

一部包罗万象的知识宝典

一套营养丰富的文化大餐

◎ 主编 / 孙静确

BILINGUAL ENCYCLOPEDIA FOR TEENAGER

双语青少年百科

Life 生活卷



城市的诱惑 The Attraction of Cities · 手机的安全使用 Safely Using a Cellphone · 美味饮食的由来 History of Some Foods and Drinks · 如何克服文化冲突 How to Survive Culture Shock · 介绍和称呼 Introductions and Titles · 迪斯尼世界 Disney World · 三个纽约 Three New Yorks



色彩与人生 Color and Life · 娱乐与放松 Recreation and Relaxing · 妇女天生的优越性 The Natural Superiority Of Women · 口香糖 Chewing Gum · 如何安全游泳 How to Swim · 餐桌礼仪 Table manners · 巧克力的由来 The History of Chocolate



北方文艺出版社



医药学院 610 2 07048757

双语

青少年百科

DOUBLE LANGUAGE
ENCYCLOPEDIA FOR TEENAGER

生活

□主编 / 孙静确



北方文艺出版社

图书在版编目(CIP)数据

双语青少年百科/孙静确 主编. —哈尔滨:北方文艺出版社,2006.5

ISBN 7-5317-1990-8

I. 双... II. 孙... III. 科学知识—青少年读物—英、汉 IV. Z228.2

中国版本图书馆 CIP 数据核字(2006)第 043316 号

双语青少年百科

作 者/孙静确

责任编辑/陈颖杰 张远超

封面设计/刘 玮

出版发行/北方文艺出版社

地 址/哈尔滨市道外区大方里小区 105 号楼

网 址/<http://www.bfwy.com>

邮 编/150020

电子信箱/bfwy@bfwy.com

经 销/新华书店

印 刷/北京铁建印刷厂

开 本/960×640 1/16

印 张/128

字 数/1488 千字

版 次/2006 年 5 月 1 版

印 次/2006 年 5 月 1 次

印 数/5000

定 价/456.00 元(全十六册)

书 号/ISBN 7-5317-1990-8/I·1941



目 录

发型

Hair Styles	1
-------------------	---

饰物

Accessories	4
-------------------	---

城市的诱惑

The Attraction of Cities	7
--------------------------------	---

手机的安全使用

Safely Using a Cell phone	12
---------------------------------	----

美味饮食的由来

The History of Some Foods and Drinks	16
--	----

享受生活的澳大利亚人

Australians Enjoy First	24
-------------------------------	----

超级杯赛与奥斯卡

The Super Bowl vs. the Oscars	29
-------------------------------------	----

西方国家的说话原则

Talking in Western Countries	34
------------------------------------	----

如何克服文化冲突

How to Survive Culture Shock	56
------------------------------------	----

介绍和称呼

Introductions and Titles	58
--------------------------------	----



美国人的手势

Finger Gestures Used by Americans 60

迪斯尼世界

Disney World 65

三个纽约

Three New Yorks 67

邮资的起源

The Origin of Postage 69

呼救信号的由来

SOS 71

色彩与人生

Color and Life 73

娱乐与放松

Recreation and Relaxing 75

妇女天生的优越性

The Natural Superiority of Women 77

口香糖

Chewing Gum 79

如何安全游泳

How to Swim 81

早餐

Breakfast 84

自助晚餐

The Buffet Supper 86

美国人的饮食习惯

American Food Habits 89



餐桌礼仪

Table Manners 91

方便食品

Instant Foods 100

比萨

Pizza 104

咖啡

Coffee 107

茶

Tea 110

巧克力的由来

The History of Chocolate 113



Hair Styles

发型

Don't be tempted to force your hair flat or shock it into curls. Let your lock relax by adapting a simple style that makes the most of what you already have.



不要经不住诱惑而将你的头发拉直或烫成卷发,选择最能体现你特点的简单发式,使你的头发轻松自如。

If you prefer to let your hair down then modernize the look with a style straight. Try a centre parting for a sleek style. Create the hairband by sectioning off a wide segment of hair from the side of your head, or wrap the segment across the top of your forehead and then secure it with hairpins at the back. For a sexy alternative, get some tousled texture into your hair by adding styling gel or mousse to damp hair and allow it to dry naturally.





