

# NEWS

## 经典 英美报刊 选粹

READ THROUGH THE  
NEWSPAPERS AND MAGAZINES  
OF THE ENGLISH WORLD

主编 方华文

MARIO TESTINO

"The idea that I  
have proved  
what I can do,  
and am given  
the freedom to  
just do it"

WHO: Photographer  
WHERE: San Francisco



DAVID SIMS

"I'm not feeling it yet"

WHO: Photographer  
WHERE: Cornwall, with his son, Stevie

时代出版传媒股份有限公司  
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经典英美报刊选粹

五大洲风云际会  
人生百态  
社会万象  
尽在其中





## Chapter one: The Contenders 2008: Hillary Clinton

By Carl M. Cannon

**P**lenty of voters have already made up their minds about Hillary Clinton. Can she win over the ones who haven't?

### Her Chance to Make History

As the speculation built, it became all the more intriguing: The First Lady was thinking of running for New York's open Senate seat. Never mind that Hillary Rodham Clinton had never run for office before or lived in New York a day in her life. This would make history.

There was no doubt that Mrs. Clinton had been preparing for a larger role on the world stage. After leaving the White House, many regarded her as the unofficial leader of the world's women.

At the 1999 White House Correspondents' Association dinner, I asked Mrs. Clinton why she would trade that exalted status just to be one of 100 voices in the staid old U.S. Senate. Her reply was instructive. Money, she said. She didn't mean for herself. She was talking about the government's purse strings and her desire to help direct how that money gets spent. That Saturday night, she rhapsodized about the vast influence of Congress, and she wasn't coy about her desire to join that institution.

Now, as Senator Clinton, she's running again with that same clear-eyed focus. But this time, she has her sights set on a bigger job. This time, she aspires to the most powerful position on earth.

It seems we've known her forever, but it hasn't actually been that long. Hillary Clinton burst onto the scene on January 26, 1992, in a special edition of CBS's<sup>1</sup> 60 Minutes, which aired after the Super Bowl<sup>2</sup> to a huge national audience. Bill Clinton, his wife at his side, was addressing allegations of marital infidelity that were threatening to undermine his bid for the Democratic Presidential nomination. At one point, Hillary piped up, "I'm not sitting here," she said pointedly, "as some little woman standing by my man like Tammy Wynette<sup>3</sup>."

Actually, that's exactly what she was doing, but viewers got her meaning: Mrs. Clinton was saying she was much more than a loyal wife. If Bill Clinton was running as "a new kind of Democrat," Hillary Clinton was running as a new kind of helpmate—"two for the price of one," as she put it during that campaign. This Wellesley College valedictorian and Yale Law School star had become a partner in the most prestigious law firm in Little Rock<sup>4</sup>. In Arkansas, she put her own political ambitions on hold to raise a daughter and help Bill launch his career. So now, yes, she was standing by her man, but standing on her own two feet as well. It wasn't decorating the White House that interested Hillary Clinton—it was helping run a nation.

### Under the Microscope

Sure enough, Hillary Rodham Clinton turned out to be an activist First Lady, diving into personnel and policy decisions in the Clinton White House. Among the biggest controversies that enveloped her: the firing of the White House travel office and her lead role in the Administration's failed attempt at legislating universal health insurance. She was involved in all kinds of intrigues, ranging from the Whitewater investigation to the fund-raising scandals of the Clinton-Gore reelection effort.



Yet she was an effective liaison for the Administration with women's groups in the United States and an esteemed ambassador abroad. In the time since the White House, she has also penned two bestsellers and, most important, twice run successfully for the Senate, where she has disarmed critics by earning a reputation for effectiveness and collegiality.

"When I got to the Senate, a lot of people were curious about what I would do there, to say the least," she told Reader's Digest in an interview last summer in Iowa. "And my view is, when you're given a position of trust—as I was, being a Senator from New York—you want to find common ground. I want to bring people together. There's so much work to do."

Clinton speaks with a quiet confidence about her time in the Senate because she's earned positive reviews from across the spectrum, both for her demeanor and her legislative acumen. West Virginia Democrat Robert Byrd, who helped scuttle her health-care initiative when she was First Lady, now sings her praises. So does Arizona Republican John McCain, who would like to run against her next November. Kansas Sen. Sam Brownback, another Republican Presidential hopeful, once approached Clinton at a Senate prayer group and apologized for having said unkind things about her in the past. These feelings have translated into bipartisan cooperation, the key to getting things done in the Senate.

Clinton spoke with similar self-assurance about how she would begin her Presidency, suggesting that she expects to take the oath of office as the 44th President of the United States on January 20, 2009.

