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当代美国短文赏读

—— 养生新说

上海交通大学出版社

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内 容 提 要

当代的西方人面临着哪些健康问题？他们对这些问题抱怎样的心态？他们的思维方法有何与众不同之处？治疗方法又究竟如何？本书几乎详列了当今西方社会的所有健康热点问题以及健身绝招。读后会拓展你看问题的思路，陶冶你学习英语的兴致，提高你的英语阅读水平。

全书分减肥不难、“吃喝”之间、慎待小疾、专家“义诊”、女性须知、男性必读、也是医嘱等七个篇章。每个篇章的各个单篇文章在正文之前有导读；正文的难字均作注释；正文后特设三项内容：Headache Sentences（难句解疑，包括译文及注解），Useful Words & Phrases（从正文中选取并作点评演示），Structural Issues（主要对文中出现的最具实用性的句型作举一反三的解析）。

当代美国短文赏读——养生新说

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前言

爱因斯坦曾经说过：兴趣是最好的老师。

学习英语的最好的老师是持久而又浓烈的兴趣，而兴趣的产生是一件比较繁复错综的心理酝酿过程。

某君“硬啃”一部英汉词典，乐不思“饭”，或背诵一本语法专著，爱不释手。一般情况下，这种现象较为罕见。为什么？从心理学角度讲，这种学习动因单纯、行为单一、容易导致大脑的疲惫。“硬啃”词典也好，背诵语法专著也好，往往是为了应试，而应试学习则极易堕入机械乏味的苦学，不仅无兴趣可言，而且试后易忘。

打个比方。同样是水，大概没有人会对从水龙头里流出来的哗哗的水感兴趣，而欣赏不止；那山道旁奔腾清澈的泉水却洋溢着一种野趣和情调，游人为之驻足，听其声而观其流，甚至品其味！古人在游杭州的九溪十八涧时，就忘情地写下“叮叮咚咚的泉”这样的诗句。

言归正传。英语学习要绕开一个“苦”字，秘诀之一是：在自然环境里自如地学，怀着兴味自愿地学，带着鉴赏目光勤奋地学。

《当代美国短文赏读——养身新说》也许就能带你进入这样一种学习英语的理想境界。

当代的西方人面临着哪些健康问题？他们对这些问题抱怎样的心态？他们的思维方法有何与众不同之处？治疗方法又究竟如何？这些问题都是我们洞察西方社会的一扇窗户。

国人曾被某些西方人嘲笑为“东亚病夫”，细读本书，你也许会产生一时的错觉抑或疑问：究竟谁是当今之“病夫”？

“与国际接轨”是目前一句流行语。细读本书，你也许会惊叹：我国社会目前渐成流行趋势的一些毛病似乎也正在同国际“接轨”！

本书几乎详列了当今西方社会的所有健康热点问题以及健身绝招。万一你能“对号入座”地寻到自己特想看的文章，那么，这篇文章对于你，就可能是“字字入目，句句入心”，虽称不上“过目不忘”，那至少也是“几能成诵”。

纵览当今西方社会“生老病死”的种种自然现象、人类在为“延年益寿”或“强身健体”所作的不懈努力的同时，读者朋友，你还可以欣赏到精彩的英语表达，在不知不觉之中，拓展了看问题的思路，陶冶了学习英语的兴致，提高了英语阅读的水平。

你可能体会到，“辩证法”并非无产阶级的“专利”，“辩证法”其实是全世界一切勤于思索的人们的共同精神财富和思辩归属。

你也许不曾想到，在 *How to Fat-proof Your Child* 一文中会读到这样的句子：You select the food and mealtimes; your child chooses how much to eat!（你为小孩选择食品，规定用餐的时间，而吃多吃少则由小孩自己决定）。因为常人的逻辑是：减肥=少吃！

你也许不曾料到，莎士比亚的名句会如此幽默地被引用：

But until such a remedy is perfected, or someone locates the baldness gene and engineers it out of existence, we who are bald must take refuge in the words of William Shakespeare: “What he hath scanted men in hair, he hath given them in wit.”（然而，在这样的药物得到完善之前，或是某人发现了秃顶的基因并能使之不复存在，我们这些秃顶者应该从莎士比亚的话里求得宽慰：毛发稀疏者，其智必高。）

你也许不曾料到，在本书中英语美词叠现、佳句纷呈；你也许会经历“初读生疑、再读豁然、三读而叫绝”的阅读心理。如在 *Fat to Firm in Five Weeks*（减肥五周见效）一文中，你遇到了下句：

