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为你读书：
Black Charcoal,
White Shirt

Fade Away:
清凉夏日的主旋律！

看懂这组漫画，
英语就不用发愁了~

那些小时候
VS
长大后害怕的事

越南自由行
实用口语攻略

英文悦读

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聚焦天下 World News

看人间百态，观世事变迁。

15 秒摆 30 个姿势，中国网红的速度惊呆老外！丨一周看点

1、网红的拍照速度震惊外媒

最近中国网红又一次引起了外媒的注意！这次，这个淘宝模特，拍照速度快到令人难以置信。

这位模特名叫安天天，粉丝们都叫她为“天天奶奶”。可能是因为她一般拍摄的都是中老年服装。

天天奶奶 **15 秒可以摆出 30 个姿势**，大家来感受下。

果然是行行出状元。天天奶奶这 pose 变换速度，想必是经过多年磨砺的...

> She works as an online model for a clothing retailer in China and is so skilled at the task that she looks like a robot as she moves one or two limbs each time in order to strike a different pose.
>
> 她是一名淘宝女装的网络模特，她像机器人搬地熟练完成自己的工作。只是简单地动动胳膊和腿，就可以摆出各种姿势。

2、NASA 招募兼职，年薪 6 位数（美元哦）

NASA（美国宇航局）希望聘请一名**行星保护官**，主要责任是保护地球免受外星人的侵袭；同时确保人类进入太空时，不会污染其他世界。

不过，这份工作需要“经常出差”。薪资还不错，算上福利，年收入可达 187,000 美元（141000 英镑）。

NASA 表示，如果你对这份工作感兴趣，你至少需要有一年在政府部门担任文职工作的经验，并且要有自然科学、工程学或数学领域的高学历。

所以普通人.....没戏！

> The US space agency is looking to hire a Planetary Protection Officer who will both protect our planet from the Martians and make sure that humans venturing into space do not contaminate other worlds.
>
> 美国宇航局希望聘请一名行星保护官，他既要保护我们的行星免受火星生物的侵袭，又要确保人类进入太空时不会污染其他世界。

3、囧研究：喝酒还能提高记忆力！

喝酒误事，是大家一直在说的。但最近，一项新的研究表明，**学习新知识后的放纵豪饮可以帮助大脑记忆清醒时所学的内容。**

因为喝点儿酒之后，大脑就停止吸收新信息了。所以，之前所学的的内容就更有机会深植于脑海。

研究者摩根说:“这是因为海马——脑中主管记忆的区域——**转而开始巩固记忆，将短期记忆转换为长期记忆。**”

不过，研究员强调这一研究只是基于我们对酒精的固有认知，即长期饮酒过量会损害记忆和健康。

> Drinking booze after learning new information can help our brains store away what we took in when we were still sober, according to new research, even though alcohol is traditionally linked to problems forming memories.
>
> 一直以来，酒精都被当作是扰乱记忆形成的因素，然而，一项新的研究表明，学习新知识后的放纵豪饮可以帮助大脑记忆清醒时所学的内容。

4、ofo 进驻泰国了！

自摩拜进入英国，现在 ofo 小黄车也开始在泰国试运行了。

首次试点投入了 500 辆自行车，主要目标群体是曼谷的大学生。不知道 ofo 的结果会不会和摩拜一样“凄惨”……

ofo 小黄车泰国当地员工表示，公司已经在东南亚的其他地区试运营过了。其员工希望可以在曼谷推出 ofo 小黄车，部分原因在于这个城市的交通情况实在是太差了。

近期去曼谷玩的小伙伴可以去试试哦~

> Ofo has already established a subsidiary and begun operations with the first batch of 500 bikes targeting university students in the capital Bangkok. The bikes will be placed directly on the streets as has been seen across China, and more recently in the US, UK and Singapore.

ofo 小黄车已经在泰国成立了一家子公司并开始运营。第一批运行的自行车共 500 辆，以曼谷的大学生为目标用户。这些自行车被直接放置在街道上，就像在中国以及最近在美国、英国和新加坡看到的那样。

5、阿里巴巴和微信支付“无现金化”战争升级

现在出门都不带钱包。因为到处都可以手机支付。支付宝、微信支付、applepay.....而且，最近支付宝和微信支付还有各种活动。

7 月 31 日，阿里巴巴旗下的支付宝宣布把八月第一周定为“无现金周”；

同一天腾讯旗下的微信支付把 8 月 8 日定为“无现金日”，并把整个八月称为“无现金月”。

活动期间，两款支付软件都为消费者提供了大量“实价货币”奖励金。

相信不少小伙伴都发现了“鼓励金”这个东西。虽然每次只有几毛钱，但积少成多，能省则省。我可是要用这笔钱来买房子的。

As the concept of “going cashless” heats up in Chinese society, the country’s two leading mobile payment giants, WeChat Pay and Alipay, have pushed out marketing campaigns to further promote their respective payment apps to be the top destination for Chinese consumers looking to settle their cashless deals.

随着中国“无现金化”概念的升温，中国移动支付领域的两大巨头微信支付和支付宝推出了市场营销活动来进一步推广它们各自的支付应用软件，以期成为中国消费者进行无现金交易的首选软件。

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即使关机，手机照样让你失眠

如果说“手机让人类的睡觉时间变短”，应该没有人会反对。
不过，
你以为它让你失眠的方式仅仅是让你刷到停不下来？
那你就大错特错了。
对于大多数人来讲，即便在你关机之后，手机依旧在偷走你的睡眠，
这一点对 iPad、电脑、电视来说也一样。
而这是因为，这些屏幕会发出一种蓝光，我们通常把它称为**“屏幕蓝光”**（screen blue light）
这种蓝光会刺激你眼睛肿的蓝光感受细胞，而这种细胞是我们用来感受一天当中时段的变化的；
当我们被屏幕的蓝光照射时，我们的身体会误以为当时是艳阳高照的白天，从而不分泌我们入睡时所需的**褪黑素**（melatonin），因此我们就会很难入睡。

（正午的阳光中有很强的蓝光，让人的身体保持清醒）

（而太阳落山时蓝光锐减，人就开始准备休息了）

正是因为有这样一个**残留效果**（residual effect），手机屏幕才能成为这么厉害的睡眠杀手。

OK，那有没有什么办法解决呢？

最简单的方法就是在睡前两小时里不接触任何屏幕，

不过，完全不接触屏幕，对现代人来说有点难，特别是那些生活节奏很快的上班族，

那有没有其他的办法呢？

有，

比如苹果去年新推出的**夜间模式**（Night Shift Mode），能够在晚上把屏幕切换成黄光模式，

这个模式可以有效消除蓝光的效果。

如果你用的设备不具备这样的功能，可以单纯把屏幕调暗一点（但也不要过于暗），然后在黄色的灯光下阅读，那样也能起到一些效果。

而如果这些你都做不到的话，

其实还有一个杀手锏，

那就是直接服用褪黑素。

完

OK，来讲讲今天的词 **residual**

这个词的意思是**“残留的”、“余下的”**，

它除了是**形容词**，也能作**名词**，表示**“余下的部分”、“残渣”**。

那么，我们来造个句子吧~

今日一词：residual

Immediate dangers are usually easy to deal with.It's the **residual** ones that we should worry about.

