

# 21 世纪研究生英语教材

## 阅读教程



江西高校出版社

# 前言

《阅读教程》是《21 世纪研究生英语教材》系列教程中的主干教材之一。本教程由上、下两册组成,每册有十个单元,每个单元又包含 Text A 和 Text B。Text A 供课堂精读使用,而 Text B 则供学生在课外使用。

考虑到研究生已具备了较宽知识面和较强思考能力的特点,教师在使用本教程中应积极引导学生进行课前预习,培养他们自主学习和独立解决问题的能力。在课堂教学中教师可以对重点、难点进行有针对性的讲解,但要做到精讲多练,以学生为中心,为学生创造自主学习的机会。本教程具有以下几个方面的特点:

1. 课文选材科学、广泛、新颖、活泼,大部分课文均选自近年来国外最新期刊、杂志,内容覆盖政治、经济、文化、科技、军事、环境、社会生活等诸多方面。

2. 选文思想内涵深刻,具有时代气息,适合研究生阶段的学生就某些问题发表自己的看法,有助于教师在课堂教学中组织各种丰富多彩的课堂教学活动。

3. 所选文章语言文字规范、地道、严谨。为了帮助学生解决阅读中的语言难点,本教程对学生在阅读过程中可能遇到的生词和短语进行了详细的注释,以便于学生自主学习。

4. 练习的设计尽量做到题型多样、难度适宜、学以致用。不仅在每一单元前精心设计了阅读前的导读和围绕课文所展开的思考问题,而且还在每篇课文后编写了阅读理解题。与此同时,每个单元在课文后还有难度适中、题型多样的练习,包括词汇操练、综合填空、中英互译和英语写作。

本教程的总主编是江西师范大学外国语学院饶振辉教授,本书的 1~5 单元由华东交通大学负责编写,主编是刘朝武老师,副主编是杨明和单伟红老师,编委是尧文群、胡永华、王显涛和朱琪老师;6~10 单元由东华理工大学负责编写,主编是卢仁顺老师,副主编是艾国平和陈彩芬老师,编委是郭高攀、洪小琴、李小兰和王宗英老师。林敏华审阅了部分章节。

由于研究生的生源不一,这一教程肯定还存在着不足之处。我们希望广大教师和学生多提出宝贵意见和建议,以便我们不断修订、不断完善。

编者

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# UNIT ONE

## Background Information

Health is the general condition of a person in all aspects. It is also a level of functional and/or metabolic efficiency of an organism, often implicitly human. At the time of the creation of the World Health Organization (WHO) in 1948, health was defined as being “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. Generally, the context in which an individual lives is of great importance on his life quality and health status. The social and economic environment are key factors in determining the health status of individuals given the fact that higher education levels are linked with a higher standard of life as well as a higher income.

### Pre-reading Questions

1. How can you measure health in your view?
2. Do you think a person with a beer belly is a healthy person? Why?
3. What can we do to prevent us from having a big waistline size?





## TEXT A

### The Belly Burden

*Amanda Spake*

#### **New research points to waistline size as a better predictor of health**

1. Does your belt need a new hole or three? Has that “spare tire” made it hard to tie your shoes? And what’s happened to clothing sizes? Why has everything become just too darn tight around the waist? If you find yourself asking these questions while you lie down on the bed, hold your breath, and try to get that zipper all the way up, join the club. Americans’ collective waistline is expanding a lot. And medical researchers are beginning to understand the complex physiology behind a simple truth women have believed for centuries: the smaller the waist, the better the life.

2. Over the past 10 years, a raft of new studies have shown that predicting a person’s long-term health may be as simple as taking a waist measurement. Fat around the waist has been linked to a greater risk of heart disease, diabetes, stroke, hypertension, breathing problems, disability, some cancers, and higher mortality rates. The medical community once believed that it was weight itself or the body mass index that led to serious illness and earlier death, not where fat is located on the body. But recent research on the wonders of the fat cell has shown that not all fat is alike. Fat around the middle is largely visceral fat, a type of deep fat that packs itself around internal organs and secretes powerful body chemicals. It’s this type of fat that sets off reactions in the body that lead to changes in arteries, organs, and cells that result in heart disease, diabetes, and probably some cancers. The more abdominal fat, the greater the risk of developing these conditions earlier. “It’s becoming clearer and clearer that body fat distribution is a critically important variable,” says Joan Manson, chief of preventive medicine at Harvard University’s Brigham and Women’s Hospital. “And abdominal obesity is the key culprit.”

