

Vocabulary: *gaming addiction* 词汇: 游戏瘾

It's human nature to want to play. From board games to sports, games have been an integral part of human culture since time immemorial. Since their invention in the mid-20th century, video games have been among the most popular **pastimes**. In fact, in 2018 UK **gamers** spent on average over seven hours a week playing, according to market research conducted by global network provider Limelight. But how much is too much? When does **entertainment** become an **addiction**? Are we **hooked on** video games?

'The **urge** to play never goes away,' said Sean – not his real name - on the BBC's Victoria Derbyshire programme. His **fixation** with gaming once involved playing for 48 hours **straight**. It **consumed** him to the point he would ignore his family and children and ended up losing them along with his job and home. Since then he has checked into **rehab**, and despite **falling off the wagon** once or twice, he has been **on track** for the last 14 months.

'Sean' is not alone. The UK Addiction Treatment group have noticed an increase in the number of people seeking **treatment** for gaming addiction from four in 2014 to 22 in 2018, they told the BBC. And in 2018 the World Health Organization classified gaming addiction as a disorder. In the UK, an enquiry into technology addiction held by the Digital, Culture, Media and Sport Select Committee included testimony from self-professed gaming addicts. One, Matus Mikus, said "games by their very nature are **addictive**."

However, the association for UK Interactive Entertainment informed the committee that there was a 'lack of evidence' around the addiction. They stated that gaming could be a 'force for good, encouraging, among other things, **critical thinking** skills'. Indeed, in a 2018 BBC article, registrar in anaesthetic and intensive care at Sheffield Teaching Hospital, Rajin Chowdhury seems to agree. Gaming, he says, made him more **dextrous**, improved **hand-eye coordination** and aided procedures that were performed remotely through looking at a screen, especially where the **surgery controls** were not **intuitive**.

Are video games addictive? It's unclear. Like anything, **moderation** is key. The games themselves may not be the problem, but letting them negatively impact our lives certainly is. With that in mind, play well, have fun and don't forget to take regular breaks.

词汇表

pastime	消遣
gamer	游戏玩家
entertainment	娱乐
addiction	成瘾
hooked on	被...迷住的
urge	强烈的欲望, 冲动
fixation	执迷
straight	连续地
consume	吞噬
rehab	康复治疗
fall off the wagon	旧瘾复发
on track	在正轨上
treatment	治疗
addictive	使人上瘾的
critical thinking	批判性思维
dextrous	灵巧的, 敏捷的
hand-eye coordination	手眼协调
surgery controls	手术操作杆
intuitive	凭直觉的
moderation	适度、合理

测验与练习

1. 阅读课文并回答问题。

1. True or false: *People have always played games.*
2. Since he quit playing video games, has 'Sean' ever played again?
3. What did the World Health Organisation do in 2018?
4. What benefits did playing video games bring to Rajin Chowdhury?
5. Which word in the text means 'existing or happening for a very long time'?

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. He hasn't played cards in ages. Now he's _____ on doing origami!

pastime	addicted	fixation	hooked
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2. I thought she wasn't drinking alcohol but it seems she's _____.

consume	dextrous	moderation	fallen off the wagon
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3. The advantage of touch-screen technology is that its controls are _____.

intuitive	dextrous	critical	addictive
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4. A world-class tennis champion needs excellent _____.

controls	critical thinking	hand-eye coordination	moderation
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5. When angry, try to resist the _____ to shout. Take a deep breath and calm down.

fixation	urge	skill	addiction
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答案

1. 阅读课文并回答问题。

1. True or false: *People have always played games.*
True. From board games to sports, games have been an integral part of human culture since time immemorial.
2. Since he quit playing video games, has 'Sean' ever played again?
Yes. He has fallen off the wagon once or twice.
3. What did the World Health Organisation do in 2018?
The WHO classified gaming addiction as a disorder.
4. What benefits did playing video games bring to Rajin Chowdhury?
He says gaming made him more dextrous, improved hand-eye coordination and aided procedures performed remotely through a screen.
5. Which word in the text means 'existing or happening for a very long time'?
Immemorial. (From board games to sports, games have been an integral part of human culture since time immemorial.)

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. He hasn't played cards in ages. Now he's **hooked** on doing origami!
2. I thought she wasn't drinking alcohol but it seems she's **fallen off the wagon**.
3. The advantage of touch-screen technology is that its controls are **intuitive**.
4. A world-class tennis champion needs excellent **hand-eye coordination**.
5. When angry, try to resist the **urge** to shout. Take a deep breath and calm down.