



30-1 exercise does not cure illness

Some people find that exercising when they have a mild cold makes them feel better. **Illnesses vary in severity and people react differently to them, so listen to your body.** If you have a minor problem, such as a cough or a tight muscle, and otherwise feel fine, it is probably acceptable to work out. Avoid exercise to the point of exhaustion. Avoid exercise if you have the flu, have a fever, have a body ache, feel extremely tired, have a breathing problem, or have swollen glands. Exercise does not cure illness. The old saying that "you can sweat out a cold" with exercise is untrue. When you recover from illness, do not start exercising at the same level as before. Give yourself a few days to build back to normal levels.

✓ Translation

일부사람들은 가벼운 감기에 걸렸을 때 운동을 하는 것이 그들이 더 건강해졌다고 느끼게 만든다고 알고 있다. 질병은 심한정도가 다양하고 사람들은 질병에 서로 다르게 반응하므로, 자신의 몸에 귀를 기울이라. 기침이나 뭉친 근육과 같은 심각하지 않은 문제만 있고 다른 모든 점에서는 몸 상태가 괜찮다고 느껴지면, 운동을 하는 것은 아마도 용인될 수 있을 것이다 기진맥진할 정도까지 운동하는 것은 피하라. 독감에 걸렸거나 열이 나거나 몸이 쑤시거나 극도로 피로를 느끼거나 호흡에 문제가 있거나 혹은 내분비선이 부었다면 운동하는 것을 피하라. 운동이 질병을 치료하지는 않는다. 운동을 하며 '땀을 내서 감기를 낫게 할 수 있다' 는 옛 격언은 사실이 아니다. 질병으로 부터 회복될 때는 이전과 똑같은 수준으로 운동을 시작하지 말라 자신에게 며칠 시간을 할애하여 정상수준으로 다시 몸을 만들도록 하라.

✓ Note





✓Voca

- mild 가벼운, 온화한
- severity 심함, 엄격
- minor 사소한, 부전공의, 미성년자의
- otherwise 다른 모든 점에서는, 그렇지 않으면
- work out 운동하다, 잘 풀리다
- exhaustion 기진맥진, 고갈
- swollen 부어오른
- sweat out a cold 땀 내어 감기를 낮게 하다
- alternative 대안적인, 대체의
- move 조치; 나아가다

✓Reminding

Some people find that exercising when they have a mild cold makes them feel better. Illnesses _____ in severity and people react differently to them, so listen to your body. If you have a minor problem, such as a cough or a tight muscle, and _____ feel fine, it is probably acceptable to work out. Avoid exercise to the point of exhaustion. Avoid exercise if you have the flu, have a fever, have a body ache, feel extremely tired, have a breathing problem, or have swollen glands. Exercise does not cure illness. The old saying that "you can sweat out a cold" with exercise is _____. When you recover from illness, do not start exercising at the same level as before. Give yourself a few days to build back to normal levels.





30-2 potentially poisonous substances

More than 2 million poisonings and over 9,000 poison-related deaths occur every year in the United States. Poisons come in many forms, some of which are not typically considered poisons. For example, medications are safe when used as prescribed, but overdosing and incorrectly combining medications with another substance may result in poisoning. Other poisonous substances in the home include cleaning agents, petroleum-based products, insecticides and herbicides, cosmetics, nail polish and remover, and many house plants. **All potentially poisonous substances should be used only as directed and stored carefully, out of the reach of children.**

✓ Translation

이백만 건이 넘는 중독과 구천 건이 넘는 독극물 관련 사망이 해마다 미국에서 발생한다. 독극물은 여러 가지 형태가 있는데, 그 중 일부는 일반적으로 독으로 간주되지 않는다. 예를 들어 약물은 처방받은 대로 사용될 때는 안전하지만 과다 복용과 약물을 다른 물질과 잘못 혼합하는 것은 중독을 야기할 수 있다. 가정 내의 다른 독성 물질들은 세제, 석유를 원료로 한 제품, 살충제와 제초제, 화장품, 매니큐어와 제거제, 그리고 많은 실내 식물을 포함한다. 잠재적으로 독성이 있는 모든 물질은 지시된 대로만 사용되어야 하고 어린아이의 손이 닿지 않는 곳에 조심스럽게 보관되어야 한다.

