. The study is in *the Journal* of the American Osteopathic整骨疗法的 Association.

*Earlier research* suggested表明 that Wikipedia is roughly comparable类似的to *peer-reviewed sources*. *A study* in the journal Nature (in 2005) found Wikipedia was about *as accurate as* the Encyclopedia百科全书 Britannica大不列颠的, even about *science topics*主题.

But *that analysis* looked only at 42 entries条目 among *the millions* on Wikipedia. [Since then] the site has exploded, now including *tens of millions* of entries. The new results suggest we should all take *online info* with a grain of salt.

身体感觉有点不适？

也许看医生之前你曾在Wiki百科网站上搜索过相关症状。或许医生在见你之前也登陆Wiki百科查询过。多达70%的医生和医学院的学生们承认他们常用Wiki百科作为参考。但这家知名网站可能存在严重错误。

研究人员们与同类审阅过后信息比较过后，他们发现对包括心脏病，背痛以及骨关节炎在内的美国10种高发疾病中，Wiki网页上的搜索结果10篇文章中，有9篇中的信息是错误的。只有对脑震荡的信息检索所显示的内容还算靠谱。该研究已在《美国骨科医学协会》杂志上发表。

早期研究显示相对于同类审阅过的文献来源Wiki百科的是比较粗糙。一篇于2005年在自然杂志上发表的研究曾发现Wiki百科和大不列颠大百科全书一样精准，甚至有关科学方面也是如此。但该研究只是对Wiki百科中几百万条内容中的42条进行了调查分析。

而且自从那时起这家网站迅速扩张，现在已经涵盖成百上千万条记录内容。这些最新的研究结果提示我们，不要盲目轻信此类信息的真实性。

1. sick adj. 恶心的；想吐的，晕船；不舒服的
2. shocking ['ʃɒkɪŋ] adj.①糟透了的;极坏的。②令人震惊的;令人愤慨的;不道德的

I must have been 表in a shocking state last night. 昨晚我的情况一定很糟糕。

It is shocking that *nothing* was said... 当时竟然什么都没说,真让人愤慨。

Shockingly(adv.), ……. 令人震惊的是

1. peer [pɪə(r)] n.同龄人；同辈；身份(或地位)相同的人
2. review n.v. 检查;审查;审核

[The next day] we reviewed *the previous day*'s work. 第二天，我们仔细检查了头一天的工作。

1. costly adj. ①昂贵的；代价高的

→②you describe *someone's action or mistake* as costly 造成严重损失的;代价大的

*Psychometric tests* can save *organizations* from grim (adj.)and costly mistakes... 心理测试能够使组织机构避免犯下损失惨重的大错。

1. osteo-arth-ri-tis [ˌɒs-tiəʊ-ɑ:ˈθ-raɪ-tɪs] n. 骨关节炎
2. con-cussion [kən-ˈkʌʃn] n. 震荡；脑震荡
3. Os-teo-pathic [ˌɒs-tɪə-'pæ-θɪk] adj. 整骨疗法的
4. Something that is comparable to something else (adj.)类似的;同类的
5. En-cyclo-pedia [ɪn-ˌsaɪ-klə-'pi:-dɪə] n.百科全书
6. Bri-tan-nic [brɪ-ˈtæ-nɪk] adj. 大不列颠的，英国的
7. topic n.题目;话题；论题
8. entry n.(日记或计算机文件的)事项;(参考书的)条目；(账簿的)账目

Many entries relate to *the two world wars*. 很多条目与两次世界大战有关。

1. you take something with *a pinch一撮* of salt 对…半信半疑;不完全相信
2. 重金属摇滚乐疯狂摇头行为，存在罕见危险

*Heavy metal music* can be hazardous有危害的 to your health—at least, in what 系appear似乎 to be *rare circumstances*.

*A 50-year-old fan* (who recently rocked左右摇晃 out at *a Mot0rhead concert*音乐会) developed *bleeding*(n.)出血 (in the brain) (that required surgical外科手术的 repair). He had celebrated庆祝 the band's signature(adj.)鲜明特征的 *fast tempo节奏music* by head banging猛撞 —that is, violently pitching抛 his noggin脑袋 to and fro来回地 in time to the music. A month after the concert, the man experienced an intense headache.

Doctors found [on *the right side* of his brain] a chronic慢性的 subdural硬膜下的 hematoma血肿: an injury (where *blood* collects under *the brain's outer protective membrane*薄膜). Surgeons外科医生 fixed him up. The case study is in *the journal* The Lancet.

Headbanging is usually considered relatively harmless, though it can cause whiplash颈部过度屈伸损伤 or shorter-term *head or neck* pain. *A follow-up后续的 scan* (of *the Mot0rhead fan*) revealed that *a benign良性的 cyst*囊肿 may have made him 宾补more vulnerable易受伤害的 to *brain injury* than your standard一般的 heavy metal enthusiast.

The study authors作者 say devotees热衷者 may maintain *their headbanging habit*, 因为as *such bleeds*出血are so uncommon. Even more uncommon are *brain injuries* sustained保持 at concerts featuring以…为主要内容 *the music* of Mozart, Mahler or even Rachmaninoff.

重金属乐可以对你的健康造成危害，至少在极个别的情况下会出现危险。

最近在摩托头乐队的演唱会上，一位50多岁的疯狂粉丝跟随摇滚节奏乐疯狂摇头，导致脑部出血，需要进行外科手术才能治疗。他当时用疯狂的摇头庆祝这个乐队的标志性快节奏音乐，即跟着音乐节拍猛烈摇动脑袋。演唱会一个月后这位粉丝头痛十分严重。

经医生检查发现他的大脑右侧出现了慢性硬膜下血肿：患处是在大脑外部的保护膜收集血液的地方。外科医生帮他进行了治疗。该病例研究已经在《柳叶刀》医学杂志上发表。

疯狂摇头可以引起颈部扭伤，短期头痛和颈痛，但是这种行为通常被认为相对无害。而接下来对该摩托头乐队粉丝的头部扫描表明，一个良性囊肿可能使他比一般的重金属乐爱好者更容易遭受脑损伤。研究人员表示这样的脑部出血很少见，因此音乐爱好者们可能会继续他们的疯狂举动。

更罕见的是，头部损伤在莫扎特，马勒，甚至拉赫玛尼诺夫等音乐会中也是屡见不鲜。

1. ha-zar-dous [ˈhæzə-dəs] adj.尤指对健康或安全)有危险的，有危害的
2. you say that something 系appears 表to be *the way* you describe it 好像;似乎;看来

The aircraft 系appears 表to have crashed near Katmandu... 飞机似乎在加德满都附近坠毁了。

appear用作系动词,接“to be+ n./adj. ” 或者介词短语、动词不定式，或as if/though引导的从句, to be可以省略。但当形容词是表语形容词时, to be不可省略。

1. rock out(非正式)如痴如狂地奏摇滚乐
2. rock v.(使)来回摆动;(使)左右摇晃。

She sat on the porch / and rocked the baby. 她坐在门廊上，摇晃着孩子。

→*an explosion* or *an earthquake* rocks a building or an area (使)震动;(使)摇晃

concert n. 音乐会

1. bleeding [ˈbli:dɪŋ] n.adj.v. 流血，失血
2. cele-brate [ˈselɪ-breɪt] v. 庆祝；祝贺
3. sig-nature [ˈsɪg-nə-tʃə(r)] adj.为(某人)所特有的;体现个体特征的

*Rabbit stew* is one of chef *Giancarlo Moeri*'s signature dishes... 炖野兔，是厨师詹卡洛·莫里的招牌菜之一。

1. tempo n. [乐]速度，拍子；(运动或活动的)速度，进度
2. bang v.n.

→you bang on something / or if you bang it猛击；砰然重击

There is no point in shouting or banging the table. 叫嚷或者拍桌子都毫无意义。

→you bang something on something / or if you bang it down (因生气而)砰地放下，猛然放下

He banged down the telephone. 他砰的一声挂断了电话。

→you say bang goes something …告吹了；…完蛋了；…没戏了

There will be 表more work to do, not less. Bang goes *the fantasy* of retirement at 35. 工作只会增加，不会减少。梦想着35岁退休是彻底没戏了。

1. pitch v.(通常指仔细瞄准后用力)投，掷，扔，抛
2. noggin ['nɒ-gɪn] n. 小杯；少量的含酒精饮料。[美俚]头, 脑袋; 脑筋
3. fro adv. 向那边，向后
4. to and fro adv. 来回地，往复地
5. chro-nic [ˈkrɒ-nɪk] adj.(疾病、残疾)慢性的，长期的
6. sub-du-ral [sʌb-'djʊə-rəl] adj. 硬膜下的：位于硬脑膜和蛛网膜之间的
7. he-ma-toma [ˌhi:-mə-'təʊ-mə] n. 血肿; 血液由破裂的血管流出
8. injury n. 伤害，损害；受伤处
9. mem-brane [ˈmem-breɪn] n.(连接或覆盖身体某些部位的)膜,薄膜
10. Lan-cet [ˈlɑ:n-sɪt] n. 柳叶刀；刺血针
11. whip-lash [ˈwɪp-læʃ] n.(车祸等中造成的)颈部过度屈伸损伤
12. follow-up n.adj. [医]定期复查，随访；跟踪；后续行动，后续事物； 进度检查

One man was arrested during the raid / and another during a follow-up operation. 一人在突袭中被捕，另一人在后续行动中被捕。

1. be-nign [bɪ-ˈnaɪn] adj.和蔼的；温和的；慈祥的。没有危害的。(肿瘤)良性的
2. cyst [sɪst] n. [医]囊肿；囊，泡囊；膀胱
3. vul-nera-ble [ˈvʌl-nərə-bl] adj.脆弱的;易受伤害的

Old people are *particularly vulnerable members* of our society. 老年人是社会中尤为明显的弱势群体。

→a person, animal, or plant is vulnerable to a disease易感染(某种疾病)的；易患病的

People (with high blood pressure) are especially vulnerable(adj.) to diabetes... 有高血压的人尤其易患糖尿病。

→易受伤害的;易受影响的

1. au-thor [ˈɔ:-θə(r)] n.作者;著作者。(计划或建议的)筹划者，制定者
2. devo-tee [ˌdevə-ˈti:] n.(狂热的)爱好者，热衷者
3. sustain v.使持续;保持
4. feature v.

→由…主演;以…为主要内容;重点介绍

*The hour-long programme* will be updated each week / and feature *highlights* from recent games... 这个时长一小时的节目将每周更新，重点介绍最近比赛的精彩片断。

→someone or something features in something such as a show, exhibition, or magazine 出演重头戏;担任主演;(在展览、杂志中)为重点推出的部分

Jon featured in one of the show's *most thrilling episodes*. 乔恩主演剧中最引人入胜的剧集之一。

1. 人到中老年进行锻炼为时也未晚

Even if you waited till midlife(n.)中年 or later, it still pays to get your body moving. Because{*a study* of about 3,400 people (between *the ages* of 54 and 73)} found that even *moderate适度的 physical activity* (just once a week) was associated with less physical and mental impairment损伤.

