

Selected Readings of Contemporary
American Essays (with Chinese Translation)

美国短文英汉比读

张琦 毛荣贵

编译

[美] Rosemary Adang

健身健美

Health and Beauty



湖北长江出版集团
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前言之一

张琦

Without health, life is not life; life is lifeless. —Ariphon, 550 B. C.

——没有健康，生活就不是生活，生活就没有生气。古希腊诗人阿里芬如是说。

Health is the second blessing that we mortals are capable of, a blessing that money cannot buy. —Izaak Walton, 1819—1881

——健康是我们人类力所能及的第二福祉，金钱买不到的幸福。美国诗人、律师沃尔顿如是说。

随着生活水平的不断提高，当代的中国人有吃有穿了。于是，越来越关心自己的健康状况，注重改善身体素质，希望塑造健康和美的金字塔，希望健康长寿。然而，美好的愿望尚需知识的积淀。

本书集大洋彼岸美国人的养生保健知识之大全，汇延年益寿之菁华！收入书中的24篇短文，篇篇短小精悍、贴近生活、内容实在，针对性强。它们集预防、治疗、养生、美容、减肥、运动、甚至心理调适为一体，向我们介绍了养生的有关知识。

身兼读者和译者，有先睹之快，更有叹服之悦。叹服什么？除了叹服本书内容精彩，知识丰富，更叹服美丽神奇的英语！带着美妙心情，细读慢译，慢译细读，不知霞光暮霭之飞逝，不知安定书院之炎凉！

正如毛荣贵教授所言，“（阅读此书）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，自然而然而又不苦不累之中，你掌握使用英语的能力正在默默前行。”

作为译者和读者,在细品本书英汉表达的过程中必有所得,现撷取部分与大家交流,以求切磋翻译技巧,同时展示本书英汉表达之靓丽风景。

I. 词汇移译

1.1 “develop”译法点滴:

例 1. *Easy Ways to Stay Fit for Life*《保持健康的简单方法》

Even better, exercise increases the capacity of the heart's coronary arteries and may help *develop* small new capillaries and arterioles to branch from the main coronary arteries and provide increased blood flow to the heart. (更好的是,锻炼增加心脏冠状动脉的容量,可以帮助在主要的冠状动脉旁生长出小的新毛细血管和小动脉,从而使更多的血液流向心脏。)

例 2. *Think Yourself Thin*《想象你是苗条的》

Working with our patients as part of a comprehensive diet and exercise program, we *have developed* techniques that place the emphasis on mind over body in weight loss. Here are some. (作为综合饮食和体育锻炼项目的一个组成部分,我们提出了以下一些技巧,其重点是要求病人在瘦身过程中务必让头脑指挥身体。)

例 3. *Music's Surprising Power to Heal*《惊人的音乐疗效》

A school in the United States helps youngsters with *developmental problems* ranging from emotional disturbances to mental retardation, autism and severe to moderate learning disabilities. (美国有一所专门帮助青少年克服他们在成长过程中出现的一些问题:情感障碍,智力迟钝,孤独症和学习能力的中等至严重缺损。)

1.2 “switch”译法点滴:

例 1. *How to Make Sure Your Drinking Water's Safe*《如何确保你的饮用水是纯净的》

Should I *switch* to bottled water? (那我是不是该转而去喝瓶装水?)

例 2. *Seven Health Symptoms You Must Not Ignore*《七个不可

掉以轻心的症状》

He *switched* to a low-fat diet, took up regular exercise and quit smoking. (他改而进食低脂食物,从事正常的锻炼并且戒烟。)

II. 万花筒般的求雅变异 (elegant variation)

2.1 单单“减肥”一词,其表达就有 10 种之多。如:

1. Trying to *shed a few extra pounds*? (想要减掉多余的几磅吗?)

2. Studies show these efforts may *shave off the pounds* quickly, but they are not the route to long-term *weight loss*. (研究表明这些努力可以快速减肥,但它们并非是长期减肥的途径。)

