
词汇: *The Moon and behaviours* 月亮; 人类行为

It's more than 384,000km from Earth. We can see it most nights. And it's not made of cheese! I am, of course, talking about the Moon. Astronauts have taken giant steps to explore this natural **satellite** floating in space, but despite it being **out of reach** for most of us, it still moves us in **mysterious** ways.

The Moon, obviously, provides **moonlight**. A **full moon**, seen roughly once a month, can light up our way on an otherwise dark night. But while this **lunar** light can be impressive to look at, it can affect our **sleeping patterns**. One study showed that during or around the full moon, those studied spent less time in **deep sleep**, slept for less time and reported having poorer sleep, despite sleeping in a dark room not exposed to moonlight.

There are many theories about how the Moon can affect other things too. One study suggested animals are more likely to bite us during a full moon. And **many moons ago**, it was thought the Moon induced **lunacy** – the word derives from the Latin word 'lunaticus', meaning '**moonstruck**', and evolved from the idea that **celestial** changes could cause periods of **insanity**. Even winemakers look to the Moon when planting and pruning grapevines. They will avoid a full moon at all costs because, although the added moisture in the soil at this time may give a fuller and juicier grape, the additional water is thought to dilute the taste of the fruit, which results in a less successful vintage.

The Moon might affect our **behaviour** too. Writing about this for BBC Future, Claudia Hammond explains one interesting theory. Just as the Moon's **gravitational pull** affects the tides, it **exerts** its **influence** on the water in our bodies. But she points out "the Moon is smaller than the Earth, so its gravitational pull is correspondingly less powerful. What's more, it exerts the same **force** on us regardless of whether it's new or full." Research into **ancient myths** about the effects of the **lunar cycle** on us is ongoing. So, like the Moon being made of cheese, we must be careful what we believe!

词汇表

satellite	卫星
out of reach	遥不可及的
mysterious	难以理解的，神秘的
moonlight	月光
full moon	满月
lunar	月亮的，月球的
sleeping patterns	睡眠模式
deep sleep	深度睡眠
many moons ago	很久以前
lunacy	愚蠢的行为
moonstruck	疯狂的
celestial	天外的，天空的
insanity	失去理智，精神错乱
behaviour	行为，举止
gravitational pull	引力
exert influence	施加影响
force	影响
ancient myths	古代神话
lunar cycle	月亮周期

测验与练习

1. 阅读课文并回答问题。

1. According to one study, what type of moon caused people to sleep less?
2. What were thought to bite more during a full moon?
3. What is it about the Moon that affects the tides in the oceans?
4. True or false? *Recently, people thought changes in the Moon induced lunacy.*
5. When do winemakers tend not to prune or plant grapevines?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The water sparkled under the _____.

lunarlight	moonlight	celestiallight	moonstruck
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2. His music was _____ by some the great jazz artists.

influence	influenced	influencing	influential
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3. His bad _____ led him to being expelled from school.

insanity	lunacy	behaviour	myths
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4. _____, I used to play football on this pitch.

Many moon ago	Manys moon ago	Many ago moons	Many moons ago
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5. Playing by the railway line is complete _____.

lunacy	mysterious	celestial	lunar
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答案

1. 阅读课文并回答问题。

1. According to one study, what type of moon caused people to sleep less?

One study showed that during or around a full moon, those studied spent less time in deep sleep, slept for less time and reported having poorer sleep.

2. What were thought to bite more during a full moon?

One study suggested animals are more likely to bite us during a full moon.

3. What is it about the Moon that affects the tides in the oceans?

The gravitational pull of the Moon affects the tides.

4. True or false? Recently, people thought changes in the Moon induced lunacy.

False. A long time ago (many moons ago), it was thought the celestial changes induced lunacy.

5. When do winemakers tend not to prune or plant grapevines?

When planting and pruning grapevines winemakers will avoid a full moon at all costs.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The water sparkled under the **moonlight**.

2. His music was **influenced** by some the great jazz artists.

3. His bad **behaviour** led him to being expelled from school.

4. **Many moons ago**, I used to play football on this pitch.

5. Playing by the railway line is complete **lunacy**.