

Vocabulary: emotions 词汇: 情绪

What would life be like without music? Songs and tunes fill our lives, affecting our **emotions**, bringing back **memories** and sometimes making us dance. There is a song for everyone and for every occasion, but it seems that it's sad music that **moves** us most.

Sad music certainly does its job in making us **depressed**, emotional, and causing us to **sob** – it's something we might listen to after a break-up, for example. And a recent study has shown why some people are **hooked** on sad music. Professor David Huron from Ohio State University conducted the research and looked at the difference between people who love to listen to sad music and those who can't stand it.

He told the BBC radio programme The Why Factor that it comes down to a natural **hormone** called **prolactin**. He says: "as you might have guessed from the name, it's associated with 'lactation' from breast-feeding. When people cry, they also release prolactin. And, there are circumstances in which prolactin seems to have this **comforting** effect." It seems that people who like sad music are maybe getting too much prolactin, or more than is normal, and when they hear sad, **downbeat** music, it gives them a good feeling. But if prolactin isn't released, or there isn't enough of it, some people find the sad sounds don't help to **cheer them up**.

Previous research by Durham University has also suggested that listening to sad music can **trigger** pain and sadness; but it can also provide **comfort** and even **enjoyment**. A high number of people they surveyed were cheered up by listening to supposedly sad songs. Though the feeling may not be exactly the same as happiness, it may be the ability to cope with the sadness that gives the feeling of comfort.

So, reacting to sad music on the radio may have nothing to do with the **melancholic** sound of a string quartet or a singer who's got **the blues**, but rather a natural chemical reaction taking place in our bodies. Maybe that explanation is **music to your ears** if you're wondering why you've be listening to Adele on repeat!

词汇表

emotion	情绪
memory	记忆
move	打动, 感动
depressed	消沉的, 抑郁的
sob	抽泣
hooked	入迷的, 上瘾的
hormone	荷尔蒙
prolactin	催乳素
comforting	令人安慰的
downbeat	低调的, 悲观的
cheer sb. up	使……高兴起来, 使……振作
trigger	引起, 引发 (坏事)
comfort	安慰, 慰藉
enjoyment	愉悦感
melancholic	忧郁的
the blues	忧伤, 悲哀
music to your ears	好消息

测验与练习

1. 阅读课文并回答问题。

1. What's the name of the natural hormone that determines who does or doesn't enjoy sad music?
2. How might someone who doesn't get enough of this natural hormone feel when they listen to sad music?
3. True or false? *People who enjoy sad music like the feeling of comfort it creates.*
4. According to research by Durham University, why might someone get a feeling of comfort by listening to sad music?
5. Which word in the text means 'deal successfully with a difficult situation'?

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. Seeing the poor conditions of some of the animals in the zoo really _____ to join an animal welfare charity.

moving us move us moved us moved on

2. I find a cup of hot, sweet tea very _____ after a long, cold winter walk.

comforting melancholic music to your ears depressed

3. News reports suggest it was the rise in temperature that _____ the avalanche.

triggers trigger triggering triggered

4. My friend sounded very _____ on the phone when she told me how her boyfriend had left her.

hooked melancholic sob comforting

5. The announcement that we were all getting a pay rise was _____!

music to my ears ear music to me music for my ears music to an ear

测验与练习

1. 阅读课文并回答问题。

1. What's the name of the natural hormone that determines who does or doesn't enjoy sad music?

The natural hormone is called prolactin.

2. How might someone who doesn't get enough of this natural hormone feel when they listen to sad music?

If prolactin isn't released in someone or there isn't enough of it, they just find that sad sounds don't help to cheer them up.

3. True or false? *People who enjoy sad music like the feeling of comfort it creates.*

True. Professor David Huron says when people cry, they also release prolactin. And, there are circumstances in which prolactin seems to have this comforting effect.

4. According to research by Durham University, why might someone get a feeling of comfort by listening to sad music?

It may be the ability to cope with the sadness that gives the feeling of comfort to people who enjoy listening to sad music.

5. Which word in the text means 'deal successfully with a difficult situation'?

Cope. "Though the feeling may not be exactly the same as happiness, it may be the ability to cope with the sadness that gives the feeling of comfort."

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. Seeing the poor conditions of some of the animals in the zoo really **moved us** to join an animal welfare charity.

2. I find a cup of hot, sweet tea very **comforting** after a long, cold winter walk.

3. News reports suggest it was the rise in temperature that **triggered** the avalanche.

4. My friend sounded very **melancholic** on the phone when she told me how her boyfriend had left her.

5. The announcement that we were all getting a pay rise was **music to my ears!**