



跳蚤·阅读精品系列中英文对照文丛

跳蚤·阅读 FLEA READER S

第一辑⑥



不明飞行物

我将永远爱你

纳撒尼尔·霍桑致爱妻

外文出版社

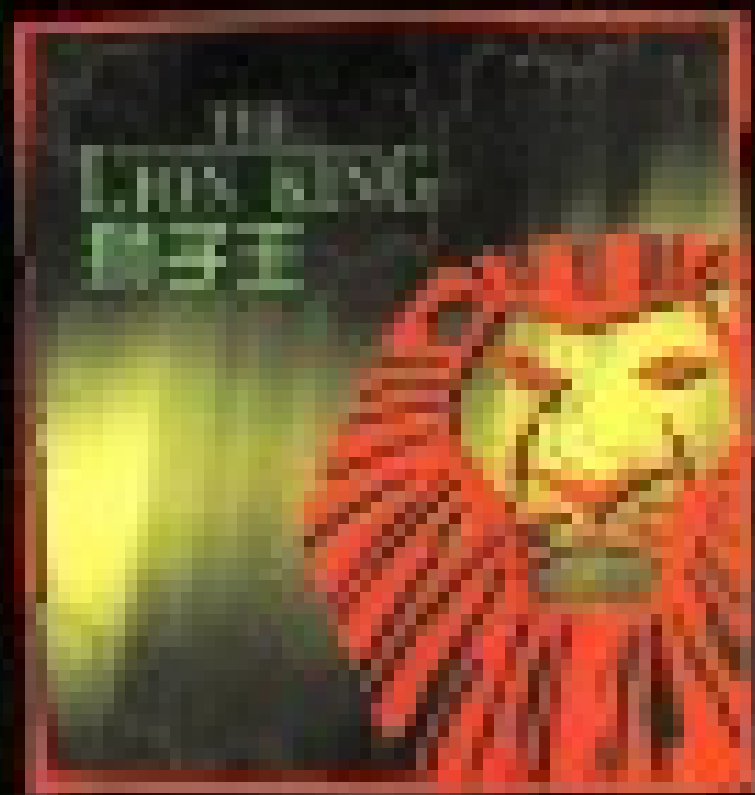


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第一輯

THE UNIVERSITY OF CHICAGO PRESS



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FLEA READERS

跳蚤·阅读

第一辑

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前 言

《跳蚤·阅读》(FLEA READERS) 是刘国彬教授和美籍专家迈克·理斯顿先生为大中学生和广大英语爱好者精心策划的一套英语课外读物,是针对教育部对目前英语教学现状提出的意见编撰的,旨在为广大中学生和大学低年级学生提供一套既实用又轻松的中英文对照读物。

这套书编排形式活泼新颖,文章短小精悍,图文并茂,注释详实,这是本书的第一个特点;

第二,本丛书取材广泛,纵横古今中外,品类繁多,包罗影视文(章)网(络)。

我们拟先推出三辑 30 本,以后再陆续添加。在本丛书的成书过程中,许多人都付出了大量的时间、精力和心血。我们在此向他们表示由衷的感谢。

尽管我们在尽最大的努力做好每一件事,但是失误仍然在所难免。希望广大读者一如既往地对我们的工作进行监督与批评,并欢迎广大读者随时与我们联系。

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Your Pet Can Be Hazardous ^① to Your Health

By Thomas Clavin

When Richard Simms began experiencing fatigue, irritability ^② and blurred vision, he couldn't understand why. The normally affable 23-year-old grew even more concerned when he started having fits of anger, followed by a steep drop in energy.

Then one day he collapsed ^③ in convulsions ^④. Rushed to hospital he lapsed into a coma ^⑤. Doctors diagnosed encephalitis ^⑥, a brain inflammation that resulted from a cat scratch—apparently by Simms's cat.

An estimated 60 percent of Americans share a home with an animal. We keep more than 57 million cats, 53 million dogs and 12 million birds. Unusual animals, such as rodents, reptiles and miniature pigs are being adopted as pets.