直接的危险通常比较容易应付。真正需要担心的是那些残留下来的。返回目录

文苑英华 Literature Time

每个文字背后，都藏有一桩深情，一段故事。

Black Charcoal, White Shirt

为你读书：《黑木炭，白衬衫》

地址链接：
http://www.en8848.com.cn/tingli/meiwen/slmw/311265.html

Eight-year-old Pico stormed home after school, after the door he wildly **stomping** his feet. His father was working in the yard and saw Pico angry. So he called Pico and wanted to talk with him.
8 岁的帕科放学以后气冲冲地回到家里，进门以后使劲地跺脚。父亲正在院子里干活，看到帕科生气的样子，就把他叫了过来，想和他聊聊。

Reluctant to be around his father, Pico said angrily: "Dad, I am very angry."
帕科不情愿地走到父亲身边，气呼呼地说：“爸爸，我现在非常生气。”

Pico's father was quietly listening to his son while working. Pico said:"Joaquin made me **disgrace** the former friends. I hope he comes across a few particularly bad luck things."
帕科的父亲一边干活，一边静静地听儿子诉说。帕科说：“华金让我在以前的朋友跟前丢脸，我希望他遇上几件特别倒霉的事情。”

His father went to a comer, found a bag of **charcoal** and said to Pico:"Son, you regard that white shirt over there as Joaquin, and the plastic bag of charcoal as some bad luck things. Use charcoal to hit the white shirt. Imagine that every time you hit one on the

shirt Joaquin encountered a bad luck thing. When you finish hitting all the charcoal, see what will happen."
他父亲走到一个角落，找到一袋木炭，对帕科说：“儿子，你把那边的那件白衬衫当做华金，把这一塑料袋的木炭当做一些倒霉的事情。你用木炭去砸白衬衫，假想每砸中一块，华金就遇到一件倒霉的事情。看看当你把木炭砸完以后会怎样？”

Pico thought this game was fun. He picked up charcoal to throw into the shirt. However the shirt was hung in the distant rope. He finished throwing all the charcoal, but not a few on the shirt.
帕科觉得这个游戏很好玩，他拿起木炭就往衬衫上砸去。可是衬衫挂在距离较远的绳子上，他把木炭扔完了，也没有几块扔到衬衫上。

Father asked Pico: “How do you feel now?"
父亲问帕科:“你现在感觉如何?”

He said:"It exhausted me, but I am happy because I threw in quite a few pieces of charcoal, the white shirt with several black trace."
他说：“累死我了，但我很开心，因为我扔中了好几块木炭，白衬衫上有好几个黑印子了。”

Father saw his son did not understand his intentions, so he let Pico look in a large mirror. What he could only see from his face was white teeth.
父亲看到儿子没有明白他的用意，于是便让帕科去一面很大的镜子里照照。帕科从脸上只能看到牙齿是白的。

Then the father said:"You see, the white shirt did not become particularly dirty, but you have become a 'black people' You want a lot of bad luck things on others; the result is the most unfortunate thing falls on ourselves. There, our bad thoughts may fulfill a part on others, others suffer bad luck, but the **stains** left to us is difficult to

remove."
父亲这时说道："你看，白衬衫并没有变得特别脏，而你自己却成了一个'黑人'你想在别人身上发生很多倒霉事情，结果最倒霉的事却落到我们自己身上了。有时候，我们的坏念头虽然在别人身上兑现了一部分，别人倒霉了，但留在我们身上的污点也难以去除。"

词汇点津：

stomp [stɒmp] (常指因生气而) 迈着重重的脚步走
例句：He turned his back on them and stomped off up the hill.
他转身不理睬他们，迈着重重的脚步走上山去。

disgrace [dɪs'greɪs] 使 (某人) 丢脸强调
例句：I have disgraced my family's name.
我玷污了家族的名声。

charcoal ['tʃɑːkəʊl] n. 木炭

例句：The commando blackened his face with charcoal.
那名突击队员用木炭把他的脸涂黑。

stain [steɪn] n. 污点；瑕疵
例句：Remove stains by soaking in a mild solution of bleach.
用温和的漂白溶液浸泡以去除污渍。

返回目录

Little Prince

适合大人读的童话书：《小王子》

第 14 章：看日落

音频地址：
http://down010702.tingclass.net/lesson/shi0529/0009/9809/14.mp3

Oh, little prince! Bit by bit I came to understand the secrets of your sad little life.
啊！小王子，就这样，我逐渐懂得了你那忧郁的生活。

For a long time you had found your only entertainment in the quiet pleasure of looking at the sunset. I learned that new detail on the morning of the fourth day, when you said to me: "I am very fond of sunsets. Come, let us go look at a sunset now."
过去相当长的时间里你唯一的乐趣就是观赏那夕阳西下的温柔晚景。这个新的细节，是我在第四天早晨知道的。你当时对我说道：“我喜欢看日落。我们去看一回日落吧!”

"But we must wait," I said. "Wait? For what?"
“可是得等着……，”我说，“等什么?”

For the sunset. We must wait until it is time.
等太阳落山。

At first you seemed to be very much surprised.
开始，你显得很惊奇的样子，

And then you laughed to yourself.
随后你笑自己的糊涂。

You said to me: "I am always thinking that I am at home!"

你对我说：“我总以为是在我的家乡呢!”

