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Vocabulary: Drink 词汇: 喝酒

In Britain, it's **bottoms up** from the week before Christmas till the last firework explodes in the sky announcing the new year. The last Friday before Christmas - popularly known as 'Mad Friday' - is one of the busiest periods for the country's **pubs** and clubs.

But it's not just the bars that get busy.

Ambulances and **A&E departments** around Britain get packed out too. Head injuries, cuts, falls... it's easy to end up hurting yourself or others when **inhibitions** and **composure** disappear and your head is spinning due to **alcohol**. **Revellers** have been warned by the health authorities about the dangers of excessive drinking but **indulgence** seems to be part of the festivities for some.



Would you give up alcohol for a month?

The charity Alcohol Concern is running a campaign of **abstinence** by encouraging people to have a dry January.

Jackie Ballard, the charity's Chief Executive, believes the initiative has been successful in recent years. She says: "More than two-thirds of people even six months later are drinking at reduced levels having had a month off **booze**. But also a study has shown the impact it has on people's health reducing their **blood pressure** and blood sugar levels."

The study by the University of Sussex followed up nearly 900 participants in Alcohol Concern's Dry January campaign and found out that 72% of them had kept harmful drinking sessions down and 4% were still not drinking. Fears that a booze-free month would cause people to **binge** drink the next month didn't materialise.

Moderation seems to be the key to everything. The official recommendation for women is not to regularly drink more than more than 2 to 3 units of alcohol a day. That's no more than a 175ml glass of 13% **ABV** wine. The limit for men is 3 to 4 units of alcohol - no more than a **pint** of 5.2% ABV lager, beer or cider.

词汇表

bottoms up	干杯，一口气喝完
pub	酒吧
A&E department	急救中心
inhibitions	抑制、压抑
composure	头脑镇定或沉着的状态
alcohol	酒精
reveller	狂欢者
indulgence	沉溺、放纵
abstinence	节制
booze	(俗语) 酒
blood pressure	血压
binge	狂饮
moderation	适度，自我节制
ABV (alcohol by volume)	含酒精量
pint	(测量单位) 品脱

测验与练习

1. 阅读课文并回答问题。

1. What is 'Mad Friday'?
2. What do doctors and nurses in the UK end up having to deal with over Christmas?
3. How can people's health improve if they give up drinking, according to Alcohol Concern?
4. True or false? *Most people who took part in the campaign gave alcohol for 30 days and then drank a lot in February to compensate.*
5. Who says men shouldn't regularly drink the equivalent of no more than a pint of 5.2% ABV lager, beer or cider a day?

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

1. I'm not going to the pub tonight. Monday is my day _____.

of abstinence	to binge on drink	for booze	of indulgence
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2. I know you like booze, but you should drink _____ if you don't want to harm your health.

with inhibition	alcohol	in moderation	bottoms up
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3. I like this drink made from apple. What's it called? Ah, it's _____.

beer	lager	wine	cider
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4. Janice, stop dragging strangers to dance with you. Where is your _____?

moderation	composure	abstinence	inhibition
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5. I'm not giving you an order. You do it if you want to. This is just _____.

a recommendation	an initiative	a warning	a saying
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答案

1. 阅读课文并回答问题。

1. What is "Mad Friday"?

It's what the last Friday before Christmas is called in the UK because that's when people go out and drink a lot.

2. What do doctors and nurses in the UK end up having to deal with over Christmas?

If they work in the A&E departments they are busy treating people with head injuries, cuts and other injuries resulting of falls caused by excessive drinking.

3. How can people's health improve if they give up drinking, according to Alcohol Concern?

If people drink less alcohol their blood pressure and blood sugar are likely to be reduced, improving their health.

4. True or false? *Most people who took part in the campaign gave alcohol for 30 days and then drank a lot in February to compensate.*

False. Seventy two percent of the participants of a study by the University of Sussex had kept harmful drinking sessions down and 4% were still not drinking.

5. Who says men shouldn't regularly drink the equivalent of no more than a pint of 5.2% ABV lager, beer or cider a day?

This recommendation is given by the British health authorities.

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

1. I'm not going to the pub tonight. Monday is my day **of abstinence**.

2. I know you like booze, but you should drink **in moderation** if you don't want to harm your health.

3. I like this drink made from apple. What's it called? Ah, it's **cider**.

4. Janice, stop dragging strangers to dance with you. Where is your **composure**?

5. I'm not giving you an order. You do it if you want to. This is just a **recommendation**.