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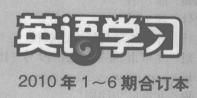
All Made Up 人生如妆













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Business before pleasure. 先工作,后娱乐。

先恪守职责, 再享乐生活。该谚语可上溯至约1640年的《格罗比安纳的婚礼》(Grobiana's Nuptials)。1855年, 英国小说家威廉·梅克皮斯·萨克雷 (William Makepeace Thackeray, 1811—1863) 在其小说《玫瑰与戒指》(The Rose and the Ring) 中对此谚语稍作改动后写道:"公事在先, 娱乐在后 (Business first; pleasure afterwards)"。在美国首见于《托马斯·哈钦森日记书信集》(Diary and Letters of Thomas Hutchinson, 1767)。托马斯·哈钦森(1711—1780) 是北美英属马萨诸塞湾殖民地总督,曾因厉行印花税条例而激起波士顿倾茶事件(1773),引发美国独立战争。该谚语的异体形式还有: Business comes before pleasure. / Duty before pleasure. 等等。Combine business with pleasure (工作玩乐两不误)的说法也与此谚语密切相关。

e.g. Keep business and pleasure strictly separate this coming week.

-Jeane Dixon, Times (1994)

下周请把工作和娱乐严格区分开。

一珍妮·狄克逊,《泰晤士报》(1994)

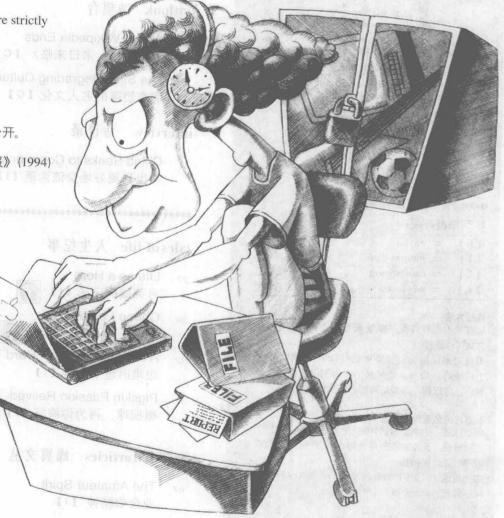




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致读者

新的一年到来了! 值此辞(D 迎新之际,《英语学习》杂志社全体工作人员恭祝读者朋友们新年供乐!"悦"读备一天!

对于《英语学习》杂志社而言, 过去的2009年是极其丰富多彩的一年:

《英语学习》在坚持其经典风格的同时,增添了"对话雅典娜——西方哲学漫步系列"等以中文为主、英文为辅的人文专栏,它们在给本刊注入新鲜血液的同时,为广大读者打开了一扇扇了解西方人文知识的窗户,除每月的杂志外,我们还出版了"世说英语"系列丛书、《凯蒂的心情咖啡》和《小词语,大能量》等图书,举办了一系列互动活动,包括有奖竞猜、竞答和读者调查,拉近了与读者之间的距离。《英语学习》2009年的两本合订本也如期上市。

这一本本期刊、一册册图书汇集了《英语学习》编辑们的心血,所以每当我们收到热心读者的来信,看到那些真诚的建议和鼓励时,都会倍感欣慰,也有了继续前进的更大动力。

跨入2010年的门槛,我们心怀更多期许。对于《英语学习》而言,我们希望带给读者朋友更多更丰富的精神食粮,和各位一起畅游于中外文化的长河中,同时期待从你们那儿获得更多反馈,以进一步夯实《英语学习》的办刊基础。最后,向一直给予我们帮助和支持的读者朋友表示最诚挚的感谢!

祝大家新年快乐!

《英语学习》杂志社全体工作人员

Malaysian State Offers Free Trips to Warring Couples

为"内战"夫妇度假买单

Amalaysian state is offering free second honeymoons for couples on the brink of divorce, hoping that romantic getaways will help rekindle their marriages, an official said.

Under the ambitious plan, feuding couples will spend three days and two nights on one of the tropical islands off Terengganu state, ² said government official Ashaari Idris. "Newly-wed couples are facing numerous problems. Among them are financial issues and problems related to their in-laws"," said Ashaari, chairman of the state's welfare, community development and women affairs committee.

