

## The Big Night 夜深了 – 9 月 22 日

Welcome once again to English World.

欢迎你收听《英语世界》。We are your radio friends Wen-Jie and Mark.

And we are so happy you have tuned into our programs today.

很高兴今天你收听我们的节目。

Wen-Jie, I couldn't sleep well last night.

马可说，他昨晚睡不好，是不是担忧什麼？Are you worrying about something?

No. I was tired last night.

他说，并不是。他昨晚很累。

I lay down on bed, closed my eyes.

他在床上躺下，把眼睛闭上。

And I fell asleep.

就睡著了。

But I had a lot of dreams.

但是他作了很多梦。Do you remember any thing about your dreams? 还记得梦什麼吗？

Not really.

他说，记不得了。

Wen-Jie, Do you remember your dreams last night?

I don't think I had any dream. 我好像没有作梦。

Oh, everyone dreams.

每个人都作梦，他说。

But we just don't remember.

但我们就是记不得罢了。

You know, mysterious things happen every night.

每天晚上都有 mysterious 很神奇的事发生。

Right in our sleep.

就在我们睡觉的时候。

Today our lesson is called: The Big Night

今天这一课，就叫做：“夜深了”。

How much sleep do animals need? 动物需要多少睡眠呢？  
Some animals hardly ever sleep. 有些动物几乎都不用睡。  
A horse only sleeps 3 hours per day. 马每天只需要睡 3 个小时。  
But some animals sleep almost all day. 但是有些动物几乎睡整天。  
A tiger needs 16 hours of sleep everyday. 老虎每天要睡 16 个小时。  
Do you wish you could be a tiger or a horse? 如果能的话，你希望自己是只老虎还是只马呢？

Everybody sleeps.

每个人都睡觉。

But while you are sleeping,

当你睡觉时，

Your brain doesn't turn off.

你的脑子并不关机的，

It is busy doing all kinds of things.

它正忙著作各样的工作呢！

Your muscles and cells are repairing themselves.

你的肌肉 muscles 和细胞 cells 在作修补的功夫。

Your immune system strengthens itself,

你的免疫系统 immune system 在加强。

to help you fight off disease and germs.

帮助你与疾病、病菌对抗。

Your brain also organizes the things you learned during the day.

你的脑子也在整理白天所学的东西。

You can say, Nighttime is the time for your brain to clean house.

可以说，晚上正是你的脑子在作大清扫的工作呢。

### **Do You Know? 你知道吗？**

Do you know, You grow more when you're asleep than when you're awake.

你可知道，你睡觉时，会比你醒著时长得快一些。

Warm milk helps you fall asleep.

喝温牛奶会帮助你入睡。

People who get out in the sunshine during the day sleep better at night.

白天接触阳光的人，晚上会睡得好。

Kids between the ages of 7-11 need about ten to eleven hours of sleep every night.

7 到 11 岁的孩子每晚大概需要睡个 10 到 11 个小时。

Coming up next, is today's Everyday Dialogue.

接下来，是今天的每日会话。

It's 10 o'clock at night.

已经是晚间十点半了。

And a couple is getting ready to go to bed.

一对夫妇要上床就寝了。

The wife is ready to go to sleep.

作太太的预备好要睡觉了。

But the husband is still awake.

但是作丈夫的，却还醒著。

Let's listen to their conversation.

我们来听他们的对话。

\*Dialogue (A: Wife ; B: Husband)

A: Honey, you told me you're going to bed early.

B: Yeah. I have a meeting tomorrow morning.

A: But look at what you are doing! Watching TV and eating ice cream.

B: Well, I'm hungry. We ate dinner three hours ago.

A: Too much sugar can keep you awake, you know.

B: I know. I'll stay up just a little longer.

A: Turn off the TV now. Your brain needs time to relax before bedtime.

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现在为你解释会话内容。

Honey, you told me you're going to bed early.

爱人，你说你要早早上床睡觉。

Yeah. I have a meeting tomorrow morning.

