
BBC LEARNING ENGLISH

Take Away English 随身英语

The dogs who safeguard our hearts 养狗能保护我们的心脏健康



Vocabulary: *dogs and hearts* 词汇: 犬和心脏

As a dog lover, our **canine** companions always fill me with joy. Whether **pedigree** or **mongrel**, **tame** or **stray**, whenever I see one, I smile. After all, their loyalty is indisputable, their **companionship** is always welcome, they **fetch** for us, **guard** for us and even work for us when required. Good old **Fido** has always been **close to my, and many other's hearts**.

Well, not content with just **warming the cockles of your heart**, it seems that our four-legged-friends actually lower the risk of **cardiovascular** disease, according to a 2017 scientific study, which looked at 3.4 million Swedes from 2001 to 2012.

The study concluded that this lower risk, which was particularly evident in owners of hunting **breeds**, may not just be due to the increased **physical activity** that goes hand-in-hand with owning a dog, but could also be down to dogs increasing the owner's **social contact**, or by changing the owner's **bacterial microbiome**, which is the collection of microscopic species that live in the **gut**. Dogs change the dirt in home environments and therefore expose people to bacteria that they would otherwise not encounter.

These effects were particularly marked in those who lived **on their lonesome**. According to Mwenya Mubanga of Uppsala University and lead author of the study, "single dog owners had a 33% reduction in risk of death and an 11% reduction in risk of **cardiac arrest** compared to single non-owners."

However, before **your heart skips a beat**, Tove Fall, senior author of the study, also adds that there may be limitations. It's possible that the differences between owners and non-owners, which already existed before the dog was bought, could have influenced the results – or that people who are generally more active also tend to get a dog anyway.

It seems that the results are not as clear cut as they initially appear to be, but as far as I'm concerned, that's ok. I love dogs for how they make me feel and, cardiovascular benefits or not, they'll always be **top dog** to me – **cross my heart**.

词汇表

canine	犬的
pedigree	(动物) 纯种
mongrel	杂种狗
tame	(尤指动物) 温顺的
stray	流浪的
companionship	陪伴, 友谊
fetch	拿来, 取回,
guard	守卫, 保护
Fido	对宠物狗的一个通用名称
close to one's heart	贴近某人的心
warm the cockles of your heart	温暖你的内心
cardiovascular	心血管的
breed	(动物) 品种
physical activity	体育运动
social contact	社会关系, 社会往来
bacterial microbiome	细菌微生物群
gut	肠道
on one's lonesome	单独的, 独自的
cardiac arrest	心脏停搏
your heart skips a beat	(形容紧张或兴奋) 心跳停了一下
top dog	最好的狗, 胜利者
cross my heart	我保证所说属实

测验与练习

1. 阅读课文并回答问题。

1. What reasons does the author give for loving dogs?
2. When did the study mentioned in the article take place and who were its participants?
3. Which three reasons are given for a dog reducing a person's cardiovascular risk?
4. True or false? *Single-household dog owners see no health benefits compared to single-household non-owners.*
5. What limitations are mentioned that could affect the results of the study?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. That dog doesn't have an owner so come away immediately. Can't you see it's a _____? It might have a disease!

tame	Fido	stray	mongrel
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2. Quickly, nurse. He's going into _____. Get me the defibrillator!

microbiome	top dog	canine	cardiac arrest
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3. He won't bite, but he doesn't like being touched. It's _____ his last owner, who used to beat him.

cross my heart	down to	clear cut	breeds
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4. How can you not see it? There's a _____ difference between the first picture and the second!

marked	gut	hand-in-hand	tame
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5. Please stop smoking, son. It goes _____ with cancer and you don't want that.

skips a beat	cross my heart	on their lonesome	hand-in-hand
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答案

1. 阅读课文并回答问题。

1. What reasons does the author give for loving dogs?
They fill the author with joy. Their loyalty is indisputable, their companionship is always welcome, they fetch for us, guard for us and even work for us when required
2. When did the study mentioned in the article take place and who were its participants?
The study took place between 2001 and 2012. Its participants were 3.4 million Swedes.
3. Which three reasons are given for a dog reducing a person's cardiovascular risk?
The increased physical activity associated with dog ownership, the increased social contact and the change of the owner's microbiome.
4. True or false? *Single-household dog owners see no health benefits compared to single-household non-owners*
False. Single dog owners had a 33% reduction in risk of death and 11% reduction in risk of cardiac arrest compared to single non-owners.
5. What limitations are mentioned that could affect the results of the study?
There may be a difference between dog owners and non-owners that existed before the dog was obtained. It's also possible that people who tend to buy dogs are also generally more active.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. That dog doesn't have an owner so come away immediately. Can't you see it's a **stray**?
It might have a disease.
2. Quickly, nurse. He's going into **cardiac arrest**. Get me the defibrillator.
3. He won't bite, but he doesn't like being touched. It's **down to** his last owner, who used to beat him.
4. How can you not see it? There's a **marked** difference between the first picture and the second!!
5. Please stop smoking, son. It goes **hand-in-hand** with cancer and you don't want that.