"Before marriage, all was good. But after marriage, some are unable to cope with the new challenges," he said, "I want to strengthen family ties. If a marriage breaks down, it will hurt the children and it will have serious implications on society."

Couples will have to make an application and then undergo an interview before being accepted for the package⁴ which is worth an estimated 440 dollars.



- 1. getaway: 逃跑机会, 此处指度"二次蜜月"; rekindle: 重燃。
- 2. feuding: 长期不和的; Terengganu state: 马来西亚一州。
- 3. in-laws: 姻亲。
- 4. package: 此处指package tour,包价旅游。

"Whatever" Voted Most Annoying Word 最讨厌词汇出炉。"随便" 夺冠

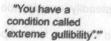
Constitution Whatever" has been voted the most annoying word in American English. The comment, popularised by sullen teens, was judged more grating than "anyway" and less tolerable than phrases including "it is what it is" and "you know".

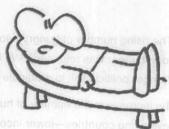
"The impetus of this poll was a casual conversation where we started discussing those words that get on your nerves.² You hear them over and over again," explained Mary Azzoli, director of media for Marist, a US college which conducted the research among 938 adults.

Nearly 50 percent of people questioned said "whatever" was the word that bothered them the most. It was the most irritating word in all regions of the country, and among both sexes, all age groups, educational levels and income brackets³.

"It is used so often in terms of casual conversation. Also, when you think of the meaning behind it, it is often a way to dismiss⁴ someone. It is irritating in that regard. It is much more off-putting compared to any of the other statements we asked," she added.







"Whatever you say, Doc."

*gullibility: 易受骗,轻信。

A quarter of people selected "you know" as the phrase they would like to ban most from the English language. Eleven percent simply could not tolerate "it is what it is," while seven percent found "anyway" irksome. "At the end of the day", notorious in Britain as a cliché employed by footballers also made an appearance in the list,⁵ although it attracted just two percent of the vote.

"In order to be a good conversationalist⁶, the key is to be always aware of what you are saying and maybe to do a little research about which words are overused," Miss Azzoli added.

- 1. sullen: 阴郁的, 闷闷不乐的; grating: 令人不快的, 讨厌的, 下文的irritating、off-putting和irksome皆为此意; it is what it is: 现实如此。
- 2. impetus: 推动力; get on one's nerves: 使人不安或心烦。
- 3. bracket: 等级, 阶层。
- 4. dismiss: 打发。
- 5. at the end of the day: 总而言之, 到头来; notorious: 臭名昭著的; cliché/'kli:ʃeɪ/: 用滥了的套语。
- 6. conversationalist: 健谈的人。

World's Hungry Reached More Than 1 Billion in 2009

2009年全球饥饿人口超10亿



BELIEVE ME, BUDDY ... I CAN FEEL YOUR PAIN!

A combination of the food crisis and the global economic downturn had pushed more than 1 billion people into hunger in 2009, U.N. agencies said, confirming a grim¹ forecast released earlier.

The Food and Agriculture Organization (FAO) and the World Food Program (WFP) said 1.02 billion people—about 100 million people more than the previous year—had been undernourished² in 2009, the highest number in four decades.



"The rising number of hungry people is intolerable," said FAO Director-General Jacques Diouf as the new annual report on world hunger was released. "We have the economic and technical means to make hunger disappear, what is missing is a stronger political will to eradicate³ hunger forever," he said.

The increase in the number of hungry people is not a result of poor harvests but is due to high food prices—particularly in developing countries—lower incomes and lost jobs. Even before the recent twin crises of food and recession, the number of undernourished people had risen steadily for a decade, reversing progress made in the 1980s and early 1990s.