如果你喜欢披发,那么直发看起来比较新潮。试试中分的发型,看起来会显得很时髦。将头发偏分,然后把发卡别在头发比较多的那一边;或是把头顶的头发往后梳,然后用一个发夹把头发别在后面。如果想看起来比较性感,那么就

把头发弄乱,用发胶或者摩丝打湿头发,然后让它自然风干就行了。

Now, let's see some forms of fashionable hair-styles together.

现在,我们一起来看一下几种流行发式。

Kinky Curls

卷发

Rather than flatten natural curls or kinks, spice them up with a 1970s style. Fashion has flipped back and the hairstyle once pioneered by Farrah Fawcett has returned—the opts for a centre parting. Cover your hair with a soft layer of hairspray and then gently separate the curls with your fingers or a rounded brush. Finally, smooth down the hair around the crown of your head with a little wax.



平淡的自然卷发或是扭结状的卷发,如今被赋予了二十世纪 70 年代发式的情趣。流行风潮又回归到了过去,曾经由 Farrah Fawcett 倡导的发式卷土重来——头发的分缝又分到了中间,在头发上喷上薄





薄的一层定型剂,然后用手指或圆木梳把卷发轻轻地梳开,最后,用点发蜡把头顶部分的头发弄平。

Straight Hair

直发

For long hair, try tying it into a ponytail and then loosely wrapping the tail around the fastening and pinning it into place to create a chic chignon.

For a funkier look use the same technique but create several smaller ponytails at the back of your head with loose sections spiked out using wax. Braids are also a cool alternative.

对于长发来说,可以试着把头发梳成马尾辫,然后把马尾松松地绕着发根盘成一个雅致的发髻,之后用发针固定。

如果想看起来更时髦的话,可以用同样的方法在脑后梳几个小马尾,然后用发蜡把松散的头发固定。

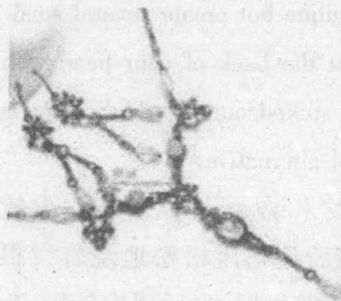
编小辫同样是很棒的可选发型之一。





Accessories

饰物



Do you ever feel unfashionable? Have you ever wondered how to keep up with new trends? If you answered "yes", then don't worry! Many people feel they have to dress a certain way. Fashion is a reflection of your character. Don't let other people's opinions influence how you dress! It is important not to feel forced into the fashion choices you make. You may not be able to carry off a new look if it doesn't suit your character.

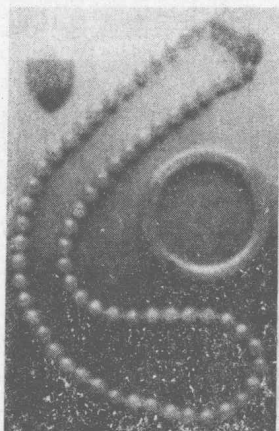
你有没有感觉到自己落伍了? 你是不是想知道怎样才能赶上最新的潮流呢? 如果是的话, 不用担心! 很多人都觉得自己必须要穿出某种风格。

时尚是一个人性格的反映, 不要让别人的想法影响到你的着装风格。切忌被迫去选择时尚, 如果一种新形象不适合你的气质, 你可能无法接受它。





Fashion should be fun so don't be afraid to try out new styles. If you don't feel brave enough to try a whole new wardrobe, accessories are the answer! By changing only your accessories, you will be saving money and then you will be able to keep up with the latest trends.



时尚应该是丰富、有趣的,所以不要害怕尝试新风格。但是,如果你没有勇气把你所有的衣服更新换代的话,饰物可以帮你解决一切。只更换饰物,你就既能省钱又能赶上最新潮流。

Adding accessories such as a bag, a belt, a hat, a scarf or jewellery can really change your look. For example, a pair of jeans and a T-shirt with the help of accessories can

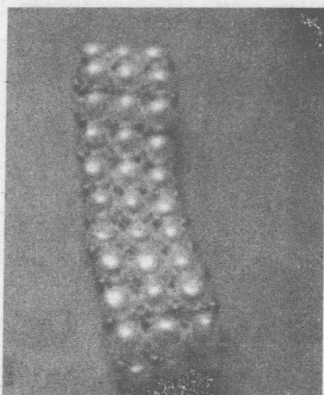
be made into several different events.

