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Vocabulary: aging 词汇: 老龄化

When is it time to slow down? Is it when you reach **middle age**, when you can **draw your pension** or even later? Queen Elizabeth II turned 90 this year and there are not many signs that she's **taking it easy**. Last year alone the monarch carried out over 300 engagements.



Longevity has long been a topic of discussion in Britain. What's likely to make us live longer?

According to Professor Sarah Harper, from the Oxford Institute of Population **Ageing**, just over half your **chances** of living a long life come down to luck. She says: "If you have parents and grandparents who made it into their eighties and nineties there's a chance you have **inherited** good genes. You are more likely to have a strong **immune system** and are less likely to develop **chronic diseases**."

Lucky you, then. But don't rely on that because **bad habits** can spoil everything. Half of long-term smokers die **prematurely**. Smoking causes heart disease, lung cancer and other illnesses. A poor diet and lack of exercise can lead to obesity, which reduces your **life expectancy** by between three and 10 years, says the National Health Service in Britain.

But it's not worth stressing out about how long you're going **to stick around**. Stress can take years off someone's life. A study published in the British Medical Journal found even low-level stress raises the risk of heart attacks and **strokes** by 20% and you don't want that, do you?

After you've **ticked all the boxes** – genes, healthy living, **keeping cool** – you might have almost guaranteed a long life. But for what? That's the final piece of the **jigsaw**. Having a purpose in life can also make you live longer. Some people engage in **charity work** to keep active, others get involved in initiatives in their community. It gives them a reason to wake up in the morning – even if the joints creak a little. Professor Harper says that caring for others can make you feel valued.

It must feel good to be appreciated – by people around you, by a nation. Happy 90th birthday, Your Majesty!

词汇表

middle age	中年
draw your pension	领取退休金
take it easy	放松，不拼命工作
longevity	长寿
ageing	年老的，衰老的
chances	可能性，机会
inherit	继承
immune system	免疫系统
chronic disease	慢性疾病
bad habit	坏习惯
prematurely	过早的
life expectancy	（人的）预期寿命
to stick around	停留，（此处指）活着
stroke	中风
tick all the boxes	符合所有条件，满足所有的标准
keep cool	保持冷静
jigsaw	拼图玩具
charity work	公益劳动，慈善工作

测验与练习

1. 阅读课文并回答问题。

1. What's the evidence that the British monarch is not slowing down her activities?
2. What can be an indication that you have good genes?
3. What are the four examples of things you shouldn't do if you want to live longer?
4. True or false? *Having some anxiety is not likely to affect your health at all. It's part of life.*
5. What benefits are there to doing charity work when you are old?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My sister is always busy and she worries a lot about everything. I told her to _____ or she'll have a heart attack!

stress out	tick all the boxes	stick around	take it easy
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2. I hardly ever catch a cold. My _____ is very strong.

stroke	chronic disease	life expectancy	immune system
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3. A good diet and exercise promotes good health and _____.

longevity	life expectancy	bad habits	aging
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4. This anti-aging lotion is very effective. It takes years _____ your face!

of	out	away	off
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5. I _____ on my parents to pay for my food and accommodation while I am at university.

relay	rely	really	rally
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答案

1. 阅读课文并回答问题。

1. What's the evidence that the British monarch is not slowing down her activities?
She carried out over 300 engagements last year alone.
2. What can be an indication that you have good genes?
If your parents and grandparents lived into their eighties or nineties.
3. What are the four examples of things you shouldn't do if you want to live longer?
Smoke, have a poor diet, avoid exercise and get stressed about things.
4. True or false? *Having some anxiety is not likely to affect your health at all. It's part of life.*
False. According to a study published in the British Medical Journal, even low-level stress raises the risk of heart attacks and strokes by 20%.
5. What benefits are there to doing charity work when you are old?
It gives you a purpose in life, a reason to wake up in the morning.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My sister is always busy and she worries a lot about everything. I told her to **take it easy** or she'll have a heart attack!
2. I hardly ever catch a cold. My **immune system** is very strong.
3. A good diet and exercise promotes good health and **longevity**.
4. This anti-aging lotion is very effective. It takes years **off** your face!
5. I **rely** on my parents to pay for my food and accommodation while I am at university.