The WFP last year raised a record \$5 billion to feed poor people as a spike in food prices from 2006 to 2008 had sparked rioting and hoarding in some countries.⁴ But later it had to cut food rations or scale back operations in places like Kenya and Bangladesh.⁵

FAO and WFP urged a twin-track approach, saying longer-term investment in agriculture development should not come at the expense of short-term initiatives to fight acute hunger spurred by sudden food shortages.⁶

- 1. grim: 严酷的, 无情的。
- 2. undernourished: 营养不良的。
- 3. eradicate: 根除, 消灭。
- 4. spike: 激增; spark: 导致; hoarding: 囤积(粮食)。
- 5. ration: 配给,定量; scale back: 相应地缩减; Bangladesh: 孟加拉国, 南亚国家。
- 6. twin-track: 双向的, 双轨的; initiative: 措施; acute: 严重的。

Thinking Negatively Can Boost Your Memory, Study Finds

悲观消极助记忆

Bad moods can actually be good for you, with an Australian study finding that being sad makes people less gullible¹, improves their ability to judge others and also boosts memory.

The study, authored² by psychology professor Joseph Forgas at the University of New South Wales, showed that people in a negative mood were more critical of, and paid more attention to, their surroundings than happier people, who were more likely to believe anything they were told.

For the study, Forgas and his team conducted several experiments that started with inducing happy or sad moods in their subjects





through watching films and recalling positive or negative events.³ The study also found that sad people were better at stating their case through written arguments, which Forgas said showed that a "mildly negative mood may actually promote a more concrete, accommodative⁴ and ultimately more successful communication style."

"Positive mood is not universally desirable: people in a negative mood are less prone to judgmental errors, are more resistant to eyewitness distortions and are better at producing high-quality, effective persuasive messages," Forgas wrote.⁵

1. gullible /'gʌləbl/: 易受骗的。

2. author: v. 发起。

3. induce: 引起; subject: 实验对象。

4. accommodative: 随和的。

5. be prone to: 有……的倾向, 易于; eyewitness: 目击者; distortion: 歪曲, 曲解。

Missing a Bus Voted Most Annoying Thing 最個人的事。没赶上公交车

A survey indicated that half of Britons think that just failing to catch a bus is the most exasperating experience. Arriving at a bus stop to see the vehicle pulling away has topped a list of the most annoying events. The second most irritating incident is being caught by an unexpected downpour without an umbrella or raincoat, with getting a parking fine coming in third, according to the research. Other things that make us fed up are being told we're late paying a bill and needing a filling.

The research was carried out in Britain by the Flower Council of Holland, who questioned 2,000 people. Psychologist Dr. Glenn Wilson said that seemingly unimportant day-to-day happenings could have a significant effect on a person's state of mind⁴. He said: "Minor mishaps⁵ like being caught in the rain, trouble with the teeth, missing a train, or getting a parking ticket might seem small. But research shows that an accumulation of such events leads to an increase in stress hormones⁶ and the likelihood of depression. In the last twelve months many Britons have seen a few closures on their high streets or received an unexpectedly large bill—it's amazing how your state of mind can be changed for the worst in a split second.⁷ However, by equal measure, the smallest things in life can have a profoundly uplifting effect."



"The alarm didn't go off, my car wouldn't start, missed the bus, my back's aching, haven't had a raise in two years ..."

- 1. exasperating: 令人恼怒的。
- 2. downpour: 倾盆大雨; parking fine: 违章停车 罚款。
- 3. fed up: 恼火的, 不满的; filling: 补牙。
- 4. state of mind: 心情。
- 5. mishap: 小意外。
- 6. stress hormone: 应激激素。
- 7. closure: 关闭, 停业; high street: 大街, 主要街道; in a split second: 一瞬间。
- 8. by equal measure: 用同样的方式; uplifting: 振奋的。



The Story of Barack Obama's Mother

奥巴马母亲的故事

By Amanda Ripley ∷李伟 选注

安与幼年的奥巴马

- 1. teen mother: (十几 岁就生子的)少女妈妈; anthropology: 人类学; be obsessed with: 对……着迷; pragmatist: 实用主义者。
- 2. grounded: 沉稳的, 明智的。
- 3. recklessness: 鲁莽, 不 顾虑。
- 4. segregation: 种族隔离。
- 5. whisk away: 迅速带走; Honolulu: 火奴鲁鲁, 美 国夏威夷州首府。

ach of us lives a life of contradictory truths. We are not one thing or another.

Barack Obama's mother was at least a dozen things. S. Ann Soetoro was a teen mother who later got a Ph.D. in anthropology; a white woman from the Midwest who was more comfortable in Indonesia; a natural-born mother obsessed with her work; a romantic pragmatist, if such a thing is possible.

