

英语二阅读真题同源过关练习 13

文章来源：时代周刊 段落：五段 字数：437 内容：社会

要求：A. 做题 B. 找到出题处 C. 挑五个句子翻译 D. 将文中单词认真背完

Researchers explain why one surprising factor behind some cases of domestic violence may be blood sugar levels. Anyone who's been on a diet knows that hunger can make you cranky. With less fuel, your brain doesn't exert as much self control, so you let your impatience and irritation go unchecked.

Researchers speculate that such hunger-fueled anger could even affect your marriage. Brad Bushman, at The Ohio State University, and his international group of colleagues set up a study involving 107 married couples, using voodoo dolls to track how angry spouses felt toward each other. Over a period of 21 days, the couples had their blood glucose measured every night before they went to bed, and every morning before they ate breakfast, as a barometer of their hunger. The voodoo dolls were stand-ins for their spouses; each partner had 51 pins and poked the doll each night to represent how irritated he or she was at his or her spouse.

Who poked the most? Those who had the lowest glucose levels on average stabbed their voodoo partner more than twice as many times as those with the highest glucose levels. Even after the scientists controlled for how happy the spouses reported their relationship as being, the hunger-aggression connection remained strong. "We don't say that glucose levels explain everything, but we took repeated measures over the 21 days and found these pretty robust results," says Bushman.

It's possible that the people with higher glucose levels were simply more forgiving or feeling more generous after a fulfilling meal - levels of mood hormones like serotonin tend to go up after a meal, ushering in a feeling of satiety. But Bushman believes that the consistency of the results hint that something more may be involved, and that may have to do with how hunger can contribute to less self-control and more irritable behavior.

That skipping meals or cutting back on calories could escalate aggression among spouses leads Bushman and his colleagues to suspect that hunger could even be behind some cases of domestic violence, although the study did not go as far as to test that theory. But Bushman says the findings make it clear that low glucose

levels, and its resulting lack of self-control, should be considered part of the constellation of factors that can contribute to marital strife. That means that people on diets should be aware of how their drop in calories can affect their mood and the way they interact with others, including their spouse. And, says Bushman, “If couples have something to talk to their spouse about, they should do it over dinner, or better yet, after dinner.”

1. All of the following symptoms can be sparked by hunger Except:

- A. suffering from agony
- B. feeling less energetic
- C. becoming angry easily
- D. getting confused reflections

2. It is implied in the paragraph 3 that

- A. happy marriage is usually an illusion to couples
- B. wives have strong dissatisfaction with what partners do
- C. there is no rule but has exception and imperfection
- D. the causality isn' t illogical and groundless

3. We can learn from the paragraph 4 that

- A. glucose levels are not the sole element that leads to anger
- B. the reliability and effectiveness of the results are questionable
- C. some improper behaviors are attributable to people' s lacking reflections
- D. there is no logical link between glucose levels and forgiveness

4. the word 'strife' in the last paragraph may mean

- A. chaos
- B. culprit
- C. quarrel
- D. fighting

5. it is suggested in the last paragraph that

- A. spouses should talk with each other as frequently as possible
- B. time may have a great influence on quality of communication
- C. misunderstanding between husbands and wives should be removed
- D. couples' relationships may be alienated due to insufficient communication

答案: ADACB

Researchers explain why one surprising factor behind some cases of domestic violence may be blood sugar levels. Anyone who's been on a diet knows that hunger can make you cranky. With less fuel, your brain doesn't exert as much self control, so you let your impatience and irritation go unchecked. 第一题答案出处

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全文翻译:

研究者解释到, 血糖含量高, 可能是令人诧异的家庭离婚原因。任何一个节食减肥的人, 都清楚饥饿会让你胡思乱想。身体能量不够, 你的大脑就不能控制好自己, 因此会让你头脑发热, 不做思考, 就变得不耐烦, 易生气。

研究人员推测, 这种因为饥饿而缺少能量, 甚至能够影响到你的婚姻。Brad Bushman 是俄亥俄大学的老师, 他的国际小组联盟对 107 对已婚人士进行了研究, 他们用巫术娃娃来记录夫妻双方对对方的讨厌程度。在过去的 21 天里, 这些夫妇在每天睡觉前, 早饭前都要测试一下血糖含量, 以此来记录其饥饿情况。这些巫术娃娃作为伴侣不在身边的替代品, 每个人有 51 根大头针, 可以用这些针来扎这个巫术娃娃, 用来表示自己对伴侣的不满。

谁扎的最多? 那些血糖含量低的人, 其扎娃娃的次数, 是那些血糖含量高的人的 2 倍。即使是在研究人员在报告了双方的幸福关系后, 这种由饥饿引起的愤怒, 其影响的仍然很深远。这并不是说血糖能解释任何形式的愤怒, 但我们在 21 天内反复进行了测试, 发现这种因果关系十分明显。

也可能是吃完饭后, 血糖高, 更宽容大度, 会容易原谅别人一些——类似血清素的情绪荷尔蒙, 在吃完饭后, 会持续上升。让人产生满足的快感。但 Bushman 认为, 这种持续稳定的结果表明一定还有些别的因素在里面。并且这个因素导致了缺乏控制和更易怒的行为。

因此, 不吃饭或减少卡路里, 可能会在夫妇之间, 产生愤怒的情绪, 这让 Bushman 和其同事怀疑, 这种因素甚至是家庭离婚的原因之一, 尽管研究还未证实这一理论。但 Bushman 表示, 这些证据已经表明, 血糖低的人, 其情绪自控能力更差, 这应该被视作是会导致夫妇争吵的因素之一。这意味着那些减肥的人, 应该意识到降低的血糖可能会影响到他们的情绪, 并且会影响他们与周围的人相处的方式, 包括他们的另一半。并且 Bushman 表示, “如果夫妇之间有什么需要和对方谈话的, 最好是在吃饭期间, 或者更好的, 是在饭后解决。”