Just so. Everybody knows that when it is noon in the United States the sun is setting over France.
确实，大家都知道，在美国是正午时分，在法国，正夕阳西下，

If you could try to France in one minute, you could go straight into the sunset, right from noon.
只要在一分钟内赶到法国就可看到日落。

Unfortunately, France is too far away for that.
可惜法国是那么的遥远。

But on your tiny planet, my little prince, all you need do is move your chair a few steps.
而在你那样的小行星上，你只要把你的椅子挪动几步就行了。

You can see the day end and the twilight falling whenever you like...
这样，你便可随时看到你想看的夕阳余辉…

"One day," you said to me, "I saw the sunset forty-four times!"
“一天”，你对我说，“我看见过四十三次日落”。

And a little later you added: "You know – one loves the sunset, when one is so sad."
过一会儿，你又说：“你知道，当人们感到非常苦闷时，总是喜欢日落的。”

"Were you so sad, then?" I asked, "on the day of the forty-four sunsets?"
“一天四十三次，你怎么会这么苦闷?”我问。

But the little prince made no reply.
小王子没有回答。

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影音之声 Appreciation

-曲中有真意-

Fade Away: 清凉夏日的主旋律！

清新小王子 Sam Feldt 这次联手了意大利超人气电音双人组 Lush&Simon,L&S 往往可以把优美的旋律和动感的节奏结合得恰到好处，这仿佛也正是 Sam Feldt 所偏爱和契合的，三人共同创造的这支作品必然会成为新一季清凉夏日的主旋律！

歌词（节选）欣赏：

Take it slowly 放缓奔波的节奏
Cause it feels like time has got something to show me
因为我感到时光似乎想为我展示不可言传的秘密
Through a crowded room look at me like you know me
你在熙攘的房间里对我注目仿佛你与我似曾相识
Ain't it funny how a second lasts forever
飞梭的瞬间也能成为永恒，很有趣不是吗
When we're together
每当我们相伴一起
And I might get enough one day
也许我有天会觉得知足
But I won't let this feeling fade away
但我绝不让这感受有丝毫减退
I know it won't stop if we turn the love up
我知这感觉不会停却，若我们让爱升温
What should we change?
我们还要作何改变？
We were amazing yesterday

昨日的你我如此不可思议
Remove the pressure if it's meant forever
将负担卸去，若这一切注定永存
I'll make you stay
我会让你停驻身旁
Don't let this feeling fade away
别任这种感觉流逝而去
Won't let this feeling fade away
绝不让这感觉消失殆尽

歌词点津：

Cause it feels like time has got something to show me
因为我感到时光似乎想为我展示不可言传的秘密

feel like 摸起来像是…，有…的感觉；想要…；
例句：
Do you feel like you could do with a change?
你想不想改变一下？
Although sometimes I feel like bothering, as often as not I don't.
虽然我有时会觉得这是在找麻烦，但是通常并不会这样。
Let it go, he thought. He didn't feel like arguing.
管它呢，他想。他并不想争吵。

But I won't let this feeling fade away
但我绝不让这感受有丝毫减退

fade away 消失，衰弱；消退；　消歇；

例句：
We watched the harbour and then the coastline fade away intothe morning mist.
我们凝望着港口，只见海岸线渐渐隐于晨雾之中。
Business cycles did not fade away, but their amplitude did moderate substantially.
商业周期虽未消失,但其波动范围受到了很大的限制.
The colour of the cloth will fade away little by little.
这布的颜色会一点一点褪掉的.

I know it won't stop if we turn the love up
我知这感觉不会停却，若我们让爱升温

Turn up 开大； 翻起； 出现；（尤指失去后偶然）被发现
例句：
Bill would turn up the TV in the other room.
比尔会把另一个房间里的电视声音开大。
No matter how often they turn up, their welcome neverwears out.
不管他们多久露面一次，都永远那么受欢迎。
I'm keeping my fingers crossed that they turn up soon.
我在心里祈求他们赶快露面。

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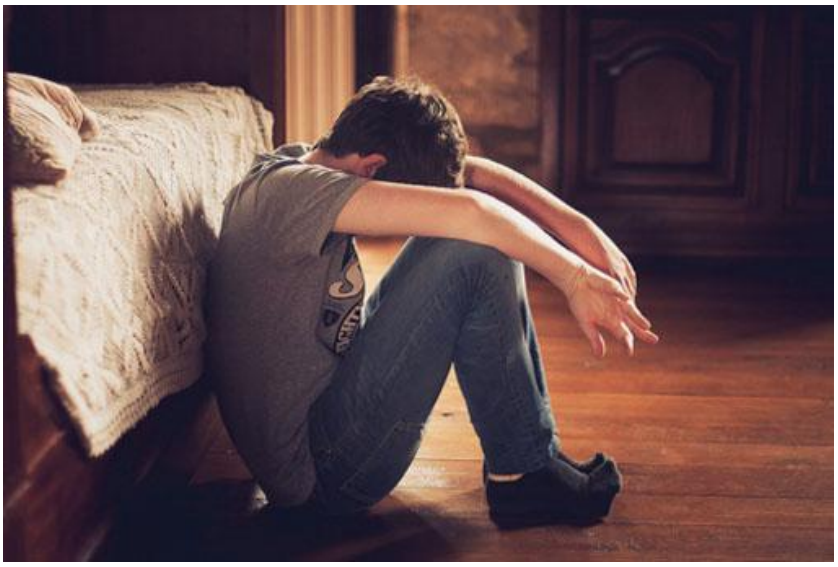
The End of the World:

世界末日

失恋谁都经历过。以前的以前失恋，世界轰然坍塌，急得哭肿眼找不到出口感觉心碎成一片一片的无法呼吸，谁都想不起来了谁都不要了，连自己也不爱了...现在失恋的第一反应是：是我的逃也逃不掉，不是我的送我也不要！老娘自己也能做自己的英雄！一个人的派对也可以玩得嗨翻天！怎么说呢，是长大了自信了吧！

音乐 MV:
https://v.qq.com/x/page/d0373h3n5e6.html



歌词欣赏：

Why does the sun go on shining? 为何阳光依然灿烂
Why does the sea rush to shore? 海浪仍旧冲刷着海岸
Don't they know it's the end of the world 难道不觉末日来临
'Cause you don't love me anymore? 只因你已不再爱我
Why do the birds go on singing? 为何鸟儿依然歌唱
Why do the starts glow above? 星星仍旧在夜空闪烁
Don't they know it's the end of the world 难道不觉末日来临
It ended when I lost your love 当我失去你的爱
I wake up in the morning and I wonder 清晨醒来，我困惑
Why everything is the same as it was 为何一切依然如故
I can't understand, no, I can't understand 我不懂，是的！我真的不懂
How life goes on the way it does! 生活何以如此继续
Why does my heart go on beating? 为何我心依然跳动
Why do these eyes of mine crying? 泪水仍旧盈满了眼眶