Researchers tracked *British adults* [for eight years]. Even *new moderate movers* were about *three times* more likely to age使变老 [free of摒除 major *chronic*慢性的 *disease* / or mental deterioration(n.)恶化] than were inactive adults. The findings are in *the British Journal* of Sports Medicine.

Adults (who were already active(adj.)定期活动的 [at the start of the study]) were even better off情况好转. Four years after being *initially最初地 evaluated评估*, they were *seven times* more likely to be healthy(adj.)健康的 than inactive people. That's even after accounting for *differences* in age, sex, smoking, wealth, alcohol intake摄入量 / and marital婚姻的 status.

And since people tend to report more exercise than they really do, actually事实上 engaging in参与 *physical activity* may boost health even more than we know. So even if you haven't exercised since you passed your last high school gym健身房 class—in 1970—you can benefit by getting off离开 the couch长沙发.

即使已近中年或老年，运动锻炼仍然对你有好处。因为一项对年龄在54到73岁之间的3400人进行的研究表明，即便是每周一次温和的运动，也能减少生理和精神上的损伤。

研究者们对英国成年人进行了为期8年的跟踪调查。即使是跟年龄无关初级水平的健身者，比不活动的成年人，对主要常见慢性身体疾病或者精神损伤有三倍的免疫力。这一研究已在《英国运动医学》杂志上发表。

而研究调查开始时，已经加入健身行列的成年人，会获得更好的免疫效果。在开始评估四年后，他们更健康的可能性，是不活动人士的7倍。这个结果甚至是考量过年龄、性别、吸烟情况、财务状况、酒精摄入量，及婚姻状况等条件差异过后得出的。

而且人们往往夸大他们的实际运动量，所以实际上涉及到的运动，也许比我们现在已经知道的更能促进身体健康。所以，如果从最后一次高中体育课结束后，就没特别锻炼过身体的话，——大概是在1970年比如说——那么你现在离开沙发马上活动吧。

1. pay v.①给…付工资；给…付酬.

I get paid monthly... 我按月领工资。

→a job, deal, or investment pays a particular amount (工作、交易或投资)有…报酬，产生…利润

We're stuck in jobs (that don't pay very well)... 我们深陷在工资低廉的工作中。

→a course of action pays 有利；有好处；值得

It pays to invest (in protective clothing)... 在防护服上投资是值得的。

He talked of defending *small nations*, of ensuring {that aggression does not pay}. 他谈到了保卫小国家，绝不让侵略得逞。

1. mode-rate [ˈmɒdə-rət] adj.①中等的;普通的;适度的；适量的. ② (政治观点或政策)温和的，不激进的. ③ (人或团体)温和的，稳健的. ④(变化)不大的，有限的

...moderate exercise. 适度的锻炼

1. impair-ment [ɪm-ˈpeə-mənt] n. 损害，损伤
2. active adj.

→someone is active in an organization, cause, or campaign积极(参与)的

He is active(adj.) on Tyler's behalf. 他为泰勒积极奔忙。

→a person or animal is active in a particular place or at a particular time, 定期进行的;活动的

...animals which are active at night. 夜行动物

1. free of 摒除, 打消…

He freed himself of *the charge* of stealing. 他澄清了这一偷盗的指控。

She can't free herself of *the idea* (that someone's watching her [all the time]). 她无法摆脱有人一直在盯着她的念头。

1. chro-nic [ˈkrɒ-nɪk] adj.①(疾病、残疾)慢性的，长期的。②难以根除的;积习难改的。③(局势或问题)严重的，顽固的

*Most of them* were chronically ill. 他们多数人患有慢性病。

de-terio-ration [dɪ-ˌtɪə-rɪə-'reɪ-ʃn] n.恶化;变坏;衰退

*Grant's health* steadily deteriorated(v.). 格兰特的健康状况持续恶化。

1. better off 比较富裕；情况好转

They've got *nearly all the luxuries* (they need); *of course* they're much better off than we are.

他们所需要的奢侈品几乎都有了, 当然他们比我们富裕多了。

Things will 系be better off [when he is voted chairman]. 当他被选为主席后，一切都会好转的。

1. ini-tially [ɪˈnɪʃəli] adv. 开始；最初

Initially, they were wary of Simon. 开始时他们对西蒙小心提防。

1. e-valu-ate [ɪ-ˈvælju-eɪt] v.评估;评价

They will first send *in trained nurses* to evaluate *the needs* of the individual situation... 他们首先会派一些训练有素的护士，来评估每个病人的需求。

*The market situation* is difficult to evaluate. 市场状况难以评价。

1. intake [ˈɪnteɪk] n. ①(食物、饮料、空气等的)摄取量,吸入量。②(组织或地方的)新纳入者，新招收
2. mari-tal [ˈmærɪ-tl] adj. 婚姻的，夫妻(间)的
3. you engage in an activity 参与;从事
4. gym [dʒɪm] n.健身所；健身房；体育馆
5. get off 出发；离开
6. 午睡确实能帮助增强记忆力

*The midday nap* is a preschool幼儿园 tradition. But is it necessary?

Some preschools plan to eliminate消除 this downtime停工时间 to fit in有地方容纳 more teaching (which could come at扑向威胁the expense费用 of learning). Because a study suggests that the snooze白天的小睡 may help kids retain记住 information they learned earlier in the day. The work is published in PLOS ONE.

To see how naps affect academic performance, researchers taught 40 preschoolers between the ages of 3 and 6 to perform执行 a memory task. [After a few hours of *break time*休息时间] the children either stayed awake or got to nap, sleeping for an average of 77 minutes.

Although napping made no significant difference to feelings of sleepiness睡意, it did help enhance memory. When tested later in the day, students (who had rested) performed better. Even the next day, the children who had napped after the initial最初的 lesson still retained more information.

The benefit was greatest for students who took naps regularly, not just during the study. Which suggests schools may want to keep sleep on the syllabus课程大纲.

睡午觉就像是学龄前儿童的必修课。但这对他们来说真的有必要吗？

一些学前班计划取消这项内容以便安排更多的教学内容，从而带来更多的学习时间。但是一项研究显示，短暂的休息也许能帮助孩子们牢记当天早些时候所学到的知识。这项研究已在《公共科学图书馆》期刊上发表。

为了检测午睡在科学研究上的影响，研究人员对40名3到6岁的学龄前儿童，进行了记忆力方面的相关测试。经过几小时的学习后，孩子们被分为两组，一组保持清醒，而另一组则进行大概平均77分钟的午睡。

尽管没有为睡眠本身带来明显差异，但午睡确实能帮助增强记忆。而在当天随后所进行的测试中，之前短暂休息的学生表现得更好些。甚至到了第二天，这些午睡过的孩子们仍然能记得更多已学过知识的信息。

经常午睡确实能对学习有帮助，不仅仅是在学习阶段。这项研究表明学校也许想把午睡也列入教学大纲了吧。

1. fit in有地方容纳；有时间从事(某事)；有时间接待(某人)；相处融洽
2. come at袭击； 威胁；找到； 得到

→a person or animal comes at you, 扑向;向…逼近

1. 学生需要有效率的失败

“One of the things that amazed me was when we brought business people back带回 to say, ‘What don’t we teach you in school,’ these were physicists物理学家 who became business people. We didn’t teach students how to fail effectively.”

Arizona亚利桑那州 State University *theoretical理论性的 physicist* Lawrence Krauss. Along with other researchers, university presidents董事长, and reporters记者, Krauss discussed谈论 *science and tech policy* [recently] at *the Penn Club* in New York City. He talked about how he had developed a program “in physics entrepreneurship企业家精神. Which *the business school dean*学院院长 [at the time] said was an oxymoron矛盾修辞法. But I don’t think so.

The point is that {*what we do* throughout our whole education system is give students *solvable可以解决的 problems*}. In fact they’re guaranteed保证 to be solvable, from problem (sets in first-year physics物理学) to, in fact, a PhD博士学位.

“In the real world, most problems are not solvable exactly, and there are many competing demands. And you have to often change course in the middle in order to meet sociological issues as opposed to而不是 technological技术上的 ones. And it’s very difficult for us to implement实施 that in our teaching. But I think we do a much better job and a much better service to our students [if we try and teach our students to fail more effectively].”

史蒂夫·米尔斯基描述说，“让我大吃一惊的一件事是，当我们培养出商业人士后，说‘在学校里我们没有教授你们什么东西，’这些曾经的物理学家已成为了商业人士。我们没有教授学生如何有效地失败。”

亚利桑那州立大学物理理论学家劳伦斯·克劳斯。最近克伦斯同学校董事、记者和其他研究者一道，在纽约市的佩恩俱乐部讨论科技政策。他谈到自己是如何用物理学和企业家精神开发一个程序的。当时，商业学院院长称这个程序是一个矛盾体。但我不这么认为。关键是在整个教育体系中，我们自始至终所做的是交给学生可解决的问题。事实上，自物理学科的第一年到学生获得博士学位时，这些问题都被保证过能够解决。

“在现实世界里，大多数问题恰好是不可解决的，而且有很多竞争需求。于技术性问题截然相反，为了对付社会问题，你不得不经常中途改变航向。然而对于我们来说，在教学中实施这一方法是很困难的。但是我认为，如果我们尝试和教授学生更有效地失败，那我们干的就更好，对学生的贡献就更多。”

1. entre-preneur-ship [,ɑntrə-prə'nɝ-ʃɪp] 企业家能力/职能；企业家[主办人等]的身份[地位、职权、能力]
2. implement [ˈɪm-plɪ-ment] v.履行;实施。n.工具;器具;用具

The report sets out strict *inspection procedures* to ensure that the recommendations are properly implemented. 报告规定了严格的检查程序，以确保建议得到切实执行。

1. 活到老学到老

Sometimes people complain when trying to learn a new skill: “I’m not that young anymore. It’s harder to learn anything new.” But *adult brains* may be more pliable柔韧的 than we thought. Research has shown that adult brains can increase in *gray matter*脑的灰质 [over weeks or months]. Now comes a study finding that it’s possible to increase *the brain’s gray matter* quite quickly—in only *a matter of days*. That’s according to research in the Proceedings of the National Academy of Sciences. [Veronica Kwok et al., "Learning new color names produces *rapid increase* in gray matter in the intact未受损伤的 adult human cortex大脑皮层"]

The scientists created an experiment (that mimicked模仿 how young children learn new words). They took four similar shades色彩的浓淡 of green and blue and gave them made-up捏造的 names—meaningless Mandarin汉语普通话 monosyllables单音节词 like sòng. Nineteen adults learned to match与…配对 those names and shades in five sessions某项活动的一节 over跨过 three days, a total of *an hour and 48 minutes*.