Having a pet is a wonderful experience—but epidemiologist ^⑦ Dr. Peter Schantz of the Centers for Disease Control (CDC) in Atlanta warns that owners should be aware that “approximately four million Americans are infected annually by a ‘zoonotic’ disease (one contracted from an animal) . ” At least a dozen diseases can be passed along by household pets. Usually only the most

LIFE AND KNOWLEDGE



你的宠物会危害健康

托马斯·克莱文



当理查德·西姆斯开始感到全身疲惫、有过敏反应、视力模糊时,他不明白是什么原因。这位 23 岁的小伙子,性情温顺,当他一阵阵发脾气,体力急剧下降时,他就更担心自己的健康了。

后来有一天,他在痉挛中彻底垮了,人们把他迅速地送进医院时,他已经昏迷。医生们诊断他患了脑炎。显然是由他的猫抓伤了皮肤感染所致。

据估计,有 60% 的美国人在家里养动物。我们饲养着 5,700 多万只猫,5,000 多万只狗和 1,200 多万只鸟。像啮齿动物、爬行动物以及袖珍猪等不一般的动物都成了人们饲养的宠物。

养宠物是件开心的事——但在亚特兰大疾病控制中心工作的传染病学博士彼得·香茨告诫宠物的拥有者说:“每年大约有 400 万美国人被‘可传到人体的动物的疾病’所传染(一种动物传染的疾病)。至少有 12 种疾病会由家养的宠物传播的。通常只有特别严重的疾病如

- ① hazardous
[ˈhæzədəs] *adj.* 危险的
- ② irritability
[ɪrɪtəˈbɪləti] *n.* 过敏,急躁
- ③ collapse[kəˈlæps]
vt. 病倒
- ④ convulsion
[kənˈvʌlʃən] *n.* 痉挛
- ⑤ coma[ˈkəʊmə]
昏迷
- ⑥ encephalitis
[enˈsefəˈlaɪtɪs]
n. 脑炎
- ⑦ epidemiologist
[ˈepɪdɪmiˈɒlədʒɪst]
n. 流行病专家

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serious, like rabies or plague, create headlines.

While rabies in humans is rare, health officials are monitoring the diseases because there has been a 95 percent increase in reported cases among animals from 1990 to 1993. Most cases involve wild creatures such as raccoons, skunks, bats and foxes, but the CDC also reports a 54 percent jump in cat rabies, to 291 cases in 1993.

Plague, rare today, is the “Black Death” that killed 25 million Europeans in the 14th century. Since 1991 there have been about 11 reported cases per year in the United States, mostly involving fleas from wild animals in the West and Southwest. Plague is transmitted by infected fleas—usually on rodents but, says Schantz, sometimes on pets. Both cats and dogs may become infected, but dogs can’t transmit plague to humans. Cats have given the disease to 16 people since 1997. Two died. If diagnosed quickly, however, plague is routinely cured by antibiotics ^①.

The vast majority of pet-transmitted diseases are not frightening, fatal disorders. Many are preventable and readily cured—if you know about them. Here are the main hazards to your health—and what you can do about them:

Cat-Scratch Disease. This ailment ^② affects some 22, 000 people yearly. It’s a bacterial infection often



狂犬病和瘟疫会引起广泛注意。

尽管很少有人得狂犬病，卫生官员们依旧监视这种疾病，因为 1990 年至 1993 年有案可查的病例增长了 95%。许多病例涉及野生动物，诸如浣熊、臭鼬、蝙蝠和狐狸。中心还说，1993 年猫抓伤导致的狂犬病猛增 54%，达 291 例。

如今，瘟疫已很罕见，而在 14 世纪，“黑死病”使 2500 欧洲人死亡。1991 年后，美国每年约有 11 例相关报告，主要是由西部和西南部野生动物身上的跳蚤传播的。瘟疫通常是由被感染了的啮齿动物身上的跳蚤传播的。香茨说，有时宠物身上也有。猫和狗都会受传染，而狗不会传染瘟疫，从 1977 年以来猫已使 16 人感染瘟疫。两人死亡。然而，如果诊断及时并使用抗生素，瘟疫是能治愈的。

绝大多数由宠物传染的疾病并不可怕，没有致命的危险。如果你掌握了有关的知识——许多疾病可以预防并治好。下面就是几种主要危害你健康的疾病——以及你应怎样预防它们。

猫抓伤疾病。每年都有 22,000 多人受感染。通常是被猫抓伤舔咬而感

① antibiotic
[ˈæntɪbaɪ ɒtɪk] n
抗生素

② ailment
[ˈeɪlmənt] n. 小病，
失调

生活新知

transmitted by a cat's scratch, though sometimes by a bite or a lick. Watch for tender, swollen lymph ^① nodes, brief redness at the scratch site and occasionally fever. Although symptoms may last from two to six months, most patients do not require treatment.

