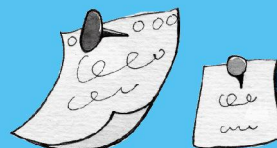
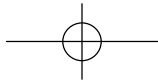


# *Chapter 1*

## **Smart Ways to Make Us Healthy** **健康之道**





# 1

## Chapter 1

### Smart Ways to Make Us Healthy 健康之道

- 1.1 Laugh for the Health of It 一笑治百病
- 1.2 How Much Water Should I Drink Daily? 每天喝多少水更合适?
- 1.3 How Can I Whiten My Teeth at Home? 美白牙齿的小秘方
- 1.4 The Most Relaxing Colors 最令人放松的颜色
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- 1.21 How Can I Get Rid of Dark Circles Under My Eyes? 如何消除黑眼圈?



#### 一笑治百病

#### Laugh for the Health of It

##### 1.1

##### ① 幽默具有治病能力

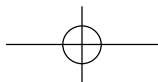
Patients and medical **practitioners** alike have long believed in the healing power of humor. It is claimed that humor not only affects patients' moods, but can actually help them recover faster.

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。

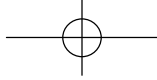
## 5 笑话可以影响健康

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. 还从来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。



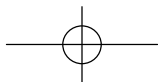
每天喝多少水更合适？

## How Much Water Should I Drink Daily?

1.2

### 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

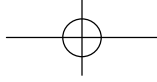
Beverages containing caffeine should not be considered part of your daily water, since caffeine is a diuretic and will actually flush fluids from your system, but do they flush as much as the drink itself contains? There's no clear answer to that.

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，它最终会带走人体内的水分，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

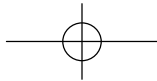
If you are trying to lose weight, add more water to your regimen. Burning fat creates waste products that must be flushed from the body, and the more fat you lose, the more wastes are left behind. Additional daily water will help move these toxins out of your system.

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。

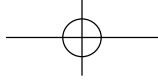
### 2 喷刷美白药方的作用和适用范围

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，特别是在刷牙之后。使用药物的牙齿接触到唾液后能会留下不良后果，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。

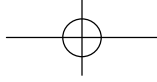
### 4 美白牙膏

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



shade. They still are not as effective as dental whitening, but they can create lighter teeth. Most four-week kits cost between 20~40 USD. The strips don't necessarily adhere completely to the teeth, and there may be more whitening in front than in the back of each tooth.

牙齿美白贴片可能更适合牙齿发黄严重的人。这些塑料贴片有一面涂有过氧化氢，你可以在晚上使用，根据你想要美白的程度，坚持使用2到4个星期。它们不像医药美白那么有效，但是可以使牙齿变白。通常4个星期的贴片用量费用在20到40美元之间。贴片不必完全切合牙齿，同时牙齿前面的美白效果要比后面好一些。

#### 6 佩戴护齿套

You can also whiten your teeth at home with gels that are placed in mouth guards and worn at night. This is often the same procedure a dentist uses to whiten your teeth, but the peroxide level is weaker in over the counter kits. Further, mouth guards are custom made for people at the dentist. Finding a mouth guard that fits properly may be problematic with over the counter sets.

你还可以晚上佩戴护齿套，利用其中的凝胶来美白牙齿。这跟牙医用来给你美白牙齿的程序是一致的，但是过氧化氢的浓度要比非处方药低很多，同时，牙医给的护齿套也是专门定做的。要自己找到一个合适的护齿套和非处方药品设备可能有一些难度。

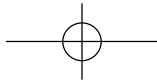
#### 7 更具弹性的护齿套

Some sets now come with flexible mouth guards that can be molded to the teeth after being soaked in warm water. You should definitely look for these, since improperly fitting mouth guards can let peroxide solution leak to the gums where it can cause gum irritation. Whitening your teeth at home with gel kits can range in cost from about 40~100 USD.

现在已经出现了更具弹性的护齿套，放在温水中浸泡就可以塑造成牙齿的形状。你应该找这样的设备，因为不合适的护齿套会使得过氧化物沾到牙龈上，引起牙龈发炎。用护齿套在家里美白牙齿的费用是40到100美元。

#### 8 美白牙齿补救方法

You can also try a few home remedies to whiten your teeth, though not all dentists recommend them. Brushing the teeth with baking soda can produce slightly lighter shades. You can also brush with no greater than 10% strength hydrogen peroxide. For drug store methods, gel kits are thought most effective, and brush on teeth whitener the least.



最令人放松的颜色

1.4



Notes:

sage green 灰绿色  
其他绿色的英文表达：  
palegreen 苍绿色；  
seagreen 海绿色；  
springgreen 春绿色；  
yellowgreen 黄绿色；  
onion green 葱绿；apple  
green 苹果绿；peacock  
green 孔雀绿

civil engineers 土木工程师

其他工程师的英文表达：  
Production Engineer 产品  
工程师；Test Engineer  
测试工程师；Industry  
Engineer 工业工程师；  
Automatic Engineer 自  
动化工程师；Research  
Development Engineer 研  
发设计工程师；Quality  
Engineer 品保工程师；  
Mechanical Engineer 机  
构工程师；Project Engineer  
项目工程师；RFQ  
Engineer 报价工程师

character recognition 字符  
识别

However, with minimal tooth yellowing, over the counter remedies are less expensive than dental whitening, and may provide you with the lighter shade you desire.

你还可以尝试一些家用补救方法来美白牙齿，尽管不是所有的牙医都推荐这么做。用小苏打刷牙可以稍微减轻牙齿的颜色，你也可以用不高于10%的过氧化氢溶液刷牙。所有的药方秘方中，护齿套被认为是最有效的，往牙齿上涂刷美白药物效果最差。但是，如果只有少数牙齿发黄的话，自己去买回来的药房药品要比到牙医诊所美白便宜很多，而且可能达到你渴望的程度。

## The Most Relaxing Colors

### 1 绿色和蓝色令人放松

The most relaxing colors are generally believed to be cool shades such as green and blue. Designers, psychologists, feng shui experts, and advertisers all agree that blues and greens make us feel calm, balanced, and less emotional. They use these hues, especially a sage green, in hospitals, test centers, and television stations to ease nerves and attenuate harsh emotions.

最令人放松的颜色通常被认为是诸如绿和蓝的冷色调。设计师、心理学家、风水大师和广告商都认为，绿色和蓝色的东西令我们感到镇定、平衡而且不易情绪化。他们在医院、考试中心和电视台使用这些色调（尤其是灰绿色），以便放松神经和削弱紧张情绪。

### 2 便于识别的高速公路标志

Driving down any highway in the United States, you'll notice that every sign noting an exit or interchange is comprised of reflective white letters on a chalky, dark green background. Civil engineers determined that a driver's eyes don't get as tired looking at print on a green field, yet the colors provide enough contrast for easy character recognition.

沿着美国的高速公路开车，你会注意到每一个出口或交叉车道的标志都是由白垩质地深绿色的背景和白色字体组成。土木工程师相信，司机的眼睛在看绿色背景上印刷的字体时不会感到疲惫，但是颜色需要有足够的对比度才能便于字符识别。