

Lesson 398

Vocabulary Summary: Simplified:

营养
yíngyǎng
Nutrition / Nourishment

脾气
píqì
Temperament

年纪
niánjì
Age

唠叨
láo dao
To be talkative

安慰
ānwèi
To comfort / console

失去
shīqù
To lose

Vocabulary Summary: Traditional:

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Lesson 398 Notes :

1. Note how we have to explicitly refer to a “body” as being unhealthy, as seen in **Búguò xiànzài yǒu bù shǎo rén shēntǐ bù hǎo** and **Suǒyǐ xiànzài de rén xiǎngyào yǒu jiànkàng de shēntǐ , jiù yīnggāi jìnliàng jiǎnshǎo zìjǐ de yāilì .**

Búguò xiànzài yǒu bù shǎo rén shēntǐ bù hǎo

不过现在有不少人身体不好 / 不過現在有不少人身體不好

But nowadays many people are in bad health

Suǒyǐ xiànzài de rén xiǎngyào yǒu jiànkàng de shēntǐ , jiù yīnggāi jìnliàng jiǎnshǎo zìjǐ de yāilì

所以现在的人想要有健康的身体，就应该尽量减少自己的压力 /
所以現在的人想要有健康的身體，就應該儘量減少自己的壓力

So people today who want to become healthy , should try to reduce as much of their own stress as they can

2. **Fàngxīn** is sometimes hard to get grasp of in English, since it doesn't have a direct translation. So questions like this are expressed differently in English:

Fàngxīn

放心 / 放心

To not worry

a. Nǐ yīge rén zài wàimiàn niànshū , bù gēn fùmǔ yīqǐ zhù , tāmen huì fàngxīn nǐ ma ?

你一个人在外面念书，不跟父母一起住，他们会放心你吗？ /
你一個人在外面念書，不跟父母一起住，他們會放心你嗎？

If you are studying outside by yourself , and don't live with your family , won't they be worried about you ?

b. Wǒ gāng kāishǐ yīge rén dào wàimiàn niànshū de shíhòu , wǒde fùmǔ fēicháng bú fāngxīn wǒ .

我刚开始一个人到外面念书的时候，我的父母非常不放心我。
我剛開始一個人到外面念書的時候，我的父母非常不放心我。

When I first began studying outside on my own , my parents were extremely worried about me .

c. Tāmen duì wǒ jiù fāngxīn duō le , yě gèng xiāngxìn wǒ .

他们对我就放心多了，也更相信我。 / 他們對我就放心多了，也更相信我。

So they stopped worrying about me then , and believed in me more .

3. Notice the sentence pattern **bú shì , jiù shì** used here: **bú shì yào nǐ duō zhùyì zìjǐ de shēntǐ , jiù shì yào nǐ hǎo hǎo niànshū .**

bú shì	不是 / 不是	if it isn't
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jiù shì	就是 / 就是	then it is
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bú shì yào nǐ duō zhùyì zìjǐ de shēntǐ , jiù shì yào nǐ hǎo hǎo niànshū

不是要你多注意自己的身体，就是要你好好念书 /
不是要你多注意自己的身體，就是要你好好念書

if it isn't about you taking better care of your body , it is about you studying well