

通信科技英语

文选

南京大学大学外语部 主编



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通俗科技英语文选

第三十二辑

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TONGSÚ Kējì Yīngyǔ Wénxuǎn

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Another Bad Break for Eggs

"One hopes for so much from a chicken and is so dreadfully disillusioned," wrote Sherwood Anderson in 1921, in a celebrated short story titled *The Egg*. Anderson's melancholy view is more apropos than ever. The poor egg, already condemned by heart specialists for its high cholesterol content, is blamed for yet another scourge: food poisoning. Eggs can cause illness due to the bacterium *Salmonella enteritidis* — vomiting, stomach cramps, diarrhea, fever and headache.

Certainly there's no reason to stop eating eggs — they are one of the most excellent sources of nutrition. Eggs should be cooked, because heat destroys *Salmonella*. Recipes that call for fresh raw eggs are out. In addition, cracked eggs should be discarded and intact ones, cooked or raw, should never be stored at room temperature. Cooking must be thorough. Experts emphasize: people have fallen ill from undercooked dishes.

Experiments with eggs that have been deliberately infected have shown that frying them sunny-side up, without flipping them over, does not kill all the bacteria; the eggs had to be fried three minutes on each side.^① Other recipes also need altering, probably to the cook's despair: boiling requires seven minutes to ensure safety, poaching five, and omelets must be cooked until no liquid remains.

词 汇

bad break 坏运气, 倒霉
 disillusion [ˌdɪsɪˈluːʒən] *vt* 使
 幻想破灭
 dreadfully [ˈdredfʊli] *ad* 非常,
 极
 melancholy [ˈmelənkəli] *a* 忧郁
 的; 令人伤感的
 apropos [ˈæprəpəʊ] *a* 恰当的
 cholesterol [kəˈlestərɒl] *n* 胆固醇
 scourge [ˈkɔːdʒ] *n* 病害
 enteritidis [ˌentəˈrɪtɪdɪs] *n* 肠

炎(作定语)
 vomiting [ˈvɒmɪtɪŋ] *n* 呕吐
 diarrhea [ˌdaɪəˈrɪə] *n* 腹泻
 recipe [ˈresɪpi] *n* 食谱; 烹饪法
 intact [ɪnˈtækt] *a* 未受损的; 完
 整的
 deliberately [dɪˈlɪbəɪtli] *ad* 故
 意地
 infect [ɪnˈfekt] *vt* 感染; 侵染
 sunny-side up 单煎一面
 flip [flɪp] *vt* 使翻转
 poach [pəʊtʃ] *vt* 水煮(荷包蛋)

注 释

- ① Experiments with eggs that have ... infected have shown that frying ... over, does not kill ... bacteria, the eggs had to ... side.

Experiments ... have shown ... 和 the eggs had to ... 为两个并列分句。在第一个分句中, with eggs ... 为介词短语作定语, 修饰主语 Experiments; 其中, that 引导一个定语从句, 修饰 eggs; 谓语动词 have shown 后面的 that 引导的是宾语从句; 在此宾语从句中, frying ... 为动名词短语作主语, does not kill 为谓语, 而其中的 without ... 则为介词短语作条件状语, 修饰谓语 does not kill。

参考译文

鸡蛋又受到了责难

1921 年舍伍德·安德森在题为《鸡蛋》的著名短篇小说中写道:

“一个人想从鸡身上索取很多，那么他的幻想就非破灭不可。”现在引用安德森这种忧郁的看法要比过去任何时候都更为恰当。鸡蛋因其胆固醇含量高已受到心脏病专家们的责难，现在又因会带来另一种病害——食物中毒，而再度受到责难。由于肠炎沙门氏菌，鸡蛋会引起一些病状——呕吐、急性腹痛、腹泻、发烧和头痛。