3. Ideal look. To some extent, folk wisdom and popular culture have reflected this for centuries. A willowy waistline was an ideal for both men and women in colonial and frontier

America and easier to attain when food was scarce and a great deal of physical activity was required to hunt, gather, and cook it. The Victorian period ushered in the era of the “hourglass figure,” which remained the ideal female form for more than 120 years, until it was supplanted by the “Twiggy” look of the 1960s. Boys, of course, want thin waists, too. Many a late-night infomercial sells the dream of “six-pack abs” or a “washboard stomach” to men.

4. One thing is certain: The average American waistline is expanding. In fact, it has never been bigger. Federal health surveys show that over the past four decades, the mean waist size for men has grown from 35 inches to 39 inches; for women, from 30 inches to 37 inches. The National Institutes of Health recommends that men with waists measuring 37 inches or greater and women with waists larger than 31.5 inches modify their lifestyles to reduce their waists and resulting health risks. Nearly 39 percent of men and 60 percent of women are carrying too much belly fat.

5. Perhaps one reason waists have grown so thick is that the majority of Americans do not realize that abdominal fat can be so hazardous. According to the Shape of the Nations report released by the World Heart Federation, 6 in 10 Americans did not rank abdominal fat as a leading risk factor for heart disease. And while a majority of doctors did know of the link between belly fat, heart disease, and diabetes, physicians measure waist circumferences of only 17 percent of their patients.

6. Yet, a study published in the British medical journal *Lancet* showed that among some 27,000 people in 52 countries, waist size as a ratio of hip circumference (the so-called waist-to-hip ratio) more accurately predicted which men and women would have heart attacks than did any other body measure, including weight and body mass index. “I don’t think there is anything magic about this ratio, except that it’s a window to the balance between muscle and fat,” says Salim Yusuf, professor of medicine at Canada’s McMaster University and lead author of the study. “Around the waist there is no large muscle.” In other words, it’s all excess fat.

7. High price. Little wonder, then, that a simple waist measurement, even in children, can accurately forecast who is likely to develop metabolic syndrome, a condition defined not only by waist size but also by having two or more additional health problems: high blood pressure, unhealthy cholesterol, high triglycerides, or insulin resistance. Metabolic syndrome significantly increases the risk of heart disease and leads to an early onset of type 2 diabetes.

8. Bigger waists also mean higher medical costs. Patients with 41-inch waists pay about

\$2,600 more per year in annual medical expenses than do those with 32-inch waists, according to a 2002 study in the journal *Obesity Research*. Larger waists can lead to more low-back pain, greater breathing difficulties, and persistent cough, compared with people with less abdominal fat. Waist size can even forecast who will have trouble bathing, dressing, and walking in old age. “Waist circumference is far more important than simply measuring how much someone weighs.” says Lewis Kuller, an epidemiology professor at the University of Pittsburgh who has studied abdominal obesity and heart disease for decades.

9. Contrary to the notion that belly fat is a soft, inert tissue that nonchalantly sits on the waist, abdominal fat cells are actually little endocrine factories, producing hormones that send messages to many organs. “This central fat is the most metabolically active.” says Manson. Belly fat appears to drain directly into the liver, she says, and as the fat breaks down, it releases substances that increase the body’s resistance to insulin. “It seems to me that what has emerged is a sense that abdominal obesity promotes insulin resistance, which raises insulin levels, which increases appetite, which increases triglycerides, which causes the good HDL to go down, and increases sodium absorption, then blood volume expands, and blood pressure goes up.” says William Kannel, a professor at Boston University Medical School and a former director of the Framingham Heart Study. Ultimately, this cascade of events leads to glucose intolerance, diabetes, hypertension, and accelerated development of coronary heart disease.

