

Precious Water 宝贵的水 — 5 月 18 日

We're glad to be with you again. Welcome to English World. I am your radio friend Mark.

And I am your radio friend Guo Wen-Jie.

Wen-jie, don't you love spring time?

Oh yes. Flowers are blooming everywhere. 有话说，春暖花开

Remember the long winter we had? We had so much snow.

Way too much snow.

But it finally all melted away into the ground.

Right. 过去这年的冬天下了好多雪，但也滋润了大地

Also, we had some rainy days this Spring as well.

是啊，今年春天也下了好多雨 The ground is certainly well saturated from all the snow and rain.

That's why we see green grass, beautiful plants and flowers now.

也难怪，草地绿油油，花草长得茂盛 Mark, I know you love gardening.

I do. My garden has many plants and bushes in it.

You must be taking care of them very well.

I try, By watering them often.

马可爱家庭园艺，常常替植物树木浇水

Guess what we're going to be talking about today?

"Water" ? (yes.)今天谈的主题，正是「水」

God made and gave us water.

神创造了水，把水赐给我们

All the living things on this planet depend on water.

地球上所有的活物都依赖水

We all need water to survive.

我们需要水来生存 That's for sure.

Drinking Water 喝水

Water helps move nutrients around in our body.

水帮助我们体内的营养素移动到各处

Water helps to flush out bad stuff we don't need.

水可以把我们体内不要的物质冲洗掉

Water is good for our digestion.

水能帮助我们胃肠消化食物

We need water to hydrate ourselves so we can function well.

我们需要补充水份，身体才能运作得宜

Wen-jie, do you know how much of our body is made up of water?

I think it's a large percentage, but I don't remember exactly. .听友，你知道水占我们身体多少百分比吗？

The average adult's body is about 60% water.

一般成人身体内百分之六十是水

That explains why we need to drink a lot of water so we don't get dehydrated.

所以我们要多喝水，不然会缺水. How much water should we drink a day?
They say, eight glasses is good. And so far today, I've had 3 glasses.

每天要喝个八大杯水。马可今天才喝了 3 杯

You know, besides drinking, we need water for many other purposes.

除了喝水，我们每天也需要用水

We use water for cooking

Water for cleaning 煮饭 清洁要用水

We use water to grow the food,

用水来帮助农作物生长

And to generate the power,

用水来发电

Water is used everywhere.

到处都要用到水

Coming up next is our feature: Everyday Dialogue.

紧接著，是我们每日会话的单元

A couple is trying to figure out ways to use less water.

一对夫妇在想要怎样节省水

Let's listen in on to their conversation.

我们一起来听他们的对话

Dialogue

H: Honey, our water bill went up again this month.

W: That's weird. I've been careful using water.

H: Come to think of it, we do have a leaky outside faucet.

W: And I have been taking more baths instead of showers recently.

H: I know. I can try to turn off the water while shaving and brushing my teeth.

W: And I can reuse some kitchen water for watering the plants.

H: What else can we do?

W: I think you should get that leaky outside faucet fixed.

H: You're right! I'm on it!

现在让文洁我先来为你解释会话内容

Honey, our water bill went up again this month.

老婆，我们这个月水费又升高了

That's weird. I've been careful using water.

那真奇怪。我可是用水很谨慎的

Come to think of it, we do have a leaky outside faucet.

这样想来，我们户外有个水龙头在漏水

And I have been taking more baths instead of showers recently.

而我近来好多回洗澡不是冲凉而是盆浴

I know. I can try to turn off the water while shaving and brushing my teeth.

我懂了。我可以刮胡子，刷牙时把水龙头关掉

And I can reuse some kitchen water for watering the plants.

我也可以把厨房洗东西的水用来浇花

What else can we do?

我们还能作什么
I think you should get that leaky outside faucet fixed.
我想你该处理外头那个漏水的水龙头，把它修好
You're right! I'm on it!
你说的对。我会这么做。

This couple has thought of many ways to conserve water.
这对夫妇想到不少方法来节省用水
For me, I can think of washing my dog Sam outside.
And that would water the lawn at the same time. Good idea. 马可想到在
户外给狗洗澡，顺便灌溉草地
How about you?
I am doing composting instead of using garbage disposal. 我现在少用垃
圾处理机，而是把食物残渣用来作肥料
That will save water too. All right. Let's listen to Everyday Dialogue once again.
好，我们再次来复习每日会话

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W: That's weird. I've been careful using water.
H: Come to think of it, we do have a leaky outside faucet.
W: And I have been taking more baths instead of showers recently.
H: I know. I can try to turn off the water while shaving and brushing my teeth.
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H: What else can we do?
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Drinking enough water gives us more energy.
喝足够的水会使我们精力充足
But drinking unclean water can result in sickness and death.
但喝了不乾淨的水会导致生病甚至死亡
Each day about ten thousand children die from water related diseases.
每天差不多有一万个孩子因为水感染引起的疾病而丧命
We can help to provide clean drinking water for people around the world.
我们能够捐钱，提供清洁的饮用水给世界有需要的地方
Check out any Clean Well Project online.
你可以上网查看有关提供乾淨井水的服务计划

There's a relationship between water and maintaining life.
水和维持生命有著直接的关系
Not only physically, but also spiritually.
这不单是指身体上，也指我们的灵性层面
A person can have everything he wants, and still not be satisfied. He's thirsty for more.
一个人可以拥有一切东西，但仍然觉得不满足。他总是会渴求更多的

Because money and material goods can't satisfy our real needs.

因为金钱和物质不能满足人真正的需求

Listen to what the Bible says.

来听圣经是怎么说的

Verse For Life 生命经文

Jesus says: whoever drinks the water I give him will never thirst.

耶稣说：人若喝我所赐的水就永远不渴。

Indeed, the water I give him will become in him a spring of water welling up to eternal life."

我所赐的水、要在他里头成为泉源、直涌到永生。

John 4:14 约翰福音

Jesus says: whoever drinks the water I give him will never thirst.

Indeed, the water I give him will become in him a spring of water welling up to eternal life."

Jesus offers us living water.

耶稣要给我们真正的活水

This is the water that will satisfy, and quench our thirst.

只有这个活水能满足我们，止我们的乾渴

And it's like a well that never runs dry.

就像是个涌流不绝的泉水

Because Jesus is the spring of this water.

因为耶稣正是这股泉源

Whoever believes in him, will receive His Holy Spirit.

凡相信耶稣的人，也领受了祂所赐的圣灵

And within us, the living water will flow out.

在我们内里，将涌出活水江河来

Well listener friend, our time is up once again.

今天节目时间又差不多了

Today's topic was: Precious Water.

带给你的主题是：宝贵的水

We hope you drink plenty of water so you can be healthy.

希望你每天喝足够的水，保持健康

And that you are careful in not wasting water.

而且，你也小心不浪费水

But most importantly, we want you to have the living water which Jesus offers.

但最重要的，希望你拥有耶稣所赐的活水

Write to us if you have any questions, we'd be happy to write back to you.

我们欢迎你来信提问，也会回信给你的，电游地址是：wenj@btgh.org

We hope your time with us not only was a great learning experience, but also a fun time.

Don't forget to tune into our English World next time.

This is your radio friend Mark, along with Wen-Jie.
Until we meet again,
So Long and (together) Zai-Jian.

Oh boy, I am thirsty now. I have to get a glass of water.
That will be your 4th glass.
Only 4th? Oh I forgot, I had soup for lunch today.
Then, You have three to go.
I'm sure I'll drink a lot more after I exercise later.
Keep it up, Mark!