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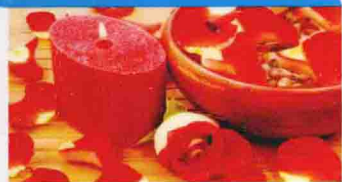


主编 灵子

黑龙江科学技术出版社

学英文知天下

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**The New Discovery of Beauty**

## Sunscreen Need to Be Used Correctly

## 防晒霜需要正确使用

Sunscreen may do more harm than good if it is not used properly, researchers warn. Once it **soaks**<sup>1</sup> into the skin it can react with sunlight to cause damage below the surface.

**Filters**<sup>2</sup> contained in sunscreen that keep out ultraviolet (UV) radiation can generate harmful compounds that attack skin cells, says a new study.

It is the first time that filters in sunscreen have been found to act in this way, according to researchers at the University of California, Riverside.

But it can be prevented by continually applying new layers of sunscreen to stop sunlight penetrating into the skin.

Experts are also urging sunscreen makers to develop new creams that do not soak so deep into the skin.

Dr Kerry Hanson, a senior research scientist in the university's department of chemistry, said the problem occurs when sunscreen gets below the surface of the epidermis, the **outermost**<sup>3</sup> layer of skin.

Dr Hanson said "Sunscreens do an excellent job protecting against sunburn when used correctly." This means using a sunscreen with a high sun protection factor and applying it uniformly on the skin.

"Our data show, however, that if coverage at the skin surface is low, the UV filters in sunscreens that have penetrated into the **epidermis**<sup>4</sup> can potentially do more harm than good.

"More advanced sunscreens that ensure that the UV filters stay on the skin surface are needed."

The latest findings come after a warning by British scientists that rubbing in sunscreen can dramatically reduce its effectiveness.

They said this fails to stop dangerous UVA radiation from the sun penetrating into the skin where it can damage cells and cause cancer.

Rubbing sunscreen into the skin is effectively the same as having no cream at all, researchers say.

The only way to stop this is by applying a thick “buttery” layer of sunscreen. The new study is different in that it says the cream actively combines with the radiation to damage skin.

But the advice is essentially the same — keep on applying sunscreen so that there is a layer on top of the skin.

The latest study, soon to be published in the journal of *Free Radical Biology & Medicine*, investigated the production of harmful reactive oxygen species (ROS) by the use of sunscreens.

ROS is naturally produced in the body by exposure to UV rays, leading to skin damage and visible signs of ageing.

But three UV filters which are widely used in sunscreens actually generate ROS in skin themselves when exposed to ultraviolet radiation — adding to the natural level.

But the researchers found extra ROS are generated only when the UV filters have penetrated into the skin and, at the same time, sunscreen has not been reapplied to prevent ultraviolet radiation from reaching these filters.

The research used skin tissue in the laboratory to test the effect of sunscreen penetration on ROS levels in the deep epidermis.

Images taken before and after exposure to UV radiation showed ROS generation in the skin increased after sunscreen penetration.

British experts said the damaging effect of sunscreen was likely to be low and when used correctly the benefits outweighed any risk.

Professor John Hawk, dermatologist for the British Skin Foundation, said “It seems possible that penetration of sunscreen filters into the skin might slightly increase sunlight induced damage, if no further sunscreen is applied and the skin is exposed to UV light.

“But we already warn against not re-applying sunscreen regularly, since ordinary sun damage would be occurring.

“High factor sunscreens can be considered safe and effective if re-applied frequently. If not reapplied, there might be a slight increase in the damage outlined in the study but it is not likely to be significant.”



### 参考词

1. soak [səʊk] *vt.&vi.* 浸泡, 浸透, 渗透, 湿透
2. filter ['fɪltə(r)] *n.* 滤波器; 滤光器; 滤色镜; [化] 过滤器
3. outermost ['aʊtə,məʊst] *adj.* 最外面的, 离中心最远的
4. epidermis [ˌepɪ'dɜːmɪs] *n.* 表皮

研究人员警告大众,防晒霜如果使用不当,对皮肤造成的伤害会大于益处。一旦防晒霜渗入皮肤里,能够与阳光产生化合作用,在皮肤表层之下产生有害物质。

一项新的研究表明,防晒霜中含有的阻挡紫外线辐射的滤光物质,也能产生对皮肤细胞造成伤害的有害化合物。

据美国加州大学河滨分校的研究人员称,这是首次发现防晒霜中的滤光物质有这种副作用。

但只要持续不断地一层层涂抹防晒霜,阻止阳光穿透皮肤,就可以防止这种副作用。

专家也强烈要求防晒霜生产厂家研制不会渗入皮肤太深的新品乳霜。

该校化学系的高级研究员克里·汉森博士说,当防晒霜渗透至表皮(皮肤的最外层)下面时,就会出现这样的问题。

汉森博士说:“只有正确地使用防晒霜,才能使其对皮肤起到绝佳的保护作用,防止皮肤被晒伤。”这意味着应该选择高防晒指数的防晒霜,并且使用时要将其均匀地涂抹在皮肤上。

“然而,我们的研究数据表明,如果皮肤表面防晒霜涂抹得不够,那么,防晒霜中的紫外线过滤物质渗透进表皮之后,和它对皮肤的益处相比,会产生更多潜在的危害。

“我们需要的是更多能够确保紫外线过滤物质停留在皮肤表面的高档防晒霜。”

