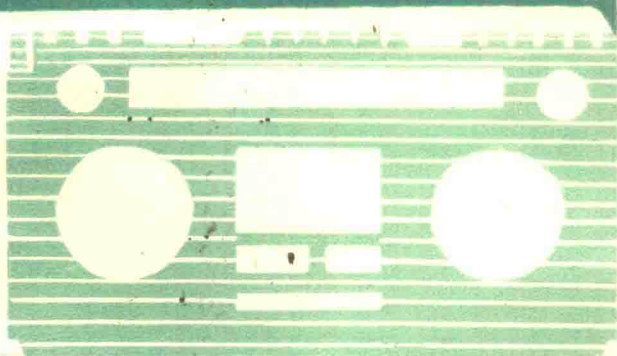


# 科学新闻报道

第2辑

## SCIENCE REPORT

有声科技英语读物 (英汉对照本)



伦全 杨明 编注 吴波 校订  
安徽科学技术出版社

有 声 科 技 英 语 读 物

# 科 学 新 闻 报 道

SCIENCE REPORT

〔英汉对照本〕

第 2 辑

安徽科学技术出版社

责任编辑：王才强

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**科学新闻报道**

[英汉对照本]

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袁伦全 杨明 编注 吴波 校订

安徽科学技术出版社出版

(合肥市跃进路1号)

上海市印刷三厂排版

安徽省新华书店发行 安徽新华印刷厂印刷

开本：787×1092 1/32 印张：2.625 字数：68,000

1985年2月第1版 1985年2月第1次印刷

印数：1—3,600

统一书号：9200·11 定价：0.48元

## 前 言

《有声科技英语读物——科学新闻报道》系根据“美国之音”特别英语 (Special English) 广播节目中科学新闻报道 (Science Report) 的材料选编而成的。

“科学新闻报道”以普及科技知识和介绍科技新成就为主，每次时间为五分钟，简单扼要、短小精悍，涉及范围极为广泛。我们从最近播出材料中精心挑选，以十二篇合成一辑，编成单行本，不定期分辑出版。

本读物中每篇标题系编者所加，各篇均配有生词、注释、练习及参考译文，以便于读者自学。练习是根据目前流行的考试方法设计的，有利于读者学习语法和句子结构。

本读物每辑出版时，均同步供应六十分钟的盒式录音磁带。磁带系根据“美国之音”广播录制，声音清晰，读音标准，速度适中，已掌握1000个以上英语单词的读者便可用来作为听音练习材料，也可作课堂听放之用。

录音磁带由上海外语音像出版社出版，各地均有出售（磁带销售点详见封三）。

由于我们经验不足，书中当有错误和遗漏之处，恳请读者指正。

本辑（第二辑）仍为医学专辑，可供我国医学院校学生、医务工作者作为英语阅读和听、说训练的辅导材料。同时，由于其内容属科普范围，深入浅出、通俗易懂，能增广见闻、丰富常识，一般读者亦很适用。

编 注 者

1984.6.

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书 号: 9200 • 11

定 价: 0.48 元



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## 1. Why Do They Live Longer?

People are living longer than ever before because of medical discoveries and improvements in health care. For example, a person born in the United States 80 years ago could expect to live about 47 years. Now, however, life expectancy in the United States is about 74 and one half years.

And many doctors believe that life expectancy could be extended ever more. It depends on the way we live. One such doctor, Arthur Schottskin of New York city's Mt. Sinai Hospital says we can live longer by carefully controlling the things we eat, drink and do. He believes that the three main causes of death — cancer, heart disease and strokes could be stopped if people ate less meat, stopped smoking and reduced the stress in their lives.

Dr. Schottskin's ideas are supported by a study of a group of very old people in Ecuador. Many of them normally live to be more than one hundred years old. The Ecuadorians live in the high mountain area of Vilcabamba. An American doctor Kenas Pelletier has studied the people of Vilcabamba. He found that the people who live more than one hundred years have much in common with the peoples of other areas of the world who also live longer than

normal. These areas include the Honza region of northern Pakistan, the highlands of northern Mexico and part of Georgia in the Soviet Union's Caucasus Mountains.

Dr. Pelletier says the long-living peoples of all these areas live high in the mountains where the air is free of pollution. The water they drink usually comes from wells or streams and has large amounts of minerals in it. The people rarely eat red meat, instead, they get protein from eggs, chicken, fish and goats' cheese and milk.

