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### Hazardous Drinking 危险性饮酒

Jo: Hello and welcome to BBC Learning English. I'm Jo.

Feifei: 大家好，欢迎收听BBC英语教学节目。我是冯菲菲。

Jo: Today, we're looking at drinking in the UK and we thought we'd start by asking British people about their drinking habits.

Feifei: We interviewed some people and they told us how much alcohol they drink per week.

### Insert

*During the week about a glass of wine in the evening, and at weekends maybe half bottle of wine on Friday and Saturday night.*

*Probably in the way of fifty pints most weeks, for the social activity really, I usually drink it among friends, so it's just something you do when you are with friends. In an average evening out with my friends I probably have at least four or five pints.*

*Probably about twice a week a bottle of wine sharing between some friends, and during the week probably just a glass of wine at home.*

Feifei: Did you hear that Jo? One of them drinks fifty pints most weeks, fifty pints! That's a lot!

Jo: Absolutely! Your body won't be able to digest so much alcohol.

Feifei: So how much should we drink? BBC 记者 Rob Sissons 告诉我们答案。

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*For women, six pints of 4.1% alcohol lager or six small pub glasses of 13% wine; for men, it's twenty-one units a week, nine pints of this larger, and remember medical advice is not to have more than three or four units a day.*

Jo: Six pints of 4.1% alcohol lager for women and nine pints for men.

Feifei: What's lager Jo?

Jo: Lager is a type of beer which is pale in colour and usually contains a lot of bubbles.

**Feifei:** Lager 是一种颜色较淡有很多泡沫的啤酒。医生给我们的建议是每天饮酒不要超过三个或四个单位, unit 是一个计量单位词。那如果超过这个饮酒量了呢?

**Jo:** Here is Professor Mark Bellis, the director of the Centre for Public Health at Liverpool John Moores University.

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*For a man, if you're drinking more than – if you think of it as more than two bottles of wine in a week; and for a woman over about a bottle and half in a week, then you are really starting to head into the bottom end of hazardous drinking.*

**Jo:** If you drink more than the limit.

**Feifei:** More than the limit 超过限量的。

**Jo:** Then you're starting to head into the bottom end of hazardous drinking.

**Feifei:** Hazardous drinking 危险性饮酒。英国一项最新的调查表明男性每周饮酒量超过两瓶葡萄酒, 女性超过一瓶半葡萄酒就进入了危险性饮酒这个程度。

**Jo:** You're listening to BBC Learning English. Today we're talking about Hazardous Drinking. So, hazardous drinking can cause lots of health problems.

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*Circulatory disease problems, liver disease problems, they can also be related to certain types of cancers as well. It affects many systems in the body, and as the alcohol level increases you get an escalating level of risks of all these different sorts of problems.*

**Jo:** So if you reach a hazardous level of drinking, it could damage your physical health. Let's look at the following words: circulatory disease.

**Feifei:** 循环系统疾病。

**Jo:** Liver disease.

**Feifei:** 肝病。

**Jo:** Cancer.

**Feifei:** 癌症 cancer. All those drinking related diseases sound so scary, don't they?

**Jo:** They certainly do. A hazardous level of drinking can really affect your body.

**Feifei:** 危害性饮酒不仅仅会给我们带来以上的几种疾病, 它还会影响人体很多系统的正常运作。 Hazardous drinking isn't the worst level of drinking is it Jo?

Jo: No, it can be even worse than that. It can reach a harmful level.

Feifei: Harmful 有害的。 But surely there can't be that many people who reach the hazardous level, let alone the harmful level?

Jo: Well Feifei, you'd be surprised to find out the numbers.

### **Insert**

*We are talking about up to around eight million people passing that level nationally, and two million passing the next level which is the harmful level.*

Feifei: Eight million people!

Jo: That's right! And two million people in the UK have passed the harmful level.

Feifei: 英国有八百万人喝酒已经超过了危险性饮酒程度，另有两百万人在这基础上又上了一层达到了最高的有害性饮酒程度。

Jo: So bear in mind Feifei, you can only drink one and half bottles of wine per week, don't go over that limit!

Feifei: I will remember that Jo, and for the boys who are listening to our programme, two bottles of wine in a week is the suggested amount. 非常感谢大家收听今天的BBC英语教学节目，别忘了登陆我们的网站，了解更多的英语知识。

Jo: [www.bbcchina.com.cn](http://www.bbcchina.com.cn). See you next time.

Feifei: Bye.