



Polish Your English
英文全知道

每天 用英语读点 生活时尚

Everyday English



主编 杨金鑫 梁俊茂

健康、育儿、理财、时尚全知道



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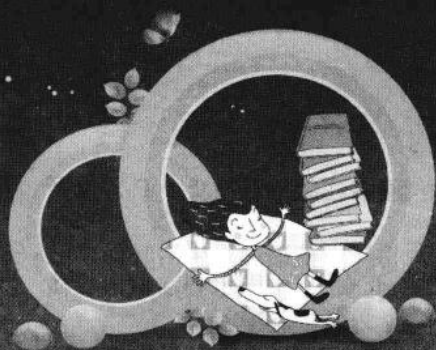


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内容提要

优雅而精致的生活是门艺术!生活中有无数的奥妙等待我们去参透,本书从贴近每一个人生活的现实入手,让你“通往”缤纷多彩的生活。这里有理财之道,有健康妙招,有育儿经验,有时尚典范,有心理解密,有社交攻略,有职场秘技……立即行动吧,每天用英语读点生活时尚元素,每一种元素都值得你去阅读,去欣赏,去省思。不知不觉间你会惊奇地发现,生活的风景竟然如此美丽!

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Preface 序

每天只需进步一点点

本套书专为下列人士打造：

学生：金牌英语阅读力、写作力训练计划，考试乐无忧！

上班族：积累英语竞争力，升职加薪必备！

网友：上网聊天，和老外互动无障碍！

身边有哪些鲜活的经典英文值得收藏和学习？来这里找寻答案吧！

“英文全知道”丛书共收录了人生中最不可或缺的5个方面的英文，包括管理智慧、励志训言、幸福私语、生活时尚、学科经典。集结最精华的英文内容，一步一步带你了解人生中必备的生存秘诀，洞悉什么样的人格特质才能成为人生的强者，引领你用英文学习最有效的人生成功之道。

《每天用英语读点管理智慧》

用洞察力、理性思维、知识与技能来充实自己！

巨商、大师、名企管理精髓全知道，让你更能胜任今天和明天的工作！

管理类的书籍数不胜数，但本书简单而又深刻。沉稳的英文里透着真挚，轻松的语句中到处是价值颇丰的宝贵经验。在许多专家、学者、培训师把管理讲得高深、玄妙、繁复的时候，本书让管理智慧回归简单，告诉你企业管理至简、至明、至易、至中的道理和方法。这里有商界巨子的真实案例，有管理大师的睿智箴言，有跨国名企的管理之道，有实用的管理知识，有教你成为“金领”的方法……本书不仅是你用英文了解管理的入门书籍，更像是一本指导你如何在工作、生活中努力活出自我的指南，无论带着怎样的角度阅读本书，都能得到不一样的收获。

《每天用英语读点励志训言》

希望是长着羽毛的生灵，带你攀上心灵的巅峰！

名校校训、名门家训、励志演讲全知道，这是一本随时都能用上的书。

直面人生的勇气、改变命运的动力，由心而生。本书有足以让你受益一生的好英文，给你激励和启发，让你沉而思，起而行，坚而不摧，韧而不拔。当你疲惫时，这里有智者的教诲；当你迷茫时，这里有仁者的心声。你的人生之路上会有风雨，也会有彩虹，但是有了励志经典的陪伴，你终会感受到雨过天晴。本书会教你学会坚强，学会思考，学会珍惜。请静静感受这些蕴意深刻的英文吧！总会有一段文字，或者一句话，在你的心灵深处荡起涟漪！

