

## 總是常用防曬油

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去年夏天我跟我的朋友們和妹妹一起去海灘。那天的天氣多雲。我們塗防曬油的時候，我的好朋友說：“我不想用防曬油。我要曬太陽。曬黑一點兒。”我們告訴她雖然有雲她還是會曬傷，可是她拒絕用防曬油。我們游泳以後，躺在海灘小睡。小睡的時候，太陽出來了，很大。當我的朋友睡醒以後，她說她覺得不太舒服。所以我們馬上回家。

第二天早上，朋友打電話給我。她說“我應該聽你的話。我現在曬傷了，很嚴重！”我對她說：“你應該好好地休息，也應該馬上用冷水洗澡。我希望你很快就會覺得比較舒服！”掛了電話以後，我決定去看她。

後來，我做了雞肉和湯麵拿去給朋友。她的皮膚很紅，臉色不好，她也好像很不舒服。雖然我知道她很難過，可是我真忍不住對她說：“我早告訴過你！”她說她知道這個教訓了，她從現在開始就會聽我的話因為我很聰明。我說：“你說得對！你應該聽我的話！”她現在仍然是我最好的朋友！

### Vocabulary

海灘 hǎitān: beach

多雲 duōyún: cloudy

塗防曬油 tú fángshài yóu: apply sunscreen

曬太陽 shài tàiyáng: sunbathe

曬黑 shàihēi: to tan

曬傷 shàishāng: sunburn

拒絕 jùjué: refuse

小睡 xiǎoshuì: nap

睡醒 shuìxǐng: wake up  
嚴重 yánzhòng: serious  
冷水 lěngshuǐ: cold water  
洗澡 xǐzǎo: to take a shower  
希望 xīwàng: hope  
掛了電話 guàle diànhuà: hang up the phone  
皮膚 pífu: skin  
臉色 liǎnsè: complexion  
難過 nánguò: feel sorry for  
教訓 jiàoxun: lesson  
開始 kāishǐ: to begin  
聰明 cōngming: smart  
仍然 réngrán: still

#### Always Use Sunscreen

Last summer, I went to the beach with my friends and my little sister. That day, it was cloudy. When we were putting sunscreen on, my good friend said, "I don't want to use sunscreen. I want to lie in the sun to get a little darker tan." We told her that even though there are clouds, she can still get sunburned, but she refused to use sunscreen. After we went swimming, we lay down in the sun and took a little nap. During our nap, the sun came out and it was very bright. When my friend woke up she said she didn't feel too well, so we went right home.

The next day my friend called me. She said, "I should have listened to you. I'm sunburned very badly!" I replied to her, "You should rest a little and you should take a cold shower right away. I hope you feel better soon!" After I hung up, I decided to go see her.

Later, I made chicken and noodles and took it to my friend. Her skin was really red, she didn't look good, and she seemed like she wasn't feeling well. Although I felt sorry for her, I couldn't help but say, "I told you!" She said she learned her lesson; from now on she will listen to what I say because I'm smart. I said, "You're right! You should listen to me!" She is still my best friend!