当然没有理由不吃鸡蛋，因为它们是最佳营养来源之一。但是，鸡蛋应该做熟了吃，因为高温能杀死沙门氏菌。那些提倡食用新鲜生鸡蛋的食谱已经不合时宜。此外，破损的鸡蛋应该扔掉，而完好无损的鸡蛋——不论生熟——决不应该在室温下贮存。鸡蛋必须煮熟煎透。专家们强调指出：正是那些半生不熟的蛋类菜肴使人们染上了疾病。

用故意让细菌染上的鸡蛋来做实验，其结果表明，煎鸡蛋时只煎一面而不翻转，细菌是不能全部被杀死的；鸡蛋的每一面必须煎三分钟。其它烹饪法也需改变，这可能使厨师失望：为了安全起见，煮鸡蛋需要七分钟，煮荷包蛋要五分钟，煎鸡蛋必须煎到蛋黄完全凝固为止。

何伯秋 译注 明明 校

Quencher and Its Effects on Health

From baseball fields and tennis clubs to homes and restaurants, something ²⁵tan, cold and thirst-quenching could be the most sought-after food during summer months. But what shall it be? Aside from carbonated soft drinks, there are many choices, with varying merits and demerits when thirst, nutrition and health matters are considered: iced coffee (regular or decaffeinated), iced tea (regular or herbal), fruit juice, fruit drinks, milk, beer, wine coolers, mineral water and bottled or tap water. ³⁰

Beverages take up an increasingly large proportion of

the shelf and refrigeration space in supermarkets and delicatessens. They are sold in bottles, cans and cartons. Some require refrigeration, and others are preserved by sterilization or pasteurization. They are also sold as dry powders, crystals or frozen concentrates awaiting reconstitution with cold water. In choosing beverages, consider these factors:

1. Do they quench thirst?

Many popular drinks do not satisfy the body's need for liquid refreshment. Beverages like fruit juices and sugar-sweetened drinks may wet your whistle, but they contain enough sugar to increase the body's need for water, not diminish it.

Milk and drinks based on dairy products are too high in protein, sugar (including lactose) and fat to be thirst-quenching; they are really foods, not drinks.

And beverages that contain caffeine or alcohol are diuretics, causing the body to lose more water than they supply, and thus should not be counted on at all to satisfy the recommended intake of six to eight glasses of water a day.^①

So-called athletic drinks like Gatorade do better at replenishing body liquids, but most sports-medicine specialists recommend that even these be diluted, one part beverage to one or two parts water, for maximum effectiveness. The same with fruit juices: they are better thirst-quenchers when served at one-half to one-quarter their natural concentration. Alcohol-free beer and caffeine-free coffee, tea and herbal tea are O.K. as thirst quenchers, assuming they are not overly sweetened.

The best, of course, is water, plain or flavored with some natural essence like lemon or lime juice. Mineral waters (plain or flavored, still or sparkling) are also good, as are bottled waters.

An easy way to tell if your body is well-hydrated is to check the color of your urine. If you have not eaten foods like liver, carrots or beets that add color, urine should be pale yellow; the darker the color, the more concentrated the urine and the more liquid you need to replenish water and reduce the stress on your kidneys.

2. How many calories?

When you are guzzling drinks to satisfy thirst, it is easy to forget how fast calories can add up. Water and flavored mineral water are calorie-free, and sugar-free diet drinks are nearly so. If no sugar or cream is added to coffee, tea or herbal tea, they, too, have no calories.

But eight ounces of Gatorade has 40 calories; tomato juice, 50; grapefruit juice, 102; orange juice, 112; apple juice, 112; grape juice, 128, and cranberry juice cocktail, 147. Whole milk comes in at 165 calories a glass, and a milkshake at 250 to 300, but skim milk has only about 35 in eight ounces.

With alcoholic drinks, all bets are off. Both the alcohol and the unfermented sugar contribute to the calories. Domestic beer has about 100 calories in eight ounces (but remember, the usual serving is 12 ounces, at 150 calories). Light beers can range from 60 to 100 calories in eight ounces, or 90 to 150 a can. Wine coolers are probably the most caloric of processed drinks, with about 150 calories in eight ounces and 200 to 220 in a 12-ounce

serving.

