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# BBC LEARNING ENGLISH

## Media English 媒体英语

### The secret behind body clock

### 人体生物钟之谜

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人体内有一个独特的生物钟，来适应地球的昼夜变换。它在一天之中的不同时段，对我们的生理功能进行着非常精准的调节，这个生物钟到底是如何工作的？2017年诺贝尔生物学奖获得者们通过分离基因，为我们揭示了到底是什么样的机制使得细胞内的生物钟持续工作。请听报道。

We spend around a third of our lives like this.

Sleeping at night and being active during the day is **second nature**. That's because we're **at the mercy of** the **constant** ticking of clocks inside nearly every cell of our bodies. Our mood, strength, **hormone** levels, body temperature, **metabolism** and even the risk of a heart attack all fluctuate in a daily **rhythm**.

This clock is not controlled by **cogs** and **pendulums**. Instead, it's the swing in gene activity over 24 hours that keeps our body's time. The US's **trio** Jeffrey Hall, Michael Rosbash and Michael Young found the genes involved.

Dr Michael Hastings, a **circadian rhythm** scientist in Cambridge, said it took the discovery for the field to be treated seriously.

Nobody now doubts the importance of our body clocks. Ask someone who is **jet lagged** or working shifts what it's like to live **out of sync** with your internal clock.

Long-term circadian rhythm disruption is linked to a host of diseases, from cancer to type 2 diabetes, but understanding how the body's timepiece works is also unlocking new ideas, like taking medicines at the time of day when they will have the biggest impact on the body.

## 词汇表

<b>second nature</b>	第二天性；习性
<b>at the mercy of</b>	任凭...的摆布，完全受...的支配
<b>constant</b>	连续不断的
<b>hormone</b>	荷尔蒙，激素
<b>metabolism</b>	新陈代谢
<b>rhythm</b>	（人的生物）节奏，规律
<b>cogs</b>	（齿轮的）嵌齿
<b>pendulums</b>	钟摆
<b>trio</b>	三人组
<b>circadian rhythm</b>	昼夜生理节律
<b>jet lagged</b>	有时差感的
<b>out of sync</b>	不同步的

## 测验

请听报道并回答下列问题。

1. True or false: *the strength of emotions, hormone levels, body temperature, metabolism and even the risk of a heart attack all fluctuate in a daily rhythm.*
2. What keeps our body's time?
3. What can the long-term disruption of circadian rhythms cause?
4. Which word in the text means "watch or clock"?

## 答案

1. True or false: *the strength of emotions, hormone levels, body temperature, metabolism and even the risk of a heart attack all fluctuate in a daily rhythm.*  
**True. According to the report, mood strength, hormone levels, body temperature, metabolism and even the risk of a heart attack all fluctuate in a daily rhythm.**
2. What keeps our body's time?  
**It's the swing in gene activity over 24 hours that keeps our body's time.**
3. What can the long-term disruption of circadian rhythms cause?  
**Long term circadian rhythm disruption is linked to a host of diseases, from cancer to type 2 diabetes.**
4. Which word in the text means "watch or clock"?  
**Timepiece.**