10. The connection between fat distribution and sex hormones is only now being explored. The apple shape “tends to be associated with higher male hormone levels in women, and this may be one of the reasons that men and women tend to have a different body fat distribution”, says Manson. Men, who naturally have more male hormones than women, also accumulate fat around their waists more frequently than women. Though the role hormones play in fat distribution is not yet clear, the way many women lose their waist at menopause may be due to changes in the relative levels of androgen to estrogen. Clinical trials of hormone replacement therapy, however, did not show that post-menopausal women who took the drugs had a substantial waist-size reduction, says Manson.

11. Apple vs. pear. Conversely, the pear shape or the hourglass figure may be linked to higher estrogen levels and greater fertility. One study of Polish women indicated that those with large breasts, small waists, and wide hips had higher levels of estrogen than those who were more apple-shaped. “It’s possible that it’s a fat distribution pattern (hourglass) associated with the higher likelihood of reproductive success, and it was something that was se-

lected for during women's evolution." says Manson.

12. Some recent studies also indicate that hip and thigh fat—common to pear-shaped people—may actually offer some unique safeguard against cardiovascular disease. “Hip fat is definitely protective.” says Marie Savard, a Philadelphia internist who is researching the health effects of body shape. She points to a 2004 Danish study of nearly 3,000 men and women that showed that a larger hip circumference reduced cardiovascular disease and death among women but had no positive effect for men. Similarly, research on 3,000 older adults reported in the *Archives of Internal Medicine* confirmed not only that abdominal fat leads to metabolic syndrome but also that leg and thigh fat—among both women and men—were associated with a lower prevalence of metabolic syndrome and less heart disease.

13. But not all researchers agree that hip fat is beneficial, and if it is, no one yet knows why. One theory is that hip and thigh fat may act as a metabolic reservoir, storing harmful blood fats that would otherwise circulate throughout the body. Or it could be that fat on the hips, thighs, and legs may just indicate that a person is genetically pear-shaped and less inclined to gain the spare tire that plagues the more apple-shaped. Still, more lower-body fat generally means more fat which clearly leads to higher risk of heart disease and diabetes.

14. It will be decades before medicine unravels the metabolic puzzle that is fat. In the meantime, doctors say that the important action to take is to stop waist expansion. “We all need to slow down this process of becoming more applelike,” says Savard. “Body shape really does matter.”

( 1557 words)

Source: *The World of English*, 2009( 8)



## NEW WORDS

abdominal [æb'dɒmɪnəl] *adj.* of or relating to or near the abdomen 腹部的

androgen ['ændrədʒən] *n.* 男性荷尔蒙, 雄性激素

archive ['ɑ:kəɪv] *n.* a collection of historical records and documents relating to a place, organization, or family 档案, 案卷

artery ['ɑ:təri] *n.* a blood vessel that carries blood from the heart to the body 动脉

cardiovascular [ˌkɑ:diəu'væskjʊlə] *adj.* of or pertaining to or involving the heart and blood



vessels 心脏血管的

cascade [kæs'keɪd] *n.* a succession of stages or operations or processes or units 瀑布状的东西,  
一连串的东西

cholesterol [kə'lestərəʊl] *n.* 胆固醇

circumference [sə'kʌmfərəns] *n.* 圆周, 周长, 胸围

coronary [ˈkɒrənəri] *adj.* surrounding like a crown (especially of the blood vessel surrounding  
the heart) 冠的, 花冠的, 冠状的

culprit [ˈkʌlprɪt] *n.* the source or cause of a problem ; someone who perpetrates wrongdoing  
起源, 原因; 犯人, 罪犯

diabetes [ˌdaɪə'bi:tɪz] *n.* any of several metabolic disorders marked by excessive urination and  
persistent thirst 糖尿病

endocrine [ˈendəukraɪn, -krɪn] *adj.* 内分泌的

epidemiology [ˌepɪdɪ'mi:ɒlədʒi] *n.* the branch of medical science dealing with the transmission  
and control of disease 流行病学, 传染病学

