

◎ 张 彦 主编

化读英语看世界

- 科技趣闻篇

本册主编 龙 璐 金晓琳 王 折江大学出版社

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本册主编 龙 璐 金晓琳 王 霞参 编 孙艳艳 胡燕娜 余雅萍 胡六月



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"悦读英语看世界"这套丛书共有三册,分别为:

《悦读英语看世界——时尚潮流篇》

《悦读英语看世界——社会文化篇》

《悦读英语看世界——科技趣闻篇》

本册为《悦读英语看世界——科技趣闻篇》。当今的时代是一个信息时代,知识更新越来越快。天地之大,科学知识之广博,是我们取之不尽的智慧源泉。因此,我们应该不断更新自己的知识,才能适应时代的发展和科技的进步,同时也为自己的生活增加知识性和趣味性,不断扩大视野,激发求知欲。

该书具有如下几大特色:

- 二是语言鲜活。该书的材料精选于最新的英文报刊书籍或网页,语言 地道鲜活,可模仿性强。
- 三是可读性餐。所选 99 篇文章篇幅短小,不乏妙趣。文章多以大家 喜闻乐见的方式娓娓讲述自然的令人着迷之处和科学创造的伟大奇迹,将 原本枯燥乏味的知识变成了生动有趣的学习。虽然也会有枯燥的地理名词 或科技词汇,但是作者尽量用普通读者都能接受的最通俗的语言来描述这

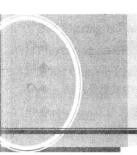
些科普知识。

四是輔助力程。除选文外,本书还有"咬词嚼句"、"小品隽永"和"译文 show"三个板块,尤其是"小品隽永",其短小精悍的点评与赏析不仅有助于对文章的理解,更有助于对"美"的欣赏。这是本套丛书区别于其他所有同类图书的亮点。因此,本丛书是大学生迅速提高英语水平、欣赏英美文章、提升自我修养的极好的辅助材料,是英语自学者的良师益友,也是英语研究工作者的良好指南。

由于原文作者无法——联络,谨在此向所有作者表示衷心感谢,感谢 他们优美的文字和真诚的奉献。同时,还特别感谢张梦井教授,从文本的 选择到体例的安排,他都给予了精心、细致的指导。

由于时间仓促及编者水平所限,书中不足之处在所难免,敬请广大读者及同行指正。

编者



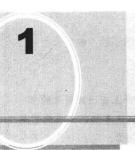
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Why Some Old Lovers Look Alike?

Forget about opposites attracting. We like people who look like us, because they tend to have personalities similar to our own. And, a new study suggests, the longer we are with someone, the more similarities in appearance grow.

Researchers asked 11 male and 11 female participants to judge the age, attractiveness and personality traits of 160 real-life married couples. Photographs of husbands and wives were viewed separately, so the participants didn't know who was married to whom. The test participants rated men and women who were actual couples as looking alike and having similar personalities. Also, the

perceived similarities.

The researchers speculate that the sharing of experiences might affect how couples look. The idea that there is a connection between appearance and personality might seem odd at first, but there could be biological reasons for a link, said study member Tony Little from the University of Liverpool in England.

longer the couples had been together, the greater the

the more
s to judge
re married
separately,
n. The test

"Testosterone is linked to masculine face shapes and it also affects behavior," Little said. "Also, the face displays our emotions and over time emotional expressions may become written in the face."

For example, someone who smiles a lot may develop lines and muscles that are suggestive of someone who is happy. Other studies have shown that partners who are genetically similar to each other tend to have happier marriages. Similarities in personalities and physical features might be one way to gauge genetic similarity.



trait n. 特点

perceived *adj*. 能感知到的 speculate v. 思索 odd *adj*. 古怪的,不寻常的 testosterone *n*. 睾丸激素 masculine *adj*. 男性的,男子气概的

expression *n*. 表情 suggestive *adj*. 提示的,暗示的 ◆



这篇小短文从科学研究的角度诠释了人们常说的"夫妻相",听上去还挺新奇的吧!俗话说:"不是一家人,不进一家门。"夫妻相是怎么回事呢?其实夫妻相的大抵意思是因为常常接触,心灵相通,习惯趋同,相互影响,以致到了面容相像。现如今,在不少人的心目中,有没有"夫妻相"意义重大,甚至成了有没有"夫妻缘"的重要指标,更有甚者双双跑去整容,为的就是整个夫妻相出来。虽然整容的行为有点极端,但是,却真实地反映出"夫妻相"这个古老词语在现代人心中鲜活的生命力。当然了,不管是否有"夫妻相",只要夫妻间你中有我,我中有你,幸福美满就会存在。◆



为啥夫妻越长越像?

