

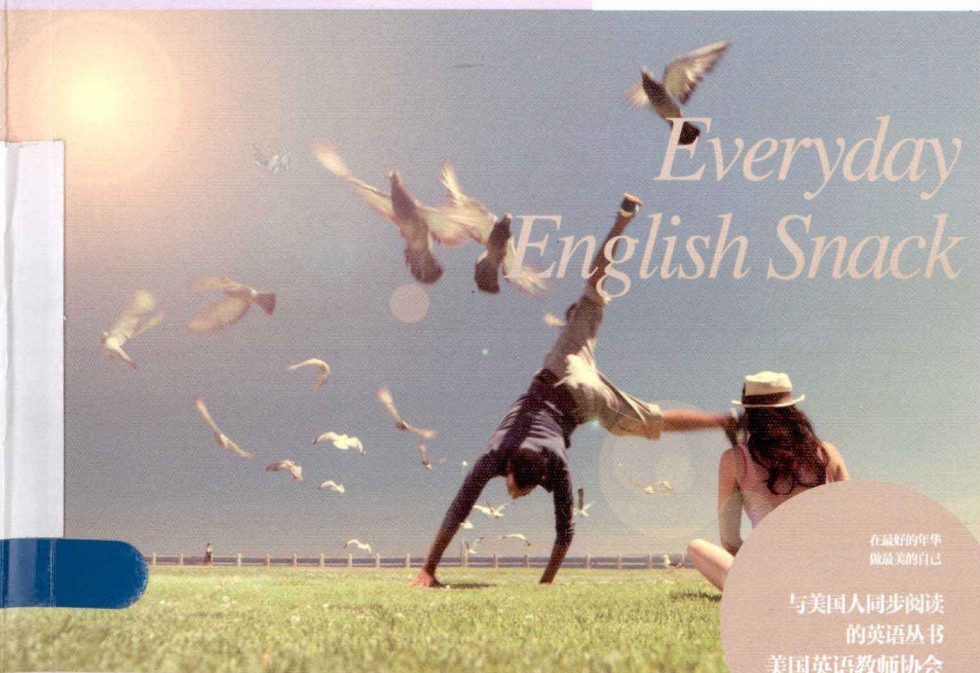
我爱读好英文

The shining and wonderful days

# 那些青春 的美好 我们一起写下

附赠  
英文MP3  
光盘

Too beautiful to live, too young to die.



在最好的年华  
做最美的自己

与美国人同步阅读  
的英语丛书  
美国英语教师协会  
推荐

时尚卷

章华……编译

我爱读好英文

*The shining and wonderful days*

那些青春  
的美好  
我们一起写下

附赠  
英文MP3  
光盘

*Everyday  
English Snack*



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The shinning and wonderful days  
那些青春的美好，我们一起写下

❖ 单词注解 ❖

cubism ['kju:bizm] *n.* (美术) 立体派

radical ['rædikəl] *adj.* 根本的; 基本的

fade [feid] *v.* 凋谢; 枯萎

vivid ['vivid] *adj.* 鲜艳的; 鲜明的; 强烈的

❖ 实用句型 & 词组 ❖

Strawberries disagree with me. (不适合; 不同意)

He denied any role in the robbery. (作用; 角色)

He wrote back to her out of courtesy. (殷勤; 好意)

❖ 翻译行不行 ❖

评论家和学者们也许对确定现代艺术的开创者意见不一, 但是几乎没有人否认塞尚作为助产士一样的关键作用。

---

塞尚对他下一代人的影响是最强烈的, 此外也被证实是极为持久的。

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展览的目的是阐释这些艺术风格的相似点, 和表现塞尚怎样拓展了艺术家们的思考方式。

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# 目录

## CONTENTS

### 我的美丽日记

My Beautiful Diary



002 The Misunderstandings on Beauty  
你陷入美容护肤误区了吗?

010 Using the Force of Yoga  
接触瑜伽的神奇力量

014 Is Higher SPF Better?  
不畏强光, 智慧防晒

017 The Guide to What University Girls are Wearing  
校园MM, 穿衣有道

022 Tips to Improve Your Figure  
塑身小秘方, 让瘦身更有趣

028 The Guide to Colour-Matching  
白领着装色彩指南

031 Happiness  
今天, 你还在抱怨吗?

我的健康我做主  
My Health. My Way



- 036 Golf: There's Nothing Like It!  
“贵族运动” 高尔夫
- 040 The True Cigar  
恋上哈瓦那雪茄
- 049 Six Misunderstandings on Fitness  
健身误区，一一数来
- 055 Watch Out for the Hot Tea  
烫茶，小心！
- 060 The Relations Between pH and Body Weight  
如何做个碱性人
- 067 The Best Poses for Women  
优美身材瑜伽造
- 073 Arthritis All-clear for High Heels  
高跟鞋，我为你平反
- 077 Sitting Around Is Bad for Your Heart  
动一动，心脏更健康

