

Chapter 01

.....

An Introduction to Your Skin

第一章 | 皮膚結構簡介

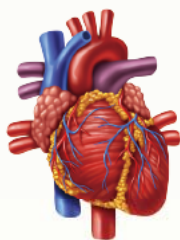
Skin: The Body's Largest Organ

01

02

Vocabulary

- 1 **complex** ['kəmpleks]
(adj.) 複雜的
- 2 **fascinating** ['fæsɪn,etɪŋ]
(adj.) 迷人的；極美的
- 3 **organ** ['ɔrgən]
(n.) 器官



- 4 **constantly** ['kɒnstəntli]
(adv.) 不斷地；持續地
- 5 **transform** [træns'fɔrm]
(v.) 改變；轉換
- 6 **replace** [rɪ'pleɪs]
(v.) 取代
- 7 **surface** ['sɜːfɪs]
(n.) 表面
- 8 **shed** [ʃed]
(v.) 脫落
- 9 **generation** [ˌdʒenə'reʃən]
(n.) 產生；衍生
- 10 **estimate** ['estə,met]
(v.) 估計
- 11 **essentially** [ɪ'senʃəlɪ]
(adv.) 基本上；大致上
- 12 **epidermis** [ˌepə'dɜːmɪs]
(n.) 表皮

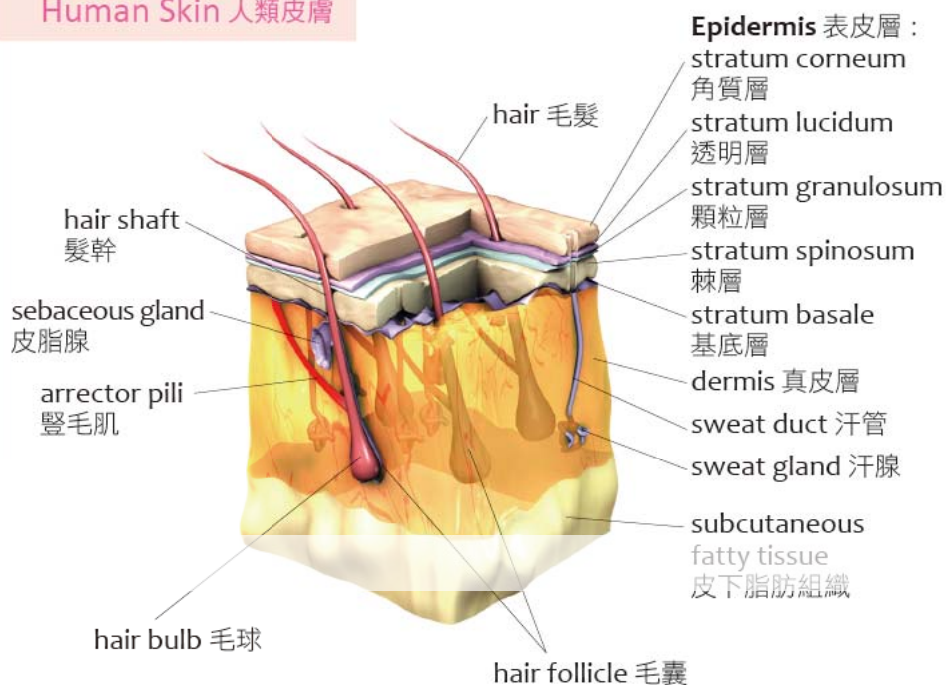
- 13 **subcutaneous** [sʌb,kju'tenəs]
(adj.) 皮下的

The skin is a lot more **complex**¹ and **fascinating**² than most people realize. It's the body's largest **organ**³, making up roughly 16 percent of a person's total weight, and it is **constantly**⁴ **transforming**⁵. New cells **replace**⁶ dead ones at a phenomenal rate. In fact, the **surface**⁷ of your skin is covered by a thin layer of dead skin. You often see this dead skin **flaking off**⁸ your body. An enormous amount of **shedding**⁸ of this dead skin and **generation**⁹ of new cells **takes place**¹⁰. It's been **estimated**¹⁰ that the skin **essentially**¹¹ renews itself every 28 days.