"When I think about my mother," Obama told me recently, "I think that there was a certain combination of being very grounded² in who she was, what she believed in. But also a certain recklessness³. I think she was always searching for something. She wasn't comfortable seeing her life confined to a certain box."

Obama's mother was a dreamer. She made risky bets that paid off only some of the time, choices that her children had to live with. She fell in love—twice—with fellow students from distant countries she knew nothing about. Both marriages failed, and she leaned on her parents and friends to help raise her two children.

Born in 1942, just five years before Hillary Clinton, Obama's mother came into an America constrained by war, segregation⁴ and a distrust of difference. Her parents named her Stanley because her father had wanted a boy. During her life, she was known by four different names, each representing a distinct chapter. In the course of the Stanley period, her family moved more than five times—from Kansas to California to Texas to Washington—before her 18th birthday. Her father, a furniture salesman, had a restlessness that she inherited.

After she finished high school, her father whisked the family away again—this time to Honolulu.⁵ Stanley went along yet again, enrolling in the University of Hawaii as a

她的一生叛逆而传奇: 18岁就放弃学业,怀孕生子,在种族歧视严重的年代先嫁给了一位黑人,离异后又嫁给了一位亚洲人,辍学多年后重返校园,努力完成学业,最终获得人类学博士学位。她就是美国首位黑人总统奥巴马的母亲——安·苏托洛。

freshman. By college, Stanley had started introducing herself as Ann. She met Barack Obama Sr. in a Russian-language class. He was one of the first Africans to attend the University of Hawaii and a focus of great curiosity. He spoke at church groups and was interviewed for several local-newspaper stories. "He had this magnetic personality," remembers Neil Abercrombie, a friend of Obama Sr. in college. "Everything was oratory⁶ from him, even the most commonplace observation,"

Obama's father quickly drew a crowd of friends at the university. They would drink beer, eat pizza and play music. They talked about Vietnam and politics. Everyone had an opinion about everything, and everyone was of the opinion that everyone wanted to hear their opinion—no one more so than Barack. The exception was Ann, the quiet young woman in the corner who began to hang out with Obama and his friends that fall. Obama Sr.'s friends knew he was dating a white woman, but they treated it as a nonissue. This was Hawaii, after all, a place enamored of its reputation as a melting pot.

But when people called Hawaii a "melting pot" in the early 1960s, they meant a place where white people blended with Asians. At the time, 19% of white women in Hawaii married Chinese men, and that was considered radical by the rest of the nation. Black people made up less than 1% of the state's population. And while interracial marriage was legal there, it was banned in half the other states.

On Feb. 2, 1961, several months after they met, Obama's parents got married. At that point, Ann was three months pregnant with Barack Obama II. Even by the standards of 1961, she was young to be married. At 18, she dropped out of college after one semester, according to University of Hawaii records. When her friends back in Washington heard the news, "we were very shocked," says Box, her high school friend.

Then, when Obama was almost 1, his father left for Harvard to get a Ph.D. in economics. He had also been accepted to the New School in New York City, with a more generous scholarship that would

- 6. oratory: 慷慨激昂的 演说。
- 7. hang out with: 和······ 在一起活动。
- 8. nonissue: 没什么问题的事情。
- 9. be enamored of: 倾心于, 陶醉于。



安(左)与父母

聚光灯下



老奥巴马与儿子

- 10. reinvent: 彻底改造。
- 11. patriarchal: 家长制的, 父权制的。
- 12. file: 提出(申请等)。
- 13. juncture: 关键时刻。
- 14. marginalized: 被忽视的,处于社会边缘的。
- 15. well-founded: 有根据的, 理由充分的。
- 16. food stamp: (政府发给或以低价供给贫民的) 食品券。
- 17. tarmac: 用柏油碎石铺的停机坪; ripple with heat: 泛起热浪,形 容天气异常炎热。
- 18. Jakarta: 雅加达, 印度尼西亚首都; a long way: 差得远; highrise: 高楼大厦。
- 19. chubby: 圆胖的。
- 20. civil rights movement: 黑人民权运动,第二次世界大战后美国黑人反对种族隔离与歧视、争取民主权利的群众运动,马丁·路德·金(Martin Luther King)是民权运动的领袖人物。
- 21. bigotry: 持偏见的行为(或态度等)。

have allowed his family to join him. But he decided to go to Harvard. "How can I refuse the best education?" he told Ann, according to Obama's book.

