

读时尚美文

学当代英语

人与
自然

毛荣贵 张韧弦 编著

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吉林大学出版社

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学当代英语

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前言

学习英语有捷径否?学生常常如此问我。

有!我如此作答,一点也不犹豫。

余学习研究英语数十年,遍尝甘苦,柳暗花明。蓦然回首,但见绵延曲折的英语学习征程上闪出一条快速通道,上面写着两个大字:阅读!

阅读,是致用。

当你能够使用英语去探求新知,去拓展视野时,这不是在实践“学以致用”的伟大真理吗?

阅读,是享受。

当你一边汲取最新信息,一边品尝佳句美词时,这不是“把酒临风”,沉醉于“江山留胜迹,我辈复登临”的境界吗?

阅读,是启蒙。

当你穿梭于字里行间,频繁感受内心的震撼、思路的豁然、心灵的共鸣时,这不是“润物细无声”般的知商和情商升格吗?

阅读,是佳境。

当你能够使用非母语“纵览云飞”,感受“一览众山小”时,这不是英语学习渐入佳境?这不是崭新人生渐入佳境吗?

本套丛书,就为你提供了致用、享受、启蒙和渐入佳境的“硬件”!

按文章内容,本套丛书共分为六册:

1/天有不测 2/人间万象 3/七彩生活 4/健康是金 5/人与自然 6/科技星光

每册三十篇左右短文,篇篇精彩,信息丰富!她们大部分来自因特网,有些是美国友人提供的,有些是《科技英语学习》的读者推

荐的(注:本套丛书的主编之一系《科技英语学习》〈月刊〉主编)。

她们如同一扇扇窗口,透现一道道西方世界迷人的人文风景。她们如同一个个挚友,指点江山、吐露心迹、纵论横述、传播信息。

每册三十篇左右短文,篇篇精当,可品可咀!她们简洁、明朗、地道、高效,折射了现代英语的发展趋势并洋溢着时代气息。

每篇短文前配有中文导读,寥寥数语,或发人深省,或博你一笑,或提纲挈领,或指点迷津。我们称之为warming-up reading。

为了训练和检测读者的阅读情况,每篇文章后配有“名题精编”栏目。编写时既考虑到与标准化英语考试题型接轨,又有针对文章有关语言点训练应试者词汇和语法技能的题目,共分词项选择(区别同义词、学习新词)、搭配连线(考察词汇搭配能力)和辨别改错(主要训练语法)三大类。同时打破按内容先后设题的传统做法,而是从易到难编排,文后不仅附有答案,还有答题思路点拨,使读者知其然并知其所以然。

本套丛书的编写原则是:以英语阅读为出发点和根本点,培养读者的英语综合运用能力。因此,每篇文章后另设三个新意拂面的专栏。它们是:

词汇撷萃:针对文章出现的若干重要词汇进行梳理归纳,甄别比较,除了可以初步学到英语词汇学的基础知识之外,还可以学到一些记忆词汇的方法;

写作揽胜:萃选文章中的佳句,紧扣文章对其在遣词造句、篇章布局上的独到之处详细加分析,结合学生英语写作的弱点及难点,纵横论述;

翻译指津:以文章中的难句为范例,提供译文,并演绎形形色色的翻译技巧,或亮出译者间的商榷和讨论,或简述翻译的理论,帮助学子在比较中作出鉴别、在品味中体验技巧。

本书不仅是上海、湖北、湖南、江苏、浙江、吉林等地一群学者通过email精诚合作的成功作品,而且其中也渗入了美国教授的

心血。费城的 Dorine Huston 教授，西雅图的 Rosemary Adang 和 Bill Hofmann 教授也在大洋彼岸伸出了援助之手，他们跨越虚拟空间，不仅提供了许多精彩短文，而且为我们扫除了许多俚语、社会背景或文化背景等方面的“拦路虎”。

最后，本丛书的两位主要编者想借一点篇幅对他们的师友、家人和同事表示诚挚的感谢。如果没有他们的支持、协助、鼓励、安慰、耐心和分担寂寞，两百篇未经加工的原文可能至今仍静躺在硬盘的某一角落。

协助本书编写工作的有：姚蔷珍、毛竹晨、陈衡、郝萌、郭海涛、赵亮、刘亚丽、陈志云、陈志宏、潘君默、白松、何巍、骆晓荣、朱江、黄峻峰、张一宁、谭清香、任丽华等同志，在此向他们表示最衷心的感谢！