"It depends on what I inherit," she said when asked what she would do in her first hundred days. "If our troops are still bogged down in Iraq, I will summon my Secretary of Defense and Joint Chiefs of Staff and my national security advisors, and begin the process of getting our troops out of that civil war. I will also commence a very robust diplomatic effort, not only with respect to Iraq but on so many of the issues that have been neglected and frankly gotten so dangerous over the past six and a half—by then, eight—years."

But can Hillary Clinton win the Presidency? She carries more baggage because she's been under a microscope for 16 years. She's trying to move back to a White House where she lived for eight years and that was the scene of some of her greatest triumphs and most humiliating tribulations. She is still plagued by stories about her role in the White House travel office firings, her belated discovery of missing billing records that had been under subpoena for two years (and had her fingerprints on them when they turned up), and her involvement in a political fund-raising scandal symbolized by rewarding wealthy donors with overnights in the Lincoln Bedroom.

### Is America ready for another Clinton?

Senator Clinton faces other historical hurdles. The United States has never had a female commander in chief. None of the other candidates is married to a former President who was impeached on perjury charges relating to a sexual affair.

And none of the others has a disapproval rating among potential voters of 43 percent. "The 'Hillary hostility' factor is constant," says Maurice Carroll, director of the Quinnipiac University Polling Institute.

In the parlance of political professionals, these are "high negatives," and such poll numbers would once have doomed a national candidate. Not anymore. The nation is so polarized that Bush won reelection in 2004 with similar negatives. In other words, Hillary Clinton's high disapproval ratings stem as much as anything else from her near-total name recognition among voters—and name identification is the holy grail of politicians.

Senator Clinton has other advantages as well. As the stalemate in Iraq has taken its toll on President Bush's popularity, a majority of Americans now tell pollsters they "miss" Bill Clinton. Taking advantage of this, the Clintons opened the post-Labor Day 2007 campaign season by appearing on the stump together.

The Clinton-era scandals have been so rehashed that there is little the Senator's opponents can





throw at her that will strike voters as new. In addition, the ethics scandals of the Bush era have made it more difficult for Republicans to throw mud at the former First Lady—or any Democrat.

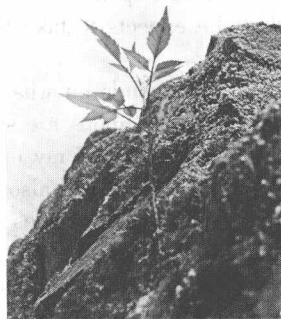
But last August, it was *déjà vu* all over again when one of Hillary's biggest fund-raisers, Norman Hsu, was exposed as a shadowy Hong Kong-born fugitive wanted for fraud in California, whose cover story of being a successful businessman was apparently fiction.

The Senator's campaign quickly returned contributions raised by Hsu, but it was all eerily similar to the Clinton fund-raising scandals of the 1996 campaign—something that did not go unnoticed by John Edwards, who is also running for President. He told an audience in New Hampshire that the American people deserve to know that “the Lincoln Bedroom is not for rent.” It was Edwards's way of urging Americans to turn the page, once and for all, past the Bushes and the Clintons.

Finally, for those who wonder whether America is ready for a female chief executive, a recent poll asked people if they would vote for a qualified woman nominated by their political party—and fully 86 percent of Americans answered yes.

To be sure, there are those who doubt that America will elect a woman commander in chief at a time of war. But as the 2008 primary season approaches, Hillary Clinton remains well ahead of her Democratic rivals in the polls. So while many wonder if America is ready for a woman President, the better question may be, Is America ready for another Clinton?

Perhaps that will give voters pause. Or maybe, as Clinton herself asserts, the American people will take a fresh look at a familiar face—and like what they see. “I have a lot of trust in the American people, and I feel very optimistic that people will judge me for who I am, not who they heard I was or some sort of cartoon of me,” she told *The Digest*. “And at the end of the day, I have a very deep and abiding faith in this country and a real sense of the confidence and optimism I want to see evidenced again. And I think that will be attractive to voters in this election. So that's what I'm trying to do every day—just present myself.”