The Layers of the Skin

There are three main layers of the skin. The first is the **epidermis**¹², or surface of the skin. The second layer is the dermis, which is under the epidermis. Finally, the third layer is known as the **subcutaneous**¹³ layer.

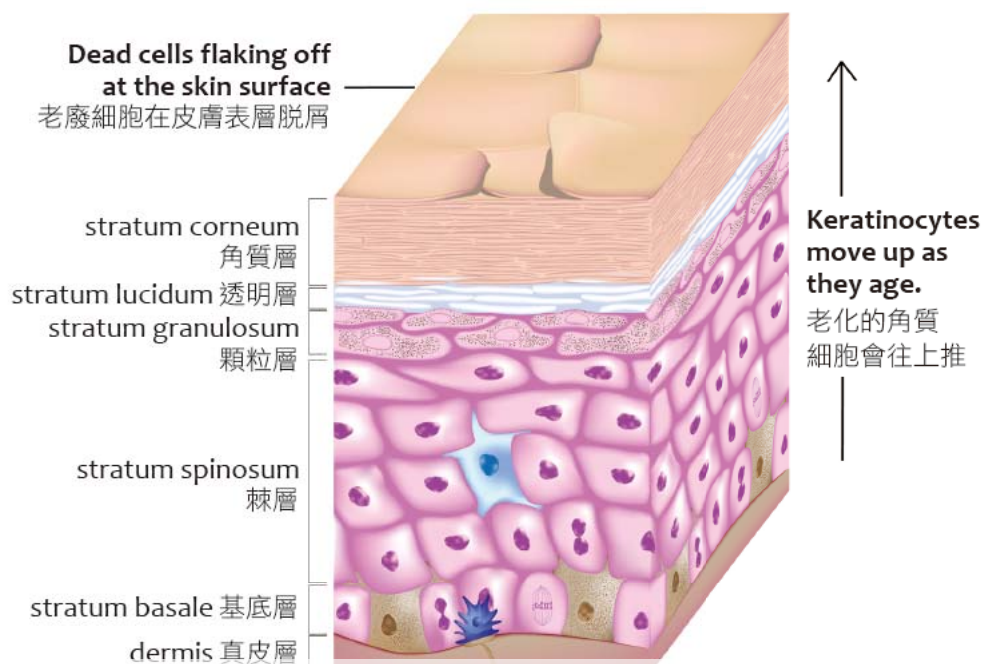
Human Skin 人類皮膚



The Epidermis

This **topmost**¹⁴ layer of your skin is made up of¹⁵ several smaller layers. As **mentioned**¹⁵ earlier, the skin is covered in¹⁶ dead cells. These dead cells make up the **outermost**¹⁶ region of the epidermis called the stratum corneum. Under this layer is the stratum lucidum, which is Latin for “clear layer.” The stratum lucidum is also made up of dead cells. It gets its name from the fact it is translucent under a **microscope**¹⁷. Other components of the epidermis include the stratum granulosum. This **element**¹⁸ **contains**¹⁹ granules that help with hydration. The epidermis also contains the stratum spinosum and the stratum basale, the bottom layer of the epidermis. It is in the stratum basale where skin cells divide. In other words, the cells reproduce and push up²⁰ the newly formed cells into the layers above.

