

# 《时代》周刊

精选片段选读（第三辑）

健康环保体系

你了解什么样的美国？  
你知道地道美语如何表达？  
就从本书开始

**你的美国之行吧！**

创刊于1923年的  
**《时代》周刊**  
是美国三大时事性  
杂志之一

既是美国  
语言变迁的**真实记录**  
更是跨越  
东西方文化的**桥梁**

主编 鲁静

参编 王玥 张加刚 杜跃



天津大学出版社  
TIANJIN UNIVERSITY PRESS

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## 丛书序

《时代》周刊创刊于1923年，是美国三大时事性杂志之一，也是最早提供网络浏览的杂志。周刊报道题材广泛，内容丰富，涵盖政治、经济、教育、文化、体育、艺术、人物、书评等。周刊中的文章条理清楚，语言地道，形式标准，句子信息量丰富，用词准确、灵活，在某种意义上已成为美国语言变迁的记录。这些文章对于英语学习大有裨益，是非常优秀的阅读材料。

本套丛书精心选取《时代》周刊纸质版及其网站中的优秀文章，供广大英语爱好者和学习者阅读欣赏。这些文章内容精彩，娱乐性强，语言贴近生活，难度适中，具有很强的可借鉴性。通过阅读文章，读者既可以提高英语水平，又可以提高语言修养。考虑到原文的语言特点，为保持语言的原汁原味和阅读的流畅性，丛书在编写过程中只做了若干简单但点睛的注释。对于广大的英语爱好者和学习者来说，我们相信本套丛书是一个不错的选择。

《商业经营理念》分册讲述了当今美国瞬息万变的商场商战故事。例如，在信息技术时代，实体商场和购物中心遭受重创；商业巨头谷歌、微软、好市多、英特尔、埃森哲等纷纷推出新营销策略；人在职场，身不由己，职场人应如何净化工作环境？消费者购物使用信用卡，这样的消费方式真的安全吗？

《健康环保体系》分册倡导“健康”和“科学”理念，选取有关“减肥误区”“日常饮食”“健康育儿”“北美狗鱼”“飓风命名”“北极熊”的文章，内容贴近生活，视角独特有趣。读者阅读本书既可夯实语言基础，又可获得百科知识，为生活和学习添色。

《体育娱乐视角》分册精选《时代》周刊中涉及体育娱乐内容的优秀文章，供广大英语爱好者和学习者阅读欣赏。文章内容丰富，涵盖体育、电影、游戏等多个领域，娱乐性强，且语言地道，难度适中，是非常优秀的英语学习材料。

编者

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HEALTH

01

## How to Avoid LeBron James-Style Cramps This Summer

詹姆斯肌肉痉挛中场退出，类似状况今夏众人如何避免

By Abby Abrams

### 导 读

迈阿密热火队的勒布朗·詹姆斯在 NBA 决赛第一场比赛中因肌肉痉挛而中途退出，我们应该怎么做，才能避免类似的事情发生？

Miami Heat star LeBron James got overheated when the air conditioner broke down during game 1 of the NBA Finals Thursday—but hot weather doesn't have to get you down this summer.

As on-court temperatures surpassed 90 degrees, James got leg **cramps** so bad that he had to be carried off the court. After the Heat lost—with him on the bench—he said he had plenty of fluids during halftime and changed his uniform to get sweat off his body. “I got all the fluids I need to get, I do my normal routine I've done and it was inevitable for me tonight,” he said. “I lost all the fluids that I was putting in in the last couple of days out there on the floor.”

One of the most common causes of muscle cramps is **overexertion** in hot environments. When doing physical activity, the body loses fluids through sweat, so it requires more fluids to keep it going. James was the only one who had to leave the game for cramps, and sports physician William J. Long noted the superstar's history of

Sentence Translation

周四的 NBA 决赛第一场中赛场空调出了故障，导致迈阿密热火队的勒布朗·詹姆斯的身体都“火热”了一把。但是酷暑却未必能将你打倒。

Sentence Translation

在他缺席的情况下热火队失利之后詹姆斯透露，中场的时候他补充了大量水分，还换了队服以排汗。

Sentence Translation

詹姆斯是场上唯一一个因肌肉痉挛而退出的人，运动专科医生威廉·隆注意到了詹姆斯以往的肌肉抽筋经历，他推测，与别

cramps, speculating he might be more **susceptible** to the problem.

