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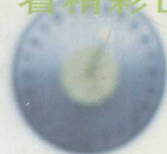


WONDERFUL WORLD  
空中美语世界博览系列丛书

# Health

## 健康

读世界博览  
学地道英语  
看精彩世界



中国出版集团  
东方出版中心

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空中美语世界博览系列丛书

Health

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# fading Memories

—Are You Losing Your Mind?

## 健忘不是病

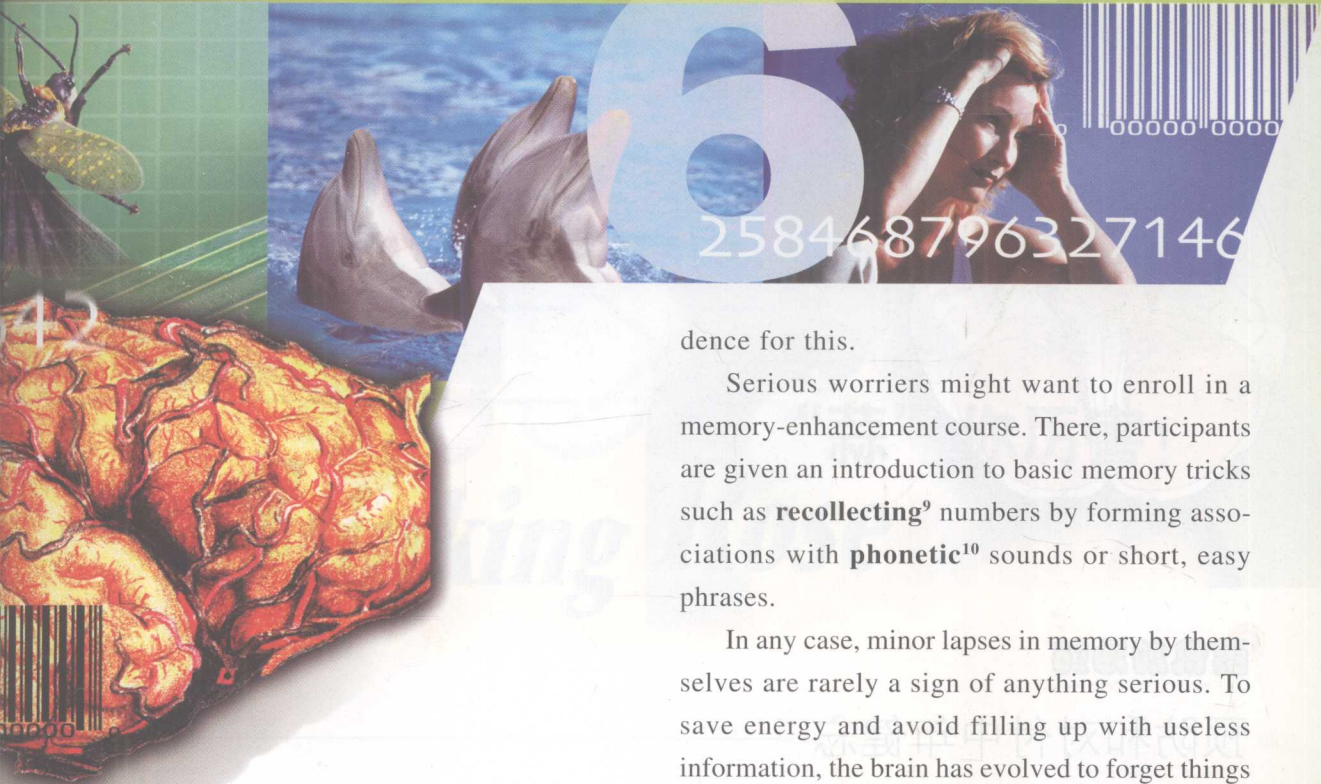
**I**t happens to all of us from time to time. You cannot remember where you put the keys you were holding in your hand just fifteen minutes earlier. You were just introduced to three people, and you forgot their names almost immediately. Such incidents are common to most people, but worrying for some.

