

外教社大学生拓展阅读系列

总主编 冯庆华 刘全福

# 健康

## 新概念

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# 前 言

为帮助在校大学生和英语爱好者提高英语阅读水平及英汉翻译能力,我社隆重推出了这套具有一定规模的英汉对照“外教社大学生拓展阅读系列”。该丛书由上海外国语大学冯庆华教授担任总主编,各分册编者均为上海外国语大学在读博士及硕士研究生。本丛书共 10 册,分别为《健康新概念》、《社会多棱镜》、《文苑风景线》、《影视百花园》、《科技新视野》、《都市流行风》、《人生启示录》、《人物风云榜》、《音乐新时空》、《体坛万花筒》。与同类出版物相比,“外教社大学生拓展阅读系列”具有如下特点:一是题材广泛,几乎囊括了与人们生活息息相关的诸多方面的内容,这样既可拓宽读者的视野,又能使其熟悉并掌握各种体裁的英语表达形式;二是内容新颖,选材多出自新近出版或更新的英文报刊书籍或网页,如此定位确保了语言材料的鲜活性和地道性,从而使读者在吸收新知的同时也可领略到贴近时代与现实生活的崭新表现手法;三是可读性强,所选近 300 篇文章可谓篇篇独具风格,或短或长,均不乏妙趣,细细品味,蕴涵于字里行间的精言妙义常令人不禁释然或哑然,所谓“益智”、“怡情”,二者原来可以兼得。

本丛书既是一个有机的系列,也即各分册从整体上向读者展示出一面异彩纷呈的英语世界的多棱镜,同时每一分册又自成一体,各自以其丰富的内容为我们呈现出一个个色彩斑斓的万花筒。这样,读者既可分而购之,观其一隅,亦可尽收囊中,览尽精彩,若再有心细者,携一套“外教社大学生拓展阅读系列”以飨友人,那更是得体不过的事了。

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A chronic dermatological condition such as acne can leave both physical and emotional scars on teens, especially in a society that values appearance so highly. Acne is the most common skin disease in the U.S., affecting more than 17 million teens and young adults. Compounding the difficulties with the problem is the tremendous amount of misinformation that still persists. Parents often are responsible for perpetuating these myths. In order to set the record straight, here are some of the most common myths you're likely to hear.

**Myth 1:** Acne is caused by poor hygiene. Acne does not result from dirty or surface skin oils. Some parents would have their teens believe that kids without acne are somehow cleaner. Blackheads are the remains of dead skin surfaces, not dirt.

Aggressive skin washing will in all likelihood aggravate pre-existing acne. The best approach to cleanliness is to gently wash your face twice daily with a mild soap and then pat dry before applying any of the anti-acne medications.

**Myth 2:** Acne is caused by diet. This is one of the oldest myths. Extensive scientific studies have not found a single connection between diet and acne. In other words, chocolate, french fries, pizza and other fast foods do not cause acne. It does make sense to limit fatty foods to prevent obesity and cardiovascular disease, however. Studies have shown that foods with a high iodine content (such as shellfish) may aggravate existing acne, but does not cause it.

**Myth 3:** Acne is caused by stress. The ordinary stress that teens experience on a day-to-day basis has nothing to do with acne. Ironically, many medications prescribed for stress or depression can cause acne as a side effect.

**Myth 4:** Acne is just a cosmetic disease and you will get scars

## 有关青春痘的十大误区

青春痘这样的慢性皮肤疾病有时会给青少年的身心留下伤痕,尤其是在那种极其注重外表的社会。在美国,青春痘是最为常见的皮肤病,有1 700万的青少年和成年人深受其害。更糟糕的是,至今,仍有大量关于青春痘的错误观念盛行。父母往往为这些观念的流传起了添柴加薪的作用。为了澄清事实,现列出以下几个流传最广的观念上的误区。

误区之一:青春痘是不良卫生习惯引起的。其实青春痘并不是由不洁净的皮肤或皮肤表面油脂引起的。一些父母让孩子深信,不长痘的孩子更干净。而实际上黑头粉刺是表层死皮的残留物,而不是灰尘。

