

科学就是力量

知识就是财富

Health

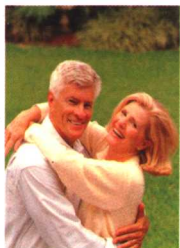
健康卷

双语 十万个为什么

BILINGUAL SO MANY WHY



► 主编 / 谢志敏 ◀



- Why can shortage of sleeping affect health?
- 为什么睡眠不足会影响健康?
- Why do teenagers have many problems?
- 为什么电视少年...
- Why do we have to ease stress?
- 为什么要学会减轻压力
- Why to train the body?
- 为什么要锻炼身体?
- Why would our eyes be tired?
- 为什么人的眼睛会疲劳?

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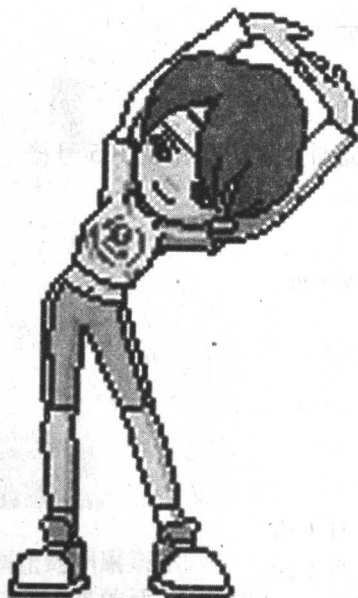
双语

十万个为什么

DOUBLE LANGUAGE
SO MANY WHY

健康

□主编 / 谢志敏



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Why Can Shortage of Sleeping Affect Health

为什么睡眠不足会影响健康?

Not getting enough sleep can harm^① your mood, memory, ability to learn and concentrate, and job performance^②. And it can shorten your



life. It can even kill you and others if you fall asleep while driving or operating machinery.

睡眠不足会破坏情绪、损害记忆、降低学习能力、分散注意力、影响工作。更有甚者,会缩短你的

生命。如果你在开车或操作机器时睡着了,就可能毁了自己和他人的性命。

Insufficient sleep raises cortisol (a stress hormone) and blood sugar levels but lowers thyroid^③ hormone, contributing to a sluggish metabolism. Too much cortisol^④ can hurt how the brain works. These changes are also found in the aging process.

睡眠不足会增加体内皮脂醇(一种令精神紧张的激素)和血糖的含量,同时却





降低了甲状腺素的分泌,造成体内新陈代谢趋缓。过多的皮脂醇会损害大脑功能。人体的衰老过程中也能发现这些变化。



关键词注解:

- ① harm *vt.* 伤害,损害
n. 伤害,损害
- ② performance *n.* 表现;能力;表演
- ③ thyroid *n.* 甲状腺,甲状软骨
thyroid hormone 甲状腺激素
- ④ cortisol *n.* 皮质,氢化可的松



Why Do People Depend on Medicines Now

为什么人们现在依赖药物?

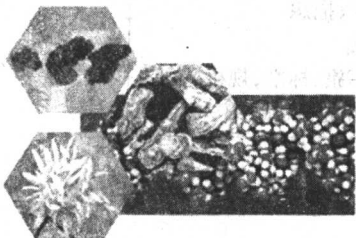
It used to be that people took medicine to stop feeling sick. These days, an increasing number of people take handfuls of pills as part of daily life. The biggest sellers are drugs to treat high cholesterol, heartburn, and depression^①, but drug companies are constantly searching for new medicines to address^② any conceivable^③ human complaint^④.



从前人们服药是为了消除不适。现在,越来越多的人把吃一堆药丸当做日常生活的一部分。卖得最好的是治疗高胆固醇、胃灼热和忧郁症的药,但是制药厂商仍不断地在寻找新药,来治疗可以想到的任何人类病症。

The drug industry did over \$300 billion in business last year. Nearly half of those drugs were consumed by Americans, by far the world's leading pill-poppers. In fact, Americans take so many pills that re-

searchers are starting to worry about potential effects on the environment. After all, what goes in must come out, and those drugs are ending up in rivers and the soil. What effect will all those drugs that treat baldness, impotency^⑤ and depres-





sion have on fish eggs and apple seeds? Nobody knows.

