

The Wonders of Our Immune System

我们奇妙的免疫系统

Sometimes we get sick, but most of the time we can stay healthy in spite of constantly being under attack from a myriad of harmful viruses and bacteria. For that daily miracle, we can thank God, who created our immune system.

有时候我们会生病，然而大部分时候，虽然我们不断被无数有害的病毒和细菌侵害，我们仍能保持健康。针对这一点，我们能感谢上帝创造了我们的免疫系统，所以每天都有这个奇迹发生。



The immune system is our front line of defense in an amazing war taking place in our bodies every day. Like a modern army, our immune system is made up of many “soldiers” doing specific jobs. White blood cells search for specific invaders that they have been taught to recognize and destroy. Some cells envelop, some shoot, and others eat invaders. Some white blood cells produce the needed weapons, some command, some police, and some carry messages, but all work together in synchronized harmony to protect us. If we didn’t have these internal soldiers to protect us from the mass of enemy invaders, we wouldn’t survive for long. This is one more proof of God’s design and care of His creation.

免疫系统是我们的防御前线，每天在我们体内打一场惊人的战役。我们的免疫系统就像现代军队一样，由许多“士兵”组成，各有特定的工作要做。上帝教导了白血球去识别和摧毁特定的入侵者，所以它们会常常寻找这些入侵者。有些细胞包围入侵者，有些射击它们，另有些细胞则吞食它们。有些白血球制造所需的武器，有些发施号令，有些巡逻，有些传达信息，它们全都同步和谐地一起工作，来保护我们。如果我们体内没有这些士兵保护我们，遭受庞大敌人的侵袭时，我们是无法存活太久的。这是上帝设计和照顾他的造物的另一个证明。



We can help the immune system ward off invaders by living a healthy lifestyle—by eating, sleeping, and exercising right.

And in addition to the big three—eat right, sleep right, and exercise right—laughter, sunshine, melodic music, and giving and receiving love all give us energy and strengthen our immune system. Researchers have found that the brain contains messenger molecules that are produced by the immune system, enabling the brain and the immune system to “talk” to each other. This may help explain why our physical condition is closely related to our mental and emotional state. If we’re happy and free from stress, our immune system is boosted and is better able to fight sickness.

我们能通过健康的生活方式——正确的饮食、睡眠和锻炼，来帮助免疫系统抵御入侵者。

除了正确的饮食、睡眠和锻炼这三大要点之外，欢笑、阳光、旋律优美的音乐，给予和接受爱，所有这些都给我们精力，并加强我们的免疫系统。研究人员发现，大脑含有一些由免疫系统制造、传达信息的分子，它们能让大脑与免疫系统彼此“交谈”。这或许有助于解释，我们的身体状况与精神和情绪状态，为什么密切相关。如果我们感觉快乐、没有压力，我们的免疫系统就会增强，并能对抗疾病。



Sometimes we can't avoid sickness, but other times ill health is caused by our own carelessness or neglect. Give God and your immune system some cooperation. Take care of your body by making wise lifestyle choices.

有时候我们无法避免生病，其他时候健康不佳却是由于我们自己不小心或疏忽而造成的。与上帝和你的免疫系统多合作一点，选择过明智的生活方式，来照顾你的身体。



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