

托福阅读练习：WealthHormoneMayLeadtoLongerLife托福考试(TOEFL) PDF转换可能丢失图片或格式，建议阅读原文  
[https://www.100test.com/kao\\_ti2020/646/2021\\_2022\\_\\_E6\\_89\\_98\\_E7\\_A6\\_8F\\_E9\\_98\\_85\\_E8\\_c81\\_646144.htm](https://www.100test.com/kao_ti2020/646/2021_2022__E6_89_98_E7_A6_8F_E9_98_85_E8_c81_646144.htm) 变得富裕是很多人的愿望，目前看来这一愿望是非常正当合理的，因为富裕除了能给人带来物质上的满足外还能带来更长的寿命。 It is a sad fact of socioeconomics that the wealthy tend to lead healthier, longer lives than do the poor. Now scientists have gone a step further, finding a specific hormone that links wealth with a longer life. 社会经济学里出现了一个让人难过的事实：有钱人和穷人相比，其生活往往更健康，寿命也 longer。如今科学家又为该事实进一步找到依据，他们发现一个人的富裕程度和寿命长短是有关系的，这种关系来自一个特定的激素。 The hormone is called DHEAS-or dehydroepiandrosterone sulfate-a natural steroid produced by the brain, adrenal glands and sexual organs. Those with higher levels of DHEAS tend to exercise more, have more hobbies and have closer relationships with friends and family. They also tend to live longer. 这种激素被称为脱氢表雄酮硫酸盐，或简称“DHEAS”，是大脑、肾上腺和性器官产生的一种天然类固醇物质。DHEAS激素水平较高的人往往运动量较大，爱好较多，与亲朋的关系也较为紧密。另外，这些人的寿命也往往 longer。 Researchers from the University College London, working on the English Longitudinal Study of Ageing, studied thousands of people over the age of 50 and found that wealthier people had higher levels of DHEAS. 伦敦大学学院(University College London)从事英国老龄化纵向研究(English Longitudinal Study of Ageing)的工

作人员对数千名五十岁以上的老人进行了研究，研究发现人们的富裕程度越高，其DHEAS激素水平也越高。 They also found higher levels of a second hormone-growth factor I (IGF-I)-in those who are wealthier. The two hormones help regulate the body and control reactions to stress. 此外，研究人员还发现，越有钱的人其第二激素 生长因子I(IGF-I)的水平也越高。这两种激素可帮助调节人体机能，控制人体对压力的反应。 A striking new finding is that the hormone dehydroepiandrosterone sulfate [DHEAS] that predicts life expectancy also follows a social gradient: less wealth, lower levels of DHEAS, said Prof. Michael Marmot of the universitys Department of Epidemiology and Public Health. 伦敦大学学院流行病学和公共卫生系(Department of Epidemiology and Public Health)教授马尔默特(Michael Marmot)说，一项引人注意的最新研究发现，可预测人们寿命长短的DHEAS激素竟然也遵循一种社会变化规律，即财富越少，激素水平越低。 The implication is that wealth brings freedom and time to eat well, exercise, enjoy various pastimes and stay closer to family and friends. 这表明，富裕的人们在合理饮食、运动、打发各种闲暇方面拥有自由和时间，且使得他们与亲朋好友相伴的时间也更长。 To some, this might seem like another case where money is destiny. Once again the rich seem to be winning the race and widening the gap, not just in financial terms but also in the far more important measure of life expectancy. 可能对有些人来说，这好像是在说金钱是万能的。好像有钱人再次赢得了赛跑，并拉大了与穷人之间的距离，不仅是在财富的拥有量上，而且是在更为重要的寿命方面。 But ultimately the report could

be good news for rich and poor alike. If DHEAS can be artificially produced in the future-and if its antiaging properties are real-it could be more widely distributed. 不过这个研究结果最终来说可能是个好消息，无论你穷也罢富也罢。如果未来可人工制造DHEAS激素，且这种激素果真具有抗衰老的功效，或许可以将其更广泛地分配。 What is more, people may be able to produce more of their own DHEAS even if they aren't wealthy, by leading more DHEAS-friendly lives - more exercise, more friendships and more hobbies-though, as the article notes, production of DHEAS is greatest in childhood and teenage years, gradually declines thereafter. 另外，即使你现在不属于富人行列，或许也可通过多运动、结交更多朋友和增加个人爱好等生活方式提高自身的DHEAS激素水平。研究结果指出，童年和青少年时代产生的DHEAS激素量是最多的，此后就逐渐减少。 Of course, if you spend time doing all that, you might not get wealthy. 当然，如果你花时间尝试上述每项生活方式，你不一定会因此而富起来。 Do you think greater wealth leads to a longer life? 你觉得越有钱的人寿命也越长吗? 相关推荐：[托福考试阅读练习：性格决定外表](#) [托福阅读练习：夫妻为何越长越像](#) [托福阅读练习：世界上最小国家正在出售](#) [托福趣味阅读：23个有意思的生活真相](#) [新托福阅读练习：了解我们的头发](#) [新托福阅读练习：The Next Finance Hiring Hot Spots](#) [新托福阅读练习：女性25岁后结婚更持久](#) [新托福阅读练习：行星撞地球将使人类成“吸血鬼”](#) 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)