

读故事·学英语

社会文化
系列

生活窍门一点通

Modern Life

阅读提高·知

解读·思维拓展

徜徉于世界文化经典的长河，学习地道英语，感悟别样人生！

[美]Pamela Osment ◎主编

杨挺扬◎译

麦格希 中英双语阅读文库



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◎精品荟萃

本套图书注重经典阅读与实用阅读并举。既包含国内外脍炙人口、耳熟能详的美文，又包含科普、人文、故事、励志类等多学科的精彩文章。

◎功能实用

本套图书充分体现了双语阅读的功能和优势，充分考虑到读者课外阅读的方便，超出核心词表的词汇均出现在使其意义明显的语境之中，并标注释义。

鉴于编者水平有限，凡不周之处，谬误之处，皆欢迎批评指正。

我们真心地希望本套图书承载的文化知识和英语阅读的策略对提高读者的英语著作欣赏水平和英语运用能力有所裨益。

丛书编委会

Small Changes Equal Big Results

We *form* bad habits without trying.
But we can *purposefully* develop good habits in just 15 minutes a day.

Become a lifelong learner

Each month, choose one new subject to learn about. Spend 15 minutes a day reading about it on



You can make positive changes in just a few minutes a day.

小改变大成果

每天只要花短短几分钟，就能改头换面、焕然一新。

坏习惯根本不用刻意培养，不知不觉中就很容易养成了；不过，其实只要我们下定决心，每天花短短15分钟照样能养成好习惯。

活到老学到老

每个月都可以挑一个新的主题来学习。每天花15分钟上网浏览或阅

form *v.* 形成

purposefully *adv.* 有决心地；有目的地

Become healthier

You may think you have no time for exercise. But just 15 minutes a day of exercise can bring huge health benefits. You'll strengthen your heart, bones and mind, and you'll improve your *attitude*.

Making positive changes is possible. Before you know it, your slow and *steady* changes will become lifelong habits!

健康百分百

也许你自认没空去运动，但其实每天只要花15分钟来运动，就能对健康大有益处，因为运动不但能强化心脏、骨骼，还能强健心灵、改善态度。

作出积极正面的改变非梦事。很快地（译注：成语before you know it指极快的、极短的时间），这些一步步慢慢来、稳定渐进地改变，就能养成终身受益的好习惯！

attitude *n.* 态度

steady *adj.* 稳定的；平稳的

Speak Up With Confidence!

You've prepared for this moment for months. You've written, *memorized* and practiced your speech. All that's left now is delivering it. But as you walk to the front of the room, you suddenly become very nervous. The audience is staring at you in silence. Your hands begin to *sweat*. Your eyes start to



Giving a speech doesn't have to be scary.

带着自信畅所欲言!

发表演说不见得会那么可怕。

你为了这一刻已经准备了好几个月。你已经撰写、背好、也练习过你的演讲，现在要做的只剩下正式发表演说了。但是当你走到场地的前面时，突然变得异常紧张。听众鸦雀无声地盯着你瞧，你的双手开始冒汗，眼睛开始抽动，呼吸变得更为急促。最糟糕的是，你的脑筋一片空白。这

twitch. Your breathing becomes more rapid. And worst of all, your mind goes blank. Sound familiar?

Giving a speech can be scary. But it doesn't have to be a miserable experience. You can give a speech with confidence by following a few easy tips:

Step one: Focus on your content

The content of your speech is important because it expresses your ideas and opinions. Begin by creating a memorable *introduction*. Do this by asking a question, telling a brief story, stating a fact or repeating a famous quote. This will grab your *audience's* attention right at the beginning. Next, focus on writing the body of the speech.

种感觉听起来是不是很熟悉啊?

发表演说可能令人脚软,但其实不见得一定非得是个糟糕的经历不可。只要掌握一些简单的诀窍,你也可以充满自信地发表演说。

步骤一:把重点放在内容上

你的演讲内容很重要,因为它表达了你的想法和见解。首先,构想一个令人难忘的开头引言,可以问一个问题、讲一个简短的故事、陈述一项事实,或复述名言佳句,这将让你在一开始立刻吸引听众的注意。接着,

Pay attention to your body language. Stand straight with your legs shoulder-width apart. Move your hands in a natural manner as you speak.