“When he gets **dehydrated**, he gets cramped,” Long, a specialist in knee and **hip** reconstruction, told *TIME*.

Another factor that may have contributed to the athlete's cramps is the environment itself, Long said.

“It's an unfamiliar environment, and in an unfamiliar environment your body goes into fight or flight response,” Long said. “**Adrenaline** rushes and that tends to mask early signs of dehydration.”

Long said many people may experience the problem of not being properly **acclimatized** to different environments, especially in the summer when they go from air-conditioned buildings to hot outdoor temperatures. To prevent dehydration and cramps, Long said the No. 1 thing you can do is to know your body. People should allow time for their bodies to adjust to new environments, alter their behavior patterns in the summer, and be aware of the warning signs like an unusually pale complexion and severely increased heart rate and breathing.

人比詹姆斯应该更容易受此困扰。

Sentence Translation

隆说：“那是个陌生的环境，面对陌生环境，人的身体会出现应激反应，肾上腺素会急速上升，这可能会掩盖身体脱水的最初征兆。”

Sentence Translation

夏天，人们应该为身体留出适应新环境的时间，调整自己的行为方式，同时还要留心一些预警征兆，比如异常苍白的脸色或是急速增加的心跳频率和呼吸。



cramp *n.* 肌肉抽筋，痉挛

susceptible *adj.* 容易受伤的

hip *n.* 臀部

acclimatize *v.* 适应新环境，使服水土

overexertion *n.* 用力过度

dehydrated *adj.* 脱水的

adrenaline *n.* 肾上腺素

## Why You Should Let Kids Eat Dirt

生活过净，孩童得病

By Alexandra Sifferlin

### 导 读

研究表明，儿童的饮食及家庭生活不可过分清洁，一岁之前多接触些病菌，有利于其抵御过敏和哮喘的侵害。

Infants who are exposed to **unsavory** things like **rodent** and pet **dander**, **roach** allergens and household bacteria during their first year are actually less likely to suffer from **allergies** and **asthma**, Johns Hopkins researchers say.

Sentence Translation

约翰·霍普金斯大学的研究者称：若是一岁之前在家里能接触到如啮齿类动物和宠物的皮屑、蟑螂等过敏原及细菌等令人讨厌的东西，婴儿会更有可能是抵御过敏和哮喘疾病。

A new study published in the *Journal of Allergy and Clinical Immunology* shows that being exposed to allergens before a child turns one can benefit them from allergies. To reach these findings, the researchers studied 467 inner-city infants in Boston, New York and St. Louis. They tracked their health over three years, and visited their homes to calculate the levels of a variety of allergens. They also conducted allergy tests on the children and collected bacteria from dust gathered in their homes.

Sentence Translation

为了取得该研究成果，研究者调查了波士顿、纽约和圣路易斯市 467 个在城市生活的婴儿。三年期间，他们跟踪调查了孩子们的健康状况，深入其家中测算过敏原的数值。

The kids who lived homes with mouse and cat dander as well as **cockroach** droppings during their first year had lower rates of **wheezing** by age 3. The kids with a greater amount of bacteria in their homes were also less likely to wheeze and were less likely to have environmental allergies.

Sentence Translation

Kids who were completely free of allergies were also most likely to grow up in homes with the highest amount of

丝毫没有过敏反应的儿童在过敏原和细菌滋生最为旺盛的家庭

allergens and bacteria in them. In contrast only 8% of kids with both allergies and asthma were exposed to the substances by the time they were 1.

It's possible you've heard of the "hygiene hypothesis," which is the speculation that the reason Americans have so many allergies is because we are, quite simply, too clean. Kids are kept in such sterile environments that they never build immunities to common allergens.

A significant amount of research has shown that kids who grow up living on farms with livestock, or with a pet are less likely to develop asthma or allergies. Prior research has also suggested that it's not necessarily dust that provides a protective benefit, but the microbes that are in our guts that influence our immune system and ability to fight off infections.

The new findings support a growing body of evidence that a little exposure to germs here and there never hurt anyone, and in fact, could actually be protective. Letting a child put their shoe in their mouth is gross, but possibly not the worst accident they could make.