Dr. Pelletier noted that these old people do not drink any alcohol stronger than beer and wine. And they rarely become drunk. Most of the people are farmers and work hard throughout their lives. They also remain sexually active. The scientist also found that certain social customs among the people of Vilcabamba seem to help them live longer. The old persons of the villages continue to work, either farming or caring for young children. Dr. Pelletier believes this activity gives the old persons a purpose for living.

### New Words and Phrases

1. expect [iks'pekt] *vt.* 期待; 期望
2. life expectancy [美](根据概率统计求得的)估计  
寿命
3. extend [iks'tend] *vt.* 延伸, 延长
4. depend on 取决于

5. stroke [strəuk] *n.* 中风
6. Ecuador ['ekwədɔ:] *n.* 厄瓜多尔
7. Ecuadorian [ˌekwə'dɔ:riən] *a. n.*  
厄瓜多尔的, 厄瓜多尔人
8. in common (with) (与)…公有; 共有
9. Pakistan [ˌpɑ:kis'tæn] *n.* 巴基斯坦
10. pollution [pə'ljʊ:ʃən] *n.* 污染
11. mineral ['minərəl] *n.* 矿物
12. protein ['prəuti:n] *n.* 蛋白质
13. cheese [tʃi:z] *n.* 干酪, 乳酪
14. alcohol [ˈælkəhɒl] *n.* 酒精
15. sexually ['seksjuəli] *ad.* 性(生活)方面
16. rarely ['reəli] *adv.* 稀有地; 很少
17. care for 关怀, 照顾

### Notes

1. ... 74 and one half years.

“74 岁半”也可说成 74 and a half years 或 74 years and a half. “半小时”、“半年”为 half an hour, half a year, 而不是 a half hour, a half year. 一个半或一个半以上的“半”都用 ... and a half, 如 four days and a half “四天半”; 5 tons and a half “五吨半”。

2. ... we can live longer by carefully controlling the things we eat, drink and do.

1) 句中 by carefully controlling ... do, 是介词短语, 作方式状语。controlling 是动名词, by 表示“用”、“通过”。

例: Doctors now treat this disease by combining Chinese medicine and Western medicine methods. (医生现在用中西医结合的方法

治疗此病。)

2) 句中 **we eat, drink and do** 为省去关系代词的定语从句, 修饰 **things**。

3. He found that the people ... have much in common with the people ... .      have much (little) in common with ... . 是个常用表达方式, 意思是“与...有很多(很少)共同之处”。

例: Their conditions have much in common with ours. (他们的条件与我们的有许多共同之处。)

4. ... these people live high in the mountains where the air is free of pollution.

本句中 **high** 是副词。**high** 作副词常与某些词搭配, 例: **fly high** (高飞); **hold one's head high** (高抬起头); **aim high** (力争上游)。注意 **high** 与 **highly** 的区别, **highly** 也是副词, 常常指抽象的“高”。

例: They spoke highly of you. (他们高度赞扬你。)

5. ... throughout their lives.

句中 **throughout** 是介词, 表示“时间上从头到尾”、“在整个一段时间内”, 有强调作用。类似的强调形式表示还有:

**They work hard all through their lives.**

**They work hard all their lives (through).**

**They work hard throughout the whole courses of their lives.**

(他们一辈子辛勤干活。)

6. The old persons of the villages continue to work, either farming or caring for young children.

1) **continue to do sth** 或者 **continue doing sth (=keep on doing sth)** “继续做某事”。

例: The baby continued to cry (crying) all night. (那婴儿整夜哭个不停。) 注意下句是错的:

**He continued to remain in weak health.** 因为 **remain** 本身就有

“继续”的意思，所以这句应改为：He remained (continued) in weak health. (他身体仍然很弱。)

2) either ... or ... 语气比 or 强。

3) farming or caring for young children. 为现在分词短语，作状语，表示伴随状态。

### Exercise

Directions: Each of the following sentences has four underlined parts, marked (A), (B), (C), (D). You are to identify the one underlined word or phrase that would not be accepted in standard English.

