

### 英翻中一

Someday soon, your car may be able to drive itself. In 2010 Google introduced a fully automated, driverless car that went 140,000 miles without an accident. According to the World Health Organization, more than 1.2 million people die every year in traffic accidents. Nearly all these accidents are caused by human error; therefore, driverless cars, which are controlled by computers, could prevent thousands of deaths each year. Driverless cars could also give greater freedom to disabled people and reduce the need for parking spaces, since the cars could drive themselves home after dropping off passengers.

在不久的將來你的車子可能就能自動駕駛了。2010年谷歌(Google)公司推出一款無人自駕車，行駛了14萬英里沒發生任何事故。根據世界衛生組織，每年有超過120萬人死於交通意外，而這些意外幾乎全部起因於人為疏失。因此，這種由電腦操控的自駕車每年可以避免數以千計的死亡車禍。自駕車還能提供身障人士更多行動自由，而且降低停車位的需求，因為這種車在乘客下車後便可以自動行駛回家停放。

### 英翻中二

Each year Americans use more than 330 billion gallons of water to wash their clothes. Now a British company called Xero has developed a machine that uses 90 percent less water than normal washing machines. It cleans clothes with reusable nylon beads that remove stains and dirt. This is good news both for the environment and for your monthly water bill. The nearly waterless machine became available in 2011.

美國人每年用掉超過三千三百億加侖的水來洗他們的衣服，目前有一家名叫詩樂斯(音譯，Xeros)的英國公司已經研發出一種洗衣機，它的用水量比一般洗衣機少九成。它清洗衣服的方式是利用可重複使用的尼龍珠去除污漬和塵土，這項發明對於環保和你每個月的水費帳單而言都是個好消息。這款幾乎無水的洗衣機在2011年上市。

## 早上多曬 20 分鐘太陽可降低 BMI!

20 Minutes of Sun Exposure in the Morning  
Lowers your BMI!

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早晨的陽光除了叫你起床以外，還有助於維持身材。美國芝加哥西北大學研究發現，每天早晨曬 20~30 分鐘的太陽，就能降低 BMI(身體質量指數)。

In addition to waking you up, morning sunlight has the benefit of maintaining your physical fitness. According to a study by Northwest University, USA, exposure to morning sunlight for 20 to 30 minutes every day helps reduce BMI (body mass index).

過去已有研究發現，陽光與調節身體代謝、飢餓及飽食感都有關係。而最新研究則顯示，如果能在早上八點到中午前多曬太陽，對於保持苗條身材大有幫助。受試者包括 26 位男性與 28 位女性，他們在手腕上配戴儀器，可以測出曝曬陽光的程度。在實驗進行的一星期內，他們照樣過著正常生活。研究發現，每天愈早曬到太陽的人，他們的 BMI 愈低；相對地，愈晚才曬太陽的人，他們的 BMI 則愈高。早晨陽光對體重變化的影響，取決於受試者本身的活動量、熱量攝取、睡眠時間、年齡或季節。

Sunlight has been considered related to metabolism adjustment, hunger, and feeling of fullness. A latest research shows that abundant sunlight exposure in the morning between 8 a.m. and noon helps you stay slim. The participants of the research were composed of 26 males and 28 females, who wore an equipment on their wrists to detect how much sunlight they got exposed. During the one-week experiment, the participants kept their normal daily schedules. The result revealed that the earlier they were exposed to sunlight every day, the lower their BMIs were found; on the contrary, the later they got exposed to sunlight, the higher their BMIs were detected. The influences of morning sunlight on their weight changes were determined by their activity level, calorie absorption, sleep time, age, or season.

如果你想藉由曬太陽來降低 BMI，至少需要 500lux(lux 為標識照度的單位)的光線。研究發現，很多人都過著室內生活型態，因此每天無法曬到足夠的陽光。戶外的光線照度可超 1000lux，而室內的照度通常不會超過 200~300lux。這項研究結果已刊登於線上《公共科學周書館期刊》。

If you want to lower your BMI by means of sunlight exposure, you need at least 500 lux (the unit of measurement for illuminance) of sunlight. Research shows that most people stay indoor in their daily lives and therefore lack sufficient sunlight. The illuminance of outdoor sunlight can exceed 1000 lux, while that of indoor light normally stays lower than 200 or 300 lux. The research result has been published in online *Public Library of Science One*.