

词汇: *sound* 声音

Many of us love live music – **listening** to the singer **belting out** classics we love to sing along to. But while it can be lots of fun **nodding our heads** to the **tunes booming out**, it can also harm our hearing. Studies suggest that one in ten adults have had their hearing damaged by loud **noises** or music. So why is loud music damaging, and what can we do to prevent it from harming our ears?

Inside our ears, there are lots of tiny hair-like cells located in the cochlea. These cells are referred to as **hair cells** because very small bundles of stereocilia, which look like hairs under a microscope, sit on top of each cell. These groupings of stereocilia can be damaged when exposed to prolonged loud noises. Once damaged, these cells cannot respond to sound, and therefore we are left with **noise-induced hearing loss** – which can be permanent. It can also leave us with a constant **ringing** sound in our ears, which is known as **tinnitus**. So, what sounds are too loud?

Sound is measured in **decibels**. The maximum safe level of sound humans are thought to be able to withstand without potential damage is 80db. The **bangs** or **booms** of a firework display can reach 120db, the **whirring mechanical** sound of a food processor can be around 85db, and live music can be around 110db. If these sounds continue for a long period of time, it puts our unprotected ears at risk.

So what can we do to protect our ears? Firstly, when listening to music, especially while using your **headphones** or **earphones**, make sure you keep it at a sensible **volume**. Also, don't get too close to speakers that are **blaring out** music. And, if you go to live concerts, why not take some **earbuds** with you? Finally, if you get a ringing sensation in your ears, it might be wise to speak to your doctor as soon as possible. Your hearing is important, but there are some steps you can take to be as safe as possible.

## 词汇表

<b>listen</b>	倾听，听
<b>belt out</b>	高歌
<b>nod one's head</b>	点头
<b>tune</b>	曲子，旋律
<b>boom out</b>	发出低响，大声播放
<b>noise</b>	噪音
<b>hair cell</b>	毛细胞
<b>noise-induced</b>	因噪声引起的
<b>hearing loss</b>	听力损失
<b>ringing</b>	嗡嗡声
<b>tinnitus</b>	耳鸣
<b>decibel</b>	分贝
<b>bang</b>	巨响
<b>boom</b>	低沉的响声
<b>whirr</b>	(机器) 嗡嗡作响
<b>mechanical</b>	机械的
<b>headphones</b>	(头戴式) 耳机
<b>earphones</b>	耳机
<b>volume</b>	音量
<b>blare out</b>	高声播放
<b>earbuds</b>	耳塞

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false? *Two in every ten adults have their hearing damaged by loud noises or music.*

2. Where are the stereocilia located?

3. What is the safe level of noise humans can tolerate?

4. How loud is a firework display?

5. What should you do if you have a ringing sensation in your ears?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Turn that music down! I'm sick of hearing the same song \_\_\_\_\_.

booming out	cochlea	earbuds	listening
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2. How many \_\_\_\_\_ is the sound of a drill?

stereocilia	mechanical	whirring	decibels
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3. I'm going to put my \_\_\_\_\_ in to protect my ears at the concert.

headphones	whirring	earbuds	booming out
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4. Please \_\_\_\_\_ to this message and tell me if you can hear what he's saying.

whirring	listen	mechanical	ringing
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5. I have to go to the doctors about the \_\_\_\_\_ sound in my ears.

ringing	decibels	headphones	cochlea
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## 答案

### 1. 阅读课文并回答问题。

1. True or false? *Two in every ten adults have their hearing damaged by loud noises or music.*

**False. One in ten adults have their hearing damaged by loud noises or music.**

2. Where are the stereocilia located?

**They are located in the cochlea.**

3. What is the safe level of noise humans can tolerate?

**The safe level of noise for humans is under 80db.**

4. How loud is a firework display?

**A firework display can reach 120db.**

5. What should you do if you have a ringing sensation in your ears?

**You should speak with a doctor as soon as possible.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Turn that music down! I'm sick of hearing the same song **booming out**.

2. How many **decibels** is the sound of a drill?

3. I'm going to put my **earbuds** in to protect my ears at the concert.

4. Please **listen** to this message and tell me if you can hear what he's saying.

5. I have to go to the doctors about the **ringing** sound in my ears.