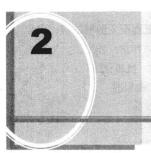
别再挖空心思寻找和你互补的爱人了吧!我们都喜欢和自己长得像的人,因为他们往往和我们具有相似的性格特点。新的研究显示,和一个人相处时间越长,那么两人在外貌上也就拥有越来越多的相似之处。

研究人员选取了 160 对现实生活中的夫妻照片,分别给 11 名男性和 11 名女性参与者看,让他们判断这些夫妻的年龄、魅力点和性格特征。由于夫妻照片是分开的,所以参与者并不知道谁和谁是一对。参与者把他们认为相貌和性格相似的人匹配在一起,而碰巧他们也就是真正的夫妻。并且,在一起生活时间越长的夫妻,相似之处越发明显。

研究人员推测共同的经历可能会对夫妻的外貌产生潜移默化的影响。英国利物浦研究人员 托尼·利特尔说,一个人的外貌和他的性格两者之间有某种关系的理论乍一听或许有点奇怪, 但是这其中可能存在一些生物学上的因素。

利特尔说:"睾丸激素直接影响到男性化脸型的形成,也影响男性的行为。同样,脸直接 反映我们的情绪,随着时间的推移,情绪表达就写在人们脸上了。"

例如,一个人总是笑可能会产生笑纹,相应的肌肉也较发达,别人就能看出这个人生活挺幸福的。此外,其他相关研究也显示那些从基因上来讲比较相像的夫妇,往往会拥有更为快乐的婚姻生活。性格和身体特征上的相似点或许是测量基因上类似之处的一种方法。 ◆◆



14-Day Plan Improves Memory

It sounds like an infomercial from late-night TV: Follow this four-step plan and improve your memory in just 14 days!

But researchers have indeed found a way to improve memory function in older people. After a two-week study that involved brainteasers, exercise and diet changes, study participants' memories worked more efficiently. Here's the program:

Memory Training: Brainteasers, crossword puzzles and memory exercises that emphasized verbal skills throughout the day.

Healthy Diet: Five meals daily included a balanced diet rich in omega-3 fats, whole grains and antioxidants. Eating frequent meals prevents dips in blood glucose, the primary energy source for the brain.

Physical Fitness: Brisk daily walks and stretching. Physical fitness has been found in other research to reduce the risk of Alzheimer's disease.

Stress Reduction: Stretching and relaxation exercises. Stress causes the body to release **cortisol**, which can impair memory and has been found to shrink the memory centers in the brain.

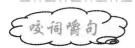
Before-and-after brain scans showed the participants experienced on average a five percent decrease in brain metabolism in the dorsal lateral prefrontal region of the brain, which is directly linked to working memory and other cognitive functions. This suggests they were using their brains more efficiently. The subjects also performed better on a cognitive test.

A control group that didn't follow the plan showed no significant changes.

"We've known for years that diet and exercise can help people maintain their physical health, which is a key component of healthy aging," said Gary Small, professor of psychiatry and behavioral sciences UCLA. "But maintaining mental health is just as important. Now we have evidence which suggests that people can preserve their memory by adding memory exercises and stress reduction to this routine."



4 悦读英语看世界——科技趣闻篇



infomercial **n.** 提供给消费者的相当长的商业 信息的电视节目

brainteaser n. 脑筋急转弯,考验智力的问题或 难题

omega-3 一种不饱和脂肪酸,是人体必需的脂肪酸,可降低人体血脂,防止血液凝聚,从而减少血栓塞、血管硬化、脑中风、脑溢血、脑血管障碍、高胆固醇、高血脂、高血压、手脚麻痹及心悸等心脑血管疾病的发生;同

时对人体因免疫力降低而引发的糖尿病、皮 肤病等也有很好的预防和治疗作用。

antioxidant n. 防老化剂; 抗氧化剂 Alzheimer's disease 老年痴呆症

cortisol n. 皮质醇

metabolism n. 新陈代谢

dorsal adj. 背部的,背脊的

prefrontal.adj. 前额的

cognitive adj. 认知的

psychiatry n. 精神病学



记忆力是识记、保持、再认识和重现客观事物所反映的内容和经验的能力。它包括识记、保持、再现三个基本过程。记忆的大敌是遗忘。提高记忆力,实际就是尽量避免和克服遗忘。拥有好的记忆力是每个人都梦寐以求的事情,如今这一切不再是梦想啦!本文从科学的角度向我们介绍了快速提高记忆力的方法,只要你仔细遵循文中提到的方法,两周后你将收到意想不到的效果哦!