### 注解:

1.CBS = Columbia Broadcasting System: 哥伦比亚广播公司, 美国四大全国性电视广播网之一。其余三家分别为美国广播公司(ABC)、福克斯广播公司(FOX)和全国广播公司(NBC)。

2.The Super Bowl: 超级杯赛, 每年一月底的某个星期天在美国举行的一场美式橄榄球赛, 这个星期天就称“超级杯赛星期天”。该比赛将决出职业美式橄榄球联盟的冠军队, 最早开始于1967年, 是一场非常重要的赛事, 千百万人会通过电视收看实况转播。

3.Tammy Wynette: 塔米·怀尼特(1942~1998), 美国乡村音乐歌手, 唱过的歌曲有《离婚》和《支持你的男人》, 这是有史以来最受人欢迎的乡村歌曲之一。

4.Little Rock: 小石城, 美国阿肯色州的首府, 尤以1957年发生的事件而闻名。当时的州长派阿肯色州军队前去阻止9名黑人子弟到一所白人学校上学, 美国总统只得派遣美国政府军队至该校维护法律。比尔·克林顿当选美国总统之前任阿肯色州州长时, 就住在小石城。

5.Joint Chiefs of Staff: 参谋长联席会议, 美国国防部办事机构。

## 第一章：2008总统竞选人：希拉里·克林顿

卡尔·M坎农

众多的选民业已接受了希拉里·克林顿，而那些尚未接受她的人最终能够被她说服吗？

### 她将创造历史

随着大选日期的临近，对选举结果的推测变得愈发扑朔迷离：这位前第一夫人正在考虑竞选纽约州参议员的空缺席位。尽管之前希拉里·罗德姆·克林顿从未竞选过政府公职，也未在纽约州住过哪怕一天，但是对她的担心是多余的，她将创造历史。

可以肯定的是，克林顿夫人一直在为自己在国际舞台上扮演更重要的角色做着准备。离开白宫之后，许多人都把她看成是世界妇女的非官方领袖。

在1999年白宫记者协会的晚宴上，我曾问过克林顿夫人为什么她会用自己上升的地位作交换，成为老朽而死板的美国参议院的一员，仅仅成为百名代言人之一，她的回答耐人寻味：钱，她说，不是为自己，她所说的是政府的财源，她希望自己能够为政府开支的合理分配出谋划策。那个周六的晚上，她滔滔不绝地诉说着国会的广泛影响，并且对于自己希望成为其中一员的愿望也毫不隐讳。

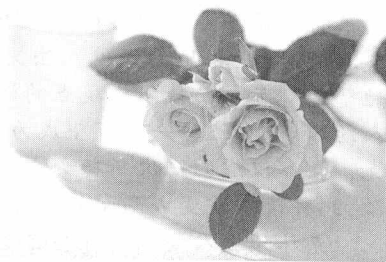
如今，作为克林顿参议员，她正以同样清晰的头脑和洞察力再次加入到竞选的行列，不过，这一次她的志向更加远大，这一次，她瞄准的是地球上最大的权利职位。

虽然我们似乎早就认识她了，但是，事实上认识的时间并不长。希拉里·克林顿闯入我们的视野是在1992年1月26日，在超级杯赛之后，哥伦比亚广播公司面向全国广大观众播出了一期60分钟的特别节目，节目中，比尔·克林顿，在其妻子的陪伴之下，就有关他在婚姻中背叛行为的指控发表演说，当时，那些指控正威胁并暗中影响到他竞选民主党总统提名，节目进行当中，希拉里高声说道：“我并不是坐在这里，”她的话一针见血，“像某些小女人一样站在我男人身边，像塔米·怀尼特一样。”

实际上，她当时就是坐在那里，然而，观众们还是明白了她的意思：克林顿夫人是在说，她不仅仅是一个忠实的妻子，如果说克林顿是在以“一种新的民主党人形象”参加竞选的话，那么，希拉里·克林顿则正以一种新的伴侣形象参与其中——套用她自己在竞选活动中的话来说，就是“两个人为一个人付出代价”。在此之前，这位韦尔兹利学院的高材生以及耶鲁法学院的明星已经成了小石城最著名的律师事务所的股东之一。在阿肯色州，她将自己的政治抱负暂时搁置起来，专心抚养女儿，并帮助比尔开创他的事业。因此，今天，没错，她的男人正站在她的身旁，不过，她自己同样脚踏实地地站立着，希拉里·克林顿要做的并不是装饰那座令她感兴趣的白宫——她要做的的是治国安邦。

### 她生活在显微镜下

毫无疑问，希拉里·罗德姆·克林顿是一位激进的第一夫人，在克林顿任职期间，白宫的许多人事及决策工作都有她插手，其中最有争议的事件包括：解散白宫的旅行办公室以及政府用立法规范大众化医疗保险的尝试，尽管这一尝试最终以失败告终，但是她在其中的领导