Middle-aged people are more likely to look anxiously on these **lapses**<sup>1</sup> in memory as signs of aging and loss of **faculties**<sup>2</sup>. Some fear they are early **symptoms**<sup>3</sup> of Alzheimer's disease, the incurable **affliction**<sup>4</sup> of many elderly people that causes drastic memory loss.

However, scientific research seems to suggest that the slowing down and gradual loss of memory function is not necessarily an **indicator**<sup>5</sup> of **senility**<sup>6</sup>. A lot of time and money have gone into memory studies in recent years. We are learning more and more about how and where memories take shape — the first step in preventing their loss.

The formation of memories seems to involve different parts of the brain working together. One area known to be crucial is the hippocampus, which is named due to its shape after the Latin word for “seahorse.” The hippocampus is located near the bottom of the brain, and is probably where most memories are formed.

Studies on animals have shown that the hippocampus **compiles**<sup>7</sup> a detailed impression of a moment in time by linking different pieces of information. What is not known for certain is whether this part of the brain is the initial site of memory information or just a temporary storage point.



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dence for this.

Serious worriers might want to enroll in a memory-enhancement course. There, participants are given an introduction to basic memory tricks such as **recollecting**<sup>9</sup> numbers by forming associations with **phonetic**<sup>10</sup> sounds or short, easy phrases.

In any case, minor lapses in memory by themselves are rarely a sign of anything serious. To save energy and avoid filling up with useless information, the brain has evolved to forget things as well as remember them. We learn hundreds of new facts, including names, every day. We do not always know if they will be important to us in the future. Forgetting such things is no reason to say, "I'm losing my mind."

People who suffer damage to the hippocampus, especially those with Alzheimer's, lose the ability to **hold on to**<sup>8</sup> new impressions. This results in a reduction in the effectiveness of their short-term memory. Older memories are less affected, however, suggesting that impressions are moved to other parts of the brain for long-term storage.

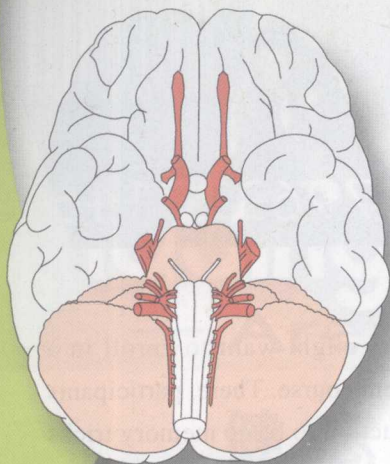
Is there anything that healthy people can do to improve their memory, or at least slow down its decline? There are plenty of books and Websites on the subject. Some people maintain that increased doses of vitamin E, or alternative medicines such as ginkgo biloba, can have the desired effect. There is, however, no scientific evi-

## Vocabulary

1. lapse	[læps]	<i>n.</i>	失误, 过错
2. faculty	['fækəlti]	<i>n.</i>	能力
3. symptom	['sɪmptəm]	<i>n.</i>	症状
4. affliction	[ə'flikʃən]	<i>n.</i>	痛苦, 苦恼
5. indicator	['ɪndikeɪtə]	<i>n.</i>	指标
6. senility	[si'niliti]	<i>n.</i>	高龄, 衰老
7. compile	[kəm'paɪl]	<i>v.</i>	编辑, 汇编
8. hold on to sth.		<i>v. phr.</i>	坚持, 保留
9. recollect	[ˌrekə'lekt]	<i>v.</i>	回忆
10. phonetic	[fəu'netɪk]	<i>adj.</i>	语音的

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## 资讯加油站

### 预防和对付中年健忘

中年人的健忘可分为器质性健忘和功能性健忘两大类。由于产生的原因不同，其采取措施也不会相同：

**1. 器质性健忘** 是由于大脑皮层记忆神经出了毛病，包括脑肿瘤、脑外伤、脑炎等，造成记忆力减退或丧失；某些全身性严重疾病，如内分泌功能障碍、营养不良、慢性中毒等，也会损害大脑造成健忘。同时，随着年龄的增长，大脑本身也会发生一定程度的退行性变化，或者由于脑部动脉逐渐硬化而导致脑功能衰退。这类情况虽不属于病态，但也反应了大脑皮层记忆神经的质量问题。所以，有人也将这种原因引起的健忘归入器质性一类。