estrogen [ˈestrədʒən] *n.* 雌性激素

hazardous [ˈhæzədəs] *adj.* involving risk or danger 危险的

hypertension [ˌhaɪpə'tenʃən] *n.* 高血压, 过度紧张

index [ˈɪndeks] *n.* 索引, 指针, 指数

inert [ɪn'ɜ:t] *adj.* slow and apathetic 惰性的, 迟钝的

infomercial [ɪnfə'mə:ʃəl] *n.* 试用品广告, 名人导购节目

insulin [ˈɪnsjʊlɪn] *n.* 胰岛素

internist [ɪn'tɜ:nɪst] *n.* a specialist in internal medicine 内科医生

menopause [ˈmenə,pəʊz] *n.* the time in a woman's life in which the menstrual cycle ends 停  
经期, 更年期

mortality [mɔ:ˈtælɪti] *n.* the ratio of deaths in an area to the population of that area 死亡率

nonchalantly [ˈnɒnʃələntli] *adv.* in a composed and unconcerned manner 不激动地, 冷淡地

obesity [əu'bi:sɪti] *n.* more than average fatness 肥胖, 肥大

postmenopausal [ˈpəʊstmenə'pəʊzəl] *adj.* (妇女) 绝经后的

sodium [ˈsəʊdiəm] *n.* 钠

supplant [sə'plɑ:nt] *vt.* take the place or move into the position of 排挤, 取代

triglyceride [traɪ'glɪsəraɪd, -rɪd] *n.* 甘油三酸酯

twiggy [ˈtwɪgi] *adj.* resembling a twig 苗条的

unravel [ʌnˈrævəl] *vt.* become or cause to become undone by separating the fibers or threads of;

clear up 解开, 阐明, 解释

visceral [ˈvɪʒərəl] *adj.* relating to or affecting the viscera 内脏的

willowy [ˈwɪləʊi] *adj.* slender and graceful 苗条的



## PHRASES AND EXPRESSIONS

a raft of / a large number or amount or extent

大量, 许多

break down / decompose

分解

point to / point out

指出, 表明

set off / cause

引起, 激起

slow down

减缓



## PROPER NOUNS

Archives of Internal Medicine

内科医学档案, 内科学文献(书名)

Framingham Heart Study

佛莱明罕心脏研究

Harvard University's Brigham and Women's Hospital

哈佛大学布里格姆妇科医院

HDL( high density lipoprotein)

高密度脂蛋白

National Institutes of Health

美国国立卫生研究院

Obesity Research

肥胖研究(杂志)

Philadelphia

费城(美国宾夕法尼亚州东南部港市)

University of Pittsburgh

匹兹堡大学(美国)

World Heart Federation

世界心脏联盟



## EXERCISES

### I. Reading Comprehension

i. For each of the following questions or unfinished statements, choose the most appropriate answer from the choices provided.

1. What does the expression “spare tire” in the first paragraph mean?
  - A. an extra tire for vehicles
  - B. a huge waistline size
  - C. spare time
  - D. feeling of fatigue
2. Recent research has shown some facts, which don't include \_\_\_\_\_.
  - A. the old belief “the smaller the waist, the better the life” has something reasonable
  - B. fat around the waist has been linked to a greater risk of heart disease
  - C. it was weight itself or the body mass index that led to serious illness and earlier death, not where fat is located on the body
  - D. abdominal obesity is the key culprit to many diseases
3. Which of the following is NOT true according to the passage?
  - A. The measure of ideal look is different in different ages.
  - B. The “hourglass figure” used to be an ideal female form.
  - C. Male has different view of ideal figure with female.
  - D. In colonial and frontier America people were easy to get a willowy waistline.
4. Which of the following is NOT true about American waistline?
  - A. American waistline is getting bigger and bigger.
  - B. The mean waist size for men has increased by 4 inches.
  - C. Women with waists larger than 31.5 inches will take more risks of getting healthy problems.
  - D. Most of women and men are carrying too much belly fat.
5. Which of the statement is true according to the passage?
  - A. Many doctors don't know the link between belly fat and diseases.
  - B. Many Americans have some knowledge of the link between belly fat and some diseases.
  - C. Only a minority of patients were measured waist circumferences.
  - D. A majority of Americans regard abdominal fat as a leading risk factor for heart disease.
6. Larger waistline can lead to many problems except \_\_\_\_\_.
  - A. paying more per year in annual medical expenses
  - B. more low-back pain, greater breathing difficulties, and persistent cough
  - C. having trouble bathing, dressing, and walking in old age
  - D. acting as a cushion to external force
7. Which of the following is NOT true according to William Kannel?
  - A. Abdominal obesity promotes insulin resistance.
  - B. Abdominal obesity leads to the raise of insulin level and sodium absorption.