The scientists took MRI核磁共振成像 images of the subjects’ brains before and after the experiment. And they found *a noticeable显著的 increase* in gray matter volume体积 in the regions (known to be related to *color vision*色觉 and perception视觉上的感知). The researchers contend声称 that *the adult brain* is thus more changeable more quickly than anyone thought. And that *an old dog* can learn a new trick.

有时候，人们在学习一项新技能是会抱怨：“我已经不再年轻了，学新东西比较困难了。”但是成年人的大脑其实比想象中的更具适应能力。之前有研究显示，成年人的大脑在数周或者数月时间内能增加一些灰质。现在，一项最新的研究发现，不需要这么久，大脑增加灰质的速度更快——是以“天”计算的。这一研究发表在了《美国国家科学院院刊》上

这一研究的科学家设计了模仿儿童学习新单词的一项试验。他们给了4组看起来很模糊类似的单词，同时告诉一些捏造的名字，比如毫无意义的汉语单音节名字——song。19名成年人在经过3天共5次，总计1小时48分钟的学习后，就能够把这些外形和名字配在一起了。

科学家对他们在试验前后的大脑进行了核磁共振成像观察。发现他们的大脑在一个区域的灰质体积上发生了显著变化，这一区域正是参与颜色观察与识别的区域。因此，科学家认为成年人的大脑更具可塑性，比先前的认识要高得多。看来，还是应该活到老学到老。

1. a matter of weeks n. (强调数量少、时间短)

Within a matter of days she was back at work... 仅仅几天后，她又回去上班了。

1. match v.与…配对;与…匹配(match up=match)

It can take time and effort to match buyers and sellers... 给买卖双方牵线，可能需要一些时间和工夫。

My sister and I never really matched up... 我和妹妹从没真正地合得来过。

I'm sure that yellow lead matched up to that yellow socket. 我敢肯定那根黄线接那个黄色插口。

1. A session of a particular activity， n. (某项活动的)一段时间，一场，一节

...group therapy sessions. 小组治疗时间

*The two leaders* emerged for a photo session. 两位领导现身接受记者拍照。

1. perception n.①理解；看法；认识。②洞察力；认识能力；悟性

...their perception of foreigners. 他们对外国人的印象

It did not require a great deal of perception to realise the interview was over. 并不需要多少洞察力也能意识到面试已经结束了

1. 睡前接触电子产品影响睡眠

The National Sleep Foundation基金会 released公布 the results of its *annual sleep poll*民意调查 today, where they surveyed对…作民意调查 more than 1,500 people between ages of 13 and 64.

Here are some of the findings: 43 percent of Americans say they rarely or never *get a good night’s sleep* during the week.

Nearly everyone, 95 percent, use electronics电子设备 (like TV, computer, or cell phone) within the hour just before bed. Researchers caution告诫 that *the use of such devices* are particularly harmful对…有害的 to the sleep-onset开端 process, since *the artificial人造的 light* can suppress抑制 release释放 melatonin退黑激素 which is our sleep hormone.

More than half of teenagers report consuming消费 and producing text messages every night just before bed compared to与…相比 only 15 percent of those in their 30s / and 5 percent of *the baby boomers*婴儿潮时期出生的人.

And it’s the teenagers who are the sleepiest(adj.)困乏的 of all, with跟…相比或对照 baby boomers getting the most sleep. Scientists caution警告 since most teens get two hours less sleep than the recommended被推荐的 9 hours, maybe an environment with fewer OMGs and ROFLs might encourage a calm wind down before bed.

Christie Nicholas报道，美国国家睡眠基金会公布了一年一度睡眠调查的结果。

今天，美国国家睡眠基金会公布了一年一度的睡眠调查结果。该结果基于基金会工作人员对年龄介乎13到64岁1500多人所进行的问卷调查。在报告中我们发现：高达43%的美国说他们一周中极少或者从未睡过一个好觉。

几乎每个人(占95%)在睡觉前接触一小时的电子产品(如电视、电脑或者手机)。研究人员提醒说，使用此类设备是影响人们进入深度睡眠的部分原因，因为电子产品的人工光源，阻碍人体释放深度睡眠所需的褪黑激素。

超过一半的青少年说，他们每晚睡觉前都会阅读和编写大量短信，相比之下，年纪在30岁的人群中15%、而婴儿潮(1945-1964)出生的人群中的只有5%会这么做。

如此说来，青少年是睡眠质量最糟糕的一群人，婴儿潮的人群能得到最好的睡眠质量。由于青少年每天睡眠的时间比科学推荐的9小时的睡眠时间少2小时，因此科学家提醒，在睡觉前少发点信息、不要过于兴奋，这样也许能够形成宁静舒适的睡眠环境。

1. poll [pəʊl] n. 民意测验；民意调查。v. you are polled on something, 对…进行民意测验(或调查)

Audiences were going to be polled on which of *three pieces of contemporary music* they liked best... 将对观众进行民意调查，询问他们在3部当代音乐作品中最喜欢哪一部。

1. caution v.①提醒;告诫;警告。②受到(警方)正式警告。③向…告知其法律权利(即嫌疑人所说的任何话都可能成为呈堂证据)

Tony cautioned against misrepresenting歪曲 the situation... 托尼告诫说不要歪曲形势。

Nobody was cautioned after arrest. 被捕后，没有人被告知其法律权利。

→you throw *caution* to the wind, 把理智抛至脑后;鲁莽行事;恣意妄为

1. The onset of something，n.(尤指不快之事的)开始，开端，肇始

With the onset of war, oil prices climbed past $30 a barrel. 战争一爆发，油价就攀过了每桶30美元。

1. suppress [səˈpres] v.①镇压;制止;压制。②制止，阻止，抑制(身体的功能或反应) 。③抑制，控制，克制(感情或反应);忍住。④封锁，隐瞒(消息) 。⑤压制，抑制，阻止(进程或活动)

The Professor said that deep sleep allowed *suppressed anxieties* to surface. 教授说深度睡眠可以使压抑的焦虑情绪得以释放。

At no time did they try to persuade me to suppress the information... 他们从没有试图劝我隐瞒这个消息。

'The Government is suppressing inflation by devastating the economy,' he said... 他说，“政府正在通过破坏经济来抑制通货膨胀。”

1. mela-tonin [ˌmelə-ˈtəʊ-nɪn] n. 褪黑激素
2. sleepiest adj. 欲睡的( sleepy的最高级 )；困乏的; 瞌睡的
3. OMGs："Oh My Gosh" or "Oh My God."
4. ROFLs："Rolling On the Floor Laughing."
5. wind down v.①放松;松弛。②逐渐减小(工作规模);使逐步停止;使逐渐关闭

I regularly have a drink to wind down. 我经常喝点酒放松一下。

In 1991 the Ada plant began to wind down. 1991年埃达厂开始逐渐关闭。

1. 船只发出的噪音影响鱼类进食

Do you dislike厌恶 restaurants餐馆 where noise drowns out声音淹没另一声音 dinner? Seems that fish don't like a din喧闹声 with dinner either. Because loud sounds, for example from whizzing发出飕飕声 speedboats快艇, distract使分心 them, and apparently impair损害削弱 their predatory捕食性的 skills. *So suggests a study* in the journal *Public Library* of Science ONE. [Julia Purser and Andy Radford, "*Acoustic noise*噪声 induces引起 *attention shifts* and reduces *foraging搜寻食物 performance* in three-spined有背骨的 sticklebacks棘鱼 (Gasterosteus aculeatus)"]

Researchers took 12 fish tanks水箱, and killed *the gurgling流水潺潺 filter过滤器 sound* to mimic the quiet of a calm lake. Then they immersed使浸没于液体中 a speaker扬声器 in each tank. And watched *three-spined stickleback棘鱼 fish* hunt water fleas跳蚤, to the accompaniment伴奏 of either white noise白噪音 (calibrated校准 to match *the noise level* of speedboats) or a silent track追踪 as a control.

Fish in each trial试验 ultimately最终 gobbled up吞噬 the same numbers of prey猎物. But the sticklebacks in noisy tanks spent more time attacking攻击 what's not for dinner, like bits少量 of algae水藻. And they often captured俘获 water fleas only to spit吐出 them out again.

The researchers say *the buzz蜂音嗡嗡声 of boats* may divert转移注意力 attention from the hunt—causing导致 fish to waste more time and energy chasing追赶 prey. Such inefficiency(n.)无效率 could contribute to declines下降 in their numbers. And unlike us, fish can't ask *the restaurant manager* to turn the volume down [as they dine].

克里斯托弗.因塔格利亚塔(Christopher Intagliata)报道，快艇驶过水面发出巨大轰鸣声，正在附近寻找、捕捉，甚至已经咬住猎物的鱼，会受到噪音的干扰而有可能错过到嘴的食物。

在餐厅进餐时你是否讨厌附近有声音响个不停？和我们一样，鱼类似乎也不喜欢在用餐时受到噪音的骚扰。因为巨大响声，例如快艇发出的巨大轰鸣声会让他们分心，而且明显损害了它们的捕猎技能。因此建议公共科学图书馆周刊进行了一项研究。[朱利亚.珀瑟(Julia Purser)和安迪.拉德福德(Andy Radford)说，“噪音导致注意力转移，减低了三椎刺鱼(刺鱼科)的觅食能力”]

研究人员找来12个大鱼缸，想办法消掉过滤器的潺潺声，以模拟安静的湖水环境。之后他们在每个鱼缸底部埋入一个扩音器，将白噪音调制到类似快艇发出轰鸣声，或者可控制的无声跟踪环境。然后观察三椎刺枪鱼在那样的鱼缸内捕捉水蚤的情况。

在每次实验缸内，三椎刺鱼最终都能够捕捉相同数量的猎物。但是在噪音干扰的鱼缸中，三椎刺鱼花了不少的时间咬到一点点不那么可口的藻类植。它们经常抓住水蚤后又很快吐掉。

研究人员称，船只发出的轰鸣声可能让捕食中的鱼类分心——导致鱼类花费了更多的时间和气力觅食。捕食效率不高，食物减少，鱼类数量有可能下降。另外，鱼无法好像我们一样在进食时可以开口让餐厅侍应生调低音量。

1. drown [draʊn] v.(把…)淹死，溺死

→a person or thing is drowning in something, 淹没(于…中)；置身(于…中)