✓ Note





✓Voca

- poisoning 중독
- medication 약물, 투약
- prescribe 처방하다
- overdose 과다 복용하다
- substance 물질
- result in ~을 초래하다
- cleaning agent 세제
- petroleum 석유
- cosmetics 화장품
- nail polish 매니큐어
- out of the reach of ~의 손이 닿지 않는 곳에

✓해변

More than 2 million poisonings and over 9,000 poison-related deaths occur every year in the United States. Poisons come in many forms, some of which are not typically considered poisons.

(A) Other poisonous substances in the home include cleaning agents, petroleum-based products, insecticides and herbicides, cosmetics, nail polish and remover, and many house plants.

(B) For example, medications are safe when used as prescribed, but overdosing and incorrectly combining medications with another substance may result in poisoning.

(C) All potentially poisonous substances should be used only as directed and stored carefully, out of the reach of children.

✓Reminding

More than 2 million poisonings and over 9,000 poison-related deaths occur every year in the United States. Poisons come in many forms, some of which are not typically considered poisons. For example, medications are safe when used as _____, but overdosing and incorrectly combining medications with another substance may result in poisoning. Other poisonous substances in the home include cleaning agents, petroleum-based products, insecticides and herbicides, cosmetics, nail polish and remover, and many house plants. All potentially poisonous substances should be used only as _____ and stored carefully, out of the reach of children.





30-3 new economic status change eating habits

When people move from one country to another or from one area to another, their economic status may change. They will be introduced to new foods and new food customs. **Although their original food customs may have been nutritionally adequate, their new environment may cause them to change their eating habits.** For example, if milk was a staple food in their diet before moving and is unusually expensive in the new environment, milk may be replaced by a cheaper, nutritionally inferior beverage such as soda, coffee, or tea. Candy, possibly a luxury in their former environment, may be inexpensive and popular in their new environment. As a result, a family might increase consumption of soda or candy and reduce purchases of more nutritious foods. Someone who is not familiar with the nutritive values of foods can easily make such mistakes in food selection.

✓ Translation

사람들이 한나라에서 다른 나라로 혹은 한 지역 에서 다른 지역으로 이주할 때 그들의 경제적 지위가 바뀔 수도 있다. 그들은 새로운 음식과 새로운 식생활 관습에 접하게 될 것이다. 그들의 원래 식생활 관습이 영양 면에서 적절했다고 하더라도 그들은 새로운 환경으로 인해 자신들의 식습관을 바꾸게 될 수도 있다. 예를 들어, 그들이 이주하기 전에 우유가 식단의 주식이었는데 새로운 환경에서 대단히 비싸다면 우유는 탄산음료, 커피, 혹은 차와 같이 더 싸고 영양 면에서 뒤지는 음료로 대체될 수 있다. 그들의 이전환경에서 어쩌면 사치품이었을 수도 있는 캔디가 새로운 환경에서는 비싸지 않고 대중적인 것일 수도 있다. 결과적으로, 한 가족의 탄산음료나 캔디의 소비가 늘고 영양가가 더 많은 식품의 구입이 줄어들 수도 있다. 식품의 영양가를 잘 알지 못하는 사람은 식품을 선택할 때 쉽사리 그런 실수를 할 수 있다.

✓ Note





✓Voca

- status 지위
- nutritionally 영양 면에서
- adequate 적절한
- replace 대체하다
- inferior 질 낮은, 열등한
- beverage (물 이외의) 음료
- luxury 사치품
- consumption 소비
- purchase 구입
- nutritious 영양가가 높은
- selection 선택
- relocation 이주, 이전, 재배치
- immigration 이주, 이민
- budget 예산
- misconception 오해

✓해변

When people move from one country to another or from one area to another, their economic status may change. They will be introduced to new foods and new food customs. Although their original food customs may have been nutritionally adequate, their new environment may cause them to change their eating habits. ____ (A) ____, if milk was a staple food in their diet before moving and is unusually expensive in the new environment, milk may be replaced by a cheaper, nutritionally inferior beverage such as soda, coffee, or tea. Candy, possibly a luxury in their former environment, may be inexpensive and popular in their new environment. ____ (B) ____, a family might increase consumption of soda or candy and reduce purchases of more nutritious foods. Someone who is not familiar with the nutritive values of foods can easily make such mistakes in food selection.