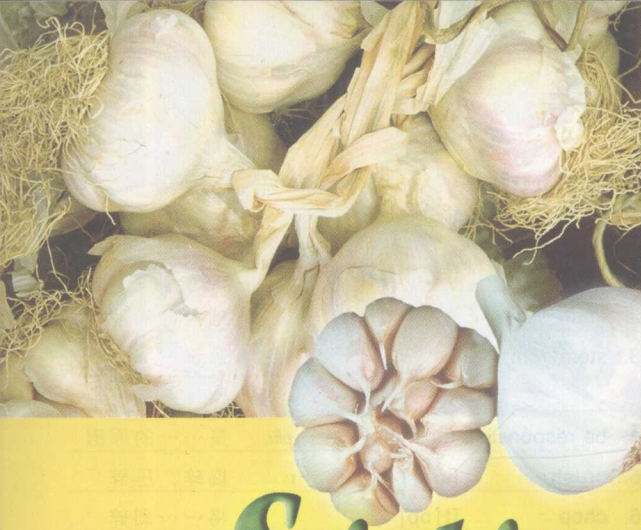
如果是由于疾病引起，应及时治疗，并加强思维和体育锻炼。加强思维活动就是多动脑子，多分析问题，可防止脑子迟钝，使大脑皮层的记忆神经永葆青春；体育锻炼是增强体质、延年益寿的良方，运动可促使全身血液循环活跃，保证大脑有足够的血液供应，有助于记忆。

**2. 功能性健忘** 是指大脑皮层记忆功能出了问题。

人在青少年时代没有家庭负担，若能勤奋好学，刻苦钻研，所有的记忆都会在大脑皮层的特定部位深深扎根，所以记忆力特别旺盛。而到了中年，肩负工作重任，家务劳动繁多，精力往往不易集中，学了东西，记忆在大脑皮层的特定部位常常扎得不深，因而也就记不牢了。对付功能性健忘，有如下几项办法：

- 1、透彻理解学习内容，不要一知半解或囫圇吞枣；
- 2、尽量排除各种外来干扰，学习时注意力集中；
- 3、经常回忆与复习学过的知识，不能学了就束之高阁；
- 4、要循序渐进，避免紧张与急躁；
- 5、注意劳逸结合，保证睡眠，一般连续学习不宜超过1-5小时。

另外，有些人为了增强记忆效果，拼命使用强身补品或补脑药物，也有人想借助烟、酒、浓茶、咖啡来克服健忘，都是不可取的。这样做非但不会有助于记忆，而且对身体健康往往弊多利少。



“蒜”你厉害!

# Stinking Rose

The “stinking rose,” as garlic is sometimes known, has served humankind for thousands of years. It was used by the ancient Egyptians, Chinese and Greeks as a way to stop **infections**<sup>1</sup> and improve circulation. During World War One, doctors who had run out of conventional medicine used garlic juice to treat infections in soldiers’ battle wounds.

A French physician named Louis Pasteur was the first person to use modern science to prove what the ancients knew. While researching antibiotic medicines, he placed a piece of garlic into a container of bacteria. Just as he suspected, the garlic killed the **germs**<sup>2</sup>. More research is needed, but most of today’s scientists agree that garlic’s health benefits **stem from**<sup>3</sup> a mysterious chemi-

cal called **allicin**, which is **also responsible for**<sup>4</sup> garlic’s strong smell and taste. Allicin forms when garlic is **crushed**<sup>5</sup> or cooked, but after coming into contact with air, it breaks down and disappears within a few hours.

Everyone agrees that garlic is healthy, but people who want to maximize its benefits disagree on how to eat it. The most popular method is to add freshly **chopped**<sup>6</sup> garlic to food that has nearly finished cooking; other people prefer garlic pills. Many scientists, however, believe that because allicin is only present in fresh garlic, garlic pills can’t really do much for one’s health. There is one advantage to the pill method, though: “garlic breath” can be avoided!