Anatomy of the Epidermis 表皮剖面圖



© COSMOS CULTURE LTD

14 **topmost** ['tɒp,mɒst]
(adj.) 最上面的

15 **mention** ['menʃən]
(v.) 提及

16 **outermost** ['aʊtə,mɒst]
(adj.) 最外邊的

17 **microscope** ['maɪkrə,skɒp]
(n.) 顯微鏡



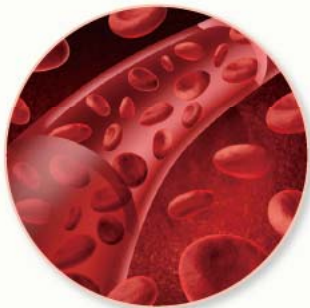
18 **element** ['eləmənt]
(n.) 元素；要素

19 **contain** [kən'ten]
(v.) 包含

20 **underlying**
[ˌʌndəˈlaɪɪŋ]
(adj.) 置於下的

21 **multitude**
[ˈmʌltɪˌtjuːd]
(n.) 許多

22 **blood vessel**
(n. phr.) 血管



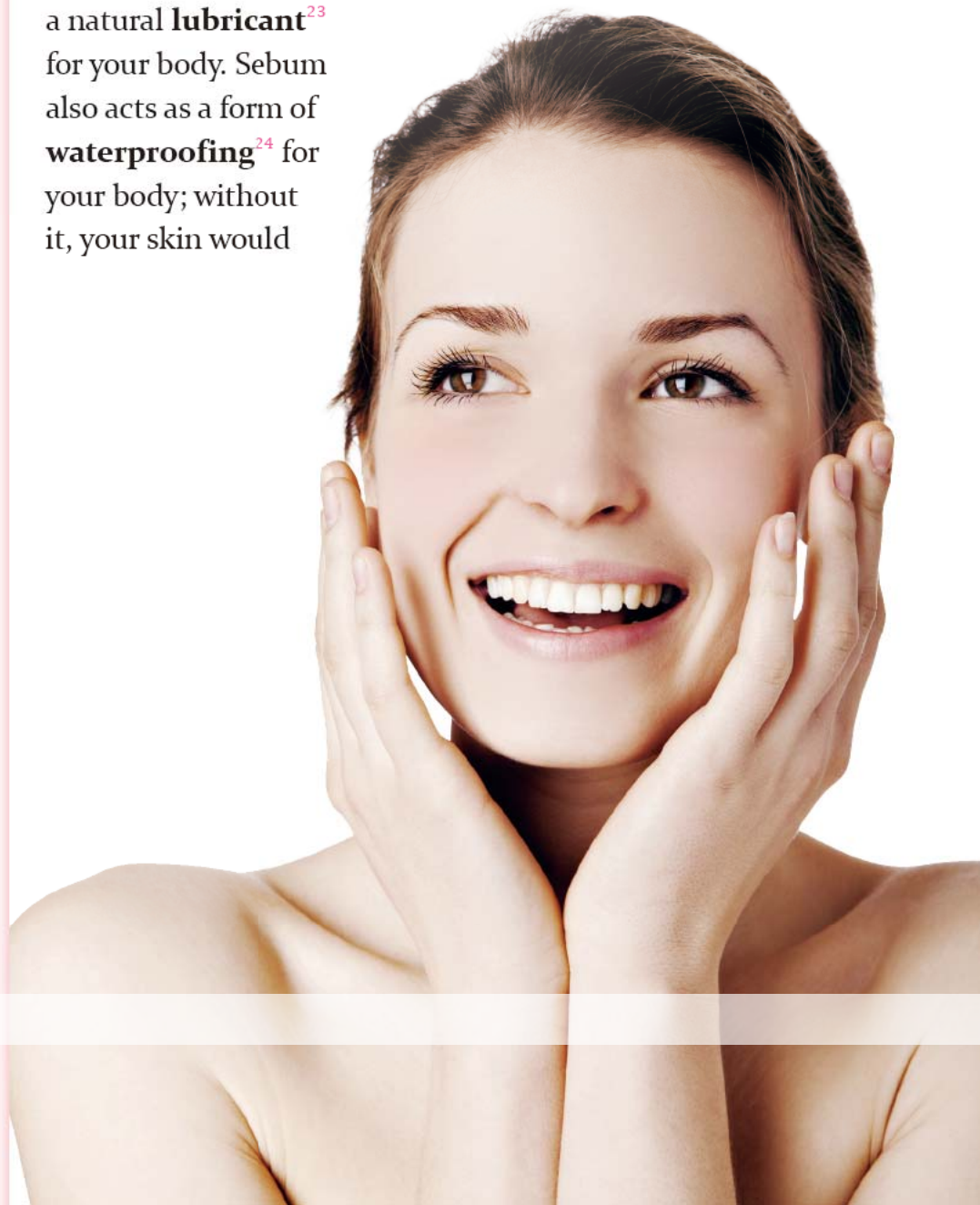
23 **lubricant** [ˈlubrɪkənt]
(n.) 潤滑油；潤滑劑



