历史上，人们一直在玩某种踢球游戏。现在世界称之为足球的运动最早可以追溯到公元前2500年的中国蹴鞠游戏。我们今天熟悉的这项运动起源于英国；到了19世纪40年代，英格兰足球协会已经制定了一套规则，现代足球就此诞生。如今，全球每年有超过1.2亿的常规球员参与这项运动，真正使得足球成为了一项全球性的运动。

**欧洲：富人和名人的家园**

欧洲拥有地球上最多的足球运动员，也是世界上最富有、最知名的职业球队的所在地。欧洲的主要俱乐部——如西班牙的皇家马德里和英格兰的曼联——已经从地方球队发展成为全球品牌，拥有遍布全球的支持者。其中一些球队由外国商人拥有，他们在俱乐部投入大量资金，希望通过门票销售、电视和广告交易获得可观的回报。

**亚洲：日益增长的热情**

在过去的三十年里，许多国家之间激烈的足球竞赛帮助提高了整个亚洲对这项运动的热情。这种热情也有助于弥合分歧，将人们聚集在一起。

**澳大利亚和大洋洲：足球在澳洲**

足球在澳大利亚和大洋洲几十年来一直由板球、橄榄球和澳式足球主导。如今，该地区的足球运动员和球队数量虽然最少，但随着来自巴尔干半岛和其他国家的移民将他们的运动带到新的国家，兴趣正在逐渐增长。

**非洲：足球的新前沿**

非洲有许多才华横溢的球员；然而，这个大陆缺乏强大的国内球队，并面临着许多最好的球员流失到欧洲俱乐部的前景。

**南美洲：无与伦比的天赋**

南美洲生产了一些地球上最令人兴奋的足球运动，以及许多最受人们敬佩的球员。巴西赢得了有史以来最多的世界杯决赛，并且是唯一一个参加过每一届世界杯的球队。阿根廷在历史上最激动人心的决赛之一中赢得了2022年世界杯。

**北美洲：一种所有人参与的体育**

在北美洲，几乎30%的职业球员是女性——这是世界上最大的数字。女子世界杯足球赛也非常受欢迎。男子足球在北美洲也越来越受欢迎，尽管面临着其他热门运动的激烈竞争，如棒球、美式足球和（尤其是在加拿大）冰球。

足球：一种全球性的力量

由于卫星电视的覆盖和全球普及，足球在近年来经历了重大的发展。如今，球队从国外引进球员和教练，俱乐部也得到了全球球迷的支持。在过去的25年里，足球成功地跨越了国界，成为了一种相互联系的运动，有力量让我们团结起来。

It is 1:45 AM, and 21-year-old Thomas Murphy is staying up late studying for an important engineering exam scheduled for 2 PM today. To stay awake and focused, he has consumed two cups of coffee in the past three hours and is now drinking a popular energy drink that contains two to three times the caffeine of a similarly sized can of soda water. Many students like Murphy, marathon runners, airline pilots, and long-distance travelers attribute their energy to one of the oldest stimulants known to man - caffeine. Many say they can’t do without it.

The ability to overcome physical fatigue and enhance efficiency is part of the reason why caffeine is so popular. It is found not only in soda water, energy drinks, coffee, and tea but also in weight loss pills, pain relievers (such as aspirin), and chocolate bars. Rituals surrounding the use of caffeine have been created all over the world: the afternoon tea in Britain, the coffee culture in France, and the morning coffee and tea that mark the start of the day in many cultures.

Many of the foods we eat and the water we drink contain caffeine, but is it really beneficial for us? A scientist and sleep expert from Harvard Medical School, Charles Czeisler, believes that caffeine can cause insomnia, which is unhealthy. Czeisler says, ‘Without adequate sleep— the standard 8 hours—our bodies do not operate at their best physically, mentally, and emotionally. We often consume caffeine to stay awake, which then prevents us from getting the rest we need.

Health risks are also closely associated with caffeine intake. Over the years, many studies have attributed a higher incidence of certain types of cancer and bone diseases to caffeine consumption. However, to date, there is not enough evidence to prove that caffeine indeed causes these diseases.

The scientific community generally agrees that moderate caffeine intake is not dangerous, for example, drinking one or two small cups of coffee per day (about 300 milligrams of caffeine). Additionally, many existing studies refute the long-standing negative views about caffeine, suggesting that it may actually be beneficial to health. For instance, research indicates that caffeine can help alleviate pain by reducing muscle inflammation. As a stimulant, it can also help improve a person’s mood. Studies also show that some caffeinated beverages, especially certain teas, contain chemicals that can help the body fight against many diseases.

The effects of caffeine on behavior are real, but very subtle. Indeed, the quest for more energy is the reason why many popular drinks contain caffeine. Whether it’s a student drinking coffee before class or a businessman having tea during lunch, humanity’s favorite stimulant is at work every day.