中长大的概率最大。相比之下，仅有8%同时患有过敏和哮喘症的儿童在一岁前接触过这些物质。

Sentence Translation

你可能听过一种“卫生假说”，即认为美国之所以有那么多过敏症患者，原因很简单，就是因为我们太干净了。

Sentence Translation

之前的研究已指明未必非得是灰尘才能起到保护作用，也可以是我们肠道中的细菌，这些细菌能够影响我们的免疫系统和预防感染的能力。



unsavory adj. 令人讨厌的 rodent n. 啮齿类动物 dander n. 皮屑  
roach/cockroach n. 蟑螂 allergy n. 过敏症；反感 asthma n. 哮喘  
Journal of Allergy and Clinical Immunology 《过敏与临床免疫学》 学刊  
wheeze v. 哮喘 hygiene n. 卫生，保健 sterile adj. 无菌的  
microbe n. 细菌，微生物 gut n. 内脏，肠道

## “Eat Less, Exercise More” Isn't the Answer for Weight Loss

“少吃饭多运动”，无法实现减肥梦想

By Alexandra Sifferlin

### 导 读

很多人认为少吃饭多运动是减肥的良方，然而事实并非如此。

You've heard it before: To lose weight, simply eat less and exercise more. In theory, that makes sense. Actually, it's not just in theory—science has proven that burning more calories than you consume will result in weight loss. But the trouble is that this only has short-term results. For long-term weight loss, it simply doesn't work, say renowned obesity experts in a recent JAMA commentary.

Ultimately their argument is this: stop counting calories. “We intuitively know that ‘eat less, exercise more’ doesn't work. It's such simple advice that if it worked, my colleagues and I would be out of job,” says Dr. David Ludwig, director of the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital. “The uncomfortable fact is that an exceedingly small number of people can lose a substantial amount of weight and keep it off following that advice.”

Blaming excess weight on people simply not changing their eating habits goes back thousands of years. **Sloth** and **gluttony** are two of the seven deadly sins, after all. But

#### Sentence Translation

大卫·路德维格医生说：“我们凭直觉就知道，少吃饭多运动的法子不能奏效。这般简略的建议若是真能奏效，那我和我的同事早就失业了。”

#### Sentence Translation

但是圣地亚哥营养科学项目的路德维格和

Ludwig and Dr. Mark L. Friedman of the Nutrition Science Initiative in San Diego, argue that this **mindset** disregards decades of research on the biological factors that control body weight. And they are not just talking about the role genetics play. They say we should stop viewing weight as something separate from other biological functions—like hormones and hunger and the effects of what foods we eat, not just how much of them.

What, then, is causing the obesity epidemic? The authors say it's refined carbohydrates. Sugar and processed grains like white bread have become **ubiquitous** in our diets, and one of the reasons that refined carbs is the prime **culprit** is that we've spent far too long **chastising fat**. "We have to forget the low-fat **paradigm**," says Dr. Ludwig. "Some high fat foods like **avocado**, nuts and olive oil are among the healthiest foods we could possibly eat."

Refined carbohydrates spike **insulin** levels. Insulin, as Ludwig describes, is the granddaddy of **anabolic** hormones. Basically, when you eat a lot of refined carbs, like say, a 100-calorie pack of **Oreos**, it causes a surge of insulin that will trigger your fat cells to **soak up** calories—but there are not enough calories and nutrients to provide the energy that our bodies need. The brain recognizes this discrepancy and triggers a hunger response that also slows our metabolism. We are then going to want to eat more.

Instead of counting calories, we should be focusing on the quality of the food we consume, says Ludwig. "If you just try to eat less and exercise more, most people will lose that battle. Metabolism wins," says Ludwig. "Simply looking at calories is misguided at best and potentially harmful because it disregards how those calories are

马克·弗里德曼博士论证道，这种心态忽视了几十年来用生物因素来控制体重的研究。

Sentence Translation

糖以及面包等加工谷物制品在我们的饮食中随处可见，这些提纯的碳水化合物成了肥胖的罪魁祸首，原因之一便是我们一直以来都在怪罪脂肪。

Sentence Translation

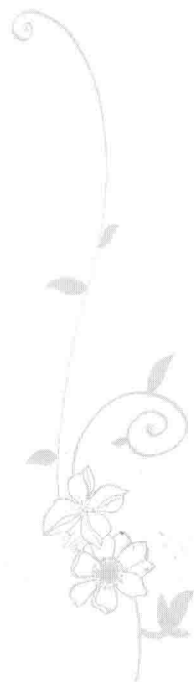
一般来说，当你吃了很多提纯碳水化合物，比如说是一包100卡路里的奥利奥饼干，你的胰岛素就会急剧增加，从而引发脂肪细胞去吸收卡路里，但是所摄入的卡路里和营养成分却不足以给我们的身体提供所需的能量。