24 **waterproofing**
[ˈwɔːtəˌpruːfɪŋ]
(n.) 防水

The Dermis

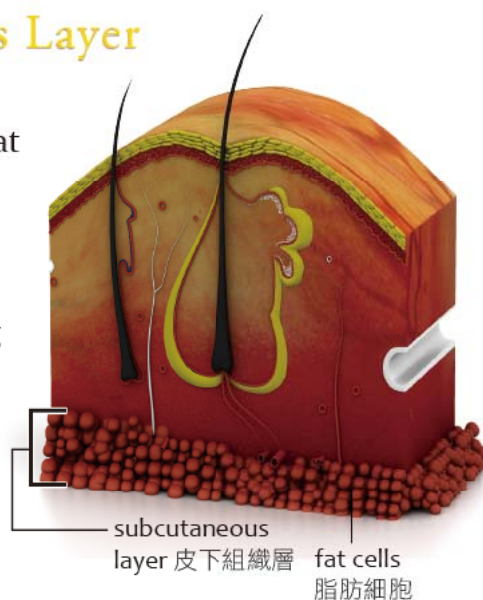
In contrast to⁶ the epidermis, the **underlying**²⁰ dermis is wholly made up of living cells. The thickest of the three main layers of the skin, it contains a **multitude**²¹ of sensory nerve endings and **blood vessels**²². Nutrients are also carried by these blood vessels, and the vessels take away⁷ waste as well. In addition⁸, the dermis contains oil glands, called sebaceous glands. These glands regularly produce a substance known as sebum, a natural **lubricant**²³ for your body. Sebum also acts as a form of **waterproofing**²⁴ for your body; without it, your skin would



absorb²⁵ too much water. Other elements of the dermis (and epidermis) are sweat glands. Humans sweat all the time. The perspiration is **excreted**²⁶ through tiny holes in the skin called pores. Sweat glands help the body maintain a comfortable temperature.

The Subcutaneous Layer

Made up **primarily**²⁷ of fat cells, this bottom layer of the skin helps the body keep warm. It acts somewhat like a **shock absorber**²⁸, protecting us when we **bump**²⁹ our arms or fall down. It's also to this layer that the roots of hair follicles reach (the head has over 100,000 hair follicles).



Clearly, the skin plays **crucial**³⁰ roles in helping to protect us from³¹ outside invaders and regulating our temperature. In addition, it is **self-lubricating**³¹ and renews and **nourishes**³² itself constantly. **Marvelous**³³, isn't it?

↓ human skin 人類皮膚

↓ skin tissue 皮膚組織



25 **absorb** [əb'sɔrb]
(v.) 吸收

26 **excrete** [ɛk'skɹɪt]
(v.) 排泄；分泌

27 **primarily** [praɪ'merɪli]
(adv.) 首先地；首要地

28 **shock absorber**
(n. phr.) 避震器；緩衝器

29 **bump** [bʌmp]
(v.) 碰；衝撞



30 **crucial** ['kruʃəl]
(adj.) 決定性的；重要的

31 **self-lubricating**
[self'lubɹɪkeɪŋ]
(adj.) 自動潤滑的

32 **nourish** ['nʊʃɪ]
(v.) 滋養；供應養分



33 **marvelous**
[ˈmɑrvələs]
(adj.) 不可思議的；妙極的

Phrases & Sample Sentences 03

1	flake off 脫屑；脫皮	After getting a sunburn, Janet's dead skin started to flake off . 曬傷之後，珍娜開始脫皮。
2	take place 開始；進行	The operation took place at the city's largest hospital. 手術在市區規模最大的醫院進行。
3	be made up of 構成	The body is made up of trillions of cells. 人體是由好幾兆個細胞所構成。
4	be covered in 覆蓋；佈滿	His arms are covered in tattoos. 他的手臂佈滿刺青。
5	push up 上推	The wind pushed up the balloon into the sky. 風力將氣球上推至空中。
6	in contrast to 與……相較之下	In contrast to Taiwan, Canada is a huge country. 與台灣相較之下，加拿大是一個廣大的國家。
7	take away 帶走	The men took away the old furniture from the house. 那些人從這棟房子裡帶走了老舊家具。
8	in addition 此外	James is a good worker. In addition , he is likeable. 詹姆士是一位優秀的上班族。此外，他人緣不錯。
9	protect ... from ... 保護……不受……的傷害	Certain foods can help protect you from diseases. 某些特定食物能夠保護你不受疾病的侵襲。