"14天计划"增强记忆力

听上去像是深夜电视购物节目:按照以下四步去做,短短 14 天后你的记忆力就会得到改善。但是,研究人员真的找到了一种提高老年人记忆功能的方法。通过两周的脑筋急转弯、体育锻炼和饮食结构调整,这些参与者的记忆力确有增强,能更有效地运用自己的脑子。步骤如下:

记忆力训练:每天进行脑筋急转弯、纵横字谜游戏和着重语言技巧方面的记忆力训练。

讲究健康的饮食:一天五餐制,要富含 omega-3 脂肪酸、全谷类食品和防老化剂的均衡饮食。多餐制可以防止血糖降低,而血糖正是大脑原始能量的提供者。

体育锻炼:每日进行轻快的散步和伸展运动。研究表明体育锻炼可以降低老年痴呆症患病几率。

减少压力:进行让身体松弛、精神放松的练习。压力会导致人体释放皮质醇,这种物质能削弱人的记忆力,并会对大脑的记忆中枢产生负面影响。

脑部扫描的结果显示:两周后,受试者脑部前额叶背外侧的新陈代谢降低了5个百分点。这一部位直接影响记忆和其他认知功能。就是说他们的大脑运行更加有效了。这个结果在认知测试方面的体现更为明显。

没有接受这一训练的受试者的扫描图就基本上没有明显的变化。

加利福尼亚大学洛杉矶分校精神病学和行为学教授加里·斯默说:"很多年前,我们就知道 合理的饮食和锻炼能够保持健康的身体,这是健康老龄化的关键因素。但精神健康也同样重要。 现在我们可以确定地告诉人们,通过经常性的记忆力训练和减少压力可以保持记忆力。"◆◆



The Top 5 Laziest Inventions

Brilliant scientists and tiny overseas hands work eighteen-hour days to produce 5 devices that can make you even lazier than a stereotypical American!

1. Clapper Plus

No one ever told you about the dark side of this 1980s classic! Sore hands, blisters, overly-strong wrists... but now Clapper has brought you the Clapper Plus! You can use a remote control to do all the clapping work for you.

2. Moo Mixer

Lazies love lumping chocolate into everything, but milk mixing is mind-numbing, to say the most. Thanks to the Moo Mixer, chocolate milk is now merely a button away. You just pour in the milk and chocolate, then hit the button to stir.

3. Twirling Spaghetti Fork

Tired of warping your wrist to wrap that spaghetti on your fork? The Twirling Spaghetti Fork takes all of the guesswork out of Italian food.

4. Motorized Ice Cream Cone

With all that licking, you're probably using up all the calories you're getting from that ice cream... or something. With the motorized ice cream cone, just stick out your tongue, and let the ice cream lick you!

5. The Nugget Cup

By now you've noticed the one thing those dumb geniuses never considered: the strain all this eating laziness puts on your thumb! You deserve a hands-free break. Pour the soda pop into the cup, place the tray on top, put your nuggets in there, then pop in a few bendy straws! You can chomp and chug all in one chunk-slurp motion.



blister n. 水泡 lumping adj. 许多的; 重的, 大的





numbing adi. 使麻木的, 使失去感觉的 cone n. 圆锥体, 球果 nugget n. 金块, 贵金属块: 硬块

chomp vi. 使劲地嚼: 咬响牙齿 chug vi. 发出轧轧声, 轧轧响着前进



这是一个科学技术突飞猛进的时代。科技在给人类提供更多便利的同时是否也在滋 长人类的惰性?聪明的科学家和海外的手工小作坊每天18小时的加工诞生了5件可以使 你变得比墨守陈规的美国人还懒惰的装置。充分设想一下升级版的声控感应器、搅拌器、 旋转意大利面叉、电动冰激凌筒、托盘杯给我们懒人生活所带来的便利吧! 真是美哉悠 哉呀!可是不得不承认的是,随着科技的发展,人们的生活和工作变得越来越方便,但 另一方面人也变得越来越懒了。所以,为了防止有一天全人类被科技所操纵的悲剧上演, 我们这些"懒人"还是首先让自己强大起来吧! ◆



世界上最懒的五大发明

聪明的科学家和海外的手工小作坊每天 18 小时的加工诞生了 5 件可以使你变得比墨守陈 规的美国人还懒惰的装置。

1. 升级版声控感应器

从来没有人向你提到过20世纪80年代经典款的声控感应器的不利之处:容易导致双手疼 痛、起水泡和粗壮的手腕。现如今声控感应器给你带来了升级版,一切都以谣控轻松解决。

2. 搅拌器

懒人喜欢在任何东西里加巧克力,但搅拌牛奶和巧克力是最麻烦的事。多亏有了搅拌器, 搅拌牛奶和巧克力仅需按下按钮即可。把牛奶和巧克力倒在一起,按下开关就自行搅拌了。

3. 旋转意大利面叉

是否对长时间弯曲你的手腕用叉子卷意大利面感到疲倦了呢?电动旋转意大利面叉子将 帮你解决一切意大利美食。

4. 电动冰激凌筒

不停地舔冰激凌可能把你从冰激凌或其他食物中吸收的卡路里都消耗掉了。但有了电动冰 激凌筒, 你只要伸出舌头, 让冰激凌来"舔"你吧!