用力清洁皮肤可能会加重青春痘。每天用温和的肥皂轻轻洗脸两次,把水分拍干,然后再使用去痘药品,这才是最佳的洁面方式。

误区之二:青春痘是饮食引起的。这是最古老的误区之一。科学研究还没有发现青春痘与饮食有任何关系。换句话说,巧克力、炸薯条、比萨饼及其他速食食品并不会引起青春痘。不过,限制食用油腻的食物确实有助于预防肥胖和心血管疾病。已有研究表明富含碘的食物(如贝类)可能会加重青春痘,但它们不会引发青春痘。

误区之三:压力促使青春痘形成。青少年日常生活中所面临的一般压力是不会引发青春痘的。而具有讽刺意味的是许多减轻压力、缓解抑郁的药物都有引发青春痘的副作用。

误区之四:青春痘是一种面部疾病,不停挤压会形成疤痕。青

if you keep picking. Yes, acne does affect the way people look and can result in permanent physical scars. However, squeezing blackheads rarely results in scarring. Picking and poking at acne lesions might make the lesions last longer and the temporary stain produced when a blackhead is squeezed will make you appear to have more lesions than you actually do.

Myth 5: You just have to let acne run its course. The truth is, acne can be cleared up. If the acne products you have tried haven't worked, consider seeing a dermatologist. With the products available today, there is no reason why someone has to endure acne or get acne scars.

Myth 6: Oily skin is the main cause of pimples. Acne is not caused by oily skin. It is a condition in which the cells that line the hair follicle are shed normally but fail to make it to the skin's surface to be washed away. These cells build up, mix with oil and bacteria, and form a plug. Yes, kids with acne do have oily skin, but a greasy complexion is a symptom of acne, not a cause.

Myth 7: Acne is contagious. A popular myth spread mostly by fathers to keep their teen girls away from acne-covered teen boys. Nothing you do will either cause you to "catch" acne or "give" it to someone else.

Myth 8: Don't wear makeup if you have acne. Most dermatologists feel that cosmetics — even those with an oil base — do not cause acne or worsen the condition if it already exists.

Myth 9: The stronger the medicine, the better. This is a myth most teens believe. If a 2.5 percent solution of topical benzoyl peroxide is working, then a 10 percent solution will work better. The truth is, if a lower dose is working well, then increasing the dose will have no effect on the acne and will only cost you more money.

Myth 10: If your parents had acne, there is a good chance you will have it too. Some families may have certain skin conditions that predispose their children to acne. Therefore, this final "myth" may be true!

春痘的的确确会影响人的容貌,留下永久性的伤痕。然而,挤压黑头却很少留下痕迹。挤压、戳弄青春痘会使皮肤损伤时间持续更长,由于挤压黑头而暂时形成的痕迹会使皮肤看起来更糟糕。

误区之五:任青春痘自然发展。事实上青春痘是可以祛除的。一旦你使用的去痘产品没有任何效果,马上考虑去看皮肤科医生。既然现在有那么多的去痘产品,何必让自己忍受长痘、留疤的痛苦呢?

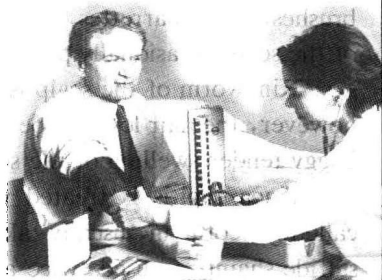
误区之六:油性皮肤是造成小脓包的主要原因。青春痘并不是油性皮肤引起的。青春痘的成因在于毛囊细胞在正常脱落后,不能及时到达皮肤表面被清洗掉。这些死细胞不断积聚并与油脂、细菌混在一起,导致毛孔堵塞。不错,长了青春痘的孩子的的确确是油性皮肤,但油性肤质只是青春痘的一种症状,而不是原因。