当然，对本套丛书最有权威的评判者不是编者，也不是出版者，而是使用此书的广大读者。我们真诚地期待着读者的批评和指教，以期把我们今后的工作做得更出色。

毛荣贵 张韧弦

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Childbirth Can Trigger Post-Traumatic Stress

By Patricia Reaney

精神创伤通常都是与天灾人祸相连，但没有想到生孩子也会给妇女造成精神上的负面影响。现代心理学对分娩的研究告诉我们：十月怀胎，一朝分娩。说起来简单，而实行起来，却远非我们想象的那么简单。读完此文，每一个做孩子的能倍感“母爱”二字之份量。

Labor and childbirth can trigger *post-traumatic stress* symptoms usually associated with war or other violence, British psychologists said on Friday.

They suspect that up to three percent of mothers may suffer from fear, anxiety, *recurrent* nightmares, intrusive thoughts and *flashbacks* weeks after the birth, especially if the pregnancy was unwanted or the woman feared for her own safety.

The symptoms can be severe enough to *deter* some women from having more children.

“These sort of post-traumatic stress symptoms had been thought to be likely to occur when people had experienced events outside of the range of normal experience,” said Dr Pauline Slade, a psychologist at Sheffield University in northern England.

15 “It now seems that normal events such as labor may trigger such responses.”

It's no secret that giving birth is no picnic. The agony women endure is well documented but Slade's research in the British Journal of Clinical Psychology is the first large-scale
20 study to *liken* the experience to trauma.

“They are situations that have involved high levels of fear and the possibility of harm,” she added in a telephone interview.

Surprisingly, Slade said the length of labor, degree of pain
25 or type of intervention did not seem to be factors in whether a woman would suffer from trauma symptoms of the kind usually treated with psychological interventions.

Much more important was how women perceived the labor and birth, along with pre-existing or long-term issues.

30 “For example, if women felt they experienced very low levels of control of what happened during labor, or if they felt high levels of fear for their own well-being, they were more at risk,” Slade said.

Unplanned pregnancies, unaccompanied labor and birth
35 and previous mental health problems were also contributing factors.

Slade and Dr Jo Czarnocka assessed 264 women within 72 hours of a normal birth and six weeks later. A quarter of the women had some symptoms such as *wariness*, *edginess* or irritability during the second assessment. Three percent had severe post-traumatic stress symptoms.
40

“We need to have an understanding that *post-natal* distress may be rather broader-based than we had previously thought,” Slade said. ■



词汇撷萃

The symptoms can be severe enough to *deter* some women from having more children. (L8-9)

discourage, deter, dissuade, divert 都是指通过某种说明方法来改变另外一个人的行动或计划。

discourage 表示通过降低一个人的行动热情削弱他的意志来阻止。

The matter **discouraged** the student from enrolling for an extra course because the student was already overworked. 老师劝阻学生不要报名选修额外的课程，因为他已经负担过重。

deter 的语气比 **discourage** 强烈，意思是考虑到存在着危险，困难或无把握等因素，对行为加以阻止。

Few penologists believe that the death penalty **deters** the committing of a murder. 几乎没有刑法学家相信死刑能阻止谋杀的发生。

dissuade 指通过提供得体的建议，甚至更好地利用某人的习性，来温和地使某人转变立场而同意你的观点。

When he became furious with his boss, I **dissuade** him from rushing in to submit his resignation. 当他对老板大发雷霆时，我劝阻他不要急忙进去提交辞职书。

divert 把注意力从一件事转向另一件事，较少涉及实际的劝服，而更多地涉及到转移注意力。

If you wish to **divert** a small child from littering the living room with his toys, you may suggest him that it would be fun if he would help you unpack the groceries in the kitchen instead. 如果你想转移一个小孩的注意力不让他在他起居室里乱扔玩具，你可以建议他，如果他能帮助你在厨房里打开副食品的包，那也很好玩的。

翻译指津

The agony women endure is well documented but Slade's re-



search in the British Journal of Clinical Psychology is the first large-scale study to liken the experience to trauma. (L17-20)