Don't they know it's the end of the world? 末日来临就在今朝
It ended when you said goodbye 当你说出再见

歌词点津：

1. 冷幽默：不靠夸张的表情和动作，纯粹靠笑话本身好笑
dry humor
With dry humor, the emphasis is not on funny facial expressions or exaggerated body moves, rather, it's the joke itself that's really humorous.
dry humor, 冷幽默，不靠夸张的表情和动作，纯粹靠笑话本身来搞笑。

2. 荤段子
The most common off-color jokes are about sex, but they can also touch on violence, ethnic groups or other impolite topics.通常来说，荤段子除了色情内容，还可以是暴力、民族以及其它具有冒犯性的主题。
Off-color jokes can be really offensive to those who aren't that close to you or don't share your sense of humor. So, use them carefully.讲荤段子得分对什么人，不熟的朋友可别讲，有可能会让人反感。

3. 难伺候
high-maintenance （耗费精力的;费神费力的 费钱费工夫的）
maintenance['mentənəns] n. 维护，维修；保持；生活费用
When you say someone is high-maintenance, it means he or she is really hard to satisfy. 当我们用 high-maintenance 来形容某个人的时候，我们就是在说这个人难伺候、难满足。

4. take to
听句子，理解意思：
Did the children take to him? 孩子们喜欢上他了吗？
They took to each other at once.他们彼此马上产生了好感；他们一见钟情。

take to(短时间内) 喜欢上；养成…的习惯；沉湎于…，沉迷于…，
后面接名词或者动名词

5. 连环车祸

Pile up

pile，n 堆；v 成堆；pileup：成堆； 数车相撞

a six-car pileup 六辆车连环撞的车祸

6. 看热闹/看热闹的人

Rubberneck ['rʌbənek]n. 伸长脖子看的人；爱问长问短的人；跟着向导游览的人
vi. 好奇地听；伸长脖子看

He is a rubberneck. 他是个爱问长问短的人。

Phil planted tall trees outside his house to block rubbernecks. 菲尔在屋外种了高大的树木以阻挡好事者的目光。

返回目录

生活剪影 Life

与你细数生活的一点一滴

越南自由行实用口语攻略

去越南玩了一趟，完全脱离旅行社的自由行。为了造福想出国玩的你，小编把途中用到的英语都记录了下来，为大家整合了这篇亲测有效的旅游英语超级攻略！

1

超蠢的！外网订车票

去国外网站订车票，搞清楚这四个词就行：

origin（出发地），destination（目的地）；departure time（出发时间），arrival time（到达时间）

如果把 origin 和 destination 记反，再把 departure time 当成 arrival time 的话……

然而……我的小伙伴还是把车票订错了。

把 1：30AM 的夜间巴士订成了 1：30PM 的白天巴士……

2

OMG！误机了！

就差 10 分钟。

原因竟然是：到机场后我们先花了 10 分钟重置了下旅行箱密码……还是用耳钉戳的 reset……

然后关键是，紧接着的越南境内航班也赶不上了！怎么办？只能打国际长途……

所以你如果碰到国外机票要改签或退票的情况，请记住以下对话：

- Hello, what can I do for you?

（有什么可以帮您的吗？）

- Sorry, I missed my flight. Can I cancel my flight and get a refund?

（不好意思，我们误机了。可以退票吗？）

- What’s your ticket number?

（你的机票号码是多少？）

- My ticket number is...

（机票号为……）

- Sorry, this flight is non-refundable.

（不好意思，这个航班无法退票）

non-refundable...

所以，我们在越南的机票废了。

3

但是我们成功改签了车票！

一到越南，我们就飞奔到当地的巴士站点，然后拿着 e-ticket 开始和售票员用英文沟通：

- We booked this ticket online. But we chose a wrong departure time. Can we change our ticket?

（我们在网上订了这张车票，但是现在我们想要改签，可以吗？）

- Sure. What time do you want to change to?

（你们想改签到什么时候？）

- 1:30 AM, the same day.

（同一天的 1：30AM）

- 1:30 AM, on Sept 3. Is that right?

（9 月 3 日凌晨 1：30 对吗？）

- Yes.

- OK. Do you want to print out your ticket now?

（你们想现在打印车票吗？）

- Yes. Thank you!

顺利！开始越南之旅啦！

4

打车？一个套路

不管去到哪个国家，打车都是一个套路：

谷歌地图一下，地址指给司机看，全程导航（以防被坑）。完了甩出一句“HOW MUCH？”，就可以付钱走人了。

路上，你可以尽情地用中文吐槽，反正司机叔叔都是迷之微笑……

5

住酒店会这些就差不多了

会说 check in（登记入住）；听得懂 passport（护照）和 visa（签证）；分得清 shampoo（洗发露）和 conditioner（护发素），还有 shower gel/body wash（沐浴

露）其实就差不多了。

另外我们用到的句子有：

- Is breakfast served here?

（这里提供早餐吗？）

- Yes. Our breakfast is served between 6:30 to 9:00.

（早餐将于 6：30~9：00 提供）

- How can we get downtown? By taxi?

（我们怎么去镇上？）

- Yes. I can call a taxi for you. Just tell me when you're going.

（是的，我可以为你叫出租车。你要去的时候告诉我就好。）

＊We got three people. Can you add a bed for us?

（我们有三个人，可以给我们加床吗？）

＊What time should we check out? What’s the latest check-out time?

（我们最晚什么时候要退房？）

＊Our bus leaves at 1:30 AM tomorrow morning. Would you please call the bus to

pick up us here?

（我们是明早 1：30 的巴士，可以叫巴士来这里接我们吗？）

＊ Our flight is at 10:00 AM tomorrow morning. What's the best time for us to leave so we wouldn't miss our flight? And Would you please call a taxi for us then?