P 5

NEWS  
MILLIUM AMBASSADOR



地位不容忽视。所有的秘密计划都有她的影子,从“白浪”调查到克林顿-戈尔连任竞选期间爆出的集资丑闻,等等。

尽管如此,她仍然是美国政府与妇女团体的有效联系人,是一位受人爱戴的外交大使,在白宫生活期间,她还撰写了两本畅销书,更为重要的事,她两次成功地当选参议员,她以自身的能力和亲和力消除了评论家们对她的敌意。

“当我进入参议院时,许多人都很好奇,至少可以说,他们都想知道我将做些什么。”去年夏天,在衣阿华州的一次采访中,面对《读者文摘》的记者她说道,“我的想法是,当你被委以重任——就像我曾经那样,作为一名来自纽约州的参议员——你想做的就是寻找共识,我想把大家团结起来,有那么多的事等着我去做。”

当谈到她在参议院的那些日子时,克林顿夫人的语气显得平静而自信。因为,她已赢得了来自评论界广泛的好评,除了她优雅的风度,还有她敏锐的立法嗅觉。那位在她还是第一夫人的时候,为她的保健立法提案曾奔走游说的西弗吉尼亚民主党人罗伯特·伯德,如今对她赞赏有加,而持同样观点的还有那位想在明年11月与其同台竞争的亚利桑那州的共和党人约翰·麦肯。另一位有望成为共和党总统候选人的参议员,来自堪萨斯州的山姆·布朗贝克,在参议院的一次祈祷会上走到克林顿夫人跟前,为自己以前说过的关于她的坏话而道歉,此种情感演变成两党的合作,并成为参议院各项工作得以完成的关键。

克林顿夫人还以同样的自信谈到了她将如何开始她的总统任期,并暗示说她期待着在2009年1月20日这一天,作为美国第44任总统发表就职宣言。

当被问到在任职的头一百天中她将做些什么时,她是这么回答的:“这取决于我所接手的工作,假如我们的军队那时仍然陷在伊拉克的泥沼中,我会召集国防部长和参谋长联席会议以及国家安全顾问们,想办法让我们的部队摆脱那场内战。此外,我会开始一次强有力的外交努力,不仅针对伊拉克,而且针对大量被忽视的问题,坦率地说,在过去的六年半里——到那时,就该是八年了——情况变得非常危险。”

可是,希拉里·克林顿能够赢得总统大选吗?她的身上背负着比别人更为沉重的包袱,因为,在过去的16年里,她始终都生活在显微镜下,如今,她正试图搬回白宫,一座她曾经生活过八年的白宫,一个既让她体会到胜利的喜悦,也令她饱受羞辱和磨难的地方。如今,许多事情依然困扰着她,例如,人们仍在议论白宫旅行办公室解散事件中她所扮演的角色;人们依然在问:那些在两年间被反复传唤的失踪的开账记录,为什么迟迟没被发现,直到一切为时已晚(而当这些开账记录被发现的时候,上面却留着她的指纹);人们还在质疑她所卷入的那次政治性集资丑闻,即让那些有钱的捐赠者享受在林肯套房过夜的权力。

### 另一个克林顿,美利坚准备好了吗?

克林顿参议员还面临着其他一些历史性难关,在美利坚合众国的历史上,还从未出现过一位女性的最高统帅,在其他的候选人中,没有任何人与前总统有婚姻关系,而且这位前总统还因性丑闻和背叛婚姻遭到起诉并被弹劾。

此外,在民意测验中,没有任何一位候选人获得了43%的反对票,“‘敌视希拉里’的因素仍持续存在,”奎尼皮耶克大学选举机构的莫里斯·卡罗尔如是说。

用职业政治家的话来说,这些称为“高否定率”,这样的民调数字假如放在过去,就意味着一位国家候选人的注定失败。如今,不再是那么回事了。这个国家已经严重地两极分化,以至于2004年布什就是以相似的“高否定率”赢得大选继而连任的。换言之,对于希拉里·克林顿的高否定率,除了有其他因素以外,也源自于她在选民中接近百分之百的知名度——而对于政治家来说,知名度就是制胜的法宝。

克林顿参议员的优势还不止这些。由于伊拉克国内的僵持局面对于布什总统已经造成了极大的负面影响,现在,大多数美国人都对民调人员表示他们“怀念”比尔·克林顿。借此东

风,克林顿全家宣布开始2007劳动节后的竞选运动,并开始一起出现在公众面前进行政治演说。

对于这位参议员的竞选对手来说,再把克林顿时代的丑闻事件当“冷饭”炒来炒去已经很难对她产生什么影响了,选民们也会觉得没什么新意。此外,布什时代的道德丑闻已经使得共和党更难把脏水泼向这位前第一夫人了——抑或其他任何民主党人。