- 1 dermatologist 皮膚科醫師
- 2 appearance 外表
- 3 freckles 雀斑



↑ skincare products 保養品



↑ flaking skin 脫皮

Reading Comprehension Questions

請根據文章內容，選擇正確的答案。

- _____ 1. Which layers contain dead skin cells?
- ☐ a) The epidermis and the subcutaneous layer.
 - ☐ b) The dermis and the sebum.
 - ☐ c) The epidermis and the dermis.
 - ☐ d) Only the epidermis has dead cells.
- _____ 2. In which layer of the epidermis does cell reproduction take place?
- ☐ a) The stratum basale.
 - ☐ b) The stratum lucidum.
 - ☐ c) The stratum corneum.
 - ☐ d) The stratum granulosum.
- _____ 3. What is the body's natural oil called?
- ☐ a) Pores.
 - ☐ b) Sebum.
 - ☐ c) Stratum.
 - ☐ d) Pathogens.
- _____ 4. How did the stratum lucidum get its name?
- ☐ a) Its fat cells act as shock absorbers to protect the body.
 - ☐ b) It is the bottom layer of the epidermis.
 - ☐ c) It is hard to see even under a microscope.
 - ☐ d) It helps with the body's hydration system.
- _____ 5. Which of the following is true about sweat glands?
- ☐ a) There are about 100,000 sweat glands in your body.
 - ☐ b) They produce a substance released through pores.
 - ☐ c) The subcutaneous layer mainly consists of sweat glands.
 - ☐ d) They produce a material called sebum.

五大句型 | Sentence Patterns

英文中的句子可依**動詞屬性**，分成五大基本句型。

種類	句型	實例
句型 1	S + Vi	主詞 + 不及物動詞 Butterflies fly.
句型 2	S + Vi + SC	主詞 + 不及物動詞 + 主詞補語 Mary is beautiful.
句型 3	S + Vt + O	主詞 + 及物動詞 + 受詞 I love you.
句型 4	S + Vt + IO + DO	主詞 + 及物動詞 + 間接受詞 + 直接受詞 Father gave me a bike.
句型 5	S + Vt + O + OC	主詞 + 及物動詞 + 受詞 + 受詞補語 Thomas made me happy.

* 詞性代號及顏色註解

S 主詞	Vi 不及物動詞	O 受詞	IO 間接受詞
SC 主詞補語	Vt 及物動詞	OC 受詞補語	DO 直接受詞

句型 1 S + Vi (主詞 + 不及物動詞)

主詞之後加上一個不及物動詞，即可完整表達句意。不及物動詞之後，不可以接受詞或補語，但可以加上副詞修飾語，或介係詞帶領受詞。

- Humans **sweat**. 人類流汗。
S Vi
- Humans **sweat** all the time. 人類隨時都在流汗。
S Vi 修飾語
- Humans **interact** with each other. 人類彼此互動。
S Vi 介系詞 + O

句型 2 S + Vi + SC (主詞 + 不及物動詞 + 主詞補語)

本句型中，不及物動詞後必須加上主詞補語，補充主詞特性，句意才會完整。此類動詞又稱為「**連綴動詞**」，如 **be**、**become**、**get**、**turn**、**grow**、**feel**、**look**、**taste**、**smell** 等。

- Your skin **is** constantly transforming. 你的皮膚一直在改變。
S Vi SC
- The baby's skin **feels** smooth. 嬰兒的肌膚摸起來很光滑。
S Vi SC

句型 3 S + Vt + O (主詞 + 及物動詞 + 受詞)

主詞之後的及物動詞必須接受詞，才能完整表達句意。

1. Other components of the epidermis include the stratum granulosum.

S

Vt

O

表皮的其他結構包含了顆粒層。

2. The skin renews itself every 28 days. 皮膚每 28 天自行更生。

S

Vt

O

修飾語

句型 4 S + Vt + IO + DO (主詞 + 及物動詞 + 間接受詞 + 直接受詞)

授與動詞之後必須接兩個受詞，才能完整表達句意。先接間接受詞（授與的對象），再接直接受詞（授與的物品）。順序顛倒時，間接受詞前要加上介係詞。此類動詞有 give、bring、buy、tell、show 等。

1. Oil glands offer the body a protective cover. 皮脂腺可提供身體一層保護膜。

S

Vt

IO

DO

= Oil glands offer a protective cover to the body.