...people who gradually find themselves drowning in debt... 渐渐发现自己债台高筑的人们

drown out(声音)淹没(另一声音)；(洪水)使(人们)无家可归

The loud cheers drown out his shouts. 欢呼声盖过了他的喊叫声。

Many families were drowned out when the river burst its banks. 河堤决口后, 很多家庭流离失所, 无家可归。

1. preda-tory [ˈpre-də-tri] adj.①(动物)捕食性的(Predatory animals)。②掠夺性的；弱肉强食的；损人利己的 (Predatory people or organizations)
2. gurgle [ˈgɜ:gl] v.①潺潺地流；汩汩地流(water is gurgling)。②(尤指婴儿)发咯咯声

We could hear *the swish* and *gurgle*(n.) of water against the hull. 我们能听到水拍打船体时的哗哗声。

Henry gurgles happily in his baby chair. 亨利在婴儿椅里开心地咯咯笑。

1. filter [ˈfɪl-tə(r)] n. 过滤器。v. ①过滤。②(光或声)隐约透过，缓缓传至(light or sound filters into a place,)

Light filtered into my kitchen through the soft, green shade of the cherry tree. 光线透过樱桃树柔和的绿阴隐约照进我的厨房。

→news or information filters through to people, (消息等)走漏，慢慢传开

It took months before *the findings* began to filter through to the politicians... 调查结果数月后才传到从政者的耳朵里。

→To filter out something from a substance or from light，滤除;滤掉

Children should have glasses which filter out UV rays... 儿童应该戴上滤除紫外线的眼镜。

1. cali-brate [ˈkælɪ-breɪt] v.①校定，校准，调节(计量器具) 。②精确测量;准确估量

...instructions on how to calibrate a thermometer. 如何标定温度计的说明

*Pesticide levels* in food are simply too difficult to calibrate. 食品中杀虫剂的含量很难精确测定。

1. gobble [ˈgɒbl] v.贪婪地吃；狼吞虎咽
2. spit v.①吐唾沫(常表示憎恨或轻蔑) 。②吐出(少量液体或食物) 。③(机器) 噼啪作响;(煮着的食物)毕剥作响。④(咬牙切齿地)愤愤说出(spit out= spit)。⑤下毛毛细雨

She spat the name out like an insult... 她像骂人似的说出了那个名字。

1. 学术出版 同行评审机制

Academic publishing

Peer凝视 to peer同行

Portable轻便的 *reviews审查 look* set to speed up the publication出版发行 of papers论文

ASK a researcher {what annoys him most about *scientific publishing*}, and *slowness* will come near接近 the top of the list of gripes抱怨.

It takes nearly six months, on average, for a manuscript手稿 to wend缓慢地去往 its way from submission提交 to publication出版.

Worse, before a paper is accepted by a journal期刊, it is often rejected抛弃拒绝 by one or more others.

The reason need not未必 be *a fatal flaw*瑕疵谬误 in the research; sometimes *the work* is simply not splashy惹人注目的 enough for outlets经销店 high up in the pecking啄食 order顺序.

But in the process, each *journal's editors* send the paper for *peer review*同行审查——appraisal评估 by experts in the relevant相关的 field——*in much the way* that就像…一样 *each prospective*可能即将发生的 *purchaser* of a house commissions受托之事 (his own) survey.

And, unlike those multiple涉及多人的, parallel同时发生的 surveys, the reviewers do not even get paid for their efforts.

Some publishers are at last beginning to twig突然醒悟 that this is *an awful量极大的 waste* of resources.

[Last month] a number of them, including big ones like *the Wellcome Trust*信托基金, BioMed生物群系Central中央的, the Public Library of Science / and the European Molecular分子的 Biology Organisation, said they would give authors of papers (they reject) the option of making *referees审阅人' reports* 宾补available to the other publishers.

The practice is not 表unheard(adj.) of within publishing groups企业集团.

Genome基因组 Biology, BMC's *flagship旗舰 journal*, which accepts just *one paper in ten*, passes超过 40% of *the sound观点明智的 but humdrum单调乏味的 sort* (it spurns摈弃) to its *less prestigious有声望的 sister publications* with reviews attached附上, says Matthew Cockerill, the group's *managing director*总裁(缩略形MD).

Half of those end up最终到达 in a BMC journal.

But *similar arrangements*安排筹划 between competing publishers have not caught on变得流行.

Other ways (to speed up *peer review*) are being tested, too. Rubriq, a company in North Carolina, plans to offer *fast, independent reports* to authors for a fee. This includes a *reality check*现实的提醒 on just how far up the publication *pecking order*权势等级 a paper might be submitted提交 with a reasonable expectation that it will be accepted. To reviewers, meanwhile同时, it is offering *payment* for the job.

The firm is 表in talks with publishers (including BMC and PLoS).

*Damian Pattinson*, the editorial编辑的 director主管 of PLoS One, the latter group's biggest journal, calls认为…是 Rubriq's公司名 service 宾补useful, though尽管 he admits that *details of how it will work* have yet to be sorted out理清细节.

*The customers* of a Finnish芬兰的 firm, Peerage贵族 of Science, are not authors, but journals themselves; 23 have signed up跟…签订合同 so far.

Publications [in effect实际上] outsource将…外包 the organisation of *peer review* to the company on the understanding that以…为条件 other clients客户 can look at the results, too.

Then, if the first customer rejects a researcher's offering, those others can choose quickly whether to snap it up抢购 instead.

Peerage's fee is paid by whichever journal ultimately publishes the offering in question.

The number of submissions(n.)提交呈递 to journals is outpacing比…快 reviewers' capacity to deal with them, says Mr Cockerill. *Mr Pattinson* agrees. *PLoS One* already churns搅拌制造 through 4,000 papers a month, putting its referees审阅人 under tremendous strain重负, he says.

With luck运气好的话, *parallel*同时发生的 *processing* of peer review [in this manner照这样] will reduce *the stress* on the system, and thus the time (frustrated 挫败的 researchers have to wait before their gems宝石 see the light of day).

学术出版

同行评审机制

便捷化同行评审将会加快文章的发表

要是问研究员，在学术论文发表中什么最令他烦恼，速度慢位居烦恼榜单之首。一篇文章从投给出版社到发表，通常需要将近六个月的时间。

更糟糕的是，在论文被一家期刊接受之前，通常会被一家或多家的期刊拒绝。原因不一定是研究有致命的错误；有时只是因为研究内容受关注的程度，达不到高级期刊的要求。

而且，在论文从投稿到出版的过程中，每一期刊的编辑，都会对文章做同行评审——由相关领域的专家评估——就像有意购楼者在购楼前要了解楼盘一样。而且，不像那些多重平行的调查，评审专家甚至没有劳动报酬。

一些出版社终于开始意识到，同行评审这一做法相当浪费资源。

上个月许多出版社，包括一些大型出版社，譬如维康基金会，生物医学期刊出版中心，科学公共图书馆，以及欧洲分子生物学组织，声明他们将会给予被拒文章的作者选择权，决定是否让文章的评审报告对其他出版社开放。

这一做法在出版集团内部不是前所未闻的事。

BMC的重点期刊《基因生物学》，文章接收率只有10%。该期刊40%的比较不错但却单调的被拒文章，会转投给比它名气稍小的子期刊，这些文章都附有评审报告，出版中心的总经理马修·柯克里尔说到。那些文章有一半会发表在BMC旗下的期刊。

但类似这样的做法，并没有在竞争的出版商之间流行起来。

其他加快同行评审的办法。也正经受考验。北卡罗来纳州的Rubriq公司，计划通过向作者收费，从而提供快速、独立的同行评审报告。该服务包含一项适应性评估，评估论文应该投给什么样级别的期刊，才有可能会被采用。同时，评审员是有报酬的。

该公司正与包括BMC和 PLoS在内的出版商协商。

PLoS的最大期刊PLoS One的编辑部主任达米安·帕丁森，认为Rubriq公司的服务有用，但他也承认这项服务运作的细节还未列出。

名为Peerage of Science的一家芬兰公司的顾客，不是作者而是期刊；目前有23家期刊与之签约。

实际上，出版商把同行评审组织外包给了公司，这样的话，其他客户也可以查看结果。那么，如果第一个期刊顾客拒绝了一位研究员的论文，其他的期刊就可以很快的选择是否要发表这篇论文。评审人员的酬劳，由最终发表这篇论文的期刊支付。

柯克里尔先生说道，现在期刊投稿量使评审员负荷过大。帕丁森先生也承认这一点。他说道，PLoS One 现在一个月有投稿论文4000份，这使得他们的评审员承受着巨大的压力。

如果一切顺利的话，同行评审的这种并行处理模式，将会为评审机制减轻压力，同样，那些在郁闷地等待自己的大作发表的研究员们，也可以少等一些时间了。

1. peer n. ①同龄人；同辈；身份(或地位)相同的人. ②(英国有权或曾经有权在上议院投票的)贵族.

→you peer at something v.(通常因难以看清而)盯着看，凝视，端详

1. portable [ˈpɔ:təbl] adj.轻便的；手提式的；便于携带的。n.手提式电视机；袖珍收音机；笔记本电脑
2. gripe [graɪp] v. n.抱怨；发牢骚
3. wend [wend] v.(尤指缓慢、悠闲或小心地)走，行，去，往(you wend *your way* in a particular direction,)
4. something need not be true, 情态动词(与否定词连用)未必，不一定

What is right for us need not be right for others... 对我们来说是对的东西，对别人来说未必正确。

1. outlet [ˈaʊtlet] n.①经销店；专营店. ②廉价商品经销店；折扣店(An outlet or an outlet store). ③出口；排放管. ④(通常指墙上的)电源插座

→someone has *an outlet* for their feelings or ideas, n.(情感的)发泄途径；(思想的)表达方式

Her father had found an outlet for his ambition in his work. 她父亲在工作中找到了施展抱负的机会。

1. economic pecking order指的是世界经济的强弱排序，pecking order在这里的意思是“任何团体中之长幼尊卑次序”，也称为“啄序”。 Pecking order在经济领域特指“优序融资”，也称为“啄食顺序”或“融资顺序”。
2. relevant [ˈrelə-vənt] adj. ①相关的;相应的;有重要性的。②适当的;合适的;确切的

We have passed *all relevant information* on to the police. 我们已经把所有相关信息都告知了警方。

Make sure you enclose *all the relevant certificates*. 要保证把所有相关证书都放在里面。

1. much the way 像……一样
2. prospective [prəˈspektɪv] adj.①想要成为的；可能成为的。②可能即将发生的

*The story* should act as *a warning* to other prospective buyers... 这篇报道应该对其他潜在的购买者起到警示作用。

...the terms of the prospective deal. 可能达成的交易的条款

1. commission n. ①受托之事;(接受报酬的)任务。②委员会;调查团。③佣金;回扣。④(银行或公司收取的)服务费，手续费。⑤犯(罪) 。v.