（我们是 10 点的飞机，什么时候走比较好？可以到时帮我们叫辆车吗？）

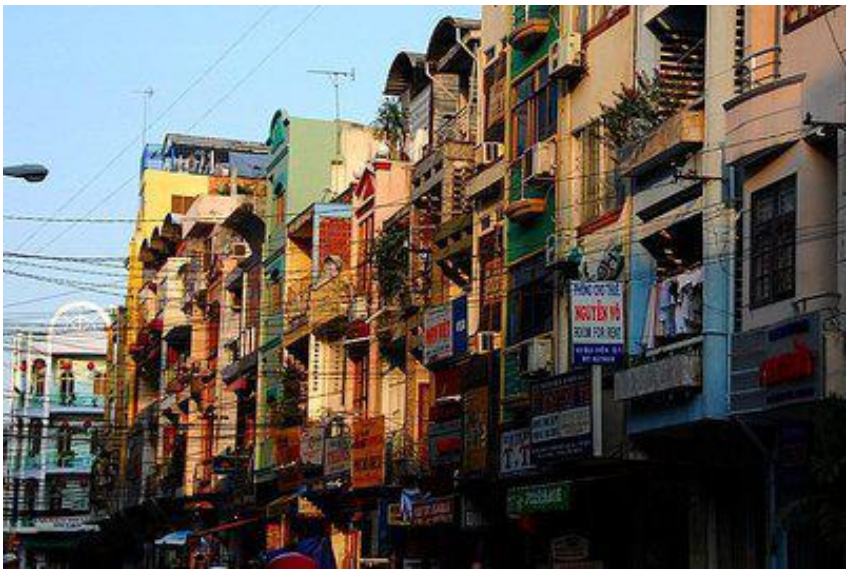
6

问路，超简单

Excuse me, do you know where XXX is? / Do you know where I can ...? （地点不会说就拿着地图指）

然后对方的回答基本也就 go straight, turn right, turn left 这些词。

很多国家的英文水平没那么高，所以问路还是尽量抓年轻人……



7

点餐，这个太重要了！

如果菜单没有配图的话，表示真的会看不懂，很多食物的单词都是没见过的。怎么办？宝宝是拿着手机一个词一个词查的……什么 rice noodles（米粉），king prawn（对虾），bok-choy（小白菜），anchovy（凤尾鱼）……

阅读完一次菜单，第二次点单基本很顺畅了。然后点单的对话其实也很简单：

- May I take your order? / Are you ready to order?

（可以点单了吗？）

- What do you recommend?/ Any recommendation? / Do you have any recommendation? ——这句简直超好用啊！

（有什么推荐吗？）

- Sure. I will recommend... /

（我会推荐……）

- OK. This, this, this...（虽然土了点，但还是指着菜单说 this 吧！）

买单的时候，真的不要用“how much”了……可以说：

Excuse me, check please. / Can I have the bill please?

8

购物，除了“how much”还是得懂点别的

虽然大多时候，只要挑好东西，甩出一句“HOW MUCH”就行，但是这次我们还用到了这些：

＊Can I try this on?

（我能试穿一下吗？）

＊Do you have a larger/smaller size?

（有大一点/小一点的号吗？）

＊Does it fit her?

（这个适合她穿吗？）

＊Can you make it cheaper?

（能便宜点吗？）

* What’s the difference between... and... ?

（这两个有什么区别？）

差不多就这些了。另外一个小 TIP，英文好的同学一定要感受下 Airbnb 民宿。由于房东是和你住在一起的，如果你英文沟通能力强，房东是能够帮到你很多的！

最后，预祝大家国庆出国游愉快！（如果出国游的话……）

返回目录

Painless Flu Jab Patch for People Scared of Injections

害怕打针的人有福啦！注射贴可以无痛注射疫苗

That should help more people get immunised, including those who are scared of injections, experts told the Lancet journal .

这会有助于更多的人获得免疫疾病的能力，包括那些害怕打针的人。专家告诉《柳叶刀》杂志。

Bye bye injections

和打针说再见

Unlike the standard flu jab, it doesn't need to be kept in the fridge, meaning pharmacies could easily stock it on their shelves for people to buy.

不同通常的的流感疫苗，它不需要放在冰箱里保存，这意味着药房可以轻松地把他们摆在人们购物在货架上。

Volunteers who tested it said they preferred it to injections.

测试它的志愿者说，相比于打针，他们更喜欢它。

It offers the same protection as a regular vaccine, but without pain, according to its developers from Emory University and the Georgia Institute of Technology, who are funded by the US National Institutes of Health.

由美国国立卫生研究院资助的埃默里大学和佐治亚理工学院的开发人员说，它提

供与常规的疫苗同样的保护，但没有疼痛。

The patch punctures the uppermost layers of the skin, whereas regular flu injections go all the way through and into muscle.

这种注射贴会穿刺皮肤的最表层，而普通疫苗的针剂则刺穿所有皮肤层，将药物注射进入肌肉。

Lead researcher Prof Mark Prausnitz, who is also part of a company that wants to license the technology, said: "If you zoom in under the microscope what you'll see are microscopically small needles. They puncture painlessly into the skin."

首席研究员马克普劳斯尼茨教授，也是公司中想要该技术获得许可证的人，说:“如果你在显微镜下放大，你会看到它们是显微镜下才能看到的小针。他们能刺入皮肤而不使人疼痛。

His team tested the patch alongside flu injections.

他的团队测试了这种注射贴，同时测试了普通的针管注射。

Some of the 100 volunteers got the regular shot in the arm, while others applied the micro-needle patch to their wrist for 20 minutes.

100 名志愿者中的一些人用普通的针管在手臂肌肉注射，而其他人应用微针注射贴在其手腕上 ，贴 20 分钟。

Most said using the patch was painless, but some experienced mild side effects - redness, itching and tenderness in the area of skin area where it had been applied.

大部分人说使用这种注射贴不疼，但一些人会有轻微的副作用——在粘贴的位置会有一些发红，发痒，发痛。

These symptoms got better on their own over days.

几天过去，这些症状会自己好转。

Easy to use

使用更简便

Experts say the patch could revolutionize how flu and other vaccines are given, although more clinical tests over the next few years are needed to get the patch system approved for widespread use.

专家说，尽管在未来几年需要更多的临床试验，这种注射贴才能得到批准广泛使用，但它将彻底变革流感和其他疫苗的给药方式。

Dr Nadine Rouphael, from Emory University, said: "We could envisage vaccination at home, in the workplace or even via mail distribution."

埃默里大学的纳丁▪拉斐尔说：“我们可以设想一下，我们在家里、在工作场所接种疫苗，甚或通过邮件分发疫苗。”

The patch can be thrown in the bin after it is used because the micr-oneedles dissolve away.