1. Doctors say people are living longer than ever before because medical discoveries and improvement in health care.  
A B C D
2. This doctor believes that the main causes of death could be stopped if people ate less meat, stopped smoking and to reduce the stress in their daily events.  
A B C D
3. This doctor notes that the long-living peoples of all these areas live highly in the mountains where the air is pure and free of pollution.  
A B C D
4. He also notes that these old people do not drink any alcohol which is stronger than bear and wine, and they seldom become drank.  
A B C D

5. Despite the old ages, these people of the villages continue working.  
A B

Many of them neither farm or care for their great-grand children.  
C D

〔参考译文〕

### 他们为什么长寿？

由于医学上的发现和卫生保健工作的改善，人们现在的寿命比以往任何时期都要长。例如，八十年前在美国出生的人可望活到四十七岁，而现在美国人的估计寿命大约为七十四岁半。

许多医生认为，人的估计寿命还可能更长些。这取决于我们的生活方式。其中一位医生——纽约市西奈山医院的阿瑟·舍茨金说，只需要注意控制我们的饮食和生活规律，我们就可以活得更长些。他认为，如果人们少吃些肉，停止抽烟并且减少生活中的情绪紧张，就可以消除造成死亡的三个主要原因——癌症、心脏病和中风。

对厄瓜多尔一组高龄人的研究证实了舍茨金的观点。他们中许多人都活到一百岁以上。这些厄瓜多尔人居住在维尔卡班巴的高山地区。一位美国医生凯拉思·帕莱迪曾研究过维尔卡班巴人。他发现，那些活到一百岁以上的维尔卡班巴人与世界上其它地区的比一般人寿命长的人有许多共同之处。这些地区包括巴基斯坦北部的洪沙地区、墨西哥北部的高原地区以及苏联高加索山脉格鲁吉亚部分地区。

帕莱迪医生说，所有这些地区的高龄人都生活在没有空气污染的高山地区。他们喝的水一般都来自水井或小溪，水中含有大量的矿物质。这些人很少吃牛、羊肉。相反，他们从鸡蛋、鸡、鱼、山羊奶酪和奶中获得蛋白质。

帕莱迪医生注意到，这些高龄人不喝烈性大于啤酒或葡萄酒的任何酒类。而且，他们几乎从不喝醉。他们大多数是农民，一辈子辛勤干活。他们的性机能仍然旺盛。这位科学家还发现维尔卡班巴人的某

些社会风俗似乎有助于他们活得更长。乡村里的老人仍在干活，种田或照看小孩。帕莱迪医生认为，这类活动赋予这些老人以生活的目的。

## **2. Why Does the Number of Children with Birth Defects Increase?**

Doctors say more babies are being born in the United States with physical or mental problems.

A new study says the number of such babies has increased by 100 per cent in the past 25 years. The study found that in the late 1950's about 2 per cent of babies were born with physical or mental problems. Today, 4 per cent have such disorders. The study was done by researchers from the University of California at San Francisco. They based their findings on information from thousands of families in the United States. Doctors say they do not know the exact reasons for the increase in the number of children with birth defects. But they listed some possible causes.

Dr. John E. Marshal, director of the National Center for Health Services Research, said many problems probably are caused by something that harms the developing fetus. He said one possible cause is increased cigarette smoking by pregnant women. Smoking causes women to have smaller babies. These babies have a greater chance of having mental or physical problems.

Dr. Marshal said poisonous substances in the work place



also may affect more women today than in the past. These substances may cause women to have babies with birth defects. He said birth defects also may be caused by viruses or bacteria that harm the developing fetus. One such virus causes German measles. If pregnant women develop the disease, their babies may be born blind or mentally retarded. Another cause may be that people with serious diseases such as diabetes are living longer and having more babies. The babies may be born with the same disease as their parents.

Dr. Marshal said another reason may be that new medical technology is helping doctors save the lives of many babies who would have died in the past. Many babies can survive now even if they are born sixteen weeks early. But these very small premature babies often are born with serious medical problems.

Some doctors say there may not have been such a huge increase in the number of children born with mental or learning defects. They say parents, teachers and doctors recognize defects now that they would not have recognized 20 years ago.

### New Words and Phrases

1. physical ['fizikəl] *a.* 身体的, 肉体的
2. mental ['mentl] *a.* 精神的, 智力的
3. disorder [dis'ɔ:də] *n.* 失调