佩戴饰物,诸如包、腰带、帽子、围巾或是珠宝,可以改变你的形象,比如说,通过佩戴不同的饰物,一条牛仔裤和一件T恤衫可以适合不同的场合。



Currently, the sporty look is very popular. You may want to accessorize with a baseball cap and sweatbands or by carrying a sports bag.

当前,运动装非常时髦,你可以用一顶棒球帽,一条汗巾或是一

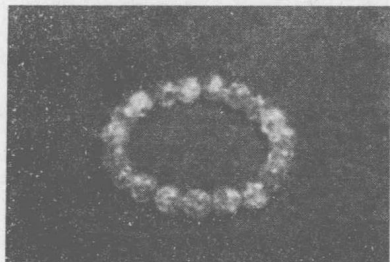


个运动背包来装饰你自己。

To add some glamour, you could wear a silk-scarf as a belt. You could also wear jewellery such as wire bracelets and some dangling earrings. These will transform your look into a glamorous gypsy style.

要是想更有魅力一些，你可以将一条丝巾当作腰带系在腰上，也可以佩戴珠宝，比如金属丝制成的手镯或是晃来晃去的耳坠，这些都会使你看起来更像一位迷人的吉卜赛女郎。

How important accessories are! Go and find accessories you like and add them on your clothes the way you prefer. They'll make you more fashionable. Whatever style you choose to follow, remember that fashion should be fun and most importantly it should be about you. Don't follow it blindly.



小小饰物的作用多大啊！赶快行动吧，精心挑选些你喜欢的饰物，恰到好处地配在衣服上，它们会让你更加时尚。不管你选择追随什么样的时尚，切记时尚应该是有趣的，而且最为重要的是时尚

风格应该与你的气质相吻合，不要盲目地追求时尚。



The Attraction of Cities

城市的诱惑

Many people are so anxious to get away from the small town or vil-



lage where they were brought up, and to make for the big cities every year. They usually describe their hometown as “boring” or “dead”, or — the harshest criticism of

all — as “provincial.”

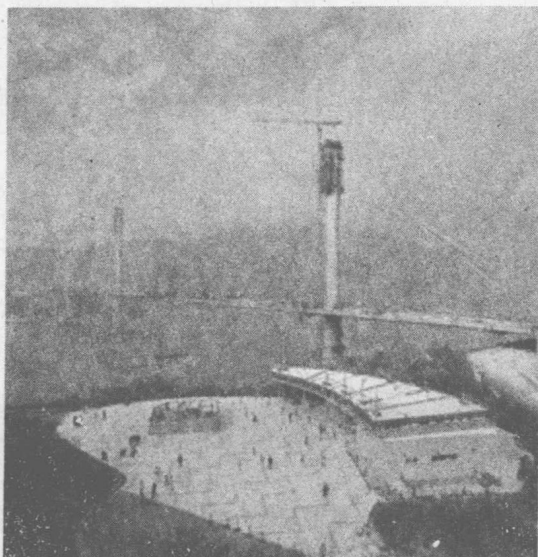
每年都有很多人急切地想离开自己从小长大的小城镇或村庄, 奔向大都市。他们常称自己的家乡“枯燥乏



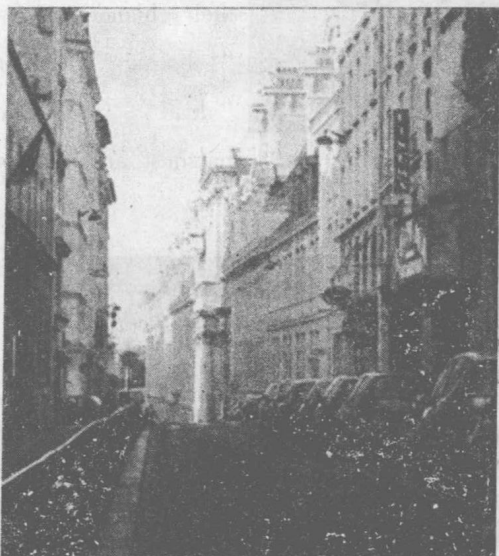


味”，或者“死气沉沉”，或最苛刻地指责为“偏狭”。

If we examine the question from a distance, as if we were viewing the whole country from a long way off, we start to get a clue about what it is that lures us into the big cities. The main point to notice about big cities is that they are big: there are a lot of people,