《每天用英语读点幸福私语》

你站在幸福金字塔的第几层？

爱、家庭、事业、理想……幸福就在当下，每天给自己一个幸福的理由！

你幸福吗？幸福，是寒冬里的一抹暖阳，是晚归时恋人的一句关爱，是朋友暖暖的一声问候，是一次美好的邂逅，是一双善意的眼睛……幸福看似遥不可得，其实触手可及。幸福就像狗尾巴，眼看就要得到了，它却永远跑在前头。但只要你放下追逐，自信地往前走，就会发现其实它一直跟着你。幸福从来不是寄托于他人身上，而是在自身的血脉里延伸。如果你还不知道如何让幸福来敲门，就请翻开这本书，每天坚持读一篇，从优美英文的字里行间找到那个懂爱的自己。幸福，会不请自来。

《每天用英语读点学科经典》

经典经得起考验，值得一读再读，常读常新！

经济、金融、理财、心理、人文、科技、艺术，你不可不知的各学科经典知识全在这里！

本书将带你走进经济学殿堂，了解十大经济学原理，纵览金融市场，打理私人小金库，品商业风云，赏人文精粹……一段段生动的文字，一句句原汁原味的英文，承载了各学科的经典知识，它们的价值和魅力在流光岁影里永不褪色，至今仍照耀着我们的生活。经典无可取代，知识点亮智慧人生，每天努力一点点，用知识改变你的生活！

《每天用英语读点生活时尚》

缤纷生活，雕刻时光！

理财、健康、育儿、时尚全知道，此刻让你的生活“鲜活”起来！

优雅而精致的生活是门艺术！生活中有无数的奥妙等待我们去参透，本书从贴近每一个人生活的现实入手，让你“通往”缤纷多彩的生活。这里有理财之道，有健康妙招，有育儿经验，有时尚典范，有心理解密，有社交攻略，有职场秘技……立即行动，每天用英语读点生活时尚元素，每一种元素都值得你去阅读，去欣赏，去省思。不知不觉间你会惊奇地发现，生活的风景竟然如此美丽！

用老外耳熟能详的经典段落，读出好英语！你不可不知的身边最经典英文，瞬间全知道。本套书的精彩内容均为精挑细选，每篇还标注了重要单词和短语，是练习英语阅读和写作的最佳材料。全套书内容深入浅出，贴近生活，鲜活生动，字字珠玑。每一段，每一句话，都是学习英语最实用、最生动的教材。在编排上，全套书每篇都采用中英对照编排方式，方便读者阅读。版式上除美观外，更兼顾实用，让读者用最少的的时间，看到最多的文字。开始行动吧！每天抽出10分钟读一篇，让本套书成为你的贴身英语家教。

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2011年12月于北京

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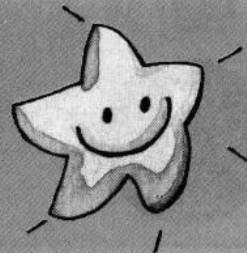
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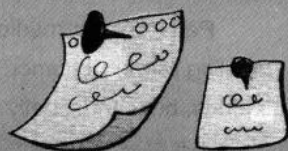
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Chapter 1

Smart Ways to Make Us Healthy 健康之道





1

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一笑治百病

1.1

Laugh for the Health of It

① 幽默具有治病能力

Patients and medical practitioners alike have long believed in the healing power of humor. It is claimed that humor not only affects patients' moods, but can actually help them recover faster.

很久以来,病人和医师都相信幽默的治病能力。声称,幽默不仅能影响病人的心情,实际上还能促进他们早日康复。



Notes:

practitioner [præk'tɪʃənə]
n. 从业者



Notes:

anecdotal [ˌænik'dəʊtəl]

adj. 逸话的, 多逸事趣闻的, 轶事一样的

spontaneously

[spɒn'teɪniəsli] adv. 自发地 (自生地, 自然产生地, 自然地, 天然地)

confirm [kən'fɜ:m] v. 确定, 批准, 证实

② 心情好病就好

Several studies, as well as a lot of anecdotal evidence, seem to support this. Patients in better spirits are known to have higher immune cell counts. Some have even claimed to have healed themselves of serious illness by reading comics and watching comedies.