Pay attention to your facial *expressions*. Make eye contact and smile at your audience.

Pay attention to your voice. Control the pitch of your voice as well as the *pace* of your words. Speak clearly and naturally.

You're ready to go! Now take a deep breath, and speak with confidence!

注意你的肢体语言。站得挺拔，双脚打开与肩同宽。说话时双手以自然的方式摆动。

留意你的脸部表情。与听众眼神接触并对他们微笑。

注意你的声音。要控制音调的高低及说话的速度，清晰且自然地说话。

你已经准备好要上场了！现在做个深呼吸，信心十足地演说吧！

How to Choose the Perfect Present

Birthdays, Mother's Day, Father's Day and Christmas all offer great chances for giving gifts. But choosing the perfect *present* for a friend or family member can sometimes be difficult!

Here are six tips to make your gift giving easier:



Make gift giving easier with these six, simple tips.

送出完美礼物的六条线索

透过6种简单的秘诀，送礼变得轻而易举，不必再绞尽脑汁苦思该买什么礼物了。

包括生日、母亲节、父亲节和圣诞节都是送礼的最佳时机，只不过，如何挑选出最佳礼物送给亲朋好友，有时却可能不是件简单的事！

不妨参考以下6种秘诀，就可以让送礼变得更轻而易举：

Watch for ideas

Has your friend been looking at the same earrings for months but hasn't bought them? You already know she likes them, so why not buy them and surprise her!

Listen for hints

Get into the *habit* of carrying a small notebook. The next time someone talks about a favorite CD or book, write yourself a note.

Consider their hobbies

Your dad plays *sudoku* and would enjoy a new gameboard but

观察入微，找寻灵感

你朋友是不是好几个月来一直频频看同一对耳环，可是却迟迟没下手？那么你已经知道她喜欢什么了，何不买下那对耳环，让她惊喜万分呢！

仔细聆听蛛丝马迹

养成随身携带小笔记本的习惯，下次有人提到最喜欢的CD或书时，就在笔记上写下来。

从他们的嗜好下手

你爸爸喜欢玩数独益智游戏，如果能有新的游戏板，一定会很开心

habit *n.* 习惯

sudoku *n.* 数独，九宫格游戏

Plan and shop early

Don't wait until the last minute. Start looking in January for the perfect gifts for those *special* people in your life.

预先计划，提早采购

别等到最后一刻才匆忙跑去买。一月份就可以开始注意有没有哪些最佳礼物，好送给你生命中意义非凡的人。

special *adj.* 特别的

Emotional benefits

According to research, the practice of *gratitude* can increase your happiness by 25 percent! Thankful people are found to be kinder and more likely to feel loved. They express greater satisfaction in life and more hope for the future. For these people, *frustration* and fear, resulting from negative attitudes, are replaced by joy and peace.

Physical benefits

Interestingly, gratitude produces a physical reaction in the body. Thinking about someone or something you appreciate produces a calming effect on the nervous system. This action results in peace of mind, reduced stress and protective benefits for the heart. Health

心理上的益处

研究指出，在生活中实践感恩，能使人的快乐指数提高25%！懂得感恩的人往往更和善，而且更容易感觉自己是被爱的，这些人对生命的满意度更高，也会觉得未来充满了希望。对这些人而言，喜乐和平安取代了负面心态引发的挫折和恐惧。

生理上的益处

耐人寻味的是，感恩的心还能引发人体的良好反应。光是思索着自己有恩的人或事物，就能安抚镇定神经系统，还能带来心灵的平安，压力

blood vessels. The top number measures the pressure while your heart is pumping. And the bottom number measures the amount of pressure while your heart is resting between beats.

Watch those numbers!

In adults, healthy blood pressure numbers should be 120/80 or less. These numbers show that blood moves easily through your body at the right rate. High blood pressure begins at 140/90, putting you at risk for heart *disease*. The higher your blood pressure, the greater the *risk*.