## 时尚达人

Look to Those Fashion Icons



- 082 The First Lady—Michelle Obama  
美国第一夫人米歇尔·奥巴马的华丽转型
- 086 Oprah Named Entertainment's Most Powerful Woman  
“脱口秀女王”奥普拉
- 091 The Most Popular Model Laetitia Casta  
最受欢迎的模特：拉蒂夏·卡斯特
- 095 The Way of Music Talent—Lang Lang  
音乐天才郎朗的成功之路
- 101 How to Become a Remarkable Speaker  
跟奥巴马学演讲
- 106 Jackson Dies, But the Beat Goes on  
杰克逊——是非一生，余响永存
- 111 Justin Timberlake Named Most Stylish Man in America  
美国型男贾斯汀·汀布莱克
- 115 From Vagrant to Hollywood's Favorite  
冉冉升起的广告新星
- 126 I Am Still the Greatest  
拳王阿里



## 勇闯天涯

Globe Trekker



- 132 Top 5 Travel Myths  
旅行管家的叮咛
- 137 Conjuring with Grapes  
香槟是怎样“炼”成的
- 145 Travel the World for Free  
原来可以免费周游世界啊
- 153 Top 5 Island Destinations  
天堂秘境：一生要去的五大岛屿
- 160 Dear Old Things  
“业余”古董玩家
- 170 Spotlight on Hawaii  
夏威夷印象
- 173 Spotlight on Copenhagen  
美不胜收的哥本哈根
- 179 The Allure and Charm of Paris  
巴黎，浪漫之都

## 摩登时代

Modern Times



- 186 Color Psychology, Do Different Colors Affect Your Mood?  
每天懂一点色彩心理学
- 194 The Black Stretch  
带上车子去散步
- 201 Top Classical Actor Lines in the World  
岁月流逝，感怀永存：经典电影台词
- 207 Views on Various Wedding Customs  
全世界奇特的婚礼习俗
- 212 Britain's Got Talent—Susan Beyle  
我曾梦想：英国超女成功记
- 217 Just One Last Dance  
最后一支舞
- 221 Contemporary Jewellery Is More About Ideas Than the  
Flaunting of Wealth  
当代首饰设计新理念
- 227 The Influence of Cézanne  
追踪大师：塞尚的影响力

我的美丽日记  
My Beautiful Diary



# The Misunderstandings on Beauty

你陷入美容护肤误区了吗？



## 1. Soap is Bad for Your Skin

*Traditionally, soap was a mix of animal fats and fruit or vegetable oils.* This combination has a high pH and is drying to skin, particularly to aging skin. These days, however, soaps are formulated with synthetic elements that are milder than traditional soap, and therefore suitable to cleanse skin. Most soaps have emollients (moisturisers) added, so they are **beneficial** for the skin. If you prefer the cleansing feeling which soap provides, don't let those purveyors of fine skincare bully you—there's nothing wrong with using soap.

## 2. Dry Skin Causes Wrinkles

Around eighty percent of lines and wrinkles are caused by the sun. The other twenty percent are the result of facial expressions such as smiling and frowning. If you smoke, the appearance of these wrinkles is accelerated. Also, as one ages the skin makes less natural oil and this makes the wrinkling more

apparent. A moisturiser will help temporarily smooth away some early fine lines. Protect yourself from the sun, and you impede the development of fine lines. Remember, a tan is your skin's reaction to an injury.

### **3.It Can Be Too Late to Start Wearing Sunscreen**

The cumulative effect of the sun's rays causes a multitude of damage to skin, but it's never too late to start protecting skin from the sun. There is clinical evidence that once you start protecting the skin, it has the ability to repair itself. This repair is not going to happen overnight; it's a gradual process that can take a couple years to yield significant results. Do your skin a favour and start the day with a layer of sunscreen. And remember to wear sunscreen during the winter. Just because you don't feel the sun's rays, doesn't mean its harmful UVA and UVB rays are not **penetrating** your skin. If you can see shadows, you need to protect your skin.

### **4.Everyone needs Moisturiser**

According to dermatologists, you only need a moisturiser if your skin experiences the following: redness, scaliness or itchiness. These symptoms are more **frequently** seen during the colder seasons.

### **5.For Best Results You Should Stick to One Product Line**

You may love how all the products work together, but using products from different lines won't kill you. Every cosmetics line has products you should avoid because they contain **irritating** ingredients, inadequate amounts of sunscreen,

or moisturisers that over-saturate the skin. Experiment and find the products that are right for you.

### **6.Expensive Products are Better**

Completely untrue. All cosmetics contain standard cosmetic ingredients. They can't contain anything else, as drugs do, or they would be regulated differently. The quality levels of cosmetic ingredients don't vary that much, and every company that buys cosmetic-grade ingredients all buy the same quality.

### **7.Eating Chocolate and Fried Foods Causes Bad Skin**

*Studies have shown that pimples are caused from factors such as extreme stress or dead skin cells blocking pores.* However, eating fresh fruits and raw vegetables does promote a healthier complexion due to their vitamins and minerals.

