

剑桥大学的研究人员发现，在冷水中游泳可以保护大脑免受失智症等退行性疾病的伤害。研究人员在一些经常参加户外冬泳的人血液中发现了一种“冷休克（cold-shock）”蛋白，此发现属世界首次。

The team has already shown that the **protein** can slow the **onset** of **dementia** in mice and even repair some of the damage it causes.

研究小组已经证明，这种蛋白质可以减缓老鼠痴呆症的发作，甚至可以修复因痴呆造成的一些损伤。

The researchers say **exposure** to cold **activates** a **latent hibernation** ability human beings appear to retain. But they say don't go and jump in a cold river hoping to reduce your dementia risk - swimming in cold water can be dangerous for those not **accustomed** to it.

研究人员说，寒冷的环境可以激活一种人类似乎保留着的潜在冬眠能力。但是他们说不要跳进冰冷的河里，希望这样可以降低你患痴呆症的风险，因为在冰冷的水中游泳对那些不习惯的人来说是很危险的。

They say their focus now is to find drugs that **prompt** the production of the protein and to prove that it really does help **delay** dementia.

研究人员称，他们现在的研究重点是找到能促进这种蛋白质产生的药物，并证明它确实有助于延缓痴呆。

## 1. 词汇表

<b>protein</b>	蛋白
<b>onset</b>	...开始，发作
<b>dementia</b>	痴呆
<b>exposure</b>	接触
<b>activates</b>	激活
<b>latent</b>	潜在的
<b>hibernation</b>	避寒，冬眠
<b>accustomed to</b>	习惯于
<b>prompt</b>	促进
<b>delay</b>	延缓

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. What have researchers found the 'cold-shock' protein can do to mice?
2. Why shouldn't everyone jump into cold water to reduce their risk of dementia?
3. What do researchers want to find to prompt the production of the 'cold-shock' protein?
4. Have researchers proved the protein does delay dementia?

### 3. 答案

1. What have researchers found the 'cold-shock' protein can do to mice?

**The protein can slow the onset of dementia in mice.**

2. Why shouldn't everyone jump into cold water to reduce their risk of dementia?

**Swimming in cold water can be dangerous for those not used to it.**

3. What do researchers want to find to prompt the production of the 'cold-shock' protein?

**They want to find drugs that prompt the production of the protein.**

4. Have researchers proved the protein does delay dementia?

**Not completely. They want to find drugs that prompt the production of the protein and to prove that it really does help delay dementia.**