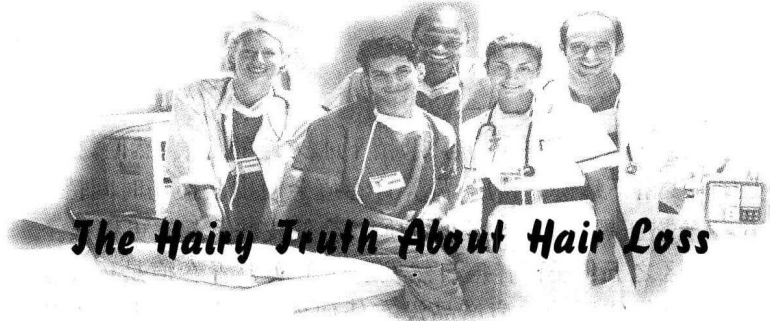
误区之七:青春痘是会传染的。这种观念主要是由父亲们传播的,他们往往告诫自己的女儿不要和满脸青春痘的家伙待在一起。其实你既不会从别人那里染上青春痘,也不会把青春痘传染给别人。

误区之八:长了青春痘不应该化妆。大多数皮肤专家认为如果已经长了青春痘,哪怕是油性的化妆品,也不会使你再长青春痘,或者恶化青春痘。

误区之九:药力越强越好,大多数孩子对此深信不疑。他们认为如果局部使用浓度为2.5%的苯甲酰过氧化物溶剂就能解决问题,那么浓度为10%的效果会更佳。事实是如果小剂量的药物就能很好地解决问题,增大剂量只会浪费你的钱,而不会对青春痘产生任何作用。

误区之十:父母长过青春痘,孩子十有八九也会长痘。一些家庭拥有的特定肤质也许是他们的孩子容易长痘的原因。因此,这最后一个“误区”也许是正确的。





## The Hairy Truth About Hair Loss

Hair does not really serve any important function since a person can certainly live without it! Yet, our hair and how it looks is a very important part of our self-image. So when a person loses his hair, it is a disturbing event. The life cycle of a single hair can be divided into a period of active growth, lasting several years, and a resting stage, which lasts 60 to 90 days. Of the normal scalp's 100,000 hairs, as many as 15 percent are in the resting mode, soon to be lost at the rate of about 75 hairs per day (hardly noticeable to people). The rate of hair loss does increase dramatically when the growing hair follicle is subjected to different types of internal stress, such as high fever, severe flu, surgery, crash diets, and certain medications. Most abnormal hair loss in younger people is caused by one of five conditions: tinea capitis, alopecia areata, traction alopecia, trichotillomania, and telogen effluvium. (Dermatologists love fancy names for their diseases!)

Tinea capitis or "ringworm" is a common cause of hair loss. The condition is caused by a fungus (not a worm) that invades the hair shaft and causes the hairs to break. The bare patch of hair loss is often round and the scalp takes on a black-dot stubble appearance from hair shafts broken off at the surface. There may also be mild scalp itching and scaling. The condition is transmitted by contact from one infected person to another by sharing combs, brushes, hats, barrettes, pillows and bath towels. Minor bruising of the scalp occasionally provides an entry for the microscopic fungus. Ringworm of the scalp is not dangerous. Without treatment, however, the hair loss can be considerable and some will develop a boggy tender swelling of the scalp known as a kerion.

Tinea capitis is treated with an oral antifungal medication called griseofulvin, usually taken for up to eight weeks. Selenium sulfide shampoo, used twice a week, has been shown to shorten

## 脱发的真相

头发没有什么重要的功能,没有头发人们照样活得好好的嘛。然而,我们的头发和我们的发型却是我们自我形象的重要组成部分。脱发确实是件恼人的事。一根头发的生命周期可以分为活跃生长期和休止期,活跃生长期长达几年,而休止期一般是两三个月。正常人一般有100 000根头发,15%的头发处于休止期,平均每天大约掉75根头发(通常不易察觉)。当毛囊受到身体内部变化的影响,如高烧、重感冒、外科手术、速效节食及服用某些药物,都会引起急剧脱发。年轻人的非正常脱发往往源于以下五种原因之一:头癣、斑秃、牵引脱发、拔毛癖和休止期脱发。(皮肤专家喜欢给这些病起稀奇古怪的名字!)