因为用过之后注射贴的微针就会溶解掉，所以注射贴在用完之后可以直接扔进垃圾桶。

And because it can be safely stored for up to a year without refrigeration, it could prove extremely useful in the developing world.

它可以在无制冷条件下安全地存储长达一年，因此它在发展中世界将大有可为。

Experts from Public Health England said it might also be good to use in young children, who tend not to like needles, although the UK has already introduced a nasal

spray flu vaccine for them.

英国公共卫生专家说，尽管英国已经为那些讨厌打针的幼年儿童开发了喷雾流感疫苗，把这种注射贴应用于他们也很不错，

John Edmunds, an expert in infectious diseases at the London School of Hygiene & Tropical Medicine, said: "This study is undoubtedly an important step towards a better way to deliver future vaccines."

伦敦卫生与热带医学院的传染性疾病专家约翰▪埃德蒙兹说：“这项研究无疑是迈向未来疫苗研究更好方式的重要一步。”

Other researchers have also been looking at pain-free skin delivery.

其他研究人员也一直在研究无痛苦的皮肤注射。

A flu shot syringe that uses a micro-needle has already been approved for use in the US.

用于注射流感疫苗的微针已经在美国批准使用。

Scientists in Australia have been designing a nano-tech with even smaller needles.

澳大利亚的科学家们一直在用纳米技术设计更小的针。

返回目录

众说纷纭 Opinions

百花齐放，百家争鸣。

What Happens When You Have a Disease Doctors Can't Diagnose?

TED | 我得了一种怪病

演讲简介：2016 | 本期的 TED 演讲者 Jennifer Brea 女士得了一种怪病，来自外界的任何声音都会让她浑身疼痛，她年纪轻轻却无故失去了行走的能力，更可怕的是这种病竟然至今没有找到治愈的方法。这究竟是怎么回事，她经历了什么，为什么会这样呢？——Jennifer Brea 珍妮佛·布瑞

演讲视频：https://v.qq.com/x/page/x0373zspep9.html

精彩演讲片段赏析

So, five years ago, this was me. I was a PhD student at Harvard, and I loved to travel. I had just gotten engaged to marry the love of my life. I was 28, and like so many of us when we are in good health, I felt like I was invincible.
这是五年前的我。我那时是哈佛大学攻读博士的学生，我非常喜欢旅游。我那时刚与我生命的最爱订婚。我那时 28 岁，和我们许多人一样在健康时候，我觉得我是无所不能。

Then one day I had a fever of 104.7 degrees. I probably should have gone to the doctor, but I'd never really been sick in my life, and I knew that usually, if you have a

virus, you stay home and you make some chicken soup, and in a few days, everything will be fine. But this time it wasn't fine. After the fever broke, for three weeks I was so dizzy, I couldn't leave my house. I would walk straight into door frames. I had to hug the walls just to make it to the bathroom.
突然有一天，我发烧到 104.7 度。我那时应该去看医生，但是我从没生过什么病，我知道通常如果你感染了病毒，你应该在家里休息，煮一些鸡汤，几天后，你就没事了。但是这次不是这样。我发烧以后，我晕眩了三个星期，我根本无法出门。我常常撞到门框。我必须摸著墙壁才能去到浴室。

That spring I got infection after infection, and every time I went to the doctor,he said there was absolutely nothing wrong. He had his laboratory tests, which always came back normal.All I had were my symptoms, which I could describe, but no one else can see. I know it sounds silly, but you have to find a way to explain things like this to yourself, and so I thought maybe I was just aging. Maybe this is what it's like to be on the other side of 25.
那个春天我一直重复感染，每一次我去看医生，他说我绝对没有什么问题。他做了一些检验，结果都是正常。我可以形容我的症状，我可以形容我的症状，但是没有人看得到。我知道听起来很可笑，但是你必须找到方法来说服你自己，所以我想或许我只是在老化。或许这就像是在 25 岁的另一头。

Then the neurological symptoms started. Sometimes I would find that I couldn't draw the right side of a circle. Other times I wouldn't be able to speak or move at all. I saw every kind of specialist: infectious disease doctors, dermatologists, endocrinologists, cardiologists. I even saw a psychiatrist. My psychiatrist said, "It's clear you're really sick, but not with anything psychiatric. I hope they can find out what's wrong with you."
然后神经的症状开始出现。有时我发现我无法画圆形的右边，有时我完全无法说话或者无法动。我看过每一科的专科医师：感染科医师、皮肤科医师、内分泌专家、心脏科医师、 我甚至看了精神科医师。我的精神科医师说，「你是真的有

病，但不是精神疾病，我希望他们可以找到你的问题。」
The next day, my neurologist diagnosed me with conversion disorder. He told me that everything -- the fevers, the sore throats, the sinus infection, all of the gastrointestinal, neurological and cardiac symptoms --were being caused by some distant emotional trauma that I could not remember. The symptoms were real, he said, but they had no biological cause.
隔一天，我的神经科医师诊断我有转换障碍。他告诉我所有的问题——发烧、喉咙痛、鼻窦炎、所有的胃肠、神经和心脏症状 ——都是因为我不记得的一些过去的情绪创伤所引起的。都是因为我不记得的一些过去的情绪创伤所引起的。他说，那些症状都是真的，但是它们的病因与生理无关。

I was training to be a social scientist. I had studied statistics, probability theory, mathematical modeling, experimental design. I felt like I couldn't just reject my neurologist's diagnosis. It didn't feel true, but I knew from my training that the truth is often counterintuitive, so easily obscured by what we want to believe. So I had to consider the possibility that he was right.
我那时学的是社会科学。我修过统计学、机率理论、数学建模、实验设计。我觉得我不能否认我的神经科医生的诊断。我感觉实际并非如此，但从我的训练我知道真理往往是违反直觉。所以直觉很容易地因为我们想要相信而被遮蔽了。我必须考虑医生的诊断是正确的可能性。

That day, I ran a small experiment. I walked back the two miles from my neurologist's office to my house, my legs wrapped in this strange, almost electric kind of pain. I meditated on that pain, contemplating how my mind could have possibly generated all this. As soon as I walked through the door, I collapsed. My brain and my spinal cord were burning. My neck was so stiff I couldn't touch my chin to my chest, and the slightest sound -- the rustling of the sheets, my husband walking barefoot in the next room -- could cause excruciating pain. I would spend most of the next two years in bed.
那天，我做了一个小实验。我走了两英里，从我的神经科医师的诊所回到家里，我的腿感觉被包在一种奇怪的像是被电到的痛苦。我对着那个痛感冥思，思维著我的心如何有可能产生这一切。当我走进门时，我瘫痪在地上。我的头脑和我的脊椎像是在燃烧。我的脖子僵硬到我的下巴无法碰到我的胸部，而且很小的声音——床单的沙沙声，我的丈夫在隔壁房间赤脚走路的声音——都让我感到极度的痛苦。接下来的两年我都卧床。