Sentence Translation

路德维格说：“假如仅是少吃饭多运动，多数人的减肥大计会输给新陈代谢机能。只盯着卡路里的因素会有很强的误导性和潜在的危害性，因为这

affecting our hormones and metabolism—and ultimately our ability to stick to a diet.”

没有考虑到卡路里是如何作用于体内的荷尔蒙和新陈代谢，并最终影响我们保持节食的能力的。”



sloth *n.* 懒惰

gluttony *n.* 暴食，贪食

mindset *n.* 心态，倾向，习惯，精神状态 ubiquitous *adj.* 普遍存在的

culprit *n.* 犯人，罪犯

chastise *v.* 惩罚，责骂

paradigm *n.* 范例

avocado *n.* 鳄梨

insulin *n.* 胰岛素

anabolic *adj.* 合成代谢的，同化的

Oreos *n.* 奥利奥（饼干品牌）

soak up 吸收





HEALTH

04

## 3 Ways to Lose Weight without Dieting

三种手段，减肥很赞

By Alice Park

### 导 读

理论上，消耗体内的卡路里可以减肥，而事实上并不奏效。这里列举三种不必节食的科学减肥方法。

Cutting back on calories sounds good in theory, but not in practice. Here's what science says about other tricks to bring weight down.

No one needs to be told that if they eat less, they'll probably weigh less. But if it were that simple, we wouldn't be staring down a national crisis of overweight and obesity, and those at a healthy weight wouldn't have a hard time tamping down temptation.

Researchers are building the case for unusual approaches to weight loss and while none of these strategies alone are a bull's-eye, as anyone who's tried a diet knows, every little bit helps.

#### Be mindful.

It's the latest **buzzword** in health and wellness because it's an effective way to direct potentially negative behaviors toward more positive, healthy habits. In a review of 21 studies published in the International Association for the Study of Obesity that used mindfulness-based strategies, most showed that the techniques helped to curb binge eating, emotional eating and over-eating in response to

Sentence Translation



纵观国际肥胖研究协会刊出的21项采纳了精神策略的研究，多数都表明这个方法可以抑制因外界因素而导致的暴饮暴食、情绪发泄性饮食以及饮食过量。

outside cues. For weight purposes, it's based on non-judgmental ways of analyzing why overweight and obese people eat—whether it's because of stress or other negative emotions, or because you're responding unconsciously to cues such as the sight or smell of food.

The mindfulness interventions included things such as figuring out the difference between actually feeling hungry and eating to satisfy emotional needs such as stress, anger or depression. The strategies also helped overweight and obese people to find other outlets, not involving food, for their negative feelings.

#### Slow down.

How you eat can also affect how much you eat, according to a recent study published in the *American Journal of Clinical Nutrition*. Scientists analyzed 22 studies in which participants were asked to eat either slowly or more quickly, and found that those who took longer to finish a meal tended to eat less than those who wolfed down their food. That's not so surprising, but the more encouraging part of the study hinted that getting people to slow down may help them to feel full after eating less. People who changed their eating rate to eat more slowly did not report feeling more hungry up to 3.5 hours later. The researchers admit that most of the participants knew the study involved how eating rates affected hunger so the results might have been biased by their thinking that eating more slowly was better for reducing obesity, but the findings still hint that our bodies may process food differently depending on how quickly it comes in.

#### Drink...vinegar?

**Nausea** is a good way to make almost any food unappetizing but it's not necessarily a healthy strategy for

#### Sentence Translation

精神性干预包括区分开真实的饥饿感受与仅为满足精神需要,如释放压力、愤怒和沮丧而饮食这两者之间的区别。

#### Sentence Translation

通过分析 22 项研究,其中的参与者被要求吃饭时要么快吃要么慢吃,科学家发现吃饭慢的那些人比吃得快的人饭量更小。