

<<生命脉搏>>

图书基本信息

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### 内容概要

VOA的英语教学节目，以其流行的美国语言、纯正的美式发音和丰富的教学内容，对中国广大的英语学习者尤其是青年学生，产生着重大的影响，成为人们学习美式英语、练习听力和口语的有效途径，并已列为目前大学英语4、6级考试的重要内容之一。

奉献给读者的这套丛书，选取最新播出的节目内容，配上VOA资深播音员朗读的MP3原声光盘，将成为广大中学生、大专院校学生、大学英语4、6级应试和疏于运用英语的成年读者迅速提高英语听力、口语和阅读的阶梯。

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## 章节摘录

Tonight, up-up and away. Im Beth Ruyak and this is Pulse. Flying isa great way to travel. But there s a lot more to know than how to buckleyour seat belts and where the exits are, to make your trip safe and healthy. Even you frequent fliers may learn something new. No matter who you are, or what you do, chances are sometime soonyou 11 be making a trip to the airport. Now there s no question about it, flying is a great way to get around, and the old adage is true, youre safer in a plane than you are in the car that got you to the airport. But don t put your seat back just yet, because there are health concerns you should be aware of when you fly. It doesnt matter if youre making a once a year trip to see grandma, or if you are the most frequent of flyers...flying affects your body in a number of ways. And unless you have wings and feathers, you better be ready for some changes, or else your body may end up paying the price. Dr. Craig Senders, of the UC Davis Medical Center, spends a lot of time traveling to keep up with the latest medical information. This "flying physicians" advice comes not only from his medical background, but from his experiences as a true frequent flyer. Lesson one, avoid stress at all costs.

Craig Senders: "To the degree that we can avoid stress, that s good for our health. If you are a seasoned traveler its not a big deal, but if you travel once a year, or once every 5 years, you want to do everything you can to make that a non stressful event." P64

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