是阿，我明天一大早有个开会。

But look at what you are doing! Watching TV and eating ice cream.

但看看你在做什么！看电视，又吃霜淇淋。

Well, I'm hungry. We ate dinner three hours ago.

我饿了嘛。我们吃晚饭是三个小时前的事了。

Too much sugar can keep you awake, you know.

太多糖份会让你睡不著的，你知道吧。

I know. I'll stay up just a little longer.

我知道。我再呆一会儿才去睡。

Turn off the TV now. Your brain needs time to relax before bedtime.

现在就把电视关掉。你的脑子在睡觉前需要先放轻松。

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Well, those are good hints for us to get good sleep.

以上几点是睡个好觉的一些不错的提醒。

Wen-Jie, when I sleep I like to have the room completely dark.

马可喜欢睡觉时房间是暗的。

How about for you?

For me, I like to have peace and quiet. 睡觉时，我喜欢安静的环境。

How about the temperature? I like it cool in the room.

Me, too. 我们都喜欢屋内凉爽舒适好睡觉。

We all have our own unique ways of going to sleep.

我们都有各自不同的睡觉习惯。

Let's review the dialogue once again.

我们再次来听一回每日会话。

A: Honey, you told me you're going to bed early.

B: Yeah. I have a meeting tomorrow morning.

A: But look at what you are doing! Watching TV and eating ice cream.

B: Well, I'm hungry. We ate dinner three hours ago.

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Sleep is a mystery.

睡眠真是个奥秘。

Even if you have the ideal conditions,

即使你有很理想的环境。

And you do everything right,  
也每样事情都作得对。  
It's not a guarantee that you will get a good night of sleep.  
也不保证你就能够有好的睡眠。  
You might be away from home,  
你可能远离家。  
You might have worries and concerns.  
可能有烦恼忧心的事。  
Or, you might have an illness.  
又或者，有病在身。  
In any case, it's can be hard to fall asleep.  
这些，都会让你很难入睡。  
Listen to what David says in the Bible.  
来听圣经里的大卫是怎麼说的。

**Verse of the Week 每周金句**

In peace I will lie down and sleep.  
我必安然躺下睡觉  
For you alone, Lord,  
因为独有你耶和华  
make me dwell in safety.  
使我安然居住  
Psalm 4:8 诗篇

David believed God is in control of everything.  
大卫相信神掌管一切事。  
Even though he was in danger and had troubles,  
虽然他人在危险中，有许多烦恼。  
He knew God is his rock and salvation.  
他知道神是他的磐石和拯救。  
God is his shield and fortress.  
是他的盾牌和避难所。  
Therefore, he could sleep in peace.  
也因此，他能够安然睡觉。  
As Christians, we know we can lie down and sleep.  
身为基督信徒，我们也能够躺下睡觉。

Because we are God's children.

深知我们是神的儿女。

He loves us and will take care of us.

神爱我们，也照顾我们。

And don't forget this faithful promise of God.

不要忘了神所赐的这个宝贵应许。

He will never leave or forsake us.

祂永不丢弃我们。

That means God's Spirit,

这也就是说，神的剩灵。

Is always with us.

是永远与我们同在。

What a comfort when we go to sleep.

当我们睡觉时，这带给我们多麼大的安慰呢！

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Well, our time is up again.

我们节目时间又差不多了。

Our lesson today was called: The Big Night

今天这课叫做：“夜深了”。

Don't forget to go to our website to review the lessons you hear on English World.

请记得上我们的网站去复习过去教过的课程。

We welcome your comments and suggestions.

我们欢迎你的回应和建议。

So, write to us. We want to hear from you.

请写信来，我们希望成为你的朋友。

This is your radio friend Mark.

And I am your friend Guo Wen-Jie.

Until next time, Zai-Jian,

So long.

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Mark, can you tell, I have panda eyes today.

Panda eyes. You didn't get enough sleep, did you?

I stayed up very late.

Well, we all need our beauty sleep.