If a person uses a gun in *the commission* of a crime, then he should be given an additional penalty. 如果使用枪支进行犯罪，就应该受到额外的惩罚。

→(v.)you commission something / or commission someone to do something, 正式委托;委托(做)

...specially commissioned reports. 特别委托撰写的报告

...Government-commissioned research. 政府委托进行的研究

→(v.)委任;任命…为军官

He was commissioned as second lieutenant in the Air Force... 他被任命为空军少尉。

1. multiple [ˈmʌltɪ-pl] adj.多部分的;涉及多人的;有多种用途的。n.倍数(one number is a multiple of a smaller number,)

He died of multiple injuries... 他死于多处受伤。

1. parallel [ˈpærə-lel] n.①(存在或发生在不同地点或时间的)相似之物，类似物。②(两者间的)近似之处，相似之处。③(标于地图上的)纬线，纬圈

It's *an ecological disaster* with no parallel anywhere else in the world. 这是一场在世界其他地方都没有出现过的生态灾难。

*Friends of the dead lawyer* were quick to draw a parallel between the two murders. 遇害律师的朋友们，很快发现了两起谋杀案之间的相似之处。

→(v.)one thing parallels another, 与…同时发生；与…相似

Often there are *emotional reasons* paralleling *the financial ones*... 往往情感方面的原因和经济方面原因同时存在。

→adj. ①同时发生的；相类似的。②平行的；并列的

...parallel talks between the two countries' Foreign Ministers... 两国外交部长同时进行的会谈

...seventy-two ships, drawn up in two parallel lines... 平行排成两队的72艘船

1. awful adj.①让人讨厌的；糟糕的。②使人不愉快的；令人震惊的；可怕的；极坏的。③生病的;不舒服的。④(量)极大的，极多的。adv.(与表示特征的形容词连用，用于强调)极度地，非常

...an *awful smell* of paint... 难闻的油漆味

Her injuries were massive. It was awful... 她遍体鳞伤。太可怕了。

I looked awful and felt quite shaky. 我貌似生病了，觉得很虚弱。

I've got an awful lot of work to do. 我有一大堆事情要做。

Gosh, you're awful pretty... 天哪，你太漂亮了！

1. BioMed [ˈbaɪəʊm] Central 是一家独立出版社
2. Molecular [mə'lekjə-lə(r)] adj.分子的;与分子有关的
3. spurn [spɜ:n] v.拒绝;摈弃。蔑视

These gestures have been spurned. 这些表示都遭到了拒绝。

1. caught on 变得流行
2. reality check n.真情实况;现实的提醒

*Jones's wise words* are *a timely reality check* for many (at the club) (who believe the great days are just around the corner). 琼斯的一番高见来得正是时候，对于俱乐部中许多相信好日子已经不远的人来说不啻于当头一棒。

1. pecking order n.(群体中的)尊卑秩序，权势等级

He knew his place in the pecking order... 他知道自己排老几。

1. call v.把…说成;认为…是;将…称为

I wouldn't call it a burden; I call it a responsibility... 我不觉得这是负担;我觉得它是一种责任。

1. sort out 解决(问题);理清(细节)

Have you sorted something out for tomorrow night? 明天晚上安排了什么活动吗？

1. sign up (和…)签约;雇用;报名(参加课程)
2. understanding n. (非正式的)协议

We had not set a date for marriage / but there was an understanding between us. 我们还没有确定结婚的日子，不过我们对此有一致的想法。

→you agree to do something on the understanding that something else will be done, 以…为条件；假如

Kevin had treatment on the understanding that he would attempt to overcome his drinking problem. 凯文接受了治疗，但条件是他要努力克服自身的酗酒问题。

1. snap v.①(狗等动物)突然咬，猛咬。② (使)咔嚓一声折断;(使)啪的一声绷断

snap up 抢购，赶紧买下(便宜或心仪之物)

you snap something up,

1. in this manner 如此，照这样

In this manner the second, third, and fourth months passed. 就这样度过了第二 、 第三和第四个月.

1. 盲目的爱情更美好

They say that love is blind. And that’s probably for the best. Because a new study shows that people who greatly idealize把…理想化 their spouses配偶 have the happiest marriages. For the first few years, anyway不管怎么说. The research appears in the journal Psychological Science. [Sandra Murray et al., "Tempting吸引人的 Fate or Inviting吸引人的 Happiness?: Unrealistic不切实际的 Idealization Prevents预防 the Decline(n.)下降衰退 of Marital婚姻的 Satisfaction," link to come]

Most people mentally心理上 accentuate强调 their partners’ better qualities. At least during courtship求爱期. If we didn’t, who would ever tie the knot绳结? But some folks人们 take these fantasies幻想 to cartoonish漫画的 extremes. Now, you’d think such people are in for免不了遭受 a rude突然的 awakening觉醒 when they realize they married a real human being with real human flaws瑕疵缺点. But *this new study* says it isn’t so.

Researchers recruited招募 222 newlywed新婚的人 couples and followed them for three years. They periodically周期性地 asked the subjects to describe themselves and their partners. And they found that people who maintained *the most unrealistic view* of their *better halves*另一半 were actually the most satisfied with their marriage.

When the honeymoon’s蜜月期 over, it could be that those (who idealize理想化 their mates配偶) may be more likely to forgive the transgressions(n.)违犯 (that arise when people are no longer on their best behavior). Whatever the reason, the study suggests that couples should exchange交换 rings戒指—and rose-colored玫瑰色的乐观的 glasses.

人们都说爱情是盲目的。但也许这才是最好的，因为一项新研究显示，将他们的配偶大大理想化的人会拥有更快乐的婚姻，起码前几年会是这样。这项研究刊登在《心理科学》杂志上。

很多人在心理上会过分强调恋人的优点——至少在求婚阶段是这样，否则谁还会结婚呢？但有些人将这些幻想过分卡通化了。现在你可以想象，当他们意识到走进婚姻殿堂的伴侣是个普通人，有着常人的缺点时，这些人的幻想就会破灭了。但这项新研究显示事实并不是这样。

研究人员招募了222对新结婚的夫妇，跟踪调查了他们三年。研究人员会周期性地让他们描述一下自己和配偶。而他们发现，仍然对配偶怀有不切实际的幻想的人，实际上对自己的婚姻更加满意。

蜜月结束之后，当人们不再将最好一面展现出来的时候，将配偶理想化的人更容易原谅对方的错误。不论理由是什么，这项研究显示，结婚的夫妇应该在交换戒指的同时，交换一下自己过分乐观的印象。

1. be in for 肯定要经历(或遭受)难免，要遭受(常指坏事)

I'm afraid we are in for a spot of trouble.恐怕我们是一定要遇到麻烦了。

1. rude awakening突然意识(或了解)到(一种不愉快的情况)；(对于现实的)猛然的醒悟；(对于理想或希望的)突然幻灭
2. rude adj.突然的;猝不及防的;突如其来的

It will come as a rude shock [when their *salary or income-tax refund* cannot be cashed]. 如果他们的工资或所得税返还不能兑现，这对他们来说将是晴天霹雳。

People were awakened rudely by a siren just outside their window. 人们被窗外传来的汽笛声猛然惊醒了。

1. your better half / your other half 妻子;丈夫;另一半
2. transgression [træns-'ɡre-ʃn] n. 违反，违法，罪过

→transgresse v.违犯道德(或行为)准则

It seemed to me that he had transgressed the boundaries分界线 of *good taste*高尚. 在我看来他有伤大雅。

1. 山高万丈 实为错觉

Stand at *the bottom* of a big hill / and you can exhaust使精疲力竭 yourself just thinking about climbing it. But a new study suggests it’s not as bad as it looks. Because people tend to overestimate过高估计 the steepness陡度 of slopes斜坡山坡, and not because we’re lazy懒惰的.

Psychologists have long assumed that our misperception错误知觉 of slope was biased使有偏见 by fatigue疲劳 or even fear of falling. If we see going up or down a hill as difficult, our perception看法 could be influenced by our point of view.

But researchers at Ohio俄亥俄州 State University have found it isn’t so. The scientists asked 200 passersby过路人 to estimate the angle of a set of stairs楼梯, and another 200 to do the same for an escalator自动扶梯—which, of course, requires no effort to ascend攀登. In each case, half the subjects looked from the bottom and half from the top.

The results: viewers consistently一贯地 overestimated the slant(n.)倾斜 of each slope斜坡 by about 20 degrees. The work appears in the journal Psychological Science. [Dennis Shaffer and Mariagrace Flint, "Escalating Slant: Increasing Physiological Potential Does Not Reduce Slant Overestimates"]

The researchers are not sure what drives this angular有尖角的 disparity(n.)差异不同. Perhaps it’s because *our visual system* (evolved进化) to be overly sensitive(adj.) to even slight departures(n.)离开 from the horizontal水平线, to help keep us upright(adj.)挺直的. Because ‘*not falling down*’ is the first step to making it up that hill.

站在大山脚下，光想着爬上去就让你累得够呛了。但一项新研究显示，事情并没有你想象中那么难，因为人们倾向于高估边坡陡度——但这并不是因为大家生性懒惰。

心理学家一直假定，我们对山坡的错误认知受到了身体的疲劳，或者甚至是受到了对掉下山的恐惧的影响。假如我们将登山和下山看做一件难事的话，自身的观点就会影响我们对山坡的看法。

但俄亥俄州的研究人员发现事实并不是这样的。科学家询问了200个行人，让他们评估楼梯的坡度，然后又找了另外200人去评估自动扶梯的坡度——人们总不用攀登自动扶梯了吧。每一次实验都有一半人从下往上看，另一半人从上往下看。

结果就是：观察者总是高估了大概20度的坡度。这项研究刊登在《心理科学》杂志上。

研究人员并不确定是什么因素导致了坡度的出入。可能是由于视觉系统进化，使得我们对些微高于水平面的物体过度敏感，以此帮助我们挺直腰杆。因为“不掉下山”是成功登山的第一步呀。

1. bias [ˈbaɪəs] n.①偏见；偏心；偏袒。②偏好；偏爱。v.使有偏见；使偏向

We mustn't allow it to bias our teaching. 我们决不允许它影响我们的教学。

1. fatigue [fəˈti:g] n.①疲惫;疲劳;疲倦; ②厌倦。③(金属或木材的)疲劳。④(士兵的)作训服，工作服

She continued to have severe stomach cramps, aches, fatigue, and depression... 她仍然患有严重的胃痉挛，感觉疼痛、疲乏、抑郁。

