

Being married 'protects your health' 婚姻生活能“保护你的身体健康”

- 請注意：中文文字内容只提供簡體版

研究者们称，如果你有胆固醇过高等易引发心脏疾病的征兆，那么婚姻似乎可以大大增加你的存活率。这些科学家在一次心脏学术会议上就这个有近百万名英国成年人参与的调查结果发言时说，“这可能是因为我们的配偶会时刻敦促我们关注自身的健康状况”。请听报道。

All the men and women **enrolled in** the study who were in their 50s, 60s, or 70s at the start had at least one major **risk factor** for heart disease. Over the next 14 years, the married people **fared** much better than those who were single.

Married people with **high cholesterol** were 16% more likely to be alive at the end of the study than those who were unmarried. People with **diabetes** and **high blood pressure** also had a higher **survival rate** if they were married.

The **picture** was less clear for people **cohabiting, separated, divorced** or **widowed**. And the researchers didn't check if the married people were in happy relationships. They **suspect** but can't prove that having someone **special** in your life is what's important, rather than simply **getting hitched**. A **spouse** may encourage you to stay fit and well.

词汇表

enrolled in	参与了
risk factor	引发…的因素，患…的因素
fared	过得（书面语）
high cholesterol	高胆固醇
diabetes	糖尿病
high blood pressure	高血压
survival rate	存活率，生存率
picture	情况，全貌
cohabiting	未婚同居的
separated	夫妻分居的
divorced	已离婚的
widowed	丧偶的
suspect	认为可能，猜想
special	特殊的，格外重要的
getting hitched	结婚
spouse	配偶

测验

请听报道并回答下列问题。

1. What was the time span of the research?
2. What didn't the researchers check?
3. True or false? *The researchers are sure that having someone special in your life is what makes us healthier.*
4. Which word in the text can be used to describe a healthy and physically strong person?

答案

1. What was the time span of the study?
The time span of the study was 14 years.
2. What didn't the researchers check?
The researchers didn't check if the married people were in happy relationships.
3. True or false? *The researchers are sure that having someone special in your life is what makes people healthier.*
False. The researchers suspect so, which means that they believe it is probable, but can't show that it is true.
4. Which word in the text can be used to describe someone healthy and physically strong?
Fit.