If you are concerned about consuming nutritionally empty calories (that is, sugar without any redeeming nutritive value), choose unsweetened fruit juices, not juice drinks. The latter may contain only 10 percent real juice; the rest is sugar-sweetened, flavored water. Most fruit nectars also contain added sugar.

3. *How healthy are they?*

This is perhaps the toughest question because many beverages, including tap water, have potential health risks as well as benefits.

Alcohol, for example, increases the risk of developing cancer. However, it may also help to prevent heart disease when consumed in moderate amounts (one to two drinks a day).

The tannins in tea may also be carcinogenic. According to some studies, tannin intake is associated with a high risk of developing cancer of the esophagus. But some teas are safer than others.

True teas from China, are low in tannin. Adding milk to tea binds up the tannin, and prevents it from being absorbed by the body (most nondairy creamers, however, do not do this). Any tea that leaves the tongue feeling fuzzy is high in tannin, and should be diluted with an ounce of milk or cream per cup.

If in making iced tea, regular-strength tea is poured over shaved ice, the melting ice lowers the concentration of tannin.

According to some experts, you may be better off drinking coffee. Most of the purported health risks of

coffee and caffeine have not been confirmed by well-designed studies. In moderate amounts (two cups of brewed coffee a day), caffeine does not appear to cause cancer and may even help to prevent it.

It has never been established as a cause of benign breast disease, breast cancer, or heart disease. And it does not raise cholesterol levels. However, people with heart disease are wise to limit their consumption of caffeine (it may trigger rapid or irregular heartbeats), and those with ulcers should avoid coffee in all forms, since with or without caffeine it can trigger the release of stomach acid.

Sports participants know caffeine can enhance endurance, alertness and reaction time when consumed in moderation. However, large amounts of caffeine, which for some people is as little as three to six cups of coffee a day, can cause anxiety. Insomnia is a notorious side effect, especially if caffeine is consumed too close to bedtime.

Sodium, which can raise blood pressure in susceptible people, is a factor in some drinks, especially tomato juice — it can have more than 500 milligrams in just six ounces; V-8 has 620 milligrams in that amount.

In many parts of America, tap water is laced with varying amounts of unwholesome substances, including sodium, lead (from old pipes and fittings) and cancer-causing chemicals formed when the chlorine used in purification interacts with organic substances in the water.

If you are uncertain about your water supply, you can have it tested or install a purifier. You can also purchase bottled water, most of which is tap water that has

been filtered or distilled by a processor.

But even at its worst, water is still likely to be the best drink to quench summer thirst. But don't rely on thirst to prompt you to drink or tell you when to stop. It's safe to assume that when the weather is warm you need more liquid, and a little extra cannot hurt.

词 汇

quencher ['kwentʃə] *n* 饮料

nutrition [nju(:)'triʃən] *n* 营养;

滋养

herbal ['hæ:bəl] *a* 草本植物的;

草本植物制的

delicatessen [,delikə'tesn] *n* 熟

食店

sterilization [,sterilai'zeiʃən] *n*

消毒, 灭菌

pasteurization [,pæstərai'zeiʃən]

n 巴氏灭菌法; 低热灭菌

diuretic [,daijuə'retik] *n* 利尿剂

Gatorade ['gætəreid] *n* 加多力

(一种运动饮料)

replenish [ri'plenif] *vt* 补充; 添

加

lime [laim] *n* 酸橙

hydrated ['haidreitid] *a* 含水的

kidney ['kidni] *n* 肾

guzzle ['gʌzl] *vt* 狂饮; 滥吃

ounce [auns] *n* 盎司, 英两

cranberry ['krænbəri] *n* 越橘;

越橘的果实

purported ['pɜ:pəʊtid] *a* 被说成

的, 被指称的

cholesterol [kə'lestərɒl] *n* 胆固醇

醇

insomnia [in'sɒmniə] *n* 失眠; 失

眠症

注 释

- ① And beverages that contain ... are diuretics, causing ... to lose more water than they supply, and thus should not be ... a day..