S

Vt

DO

介系詞 + IO

2. The illustration shows us the three layers of the skin. 這插圖展示出皮膚的三個皮層。

S

Vt

IO

DO

= The illustration shows the three layers of the skin to us.

S

Vt

DO

介系詞 + IO

句型 5 S + Vt + O + OC (主詞 + 及物動詞 + 受詞 + 受詞補語)

本句型中的及物動詞在受詞之後，必須再加上受詞補語，句意才會完整。此類動詞包含 call、keep、make、consider 等。

1. We call the tiny holes in the skin pores. 我們稱皮膚上的小洞為毛孔。

S

Vt

O

OC

2. The subcutaneous layer keeps the body warm. 皮下組織層能保持身體溫暖。

S

Vt

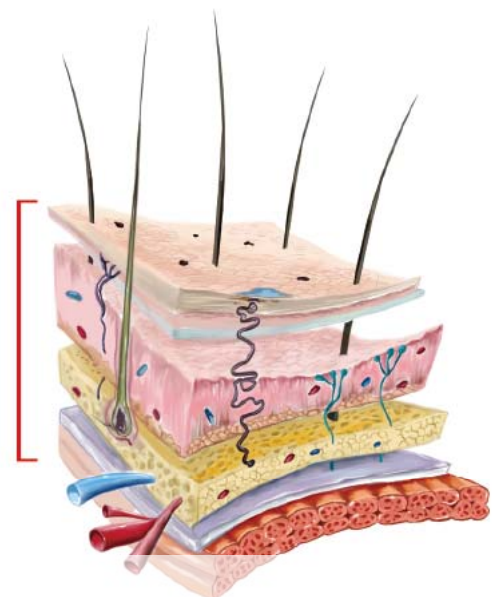
O

OC

1-3 Practical Sentences

請閱讀以下與本章單字相關的活用例句。 (04)

1. The epidermis **contains** several layers.
表皮層含有許多層次。
2. During exercise, the body **excretes** sweat through pores.
運動的時候，人體會透過毛孔分泌汗水。
3. Cell reproduction **occurs** in the bottom layer of the epidermis.
表皮層底層會進行細胞複製作用。
4. Oil glands regularly **produce** sebum.
皮脂腺會規律產生皮脂。
5. The subcutaneous layer **lies** underneath the dermis.
皮下組織層位於真皮層下方。
6. The skin **is made up of** three main layers.
皮膚是由三大皮膚層所構成。
7. The skin is indeed an **amazing** organ.
皮膚確實是驚人的器官。
8. The skin **is covered in** dead cells.
皮膚是由老廢細胞所覆蓋。
9. Another name for sweat is **perspiration**.
汗水「sweat」的另一個同義字是「perspiration」。
10. Sebum is a natural **lubricant** for your body.
皮脂宛如人體產生的天然潤滑劑。



↑ skin layers 皮膚層

© COSMOS CULTURE LTD



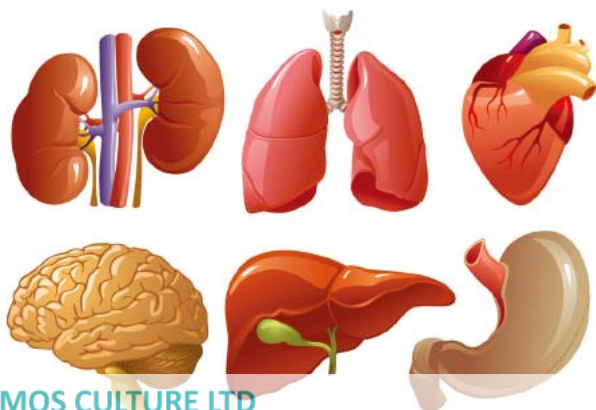
11. The skin basically **renews** itself every month.
基本上，皮膚每個月會自行更新。
12. It's in the bottom layer of the skin that the hair **follicles** begin.
毛囊的起始處位於皮膚底層。
13. Without **pores**, your body would overheat quickly.
如果沒有毛孔，人體體溫會迅速達到過熱的狀態。
14. The dermis contains oil **glands**.
真皮層含有皮脂腺。
15. Some people may be surprised to learn the skin is in fact an **organ**.
有些人可能對於皮膚是「器官」的這個事實感到驚訝。



↑ acne 面皰



↑ facial exfoliator
臉部去角質產品



↑ organs 器官

© COSMOS CULTURE LTD



1-4 Dialog

A Short Dialog 短篇會話 (05)

1

A: What skincare products do you sell for **acne**¹?