头癣或“癣菌病”是常见的脱发原因。这是由于真菌(而不是寄生虫)侵害了头发的毛干使头发折断引起的。脱发形成的秃斑往往呈圆形,头皮上会出现由于头发毛干表面折断后形成的黑色点状的发茬。头皮也许会轻微发痒,掉头皮屑。与患者共用梳子、发刷、帽子、发卡、枕头、浴巾会染上头癣。偶尔,头皮的轻微淤肿为真菌进入头皮提供了便利。染上了头癣并不可怕,可怕的是不尽快治疗,脱发会更厉害,头皮会出现轻微肿胀。

治疗头癣需口服抗真菌药灰黄霉素八周。用硒硫化物洗发水每周洗发两次可以缩短治愈头癣整个疗程的周期。局部使用

the course of tinea capitis. Topical antifungal creams usually do not help in killing the fungus and shaving the hair or giving the person a close haircut is unnecessary. Even though the infection is still visible, a person with tinea capitis may return to school after oral medication is started and the scalp receives at least one washing with shampoo.

Alopecia areata (alopecia means "hair loss," areata means "in patches") is another common form of patchy hair loss. The typical story is the sudden appearance of one or more totally bald areas in the scalp. The person with this condition loses hair in circular patches sometimes up to two inches in diameter. The hair at the borders of these patches is loose, but the peach-colored scalp looks and feels normal, without scaling or inflammation. There may be just a few patches of hair loss or a total absence of body hair. Alopecia areata is not life-threatening, and people who have it are otherwise healthy. Why the hair falls out from the roots is still a mystery. What is known is that the condition is not contagious, caused by foods, or the result of nervousness or psychological stress. In 20 percent of cases another family member has been affected. Some patients with this condition will also develop a grid-like pitting of the nails.

Fortunately, more than 80 percent of young people with alopecia areata grow new hair back within 12 months. Oddly, the new hair may temporarily be white, but eventually the hair returns to its natural color. Because the hair loss can sometimes be psychologically devastating for people, dermatologists have tried many different medications in an attempt to stimulate new hair growth. Treatments sometimes involve cortisone injections into the hair follicles.

Traction alopecia, or physical damage to the hair, is another common cause of hair loss, particularly in girls. The human hair is quite fragile and really does not respond well to the many physical and chemical assaults it has to endure in the name of beauty. Constant teasing, fluffing, washing, curling, blow drying, hot combing, straightening and bleaching can do a number on the fragile hairs, causing them to fall out, especially those by the hair line and along the front and sides. Styles that apply tension to the hair, such as tight ponytails, braiding, barrettes, and permanent waving can also damage the hair.



抗真菌药膏并不能杀死真菌，剃光头，剪短发都没有必要。尽管感染症状还未完全消除，患者在开始服用口服液并至少用硒硫化物洗完一次头发后就可以返校了。

斑秃(斑是指一块一块地，秃是指掉头发)是另一种常见的脱发症状。典型的例子就是头皮上一两块头发突然脱光。头发脱落之后，头皮上的秃斑直径最大可达两英寸。秃斑周围的头发非常稀，但是粉红色的头皮由于没有脱屑或红肿所以看起来和摸上去都感觉正常。头发可能是脱落几片，也可能全部都掉光。斑秃不会危及生命，患有脱发症的人身体很健康。头发为什么会从根部脱落仍然是个谜。我们所知道的是它不会传染，而且也不是由饮食结构、精神紧张、心理压力引起的。在所有病例中，有 20%会影响到家人。一些病人的指甲上会出现网格状的坑。

幸运的是超过 80%的患有斑秃的年轻人一年之内都会重新长出头发。奇怪的是，刚长出的新发暂时呈白色，不过最终会变成自然的颜色。有时，头发脱落会给人带来毁灭性的精神打击，所以皮肤专家已尝试用很多方法来刺激新头发的生长。有时也把可的松注入毛囊来治疗脱发。

斑秃是另一种常见的脱发，是头发受到的物理损伤引起的。尤其常见于女孩子中。人的头发十分脆弱，爱美的人们不惜让头发经受各种物理的和化学的折磨，而头发往往不堪重负。经常性的梳理、摆弄洗发、烫发、吹发式、热梳、拉直、脱色会让原本脆弱的头发脱落，尤其在额前和耳侧发际处。头发梳成马尾辫、编成辫子、卡上发卡、烫成波浪都会给头发增加负担，损伤头发。