药品产业去年营业额超过 3,000 亿美元,其中将近一半药物是



美国人消耗掉的,他们显然是领先全球的药罐子。

事实上,美国人吃了这么多药,研究人员开始担心对环境的潜在影响。毕竟,吃进去的东西一定会排出来,那些药最后都进了河流和土壤中。那些治

疗秃头、阳痿和忧郁症的药,会对鱼卵和苹果种子有什么影响呢?没有人知道。

Anti-depressants have become standard^⑥ treatment for children as young as five, and some critics are worried that normal human feelings like shyness are being treated as forms of mental illness to be cured with a pill.

抗忧郁药物已经成为小至 5 岁儿童的标准治疗法,有评论家担心,正常的人类感受,例如害羞,已经被当做一种精神疾病,需要用药物来治疗。

关键词注解:

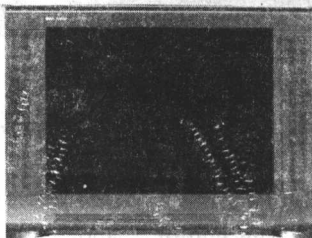
- ① depression *n.* 忧郁症
- ② address *v.* 处理;应付
- ③ conceivable *adj.* 想得到的;可想像的
- ④ complaint *n.* 病症;抱怨
- ⑤ impotency *n.* 阳痿
- ⑥ standard *n.* 旗,军旗,标准,规格,本位
adj. 标准的,权威的,第一流的



Why Do Television Children Have Many Problems

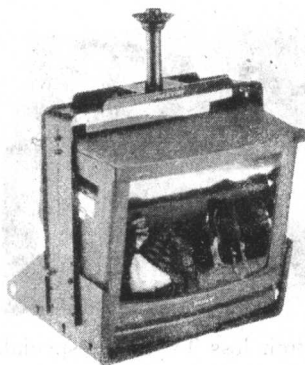
为什么电视少年问题多？

Everybody needs to take breaks sometimes, and watching TV may be the way most people do it. At the end of a long day, many students are happy to simply vegout^① in front of the TV. Many parents consider television to be the best babysitter^②, because mothers need to take breaks, too. But for years people have said that too much TV is bad for us.



大家偶尔都需要休息一下,看电视可能是多数人休息的方式。经过了漫长的一天后,许多学生都很喜欢坐在电视前发呆。很多父母将电视当做最佳的临时保姆,因为妈妈也需要喘口气。但多年来大家都说,看电视太多对我们并不好。

Now, there's evidence to back that up. A recent study has shown that TV may be worse for young children than was previously assumed^③, shortening attention spans^④ and increasing aggression^⑤. Not surprisingly, it has also been linked with obesity^⑥.

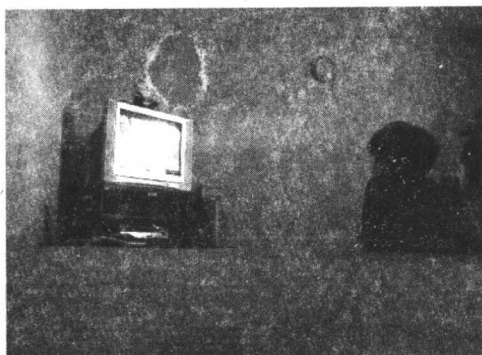


现在有了证据可以支持这个论点。最近的一项研究显示,如果你的小孩先前就被认为注意力集中的时间过短,而且越来越具有攻击性,那么电视可能对他们更不好。看电视也跟过度肥胖有



关,这也不足为怪。

Parents who want their children to do well in school may be most



alarmed with the findings on short attention spans, known as Attention Deficit^⑦ Disorder^⑧, or ADD.

The symptoms include difficulty in concentrating^⑨, restlessness^⑩, and being easily confused. An ADD child's schoolwork is likely to suffer.

希望孩子们在学校有好表现的父母,一旦发现孩子注意力集中时间过短,也许会感到极其不安,这种问题又称为多动症或简称ADD。症状包括不容易集中注意力、躁动,以及很容易觉得困惑。多动儿童的学校功课很可能会受到影响。

The culprit^⑪, apparently, is the fast-moving images that TV provides. These may “program” a small child's developing brain, perhaps permanently. If this is the case, then even fastpaced educational shows can be damaging.

