

英语

用2000词 帮你解读健康密码.....

时文鲜读

A BOOK FOR LIFE

美语 美文 美景 ➡ 心动不如行动

学的不是英语 ➡ 是文化

不同的思维 不同的文化 ➡ 带你走近西方

绿色生活



吉林出版集团有限责任公司

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英语 **时文鲜读**

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前言

《英语时文鲜读系列》是为英语学习者和爱好者编写的英汉对照读物，旨在扩大词汇量，提高英语阅读能力。同时，通过英文阅读帮助读者了解当今世界多方面的最新发展，拓展读者的知识面。

本书注重选材的权威性和时效性。文章多摘自权威英文报刊和杂志，多以最近发生的重大事件为选材依据，内容新颖，时效性强，是了解国际最新动态的窗口。它不仅是一篇篇地道、精彩的英语文章的集成，还是一本丰富多彩、综合全面的英语知识手册。本书题材多样、内容丰富，涉及了十几个领域的最新发展，选取的都是具有代表性的文章。选文既包含了政治经济方面的最新动态，又包括了当代科学技术的最新发展成果，内容涉及政治、经济、科技、生物、文化、教育、艺术、娱乐、图书、饮食、环境保护等多个方面。

本书注重文章作者的权威性和示范性。所选文章大多出自著名记者或权威人士之手，因此文章语言文字规范准确，遣词造句用心讲究。通读本书，不仅有助于提高读者的阅读理解能力，在浩如烟海的信息社会中快速获取最前沿的知识信息，更重要的是有助于读者养成规范的英语思维方式，提高英语综合素质。

本书注重文章结构的合理性和可读性。为了使读者能够顺畅地阅读,本书在选材时尽量使所选文章长短相近,同时附上了完整的参考译文。另外,考虑到读者自身专业领域的差异,对文章中出现的专有名词、术语、专业性较强的词汇加以注解。

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A stylized sun with a semi-circular face and several sharp rays extending from it, positioned to the left of the title.

Be SUNSCREEN SMART

Are you a smart
sunscreen user?

■ by Beth Bowyer

As skin cancer rates around the globe **creep** upward, more and more people are reaching for sunscreen. But do they really understand sun **protection**? Here are three common sunscreen mistakes to avoid.

Mistake #1: If my sunscreen has a high SPF, I can safely stay in the sun all day.

People think higher **sun protection factor** (SPF) numbers offer more protection. **Dermatologists**, however, say that an SPF of 50 does not provide much more protection than an SPF of 30. Despite product claims, no sunscreen provides all-day protection. All sunscreens should be reapplied every two hours and immediately after swimming.

Mistake #2: Sunscreen alone will protect me from skin cancer.

Sunscreen is only one part of sun protection. Seeking **shade** when the sunlight is strongest – between 10 a.m. and 4 p.m. – is necessary. If you must be in the sun, wear **UV**-blocking sunglasses, a hat and clothing.



Mistake #3: I can apply sunscreen once I am outdoors.

You should apply sunscreen 30 minutes before going outside. That way, your skin has time to **absorb** the sunscreen.

Skin Color and Skin Cancer

Although skin cancer is more common in fair-skinned people, those with darker skin are still at risk. Darker-skinned people often think they can't get skin cancer. So they usually discover they have the disease much later than fair-skinned people. This late discovery means a greater risk of death.

Finding and treating skin cancer early is the key to beating it!

How are SPF numbers determined?

If a fair-skinned person normally turns red after 10 minutes in the sun, then his or her “burning time” is 10 minutes. But if that person uses a sunscreen with an SPF of 15, then it would take 150 minutes (15 times the burning time) in the sun for that person to turn red.

Word Bank

creep (v) [krip] 缓慢地行进

protection (n) [pre'tekʃən] 防护; 保护

sun protection factor (n) 防晒系数

dermatologist (n) 皮肤科医生

shade (n) [ʃed] 遮蔽处; 阴凉处

UV (n) 紫外线

absorb (v) [əb'sɔrb] 吸收

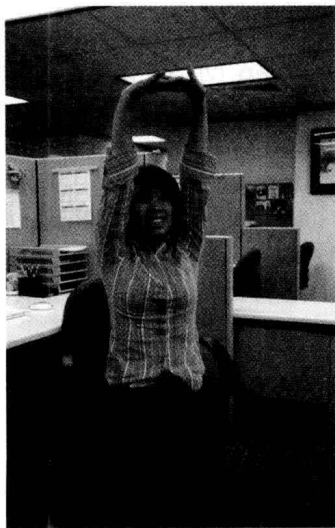
stretch

Your Way to Better Health

Feel better all over with these simple stretches!