本句为主从复合句。主语 beverages, 有两个并列谓语: are diuretics ... 和 and thus should not be ...; 另外, that 引导的是定语从句, 修饰主语 beverages; causing ... 为现在分词短语作定语修饰 diuretics; 其中, than 引导的是一个比较状语从句。

参考译文

饮料及其对健康的影响

夏天,从棒球场或网球俱乐部回到家或上餐馆时,那种大量、清凉、解渴的食品该是最令人渴求的了。而那将是什么呢?除了含碳酸气的软饮料外,从止渴、营养与健康角度考虑,还有优缺点各异的选择:它们是冰咖啡(普通的或去咖啡因的)、冰茶(普通茶或药草茶)、果汁、水果饮料、牛奶、啤酒、冰镇果酒、矿泉水以及瓶装水或自来水等等。

在超级市场与熟食店里,饮料越来越多地占去货架与冷冻食品柜的大部分位置。它们装在瓶子、罐头与纸盒内出售,有的需加冷冻,有的则经过消毒或巴氏灭菌法。它们也制成干粉、晶体或冰冻浓缩物出售,待饮用时再兑凉。选择饮料要考虑下面几点:

1. 能解渴吗?

一些流行的饮料不能满足人体补充水分的需要。像果汁与加糖饮料那样的饮料能湿润干渴的嗓子,可它们的含糖量却足以增加而不是减少人体对水分的需要。

牛奶和用奶制品做的饮料中,蛋白质、糖分(包括乳糖)以及脂肪的含量过高,不能解渴,它们实际是食品而不能算饮料。

那些含有咖啡因或酒精的饮料是利尿剂,它们使人体失去的水分超过了它们所供给的水分,所以根本就不能指望它们来满足人体每天需要的6至8杯水的理想摄入量。

所谓运动饮料如加多力能较好地补充人体水分,但是多数运动医学专家介绍,为了得到最佳效果,即使这类饮料也要冲淡,一份饮料要兑一份或两份水。果汁也一样,在按其自然浓度的二分之一到四分之一饮用时,它们能更好地解渴。只要不过多加糖,无酒精的啤酒、无咖啡因的咖啡、茶与药草茶都能算做解渴佳品。

当然,最好的还是水——净水或者掺些柠檬或酸橙原汁的水。矿

泉水(纯净的或加香料的,不含气的或含气起泡的)也很好,瓶装水亦然。

一种简易的分辨体内水分是否足够的方法 是查看小便的颜色。如果没有吃过肝脏、胡萝卜或甜菜之类加重颜色的食物,小便应该是淡黄色的;小便颜色越深,就说明它越浓,也就是说人体 需要更多的水分来补充以减轻肾脏的负担。

2. 含多少卡(路里)热量?

每当狂饮饮料以解渴时,容易忽视摄入的热量会很快增加起来。净水和加香料的矿泉水不含卡(路里)热量,去糖的减肥饮料几乎不含什么卡(路里)热量。咖啡、茶或药草茶如不加糖或奶油也不含卡(路里)热量。

但是,8盎司的加多力热含量为40卡;蕃茄汁50卡;葡萄柚汁102卡;橙汁112卡;苹果汁112卡;葡萄汁128卡;越橘混合果汁147卡;一杯全乳含有165卡热量,而牛奶冰淇淋含250到300卡热量,不过8盎司撇去乳脂的牛奶大约只含35卡热量。

酒精饮料含有热量,这是自不待言的事实。酒精和未发酵的糖都提供热量。美国产的啤酒8盎司约含100卡(请记住,通常一份是12盎司,有150卡热量)。淡啤酒每8盎司含热量60到100卡,每听90到150卡。冷饮果酒可能是经加工的饮料中含热量最多的,每8盎司约有150卡,而12盎司一份的则有200到220卡。

如果你担心摄入毫无营养的热量(即没有补偿性营养价值的糖),就请选取不加糖的纯果汁,而不要选取果汁饮料。后者可能只含10%的真正果汁,其余是加香味的糖水。大多数果酒也添加了糖。

3. 有益于健康吗?