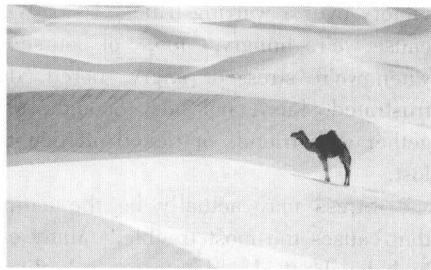
然而,去年八月,当希拉里最大的资金筹集者之一诺曼·苏作为一名可疑的香港出生的难民,因在加利福尼亚行骗而被曝光的时候,人们都有一种似曾相识的错觉,显然,有关他成为一名成功商人的隐晦故事也都是杜撰的。

虽然克林顿参议员的竞选运动很快将苏所筹集的资金退还了出来,但是,它与1996年克林顿竞选运动中集资丑闻的相似程度还是令人恐惧——这种相似没能逃过同样参加总统竞选的约翰·爱德华兹的眼睛,他对新汉普夏的一位观众说:美国人民有权知道“林肯套房没有对外出租”,爱德华兹正是以此方式敦促美国人将有关布什以及克林顿的一页彻底翻过去的。

最后,对于美利坚是否已经准备好接受一位女性总统的问题,我们可以从最近一次的民意测验得到答案:当人们被问到是否会将选票投给一位称职的女性提名者时——至少有86%的美国人给出的回答是肯定的。

诚然,有不少人对于战争期间美国是否会选举一位女性作为其最高统帅表示怀疑,但是,随着2008大选初选的临近,民调显示,希拉里·克林顿较之于民主党其他竞争对手,保持着很好的领先优势。因此,在现时许多人还不清楚美国是否已准备好接受一位女总统的时候,或许我们更应该问的是:美国是否已经准备好接受另一位克林顿?

或许这会令选民们稍作停顿,又或者,如克林顿夫人自己断言的那样:美国人民将会以全新的方式审视一张熟悉的面孔——并且喜欢上这张面孔。“对于美国人民,我充满信心,他们将会依据我这个人,而不是以他们所听到的我,或者某些关于我的漫画式的描述来判断我,对此,我非常乐观,”她这样告诉《读者文摘》。“大选结束那天,对于这个国家,我怀着一种异常深切且始终不渝的信仰,抱着一种真正的自信心和乐观主义精神,一种我很想再次看到的东西,我想,在这次选举当中,对于选民们来说,这将是吸引他们的东西,所以,这也就是我每天都在做的事情——那就是展示我自己。”



陆小明 译



## Chapter two: Is Stress Making You Fat?

By Michael F. Roizen, MD, and Mehmet C. Oz, MD



**I**t doesn't have to! Here's how to fight back like our ancestors did.

### The Trigger That Causes the Most Trouble

Our ancestors ate to survive. They ate because they were hungry or maybe to celebrate a victory over a warring tribe. Us? We eat because we're hungry, too, of course—but also when we're stressed, angry, bored, depressed, frustrated, busy, not busy enough, getting together with friends or ticked off that the Lions<sup>1</sup> lost.

Stress may actually be the eating trigger that causes the most trouble. Many of us have high levels of chronic stress, whether it's from workload, relationship troubles or to-do lists that are longer than Route 66<sup>2</sup>. Our bodies respond to this stress the way our ancestors' bodies did: triggering “fight or flight” chemicals in the brain that lead to calorie accumulation and fat storage. But the difference is that we have plenty of food at our disposal; they didn't. So we end up continually upgrading the size of our storage unit.

Here's how the cycle of fat spins out of control: When you have chronic stress, your body steps up its production of cortisol and insulin. Your appetite increases, and so do the chances you'll engage in “hedonistic” eating in the form of high-calorie sweets and fats. That, in turn, makes you store more fat, pumping even more of it as well as inflammatory chemicals into the liver. This creates a resistance to insulin,

which makes your pancreas secrete more insulin to compensate. And that makes you hungrier than a muzzled wolf, continuing the cycle of eating because you're stressed. Whew!

When you try to combat stress with food, you activate the reward center of your brain. But after that initial feel-good system wears off, you'll reach again for the same thing that made you feel good, calm and relaxed in the first place: more food. With emotions like stress and anxiety, it's that much more difficult, neurochemically, to control your eating.

That's why it's a myth that overeating is triggered mainly by extreme hunger. It's a myth that cravings are dictated by our taste buds. And it's a myth that we can resist temptations if we just put our minds to it. What happens under your skull plays a vital role in what happens under your belt. Knowing how your emotions can steer your desire to eat will help you resist your cravings and, ideally, avoid them altogether.

