

Vocabulary: health 词汇: 健康

How do you relax after a stressful day in the office? There are many **remedies** to help you **unwind**, but the best solution, according to some experts, lies in the great outdoors. It takes a little effort to get there but the benefits can be a perfect **tonic** for our stressed out lives. I am talking about the activity of forest bathing.

The Japanese concept of *shinrin-yoku* – or forest bathing - originates from the 1980s, when it was introduced as a national health programme by the country's government. Stressed Japanese workers are today still relaxing and **reconnecting** with nature. The Forest Therapy Society has certified 62 forest **therapy** sites in the country and the forest bathing movement is also **gathering momentum** in other parts of the world. It says: "Just as bathing in a hot spring helps to soak your cares away, going for a walk in the woods is said to have a **soothing effect**."

If you're worried that bathing involves stripping off your clothes, don't be! This is about taking time to wander through woodland with no fixed plan or route and just immerse yourself in the forest atmosphere. Some health experts have said that having this **exposure** to nature seems to promote **well-being** and that's particularly good for people with **mental health** issues. A study conducted in 24 forests across Japan found that walking among trees lowered **blood pressure**, the **pulse rate**, and the levels of the **hormone** cortisol, which is released in response to stress. It also found **phytoncides** - **chemicals** emitted by trees - have an anti-microbial effect on humans, boosting our **immune systems**.

Another study carried out a few years ago by Stanford University in the US, found similar benefits. Brain scans showed reduced activity in an area of the brain linked to the risk of mental illness in participants who took a 90-minute walk among oaks, birds and squirrels. One of the researchers, Gregory Bratman, told the BBC: "There's an increasing **body of evidence** showing that natural versus urban areas benefit us at least emotionally with our **mood** and possibly also our **cognitive development** too." The evidence seems clear that forest bathing is **a shot in the arm** for stressed out workers, so now is the time to get out and lose yourself in the natural environment – you could even hug a tree as it could be your new best friend!

词汇表

remedy	疗法
unwind	放松
tonic	使人精神振作的，让人为之一阵的事物
reconnect	使……感觉原来不再感觉得到的东西
therapy	治疗，疗法
gather momentum	势头有增长
soothing effect	缓解效果
exposure	接触
well-being	幸福，安康
mental health	精神健康
blood pressure	血压
pulse rate	脉搏率
hormone	荷尔蒙
phytoncides	芬多精，植物杀菌素
chemical	化学成分
immune system	免疫系统
body of evidence	大量证据
mood	心情
cognitive development	认知发展
a shot in the arm	让人振奋、鼓舞的力量

测验与练习

1. 阅读课文并回答问题。

1. Where did the idea of forest bathing first come from?
2. True or false? *You need to wear a bathing costume to take part in forest bathing.*
3. Where should you go in a forest to benefit from forest bathing?
4. What does Japan's Forest Therapy Society compare the effects of forest bathing with?
5. What word used in the article means 'be completely involved (with something)'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. After a stressful day in the office, I do like to have a nice hot bath to help me _____.

mood	tonic	therapy	unwind
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2. Eating fruit to help my _____ has really helped – I haven't picked up a cold or flu this year.

immunity system	immune system	immune systems	immunes system
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3. My daughter has become very moody since she became a teenager – I blame her _____.

hormones	pulse rate	blood pressure	well-being
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4. Getting a pay rise has been a real _____ - I feel much more positive about my work now and feel appreciated.

arm shot	shot in the foot	shot in the arm	shoot in the arm
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5. Have you got any suggestions for herbal _____ to help cure my headache please?

tonics	therapies	exposures	remedies
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答案

1. 阅读课文并回答问题。

1. Where did the idea of forest bathing first come from?

The concept of shinrin-yoku – or forest bathing – originated in Japan.

2. True or false? *You need to wear a bathing costume to take part in forest bathing.*

False. You don't need to wear a bathing costume, you just wander through the forest with your clothes on!

3. Where should you go in a forest to benefit from forest bathing?

You can anywhere – you wander through woodland with no fixed plan or route and just immerse yourself in the forest atmosphere.

4. What does Japan's Forest Therapy Society compare the effects of forest bathing with?

It compares it with "bathing in a hot spring helps to soak your cares away."

5. What word used in the article means 'be completely involved (with something)'?

Immerse. This is about taking time to wander through woodland with no fixed plan or route and just immerse yourself in the forest atmosphere.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. After a stressful day in the office, I do like to have a nice hot bath to help me **unwind**.

2. Eating fruit to help my **immune system** has really helped – I haven't picked up a cold or flu this year.

3. My daughter has become very moody since she became a teenager – I blame her **hormones**.

4. Getting a pay rise has been a real **shot in the arm** - I feel much more positive about my work now and feel appreciated.

5. Have you got any suggestions for herbal **remedies** to help cure my headache please?