



博愛中文學校 2017 年學術比賽

翻譯 B 組 試題

【英翻中】 The Chinese New Year

In our country, the lunar new year is the most important holiday. It is a time for rest and refreshment. Business is suspended for a time. Young fellows lay aside their school work and give themselves up to merriment and joy. Each family has its members gathered together. Public places are crowded with all classes of people. It is indeed a delightful time for the Chinese.

When you take a walk in the street, you would be much struck at the sight of rich and beautiful decorations. Every family has its new scrolls on the doors. Lanterns are hung in some shops. Every one, you would see, is dressed in his or her best. They call on their friends and relatives. When friends meet on the way, you would hear them say to each other, "A Happy New Year".

The Chinese New Year lasts about several days. It gives sufficient recreation to our country men. After that they resume their normal works.



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【中翻英】 健康

健康是最好的財富。它比金錢貴重得多。一個百萬富翁，如果身體不好，不健康，就不能幸福。事實上世界上到處充滿著喜聞樂見的事物和奇觀，它們都向著富人敞開，但是有的富人們却無法享受。除非健康也是他們的財產之一。

有許多規則，如果我們遵循這些規則將非常有助於保持健康。

1. 清潔: 身體要保持非常清潔。冬天應該從頭到腳每星期至少洗一次，夏天每天洗一次。
2. 新鮮空氣: 空氣中的主要元素之一是氧氣。這是重要的血液更新物。它是最好的藥品。我們應該保證做到自己的房間始終空氣新鮮。
3. 食品: 應該有規律地進食，並且應當多注意營養。
4. 鍛煉: 所有肌肉都必須運動。慢跑、游泳、散步對我們來說都是保持健康的好方法。
5. 睡眠: 這是大自然最好的禮物之一。睡眠的時間非常寶貴。在休息之前，大腦應保持盡可能的平靜安寧。除非大腦通過睡眠得到恢復。否則我們就無法得到健康。