罪魁祸首显然是电视的快速移动画面,这些可能会“程序化”儿童正在发展的大脑,也许会有永久性的影响。如果真是如此,甚至节奏快的教育性节目可能也有害。

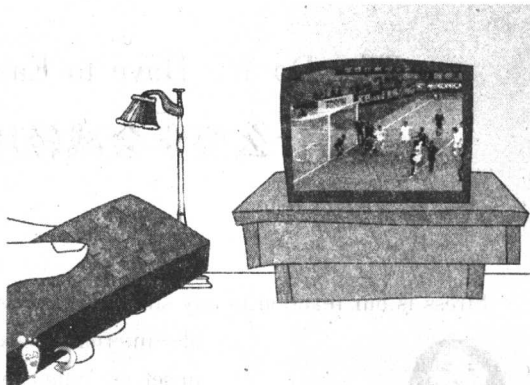
The good news, however, is that children are watching less TV. Viewing hours are down in the last five years, according to another study. This may have to do with better-educated parents: in general, parents with higher educations allow their children less TV time, especially





those with pre-school children. Such young children are at the highest risk for TV-related developmental¹² problems.

不过也有好消息,那就是孩子们看电视的时间比较少了。根据另一项研究显示,过去五年中看电视的时间减少了。这可能跟受教育程度较高的父母有关:一般而言,受教育程度较高的父母,特别是学龄前儿童的父母,让小孩看电视的时间越短。出现与电视有关的身心发展问题,这样小的孩子风险最高。



Truly, there are some excellent programs that can teach you a lot. But the best way to get that information may be the old-fashioned way—from a book.

没错,有些很好的节目是可以教你很多东西。但得到这些信息的最佳之道可能还是老办法——看书。

关键词注解:

- ① vegout *phr.* 发呆(放轻松,心里什么都想)
- ② babysitter *n.* 临时保姆
- ③ assume *v.* 认为;假定
- ④ attention span *phr.* 专注力(注意力集中的时间长度)
- ⑤ aggression *n.* 攻击;侵略
- ⑥ obesity *n.* 过度肥胖
- ⑦ deficit *n.* 不足
- ⑧ disorder *n.* 失调;疾病
- ⑨ concentrate *v.* 专注;集中注意力
- ⑩ restlessness *n.* 躁动
- ⑪ culprit *n.* 罪魁祸首;罪犯
- ⑫ developmental *adj.* 身心发展上的



Why Do We Have to Ease Stress

为什么要学会减轻压力?



Stress is our reaction to any stimulus^① (physical, mental, or emotional—internal or external), which tends to upset us. When the reactions are inappropriate, they can lead to health problems. The diseases most often connected to a stressful environment are heart disease, high blood pressure and cancer.

压力是我们对所有刺激做出的反应(身体的、精神的或者情感上的——内部或外部的),它会使我们感到心烦意乱。当反应不适当时,它们可以引起健康方面的问题。经常处于压力环境

中会使人患上下列疾病:心脏病、高血压和癌症等。

Additionally, doctors are seeing increasing incidents of stress as being connected to other conditions such as asthma^②, allergies, migraines, ulcers, owel and skin problems. In fact, 75-90% of all visits to the doctor are related to stress.

除此之外,医生现在看到日益增加的与其它环境因素相

New Idea 1

随时随地去滑雪





联系的压力所造成的症状,如哮喘、敏感症、偏头疼、溃疡、内脏和皮肤疾病等。事实上,75~90%去找医生看病的人其病症都与压力有关。

To deal with stress^③ effectively, identify your sources of stress, either within yourself or your environment, and then plan strategies for coping.

为了有效消除压力,就要识别出压力的来源,无论它们是来源于你自身还是周围环境,然后去计划处理方略。

关键词注解:

- ① stimulus *n.* 刺激物,促进因素,刺激,刺激
- ② asthma *n.* [医]哮喘
- ③ stress *n.* 重压,逼迫,压力,重点
vt. 着重,强调,重读



Why Would We Perspire

我们为什么出汗？



People used to say that horses sweat^①, men perspire^②, and Ladies glow^③. Now that most of us live a healthy lifestyle which includes exercise, we all sweat! The main reason why our bodies produce sweat is to help us cool down. As you exercise or sit in the hot sun, your body temperature rises and your sweat glands^④ get to work passing liquid through your skin. When your sticky sweat evaporates^⑤, it cools your skin and helps your body stay at a healthy temperature.

人们常说马出汗，男人流汗，女人发

热。既然我们大多数人都以健康的生活方式生活着，其中也包括锻炼，那我们都会出汗。人体出汗主要是要帮身体降温。在运动或坐在烈日下的时候，人们的体温会升高，这时汗腺就会开始工作，将液体透过皮肤排出来。这粘稠的汗液蒸发时能使皮肤凉爽下来，从而使我们的体温保持正常。

You may think that the sweatiest people at the gym are the ones who are out of shape^⑥. In fact the better shape you are in,

