

印度聖城下沉中 裂縫爬滿屋

文・圖／美聯社 編譯／JT、張瑩、潘斯量 審校／Leila Edmunds

The holy town of Joshimath in Uttarakhand, India was already a disaster zone. Now, multistoried hotels are **slumped** to one side; cracked roads gap open and more than 860 homes are uninhabitable.

Joshimath was built on piles of debris left behind by years of landslides and earthquakes.

Scientists have warned for decades that the holy town could not withstand the extensive, heavy construction. But India's government wants to grow religious tourism in Uttarakhand.

On top of climate change, extensive new construction to **accommodate** more tourists and



▲喬希馬特的建築蓋在土石流和地震過後的鬆軟地基，導致房屋逐漸下沉，建築體嚴重龜裂，整座聖城宛如一顆不定時炸彈。



accelerate hydropower projects in the region is **exacerbating** subsidence. 難度★★

印度北阿坎德邦的聖城喬希馬特已是一片災區。目前有多樓層的飯店倒向一邊；破碎的道路裂縫大開，八百六十多戶房屋無法居住。

喬希馬特是建在多年土石流

和地震後留下的瓦礫堆上。數十年來科學家一直警告，這座聖城無法承受大規模和繁重的建築工程。但印度政府希望在北阿坎德邦發展宗教旅遊業。

除了氣候變遷影響，該地區為容納更多遊客，以及加速水力發電廠計畫，進行大規模新建工程，也在加劇地層下陷。

垃圾食物比米飯更受歡迎 12% 墨西哥人營養不良

Around 12% of Mexicans suffer from malnutrition, with a higher prevalence in rural areas. The problem is often accompanied by **anemia**, protein deficiency, and an imbalance in micronutrients. It is partly attributed to the consumption of junk food.

Poverty is also a significant factor, with 22.5% of Mexicans lacking sufficient income to purchase nutritious foods. Soft drinks and junk food are heavily **marketed** in rural areas, where they are sometimes considered more prestigious than the traditional diet of

corn, beans, rice, and chiles. 難度★★

墨西哥約百分之十二的人口營養不良，偏鄉地區機率較高，這類問題通常伴隨貧血、蛋白質不足及微量營養素不均衡，部分原因是攝取垃圾食物。

貧困也是一項重要因素，約百分之二十二點五墨西哥人的收入無法負擔營養食物，而且無酒精飲料和垃圾食物在農村地區被廣泛推銷，導致該類飲食比起傳統的玉米、豆類、米飯及辣椒更受歡迎。

三分鐘學片語

睡好覺 更長壽

文／Leila Edmunds 譯／JT

It's no secret that getting a good night's sleep helps to reinvigorate the body for the next day. New research from the American College of Cardiology shows how important sleep really is for our health. Researchers discovered several key sleep habits that can help you live to a ripe old age, such as ideal sleep duration of seven to eight hours a night and difficulty falling asleep no more than two times a week. In fact, following these sleep habits resulted in life expectancy

gains of 4.7 years for men and 2.4 years for women.

眾所周知，晚上睡得好有助於隔天恢復活力，美國心臟病學會的新研究就指出，睡眠對我們的健康有多重要。研究人員發現幾個關鍵的睡眠習慣有助長壽，像是一晚睡七至八小時，達到理想的睡眠時間，以及一週難以入睡的次數少於兩次。事實上，養成這些睡眠習慣可使男性的預期壽命增加四點七年，女性則增加二點四年。

美國字醜救星 幫簽名做醫美

Do you hate the way you sign your name? Try a makeover for your **signature**. Designer Priscilla Molina from LA said people come to her for signature makeovers for a simple reason: They're tired of the way they sign their names. Molina said her clients include professionals and famous people in search of new ways to sign autographs, though her lips are sealed on their identities. She does a minimum of 300 custom digital signatures a month, charging between \$10 to \$55, using the motto: "Where originality meets legacy." 難度★

你討厭你的簽名方式嗎？試試為你的簽名做整形手術吧。洛杉磯設計師莫林納說，大家找她改造簽名的原因很簡單：他們厭倦自己的簽名方式。莫林納說她的客戶包括專業人士和名人，都希望設計自己全新的簽名方式，不過她對他們的身分守口如瓶。她每個月至少接受三百人委託，客製化數位簽名，收費在十美元至五十五美元之間，她的座右銘是：「原創與傳承的結合。」



▲設計師優化客戶的簽名，並提供常見的三種簽名方式，供客戶在不同情境下使用。

單字補充包

slump 倒下	anemia 貧血
accommodate 容納	market 推銷
exacerbate 使加劇	signature 簽名



Leila 這樣說

a ripe old age

very old, lived a long time
高齡；長壽

【Example】

Andrea's grandmother lived to the ripe old age of 102.

安德烈的奶奶非常長壽，活到一百零二歲。