How could my doctor have gotten it so wrong? I thought I had a rare disease, something doctors had never seen. And then I went online and found thousands of people all over the world living with the same symptoms, similarly isolated, similarly disbelieved. Some could still work, but had to spend their evenings and weekends in bed, just so they could show up the next Monday. On the other end of the spectrum, some were so sick they had to live in complete darkness, unable to tolerate the sound of a human voice or the touch of a loved one.
我的医师怎能错得如此离谱？我以为我得到罕见的疾病，医生从没见过的。后来

我就上网 发现世界各地有数千人有著同样的症状，同样的孤立，同样的无法相信。有些人还可以工作，但是晚上和週末就只能卧床，他们才有可能在下个星期一去上班。在另一端，有些人严重到他们只能在完全黑暗中生活，无法容忍任何人的声音或是被所爱的人触摸。

返回目录

Students' Summer Homework: Confess Their Love to Someone They Like

高校暖心暑假作业：向心爱的人表白！你怎么看？

导语：
四川某高校近日公布了一份学生暑假作业——向心爱的人表白，引起网民热议。

Students at a university in southwest China's Sichuan province received a very unusual homework assignment for the summer: confess their love to someone they like.

四川某高校的学生今年暑假有一份不寻常的作业：向他们心爱的人表白！

The eye-catching assignment was posted on the website of the Chengdu College of Arts and Sciences, together with other assignments, such as traveling to another city, attending a concert, and drawing a self-portrait.

这份引人注目的作业被公示在成都文理学院的网站上，与之一起的还有包括到另一个城市旅行、听音乐会、画一幅自画像等任务。

Posts related to the creative homework assignment have been forwarded over 10,000 times and liked by close to 28,000 people on China's Twitter-like Weibo.

在微博上，和这份作业相关的帖子已经被转发超过 10000 次、点赞近 28000 次。

Both students and teachers at the college adopt a positive attitude toward homework. The two teachers who made the assignment said everything is tailored to meet the unique personalities of the students.

该校的老师和学生都对这份作业持积极的态度。据发布这份作业的两位老师表示，一切都是为了满足学生的个性而量身定做的。

The move was applauded by educational experts. Ji Dahai, a committee member of the China Education Association, said schools should combine social practice with personality development.

此举也受到教育专家们的赞许。中国教育协会委员纪大海（音）表示称，学校应该将社会实践和个性发展结合起来。

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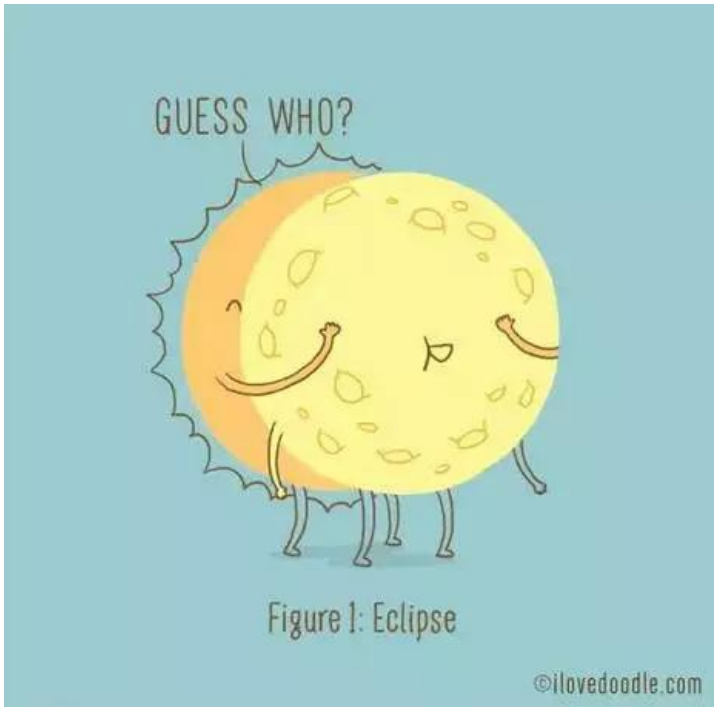
趣文悦读 Fun Topics