英国科学家的最新研究发现也提出了一个警告:用力涂抹防晒霜反而会降低它的功效。

他们说,这种做法不能阻止阳光中的紫外线辐射穿透皮肤,从而使皮肤细胞受



到伤害,严重者能导致皮肤癌。

研究人员说,用力在皮肤上涂抹防晒霜,与完全不抹防晒霜的效果一样。

唯一能防止这种伤害的方法,是将防晒霜涂得像黄油层一样厚。新的研究结果认为,防晒霜能够积极地与紫外线合作,对皮肤造成伤害。

不过,美英两国研究人员给出的主要建议是一样的——不停地涂抹防晒霜,以使其在皮肤表面达到一定的厚度。

即将发表在《自由基生物学与医学》杂志上的最新研究报告中,对使用防晒霜能够产生的有害的活性氧化粒子进行了研究。

人体暴露在紫外线下时,会自然产生活性氧化粒子,它会对皮肤造成伤害,并能产生明显的黑斑。

当3种广泛应用于防晒霜中的紫外线过滤物质暴露在紫外线下时,它们本身就能产生活性氧化粒子——甚至比正常情况下还要严重。

然而,研究者发现,只有当紫外线过滤物质渗透到皮肤里,同时又没有涂抹足够的防晒霜来阻止紫外线接触到这些物质时,才会产生额外的活性氧化粒子。

这项研究是在实验室里、使用面巾纸来测试防晒霜渗透到表皮深层中的活性氧化粒子层所起的反应。

暴露于紫外线前后所拍摄的图像对比表明,防晒霜渗透入皮肤后,皮肤里产生的活性氧化粒子有所增加。

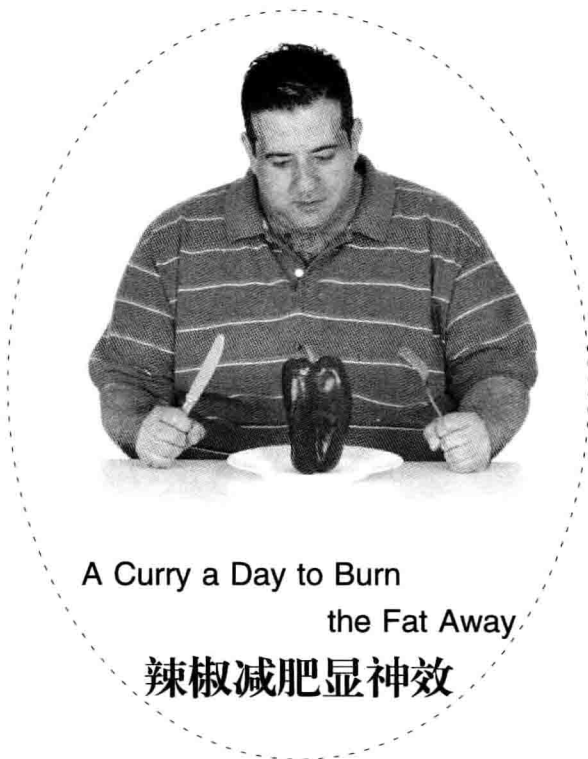
英国专家称,防晒霜的伤害作用可能会很小,而且正确使用时,将不会有任何危害。

英国护肤基金会的皮肤专家约翰·霍克教授说:“如果不进一步使用防晒霜,且把皮肤暴露在紫外线之下,防晒霜中的紫外线过滤物质对皮肤的渗透很可能会加强阳光对皮肤的伤害程度。

“但我们已经对那些不经常重复涂抹防晒霜的人提出了警告,因为正常的阳光也会伤害皮肤。

“一般来说,经常重复涂抹高防晒指数的防晒霜,会是非常安全、有效的。研究表明,如果不重复涂抹,可能会略微增大皮肤的受损程度,但影响并不是很大。”





## A Curry a Day to Burn the Fat Away

## 辣椒减肥显神效

**Chillies<sup>1</sup>** could be a magic ingredient in the fight against flab.

Research shows that **capsaicin<sup>2</sup>**, the **compound<sup>3</sup>** which gives the **peppers<sup>4</sup>** their zing, makes fat cells self-destruct.