B: This cleanser will help control **excess**² **sebum**³.

A: 你們有賣什麼**痘痘**專用的保養品呢?

B: 這一款潔顏產品能幫助抑制**過多的**皮脂。



↑ acne 面皰

2

A: Is this **exfoliator**⁴ effective for damaged skin?

B: Yes, this brand works really well for that problem.

A: 這款**去角質產品**對受損皮膚有效嗎?

B: 有效的，這個品牌非常適合解決此皮膚問題。



↑ exfoliator 去角質產品

3

A: My entire face is oily, not just my T-zone.

B: Wash with **lukewarm**⁵ water; it helps **dissolve**⁶ oil.

A: 我全臉都容易出油，不是只有T字部位而已。

B: 以**溫水**洗水臉，可以幫助**溶解**皮脂。

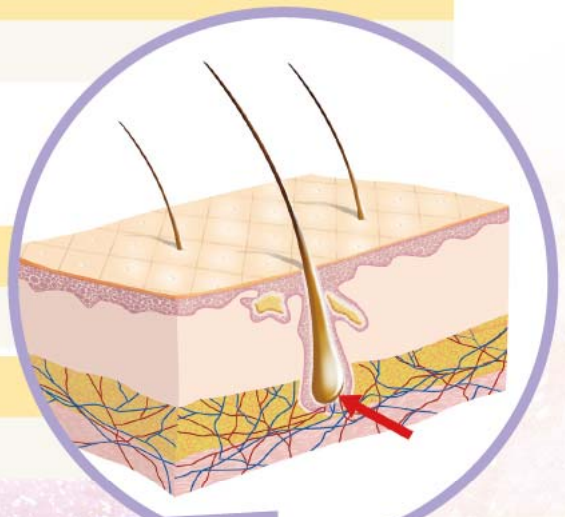
4

A: I'm having a problem with my hair.

B: I wonder if it's related to damaged **follicles**⁷.

A: 我有頭髮方面的問題。

B: 我在想會不會和**毛囊**受損有關。



↑ follicle 囊

15

A: Why do I sometimes **break out**⁸ in pimples?

B: It's likely because you have a problem with **clogged**⁹ **pores**¹⁰.

A: 為什麼我有時候會長丘疹？

B: 很有可能是你有毛孔堵塞的問題。

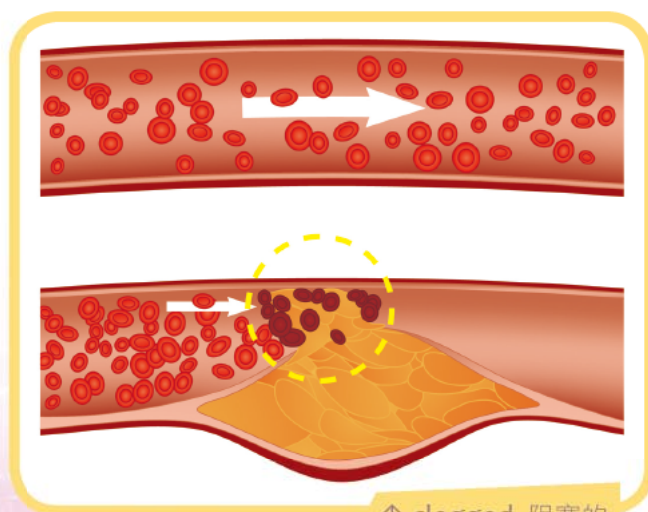


↗ excess 過量的



↗ pores 毛孔

1. **acne** ['ækni] (n.) 面皰；粉刺
2. **excess** [ɪk'ses] (adj.) 過量的
3. **sebum** ['sibəm] (n.) (皮脂腺分泌的) 皮脂
4. **exfoliator** [eks'fɒli,etə] (n.) 去角質產品
5. **lukewarm** ['luk'wɔrm] (adj.) 微溫的
6. **dissolve** [dɪ'zɒlv] (v.) 使溶解
7. **follicle** ['fɒlɪkl̩] (n.) 囊
8. **break out** (v. phr.) 爆發
9. **clogged** [klogd] (adj.) 阻塞的
10. **pore** [pɔr] (n.) 毛孔