For one to two percent of patients like Richard Simms, however, cat-scratch can be devastating, Simms eventually recovered from his coma. Yet, "even six months later, I was in a haze, feeling like I was living in a dream," he says.

Hookworm, Roundworm. Hookworm is a parasite ^② found in some dogs, commonly in humid areas of the country. Eggs pass in dogs' stools and hatch in the soil to produce tiny larvae ^③ capable of migrating through human skin. Once under the skin, they cause an intensely itchy ^④ rash. Sometimes the illness goes away in a week; other times prescription medicine is needed.

Dr. Lawrence Raymond, associate professor of ophthalmology at the University of Cincinnati, has seen many worm-related eye disorders, especially in youngsters. One case involved a ten-year-old infected with a roundworm that traveled through his system and settled in his retina ^⑤. The worm had already caused some permanent damage to the retina before Raymond destroyed it with a laser. "There are an estimated 10, 000 cases of human roundworm infection each year," says Dr. Schantz. "Of these, more than 700



染上了细菌造成的。临床表现为淋巴结有轻微肿胀，被抓伤的地方短暂的红肿，偶尔也发烧，这些症状可能会持续两个月到六个月，大多数患者不需要治疗。

有 1% 到 2% 的患者像理查德·西姆斯一样会被猫抓疾病整垮。西姆斯终于从昏迷中苏醒了。他说：“甚至六个月以后，我还是昏昏沉沉的，觉得自己生活在梦幻中。”

钩虫和蛔病。钩虫是一种可在狗体内发现的寄生虫，潮湿的乡村中的狗往往有这种寄生虫。钩虫卵通过狗的粪便排出并在土壤里孵化成小的幼虫，可使人的皮肤携带。一旦钻入皮肤中，可使人们患瘙痒皮疹。有时此病一个星期不治自愈，有时需药物治疗。

辛辛那提大学眼科副教授劳伦斯·雷蒙德治疗了许多由寄生虫造成的眼病，该病患者中以青少年居多。有这样一个病例：一位 10 岁的孩子感染上了蛔虫，这只蛔虫进入他的体内并寄生在他的视网膜上。在雷蒙德用激光除掉它之前蛔虫已经对视网膜造成了某种永久性的损伤。香茨博士说：“估计每年有一万个感染蛔虫的病例。在这些人当中，有

- ① lymph[ˈlɪmf] *n*
淋巴液
- ② parasite
[ˈpærəsait] *n* 寄生
物(虫)
- ③ larvae[ˈlɑːvɪː]
n (pl) 幼虫
- ④ itchy[ˈɪtʃɪ] *adj*
发痒的
- ⑤ retina[ˈretɪnə]
n 视网膜

result in vision impairment. ”

Ringworm. This is actually a fungus that infects the hair of a dog or cat. The fungi can be transmitted back and forth between humans and pets by direct contact, and in humans can cause such problems as athlete's foot.

Toxoplasmosis. Ironically, this pet-related disease is often overlooked because it's so common. It comes from a parasite found in the feces ^① of infected cats, which pick it up from small rodents. The parasite can survive in a litter box, or in garden soil for up to a year before being brought home by a human—possibly in the dirt under fingernails.

According to Dr. Benjamin Lult, chairman of the Department of Infectious Diseases at the University Medical Center at Stony Brook, N. Y. , ten to 40 percent of Americans are infected with toxoplasmosis. Nine out of ten have no symptoms or ill effects. The unlucky one may experience fever, headache, swollen glands or skin rashes. Tragically, “if a woman acquires it during pregnancy, ” says Luft, “it can severely damage the fetus. ”

A blood test can detect the disease, and antiparasitic drugs can reduce chances of transmission to the fetus by 60 percent. But the best course is prevention. If you're pregnant, have someone else clean the litter box, if possible.