Some people experience sleeplessness, head-





## Vocabulary

1. infection	[in'fekʃən]	n.	感染, 传染病
2. germ	[dʒə:m]	n.	细菌, 病菌
3. stem from		v. <i>phr.</i>	源于……, 由……造成
4. be responsible for		v. <i>phr.</i>	是……的原因
5. crush	[krʌʃ]	v.	捣碎, 压碎
6. chop	[tʃɒp]	v.	将……剁碎
7. side effect		n.	副作用
8. absorb	[əb'sɔ:b]	v.	吸收
9. mask	[mɑ:sk]	v.	掩盖, 遮掩
10. come up roses		<i>idiom</i>	顺利达成, 开花结果

aches or an upset stomach after eating garlic, but “garlic breath” is the most common **side effect**<sup>7</sup>. This potent odor occurs when allicin is broken down in the stomach, **absorbed**<sup>8</sup> into the lungs, and released from the body through the mouth and skin. Human noses are very sensitive to the smell, but mint or parsley can help **mask**<sup>9</sup> it. The “stinking rose” may not make us smell sweet, but eating garlic can still make our health “**come up roses**<sup>10</sup>!”





## 资讯加油站

### 用脑过度多食葱蒜

大蒜又名胡蒜、独蒜、葫，为百合科植物大蒜的鳞茎。春食苗、夏初食苔、5月食根、秋月收种，在人们日常膳食中占有重要地位。

据报道，新近的研究又发现，常食葱和蒜，能降血脂、降血糖和降血压，甚至可以补脑。

研究者发现，只要把蒜和少许的维生素B1放在一起，即可产生一种叫做“蒜胺”的物质。这种蒜胺的作用，比维生素B1还要强，有益于大脑。而葱含有一种叫“前列腺素A”的成分，若经常食葱，堆积的前列腺素A就会舒张小血管、促进血液循环，从而有助于防治血压升高所导致的头晕。因此，脑力劳动强度过重的人，多食点葱和蒜是最适宜不过了。

科学家经过多年研究后发现，决定大蒜气味的蒜素是一种有毒物质。它不仅可杀死癌细胞，而且可

以杀死引起疾病的细菌细胞，甚至肌体内的健康细胞。幸运的是，对于人体细胞来说，蒜素非常不稳定，一旦食用，立即分解，不会对人体产生什么危害。根据蒜素的这种特性，魏兹曼研究院生物化学系的研究人员创造出了以蒜素为基础的癌症治疗新方法。

其实，没有破损的大蒜头中并不含蒜素，蒜素只是一种生化反应的产物。这种反应发生在蒜瓣里微小、邻近的间隔间的两种物质之间。这两种物质一种是酶，即蒜氨酸酶，另一种是普通的、无活性的化学物质，即蒜氨酸。当蒜瓣受到破坏，如被土壤寄生虫吞咬，或被厨师用为调料时，蒜瓣里的间隔间受到破坏，蒜素被迅速合成出来。因此，科学家认为，如果按照这种方式能够不断地在肿瘤细胞上生产蒜素的话，其高密度的有毒分子就能够杀死肿瘤细胞。

# DON'T LET STRESS

## 当压力来敲门

In ancient times, our human **ancestors**<sup>1</sup> lived far more dangerous lives than we do today. There were saber-toothed tigers to **contend with**<sup>2</sup>, and violent attacks by other humans. To cope with these hardships, people needed to stay constantly alert. Consequently, their bodies developed a physical response to danger that kept them on their toes.

This “fight or flight response” that helped our ancestors survive is still with us. The dangers we face today, however, are different. Challenges like preparing for a test or getting to work on time have replaced the saber-toothed tigers of yesterday. Yet, under these modern pressures, our bodies still instinctively encourage “fight or flight”. Because we can’t fight or run away from our modern problems, however, we experience **stress**<sup>3</sup>.

Stress is the body’s **reaction**<sup>4</sup> to changes in its environment. It can give rise to **anxiety**<sup>5</sup>, sleeping troubles, and physical problems. But stress doesn’t have to be harmful. When managed carefully, it can actually help make us more **productive**<sup>6</sup>.