- C. Abdominal obesity causes the blood pressure and HDL to go up.  
 D. Abdominal obesity causes a series of events which leads to some diseases.
8. The word “prevalence” in the last sentence of paragraph 12 means \_\_\_\_\_.  
 A. circulation                      B. popularity                      C. incidence                      D. heritage
9. Some recent studies indicate some facts except that \_\_\_\_\_.  
 A. hip and thigh fat may actually offer some unique safeguard against cardiovascular disease  
 B. a larger hip circumference reduced cardiovascular disease and death among women and men  
 C. abdominal fat leads to metabolic syndrome  
 D. leg and thigh fat, among both women and men, was associated with a lower prevalence of metabolic syndrome and less heart disease
10. There are many different opinions on the functions of hip fat. Which of the following is NOT true about these opinions?  
 A. A majority of researchers think hip fat is not beneficial.  
 B. Hip and thigh fat may act as a metabolic reservoir, storing harmful blood fats.  
 C. More lower-body fat leads to higher risk of heart disease and diabetes.  
 D. Fat on the hips, thighs, and legs may just indicate that a person is genetically pear-shaped.

## ii. Comprehension questions.

- How do you understand the sentence “the smaller the waist, the better the life”?
- What is the relation between fat distribution and heart disease?
- How does abnormal fat accelerate development of coronary heart disease?
- What is the connection between fat distribution and sex hormones?

## II. Vocabulary and Structure

### i. Use the appropriate form of the words or phrases in the box to complete the following sentences.

willowy   break down   resistance   variable   set off   inert  
 obesity   circulate   modify   critically   mortality   abdominal

- \_\_\_\_\_ is one of the leading causes of accelerated aging, according to Cooper.
- Many of the molecules and substances that \_\_\_\_\_ in body overlap between immune

function and sleep.

3. This patient has fever and lower \_\_\_\_\_ pain that I cannot explain.
4. Chemicals in our bodies \_\_\_\_\_ the food we eat so we can absorb it.
5. Moreover, the same virus that causes mild illness in one country can result in much higher morbidity and \_\_\_\_\_ in another.
6. We conclude this section with two examples of motion under the action of a \_\_\_\_\_ force.
7. Friction is the \_\_\_\_\_ to motion between two objects in contact with each other.
8. The industrial revolution \_\_\_\_\_ the whole structure of English society.
9. The plane was \_\_\_\_\_ disabled when one of the engines caught fire.
10. Two principal hazards exist in dealing with \_\_\_\_\_ gases: asphyxiation and pressure.

## ii. Replace the italicized words with words or expressions from the text.

1. I cannot determine whether the *physician* is doing the right thing or the wrong thing until I determine what the non moral properties are.
2. In windy Colorado, a smart grid may focus more on harnessing wind energy to *replace* electrical power.
3. Mary was short and plump, in contrast to her mother who was tall and *slender*.
4. That would surely *slow up* the normal pace of business today.
5. The election results *cause* a wave of violent clashes across Kenya.
6. Ken threw me a funny glance and replied *coolly*, "There is nothing to worry about."
7. So women *gather* more fat than men? They have to; that is simply natural.
8. Now a new study begins to *clear up* the mystery and the mechanism by which reducing food intake protects cells against aging and age-related diseases.
9. Researchers say climate change is the real *cause*.
10. If you cannot *affirm* receipt of our remittance by tomorrow, please fax us immediately.

