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第一篇：

Calcium from food better than from supplements

Young girls who get extra calcium from food tend to gain more bone mass than those who get it from tablet supplements, but children who already receive adequate amounts of calcium in their diets do not benefit from any form of extra calcium, a research team in Finland reports.

“We conducted the study to learn how to maximize the children’s peak bone mass during the rapid growth period of puberty in which 60 percent of the adult bone mass accumulates and thus prevent osteoporosis in adulthood,” Dr. Sulin Cheng from the University of Finland said. For two years, Cheng and her colleagues followed a group of 195 healthy girls, aged 10 to 12, whose calcium intake was under the National Nutrition Council recommended levels (less than 900 mg a day). They randomly assigned the children to receive 1,000 mg calcium tablets, 1,000 mg calcium plus 200 IU vitamin D tablets, low-fat cheese (1,000 mg of calcium), or placebo tablets.

“We found that the cheese group showed more beneficial effects in their bones than any of the other groups,” said Cheng, “but when we took into account the individual growth speed, we found no beneficial effect with any of the interventions—calcium alone, calcium plus vitamin D, or even cheese supplementation. This means that if you exceed certain levels of your dietary calcium intake, it doesn’t matter how much you take; you won’t get any benefits,” explained Cheng.

（全国中学生英语翻译大赛组委会 提供）

第二篇：

A Scientifically Proven Way to Be Happy

Many researchers have confirmed: If you want to increase your happiness, find concrete ways to express your gratitude.

“Gratitude seems to be incompatible with some negative emotions. It’s hard to

feel envious or greedy or bitter when you're grateful," says Sonja Lyubomirsky, a psychology professor at the University of California, Riverside. She conducted an experiment in which students were instructed to write down five things for which they were grateful. One group wrote once a week, another three times a week, and a control group did not write at all. Those who counted their blessings once a week showed a measurable rise in happiness.

Interestingly, students who wrote more frequently apparently got bored with the routine and showed no change in well-being. Researchers suggest that if you practice gratitude, choose a timetable that keeps it meaningful, and change the domain in which you contemplate your good fortune every week—from, say, health to career to relationship to simple pleasures. That may help sustain the rise in happiness created by the exercise.

(全国中学生英语翻译大赛组委会 提供)

第三篇：

Story of "Google"

Google is fascinating in itself. It's a company that allows all of its employees to spend 20% of their company time, or one day per week, working on any project they want; a company that spearheaded the largest technology IPO ever with shares that opened at \$85 and now are above \$350; a company that offered generous stock options to its first chef—making him a millionaire when Google went public.

While a strong culture and innovative ideas put Google on top of the search industry, there's one thing that keeps them there: "No enterprise has more computing power than Google, with its network of garden-variety PCs on steroids."

Last year, Google introduced an e-mail service, Gmail, and began storing every e-mail sent and received through its servers. As Google already tracked and stored data regarding the computer address at the origin of every search—and the nature of that search—it was clear that a Gmail user conducting Google searches would be potentially identifiable.

Not only does Google store all e-mail indefinitely, it allows a computer to read each message so that relevant advertisements can be placed on the Web page the user is viewing. This compelled some lawmakers to write anti-Gmail legislation and spurred privacy groups to attack Google.

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