### Vocabulary

1. ancestor ['ænsɪstə] *n.* 祖先, 祖宗
2. contend with sb./sth. *v. phr.* 对付……, 与……竞争
3. stress [stres] *n.* 压力
4. reaction [ri(:)'ækʃən] *n.* (生理上的反应)
5. anxiety [æŋg'zaiəti] *n.* 忧虑, 不安
6. productive [prə'dʌktɪv] *adj.* 有成效的, 有生产力的

# STRESS YOU OUT



## 资讯加油站

### 练习放松

从一些医学研究中发现，放松能减少压力对身体健康的影响。定期练习放松技巧的人，较少出现焦虑紧张，能抵抗压力，乐观、快乐、自信、有活力。

\* 选择最佳的放松技巧：

1. 超觉静坐
2. 瑜伽
3. 渐进式肌肉放松法
4. 自我暗示放松

5. 深呼吸法

6. 冥想法

7. 想象法（可视化或引导式心想）

\* 健身运动：建立运动强身、有氧强心，以汗水建立信心的有氧运动计划——跑步、游泳、或其他有氧运动。

\* 有规律的生活作息计划，健康的饮食。

\* 五花八门的抗压良方，如：5分钟小运动、音乐、种花养草等。

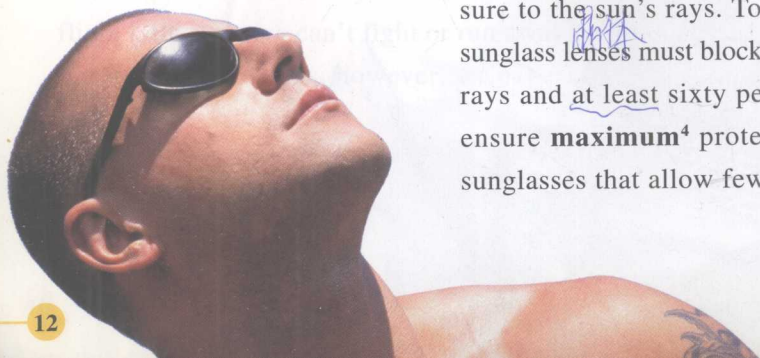


# Surviving the Sun

## 烈日当头，小心灼身！

While most people who worry about **exposure**<sup>1</sup> to the sun apply large amounts of sunscreen to their skin, they forget about one very important part of their body: their eyes. Just like our skin, our eyes can be damaged by the sun's radiation. Research suggests that daily exposure to UV-B radiation may, overtime, cause cataracts, a clouding of the lens of the eye.

While we can't cover our eyeballs with sunscreen, good sunglasses can protect our peepers by **minimizing**<sup>2</sup> exposure to the sun's rays. To provide **sufficient**<sup>3</sup> protection, sunglass lenses must block at least seventy percent of UV-B rays and at least sixty percent of UV-A rays. In fact, to ensure **maximum**<sup>4</sup> protection, eye doctors recommend sunglasses that allow fewer than two percent of environ-





mental UV-A and UV-B rays to reach the eye. With many brands of sunglasses to choose from, and even cheap ones offering good protection, there is no reason to **turn a blind eye**<sup>5</sup> to sun protection.

## Vocabulary

1. exposure	[iks'pəʊʒə]	<i>n.</i>	暴露, 接触
2. minimize	['minimaɪz]	<i>v.</i>	把……减到最低
3. sufficient	[sə'fiʃənt]	<i>adj.</i>	充分的
4. maximum	['mæksɪmə]	<i>adj.</i>	最大的, 最高的
5. turn a blind eye to sth.		<i>idiom</i>	视若无睹



## 皮肤晒伤自我治疗小妙方

1. 如皮肤晒得很红, 但并未起泡, 可用冷湿毛巾、纱布等敷于患处, 或以冷水、脱脂牛奶、醋酸铝、燕麦片、金缕梅溶液来湿敷皮肤, 可防止过痒或皮肤干燥, 并能减轻疼痛; 用布包住冰块, 敷在受伤的皮肤上, 可纾缓疼痛, 但不能将冰块直接接触皮肤。
2. 在洗澡之后涂上滋润皮肤的乳液。但不能抹黄油或人造黄油之类的东西, 以免刺激皮肤。
3. 如果皮肤起泡, 则为严重晒伤, 若范围不大, 可将