试译：妇女所经历的苦恼是完全被证明了的，但是英国临床心理学杂志上刊登的斯奈德的研究是第一次大规模研究，就象一次心理创伤的经历一样。

翻译时，学生有时因为对词义缺乏确切的把握而影响译文的准确性。原文中的 liken 一词，貌似简单，其实不然。因为我们对 like 一词十分熟悉，思维定势将误导译者将其译为“如同，象……一样”。事实上，liken 是一个及物动词，与 to 一起使用，是“把……比做”的意思。如：

He likened the revolution to the movement of waves. 他把革命的进程比做波浪的涌动。

We likened the archeologist to a detective searching for ancient clues. 我们把考古学家比做探究古代线索的侦探。

改译：妇女所忍受的痛苦是有案可稽的。但是英国《临床心理学》杂志上刊登的斯奈德的研究是首次将这一经历比作心理创伤的大规模研究。

写作揽胜

For example, if women felt they experienced **very** low levels of control of what happened during labor, or if they felt high levels of fear for their own well-being, they were more at risk. (L34-33)

表示程度强化的形容词修饰语最普通的是用 very, very very, so 来表示。例如：

It's **very (very)** cold. 天非常冷。

但是，如果在英语与作中一味地使用 **very**，我们的行文是否也太单调了些？其实，我们还可以用 **exceedingly** 表示程度的强化，比如：

They were **exceedingly** kind. 他们非常友好。

此外，用另外一些感情色彩的副词来增强形容词的语义程度也很精彩。这类副词包括 **absurdly, amazingly, awfully, deeply, entirely, extremely, fearfully, highly, perfectly, sharply, strikingly, terribly, too, totally, unbelievably** 等。如：

The night was **amazingly** calm. 夜静得出奇。

He was sick of that **awfully** bad weather. 他讨厌糟糕透了的坏天气。

He is **deeply** concerned about her health. 他极其关心她的健康。

They are **fearfully** talented people. 他们才华横溢。

The boys in my class are **highly** intelligent. 我班上的学生非常聪明。

He is a **strikingly** handsome young man. 他是一个极英俊的年轻人。

The old man was **terribly** nervous. 老人非常紧张。

总之,在表达程度时,若能选择使用一些富有感情色彩的词,将增强文采。

名题精编



I. READING COMPREHENSION

Directions: There are four choices marked A), B), C) and D) in the following questions or unfinished statements. You should decide on the best choice based on the text.

- The post-traumatic stress symptoms are usually related to _____.
A) hard labor B) childbirth C) disaster D) violent action
- According to Dr. Slade, all the following are true EXCEPT that _____.
A) the post-traumatic stress symptoms might be caused by unusual events
B) childbirth is outside the range of normal experience
C) a woman would not necessarily suffer from normal trauma symptoms in case of difficult labor
D) a woman's state of mind during pregnancy is much more important
- Overall, researchers' tone is best described as _____.
A) emphatic B) suspicious C) worried D) indecisive

II. VOCABULARY AND STRUCTURE

A. MULTIPLE CHOICE

Directions: Choose A), B), C) or D) from the following items so that the sentences are appropriate.

- The Central Processing Unit is usually _____ the heart of the computer.
A) compared with B) contrasted by
C) liked to D) likened to
- In the past several decades, the population of that small town has reached _____ 1 million.
A) forward to B) upward to C) up to D) inward to
- The two football players would have continued to quarrel without the judge's

A) judgment

B) intervention

C) arbitration

D) interruption

B. MATCHING

Directions: Draw a line between an item in the left column and one in the right column so that the collocation is natural and acceptable.

7. fear

A) from

8. deter ...

B) for

9. associate ...

C) off

10. liken ...

D) with

11. trigger

E) to

C. ERROR CORRECTION

Directions: In either of the following sentences, there is one underlined part that is not appropriate. Please identify and correct it.

12. It was not surprise that the president resigned from office after a series of
A B

scandals had been revealed.

C

D

13. I suspect whether he will be very disappointed after reading the letter
A B

because I can judge from the envelope that he is refused again.

