

Support for the Cyber Junkie 犯了 e-癮吗?

For people suffering from [Internet Addiction Disorder](#), the Net is a bit like a bottomless glass for **hardcore alcoholics**: in other words, it's something they can't resist. But there is help. Last year in Shanghai, the first **rehabilitation** center for young sufferers opened its doors. And contrary to popular belief, it's not just **introverted** computer **geeks** who need help.

网络对那些患有「网络上瘾症」的人来说，就好像一个无底的酒杯之于一个嗜酒成性的酒鬼。换句话说，那是他们所有无法抗拒的东西。但天无绝人之路。去年，首间针对青少年网络上瘾症患者所设立的康复中心在上海成立了。与一般所知不同的是，并不是只有个性内向的「计算机狂」需要帮助。

Symptoms of IAD include **losing track of** time, sacrificing sleep or homework time to use the computer, and becoming **agitated** or angry when online time is interrupted. A typical addict can spend 30 or more hours a week on the computer and may make **involuntary** typing movements with his fingers when away from his keyboard.

网络上瘾的症状包含失去时间感、为了玩计算机而牺牲睡眠或课业时间，还有上网中断时会变得焦躁及愤怒。典型的网络成瘾者一星期可以在计算机前花上三十个小时或更多，且离开键盘时手指还可能不自主地做出打字的动作。

Although there is very little hard data on IAD, surveys and case studies indicate that it develops much like other addictions. As with gambling, for example, there is an initial stage of **enchantment** that “**hooks**” your attention. Teenagers are particularly at risk as online gaming and meeting new friends in chat rooms seem to be far more **fulfilling** than studying.

虽然关于网络上瘾症的具体数据不多，但调查及个案研究指出，此病症的形成和其它上瘾症很像，例如像赌博，初期会有种魔力吸引你的注意。青少年尤其是高危险群，因为在线游戏及在聊天室认识网友似乎远比念书更令人满足。

Even if IAD proves not to be a real disease, it may be time for all of us to **take stock of** how often we use the computer. Too much of anything can be dangerous, and once a habit becomes an **obsession**, we can't just delete the problem!

即使网络上瘾症并不算真的疾病，现在也该是我们算算自己使用计算机的频率的时候了。任何事物过量都可能是危险的，一旦习惯成瘾，我们可是无法就这么「删除」这问题的！

-by Laara Hinnegan

Vocabulary

addiction [ə `dɪkʃən] n. 沉溺; 成瘾; 上瘾; 入迷
alcoholic [ˌælkə `hɒlɪk] n. 酒精中毒病人; 嗜酒者
introverted [`ɪntroʊvɜ:tɪd] adj. (性格)内向的; 不爱交际的
agitated [`ædʒə,tetɪd] adj. 紧张不安的, 焦虑的
involuntary [ɪn `vɒləntɪ,tɜ:ɪ] adj. 不由自主的; 非自愿的
enchantment [ɪn `tʃæntmənt] n. 着迷; 陶醉
obsession [əb `seʃən] n. 着迷

More Information

cyber [`saɪbə] **junkie** [`dʒʌŋki] 网络迷
hardcore [ˈhɑ:d,kɔ:r] adj. 恶习不改的; 固执的
rehabilitation [ˌrihə,bɪlə `teʃən] n. 康复训练; 复健
geek [gi:k] n. 怪胎; 计算机玩家
lose track of 失去...的线索, 忘记
hook [hʊk] v. 引(人)上钩; 抓住
fulfilling [fʊl `fɪlɪŋ] adj. 使人满意的; 使人满足的
take stock of 对...作出判断 to ascertain the facts in regard to (something).