Your goal: to keep your feel-good hormones level. That will provide a steady state of satisfaction so that you never experience those huge hormonal highs and lows that make you search for good-for-your-brain, bad-for-your-waist foods. The following tips will help.

### Make Foods Work in Your Favor

Foods have different effects on your stomach, your blood and your brain. Here are some that may help your hunger and the brain chemicals that affect it.

**Turkey** contains tryptophan, which increases serotonin, improving your mood and combating depression. It also helps you resist cravings for simple carbs.

**Fish and walnuts** are rich in omega-3 fatty acids, which have long been known as brain boosters and cholesterol clearers. But they've also been shown to help with depression in pregnant women. Depression contributes to emo-



tional overeating. And since many of us have low omega-3 intake, eating foods that contain the acids may help lift our spirits and keep us from reaching for a doughnut.

**Green tea** contains catechins, thought to inhibit the breakdown of fats as well as the production of an inflammatory substance that can trigger hunger. One study shows that drinking three glasses of green tea a day can help you reduce body weight and waist circumference by almost five percent in three months. The tea also increases metabolism.

### Sleep Yourself Skinny

When your body doesn't get the seven to nine hours of sleep it needs every night to become rejuvenated, it looks for other ways to compensate for your brain not secreting the normal amounts of feel-good chemicals serotonin and dopamine. How does it typically do this? By craving sugary foods that will give you an immediate release of these chemicals.

The lack of sleep throws off your entire system. It can become an even bigger factor as you age. When you get older, the pineal gland in your brain produces less of the sleep hormone melatonin, resulting in subsequent cravings for carbohydrates. So make sure you get enough shut-eye. It can help keep you thin.

### Variety: The Spice of Life?

Variety may be the spice of life, but it can also lead to overeating. When you have a lot of choices for a meal, it's easier to slip out of good eating habits and into bad ones. When you sit down at a dinner and are presented with a menu that's the size of a phone book, it's easy to give in.

One way to help: Eliminate the choices for at least one meal a day. Pick the meal you rush through most and automate it. For most people, it's lunch. So find a healthy lunch you really like—salad with grilled chicken and olive oil, say, or turkey on whole-grain bread—and have it every day.

Yes, every day. Research shows that putting a cap on the variety of foods and tastes you experience will help you control your weight. It sounds strange, but it's true.

How does it work? When you have meals

rich in flavor variety, it takes more and more calories to keep you full. Think of Thanksgiving, when you eat a lot of different things, stuff yourself and still have room for pumpkin pie. When we experience meals with lots of diverse flavors (Mexican or Indian cuisines are other good examples), we tend to eat more to satisfy our taste buds.

No one wants to get bored with food. But if you make this a habit for at least one meal a day, it will decrease your temptations and help you stop thinking about food so often. In fact, for our patients, we usually prescribe two meals that are the same each day. It's one of the ways to automate your brain so that your habits will follow.

### Find Substitutes That Satisfy

If we all had the ability to make rational choices—zucchini is better for us than fettuccine—there would be no need for the multibillion-dollar diet industry. Eating can be an emotional action, and it's an addictive one. The average person knows that doughnuts are hand grenades to our health. But we pass by a neighboring cubicle with a dozen cream-filled jobbies, and we've finished three before we've even turned the corner.

Experts say that people under the most stress tend to gain the most weight. So it's a double whammy.

The exceptions? The super-wealthy stressed, such as actors and CEOs, who can afford nutritionists, chefs and personal trainers! But you don't need all that. And you don't have to starve or deny yourself. Instead, keep healthful contingency foods nearby, things like V8 juice<sup>3</sup>, a handful of nuts, pieces of fruit, cut-up veggies or even a little guacamole. And clear the fridge and pantry of waist-killing goodies.

### Walk This Way

The root of a physical activity plan is a minimum of 30 minutes of walking a day (broken up into three segments of ten minutes each, if you have to), and then telling somebody about it after you're done (yes, every day, no excuses). You'll do it not only for the physical effects but also for the positive psychological effects, such as an increase in your self-esteem. Walk for 30





minutes—it's easy, doable and maintainable, and it's a first step out of the tornado and back into the game of life.

### Be Touched

On both a physical and an emotional level, seek out positive interactions with other people. (Remember the chat at the end of your walk.) Evidence shows that increased amounts of oxytocin (known as the "social bonding" hormone) may decrease blood pressure and lower the effects of stress. This raises levels of a substance that helps control your appetite. And research shows you can boost oxytocin levels through an increase in social interaction and touch. Even a massage may help.