## III. Cloze

For each blank of the following passage, choose the one that best fits into the passage.

When women do become managers, do they bring a different style and different skills to the job? Are they better, or worse, managers than men? Are women more highly motivated

and 1 than male managers?

Some research 2 the idea that women bring different attitudes and skills to management jobs, such as greater 3, an emphasis on affiliation and attachment, and a 4 to bring emotional factors to bear 5 making workplace decisions. These differences are 6 to carry advantages for companies, 7 they expand the range of techniques that can be used to 8 the company manage its workforce 9.

A study commissioned by the International Women's Forum 10 a management style used by some women managers ( and also by some men) that 11 from the command-and-control style 12 used by male managers. Using this "interactive leadership" approach, "women 13 participation, share power and information, 14 other people's self-worth, and get others excited about their work. All these 15 reflect their belief that allowing 16 to contribute and to feel 17 and important is a win-win 18 —good for the employees and the organization." The study's director 19 that "interactive leadership may emerge 20 the management style of choice for many organizations".

- |                   |                    |                  |                 |
|-------------------|--------------------|------------------|-----------------|
| 1. A. confronted  | B. commanded       | C. confined      | D. committed    |
| 2. A. supports    | B. argues          | C. opposes       | D. despises     |
| 3. A. combination | B. cooperativeness | C. coherence     | D. correlation  |
| 4. A. willingness | B. loyalty         | C. sensitivity   | D. virtue       |
| 5. A. by          | B. in              | C. at            | D. with         |
| 6. A. disclosed   | B. watched         | C. revised       | D. seen         |
| 7. A. therefore   | B. whereas         | C. because       | D. nonetheless  |
| 8. A. help        | B. enable          | C. support       | D. direct       |
| 9. A. evidently   | B. precisely       | C. aggressively  | D. effectively  |
| 10. A. developed  | B. invented        | C. discovered    | D. located      |
| 11. A. derives    | B. differs         | C. descends      | D. detaches     |
| 12. A. inherently | B. traditionally   | C. conditionally | D. occasionally |
| 13. A. encourage  | B. dismiss         | C. disapprove    | D. engage       |
| 14. A. enhance    | B. enlarge         | C. ignore        | D. degrade      |
| 15. A. themes     | B. subjects        | C. researches    | D. things       |
| 16. A. managers   | B. women           | C. employees     | D. male         |
| 17. A. faithful   | B. powerful        | C. skillful      | D. thoughtful   |

- |                  |               |                 |              |
|------------------|---------------|-----------------|--------------|
| 18. A. situation | B. status     | C. circumstance | D. position  |
| 19. A. predicted | B. proclaimed | C. defied       | D. diagnosed |
| 20. A. into      | B. from       | C. as           | D. for       |

## IV. Translation

### i. Translate the following into Chinese.

1. And medical researchers are beginning to understand the complex physiology behind a simple truth women have believed for centuries: the smaller the waist, the better the life.
2. Contrary to the notion that belly fat is a soft, inert tissue that nonchalantly sits on the waist, abdominal fat cells are actually little endocrine factories, producing hormones that send messages to many organs.
3. It will be decades before medicine unravels the metabolic puzzle that is fat. In the meantime, doctors say the important action to take is to stop waist expansion. "We all need to slow down this process of becoming more applelike." says Savard.

### ii. Translate the following into English.

1. 因特网是一个互动网络,客户在因特网上能发布消息、参加讨论、进行投票或聊天。( release)
2. 与我原先的想法相反的是,这家跨国公司的气氛一点都不令人轻松愉快。( contrary to)
3. 经过几天仔细的调查后,联邦调查局特工人员发现一切证据都表明他犯有谋杀罪。( point to)
4. 2004 年,中国政府采取了大量放缓经济增速的措施,并对钢铁行业加以关注。( a raft of)
5. 我们的目的是探讨对大学生进行艾滋病教育的有效方式,为研究适合我国高校的艾滋病教育模式提供参考。( explore)

## V. Writing

Write a composition on the title "How to Keep Healthy". You should write around 150 words and base your composition on the outline below:

1. Importance of good health;
2. Ways to keep healthy;
3. My own practices of keeping fit.



## TEXT B

### Coffee Drinkers Less Likely to Be Hospitalized for Heart Rhythm Disturbances

1. Coffee drinkers may be less likely to develop heart rhythm disturbances than people who do not drink coffee. Drinking four or more cups of coffee daily is associated with reduced hospitalization for rhythm disturbances by a significant 18 percent.