3. Surprisingly, the best way to *take off weight* is by making small, barely noticeable adjustments in the way you eat and live. (令人惊奇的是,减肥最好的方法是在你的饮食和生活方面作一些小小的、几乎看不见的调整就可。)

4. Here are ten simple strategies that can help *melt away your fat*——forever. (能帮助你永远简易减肥的十法如下。)

5. Slashing one meal per day from your menu seems like a logical way to *peel off a few pounds*. (在你的饮食菜单上每天取消一餐饭似乎是减去几磅体重的合理之法。)

6. If you stop eating breakfast (typically 500 calories), you'll cut 3500 calories in seven days, roughly the amount needed to *burn off one pound*. [如果你不进食早餐(通常是 500 卡路里),七天中将减少 3500 卡路里,大致是你所需减掉的一磅体重。]

7. You could easily knock out 300 to 500 calories a day and *lose one-half to one pound* per week——a ten-pound weight loss in three to five months. (你可以轻松地做到每天减去 300 至 500 卡路里的摄入量,每周减去 1.5 磅到 1 磅的体重,那么,3 到 5 个月里就能减去 10 磅。)

8. A key obstacle to *dropping extra pounds* is after-dinner snacking. (阻碍减肥的关键因素是晚饭后吃夜宵。)

9. Do ballroom dancing (which burns 200 calorie per hour) for two hours every weekend, and you'll peel off ten pounds in about 21 months. But if you do the lambada or the twist (350 to 400 calories per hour), it will take you just 11 1/2 months to *shed the weight*. [每个周末去舞厅跳舞两小时(每小时释放 200 卡路里),大约在 21 个月里,你就会减轻 10 磅。然而,如果你跳扎伊尔舞或扭摆舞(每小时释放 350 至 400 卡路里),只需 11 个半月你就能减去这点体重。]

如果你决心将以上 10 种不同的“减肥”英语表达翻译成 10 种不同的汉语表达,那就难了,难到什么程度? 难于登青天! 不信,列位不妨一读一试!

2.2 “零食”的不同表达:

例 1. *Get Thin Stay Thin*《减肥绝招》

Limit you consumption of “*pleasure*” foods. (限制进食零食。)

例 2. *Get Thin Stay Thin*《减肥绝招》

If you can't give up *finger foods*, why not replace high-calorie items with low-calorie ones? (如果你无法割舍零食,为什么不以低热量的零食来取代高热量的零食?)

例 3. *How to Fat-Proof Your Child*《如何使你的孩子防“胖”于未然》

Instead of handouts at odd times, I encouraged her parents to set up specific *snack* times and include *snacks* that she liked. Melissa could eat as much as she wanted, but only at regular meal and *snack* times. (我鼓励其父母为她规定具体的吃零食的时间,不要时不时地给她零食,零食中要有她喜欢的点心。梅丽莎想吃多少可由她自己决定,但是只能在正式用餐和规定吃零食的时候吃。)

Ⅲ. 目不暇接的英语头韵 (alliteration)

1. Fasting is the fastest diet (节食乃最快的减肥方法)

2. Fast foods are forbidden (忌吃快餐食物)

3. Fake fats are a free ticket (尽情享用脂肪代用品)

4. Fat to firm in five weeks(减肥五周见效)
5. Snack sensibly (吃点心要理智)
6. Feast on fiber(大吃纤维丰富的食物)
7. Stop smoking(戒烟)

IV. 拍案叫绝的形象比喻

1. *When one occurs*, some researchers suggest, *picture it as following a wave pattern. Imagine yourself a surfer, you have to ride that wave till the craving subsides.* (一些研究学者建议,当强烈的食欲袭来时,想象一下自己在冲浪,把自己想象成一名冲浪者,你必须坚持站在浪尖上直到食欲减退为止。)

