



Health 健康

Staying healthy 保持健康

If you are **fit** (BrE), **physically fit**, or **in shape** (especially AmE), you are healthy and strong, especially as a result of diet and exercise.

fit (英國英語) 、physically fit 或 in shape (尤用於美國英語) 均指身體健康和強壯，尤為規定飲食和鍛煉的結果：



- **Top athletes have to be very fit.** (BrE)
頂尖運動員得非常健康。(英國英語)
- **People who are physically fit have a lower risk of heart disease.**
身體健康的人患心臟病的危險較小。
- **After my heart attack, the doctor advised me to get in shape and stay that way.**
我心臟病突發後醫生囑咐我要恢復並保持健康。

The doctor said I should **get more exercise** (BrE also ... **take more exercise**).

醫生囑咐我多鍛煉 (get more exercise, 英國英語亦作 take more exercise) 。

- **No cream for me — I'm on a diet.**
我不要奶油——我在節食 (on a diet) 。
- **I need to go on a diet.**
我需要控制飲食 (go on a diet) 。
- **She cycles up to 90 miles a day to keep fit.** (BrE 英國英語)
- **She rides her bike up to 90 miles a day to stay in shape.** (especially AmE 尤用於美國英語)
她每天騎自行車達 90 英里以保持健康。

Accidents and injuries 事故和身體傷害

Injury [U] or **an injury** [C] is something that happens when your body is hurt, for example in an accident.

injury (不可數名詞) 或 an injury (可數名詞) 指事故等中身體受傷。

- **A local man suffered serious injuries when his car went off the road and ran into a tree.**
一名本地男子將汽車駛出公路撞在一棵樹上受了重傷。
- **Two drivers escaped injury when their vehicles collided.**
兩位駕駛員在汽車相撞時均未受傷。



A **wound** is the place on the body where the injury happened and can often be seen.

wound 指受傷後身體某處常可見的創傷。

- **The nurse changed the bandage on the wound every day.**
護士每天都換傷口上的繃帶。

Cuts and scratches 割傷和擦傷

An injury is usually something fairly serious. Other words are used for less serious things.

injury 通常指相當嚴重的損傷，其他幾個詞表示不太嚴重的傷。



- **The knife slipped and cut my finger, but it's only a scratch.**
刀子一滑，切傷了我的手指，不過只是割傷 (a scratch) 。
- **I fell on the ice, but only got a small bruise** (= a place where the skin turns dark).
我在冰上跌倒了，不過只有一小塊瘀傷 (a bruise) 。
- **She fell over and grazed her knees.**
她跌倒了，擦傷了 (graze) 膝蓋。

Aches and pains 疼痛

You have a **pain in** a part of your body;

身體某部位疼痛用 a pain in :

- **She felt a sharp pain in her stomach.**
她感到胃劇烈疼痛。



or you or a part of your body **aches**.

全身或身體某部份疼痛用 ache :

- **He ached all over.**
他渾身疼痛。
- **My head was aching dully.**
我的頭隱隱作痛。

There are special words for aches or pain in some parts of the body. Some of these aches are countable and some are uncountable. There are also differences between British and American English.

有些詞專指身體某部位疼痛。其中有的是可數名詞，有的是不可數名詞。英國英語和美國英語的用法亦有差異：

- **headache** [C]
She told us she had a headache.
她告訴我們她頭疼。

■ **stomach ache** [C] (BrE also 英國英語亦作 [U])

He went to bed early with a stomach ache.
He went to bed early with stomach ache.
他胃痛，早早就上床睡覺了。

■ **backache, earache and toothache** [U] (BrE 英國英語), [C] (especially AmE 尤指美國英語)

He's in excellent health except for occasional backache. (BrE 英國英語)

He's in excellent health except for an occasional backache. (AmE 美國英語)

他身體十分健康，只是偶爾有點背痛。

I've got earache / toothache. (BrE 英國英語)

I have an earache / a toothache. (AmE 美國英語)

我耳痛 / 牙痛。

■ *The doctor asked whether she had a history of any serious illness.*

醫生問她是否有重大病史。

A **disease** is a particular illness with a name, or an illness that affects a particular part of the body.

disease 指 (疾) 病：

■ *Measles is the most devastating of all the major childhood diseases.*

麻疹是所有主要兒童疾病中最厲害的疾病。

■ *A healthy diet and regular exercise can help prevent heart disease.*

健康的飲食和經常鍛煉有助於預防心臟病。

A **condition** is a permanent health problem that affects a particular part of the body.