So, during any five-week shape-up, focus more on the tape

measure than on the bathroom scale. (注:译文及说明请见该篇后所附内容)

你也许不曾料到……

总而言之,编撰此书的目的之一便是:让读者享受登山听泉之趣,领略置身大自然怀抱之乐,接触医学知识,感受鲜活英语,在不知不觉而又兴致勃勃,自然而然而又苦不累之中,你掌握使用英语的能力正在默默前行。

美国 Highline Community College 的 Rosemary Adany 教授与笔者通过 email 频频联系,愉快合作,为本书扫清了许多背景知识方面的障碍,同时为不少难句提供了深入浅出的 paraphrase。此外,张韧弦同学为本书超出大学英语(四级)词汇范围的生词作了注释,同时还认真校读修改了全书的打印稿。上海译文出版社词典编辑室的张福基教授也为本书的不少专业词汇提供了汉译。在此书出版之际,编者一并向他们致以诚挚的谢意。

受编者水平所限,本书舛误势必难免。诚望广大读者坦诚批评、不吝赐教。

毛荣贵

1997 年盛夏

于上海交大东川花苑

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减肥不难



Get Thin Stay Thin

By Jean Antonello

“**减**肥”，似乎是 80 年代初出现的一个新词。1978 年第 1 版的《现代汉语词典》未收入此词，而 1996 年新版的《现代汉语词典》则收入了“减肥”，并将它解释为：指采取节制饮食、增加锻炼等办法减轻肥胖的程度。减肥不仅有利健康，而且也是一种重要的美容手段。近年来，减肥的文章也和减肥保健品一样层出不穷，但是，真正让我们耳目一新的却寥若晨星。Jean Antonello 女士所写的这篇短文结合自身数十年成功的减肥经历，向读者面授从“吃”字入手进行有效减肥之机宜：

1. Don't ignore hunger.
2. Eat a hearty breakfast.
3. Eat only when you're hungry.
4. Limit your consumption of “pleasure” foods.
5. Throw out the scale.

初读这五条，我们会暗惊：这样做，能减肥？读后我们方才信服，而且深感作者另辟蹊径，见解不俗。读者还能感受到一种淡淡的谈论哲学的味道。

For permanent weight loss, you and your body need to get together instead of fighting each other. As you satisfy your hunger by eating properly at the right time, the distorted, exaggerated hunger you have forced your body to endure will diminish. Gradually, you will begin to experience only normal hunger, which is not the enemy, but a healthy feeling. Eliminate over-hunger, and you will eliminate overeating. Gradually. Slowly. Naturally. Honestly!

这段精彩言论,让我们感到,作者认识了事物发展的根本规律,减肥,既要有所作为,更要顺其自然。Over-hunger 必然会导致 over-eating,从而前功尽弃! 作者概括传统的减肥为: the feast-or-famine cycle。

本文有以下两点,让读者感到新意扑面:

1. Eat a hearty breakfast. Eating too little at breakfast to save calories for later in the day is self-defeating. If you skip a morning meal, your blood sugar level drops and you start craving food. To lose weight, start each day by eating some real food. Eat as much as you need to feel satisfied — no more, no less.

此言使人联想到汉语的一句成语——欲擒故纵。不吃早餐,或草草应付早餐者应引以为戒。

2. Limit your consumption of “pleasure” foods. I’ve divided food into two basic categories: real food and pleasure food. Real food is fuel for the body’s needs, while pleasure food, which is high in fat and/or sugar, is primarily for taste satisfaction.

“零食”的通常表达是: between-meal nibbles; snacks, 其实,本文作者为我们提供了一个更简洁、生动、准确的说法: pleasure food。减肥者,不,也许包括更多的人,应当“御”零食于“馋嘴”外。

本文能自始至终让读者保持浓厚的阅读兴趣,成功的原因是:作者择用了比较随便的文体(intimate style),娓娓道来,如同对话。如:

1. But when you have identified your feeling as hunger, eat. When you’re full, stop eating.

2. Does something else look good? Yes, a piece of toast with peanut butter and a glass of milk sounds good too. Okay, go ahead.