C

D



1.D 2.B提示: 虽然分娩属于正常事件(选B), 但不能说明非正常事件不会引起创伤后压力(不选A)。C中, normal trauma symptoms和原文中的 trauma symptoms of the kind usually treated with psychological interventions对应; 而D可由 Much more important was how women perceived the labor and birth推出。3: D提示: 原文中用了较多的 suspect, seems等词, 末了一句更表现了研究者不十分确定的态度(indecisive)。而 emphatic(决断的)或 suspicious(怀疑的)不太妥当。4.D 5.C 6.B 7.B 8.A 9.D 10.C 11.C 12.A no 13.A that(×)

2

Experts: Osteoporosis Takes Lifetime of Prevention

By Maggie Fox

骨质疏松症的发生率似乎是和年龄成正比的,但本文的第一句话 The seeds of osteoporosis are sown in childhood...可能会令你吃惊不小。不止于此,专家们指出人们在认识骨质疏松症时,存在不少误区。因此,如果不及早预防,等到骨折时,再引起警惕就为时过晚了。最后,专家们给我们提供了许多具体的预防办法,颇具指导意义。

The seeds of *osteoporosis* are sown in childhood and it takes a lifetime of effort to prevent the disease, experts said on Wednesday.

5 A frightening number of children do not get the exercise, vitamin D and *calcium* needed to ensure they are safe from the disease later in life, said bone specialists, *pediatricians* and other physicians and scientists.

10 Summing up the results of a National Institutes of Health (NIH) consensus conference meant to guide health care professionals in controversial areas, they said osteoporosis is not just a disease of aging white women.

osteoporosis: 骨质疏松症 calcium: 钙 pediatrician: 儿科医生

HINT BANK

In fact, children have been *diagnosed* as having osteoporosis. "It really has to be recognized that this is a disorder that can occur throughout life," Dr. Anne Klibanski, a professor of medicine at Harvard Medical School, told a news conference.

She also said patients and doctors alike still often fail to understand that osteoporosis is not caused only by the loss of bone, but by a failure to achieve what is known as peak bone mass in late adolescence and early adulthood.

"Only 10 to 25 percent of children in this country get adequate calcium and vitamin D," said Dr. Keith Hruska, a professor of medicine at Washington University in St. Louis.

Osteoporosis affects 10 million people in the United States, and another 18 million have low bone mass, which puts them at greater risk of the disease, the NIH says.

One of the best-known consequences is a *hip fracture*. Nearly 28 percent of people who have hip fractures go into nursing homes within a year and one in five die within a year.

Researchers said osteoporosis costs \$10 to \$15 billion a year in direct costs alone, such as hospitalizing patients.

White women are the most likely patients. White women past *menopause* account for almost three-quarters of all hip fractures. Both men and women lose bone mass as they age, but just after women reach menopause, bone density levels *plummet*.

African-American women have denser bones than white women and although Asian women have smaller and less dense bones on average, they have lower rates of osteoporosis.

The panel stressed that more study is needed on all aspects of osteoporosis, including its real causes and what the best treatments are.

They also said doctors should not wait until a patient has a broken hip or wrist to check for signs of osteoporosis.

"Something as simple as measuring patients and looking

for changes in height over time ... or the *contour* of the spine ... can offer *clues* to osteoporosis," said Dr. Steven Goldring of Beth Israel Deaconess Medical Center in Boston.

50 The consensus panel said they would not adopt guidelines because no one has shown in a study that following guidelines translates into better health for patients.

55 The National Osteoporosis Foundation has guidelines that include counseling all women on the risk factors for osteoporosis, using bone mineral density (BMD) testing on all post-menopausal women who have fractures and recommending a BMD test for all women over the age of 65.

60 The guidelines also include advice about getting enough vitamin D and calcium, doing enough weight-bearing exercise to keep bones in shape and stopping smoking. Weight-bearing exercise includes walking and running but not swimming.

The consensus panel said patients and doctors can choose among many treatments for osteoporosis.

65 These include calcium and vitamin D supplements, *hormone* replacement therapy, drugs known as bisphosphonates which include alendronate, sold by Merck under the name Fosamax; the hormone *calcitonin*; and selective *estrogen* receptor modulators (SERMs), including raloxifene, sold by Eli Lilly and Co. under the name Evista. ■

词汇摘萃

Summing up the results of a National Institutes of Health (NIH) **consensus** conference meant to guide health care **professionals** in controversial areas, they said osteoporosis is not just a disease of aging white women. (L8-11)

consensus 表示“一致、同意”，其近义词有 **agreement, accordance, coincidence, concurrence, consent, unanimity** 等。读者可有选择地使用，其中最常

contour: 轮廓 hormone: 激素, 荷尔蒙 calcitonin: 降钙素 estrogen: 雌激素

HINT BANK