### **8.Frequent Trimmings Can Make Hair Grow Faster**

Hair, whether it is cut or not, grows about half an inch per month. Hair does grow slightly faster in the summer, but that is due to hormones rather than the stylist's scissors. A worrying trend among young Chinese girls is to rub a paste made of crushed contraceptive pill into their scalp and hair. This does not lead to stronger, glossier, faster growing hair. In fact, the hormones, while **initially** improving the condition of the hair, quickly lead to hair loss.

P.S. You can't repair split ends. The only way to rid of split ends is to cut them off and prevent them in the future with good hair care. A good trim will eliminate split ends, making hair look healthier and livelier.

### 9. Shaving Makes Hair Grow Back Darker and Coarser

As above. Cutting or shaving any hair on your body does not affect it growth.

### 10. You Can Get Rid of Cellulite

The truth is, nothing can be done to permanently eliminate cellulite—not even liposuction. *The removal of cellulite remains one of the holy grails of cosmetic dermatology.* It doesn't matter whether you're fat or thin, rich or poor, luck of the gene pool determines who will and won't get cellulite. Take heart though, you can, however, **temporarily** reduce its orange peel-like appearance. Specialist firming creams containing caffeine tighten and smooth the skin, while basic moisturisers will also work to hydrate and swell the skin, making cellulite a little less obvious.



#### 1. 香皂对皮肤有害

从传统上来说，香皂是动物脂肪和植物油脂的混合体。这种化合物的 pH 值很高，会令皮肤——尤其是老化的皮肤变得干燥。现如今的香皂在配方中加入了较传统香皂更为温和的人工合成成分，因而适合清洁皮肤。大多数香皂都添加了润肤剂（润肤霜），所以对肌肤有益。如果你更喜欢用香皂洁肤的那种感觉，那么就别让那些高档护肤品的经销商把你给唬住了——使用香皂一点儿问题都没有。

## 2. 干燥皮肤造成皱纹

约 80% 的细纹和皱纹是由阳光造成的。另外的 20% 则源于微笑和皱眉等面部表情。如果你吸烟，皱纹就长得更快。另外，随着一个人年龄的增长，皮肤分泌的天然油脂会减少，而这会令皱纹更加明显。润肤霜能暂时抚平一些早期的细纹。避免让自己受到日晒，你就能抑制细纹的发展。记住：晒黑就是你皮肤受损的反应。

## 3. 想要开始涂防晒霜时可能为时已晚

日积月累的日晒会对皮肤造成严重损害，但是什么时候开始让皮肤避免日晒都不晚。临床证明，一旦你开始保护你的皮肤，它就拥有了自我修复的能力。这种修复不会在一夜之间发生，它是一个循序渐进的过程，可能需要几年的时间才会产生显著的效果。帮帮你的皮肤吧，涂上一层防晒霜再开始一天的生活。此外，在冬天也要记得涂防晒霜。你感觉不到阳光，并不意味着 UVA 和 UVB 不会伤害到你的皮肤。只要能看到影子，就需要保护你的皮肤。

## 4. 人人都需要润肤霜

根据皮肤科医生的说法，只有在你的肌肤出现以下状况时你才需涂润肤霜：发红、多鳞或发痒。这些症状在天气寒冷时更为常见。

## 5. 为了达到最佳效果，你应该坚持使用同一系列的产品

你可能喜欢整套产品一起使用的效果，但使用不同系列的



产品也不会对你有所伤害。每个化妆品系列都有你该避免使用的产品，因为它们含有刺激性成分、含量不足的防晒成分或是过度滋润肌肤的润肤剂。要在试用后找出适合自己的产品。

## 6. 产品越贵越好

完全不属实。所有化妆品都含有化妆品所需的标准成分。它们不会像药品一样含有其他物质，否则它们会受到不同的管制。化妆品成分的质量等级相差不是很大，每家化妆品公司所购原料的质量都是相同的。

## 7. 吃巧克力和油炸食品对皮肤不好

研究表明，粉刺是由过度压力或死皮细胞阻塞毛孔等因素所致。然而，多吃富含维生素和矿物质的新鲜水果和蔬菜确实对皮肤有好处。

## 8. 经常修发会使其长得更快

无论剪发与否，头发都会以每月约半英寸的速度生长。头发在夏季的确会长得稍快一些，但那要归功于激素而非发型师的剪刀。在中国的年轻女性中出现了一股令人担忧的风尚，那就是将避孕药碾成粉末弄成糊，涂到头皮和头发上。这不会使头发更加坚韧、更有光泽、长得更快。事实上，激素虽然在最初会改善发质，但转而就会导致脱发。

此外，你不可能修复分叉。摆脱分叉的唯一方法就是将其剪掉并精心护理头发以防其日后再现。修剪得好就会清除分叉，令头发看上去更加健康和洒脱。