或许这是最难解答的问题,因为很多饮料,包括自来水在内,对健康既有利也有潜在的危险。

例如,酒精就会使患癌的危险增加。然而,若适量饮酒(每天喝一、二杯),又有助于防止心脏病。

茶叶里的丹宁也可能致癌,有些研究表明,丹宁摄入体内极易引发食道癌。不过有些茶叶还是比较安全的。

中国产的地道的茶，其丹宁含量很低。牛乳加入茶中可抑制丹宁并防止丹宁被人体吸收（不过，大多数非乳制替代品不会起这样的作用）。任何舌感不纯的茶的丹宁含量都很高，每杯这样的茶应该用1盎司牛乳或奶油来稀释。

如果做冰镇茶，把一般浓度的茶倒入刨好的冰上，正在溶化的冰会降低丹宁的含量。

有些专家认为，喝咖啡更好一些。人们所说的许多咖啡与咖啡因对健康的危害性并没有被精心安排的研究所证实。适量的咖啡因（每天两杯煮好的咖啡）看来不会引起癌症，甚至可能有助于防癌。

从未证实咖啡因能引起乳房良性肿瘤、乳腺癌或心脏病等疾病，而且咖啡因也不会提高胆固醇含量。然而，心脏病患者对饮用含有咖啡因的饮料加以限制是明智的（咖啡因可能会引起心搏加快或不规律），而那些胃溃疡患者应避免饮用任何种类的咖啡，因为不论含不含咖啡因的咖啡都会引起胃酸的释放。

参加比赛的运动员都知道，饮用适量的咖啡因能增进耐力、提高灵敏性以及改善反应时间。然而，大量的咖啡因——对有些人来说只不过每天3到6杯之量——会引起焦躁不安。引起失眠是咖啡因的尽人皆知的副作用，尤其在睡前饮用含咖啡因的饮料，更容易造成失眠。

钠，对敏感的人会引起血压升高。它是某些饮料的一种成份。番茄汁中的钠含量尤多，仅6盎司的番茄汁其钠含量就可超过500毫克，V-8饮料每6盎司的钠含量为620毫克。

在美国许多地区，自来水渗入了数量不等的危害人体健康的物质，其中包括钠、铅（来自旧的自来水管道与接头配件），以及净化时所用的氯与水中的有机物质互相作用而形成的致癌化学物。

如对所供的饮水不放心，可对水加以化验，或者设置一个净化器，也可以买瓶装水，它们大多是经加工器过滤或蒸馏过的自来水。

然而即使情况再糟糕，净水也依然很可能是夏天解渴的最好饮料。不过，不要只凭口渴不渴来决定你喝不喝水，而不渴了就不再喝水。可以断定，当气候暖和时，人体需要更多的水分，喝得稍许过量一点是无

害的。

张义荣 译注 晓明 校

Sugar Is Not the Chief Villain in Weight Gain

A newborn baby wrinkles his little face in patent rejection of a sour taste, but sucks avidly at the sweet. The expression on the face of a baby rat is not so easily measured, but the rat pup, too, goes for the sweet and spurns the sour.

Researchers have demonstrated that a predilection for the lollipop and its ilk is inborn in mammals. It is a survival characteristic, we are told. Milk is full of its own sugar and, in nature, nothing that tastes sweet is toxic.^① Poisonous or unripe berries, as a general rule, taste terrible. On the other hand, most sweet-tasting things contain sugar — energy and nutrition.

No wonder biochemical researchers continue their search for the perfect sweetener.

And yet, for reasons not altogether clear, sugar has acquired a shady and mostly undeserved reputation in recent years. Its scarcity during World War II led to rationing and an attempt on the part of the federal government to play down its usefulness in the diet, but genuine “sugar trashing” became really serious only in the past couple of decades.

Sugar, according to conventional wisdom, especially refined sugar, causes cavities, obesity, hyperactivity, hypoglycemia, anxiety and zits. Also, heart disease and