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today's issue: Do you also hate sweating?
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1. secrete 【生理】分泌
 a. secrete [sɪ`krit] (v.) 【生理上的】分泌
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 b. secret [`sikrɪt] (n.) 祕密
 -If you tell my secret to others, don't show up in my life
 (絕交) again.
 c. tear [tir] (n.)
                     眼淚
 -Tear drops on my guitar.
 d. saliva [sə`laɪvə] (n.) 唾液
  - .
2. pore 毛孔
 a. pore [por] (n.) 毛孔
  - .
 b. pimple [`pɪmp!] (n.) 粉刺、青春痘
 -Pimple form when pores becomes blocked with dirt.
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- 會長粉刺跟青春痘是因為毛孔倍灰塵和髒東西堵住了。

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3. evaporate 蒸發、消失
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- a. evaporate [ɪ`væpəret] (v.) 蒸發、消失
- -His anger evaporated as this misunderstanding was explained.
- 當誤會解除,他的憤怒就消失了。
- b. vanish [`vænɪʃ] (v.) 消失
- -When I turned around that girl had vanished.
- c. evaporated milk (n.) 煉乳

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- 4. cool down 使...變涼、【口】冷靜一點
 - a. cool down (phr.) 使…變涼、【口】冷靜一點
 - -Cool down, don't be so agitated (激動).
 - b. calm down (phr.) 冷靜一點

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When this sweat is secreted through your pores and evaporated into the air, your body begins to cool down and your overall body temperature returns to normal.

當汗水從毛孔分泌然後蒸發至空氣中,你的身體會開始降溫接著體溫回到正常。