and there are a lot of things going on. If you look down on a city,

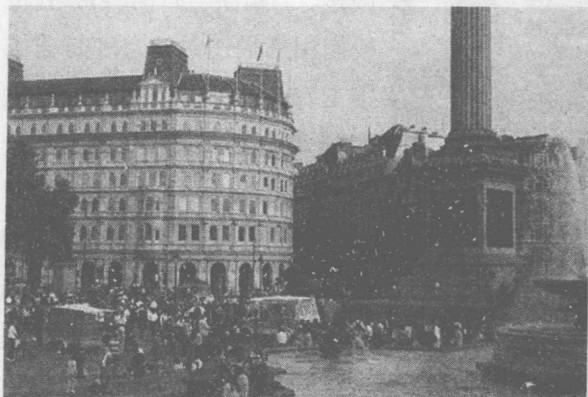


literally from a great distance, from an airplane at night, you will be struck by the incredible brightness of a city: there are so many lights that you can not help feeling that all the right things of life are down there waiting for you. But a feeling of disappointment will set in shortly after you land, because you will discover

as you drive into the city center from the airport that the lights are



just that: lights, miles and miles of street lights and neon signs. They are not in themselves sources of joy and happiness; city lights are not friendly, they are merely lights. In fact, the effect will probably be to make you feel lonely and isolated.



如果我们超脱一点来研究这个问题,就像我们远距离地审视整个国家一样,我们对到底是什么诱使我们到大城市来这个问题就会有线索了。大城

市主要值得注意的一点就是“大”:人多,发生的事情也多。如果你真正从一个很远的距离——如夜晚航行的飞机上——俯视一座城市,你会被眼前难以置信的明亮所打动:那么多的灯光,以至于你会情不自禁地以为五彩缤纷的生活就在下面向你招手。然而,一旦你落地,失望之情便会油然而生,因为当你驱车从机场驶入市中心时,你会意识到光明不过是绵延几英里的路灯和霓虹招牌。它们本身并非是快乐与幸福的源泉。城市之光并不友善,仅仅只是灯光。事实上,其效果或许还让你感到落寞和孤独。

And yet the city lures us, because it is not provincial like the dead little town we have left behind us. “Provincial” is in fact our way of describing not the town but the attitude of the people. In our little town, we know (or think we know) everybody. And what we know about them is that they do not want to go anywhere, or to do anything outside the normal routine of their everyday lives. They have no sense of adventure, no



longing for new experiences or new horizons.



但是,大城市依旧诱惑着我们,因为它们不像我们背弃的那个死气沉沉的小城镇那样偏狭。“偏狭”一词实际上是我们用来描述人的态度而非城镇本身。在我们的小城镇,我们认识(或者我们自以为认识)那里的每一个人。我们对他们的了解就是:他们不想到任何地方去,或者从事与他们日常生活相距甚远的任何事情。他们没有冒险意识,没有

寻求新体验或新视野的渴望。

We look down on them, pity or despise them, pack our bags, and make for the big world where the bright lights are. Then a curious thing happens.

We find a job, make a small circle of friends and



acquaintances, and move into some cramped accommodation. Gradually we get to know our section of the city, its shops and its people. We, in fact, create another little village for ourselves within the big city. The ultimate irony comes when we rent a television set so that we can stay in at



night and watch exactly the same programs that our despised country cousins watch. Soon we become “provincial” too, and others who live round us will be glad to get up and leave us behind.

我们瞧不起他们,可怜或鄙视他们。于是我们自己打好行囊,来到了这个灯火通明的大千世界。随后却发生了令人感到不解的事。我们找到了工作,结识了一小群朋友与熟人,搬进了拥挤的住房。渐渐地,我们了解了城市的这一地区,它的商店和它的居民。实际上,我们正是在一座大都市中营造了一个小村庄。当我们租来一台电视机打发晚上的时光,与曾被我们蔑视的乡下亲戚收看同一套节目之际,那真是一个绝大的讽刺。不久,我们也变得“偏狭”了,居住在我们周围的人也要离开我们而远走他乡。