许多研究和奇闻轶事似乎证明了这一点: 心情较好的病人的免疫细胞也比较多。一些人甚至宣称是看漫画和喜剧治好了他们的重病。

③ 乐观与健康的关系难以确定

Despite all this, many researchers are not convinced. They point to the fact that many afflictions have been known to disappear spontaneously, with or without a daily dose of laughter. They also say that while optimism in general does seem to be related to better health, it is hard to tell which comes first.

尽管如此, 许多研究者还是没有被说服。他们指出事实是: 不论病人是否每日都笑, 许多苦恼都还是会消失的。他们还说, 虽然一般来说乐观会与健康有很大联系, 但这很难说哪个是第一位的。

④ 幽默有助于减轻压力

Humor in times of stress, however, clearly makes us feel better. On one level, it takes our minds off our troubles and relaxes us. On the other, it releases powerful endorphins in the brain that act to alleviate pain.

然而, 压力状态下的幽默明显可以让我们的心情变好。一方面, 它可以使我们远离烦恼, 放松身心。另一方面, 也可以使我们脑部释放缓解痛苦的脑内啡。

⑤ 笑话可以影响健康

There are cases where the appreciation of a good joke is indeed directly related to a person's health. It can show, for example, whether a person has suffered damage to one particular area of the brain: the right frontal lobe.

有些例子也确实表明, 一个好笑话实际上可以直接影响到一个人的健康。举个例来说, 它能显示一个人脑部的特定部位(即右脑额叶)是否遭受了损伤。

⑥ 科学家的证明

Scientists confirmed this by having people read jokes and asking them to choose the funniest endings from a list. Subjects with normal brains usually chose endings that were based on a relatively complex

synthesis of ideas. Subjects with specifically located brain damage, however, responded only to slapstick endings, which did not depend on a particular context. When pressed, the brain-damaged subjects saw the logic in the correct endings. They simply did not find them funny.

科学家已经通过实验证实了这一点。他们让人们阅读笑话，然后让他们从一个列表中找到最好笑的结局。大脑情况正常的受试者通常选出的结局是建立在相对复杂的融合思维上得出的。而大脑特定部位受损的受试者只对以低俗的闹剧结局的笑话有反应，而这种闹剧不依赖于任何特定情境。当在压力下，这些脑部受损伤的受试者才能找到逻辑正确的结局。他们也不觉得笑话好笑。

7 个人化的幽默

Of course, humor is largely an individual matter. The next time your friend does not get one of your jokes, there is no need to accuse him of being a lamebrain. However, you might suggest that he lighten up for the health of it.

当然，幽默主要是个人的事情。下次你的朋友如果没有理解你的笑话时，你也没必要嘲笑他笨。但是，你可以建议他轻松点才健康！



重点单词例句

- 1 A skilled practitioner; an expert. 行家，技术熟练的行业者；专家
- 2 anecdotal conversation; an anecdotal history of jazz; he was at his anecdotal best.
专讲逸闻趣事的交谈；爵士乐逸史；他正大讲逸闻趣事。
- 3 I had never been spontaneously approached by a publisher and such condescension rather turned my head. 还从没有一个出版商主动来与我接洽，这种屈尊有点让我受宠若惊。
- 4 He looked around to confirm that he was alone.
他四处张望，确定周围没人。
The news confirmed my resolution. 这消息加强了我的心。



每天喝多少水更合适？

1.2

How Much Water Should I Drink Daily?

1 关于喝水的传统观念

Conventional wisdom has held for years that you should drink eight (8-ounce) glasses of water daily. Especially if you are trying to lose



Notes:

shed [ʃed] vt. 流出; 摆脱; 散发; 倾吐

shed 相关用法:

shed light on 阐明; 使...清楚地显出

shed crocodile tears [谚] 猫哭老鼠; 假慈悲

shed skin 蜕皮

weight, it is said that drinking the optimum amount of water daily curbs your appetite and helps your system shed the fat. If you are active in sports, or live in a hot climate, you should add more water to your daily drinking quota.