2. *With a food craving, it's much easier to ride the wave if you distract yourself.* Crawford says, "Ideally, do something incompatible with eating, like taking a walk. In 20 minutes, the craving will probably diminish." *As in surfing*, Crawford adds, *practice makes perfect. "The more you practice riding a wave, the easier it becomes."* (对付强烈食欲较为简易的驾驭波浪的方法就是分散注意力。克劳福特说:“理想的方法是,做一些与进食无关的事,例如散步。20分钟后,食欲也许就能减退。”如同冲浪,克劳福特又补充说,熟能生巧。“练习次数越多,就越容易驾驭波浪。”)

3. *Working or playing through the flu is impossible, unless you're the type who can walk on hot coals and feel no pain.* (在患流感的时候你想上班或是想玩耍是不可能的,除非你有这样的本事,能在烧红的炭上赤足行走而无痛感。)

4. *I'm on borrowed time.* If I can save just one life, something positive will finally come out of all the pain my family and I have gone through. (我现在还活着,这日子好像是拣来的。如果我能拯救一个生命,那么,我全家和我个人所经历痛苦也就值了。)

5. *You are suddenly flattened-as if ambushed from behind—* with a 102-to104-degree fever. (你突然被击倒在地,似乎有人从背后伏击了你,你的体温高达华氏 102~104 度。)

总之,本书内容丰富,美文层出,具有知识和语言的多样性、趣味性、灵活性和实用性。加之汉语,可以帮助我们提高理解、鉴别和赏析语言的能力,使我们能够细品英汉表达之迥异,提炼我们的英语阅读水平。

在翻译本书的过程中,毛荣贵教授与译者通过 e-mail、电话及短信频频联系,并且不厌其烦,不吝赐教,仔细修改译者的初稿,给予译者极大的帮助。此外,承蒙旅美学者倪峻教授的热情支持和慷慨帮助,本着其高超的学术水平及认真负责的精神,仔细审阅了本书的全部初稿,提出了珍贵的修改意见,为本书增色出彩。译者对以上两位教授的感激之情难以言表。在此,谨向两位教授致以崇高的敬意和感谢。

作为译者,兴味盎然地享受了整个翻译过程,但是,百密一疏,书中的不足甚至错误之处在所难免,诚望读者提出意见和批评。

2007年初秋·湖州安定书院

前言之二

毛荣贵

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。

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！古人在游玩杭州的九溪十八涧时，就忘情地写下“叮叮咚咚泉”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。

本书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”，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.

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。

笔者水平所限,本书舛误势必难免。诚望广大读者坦诚批评,不吝赐教。

2007年初秋·上海龙居路寓所

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Get Thin Stay Thin

减肥绝招

By Jean Antonello

琼·安托内洛

“减肥”似乎是 20 世纪 80 年代出现的一个新词。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。琼·安托内洛女士所写的这篇短文结合自身数十年的减肥经历，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，即要有所作为，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: 作者采用了比较随便的文体 (intimate style), 娓娓道来, 如同对话。如:

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

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?

I. LIKE SO MANY WOMEN, I started dieting in high school. For more than 15 years, with various different regimens, I

tried to lose weight. I thought the world was divided into two groups: natural fats and natural thins. And, when my weight reached 196 pounds, I was certainly a member of the former.

2. 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, I concluded that the feast-or-famine cycle of traditional dieting may well be responsible for many chronic 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 the diet.

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

4. As I applied these new insights 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). I have been naturally thin for more than ten years.

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

6.1. *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, re-

presses it, ignores it. But hunger always catches up in the end. Sooner or later, dieters all report that extreme hunger causes them to lose control, to go berserk—off the diet, on to eating.

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

8. You can stop the feast-or-famine cycle by eating as though you have no weight problem, eliminating the intermittent 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.

9. You are probably thinking, *If I eat every time I am hungry, I'll be enormous in no time.* That's simply not true. You may gain a few pounds at first. But as you retrain 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.

10.2. *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.

11. 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 evening, 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 all night, you will have an appetite for breakfast.

12. Take Terry, for instance, who had been in the habit of