1. ascend v.①攀登；登上。②(楼梯、路)上升，升高。③(通常指垂直地)上升。④(事业、社会地位)提高；晋升

...*an ascending spiral path* leading to a tower. 螺旋上升的通向一座塔的路

*Nott and Dickinson* set a new altitude record when they ascended 55,900 feet in their balloon. 诺特和迪金森乘坐热气球上升了55，900英尺，创造了一项新的高度纪录。

→someone ascends to an important position, 升迁；升职；(君主)登基,即位

→something or someone ascends to a higher level, (境界)上升；升华

→they ascend to heaven. (在某些宗教中指灵魂)升天，进入天堂

1. consistent [kənˈsɪstənt] adj. ①(行为、态度等)一贯的，一致的，始终如一的。②(观点或看法)前后一致的，连贯的

It's something I have consistently denied... (adv.)那是我自始至终否认的事。

→one fact or idea is consistent with another, (观点等)一致的，吻合的，不矛盾的

New goals are not always consistent with the existing policies. 新目标并不总是与现行政策一致。

1. slant [slɑ:nt] v. ①倾斜;歪斜。②使有倾向性;使有偏向性。n. ①歪着的;倾斜的。②(尤指有失偏颇的)观点，看法;偏向;偏袒

*The morning sun* slanted through the glass roof... 清晨的阳光透过玻璃屋顶，斜照了进来。

The programme was deliberately slanted to make the home team look good. 这个节目故意偏向主场队，以使他们看上去表现还不错。

...slanted(adj.) news coverage. 带有倾向性的新闻报道

1. angular [ˈæŋ-gjə-lə(r)] adj.尖的;有尖角的

He had *an angular face* with prominent cheekbones. 他的脸棱角分明，颧骨突出。

1. there is *a disparity* between two or more things, n.不同;不等;差异;悬殊

...*the great disparity* of wealth between rich and poor countries. 贫富国家间的财富鸿沟

1. departure n.①离开;启程;动身;出发。②辞职;离职;(从某组织的)脱离。③违背;背离

..*.the President's departure* for Helsinki... 总统动身前往赫尔辛基

*Reihill's departure* from the company is thought to follow disagreements with John Reihill Sr, who now controls the company. 赖希尔从公司的离职被认为是因为与现在掌管公司的老约翰·赖希尔意见不合。

1. 商标名与消费者行为之间的有趣关系

研究发现，与驾驶标有其他饮料logo汽车的实验者相比，驾驶红牛车的实验者要更勇猛。

Companies spend billions on advertising广告活动 every year. But they're not just pushing products—they're selling their brand's "personality性格," too. Think: Red Bull公牛. What comes to mind? Most people say things like speed...power...hyper亢奋的...extreme.

Well, a pair of一对男女 scientists wanted to see if *the energy drink*'s能量饮料 alleged声称的 qualities would influence people's performance in a racecar video game—without sipping小口喝 Red Bull. So they had 70 volunteers race cars with identical同样的 specs眼镜, but different paint涂抹 jobs. Four with the logo and colors of a drink—Guinness商标名, Tropicana具有热带特性的东西, Coca-Coca or Red Bull—and one car just plain green.

The drivers clocked达到特定的速度 similar times with most of the cars. But behind the wheel方向盘 of the Red Bull car, they actually drove more aggressively侵略地, scoring得分 either incredibly难以置信地 fast race times, or their slowest—by driving recklessly不在乎地 and crashing. The study appears in the Journal of Consumer Psychology. [S. Adam Brasel and James Gips, "Red Bull “Gives You Wings翅膀” for better or worse: A double-edged impact of brand exposure on consumer performance"]

Polled民意调查 after the game, the players didn't realize *the Red Bull image* apparently influenced their driving. Which suggests marketing市场营销 doesn't just influence a brand’s personality. It could be shaping our personalities个性, too, without our even knowing it. 而我们甚至都不知道

1. hyper [ˈhaɪ-pə(r)]亢奋的;精力旺盛的
2. identical adj.完全相同的;同样的
3. clock v.达到(特定的时间或速度)

Elliott clocked the fastest time this year for the 800 metres... 埃利奥特跑出了今年800米的最快速度

1. recklessly ['rek-ləslɪ] adv. 不在乎地，鲁莽地，不顾一切地

reckless [ˈrek-ləs] adj.轻率的;不计后果的;鲁莽的;无所顾忌的

He is charged with causing death by reckless driving. 他被控危险驾驶致人死亡。

He felt a surge of recklessness(n.)... 他感觉到一阵不顾一切的冲动。

Gives You Wings 。红牛广告语“给你翅膀”，引申意：给你力量

1. 交通噪音增加中风的风险

Living in the city, you can't escape逃离 traffic noise. But it's not just仅仅是 a nuisance讨厌的东西. If you're over 65, the noise might be a risk to your health, too—by increasing your risk of a stroke中风. That's according to a study in the European Heart Journal. [Mette Sørensen et al., "*Road traffic noise* and *stroke*: a *prospective前瞻性 cohort一群人 study*前瞻性群组研究"]

The researchers studied over 51,000 Danish city dwellers for about a decade. And they mapped out在地图上标出 noise levels (at each person's home) [over time随着时间的过去], using a noise calculating program. After accounting for将(钱款)列入预算 other variables, like smoking history, diet and air pollution, they found that [for the over-65 set一组], the risk of stroke rose 27 percent higher for every 10 decibels分贝 of noise exposure(n.). The baseline基准 was the volume of a normal conversation.

This study doesn't prove证明 that *road noise* causes strokes. But previous studies have linked noise to heart attacks and higher blood pressure, too—possibly due to *increased stress* and *sleep disturbance*(n.)打扰失调. For older people who already have trouble sleeping, the researchers say that extra额外的 *tossing and turning*辗转反侧 could be the cause原因. So don’t just worry about the fumes有害的气体 if you're relocating迁移 to a busy city street—keep in mind your sound健康的 health(n.), too.

住在城市里总避不开交通噪音，而这些噪音只会惹人讨厌。假如你已经超过65岁，这种噪音可能会损害你的健康——它会增加你中风的概率。这是《欧洲心脏杂志》上的一项研究报道。研究人员在过去10年分析了5万1千多名丹麦城市居民的情况。他们用噪音计算程序在地图上标出每个人家里不同时间的噪音度。在考虑了其他诸如抽烟史、食谱和空气污染等多种变量之后，他们发现对于65岁以上的群体，曝噪每提高10分贝，这些人的中风几率就上升27%，而10分贝是正常谈话音量的底线。

此项研究并未证明马路噪音引起中风。但以前的研究显示，噪音和心脏病以及高血压也有关系——它可能会增加人们压力以及干扰睡眠。研究人员表示，对那些已经睡不好觉的老人来说，不必要的辗转反侧可能是影响睡眠的原因。因此在一个繁忙城市街道上安家落户的时候，不要只考虑空气中的烟尘了——要记住全面健康也很重要哦。(sound双关了)

1. nuisance [ˈnju:sns] n.讨厌的人;麻烦的事情
2. prospective cohort study 前瞻性群组研究

→prospective [prəˈspektɪv] adj.①想要成为的；可能成为的。②可能即将发生的

The story should act as a warning to other *prospective buyers*... 这篇报道应该对其他潜在的购买者起到警示作用。

...the terms of the prospective deal. 可能达成的交易的条款

1. map out 设计;计划;规划;安排

I went home and mapped out my strategy... 我回到家里制定出了我的策略。

1. you take something into account, or take account of something, 考虑到；把…计算在内
2. over time 随着时间的过去

Over time, though, Watson's views gained in popularity. 然而渐渐地，沃森的观点赢得了大家的支持。

1. a sum of money is accounted for in a budget, v. 将(钱款)列入预算
2. you toss and turn, 辗转反侧;翻来覆去

→toss v.扔；抛；掷

1. fume [fju:m] n. (难闻且常为有害的)烟,气体。v.发怒;生气

He was still fuming over the remark... 他还在为那句话生气。

1. sound adj. ①(身体)健康的;(心智)健全的;(建筑)坚固的。②(建议、推理或证据)正确的，合理的，可靠的，明智的。③(观点)正确的，明智的

When we bought the house, it was structurally sound... 我们买下这栋房子的时候，它的结构还非常坚固。

His body was still sound. 他的身体仍然硬朗。

His reasoning is perfectly sound, but he misses the point... 他的推理完全正确，但是未切中肯綮。

1. 质量标准,不标准

In *a laboratory实验室 vault保险库* outside Paris is a small cylinder圆柱体 of *platinum–iridium铱 allo合金* that serves as the standard for all mass质量 measurements(n.)估量 worldwide. By an 1889 international accord(n.)协定, the mass of this metal cylinder defines规定 the kilogram千克公斤.

But that may soon change. The kilogram is the only unit单位 of measurement still based on a man-made artifact人工制品. A second of time, for instance, is now defined in terms of根据 an electron电子 transition变迁 of the cesium铯 atom原子. And the meter米 is tied to the speed of light. Those standards are universal and unchanging—unlike the official kilogram千克. The reference供参考的 cylinder's mass has drifted漂流缓慢移动 slightly through the years—not enough to throw off your *bathroom scale*浴室体重秤, but enough to bother烦扰 measurement scientists.

Some of them are meeting January 24th at the Royal Society in London to discuss future improvements改善 to the measurement units计量单位. The plan is to eventually relate the kilogram to *a universal number* known as Planck's constant常量. But the technology (needed to do) that is not yet fully developed. So, *for the time being*暂且, that *little metal金属 cylinder* outside Paris will just have to keep pulling its weight尽本份. I mean, mass.