愿你成为一个有趣的人

漫画 | 看懂这组漫画，英语就不用发愁了~

马来西亚插画家 Heng Swee Lim 最近集结他在日常生活中的幽默对白，并用绘画的形式表现了出来，生动有趣又富含哲理！

同样的职位，就不要互相嫌弃。

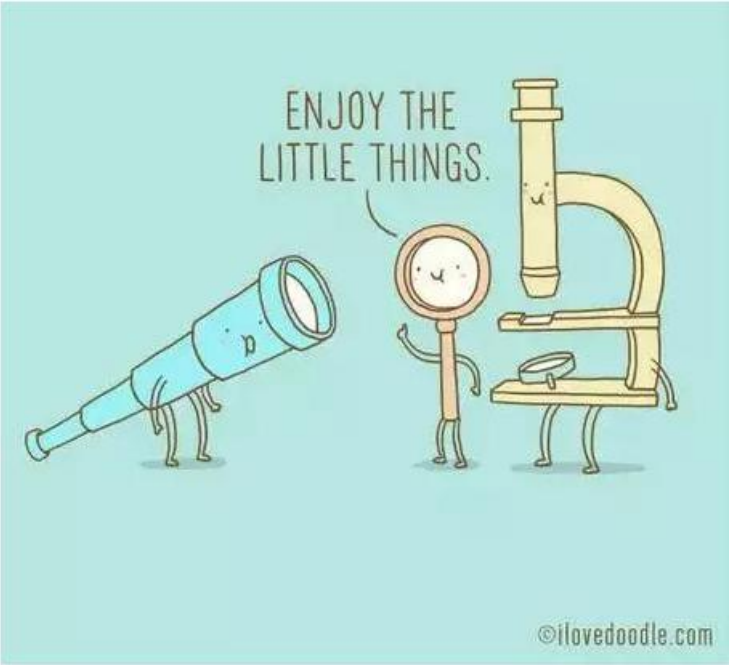


童心未泯的太阳公公

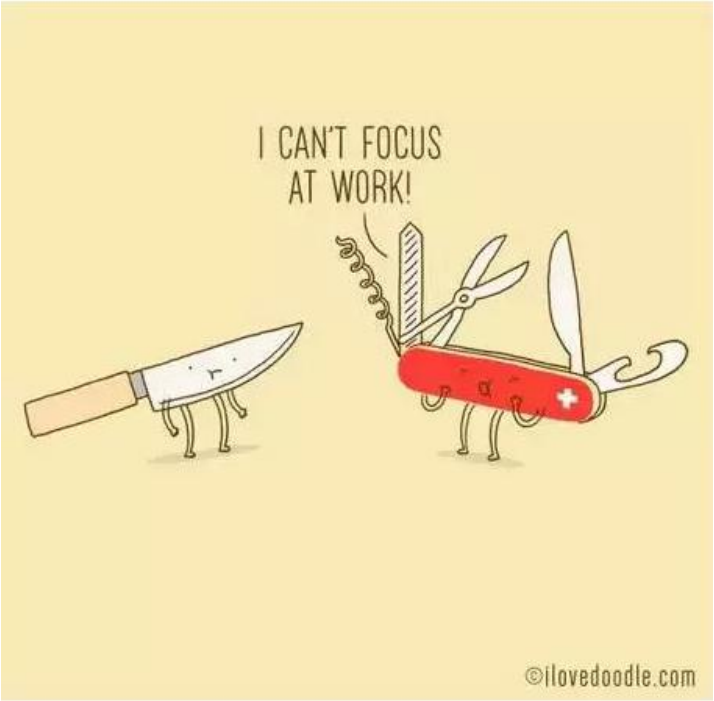
别说谎了，我们可都看见了！

别担心，一切都在我的掌控之下。

积极的面对生活



拿出放大镜，享受生活中的细节。



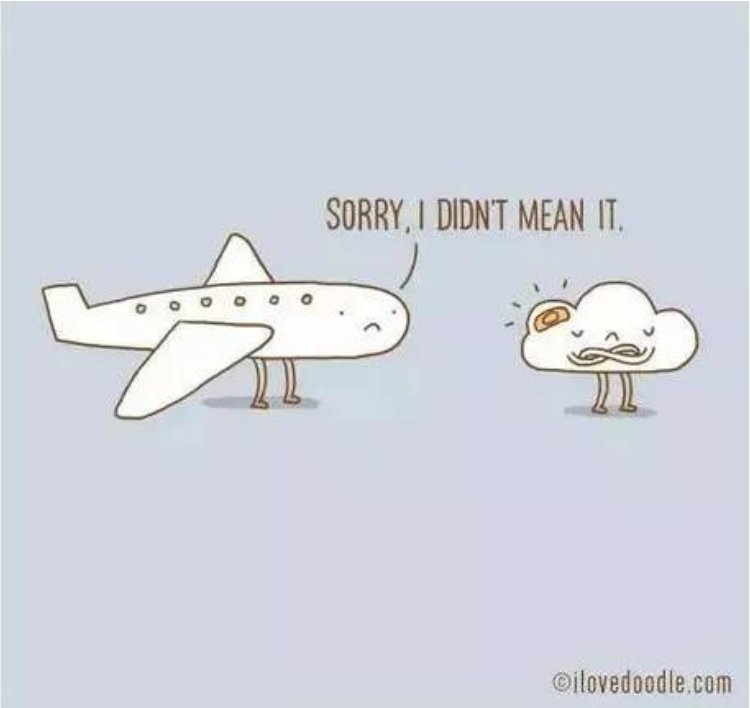
虽然你的功能很多，但要专注于一件事。

你我的关系就像邮票和信封，永远不会分开，就像恋人。

人生苦短，要懂得珍惜。

为了创作，一切都是值得的！

笑容，是世上最美丽的语言。



你的无意之失可能会伤害到别人。

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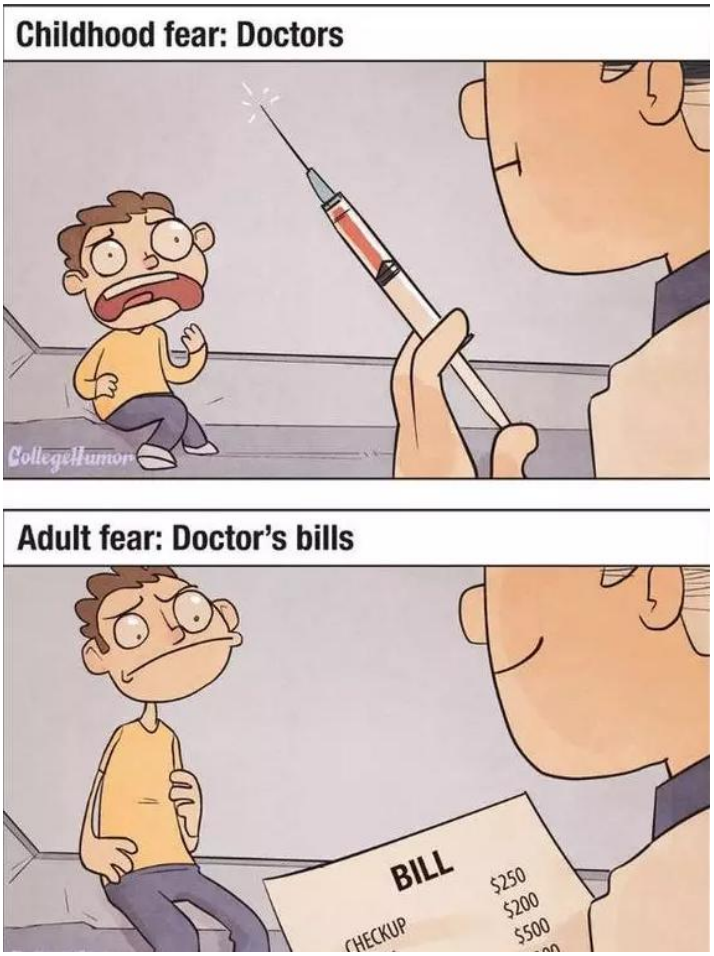
英语漫画 | 那些小时候 VS 长大后害怕的事



小时候害怕：打针

长大后害怕：医生的账单

小时候害怕：恶梦

长大后害怕：梦想没有实现

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