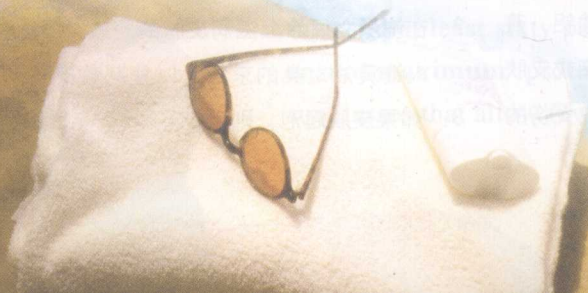


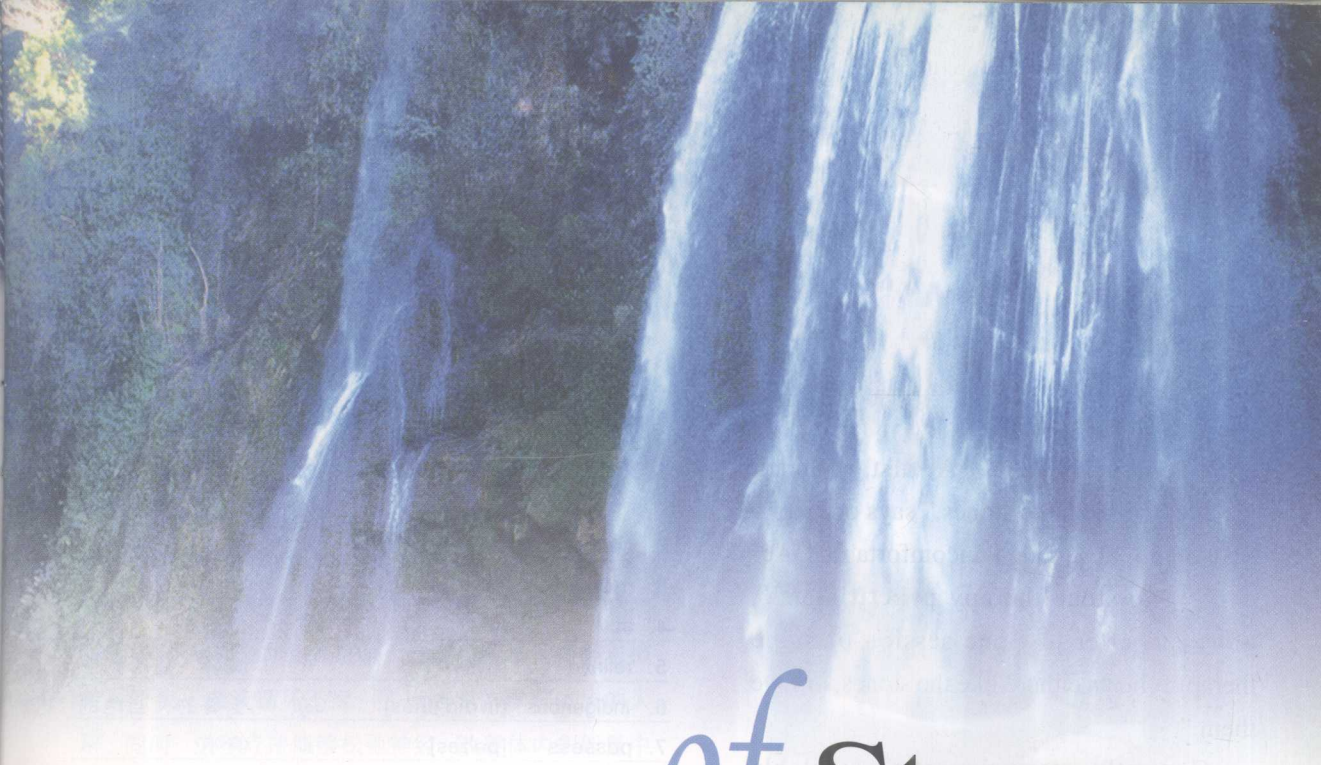
其刺破，但切勿将表皮剥除；若是大面积曝晒起泡，应速去医院治疗，切不可再暴露暴晒过的皮肤。

