

词汇: *personal hygiene* 个人卫生

**Bath** or **shower**? How do you prefer to keep yourself clean? Whatever your daily **ablutions**, we know it's important to have good **personal hygiene**. Nobody wants to smell, and nobody wants to catch your **odour**! A shower can bring you certain other benefits, but how often should we **wash** ourselves under a watery spray?

Although you might think taking a daily shower should be part of your cleaning **ritual**, there's no hard and fast rule, although **dermatologists** agree that as a society, we shower too often. In fact, too much washing can **deplete** the **vital oils** in our skin. It can waste water as well. However, if you have a **fitness regime** that causes you to **sweat**, a more regular sprinkle of water is recommended to stop you **ponging**!

How often you shower is, of course, a personal choice. There's nothing better than a hot, **soapy** scrub under the shower, and this doesn't just have to be to clean yourself. Some people enjoy a shower to help them relax, warm up or to soothe any **aches and pains**. It's also a good opportunity to wash your hair at the same time. Again, though, experts say we shouldn't shower too often because, like your skin, your hair contains essential oils that you don't want to lose through excessive **scrubbing**.

If the idea of a hot, **steaming** shower appeals, how about a **freezing cold** one instead? This might be a necessity if your boiler has broken, but some people choose this option because it has many **health benefits**, some experts claim. There is increasing evidence that **braving** an icy shower in the morning could **keep illness at bay** and may even help your brain stay sharp. A BBC podcast called Just One Thing with Michael Mosley, found the shock of being **doused** with cold water could have a positive impact on your body and brain.

The thought of a cold shower might not make you jump out of bed in the morning, but whatever the temperature, a splash of water will wake you up and make you feel and smell great!

## 词汇表

<b>bath</b>	泡澡
<b>shower</b>	淋浴
<b>ablutions</b>	(幽默说法) 沐浴
<b>personal hygiene</b>	个人卫生
<b>odour</b>	(难闻的) 气味
<b>wash</b>	洗(澡)
<b>ritual</b>	必做之事, 惯例
<b>dermatologist</b>	皮肤科医生
<b>deplete</b>	消耗
<b>vital oil</b>	必不可少的油分
<b>fitness regime</b>	健身计划
<b>sweat</b>	出汗
<b>pong</b>	散发难闻的气味
<b>soapy</b>	涂满肥皂的
<b>aches and pains</b>	身体疼痛
<b>scrub</b>	擦洗
<b>steaming</b>	热气腾腾的
<b>freezing cold</b>	寒冷彻骨的
<b>health benefit</b>	健康效益, 有益健康
<b>brave</b>	勇敢地做
<b>keep something at bay</b>	预防, 防止(不快的事情发生)
<b>douse</b>	泼, 溅

## 测验与练习

### 1. 阅读课文并回答问题。

1. What might help to keep your brain sharp?
2. When might it be a good idea to shower more regularly?
3. Other than getting clean, what other reasons are there for having a shower?
4. True or false? *Experts say you should take a shower every day.*
5. Why shouldn't we wash our hair too often?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Buying a coffee on the way to work is part of my morning \_\_\_\_\_.

ablution	ritual	odour	deplete
----------	--------	-------	---------

2. After much \_\_\_\_\_, I managed to get the paint off my trousers.

ponging	dousing	scrubbing	braving
---------	---------	-----------	---------

3. I'm hoping a cup of honey and lemon will help keep my cold \_\_\_\_\_.

in bay	at bay	at bays	on bay
--------	--------	---------	--------

4. The firefighter \_\_\_\_\_ the flames with water.

depleted	washed	steamed	doused
----------	--------	---------	--------

5. Even though the sea was \_\_\_\_\_, we had a refreshing swim.

freezing cold	freeze cold	cold freeze	frozen cold
---------------	-------------	-------------	-------------

## 答案

### 1. 阅读课文并回答问题。

1. What might help to keep your brain sharp?

**Having a cold shower is thought to help keep your brain sharp.**

2. When might it be a good idea to shower more regularly?

**If you have a fitness regime and sweat a lot.**

3. Other than getting clean, what other reasons are there for having a shower?

**Some people enjoy a shower to help them relax, warm up or to soothe any aches and pains.**

4. True or false? *Experts say you should take a shower every day.*

**False. Not necessarily – there are no hard and fast rules.**

5. Why shouldn't we wash our hair too often?

**Your hair contains essential oils which you could wash out through excessive washing.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Buying a coffee on the way to work is part of my morning **ritual**.

2. After much **scrubbing**, I managed to get the paint off my trousers.

3. I'm hoping a cup of honey and lemon will help keep my cold **at bay**.

4. The firefighter **doused** the flames with water.

5. Even though the sea was **freezing cold**, we had a refreshing swim.