↑ clogged 阻塞的



← dissolve 使溶解

B Long Dialog 長篇會話

1 06



Jack : Hurry up! We'll be late for the party. You always spend so much time **putting on**¹ your **makeup**².

Rosemary : My skin is really **sensitive**³ right now, more than usual. I'm not sure why.

Jack : Maybe you're **allergic**⁴ to something in the **cosmetics**⁵.

Rosemary : No, I don't think that's it. I've never had an allergy in my life. I think it's because I'm using a cheaper brand of face cream.

傑克：快一點！我們快來不及參加派對了。妳老是花那麼多時間化妝。

蘿絲瑪麗：我的皮膚現在真的很敏感，比平時還嚴重。我不知道怎麼會這樣。

傑克：也許妳對美妝保養品的某些成分過敏。

蘿絲瑪麗：不對，我覺得不是那個原因。我這輩子從沒過敏過。我想是因為我用了便宜的面霜。

↓ cosmetics 美妝保養品



↖ allergic 過敏



↗ put on makeup 化妝

aloe vera 蘆薈 →



2 (07)

Sue: What can I do about my **oily**⁶ skin?

Ben: Well, it may surprise you that you shouldn't use products that totally **strip**⁷ the skin of oil.

Sue: Why not? Isn't that the problem—too much oil?

Ben: In a sense, yes. However, if you remove too much sebum, it will cause flakiness. Plus, it may cause your oil **glands**⁸ to work too hard to **compensate**⁹ for the **lack**¹⁰ of natural oil.

蘇：我該拿我的油性膚質怎麼辦是好？

班：這個嘛，妳可能會感到驚訝，因為妳不該使用完全去除皮脂的產品。

蘇：為什麼不行？我的問題不就是皮脂分泌過多嗎？

班：某種程度上是如此。但是，如果妳去除過多皮脂，反而會使皮膚脫皮。而且，會使妳的皮脂腺想要極力補充妳所缺乏的天然皮脂。



↑ strip 去除



© COSMOS CULTURE LTD

1. **put on** (v. phr.) 化(妝)

2. **makeup** ['mek,ʌp] (n.) 化妝品

3. **sensitive** ['sensətɪv] (adj.) 敏感的

4. **allergic** [ə'lɜ:dʒɪk] (adj.) 過敏的 (+ to)

5. **cosmetic** [kɒz'metɪk] (n.) 美妝保養品【常用複數】。
原意為「化妝品」，現多作「化妝品+保養品」之統稱。

6. **oily** ['ɔɪli] (adj.) 油的；多油的

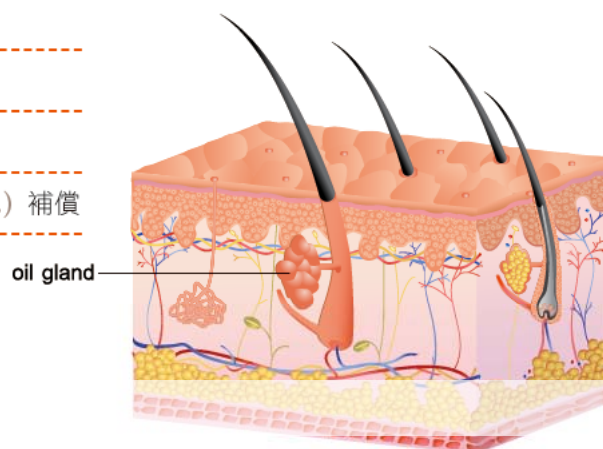
7. **strip** [stri:p] (v.) 剝去；去除

8. **gland** [glænd] (n.) 腺

9. **compensate** ['kɒmpən,seɪt] (v.) 補償

10. **lack** [læk] (n.) 缺少

← oily skin 油性膚質



↑ oil gland 皮脂腺