condition 指長期影響身體某部位的健康狀況：

■ *Asthma can be a very frightening condition, especially in a child.*

哮喘是一種非常可怕疾病，尤其是在童年。

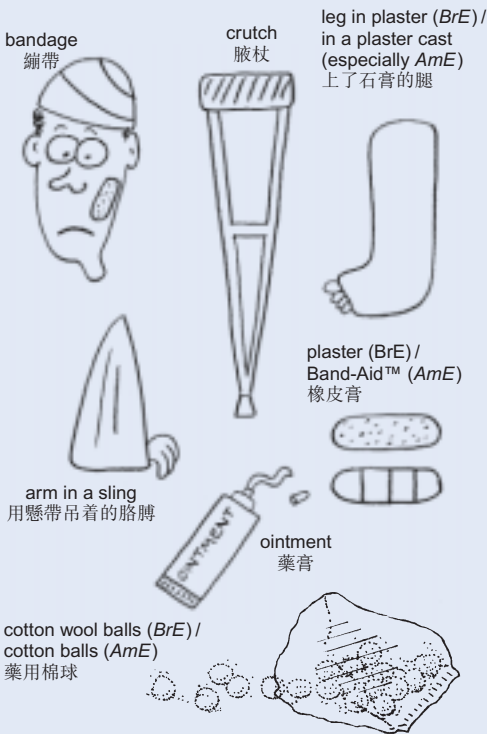
■ *She suffers from a heart condition.*

她患有心臟病。

He's got a temperature. (BrE) /

He has a fever. (AmE)

他發燒。



Diseases and illnesses 疾病和身體不適

Illness is a general word for a period of not being in good health.

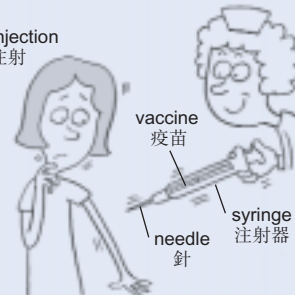
illness 為廣義用詞，表示身體不適：

■ *He died unexpectedly after a short illness.*

想不到他身體欠佳沒多久就去世了。



have an injection 接受注射



Having a disease 患病

People usually talk about **having** a disease or an illness.

患病常說 have a disease / an illness :

- *I'm warning you — I have a bad cold.*
我提醒你——我患了重感冒。
- *Have the kids had chickenpox yet?*
孩子們出過水痘嗎？



sneeze 打噴嚏

When you start to have a disease or an illness you **catch it, get it or come down with it**.
患某種疾病用動詞 catch、get 或 come down with :

- *I must have caught this cold from you.*
我這感冒肯定是被你傳染的。
- *He gets really bad hay fever every summer.*
他每年夏天都患嚴重的枯草熱。
- *I've been sneezing and coughing all day — I must be coming down with something.*
我整天都在打噴嚏和咳嗽——肯定是病了。

In more formal contexts and with more serious diseases you can talk about people **suffering from and contracting** diseases.

在較正式的語境中，患上較嚴重的疾病可用 suffer from 和 contract :

- *This medicine is often recommended by doctors for their patients who suffer from arthritis.*
醫生常建議患關節炎的病人服這種藥。
- *people who contract Aids*
感染上艾滋病的人

Being ill 身體不適

There are different ways of talking about being or becoming ill in British and American English.

在英國英語和美國英語中身體不適有各種不同的說法 :



cough 咳嗽

- *I've never **been** so ill in my life.*
我一生中從未生過這麼重的病 (be ill)。
- *What's wrong?*
哪裏不對勁啦？
*Are you **feeling unwell**?*
你感覺不舒服嗎 (feel unwell) ?
(both BrE 二種用法均為英國英語)
- *He's not in the office today — he's **sick**.* (AmE 美國英語)
他今天沒到辦公室上班——他病了 (be sick)。
- *She **was taken ill** (= became ill suddenly) with severe pains in the stomach.* (BrE 英國英語)
她突然病了 (be taken ill), 胃痛得厲害。
- *I just can't afford to **get sick**.* (AmE 美國英語)
我可是病不起的 (get sick)。

To **feel sick** means different things in British and American English. In American English it means that you feel ill.

feel sick 在英國英語和美國英語中含義不同，在美國英語中意為感到身體不適：

- *He began feeling sick Friday afternoon and was diagnosed as having suffered a minor heart attack.*
他星期五下午開始感到不適，被診斷為輕微的心臟病發作。

In British English it means that you feel that you want to vomit (= bring food up from your stomach).

在英國英語中此短語表示想嘔吐：

- *The smell of stale cigarettes always makes me feel sick.*
香煙的霉味總使我感到惡心。

To express this idea in American English, you can use **sick to your stomach**.

在美國英語中可用 sick to your stomach 表示此義：

- *The smell of stale cigarettes always makes me sick to my stomach.*
香煙的霉味總使我感到惡心。