■ by Jan Crosetto

Whether you play sports or just sit in an office all day, you should stretch. Why? It's good for you, and it makes your **muscles** more **flexible**. Stretching also increases blood **circulation**, reduces stress and helps you stand up straighter. All in all, stretching makes you feel better all over!



Basic stretches can help your leg, hip, lower back, neck, and shoulder muscles. Follow these tips when you stretch:

- **Hold each stretch for at least 30 seconds.**
- **Don't bounce.** Bouncing as you stretch can cause small tears in the muscle.
- **Focus on a pain-free stretch.** If you feel pain as you stretch, **back off** until you don't feel any. Then hold the stretch.
- **Relax and breathe.** Don't hold your breath while stretching.

Warm up for five to 10 minutes before you stretch. To do that, walk around while gently moving your arms. Then start stretching! Both your body and mind will feel better.

Word Bank

muscle (n) ['mʌsəl] 肌肉

flexible (adj) ['fleksəbəl] 有弹性的; 柔韧的

circulation (n) [ˌsɜːkjə'leʃən] 循环

bounce (v) [baʊns] 蹦蹦跳跳

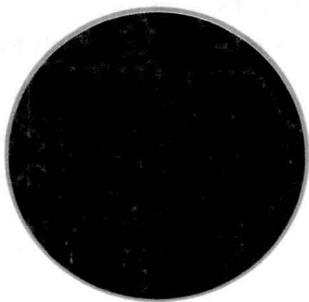
back off (phr v) 往回拉; 收敛伸展力道

warm up (phr v) 热身

Germ Alert!

Beware of these
germy places!

■ by Ruth Devlin



No one likes germs. You wash your hands often and avoid sick people. But some of the germiest places are in your own home where you can't avoid them!

The kitchen sink

Over 77,500 **bacteria** per square centimeter can live in your sink **drain**. More bacteria live in and around the sink itself. To get rid of them, clean the entire sink area with a **disinfectant**.

Wet laundry

Those wet clothes from your washer are not all that clean, especially if they include underwear. Use hot water and **bleach** to wash underwear as it contains **E. coli**. Put wet laundry in the dryer quickly so the bacteria do not multiply.

Your *bath*tub

The germs you wash off your body stay in the tub – about 15,500 bacteria per square centimeter! Use a disinfectant to clean your tub weekly. And dry the tub with a clean towel so more germs won't grow on the wet surface.

You'll find plenty of germs outside your home too.

ATM buttons

Lots of germs live on the buttons of your local ATM. According to www.health.com, Chinese **researchers** tested 38 ATMs in downtown Taipei. They found that each button hosted an average of 1,200



germs. Use a **hand sanitizer** after using the ATM and after handling paper money too.

Women's purses

The bottoms of women's purses house tens of thousands if not millions of bacteria. University of Arizona researchers discovered all kinds of different bacteria on purse bottoms. These included *E. coli* as well as bacteria that cause eye and skin **infections**. Women should wipe their purses every few days with a **mild** soap solution.

Shopping cart handles

All kinds of germs live on shopping cart handles. Lots of people touch the handles each day – and who knows where their hands have been! Carry disinfectant wipes and use them on the handles. That will kill nearly all the germs.

**Word Bank**

germ (n) [dʒɜ:m] 病菌；微生物

bacteria (pl n) [bæk'tɪriə] 细菌

drain (n) [dren] 排水管；排水设备

disinfectant (n) 消毒剂；消毒水

bleach (n) 漂白剂

E. coli (n) 大肠杆菌

bathtub (n) ['bæθ.tʌb] 浴缸

hand sanitizer (n) 消毒洗手液

researcher (n) [ri'sɜ:tʃə] 研究人员

infection (n) [ɪn'fekʃən] 感染；传染（病）

mild (adj) [maɪld] 温和的；淡的

shopping cart (n) 购物推车