多年来的传统观念认为, 一个人每天应该喝8杯(杯子容量为8盎司)水。尤其当你想减轻体重时, 据说每天喝适量的水可以控制食欲, 同时帮助你甩掉脂肪。如果你热心体育锻炼或生活在热带气候下, 那么你应该在每天的定量中加更多的水。

② 含水食物带来的疑问

But is the eight (8-ounce) glasses of water quota correct? Some says that you consume plenty of water daily in your watery foods, such as soups and beverages that you can offset against the amount of water you need to drink daily. Others say that the body processes watery foods differently and it is not as accessible a form of hydration as pure water.

但是每天8杯的饮水量是否正确呢? 有人说每天吃下的食物(如粥和饮料)中所含的水可以弥补需要的饮水量。还有人说人体在处理含水食物时和纯水是不同的, 它不能被视为一种水合作用。

③ 含咖啡因饮料的未解之谜

Beverages containing caffeine should not be considered part of your daily water, since caffeine is a diuretic and will actually flush fluids from your system, but do they flush as much as the drink itself contains? There's no clear answer to that.

含咖啡因的饮料不能被看作是每天饮水量的一部分, 因为咖啡因是一种利尿剂, 它最终会带走体内的水分, 但是是否带走和它本身同样体积的水分呢? 这一问题目前还没有明确答案。

④ 最新的医学观点

The latest new conventional wisdom from the field of sports medicine holds that you should drink daily half your body weight in ounces of water. That is, if you weight 120 pounds, you should drink 60 ounces of water every day, or seven and a half cups. If you weight 180 pounds, you should drink 90 ounces of water daily, or eleven cups and another few sips.

运动医学领域有一个最新的观点认为: 人的体重是多少, 就应该每天喝

**Notes:**

on the assumption that假设

concern [kən'sə:n] n. 关

心; 担心; 顾虑, 挂念

一半数目盎司的水。也就是说, 如果你的体重是120磅, 那么你应该每天喝60盎司的水, 或者说7杯半的水。如果你的体重是180磅, 那么你应该每天喝90盎司的水, 或者说11杯水多一点。

⑤ 出人意料的喝水知识

Some people who suffer from water retention, also known as bloating, are reluctant to drink extra water, on the assumption that it will make the bloating worse. This is not true, in fact, retaining water is often a sign that you are not getting enough water, causing the body to hoard what little water it has. Counter-intuitively, if you suffer from periodic ankle swellings or days when you can't fit into your "fat pants," drinking more water will actually help you shed the excess fluids in your tissues.

患有水肿的人不愿意多喝水, 怕水肿情况会恶化。这是错误的, 事实上, 保持水分常常标志着你没有摄入足够的水分, 使得身体把它得到的少量水分都储存起来。出人意料的是, 如果你正在遭受周期性的踝关节肿胀, 或者白天穿不上长裤, 这时你喝下一杯水可以帮助你带走体内多余的水分。

⑥ 多喝水利于减肥

If you are trying to lose weight, add more water to your regimen.
Burning fat creates waste products that must be flushed from the body, and the more fat you lose, the more wastes are left behind. Additional daily water will help move these toxins out of your system.

如果你想减肥, 可以在你生活规律的基础上多喝水。燃烧脂肪产生的废物必须被从体内带走, 你减少的脂肪越多, 留下的废物也就越多。每天多喝水可以帮助带走体内的毒素。

⑦ 喝水也会过量

Surprisingly, it is possible to "overdose" on water. Too much water throws your electrolytes out of balance and can cause all kinds of nasty symptoms, but you have to drink far more than most people would consider for this to be a concern.