In laboratory experiments, the effect occurred at levels of chilli that would be found in the stomach of someone who ate one or two curries a day.

Chilli is already thought to speed up **metabolism<sup>5</sup>**, aiding weight loss. The results, reported in the *Journal of Agricultural and Food Chemistry*, add to a weight of evidence on the health benefits of capsaicin. Studies have shown it can cause prostate and pancreatic cancer cells to kill themselves. It also helps prevent and heal stomach ulcers. This is because it blocks acid production, stimulates alkali and improves blood flow in stomach tissue.

Experts claim that other research shows that gastric ulcers are three times less common in countries where large numbers of chillies are eaten.

In addition to all this, chillies have anti-inflammatory properties and scientists hope to use capsaicin to create a pill to treat swelling in arthritis sufferers.

### 参考词

1. chillies [tʃɪlɪz] *n.* 辣椒, 干辣椒, 辣椒粉( chilli 的名词复数 )
2. capsaicin [kæp'seɪsɪn] *n.* 辣椒素, 辣椒苦
3. compound ['kɒmpaʊnd] *n.* 场地; 复合物; (筑有围墙的) 院子; 复合词
4. pepper ['pepə(r)] *n.* 胡椒; 辣椒; 胡椒粉
5. metabolism [mə'tæbəlaɪzəm] *n.* 新陈代谢; 代谢作用

红辣椒对于消除体内脂肪具有神奇的功效。

研究人员发现, 辣椒素——使辣椒产生刺激味道的重要元素, 可以使人体内的脂肪自我毁灭。

实验表明, 每天食用一到两份含有红辣椒的菜肴能够起到这一作用。

此前有一项研究显示, 红辣椒可以加速新陈代谢, 起到减肥的功效。发表在《农业与食品化学》杂志上的最新研究结果进一步证明, 辣椒素对健康有极大的益处。辣椒素可以使前列腺癌和胰腺癌的癌细胞自我毁灭, 除此以外, 它还能够预防和治疗胃溃疡。辣椒之所以有如此神奇的功效, 主要是由于辣椒素能够抑制体内酸性物质的生成、促进碱性物质的分泌, 还能够加快胃部组织的血液循环。

专家们指出, 有研究结果显示, 在喜欢食用辣椒的国家里, 胃溃疡的发病率要比其他国家低三成。

除此之外, 红辣椒中还含有消炎物质, 科学家们希望能够利用辣椒素来研发一种可以治疗关节红肿的药物。

### 脑筋急转弯

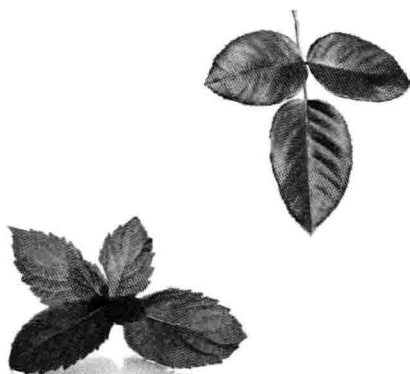
#### 怎样才能让梦游者不梦游呢?

Q: How do you stop a sleepwalker from walking in his sleep?

A: Keep him awake.

怎样才能让梦游者(sleepwalker)不梦游(Walk in his sleep)呢? 最简单的方法就是不让他睡觉。虽然这不是治疗方法, 但如果让梦游者醒着, 他的确就不会去梦游了。





## Put a Muzzle on Your Bad Breath 如何保持口气清新

Some simple measures can help put a muzzle on bad breath, according to an article in the June issue of the *Mayo Clinic Health Letter*.

Bad breath can be caused by food particles in the mouth, dry mouth, or a health problem. Mayo experts offer these tips to help prevent it:

Brush your teeth or use mouthwash after you eat. Brushing is the more effective of the two. If you use mouthwash, make sure you swish it around in your mouth for 30 seconds before you spit it out.

Floss your teeth at least once a day in order to remove decaying food.

When brushing your teeth, brush the back of your tongue, too, or scrape it with a tongue scraper.

Drink water to keep your mouth moist. When your mouth gets dry, there isn't enough **saliva**<sup>1</sup> to wash away dead cells. You can also chew sugarless gum or suck on sugarless hard candy to help stimulate saliva production.

Don't eat foods — such as onions and garlic — that encourage bad breath. These foods contain oils that are transferred to the lungs and exhaled.

If you have dentures, clean them daily to get rid of food particles and bacteria.

If these simple measures don't improve your bad breath, see your doctor or dentist. Persistent bad breath may be a sign of periodontal disease, an abscessed tooth, chronic sinusitis, postnasal drip, chronic bronchitis, certain kinds of **oesophageal**<sup>2</sup> problems, and other health conditions.