4. 在烈日下运动、工作时，要戴上宽沿的帽子，不要把皮肤曝晒在阳光下，必要时可涂敷防晒霜。
5. 使用止痛药，如阿司匹林可缓解轻度至中度晒伤的红肿、痒痛。
6. 预防晒伤可在皮肤泛红前，服用阿司匹林。
7. 使用温和的香皂，并彻底地冲洗干净。

8. 使用新鲜芦荟，直接涂在患处，可帮助伤口复原，但应先测试是否有过敏反应。

9. 多喝水。
10. 饮食均衡，且应清淡。
11. 若腿被晒伤，且脚呈现浮肿，最好将腿抬到高于心脏的位置，可减少不适感。
12. 睡眠充足。可在床上洒上爽身粉，以减少床与皮肤的摩擦。
13. 晒伤的皮肤要3至6个月后才能恢复正常，因此不要在短期内再暴晒在阳光下。
14. 出门前要擦防晒油，即使阴天亦然，游泳或大量流汗后要记得补擦。





# The Secret Strength *of* Stones

## 点“石”成金的神秘疗法

In 1993, while sitting in a hot spring, Mary Hannigan felt a strong urge to make use of two nearby stones. Without thinking, she picked up the stones and began massaging her niece's back with them. The stones seemed to have a relaxing effect, and the latest trend in massage treatment, stone **therapy**<sup>1</sup>, was born.

Practitioners of stone therapy place a variety of smooth stones — some hot and some cold — beneath and on top of their **clients**<sup>2</sup> bodies. Heated stones provide the hot part of the treatment, while iced **marble**<sup>3</sup> stones provide the cold. The massage therapist then uses the stones to massage different parts of the body.

Those who have tried this treatment believe that the alternating sensations of hot and cold can relax **stiff**<sup>4</sup> muscles, **relieve**<sup>5</sup> pain, and help damaged body parts repair themselves. Some even claim that the stones provide the body with strength and help to release emotional stress and reduce anger.

People from some **indigenous**<sup>6</sup> societies believe that stones **possess**<sup>7</sup> great spiritual power, and are useful as a way to balance the body, mind, and soul. Indeed, many people who have tried stone therapy report that during a **session**<sup>8</sup>, they experience deep feelings of relaxation, health, and well-being. The re-energizing effect of stone



therapy is also said to last days longer than that of other forms of massage.

Those who have never tried stone therapy often doubt its benefits. "At first, my main fear was lying on the stones," says one satisfied client. "It sounded uncomfortable." According to stone therapy **practitioners**<sup>9</sup>, however, after just one session of stone therapy, clients either "like the stones, or love them."

Currently, stone therapy is available throughout the United States, and interest in this treatment is growing. Practitioners hope that, **before long**<sup>10</sup>, people from all over the world will be able to experience the benefits of this unique form of massage.

## Vocabulary

1. therapy	['θerəpi]	n.	治疗法 ("治疗师"为 therapist)
2. client	['klaɪənt]	n.	顾客, 当事人
3. marble	['mɑ:bl]	n.	大理石
4. stiff	[stɪf]	adj.	僵硬的
5. relieve	['ri:li:v]	v.	减轻 (痛苦)
6. indigenous	[ɪn'dɪdʒɪnəs]	adj.	土著的, 当地的
7. possess	[pə'zɛs]	v.	具有
8. session	['seʃən]	n.	一阶段 (活动), 一段时间
9. practitioner	[præk'tɪʃənə]	n.	从业人员
10. before long		prep. phr.	不久

## 资讯加油站

### 热石三部曲

正统的热石能量疗法必须经过选石、养石、练石三道程序。所谓选石, 是经过专家测定, 精心挑选出外表圆润饱满、表面平滑、色泽均匀的由沉积火山活动而形成的玄武岩石。所谓养石, 则是把选来的矿石置于专门的仪器中3个月左右, 每天滴以纯正的植物精油分阶段“喂养”, 使精油精华渗入石头中, 慢慢能够独立地散发自然的幽香。最后的练石, 就是利用几个月的时间, 让这些石头逡巡于使用者的手指间、掌心中, 让精油和人体分泌出的油脂进一步润泽石头, 同时因人手的接触而让其充满了能量, 形成一块真正可以为女性们服务的热石。