Obama's father had an agenda: to return to his home country and help reinvent¹⁰ Kenya. He wanted to take his new family with him. But he also had a wife from a previous marriage there—a marriage that may or may not have been legal. In the end, Ann decided not to follow him. "He was a man of his time, from a very patriarchal¹¹ society." Ann filed¹² for divorce in Honolulu in January 1964.

Ann had already done things most women of her generation had not: she had married an African, had their

baby and gotten divorced. At this juncture¹³, her life could have become narrower. She could have become a young, marginalized¹⁴ woman focused on paying the rent and raising a child on her own. She could have filled her son's head with well-founded¹⁵ resentment for his absent father. But that is not what happened.

When her son was almost 2, Ann returned to college. Money was tight. She collected food stamps¹⁶ and relied on her parents to help take care of young Barack. She would get her bachelor's degree four years later. In the meantime, she met another foreign student, Lolo Soetoro, at the University of Hawaii. He was easygoing, happily devoting hours to playing chess with Ann's father and wrestling with her young son. Lolo proposed in 1967.

Mother and son spent months preparing to follow him to Indonesia, and neither had left the country. After a long journey, they landed in an unrecognizable place. "Walking off the plane, the tarmac rippling with heat,¹⁷ the sun bright as a furnace," Obama later wrote, "I clutched her hand, determined to protect her."

Lolo's house, on the outskirts of Jakarta, was a long way from the high-rises of Honolulu.¹⁸ There was no electricity, and the streets were not paved. And everything was scarce.

Obama attended a Catholic school and attracted attention since he was not only a foreigner but also chubbier¹⁹ than the locals. He didn't seem to mind that the other children called him "Negro". In her own way, Ann tried to compensate for the absence of black people in her son's life. At night, she came home from work with books on the civil rights movement²⁰. Her aspirations for racial harmony were simplistic. "She was very much of the early Dr. [Martin Luther] King era," Obama says. "She believed that people were all basically the same under their skin, that bigotry²¹ of any sort was wrong and that the goal was then to treat everybody as unique individuals." Ann gave her daughter, who was born in 1970, dolls of every

hue: "A pretty black girl with braids, an Inuit, and a little Dutch boy with clogs," says her daughter Soetoro-Ng, laughing. "It was like the United Nations."

As Ann became more intrigued by Indonesia, her husband became more Western. He rose through the ranks of an American oil company and moved the family to a nicer neighborhood. She was bored by the dinner parties he took her to, where men boasted about golf scores and wives complained about their Indonesian servants. The couple fought rarely but had less and less in common.

In 1971, when Obama was 10, Ann sent him back to Hawaii to live with her parents. A year later, Ann followed Obama back to Hawaii, as promised, taking her daughter but leaving her husband behind. She enrolled in a master's program at the University of Hawaii to study the anthropology of Indonesia. Around this time, Ann began to find her voice.

Ann's husband visited Hawaii frequently, but they never lived together again. Ann filed for divorce in 1980. As with Obama's father, she kept in regular contact with Lolo and did not pursue alimony or child support, ²³ according to divorce records.

"There have certainly been moments when she complained to us," says Soetoro-Ng. "But she was not someone who would take the detritus of those divorces and make judgments about men in general or love or allow herself to grow pessimistic." With each failed marriage, Ann gained a child and, in one case, a country as well.

Ann's most lasting professional legacy was to help build the microfinance program in Indonesia, which she did from 1988 to 1992. While his mother was helping poor people in Indonesia, Obama was trying to do something similar 7,000 miles away in Chicago, as a community organizer.

