



Gateway - 개인이 피하기 어려운 유해 환경 요인에 대해서는 사회적 대응이 필요하다.

Social response is needed to harmful environmental factors that are difficult for individuals to avoid.



① Environmental hazards include biological, physical, and chemical ones, along with the human behaviors that promote or allow exposure.

② Some environmental contaminants are difficult to avoid (the breathing of polluted air, the drinking of chemically contaminated public drinking water, noise in open public spaces); in these circumstances, exposure is largely involuntary.

③ Reduction or elimination of these factors may require societal action, such as public awareness and public health measures.

④ In many countries, the fact that some environmental hazards are difficult to avoid at the individual level is felt to be more morally egregious than those hazards that can be avoided.

⑤ Having no choice but to drink water contaminated with very high levels of arsenic, or being forced to passively breathe in tobacco smoke in restaurants, outrages people more than the personal choice of whether an individual smokes tobacco.

⑥ These factors are important when one considers how change (risk reduction) happens.



01편 - 뇌졸중의 두 가지 종류



Two Types of Stroke

- [1] There are two forms of strokes — little and big.
- [2] The only difference between them is that one is the harbinger of the other.
- [3] Many years earlier, before a full-fledged stroke develops, some of the victims may get temporary attacks of weakness of the body, and these are what are called 'minor' or 'little' strokes.
- [4] One hears less about them since it is the big strokes which often kill, and that is why they are talked of more often.
- [5] Little strokes occur in some people for a number of years prior to the development of a big event.
- [6] The strokes are minor in nature and of varying intensity.
- [7] A number of times these are missed since the symptoms are so peculiar and of varying intensity.
- [8] It is very important to look for them since early diagnosis and management may prevent the development of a big stroke.



02편 - Chicago의 철새 보호 캠페인



Chicago's Migratory Bird Protection Campaign

[1] Cities harbor an impressive diversity of birds, both residents and migrants, though many species are in decline in urban areas.

[2] In Chicago, 5–7 million birds, some 250 species, pass through the city during peak migration times in fall and spring.

[3] The city sits smack-dab in the middle of the Mississippi Flyway, an amazing aerial superhighway that connects the Northern and Southern hemispheres.

[4] There are so many birds passing through that concerns about collisions with high-rise buildings have prompted the city to initiate a "lights out" campaign, aimed at turning off or dimming these disorienting lights.

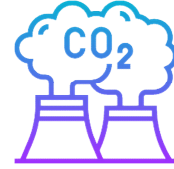
[5] Studies by the Chicago Field Museum show that the program is effective in significantly reducing the mortality of migrating birds, and although participation in the program is voluntary, companies and building owners are clearly motivated to care for the birds.

[6] And of course, there are other benefits, including reducing energy consumption and greenhouse gas emissions and, not least, saving money.



08편 - 미래 환경을 위한 화석 연료 사용 제한

Restrictions on the use of fossil fuels for future environments



[1] It is an irrefutable feature of our world that everything each and every one of us does affects everyone else, everywhere, because we all share the same air.

[2] Little things like recycling your junk mail, installing energy-efficient lightbulbs, and reusing grocery bags, all make a difference, although a seemingly small one.

[3] But along with the small changes, making a better future is going to require huge ideas and huge actions.

[4] We need to think big, because we are going to have to take big steps as a society.

[5] As Rick Smalley put it: "We have to do more with less."

[6] We have to provide more food, more water, and more energy to more people, using not just less of Earth's resources — not just less fossil fuel, but no fossil fuel at all.

[7] We need to break free of our carbon shackles.

[8] I'm sure that if we understand energy and how its production affects the atmosphere, we can do all that.



04편 - 에너지 음료가 미치는 영향



The Effect of Energy Drinks

[1] Energy drinks are frequently marketed targeting young adults with declarations of increasing mental and physical energy levels as well as providing a short-term boost to mood and performance.

[2] However, some energy drinks contain almost three times the caffeine of an average carbonated soda.

[3] Although the acute mood effects associated with consuming energy drinks are often positive, regular consumption of energy drinks is associated with undesirable mental health effects such as anxiety, depression, and possibly mood disorders.

[4] In one study based on 136 undergraduate students, the authors observed that male students in general consumed more energy drinks than female students.

[5] Moreover, students consumed energy drinks when they felt stressed out.

[6] However, consuming energy drinks on a regular basis was associated with lower academic performance.

[7] In another study based on 502 young males and 567 young females, the authors observed that energy drink consumption (100 mL/day) was significantly associated with anxiety (though not depression) in males but not in females.