



Major study shows television is a killer 研究顯示多看電視會短命

Relax in front of the television? Be **forewarned**, each hour you spend there boosts chances of **going to an early grave** by 11 percent and chances of death from cardiovascular disease by 18 percent, a major study released has found.

The Australian study appearing in *Circulation: Journal of the American Heart Association* looked at the health habits of 8,800 people between 2000 and 2006.

It found that a sedentary spell on the sofa watching TV had negative effects on blood sugar and blood fats.

Whether one is obese, overweight or fit, an hour of television time a day delivers an 11 percent higher risk of early death, a nine percent higher risk of cancer death and an 18 percent higher risk of death from cardiovascular disease, the research found.

People who watch television four hours a day see their increased rate of death from any cause by 46 percent, and from cardiovascular disease it soars by 80 percent.

"The human body was designed to move, not sit for extended periods of time," said David Dunstan, lead author of the study, with the Baker IDI Heart and Diabetes Institute in

Victoria, Australia.

"Technological, social and economic changes mean that people don't move their muscles as much as they used to — **consequently** the levels of energy **expenditure** as people go about their lives continues to shrink," Dunstan said.

"For many people, on a daily basis they simply shift from the chair in the car to the chair in the office to the chair in front of the television," he said.

The average time people spend watching television daily is three hours in Britain and Australia, while in the US it is 4.5 hours a day. (AFP)

在電視機前好好放鬆一下。先警告你，最近公佈的一項重要研究發現，多待在電視前一小時，英年早逝的機會就增加百分之十一，而罹患心血管疾病死亡的機率則提高百分之十八。刊登於《血液循環：美國心臟協會期刊》上的這項澳洲研究，在二〇〇〇年至二〇〇六年間調查了八千八百位民衆的健康習慣。結果發現，長時間坐在沙發上看電視對血糖和血脂都有負面的影響。該研究發現，無論是病態肥胖、過重或體型勻稱的人，一天看

一小時電視，早逝的風險會提高百分之十一，死於癌症的機會增加百分之九，而死於心血管疾病的機會則增加百分之十八。

每天看四小時電視的人，死於各種疾病的機會增加百分之四十六，因心血管疾病致命的機率則飆升百分之八十。

澳洲維多利亞省貝克IDI心臟病與糖尿病研究所的該研究主持人大衛·唐斯坦說：「人的身體是用來活動，不是讓你長時間坐著不動的。」

唐斯坦說：「科技、社會和經濟變革使得人們不像從前那樣活動他們的肌肉——因此，現代生活的方式讓身體能量的消耗逐漸減少。」

他說：「對許多人而言，他們每天只是在車子的座椅、辦公室的椅子，和電視機前的椅子間來回變換而已。」

英國人和澳洲人每天平均看電視三小時，美國人則是平均四個半小時。 (法新社/翻譯：袁星麗)

Consumers gather around flat panel TVs displayed at an electronics store in Tokyo, Japan, on Aug. 3, 2009. PHOTO: EPA

二〇〇九年八月三日，消費者聚集在日本東京某電器行展示的平面電視前。 照片：歐新社

TODAY'S WORDS 今日單字

1. forewarn /fɔː'wɔ:rn/ v.

預警 (yu4 jing3)

例：We had been forewarned about what would happen if we turned up late for class.

(有人已預先警告我們上課遲到會碰上的狀況。)

2. consequently /'kɒnsəkwəntli/ adv.

因此 (yin1 ci3)

例：Martha almost drowned when she was young. Consequently, she spent the rest of her life afraid of water.

(瑪莎小時候差點溺死，所以她後來很怕水。)

3. expenditure /ɪk'spendɪtʃə/ n.

消耗 (xiao1 hao4)

例：The rewards didn't justify the expenditure of energy that we put in.

(報酬和我們投入的精力不成比例。)

LANGUAGE POINT 重要片語

go to an early grave 早逝

If someone **goes to an early grave**, they die prematurely. According to the article, watching TV is likely to make you **go to an early grave**.

Example: "Despite trying our best to help him, there was nothing anyone could do to prevent Tyler drinking himself into **an early grave**."

如果說某人「go to an early grave」，就表示他早死。上文中提到，看電視可能會縮短壽命。

例如：「雖然我們都盡全力幫忙，但還是沒能阻止泰勒因酗酒而英年早逝的悲劇。」