



## Brazilians told to get more sex for healthy living 巴西部長呼籲 性交有益健康

One of the best ways Brazilians can **stave off** chronic illness is to regularly **engage** in physical exercise, especially sex, Health Minister Jose Gomes Temporao said Monday.

"People need to be active. A weekend football game must not be the only physical activity for a Brazilian. Adults need to do exercise: walk, dance and have safe sex," he said.

The minister gave the advice as he launched a campaign to prevent high blood pressure, which afflicts a quarter of Brazil's 190-million strong population.

After making his comments, Temporao reinforced the sex message with journalists, according to the G1 news Web site.

"It's not a joke. It's serious. Having regular physical exercises also means sex, always with protection of course," he said.

"Dancing, having sex, keeping weight under control, changing dietary habits, doing physical exercise" all help keep blood pressure down, he said.

He added that he believed there was a health **"time bomb"** ticking in Brazil, which within 20 years could see a "gigantic percentage" of the population suffering chronic illnesses, high blood pressure, diabetes and high **cholesterol**. (AFP)

巴西衛生部長何西·戈美茲·田波饒星期一表示，讓巴西人趕走慢性病最好的方法之一，就是定時運動，特別是做愛。

他說：「大家必須運動。對於巴西人而言，週末踢足球不該是唯一的運動。成年人需要多運動：走路、跳舞與安全性交。」

這位部長於防止高血壓活動上發表上述談話。巴西一億九千萬人口中，有四分之一的人罹患高血壓。

根據G1新聞網站報導，田波饒部長演說結束後，特別跟記者強調做愛的重要。

他說：「這不是開玩笑。它是個嚴肅的議題。經常運動包括性愛，當然得是安全的性愛。」

他說：「跳舞、性交、控制體重、改變飲食習慣、運動等，都有助於降血壓。」

部長又說，他相信巴西在健康方面有個「定時炸彈」，受高血壓、糖尿病與高膽固醇等慢性病所苦的人口百分比，未來二十年內會「急速增加」。(法新社/翻譯：吳岱璽)

A man walks on Copacabana beach in Rio de Janeiro, on Feb. 19, 2010. PHOTO: REUTERS

二月十九日，一位男子在巴西首都里約熱內盧的科帕卡巴納海灘上行走。照片：路透社

### TODAY'S WORDS 今日單字

#### 1. **stave off** /'steɪv 'ɔf/ phr.

擺脫 (bai3 tuo1)

**例**: The central bank slashed interest rates in an attempt to stave off recession. (為了擺脫經濟衰退，中央銀行大砍利率。)

#### 2. **engage** /ɪn'geɪdʒ/ v.

從事 (cong2 shi4)

**例**: The suspect was accused of engaging in illegal gambling activities. (該名嫌犯被控從事非法賭博。)

#### 3. **cholesterol** /kə'lestə,rɔl/ n.

膽固醇 (dan3 gu4 chun2)

**例**: The medical report revealed that Dan's cholesterol level is dangerously high. (健康檢查報告顯示，丹的膽固醇偏高。)

### LANGUAGE POINT 重要片語

#### **time bomb** 定時炸彈

A **time bomb** is something that threatens to have disastrous consequences at some time in the future. According to the health minister, the current health problems are a **time bomb** waiting to go off.

所謂「time bomb」指的是未來可能造成不堪後果的事情。上文中，衛生部長提到，當前的健康問題都是即將爆炸的定時炸彈。