✓Reminding

When people move from one country to another or from one area to another, their _____ status may change. They will be introduced to new foods and new food customs. Although their original food customs may have been nutritionally _____, their new environment may cause them to change their eating habits. For example, if milk was a _____ food in their diet before moving and is unusually _____ in the new environment, milk may be replaced by a cheaper, nutritionally _____ beverage such as soda, coffee, or tea. Candy, possibly a luxury in their former environment, may be _____ and popular in their new environment. As a result, a family might _____ consumption of soda or candy and _____ purchases of more nutritious foods. Someone who is not familiar with the nutritive values of foods can easily make such mistakes in food selection.





30-4 contribution of medicine was minor

The distribution of health and ill health has been analyzed from a historical and social science perspective. It has been argued that medicine is not as effective as is often **claimed**. The medical writer, Thomas McKeown, showed that most of the fatal diseases of the 19th century had disappeared before the arrival of antibiotics or immunization programmes. He concluded that social advances in general living conditions, such as improved sanitation and better nutrition made available by rising real wages, have been responsible for most of the reduction in mortality achieved during the last century. **Although his claim has been disputed, there is little disagreement that the contribution of medicine to reduced mortality has been minor, when compared with the impact of improved environmental conditions.**

✓ Translation

건강과 불 건강의 분포는 역사 및 사회과학적 관점에서 분석되어 왔다. 의학이 흔히 주장되는 것만큼 효과가 있지는 않다고 주장되어 왔다. 의학 저술가 Thomas McKeown은 19세기의 심각한 질병 대부분이 항생제나 예방 접종 프로그램이 나오기 전에 사라졌다는 것을 보여 주었다 그는 실질 임금의 상승으로 인해 가능해진, 개선된 위생 시설과 더 나은 영양과 같은 일반 생활 여건에 있어서의 사회 발전이 지난 세기에 성취된 사망률 감소의 대부분에 대한 원인이었다고 결론지었다. 그의 주장은 논란이 있어왔지만, 개선된 환경 여건의 영향(사망률 감소에 끼친 영향)과 비교해 볼 때 감소한 사망률에 대한 의학의 공헌이 미미했다는 것에는 거의 이견이 없다.

✓ Note





✓Voca

- distribution 분포, 분배
- claim 주장하다
- fatal 치명적인
- antibiotics 항생제
- immunization 예방 접종, 면역
- wage 임금
- reduction 감소, 삭감
- mortality 사망률, 사망
- dispute 논박하다, 이의를 제기하다
- contribution 공헌

✓해변

The distribution of health and ill health has been analyzed from a historical and social science perspective. ① It has been argued that medicine is not as effective as is often claimed. ② The medical writer, Thomas McKeown, showed that most of the fatal diseases of the 19th century had disappeared before the arrival of antibiotics or immunization programmes. ③ He concluded that social advances in general living conditions, such as improved sanitation and better nutrition made available by rising real wages, have been responsible for most of the reduction in mortality achieved during the last century. ④ Another writer argued that had not been for significant medical advance, this planet might have half as much population. ⑤ Although his claim has been disputed, there is little disagreement that the contribution of medicine to reduced mortality has been minor, when compared with the impact of improved environmental conditions.

✓Reminding

The distribution of health and ill health has been analyzed from a historical and social science perspective. It has been argued that medicine is not as effective as is often claimed. The medical writer, Thomas McKeown, showed that most of the fatal diseases of the 19th century had disappeared _____ the arrival of antibiotics or immunization programmes. He concluded that _____ advances in general living conditions, such as improved sanitation and better nutrition made available by rising real wages, have been responsible for most of the reduction in mortality achieved during the last century. Although his claim has been disputed, there is little _____ that the contribution of medicine to reduced mortality has been _____, when compared with the impact of improved environmental conditions.