巴黎城外的一个玻璃罩里存放着一个铂铱合金圆柱体，这个圆柱体就是全世界测量物体质量的参照标准。1889年某项国际协议中规定，该铂铱合金圆柱体的质量为1千克。

但这个标准即将成为过去。千克是目前唯一一个以人工制品为参照标准的计量单位。比如说，秒就是根据铯原子内部的电子跃迁时间来下的定义，而米的定义则和光速有关。这些计量标准普遍通用、亘古不变，而千克的参照标准则不然。历经多年，质量标准参照物——铂铱合金圆柱体的质量已略有减轻。你倒不至于把浴室秤给扔掉，但计量学家就有得操心了。

部分计量学家将于1月24日在英国皇家学会举行会议，探讨计量标准的改善问题，计划最终将千克这个计量单位与普朗克常数联系起来。然而，要完成这项工作，技术问题仍有待解决。因此，在此之前，那小小的合金圆柱体还得继续扮演“重量”级的角色，当然，是在质量测量方面的重量级角色。

1. vault [vɔ:lt] n.①金库;保险库。②(通常指安葬同一家族死者的)教堂地下室，墓穴,墓室。③拱顶;穹窿

...the vault of a great cathedral. 一座大教堂的拱顶

1. measurement n.①(通常以数字形式呈现的)测量结果。②测量;计量。③(质量、价值或影响的)衡量，评估，估量。④三围；(身材)尺寸

We took lots of measurements... 我们得到了许多测量结果。

*Measurement* of blood pressure can be undertaken by practice nurses. 测量血压可以由实习护士完成。

...the measurement of output (in the non-market sector). 评估非市场部门的效益

1. define v.①阐明;规定;限定;使明确。②给…下定义;解释

He was asked to define his concept of cool. 他被要求说明自己关于“酷”的定义。

1. in terms of ①就…而言, 从…方面说来。②用…的话，用…字眼，以…的措辞；从…角度来讲。③根据，依据。④以…为单位；换算，折合

He thought of everything in terms of money. 他是从钱的角度来看每一件事。

1. transition n.转变;过渡;变革;变迁。v. (从某一状态或活动)转变，过渡(到另一状态或活动)

*The transition* to a multi-party democracy is proving to be difficult. 事实证明，向多党民主制的转型非常艰难。

There was *a significant decline* in the size of the business [as the company transitioned to an intellectual property company]. 随着公司向知识产权公司转型，其业务规模显著下降。

1. reference n.①咨询;征询;参考;查阅。②引语；引用的观点；引证。adj.(书)供参考的

There are several reference books which have been compiled to help you make your choice. 有几本参考书专门帮你作出选择。

1. drift v. ①缓慢移动;逐渐移动。②(声音等)传到,传出

As rural factories shed labour, people drift towards the cities. 由于农村的工厂纷纷裁员,人们逐渐流向城市。

Cool summer dance sounds are drifting from the stereo indoors. 清凉的夏日舞曲的声音从室内音响中传了出来。

1. scale n.天平;秤;磅秤
2. Planck's constant 普朗克常数，用以描述量子大小。
3. for the time being 暂且；权；权时

She's staying with her aunt for the time being. 她暂时住在她姨妈那里。

1. pull one's weight 尽职；尽本份，努力做好自己分内的工作
2. 不焦虑也得靠烂笔头

Performance anxiety can be crippling严重损害健康的. Entertainers艺人 (who suffer from it) come up with想出计划 creative创造性的 defenses. Bono has his purple紫色的 shades阴影部分. *The indie音乐独立制作的 rock singer* Cat Power猫女魔力 faces away把脸转到一边 from the audience. Others turn to more *standard常规的 solutions解决办法* like Xanax阿普唑仑.

But there might be a healthier *quick fix*应急解决办法: writing. Because new research reveals that writing about your *specific特定的 worries* just before a performance can reduce the risk of blowing搞砸 it due to anxiety. The work工作成果 appears in the journal Science. [Gerardo Ramirez and Sian Beilock, "Writing About *Testing Worries* Boosts *Exam(n.)考试 Performance* in the Classroom"]

Researchers gave 20 students two math tests. The students did nothing special before the first test. But before the second test, students were told they’d receive money for high marks. Half of the students were then instructed指示 to take 10 minutes and write down any concerns(n.)忧虑担心 they had about the test. The other half sat quietly.

Those (who just sat waiting) did 12 percent worse更糟 on the second test than on the first. But those who wrote about their fears showed a five percent improvement on the exam.

Another part of the research found that writing in general didn’t work—it had to be about *test-related concerns* to trigger启动触发 the effect. So *to write* may prevent some wrongs.

表现性焦虑可能会带来严重后果。深受此害的专业演员们可谓是各出奇招。波诺用紫色来打掩护，独立摇滚歌手猫女魔力转脸不看观众，而其他人则通常用赞安诺等来舒缓焦虑。

但是，现在有了一种更健康的选择：写作。因为一项最新的研究表明，在表演之前把自己担心的事情写下来，能够降低因焦虑带来的糟糕表现。这一研究发表在了《科学》杂志上[Gerardo Ramirez and Sian Beilock, Writing About Testing Worries Boosts Exam Performance in the Classroom]。

科学家给了20名学生2次数学测试。第一次测试没有什么特殊的。而在第二次测试前，学生们被告知，取得高分就能获得奖金。此时，其中一半的学生能够在考前花10分钟把自己担心的事情写下来，而另一半则只能坐着等着测试。

那些只能坐等考试的学生，第二次考试的成绩比第一次下降了12%，而写下焦虑的学生，成绩提高了5%。

这一研究的另外一部分则发现，只是一般的记录是没有什么用的，必须是写下与考试相关的内容才能提高成绩。因此，做好纪录，就能避免失误。

1. crippling ['krɪ-plɪŋ] adj.①(疾病等)严重损害健康(或身体)的。②有严重危害的
2. face away 把脸转到一边

He was facing away from me, so I couldn't see who he was. 他脸背着我, 所以我不知道他是谁。

1. Xanax是 Alprazolam ['æl-prə-zəʊ-læm] 即阿普唑zuò仑的别名，主要用于抗焦虑。
2. quick fix 应急解决办法；权宜之计
3. blow v.①失去，断送(机会)；搞砸(努力)。②(保险丝)烧断；使(保险丝)熔断。③(轮胎)爆裂；使(轮胎)爆裂

Oh you fool! You've blown it! 哦，你这个笨蛋！都让你搞砸了！

...the high-risk world of real estate, where *one careless word* could blow a whole deal... 一字不慎就可能会断送整笔交易的高风险的房地产业

The car tyre blew. 这辆车爆胎了。

1. 获得尊重比其他更快乐

Remember affirmations肯定? [“Because I’m good enough, I’m smart enough, and doggonit, people like me.”] Well, if *Stuart Smalley*’s shot(n.)药品等的注射 in the arm makes you smile, you’re not alone. Because a new study shows that young people would rather pump up自我鼓励 their *self-esteem*(n.)自尊 than see a friend, have a drink or cash兑现支票 a big fat利润或费用丰厚的 paycheck付薪水的支票. The results appear in the Journal of Personality. [Brad Bushman, Scott Moeller and Jennifer Crocker, "Sweets, Sex, or Self-Esteem? Comparing the Value of Self-Esteem Boosts with Other Pleasant Rewards"]

We all like feeling good about ourselves. But can a little praise赞扬 really trump胜过压过 *a slice食物切下的薄片 of* pizza, a great party / or *a wad叠捆 of* cash现金? College students were given a questionnaire调查问卷. And they were asked to rate various activities based on how much they liked or wanted them. Things like: drinking, hanging with friends, having sex, and getting paid领工资.

The results? Undergrads在校本科生 do like those things. But not as much as they say they like getting good grades评定的等级成绩 or a compliment赞美. *Study author*发起人 Brad Bushman says “*American society* seems to believe that self-esteem is the cure治疗方法药物 all for every *social ill*, from bad grades评分成绩 to teen pregnancies(n.)怀孕 to violence. But there has been no evidence that *boosting self-esteem* actually helps with these problems. We may be too focused on increasing self-esteem.”

还记得自我肯定法吗？“我够好了，我够聪明了，真是该死，大家都这么喜欢我。”好吧，如果斯尔图特·斯莫利的一番鼓励让你咧嘴一笑的话，还有很多人跟你一样。因为新的研究发现，比起和朋友见面、喝酒或是兑换一张巨额支票，年轻人更渴望获得别人的尊重。此研究结果发表在《个性杂志》上。

我们都愿意对自己有个良好的感觉。但一个小小的称赞真的能击败一块比萨、一个很棒的聚会或一叠钞票吗？我们让大学生做一份调查问卷。

他们需要根据自己对各种活动的喜好程度评价这些活动。这些活动包括：喝酒、与朋友在一起消磨时间、做爱、以及领工资等。

结果如何呢？学生们的确喜欢这些活动。但他们说得到好成绩和获得称赞比这些更加重要。此研究的带头人布拉德·布什曼说：“美国社会似乎认为自尊是解决所有社会问题的良药，包括成绩不好，青少年怀孕以及暴力行为等。但并没有迹象表明增加自尊可以帮助解决这些问题。我们也许过于看重提升自尊的重要性了。”

1. affirmation [ˌæfə'meɪʃn] n. 肯定；确认；证实

→affirm [əˈfɜ:m] v.①断言；申明；坚持声称。②证实；确认

...a speech in which he affirmed a commitment to lower taxes... 他作出减税承诺的演讲

'This place is a dump,' affirmed Miss T. “这地方简直像个垃圾堆，”T小姐声称。

She nodded her head in affirmation.她肯定地点了一下头。

The ministers issued发表发布 *an affirmation*肯定 of their faith in the system. 部长们表示了对该体制坚定的信心。

Everything I had accomplished seemed to affirm that opinion. 我所取得的一切似乎都证明那个观点是对的。

The high turnout投票人数 was *an affirmation* of the importance that the voters attached to the election. 高投票率清楚地显示出选民们对选举的重视。

1. Shot in the arm = stimulus [ˈstɪ-mjələs]刺激物，boost 强心剂
2. fat adj. (利润或费用)巨大的，丰厚的

They are set to make a big fat profit. 他们下定决心要大赚一笔。

1. trump [trʌmp] n.① (牌戏中的)王牌，主牌。②Donald Trump 唐纳德·特朗普(人名)。v. 胜过;压过

The Hong Kong and Shanghai Bank has trumped Lloyds by raising its offer. 汇丰银行通过提高报价击败了劳埃德保险公司。(“香港汇丰银行”，全称为“香港上海汇丰银行股份有限公司”，The Hongkong and Shanghai Banking Corporation Limited(adj.)。简写为： HSBC)

→someone came up *trumps*, 意外地胜利;意外地成功(come up，v.走近;走到跟前)

Dwayne has come up *trumps* with a goal进球得分 worthy of winning any match. 德韦恩意外地蒙进了一个可以拿下任何比赛的球。

1. A wad of something such as paper or cloth，n. 卷;叠;捆

...a wad of banknotes. 一沓钞票

1. get paid 领工资

He'll want to get paid come hell or high water. 无论怎样他都会要回这笔钱的.

1. A cure for an illness， n.药;药物;疗法

A cure for a problem， n.解决方法;措施;对策

1. 创造力降低领导者气质

College students viewed people (with *innovative革新的 ideas*) as having less *leadership potential*潜力 than those (*whose thinking* remained in the box). Karen Hopkin reports.

Think of a quality品质特性 that defines给…下定义 a strong leader. Do I hear: dynamic精力充沛的, driven奋发努力的, decisive决断的, original独创的? Well, I probably didn’t hear “original.” Because people (who are considered “creative”) are generally not viewed as leaders. That’s according to a study in the Journal of Experimental Social Psychology. [Jennifer Mueller, Jack Goncalo and Dishan Kamdar, "Recognizing认出识别 *creative leadership*: Can creative idea expression negatively否定地 relate to perceptions看法 of leadership potential?"]