### Get Lost in Your Mind and Savor It

When you feel the urge to eat, sit and think about your life and what's driving you to pick up a fork or open the fridge. Would you shove that stuff into a friend's or a family member's body? For some, meditation or prayer enhances your power to satisfy the subconscious drive you have.

### See the Naked Truth

Stand naked in front of the mirror, without sucking in your belly, that is. For most of us, this exercise is as uncomfortable as a coach-class airline seat. But we need to realize that healthy weight is where we want to be, not fashion magazine weight or featherweight. That means we have to get comfortable with the fact that every woman isn't as light as a kite and every man won't have the body of Michael Vick, football star.

So look at your body. Next, draw an outline of your body shape, from both the side and front views. Ask your partner or a close friend to look at the shape you drew and tell you honestly if that's approximately what your body looks like. This might be the first time you've ever had to articulate things about what your body looks like, and that's good.

### Savor a Bit

If you're going to eat something that's bad for you, enjoy it. Savor it. Roll it around in your mouth. We suggest taking a piece of dark, 70

percent cocoa chocolate and meditating—as a healthy stress reliever and as a way to reward yourself with something sweet. It's a small but effective way of feeling good without plummeting and scavenging for any old thing you can find. Bad foods are okay—once in a while.



### 注解:

1.The Lions = British Lions: 不列颠狮队, 一支参加国际性比赛的联盟橄榄球队, 其队员选自英格兰、苏格兰、威尔士和爱尔兰。

2.Route 66: 66号公路, 美国的一条著名公路, 书、影片和歌曲中都提到过。该公路建成于20世纪30年代初期, 从芝加哥延伸至洛杉矶, 是首条横贯全美的公路。

3.V8 juice: V8饮料, 一种用番茄汁及其他蔬菜汁调制的饮料。在美国, 其广告使用过这么一句广告语 "I could have had a V8!" (我本应早点喝一杯V8饮料!)

## 第二章：压力正使你体胖吗？

迈克尔·F.罗尔曾(医学博士);梅迈特·C.奥兹(医学博士)

不一定！你可以向古人学习，与之作斗争。

### 最大的麻烦制造者

我们的祖先为了生存而饮食，他们吃东西要么是因为饥饿，要么是为了庆祝在部落交战中取得了胜利。我们呢？当然，我们也因为饥饿——然而，我们吃东西还因为压力、生气、无聊、沮丧、失意、繁忙、空闲、朋友聚会或因“狮队”比赛失利而感到恼火。

事实上，压力可能诱发暴饮暴食，进而带来最大的麻烦。我们中许多人都处在长期高强度的压力之下，例如工作压力、人际关系以及比66号公路还要长的日程安排。对于此类压力的反应，我们的身体与我们的祖先没什么两样：触发大脑分泌“打或者逃”的化学物质，这种物质导致热量的积累和脂肪的囤积。不过，与古人不同的是，我们有大量的食物可供选择，而他们没有，结果就是，我们的储存单位变得越来越大。

以下就是脂肪循环逐渐失去控制的过程：当你处在长期的压力之下，你的身体加速产生皮质醇和胰岛素，你的胃口随之增大，于是，你加入到“享乐主义”美食一族的概率也随之增加，其表现就是高热量的甜食和脂肪。它们转而令你的身体存储了更多的脂肪，也将更多的脂肪和刺激性的化学物质

送进了你的肝脏。这样就产生了对胰岛素的抵抗力，促使你的胰腺分泌更多的胰岛素来达到平衡。而你则会感到比一只驯服的恶狼还要



饥饿，你会因为压力而不断地重复暴食的怪圈。嘎！

当你试图用食物来对抗压力的时候，你大脑的奖赏中心就会被激活，但是当最初的安慰系统逐渐消退之后，你会再次寻求同一种东西，那种一开始令你感到美好、安静和放松的东西：更多的食物。由于有诸如压力和焦虑的情绪存在，因此，要想控制这种神经化学性的饮食，简直难上加难。

可见，将暴食主要归咎于过度饥饿是骗人的谎话，认为食欲是由味蕾支配的也是一派胡言，那些认为只要我们下定决心，就能抵制住诱惑的人同样是自欺欺人。你的脑壳里面发生的变化对于你的皮带下面发生的变化起着至关重要的作用。知道了情绪能够驾驭食欲，将有助于你抵制自身的欲望，如果能避免这种欲望，那就更好了。

你的目标：保持你的愉悦激素水平。这将为你提供一个稳定的满意状态，这样你就永远不会经历巨大的激素高潮和低潮了，因为这些高潮和低潮会迫使你搜寻易于大脑但不利于腰围的食物，听听下面的忠告。

