

词汇: *growth* 生长发育

How tall are you? Do you **tower over** your friends and family – or are they people you literally have to **look up to**? Obviously, we're not all the same, and size doesn't really matter. But did you know that there's a possibility that we're all getting taller?

Of course, our **height** is out of our control – it's a **biological** fact, influenced partly by **genetics**. The idea that being taller gives you more power and authority might be a **tall story**, but according to David Robson, writing for BBC Future, "on the basis of first impressions alone, taller people may have **the edge**." He adds that despite some slight risks to your health, various studies have found that the greater your height, the higher you score on measures of happiness and enjoyment of life.

If this makes you want to become **loftier**, it's good to know that all of us are taller than we were 150 years ago – by as much as ten centimetres. Scientists have known for a long time that humans with good diets and reliable access to food tend to grow taller and **mature** more quickly. Adult height in some countries has **rocketed** as they transformed into a developed society.

In a recent study, scientists have discovered a **brain receptor**, called MC3R, linked to our **growing** process. It's thought to be the crucial link between food and sex development and growth. Professor Sir Stephen O'Rahilly from Cambridge University told the BBC: "It tells the body we're great here, we've got lots of food, so grow quickly, have **puberty** soon and make lots of babies." This discovery could lead to drugs to improve **muscle mass** and treat delayed growth, UK researchers say.

For those aspiring to be taller, we need to look at the Dutch, who stand **head and shoulders above** the rest of us as the tallest people in the world. But there is a **ceiling** for height, and it's reached when people achieve their genetic potential. But, of course **lanky** people have to **stoop** through doorways and struggle to fit in cars and can have joint and cardiovascular problems, so maybe we should be careful for what we wish for.

词汇表

tower over	比…高
look up to someone	仰望（某人），敬仰某人
height	身高
biological	生理的
genetics	遗传
tall story	无稽之谈
the edge	优势
lofty	高的
mature	发育成熟的
rocket	迅速增长
brain receptor	脑受体
growing	生长的
puberty	青春期
muscle mass	肌肉量
head and shoulders above	比…高出一大截，远远高于
ceiling	上限
lanky	瘦高的
stoop	弯腰

测验与练习

1. 阅读课文并回答问题。

1. How is height thought to relate to happiness?
2. Up to how much taller have people grown in the last 150 years?
3. True or false? *Humans with reliable access to food tend to grow taller.*
4. What has the brain receptor called MC3R been found to do?
5. Which people tend to be tallest in the world?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The footballer is a role model that other players _____.

look down to	look in to	look up to	look up from
--------------	------------	------------	--------------

2. Mind your head. You need to _____ to get through this small door.

lanky	stoop	mature	ceiling
-------	-------	--------	---------

3. Because of the bad winter, prices of vegetables have _____.

rocketed	rocketing	rockets	rocketted
----------	-----------	---------	-----------

4. The house feels very spacious with _____ ceilings.

mature	height	lofty	lanky
--------	--------	-------	-------

5. The big mountain _____ the town, blocking the Sun in the afternoons.

tower over	towers over	towering over	towers under
------------	-------------	---------------	--------------

答案

1. 阅读课文并回答问题。

1. How is height thought to relate to happiness?

Various studies have found that the greater your height, the higher you score on measures of happiness.

2. Up to how much taller have people grown in the last 150 years?

All of us are taller than we were 150 years ago – by as much as ten centimetres.

3. True or false? *Humans with reliable access to food tend to grow taller.*

True. Scientists have known for a long time that humans with good diets and reliable access to food tend to grow taller and mature more quickly.

4. What has the brain receptor called MC3R been found to do?

A brain receptor called MC3R is linked to our growing process.

5. Which people tend to be tallest in the world?

The Dutch are the tallest people in the world.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The footballer is a role model that other players **look up to**.

2. Mind your head. You need to **stoop** to get through this small door.

3. Because of the bad winter, prices of vegetables have **rocketed**.

4. The house feels very spacious with **lofty** ceilings.

5. The big mountain **towers over** the town, blocking the Sun in the afternoons.