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: SANITARY WAYS IN SUMMER 夏天的卫生方法 Not only is summer a hot season but also diseases are apt to happen. To us it is neither comfortable nor safe. If we do not wish to get sick, we must pay attention to the following sanitary ways in summer. Both fresh air and clean food are indispensable to us. We must try our best to get (obtain) them. We should take at least one bath every day. Don 't wear dirty clothes. In conclusion, if we can carry out the above mentioned rules, we will neither get (take/fall) sick nor suffer pain. 夏天不仅是个炎热的季节,而且疾病也容易发生。它对我们 既不舒适也不安全。我们希望不生病,就得注意下面那些夏 天卫生的方法。 新鲜空气和干净的食物两者对我们是不可缺 少的。我们必须尽全力去获得它们。 我们每天至少应当洗一 不要穿脏衣服。 总而言之,如果我们能实行上面所说 的那些规则,我们既不会生病也不会吃苦。第三十八天 : WORK WHILE YOU WORK, PLAY WHILE YOU PLAY 工作 时工作,游玩时游玩 Both work and play are necessary to us. the former gives us knowledge while the latter (gives) rest. An English proverb is well said: "Work while you work play while you play." It makes our life pleasant, efficient and successful. Work is one thing and play is another. It is of course not good to work all day long. However, it is also not good to play all day long. While you work, you should work in earnest. Then while you play, you will feel more

relaxed and pleasant. That goes without saying. 工作和游玩两者对 我们都是必须的,前者给我们知识,后者给我们休息。英谚 说得好"工作时工作,游玩时游玩"。它使我们的生活愉快 ,有效率以及成功。 工作是一回事,游玩又是另一回事。整 日工作自然不好。然而,整天游玩也是不好。当你工作时, 你应认真工作。那末当你游玩时,你会觉得比较轻松愉快。 那是不需说的。第三十九天:MY FAVORITE PASTIME 我心 爱的消遣 It goes without saying that work without rest will do harm to health. In other words, we had better take sufficient recreation to relax after work. There is no doubt that there are a number of amusements, such as playing ball games, collecting stamps, fishing, gardening, skating and so on. As for (to) me, I take great delight in gardening. Whenever I am at leisure, I am accustomed to growing flowers. I regard them as my most agreeable companion. 不需说, 工作而不休息会对健康有害的。换句话说,我们最好工作后 ,从事分的消遣来轻松一下。 无疑的,消遣的种类很多,诸 如打球,集邮,钓鱼,园艺,溜冰等等。就我而言,我大大 喜欢园艺。每当我有闲暇的时候,我习惯于种花。我把它们 看作是我最称心如意的伴侣。 100Test 下载频道开通,各类考 试题目直接下载。详细请访问 www.100test.com