5. 鸡块托盘杯

现在你可能注意到一件那些所谓的天才也从未曾想过的事情:你可以懒得连手都不用动 了!解放双手试试托盘杯吧!把汽水倒入杯中,放上硬托盘,再放些鸡块在上面,然后插入几 根可弯曲吸管。好了,你现在可以一边嚼鸡块一边喝汽水了。



Rice Bra Supports Japan's Farming Fad

Female urban farmers keen to keep their agricultural hobby close to their heart can now grow their own rice in a special bra designed by Japanese lingerie maker Triumph.

Triumph, makers of other eccentric, gimmick bras that include one with a sushi set and another that comes with solar panels, said it came up with the "rice bra" because of the growing popularity of farming among city dwellers in Japan.

Growing concerns over food safety and the environment, and the ideal of a laid-back rural lifestyle, are attracting more urbanites to agriculture, once the mainstay of Japan's economy. Rice is also the nation's staple food.

"Over the last year, young Japanese women have taken a tremendous interest in agriculture. We wanted other women to experience farming as well," Triumph spokeswoman Yoshiko Masuda told Reuters.

"Home kits that allow people to grow their own rice are very popular online. We thought that it would be fun if a bra could give people the same experience," said Masuda.

*The bra, made of recyclable plastic, can be tied together to create pots that also double as the cups.

These are then filled with soil, and rice seedlings, that are watered through a hose that also doubles as a belt that goes around the wearer's waist. The bra also comes with gardening gloves.

"The bra fits much better than it looks. Wearing it puts me in such a fun mood," said model Reiko Aoyama in the lingerie.

Like other Triumph concept bras, the rice bra will not go on sale, with the company saying it was another way to generate interest in its brand.







lingerie n. 亚麻制品; 妇女贴身衣类 eccentric n. 怪人 adj. 古怪的,反常的 gimmick n. 暗机关; 伎俩,花招,诡计 dweller n. 居民

mainstay n. 支柱,中流砥柱 recyclable adj. 可再循环的;可回收利用的 waist n. 腰部,腰身;背心 generate vt. 发生,产生;生殖,生育;引起,导致 ◆



都说向往山林的男人的梦想是"农妇、山泉、有点田",现在好了,不用去农村折腾了,有胸就有田哦。日本黛安芬内衣公司最近推出一款号称可以种植水稻的概念文胸,倒也不是真的让人直接把稻子种到MM的胸上啦,而是这款文胸脱下来之后就能"合体"成一个花盆,装上点土,种上附赠的秧苗就成了一片城市稻田(虽然面积实在是有点小)。除了秧苗,文胸还附送一条浇水用的水管以及园艺手套,算是装备齐全了。不过可惜的是,跟黛安芬所有的概念文胸一样,这款也只是概念而已,不会上市出售。据说,该公司介绍推出这款主题文胸旨在让更多家庭关注农业问题。◆



日本盛行可种水稻的文胸

日本黛安芬内衣公司近日推出了一款"可种植水稻的文胸"。热衷耕种并且有着乡村生活情结却生活在城市里的女士们有了新的选择。

之前黛安芬公司曾推出过一些古怪的噱头文胸,比如,寿司文胸和装有太阳能板的文胸。 黛安芬公司称,之所以推出这款"水稻文胸"是因为日本的城市居民越来越热衷于耕种。

如今,食品安全和环境问题受到越来越广泛的关注,乡下闲适的生活方式倍受推崇,因此 大批城市居民开始"复古还农",因为农业曾经是日本的经济支柱,大米也是日本人的主食。

公司发言人 Yoshiko Masuda 在接受路透社采访时说:"过去一年里,日本的年轻女性对农业表现出了极大的热情,我们希望其他女士们也能亲身体验。"

"如今,可以自己种水稻的家用配套工具正在网上热卖,所以我们想,如果能让人们体验一下用文胸来种水稻,一定很有意思。" Masuda 说。

这款文胸由可回收塑料制作而成,两个文胸绑在一起就成了种植用的花盆,盆子还可兼作 水杯使用。

然后可在花盆中放入泥土,插上稻秧,通过文胸佩戴者的腰带——一根软管来浇水。此外, 这款文胸还配有一副园艺手套。

公司的内衣模特 Reiko Aoyama 说:"这款文胸穿起来可比看上去合身多了,穿着它让我心情特别舒畅。"

然而,黛安芬公司称,跟其他概念文胸一样,这款水稻文胸将不会上市。设计此款文胸是 为了让人们对公司品牌产生兴趣。 ◆◆