

Handing the Hiccup 打嗝学问大

You're **all set** to deliver a speech in front of your class. As you walk to the front of the room, you feel confident because you're well prepared. But when you began to speak, you **encounter** an unpleasant surprise. Instead of words, a loud sound comes out of your mouth as you **abruptly inhale**. And seconds later, you make it again ... and then again! You've got a case of the **hiccups** – a typical **harmless**, yet **annoying, phenomenon** which occasionally affects us all.

你都做好万全的准备要在课堂上发表演讲。当你走到教室前，你觉得很有信心，因为你都准备好了。但是，当你要开始说话时，遇到一个令人不快的意外。从你嘴里冒出来的不是话，而是一声突然吸气所带来的怪响。过几秒钟之后，你又发出那个响亮的声音……然后又再次发生！你发生的只是个打嗝的案例，一个典型无害，但却又恼人、偶尔会影响到我们的现象。

The word hiccup is an **onomatopoeic** term, so it sounds similar to the sound that's produced when we hiccup. It's believed that hiccups are caused when something **stimulates** the nerve which controls our **diaphragm**. Scientists believe that this usually happens when we **inadvertently** swallow too much air by eating too fast, drinking **carbonated** drinks, or chewing gum. Unlike other **autonomic** bodily functions, hiccups don't seem to serve any real purpose.

Hiccup 一字是一个拟声词，所以此字的发音听起来与我们打嗝时所产生的声音很相似。据信，打嗝的发生是由于某种事物刺激到控制我们横隔膜的神经。科学家认为打嗝通常发生在我们吃太快、喝碳酸饮料，或咀嚼口香糖时，而不经意地吞下过多空气的时候。打嗝不像其他身体的自律功能，似乎没有任何真正的目的。

Hiccups tend to go away quicker if we can increase **carbon dioxide** levels in our blood. There are several home **remedies** which do this, including holding one's breath and breathing into a paper bag. Others **swear** that eating a **spoonful** of honey or sugar will **do the trick**. Even without treatment, hiccups will usually **subside** within minutes. However, if hiccups **persist** for several hours, medical **intervention** may be necessary, as this indicates that the person may have a lung **ailment**. But thankfully, **prolonged** hiccups are rare. For the most part, hiccups seem to be nature's way of playing a little **prank** on us.

如果我们可以增加血液里二氧化碳的含量，打嗝会有较快消失的倾向。一些家传疗法可以治愈打嗝，像是暂时闭气和对着纸袋呼气。有的人发誓说，吃一勺蜂蜜或糖即可发挥效力。即使没有经过治疗，打嗝通常也会在几分钟之内消退。但是，如果打嗝持续了几个小时，医疗的介入可能是必要的，因为不停地打嗝表示可能有肺部相关病痛。但幸运的是，持续的打嗝相当罕见。在大多数情况下，打嗝似乎只是大自然对我们的小恶作剧。

— by Jamie Blackler

Vocabulary

encounter [ɪn ˈkaʊntə] v. 遇到（困难，危险等）

abruptly [ə ˈbrʌptli] adv. 突然地；意外地

inhale [ɪn `hel] v. 吸入

phenomenon [fə `næmə,nən] n. 现象

onomatopoeic [ˌɒnə,mætə `pɪk] adj. 拟声的; 声喻的

inadvertently [ˌɪnəd `vɜ:ntlɪ] adv. 不慎地; 非故意地

autonomic [ˌɔ:tə `nɒmɪk] adj. 【生】自律的

swear [swɛr] v. 发誓

subside [səb `saɪd] v. 消退; 消失

intervention [ˌɪntə `venʃən] n. 介入

ailment [`elmənt] n. (尤指轻微的) 疾病

prank [præŋk] n. 胡闹; 恶作剧

Idiom

all set: 准备就绪 ready

do the trick: 起作用; 奏效 to achieve the desired result