Bites. Over 500, 000 animal bites occur each year.

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700 多名患者的视力受到伤害。”

金钱癣。实际上这是一种在狗或者猫的毛发上传染的真菌。这种真菌会在人和宠物直接接触后交叉传染，传染到人身上就会得脚癣病(即香港脚)。

弓形体病。讽刺的是这种宠物疾病常常被人们忽视，因为它太常见了。受感染的猫的排泄物中有弓形体病的寄生虫，来自于小的啮齿动物。这种寄生虫能在垃圾箱里或者花园的泥土里生存达一年之久，然后你就可能把它带回家，例如用你的脏指甲缝。

据纽约斯托尼·布鲁克医科大学研究中心传染病科主任本杰明·勒夫特博士说，有 10% 到 40% 的美国人感染了弓形体病。10 名感染者中 9 人没有病状及不舒服的感觉。不幸的那个会出现发烧、头痛、腺肿胀或者皮疹等病状。勒夫特说：“如果妇女在怀孕期间得了这种病，会严重地危害胎儿发育。”

血液化验能发现这种病，抗寄生虫的药也可以把胎儿被感染的机会减少 60%。不过，最好的办法是预防这种疾病。如果你是孕妇，尽可能请其他人倒垃圾桶。

咬伤。每年有 50 多万人被动物咬

① feces[fɪˈsiːz]
n. (pl)粪，排泄物

Even a nip can transmit *pasteurella multocida*, a bacterium passed along in one-fourth of all dog and cat bites. The typical sign is swelling where the bite occurred, sometimes accompanied by fever. "It doesn't matter if it was the family pet that bit you," says pediatrician Andrew Margileth of the University of Virginia. "Get the bite checked out." When a strange dog has broken your skin and the animal can't be found and tested, you must get rabies shots.

Only a small percentage of people contract a disease from a pet. The risk can be diminished by following a few simple precautions ^①:

- Always vaccinate your animal against rabies. If you adopt a stray, take it to the vet for shots.
- Have your dogs and cats checked annually for worms and routinely dewormed as puppies and kittens. And since worm-in-fested droppings can mix in soil handled by playing children, stress the importance of hand-washing and keeping hands away from the mouth.
- However much you or your children adore your pet, kissing it on the snout is a bad idea. Never allow a dog or cat to eat from your plate.
- Clean your cat's litter box every day. Rubber gloves protect against contact with parasites. Washing hands and rinsing the litter box with near-boiling water further reduce the risk of contracting toxoplasmosis.

LIFE AND KNOWLEDGE



伤。被轻轻叼一下或被狗猫咬就有四分之一的人会感染上出败血性巴斯德氏菌。被咬伤的地方临床表现为红肿、有时伴随着发烧。“如果是被家庭宠物咬伤的,那问题不大。”弗吉尼亚大学的儿科专家安德鲁·玛吉莱思说,“检查一下伤处就行了。”当一只野生的狗咬破了你的皮肤,又无法检查它时,就必须注射预防狂犬病的针剂。

仅仅有一部分人由宠物传染得疾病。下面有几种简单的预防方法可以减少这种危害。

- 要给你的动物注射预防狂犬病疫苗。收养了迷路的宠物也是一样。

- 每年要为你的狗和猫检查寄生虫并定期地去除幼犬和小猫身上的虫。因为幼虫^{larvae}滋生的粪便会混入土壤里,小孩玩耍就会接触到它,要强调洗手的重要性,切勿把手放进嘴里。

- 无论你或者你的孩子多么喜欢宠物,都别亲吻它的口鼻部。永远不要让狗或者猫吃你盘子里的食物。

- 每天清理猫使用的粪便盒子。胶皮手套可以防止与寄生虫的接触。洗手并用快开的水冲洗盒子会进一步减少弓形体病的传播。

① precaution
[prɪ'keɪʃən] n 预防措施

生活新知