**American Heart Association meeting report:**

2. SAN FRANCISCO, March 2, 2010—Coffee drinkers may be less likely to be hospitalized for heart rhythm disturbances, according to a report presented at the American Heart Association's 50th Annual Conference on Cardiovascular Disease Epidemiology and Prevention.

3. Researchers at the Kaiser Permanente Medical Care Program in Oakland, Calif, found that men and women who reported drinking four or more cups of coffee each day had an 18 percent lower risk of hospitalization for heart rhythm disturbances. Those who reported drinking one to three cups each day had a 7 percent reduction in risk.

4. The large, long-term observational study involved 130,054 men and women, 18 to 90 years old, with the majority less than 50 years old. About 2 percent (3,317) were hospitalized for rhythm disturbances; 50 percent of those were for atrial fibrillation, the most common heart rhythm problem.

5. The 18 percent reduction in risk was consistent among men and women, different ethnic groups, smokers and nonsmokers.

6. In the study, 14 percent reported drinking less than one cup of coffee a day; 42 percent reported drinking one to three cups; and 17 percent reported drinking four cups or more each day. Only 27 percent were not coffee drinkers.

7. "Coffee drinking is related to lower risk of hospitalization for rhythm problems, but this association does not prove cause and effect." said Arthur Klatsky, M. D., study lead investigator and senior consultant in cardiology at the Kaiser Permanent Medical Care Pro-



gram. “These data should be reassuring to people who drink moderate amounts of coffee that their habit is not likely to cause a rhythm disturbance. ”

8. The researchers examined hospitalization data by elapsed time after the initial examination. For hospitalization within 10 years, the reduction in hospitalizations for people who consumed four cups of coffee or more each day reached 28 percent.

9. In another subgroup analysis, the researchers studied persons with and without symptoms or history of heart and respiratory disease. For both groups, four cups of coffee daily appeared to be associated with fewer hospitalizations for rhythm disturbances.

10. “This study does not mean that people should drink coffee to prevent rhythm problems,” Klatsky said, “It supports the idea that people who are at risk for rhythm problems or who have rhythm problems do not need to abstain from coffee. ”

11. Because patients frequently report palpitations after drinking coffee, the public may be surprised at the study findings, Klatsky said.

12. This study was supported by a grant from the Kaiser Foundation Research Institute and the Robert Wood Johnson Foundation.

### **Coffee consumption in young adults not linked to atherosclerosis later in life:**

13. Young adults who drink coffee each day don’t increase or decrease their risk of developing atherosclerosis later in life, researchers reported at the American Heart Association’s 2010 Conference on Nutrition, Physical Activity and Metabolism. Atherosclerosis is a condition in which an artery wall thickens as the result of a build-up of fatty materials such as cholesterol. The fatty material may block normal blood flow.

14. Researchers analyzed the association between coffee drinking and atherosclerosis in more than 3,000 men and women who were 18 to 30 years old during a baseline clinical examination in 1985 ~ 1986 and then followed them for the occurrence of atherosclerosis 20 years later.

15. Participants were members of the CARDIYA ( Coronary Artery Risk Development in Young Adults) study, a long-term, multi-center, longitudinal cohort study. The researchers found no association between coffee drinking and the development of atherosclerosis among men or women, blacks or whites, or smokers or nonsmokers.

16. “Based on these data, there does not appear to be any substantial association between coffee drinking and increased or decreased odds of developing atherosclerosis or its progression over time. ” said Jared Reis, Ph. D. , study lead investigator and epidemiologist