此外,作者使用了许多暗喻,或曰 connotation(词的转义)。如:

1. You will rest more completely because you do not have half the refrigerator to digest!

此句中的 refrigerator 不可照译成汉语“冰箱”，……因为你没有半个“冰箱”要消化。但是，refrigerator 一词将暴饮暴食者写得形象生动，并含幽默感。

2. The bathroom scale has become something of a god for dieters worldwide.

若不用 god，用其他什么词好呢？只有该词能逼真写尽减肥人的心态。

3. Here's how to get off the diet/binge roller coaster.

Roller coaster 原指游乐场里的环滑车。因其总是摆脱不了固有的运行轨迹，故作者在此用来替代 circle 一词，平添几许形象。

LIKE SO MANY WOMEN, I started dieting^① in high school. For more than 15 years, with various different regimens^②, I tried to lose weight. I thought the world was divided into two groups: "natural fats and natural thins"^③. And, when my weight reached 196 pounds, I was certainly a member of the former.

After becoming a nurse, I decided I did not want another diet. I wanted a cure. As I read everything available on food and nutrition^④, I concluded that the feast-or-famine^⑤ cycle of traditional dieting may well be responsible for many chronic^⑥ weight-control problems. The dieter first starves herself, then binges when her body can't take it anymore. Built-in survival mechanisms rebel, and the body builds up fat reserves so it can survive the next famine —

① 节食；文中还有其派生词 dieter ② 饮食方式 ③ 天生的胖子和天生的瘦子

④ 营养 ⑤ 要么暴食、要么挨饿（后文还有 diet/binge 的说法）⑥ 长期无法解决的

the diet.¹

According to Sheila Ramsey, director of the Georgetown University Diet Management and Eating Disorders Program in Washington, D. C. , “*Very low calorie^⑦ diets that leave a person chronically hungry *are doomed to^⑧ fail. *Neural and hormonal^⑨ signals from the body will drive a person to eat despite high levels of motivation and willpower^⑩. ”

As I applied these new insights^⑪ to my own eating patterns, I stopped dieting. I began to listen to my body's signals for food and to eat more nutritious food more often. The changes I experienced in getting off the diet/binge cycle were gradual (because it took me awhile to break my bad eating habits), but eventually my weight went down. I finally leveled off at 138 pounds — on the low side of the normal range for a woman my height (five-foot-eight).^⑫ I have been naturally thin for more than ten years.

Here's how to get off the diet/binge *roller coaster^⑬:

1. **Don't ignore hunger.** Everybody gets hungry, even thin people. The difference between the hungry thin person and the hungry fat person is that the first eats and the latter fights hunger in every possible way. The overweight person denies hunger, represses it, ignores it. But hunger always *catches up^⑭ in the end. Sooner or later, dieters all report that extreme hunger causes them to lose control, to go berserk^⑮ — off the diet, on to eating.

Karen, 30, was a good example. Unhappy with her proportions^⑯, she tried to stick to an unrealistic^⑰ — and dangerous — 600 calories a day. Chronically hungry as a result, she went out of control on weekends and would devour^⑱ pans of fudge^⑲ when her body overpowered^⑳ her willpower.

⑦ 低热量(卡路里)的 ⑧ 注定要…… ⑨ 神经和激素发出的 ⑩ 意志力 ⑪ 心得 ⑫ 原指一种供娱乐的滑行铁道,因其呈弧形,在此即等于 cycle ⑬ 占上风 ⑭ 发狂 ⑮ 身材 ⑯ 不现实的 ⑰ 狼吞虎咽 ⑱ 一种牛奶软糖 ⑲ 前缀 over-表示“超过……,越过……”,由此可推断此词的含义

You can stop the feast-or-famine cycle by eating as though you have no weight problem, eliminating the intermittent^{②①} diet famines your body has adapted to. You have to convince your body that it can safely stop storing fat. The key is to eat well whenever you are hungry and stop eating when you are full.

You are probably thinking, *If I eat every time I am hungry, I'll be enormous^{②②} in no time.* That's simply not true. You may gain a few pounds at first. But as you retrain^{②③} your body, you will not be hungry for more food than you need; you will finally be able to consistently avoid over eating, so you can lose weight.

2. **'Eat a hearty breakfast^{②④}**. Eating too little at breakfast to save calories for later in the day is self-defeating. If you skip a morning meal, your 'blood sugar level^{②⑤} drops and you start 'craving food^{②⑥}.

To lose weight, start each day by eating some real food. Eat as much as you need to feel satisfied — no more, no less. If you don't feel hungry in the morning, try going to bed with your stomach satisfied but relatively empty. You will rest more completely because you do not have half the refrigerator to digest! And since you have been on a natural mini-fast^{②⑦} all night, you will have an appetite for breakfast.