In 1992, Obama's mother finally finished her Ph.D. dissertation, which she had worked on, between jobs, ²⁶ for almost two decades. She dedicated the tome²⁷ to her

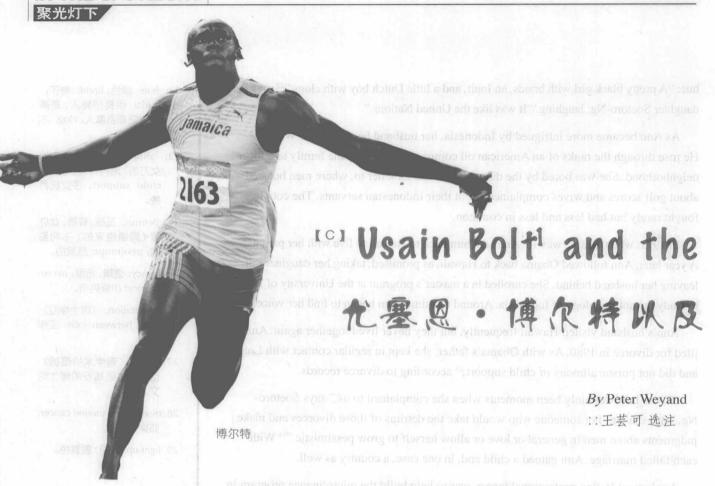
mother; to Dewey, her adviser; "and to Barack and Maya, who seldom complained when their mother was in the field." In the fall of 1994, Ann was having dinner at her friend Patten's house in Jakarta when she felt a pain in her stomach. When Ann returned to Hawaii several months later, she learned it was ovarian and uterine cancer²⁸. She died on Nov. 7, 1995, at 52.

Obama has said his biggest mistake was not being at his mother's side when she died. He went to Hawaii to help the family scatter the ashes over the Pacific. And he carries on her spirit in his campaign. When Barack smiles, there's just a certain Ann look. He lights up²⁹ in a particular way that she did.

- 22. hue: 颜色; braid: 辫子; Inuit: 伊努伊特人, 是美洲的爱斯基摩人; clog: 木屐。
- 23. alimony: (离婚后男方给 女方的) 赡养费, 生活费; child support: 子女抚养 费。
- 24. detritus: 瓦砾, 碎屑, 此处 指 (离婚带来的) 不利影响; pessimistic: 悲观的。
- 25. legacy: 遗赠, 贡献; micro-finance: 小额信贷。
- 26. dissertation: (博士学位) 论文; between jobs: 工作 之余。
- 27. tome: (有学术价值的) 巨著, 此处指安的博士论 文。
- 28. ovarian and uterine cancer: 卵巢子宫癌。
- 29. light up: (面) 露喜色。



安在印尼进行调研



- 1. Usain Bolt: 尤塞恩·博尔特, 牙买加短 跑名将, 在2009年柏林世锦赛上分别以 9秒58和19秒19的成绩打破男子100米和 200米世界纪录(之前的世界纪录由他在 2008年北京奥运会上创造, 分别为9秒 69和19秒30)。
- 2. track and field: 田径赛; mph: = miles per hour, 每小时英里数; at a crossroads: 处于关键时刻,在紧要关头; athletics: 体育运动,下文的athleticism表示"体育活动"。
- 3. be poised to: 随时准备着; overwhelm: 压 倒,征服。
- 4. motion:运动,动作;Newtonian mechanics:牛顿力学,以牛顿运动定律和万有引力定律为基础,研究速度远小于光速的宏观物体的运动规律;translate into: 转化成。
- 5. 不难想象,具有这样闪电般的速度,其 秘密或在于以下两种能力之一:(奔跑 时)在空气中迅速摆动四肢;每一步都 大力蹬地。
- 6. intuition: 直觉。

How fast might human beings ultimately run?

Usain Bolt's attack on the track and field record book—running 9.58 in the 100m and reaching a top speed of nearly 28 mph—has raised this question at a crucial crossroads for organized athletics recently.² While specific predictions by modern science are not precise, the general influence of scientific advancement is poised to overwhelm human performance and organized athletics as we have known them.³

Although we can readily quantify the forces acting on the body and predict the motion they produce using classical Newtonian mechanics, we still have an incomplete understanding of the process of force production within the body, and how the body's internal forces eventually translate into motion.⁴

Conceivably, the secret to blazing running speeds might be explained by either of two abilities: repositioning the limbs quickly through the air, or hitting the ground forcefully with each step.⁵

Contrary to intuition⁶, fast runners achieve their greater speeds, not by repositioning their legs any more rapidly, but rather by hitting the ground with greater force and quickness than slower runners do.