People (who show imagination) can be seen as dreamers because their ideas have not been proven. Those seen as leaders, on the other hand, are expected to maintain order and to keep things moving forward. Yet in today’s business world, companies say they’re looking for creative CEOs (who can promote促进 change and lead their businesses in profitable有利润的 new directions).

To examine仔细研究 what we really think about creativity, scientists asked students to present描述形容 ideas for how airlines can get more revenue收入 from their passengers. Half the students were told to come up with novel新颖的 solutions, and the rest were asked to stick with something more tried-and-true经考验证明好的. Other students (who then listened to these pitches说教) rated those (who were innovative富有革新精神的) as having less leadership potential.

So go ahead, think outside the box. But if you want to scale爬越攀登the corporate ladder晋升阶梯, you might consider仔细考虑 keeping your most interesting ideas under *wraps*包，裹←秘而不宣. *At least* until you’ve nailed钉牢使固定 that *corner拐角 office*.

大学生们通常用一种革新的眼光看待社会，然而事实上，跟那些习惯于把想法放在脑子里的人相比，他们并不具备很高的领导潜质。

你认为一个真正有魄力的领导应该必备哪一种素质？我听到有人说：强劲的工作动力，出色的驾驭能力，有力的决断，独创性。哪一种？当然，我好想没有听到过“独创性”这个词语。根据《试验社会心理学杂志》的一项研究表明，人们似乎并不认为“创新”是领导必备的素质。【认识创新领导力：思想表达创新化是否不利于认识领导潜力---Jennifer Mueller, Jack Goncalo and Dishan Kamdar】

很多人的想象力很强，想法天马行空，但是只能是一个做梦者，因为他们的想法还没有得到证实。那些被看做是领导的人，应该做的其实只是维持秩序，推动事物向前发展。然而纵观当今的商业世界，很多公司还在忙着物色有出色创造力的CEO来推动变革，带领公司取得更好的业绩。

为了研究人们是如何看待创造力的，科学家们邀请学生们参与讨论航空公司如何才能从乘客身上赚到更多的钱。要求是一半的学生要提供新方法，剩下的学生被要求继续使用老套却很管用的方式。

结果是其他学生听了这些陈述后，认为那些想法奇特处处求新者并不具备领导潜质。好了，人们很喜欢跳出固有的思维模式。但是如果你想在公司层层攀升，除非你已经是办公室的领导了，否则最好不要经常跟人提出那些很有趣的想法。

1. pitch v.(通常指仔细瞄准后用力)投，掷，扔，抛。

→something is pitched at a particular level or degree of difficulty, 把…定(在特定的水平、难易程度等上)

The government has pitched High Street interest rates at a new level. 政府已设定了新的商业利率水平。

→you pitch your tent, or pitch camp, 搭(帐篷)；扎(营)

→someone makes *a pitch* for something, 为…作宣传；替…说好话

Prue invited *the magazine's editor* to lunch and made her pitch. 普吕邀请该杂志的编辑共进午餐，推销自己的点子。

1. wrap n.包装材料;包裹物。v. (用纸、布等)包，裹

→you keep something under wraps, 保密，秘而不宣(常指待日后宣布)

You can never keep a launch as big as ours completely under wraps. 像我们这么大规模的新品发布，要绝对保密是不可能的。

1. Corner office 角落办公室，即处于公司最佳位置的高级办公室，通常指总裁或总经理办公室。
2. 文海觅踪

A database of millions of books tries to make it possible to track *cultural trends* through the quantities大量 of *individual words*单词in print over the last few centuries. *Cynthia月亮女神 Graber* reports

They call it culturomics文化基因组学: the obvious明显的 play on the word “genomics基因组学” looks at *trends* in human thought思想 and culture. But scientists say culturomics文化基因组学 has been hampered阻碍 by a lack of quantitative数量上的 data. So researchers at Harvard, along with Google, Encyclopedia百科 Britannica大不列颠的, and the American Heritage国家的遗产传统 Dictionary, have come up with a new tool.

It’s a database of 5.2 million books, published since the year 1500. That’s four percent of all the books ever published, with a total of 500 billion words. The focus is on English language culture, so three quarters of三分之四 the books are in English.

Among *the first最初 findings* of the research, published in the journal Science [Jean-Baptiste Michel et al., "*Quantitative Analysis*定量分析 of Culture Using Millions of Digitized将资料数字化 Books"]: about, 8500 new words enter the English language annually每年地. But many of them don’t end up最终处于 in dictionaries. And about fame名望—actors become famous around age 30, writers around 40, and politicians around 50. But the fame of politicians can eventually exceed超越 that of actors.

A Google tool (called the Books Ngram Viewer) is available based on this data——users can track *the usage用法 and frequency频率* of a word or phrase over the past few centuries. Thus, we can watch *the fall and rise* of Melville. And soon *the rise and fall* of Snooki.

一个有着百万本图书的数据库，正尝试把一项举措变为可能，即通过统计上几个世纪所有出版的单词数量，来追踪文化的趋势。 Cynthia Graber报道。

人们把这叫做“culturomics”(文化基因组)——这明显就是借用了"genomics"(基因组)这个单词，从相似的角度探究人类思想和文化趋势的奥秘。但科学家表示数据资料的缺失会妨碍文化基因组的工作。因此哈佛研究员和谷歌、大不列颠百科全书以及美国传统词典一起提供了一个新工具。

这个工具就是自1500年以来出版的520万本书的数据。这些书的数量占所有出版书籍的4%，有5千亿个单词。由于这些书均聚焦于英语文化，因此有3/4都是用英语写的。

研究的首个发现之一就是，每年大约有8500个新单词进入英语体系，但是很多都不会出现在字典里。这项发现已刊登在《自然》杂志上。而谈到个人成名时间——演员在30岁左右，作家在40岁左右，而政治家则在50岁左右。但是最终政治家的名声会超过演员。

一个叫Ngram阅读器的谷歌工具就是基于此数据库诞生的，使用者可以追踪某个单词或短语在过去几个世纪中的用法和使用频率。这样我们就可以看到Melville这个词先衰后盛，以及Snooki这个词先盛后衰的情况啦。

1. culturomics：culture(文化)+genomics(基因组学)，中文被翻译成"文化组学"。通过获取我们使用单词和短语的频率,以有助于量化人类文化演变轨迹的研究。
2. hamper v.妨碍;阻碍;牵制;束缚

The bad weather hampered rescue operations... 恶劣的天气阻碍了救援工作的进行。

I was hampered by a lack of information. 我受到了信息不足的牵累。

1. quantitative [ˈkwɒn-tɪ-tə-tɪv] adj.大小的；数量的;与数量有关的

...the quantitative analysis of migration. 对迁徙的定量研究

1. exceed v.①超过，超出(某数量、数字等)。②超出，超越(限制、规定等)

His performance exceeded all expectations. 他的表演超出了所有人的期待。

I would be exceeding my powers if I ordered the march to be halted. 如果我命令停止游行，我就越权了。

1. 模仿口音有助理解

Seeing may be believing. But according to a new study—

[Man (with foreign accents口音腔调) interrupts打断 to ask for information.]

Where was I? Oh, I was saying that according to a new study, *the key* to understanding *someone (with a different accent)* is 表to repeat what he says / and to approximate使接近 the accent. The work appears in the journal Psychological Science. [Patti Adank, Peter Hagoort and Harold Bekkering, "Imitation模仿 Improves Language Comprehension理解力"]

If you speak to people from different places, you’ve no doubt encountered遭遇 *a variety各式各样 of i*nteresting accents. [Man with foreign accent concurs同意.]

To find out how we can make sense of搞清…的意思 unfamiliar不熟悉的 inflections语调的抑扬变化, psychologists spoke to volunteers in an accent they’d invented发明. Some subjects were told to imitate模仿 the odd sounds. Others were told to simply listen, or to repeat the sentence [in their normal voice].

Turns out the mimics巧于模仿的人 did better at deciphering破译密码 the unusual exchange(n.)短暂的交谈. The scientists say that *simply moving your mouth like other folks* do allows you to intuit凭直觉感知 their potentially eccentric古怪的 speech patterns, and get what they say. [Man (with foreign accent) sums up总结概括.]

眼见为实。但是，根据一项新的研究...

[录音被有外国口音的男子问询中断]

我说到哪里了？哦，我是说，根据一项最新研究，理解不同口音的人说话的关键，就是重复他说的话，并找到近似的发音。这项研究发表在心理科学期刊。 [Patti Adank，Peter Hagoort, Harold Bekkering著：《模仿：提高语言理解》]

如果你跟来自不同地方的人讲话，毫无疑问会遇到各种有趣的口音。 [外国口音的男子表示同意。]

心理学家用自己发明的口音向志愿者讲话，以此找出人们是如何理解不熟悉的语调的。有些志愿者被告知去模仿这些古怪的口音。另外一些志愿者只是被要求倾听，或以其正常的声音重复这句话。结果显示，前者在破译这种不寻常的交流上做的更好(本博：这就证明了学英语一定不能只听，更重要的是跟读模仿！)。科学家认为，只要向别人一样动嘴巴，便可以让你直觉的理解其潜在的古怪口音模式，并明白他们在说什么。 [外国口音的男子做总结。]

1. approximate [əˈprɒk-sɪ-mət] adj.①大约的；大概的。②近似的；粗略的。

→something approximates to something else, v.近似于

Something (approximating to *a fair outcome*结果) will be ensured... 保证会有大致公正的结果。

1. encounter [ɪnˈkaʊntə(r)] v. ①遇到，遭遇(问题、困难)(you encounter problems or difficulties)。②偶遇;邂逅(you encounter someone)
2. make sense of v. 搞清…的意思

Can you make sense out of what this book says? 你能理解这本书的内容吗?

1. exchange v. 交换;互换。n.①短暂的交谈;(常指)口角，争吵。②(不同国家人们之间的)交流，互访。③交战;交火

There've been some bitter exchanges between the two groups. 两组之间发生过一些激烈的争吵。

I'm going to go on *an exchange visit* to Paris. 我将到巴黎交流参观。

This could intensify加剧 the risk of *a nuclear exchange*. 这可能会加剧爆发核战争的危险。

1. intuit [ɪnˈtju:ɪt] v.凭直觉感知

They would confidently自信地 intuit your very thoughts... 他们会很有把握地凭直觉猜出你的真实想法。

1. eccentric [ɪkˈsen-trɪk] adj.古怪的;怪异的；偏离轨道的；离心的
2. you sum something up, 简而言之;概括地说

→something sums a person or situation up, 总结;概括

→you sum up after a speech or at the end of a piece of writing, (在发言后或文章结尾处)作总结;(法官审理结束前)作结案陈词