Take Terry, for instance, who had been in the habit of skipping breakfast to keep his weight down. With this new approach, Terry now avoided second helpings^{②⑧} at supper. This caused him to experience morning hunger for the first time in years, and he began to eat a good breakfast. After a while he noticed he couldn't skip breakfast anymore, and his night eating continued to moderate. In three months he lost 20 pounds — without going hungry at all. Now Terry has been at his ideal weight of 170 pounds for more than two years.

②① 间歇的, 周期性的 ②② 这里指“过度肥胖” ②③ 为 re-(again)+train ②④ 即“早饭吃得饱。” ②⑤ 血糖浓度 ②⑥ 急欲进食 ②⑦ 小小的禁食 ②⑧ (食物)份

3. **Eat only when you're hungry.** People with weight problems often have no concept of their own hunger. They are so busy dieting or starving themselves that they have stifled^{②⑧} their bodies' normal 'hunger sensations^{②⑨}. Studies have shown that overweight people are more likely to eat in response to 'external cues^{③①} — a plate of food, a clock that indicates dinner time — than internal hunger pains.

I have discovered that as overweight people learn how to stay well-fed, their response to external signals diminishes^{③②} and they begin to respond to genuine hunger. Then they can lose weight.

Learn to recognize hunger. Ask yourself if what you're feeling is something else -- fatigue, thirst, boredom, even loneliness. But when you have identified your feeling as hunger, eat. When you're full, stop eating. As you begin to eat according to your body's fuel-need^{③③} signals, your nighttime bingeing will stop. You won't be overwhelmed^{③④} by the "munchies"^{③⑤} because you will have supplied your body's fuel needs all day long.

4. **Limit your consumption of "pleasure" foods.** I've divided food into two basic categories^{③⑥}: real food and pleasure food. Real food is fuel for the body's needs, while pleasure food, which is high in fat and/or sugar, is primarily for taste satisfaction. The categories are pretty obvious. Broccoli^{③⑦} is real food. Cookies^{③⑧} are in the pleasure group.

When you're hungry, you are faced with choices. If you're not suffering from excessive^{③⑨} hunger, you can be rational^{④①} about them. Go to the refrigerator. What looks good? If you have chosen a real food — say, a 'turkey sandwich^{④②} — you can be certain your body can use it for fuel. Eat it and enjoy.

Two hours later you are hungry again. Back to the

②⑧ 抑制 ②⑨ 饥饿感 ③① 外在的暗示 ③② 减弱 ③③ hunger 的委婉说法 ③④ 压倒 ③⑤ “大口咀嚼”；指暴食 ③⑥ 类型 ③⑦ 花茎甘蓝 ③⑧ 家常小甜饼 ③⑨ 过度的 ④① 理智 ④② 火鸡肉三明治

refrigerator. What looks good? Ice cream. Stop! Employ your willpower just a little. Ice cream isn't what your body needs. Does something else look good? Yes, a piece of toast^⑪ with 'peanut butter^⑫ and a glass of milk sounds good too. Okay, go ahead — remembering that high-fat real foods should be eaten in moderation.

One trick^⑬ is to eliminate pleasure foods from your kitchen. Instead, keep a variety of high-quality foods available at all times. In short, buy lots of delicious real food — food you really like — and get rid of the junk^⑭.

But what if you have ice cream on hand and nothing else sounds good? Although you don't want to eat pleasure foods whenever the urge strikes, there is a legitimate^⑮ place for them in your diet. If you have analyzed your feelings and there are no other needs imitating hunger, eat the ice cream. You have not failed. On the contrary, you have accepted your natural appetite, but not blindly.

Surprisingly, when you know you can eat anything you want, and that you never have to put up with unsatisfied hunger again, it takes a lot of pressure off. You'll begin to want to eat what your body needs, and your body will begin to need foods that will lead to slimness^⑯.

5. **Throw out the scale^⑰.** The bathroom scale has become something of a god for dieters worldwide. Its blessing, showing a loss on a given day, can make the worst of circumstances easier to take. But its curse, the little needle moving upward, will cast a depressing shadow on the best of times.³

Discard it today. It is not an asset^⑱ to an ex-weight watcher who wants to be naturally thin.

FOR PERMANENT WEIGHT LOSS, you and your body

⑪ 吐司、烤面包片 ⑫ 花生酱 ⑬ 窍门 ⑭ 废物、垃圾 ⑮ 合情合理的 ⑯ 苗条 ⑰ 磅秤 ⑱ 财产