管在心脏把血液压出时所受到的压力（译注：即收缩压，心脏收缩时将血液压出，此时动脉所受到的压力居最高点）；而较低的数字则测出两次心跳之间，也就是心脏在休息时，血管所受到的压力（译注：即舒张压，亦即心脏在休息、舒张时，这时动脉所受到的压力居最低点）。

小心那些数字！

对于成年人来说，健康的血压数字应该是在120/80，或更低。此范围内的数字显示，血液在你身体内能以适当的速度轻易地流动。至于140/90以上就算是高血压了，会让人有得心脏病风险，而血压愈高，风险也就愈大。

disease *n.* 病；疾病

risk *n.* 风险；危险

volunteers.

Follow these tips for a better night's sleep:

- ◆ Avoid caffeine after 2:00 p.m.
- ◆ Establish a regular bedtime.
- ◆ Make your bedroom as dark as possible at night.
- ◆ Keep noise to a *minimum*.
- ◆ Take a warm bath before bed.
- ◆ Listen to calming music for 45 minutes before bed.
- ◆ Keep your work and your computer out of your bedroom.

Starting tonight, why not sleep your way to a healthier you?

遵循以下秘诀，睡眠质量就会更佳：

- ◆ 下午2点以后避免摄取含有咖啡因的食物
 - ◆ 养成规律的就寝时间
 - ◆ 晚上尽量保持卧室越暗越好
 - ◆ 把噪音降至最低
 - ◆ 就寝前洗个热水澡
 - ◆ 就寝前聆听令人镇静的音乐45分钟
 - ◆ 不要把工作带到卧室里，也同样不要在卧室放电脑
- 今晚就开始做吧，何不睡出你的健康人生？

minimum *n.* 最低限度；最低额度

percent.

Stay cool

In hot climates, choose light-colored cars, which throw back the heat. Parking in the shade will also prevent gasoline *evaporation* caused by heat.

Shut it off

Turn the *engine* off if you stop anywhere for more than a minute. Running it when you don't need to increases gas usage by up to 19 percent.

加，最高可达40%之多。

保持凉爽

在气候炎热的地区，则应选择浅色车辆，因为浅色可以反射热气。停靠在阴凉处也能预防汽油因热气蒸发而遗失。

关掉就对了

如果要停靠在任何地方超过1分钟的时间，就应把汽车发动机关掉。在不必要的情况下让发动机持续运转，就会增加耗油量，最高可达19%。

evaporation *n.* 蒸发；消失

engine *n.* 发动机；引擎

Fix eyeglasses with clear nail polish:

Tighten the loose screw on your glasses. Paint a little clear nail polish across the top of the screw, and let it dry. Now the screw won't fall out.

Keep places smelling fresh with cotton balls:

Spray some cotton balls with your favorite perfume. Leave them in drawers, closets and other places in your home. Also put some in your purse, shoes and under the seats in your car. The cotton balls will keep everything smelling fresh.

用透明指甲油修理眼镜:

把眼镜上松掉的螺丝旋紧, 在螺丝表面涂上少许透明指甲油, 让它自然干, 这样螺丝就不会掉了。

用棉花球保持居家气味清新:

在棉花球上喷上你最喜欢的香水, 然后放在家中的抽屉、衣橱和其他地方。也可以放一些在皮包、鞋子里及汽车座椅下。棉花球会让所有东西气味清新。

tighten *v.* 使……变紧

spray *v.* 喷洒

Protect your shoes with men's socks:

When packing your bag for a trip, put each of your nicest shoes into a large sock. The socks will protect the shoes when you are traveling.

Be *creative* and think of some *tips* of your own. Share them with your friends.

用男人的袜子保护鞋子：

打包行李准备旅行时，可以把你最好的鞋子一只只分别放进大袜子里。旅行时，袜子可以保护这些鞋子。

发挥创意想出一些自己的好方法，再和朋友分享。

creative *adj.* 有创造力的

tip *n.* 建议