### 让饮食为你服务

各种食品对你胃肠、血液和大脑的影响不尽相同，以下这些食品有助于减少你的饥饿感以及产生饥饿感的化学物质。

**火鸡** 含有色氨酸，能够增加血清素，改善你的情绪，克服抑郁倾向，此外，它还可以帮助你抵制对单纯增碳物质的欲望。

**鱼和核桃** 富含 $\Omega$ -3脂肪酸，长期以来被认为是大脑推进器和胆固醇清洁剂，此外，它们还有助于怀孕期妇女摆脱抑郁情绪，而抑郁可以导致情绪化的暴食。由于我们中的许多人 $\Omega$ -3摄入较低，因此多吃富含此类脂肪酸的食物可以帮助我们提升精神，避免我们把手伸向甜面团。



**绿茶** 含有儿茶酚,据说可以抑制脂肪的分解以及防止能够诱发饥饿的刺激性物质的产生。研究表明,每天喝三杯绿茶有助于瘦身,在三个月内将腰围减少近5%,此外,这种茶还可以加速新陈代谢。

### 睡出苗条

当你的身体得不到每晚七到九小时的睡眠以恢复精力时,大脑就无法分泌正常数量的愉悦性化学物质血清素和多巴胺,它就会寻求其他方式来进行补偿。通常大脑是如何做到这点的呢?那就是通过对那些可以直接释放这些化学物质的含糖食品的渴望来实现的。

睡眠的缺乏会打乱你的整个系统,并且能够成为你变老过程中一个更大的因素,随着年岁的增加,你大脑中的松果体所产生的睡眠褪黑激素会越来越少,其结果就是对碳水化合物渴望。因此,你必须确保自己有充足的睡眠,它能使你保持苗条的身材。

### 丰富多彩:生活的情趣所在吗?

丰富多彩或许是生活的情趣所在,但是也可能导致暴饮暴食,当你一顿饭中面对众多选择之时,就会很容易地放弃良好的饮食习惯而不知不觉地养成坏习惯。假如你在餐桌旁坐下,递到你手中的菜单像电话号码簿一样厚,你就会很容易地放弃原则。

解决之道只有一个:每天减少至少一餐的菜肴选择。找出你最常吃的一顿饭,然后使之变成一种自觉行动。对于大多数人来说,这会是午餐,所以你要找到你真正喜欢的有益健康的午餐——例如,烤鸡配色拉和橄榄油,或者全麦面包加火鸡——然后每天都吃这个。

是的,每天都吃。研究表明,限制你所品尝的食物种类和味道将有助于你控制体重,这听起来有些奇怪,但却是真的。

那么这一切是如何发生的呢?在你品尝美味大餐的时候,你会摄入越来越多的热量让自己饱胀,想想感恩节吧,在你狼吞虎咽吃了很多不同的东西之后,你仍然有胃口吃下南瓜派。当我们面对许多不同风味的食品时(墨西哥或印度美食都是很好的例子),我

们倾向于吃下更多来满足我们的味蕾。

没有人愿意重复吃某种食物,但是,如果你每天至少一顿饭如此,并养成习惯,这种食物对你的诱惑无疑会降低,你就不会时常想起吃东西。事实上,对病人来说,我们通常每天都会为他们安排两顿一样的饭,它是使你的大脑自动养成习惯的方法之一。

### 寻找满意的替代品

假如我们大家都能做出理智的选择——譬如知道西葫芦比意大利宽面更利于健康——那么数十亿美元的食品工业就会变成多余的。吃可以是一种情绪化的行为,还可以是一种上瘾的行为。虽然普通人都知道甜面圈是健康的定时炸弹,但是在路过邻居的小房间,看到里面那一打裹满奶油的玩意儿时,我们还是会禁不住诱惑,甚至还没拐过弯,三个就已经下肚了。

专家们说:压力最大的人体重增加的最多,如此看来,真是双重打击了。

有例外吗?有,就是那些压力之下的超级富翁!如影星和行政总裁们,因为他们有钱聘请私人的营养学家、厨师及健身教练。不过,你并不需要这些,你也不必挨饿或节食,你所要做的,就是让那些有益健康的食物随时待命、触手可及:譬如V8饮料、一把坚果、几块水果、切碎的蔬菜抑或一点点鳄梨色拉。然后清理一下冰箱,把那些有损腰围的美食统统清除出去。

### 走出苗条

制定一项健身计划,其核心是每天散步至少30分钟(如果无法保证,就将其分为三段,每段10分钟),然后每完成一次就告诉周围所有的人(没错,每天如此,不能找借口)。