令人惊讶的是, 水还可以被“过量服用”。喝水太多会使体内的电解质失去平衡, 会让你情绪烦躁, 但是这种现象只有在你喝下了非常多的水之后才会出现。



重点单词例句

- 1 Such missions could shed light on the origins of life in general.
它们也能告诉人们生命起源的大致情况。
- 2 I shall be most delighted, on the assumption that it's not too complicated. 如果不太复杂的话我倒是很乐意的。
- 3 This was a cause of concern that information was leaked.
这也是我们关注情报泄露的原因之一。
In India we follow this extremely closely and with concern.
在印度，我们非常密切地关注着这场辩论。

美白牙齿的小秘方

1.3

How Can I Whiten My Teeth at Home?

1 美白牙齿的家用小秘方

There are several methods to whiten your teeth at home using peroxide based formulas. Each has benefits and some minimal risk of side effects, which is mainly gum irritation. None are as effective as professional dental whitening. The principal ways in which you can whiten your teeth at home are paint on substances, whitening toothpaste, whitening strips and whitening gels.

使用过氧化物配方美白牙齿有几种小秘方。每一种都有作用，但同时也有少量的副作用，主要是对牙龈造成刺激。这些秘方都不如专业的医学美白有效。这些家用美白牙齿的秘方包括喷刷药物、美白牙膏、美白贴片和美白凝胶护齿套。

2 喷刷美白药方的作用和适用范围

Paint or brush on formulas is among the cheapest methods to whiten your teeth, usually about 5~10 US dollars (USD) at a local drugstore. After brushing your teeth in the morning or evening, you simply apply a whitening formula to the teeth. This will probably work on teeth that only need to be lightened a few shades. Very yellow teeth, and teeth stained through use of medications like tetracycline are unlikely to respond to this method.

Notes:

side effect (药物的) 副作用; (事态发展等的) 意外情况, 意外后果

喷刷药物是美白牙齿的最便宜方法之一，通常只需在本地的药房里花上5到10美元就可以完成。早晚刷牙后，你只需简单地往牙齿上使用美白药方即可。如果只是想祛除牙齿的暗黄颜色的话，这个方法会起到一定作用。对于因使用药物（如四环素）所污染的深黄色牙齿，这种方法无效。

③ 喷刷美白药方的缺点

The disadvantage of brushing on formulas to whiten your teeth is that you are instructed to keep your teeth completely dry for about a minute after you apply the formula. The mouth works against this because it constantly produces saliva, especially right after you have brushed your teeth. This can lead to undesirable results, when areas of the teeth you have treated are touched by saliva; in other words, you can get white spots on the teeth. On the plus side, careful application of brush on formula means minimal amounts get on the gums, so irritated gums are unlikely.

喷刷药物美白牙齿的缺点是在使用药物之后，你需要保持牙齿完全干燥1分钟。但是嘴巴总是在不停地分泌唾液，特别是在刷完牙之后。使用药物的牙齿接触到唾液后会留下不良后果，也就是说，牙齿上会留下白色的斑点。另外一点是，再怎么细心地涂刷药物也意味着总有少量的药物沾到牙龈上，所以牙龈发炎的话，也不能用这个方法。

④ 美白牙膏

If you have only minimal staining, whitening toothpaste is clearly the easiest way to whiten your teeth at home. Brushing two to three times a day can whiten your teeth four to five shades after about a month of consistent use. Formulas for tooth whitening toothpaste are all about equivalent in effect, but kids under 16 should not use them. They can cause irritation to the gums and teeth of younger kids.

如果你的牙齿只是被少量地染色，美白牙膏显然是最简便的家用美白牙齿方法。每天用美白牙膏刷牙2到3次，坚持使用一个月之后，牙齿可以变白4到5个度。美白牙膏是比较有效的，但是16岁以下的孩子不能使用，因为美白牙膏会引起孩子的牙龈和牙齿发炎。

⑤ 牙齿美白贴片

Teeth whitening strips may be more appropriate for the person who has more yellow teeth. These are plastic strips coated on one side with hydrogen peroxide. They can be used nightly for two to four weeks depending upon the degree to which you want to produce a lighter