





初学者爱上英语阅读课・提高篇

随时随地读英语

赵海芳 褚立宏◎编著





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前言

英国文艺复兴时期最著名的散文家和哲学家弗朗西斯·培根曾说: "读书足以怡情,足以博采,足以长才。"读书是获取信息的重要方式,也是我们精神世界的滋补品。对于英语学习者而言,阅读优秀的英语文章就是在地道的、真实的语境中培养语感,积累词汇,丰富文化知识,并提高自身的人文素质。《初学者爱上英语阅读课·提高篇》是我们为英语初学者精心打造的入门读物。如果您是一名英语初学者,请试试阅读本书,它将为您打开一扇语言学习的大门,将为您呈现一个缤纷多彩、引人入胜、滋润心灵的英语世界。阅读是一种直接有效的语言和信息输入方式,我们希望英语初学者能够通过阅读爱上英语,继而进一步学习英语。

本书以课堂阅读的形式呈现给读者,包含12堂内容丰富的阅读课,每堂阅读课分为三部分:课堂导读、阅读素材和课间休息。课堂导读介绍阅读素材的特点以及对读者语言学习的帮助。我们选择的阅读素材均具有经典性或代表性,其中的词汇注释重在帮助读者把握词语在文中的含义;课堂笔记重在为读者讲解常用搭配、重点语法及相关的历史文化背景等;参考译文则可以帮助读者更好地理解文章和练习翻译。课间休息分为笑话、脑筋急转弯、经典歌曲、绕口令等,可以使读者在学习语言的同时愉悦身心。阅读本书,您们一定会觉得既亲切,又实用。

《初学者爱上英语阅读课·提高篇》内容丰富多彩,强调语言的应用性,其主要特点可以概括为以下三个方面。

- 1. 内容新。我们尽量选取最新的材料,如第1课所选择的词条皆为近几年才 出现的新词(现有英文词典没有包括的内容);第12课的科普知识则介绍最新的 科技发展动态,富有时代气息。
- 2. 覆盖面广。阅读本书,您可以掌握英语新词,分享奇闻奇事,欣赏经典 影视,聚焦各类名人,聆听精彩演讲,感悟职场人生……可以说,这本书是社会

生活的小小缩影。

3. 应用性强。本书贴近生活,方便读者应用。譬如,在读完第1课后,您可以用英文说出现在的流行现象,如"速配约会""倒社会时差""裸辞"等,一定会让身边的人刮目相看。读完第8课后,在说话和写作中,您会不知不觉引用一些经典名句,提高自己的语言运用能力。

阅读本书时,您既可以按照顺序——阅读,也可以根据自己的英语水平和兴趣加以选择和学习。即使您的水平现在还不是太高,没关系,先选择—些生词少而且相对熟悉的文章进行切入,随后慢慢扩展。对于每一篇文章,我们从词汇注释、课堂笔记、参考译文从多角度进行解析,这些部分如同建筑工地的脚手架,借助它们,您可以放心大胆地向上攀登,开始学习和探索美丽且神秘的英语语言和文化。

在充斥着电脑、手机、电子书的现代生活中,我们发现在享受新型阅读方式的同时,身体却越来越多地提出了抗议:颈椎病、近视眼、鼠标手、网怒症……它们正在吞噬着我们的身心健康。那么,亲爱的读者,如果您喜欢英语,请把这册书置于您的床边、书桌上、书包里、沙发旁,暂时离开那些电子产品,回归传统。在幽幽墨香中,跟随心情,翻开一张张书页。当徜徉于这些原汁原味的语言之中时,您会感到自己在聆听着其中的言谈,感受着其中的文化。随着时光的流逝,不经意间,您会发现自己的语言增添了些许从容和魅力,思维和视野也愈加开阔。与此同时,内心的温暖和感动时时涌动……到那时,我会说:朋友,祝贺您,您已经爱上了英语。

编者 2012年11月

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第**]**课 流行新语

——巧用新词新义

国课堂导读

新词(buzzword或fashion word),又称潮词、时髦词,是常用于艺术、技术、政治或商业等领域的一种惯用语。新词虽使用广泛,但其真正意义经常并不明确。"新词"跟"行话"(jargon)的区别在于,前者是出于秘而不宣的目的给他人留下特别印象或模糊意指,而后者在行业内则有明确含义。新词的背后,代表的是不同的文化和生活态度,体现社会中日新月异的变化。

英语新词往往最先出现在报刊中,继而流行于世,以报刊为载体展示社会生活各方面的最新变化。在本堂阅读课中,我们为大家精选了若干新鲜有趣的英语新词,分为和我们生活密切相关的6个主题:婚姻与家庭、职场人生、社会百态、信息科技、环境保护以及情感与健康,并辅之以麦克米兰在线词典的原始定义和英美报刊原文节选。这样,我们就可以从真实鲜活的语言环境中学习最新潮的英语表达,以这些词汇为载体透视我们这个时代特别是西方社会的流行现象和文化。

Part1

Marriage and Family 婚姻与家庭



Work to Live 职场人生





Information Technology



信息科技



Environment Protection 环境保护



Emotion and Health 情感与健康



1. speed-dating also speed dating

Definition: a method of meeting a potential romantic partner by briefly talking to a series of individuals at an organised event, and indicating whether you are interested in seeing any of them again

Quotation: But now British men and women who lack the time to conduct a gentle **courtship** have a new way to find a partner. Welcome to the world of *speeddating*, where young singles can meet a **prospective** partner on a "<u>dating conveyor belt</u>" that allows them three minutes to decide if this is Mr or Ms Right.

速配约会

定义:通过在有组织的聚会上和一连串人的简单交谈来寻找未来爱侣的方式。如遇到意中人,你需要给对方继续约会的暗示。

引文:现在没有时间慢慢追求异性的英国男女有了一种寻找伴侣的新方法。欢迎来到速配空间。在这里,年轻的单身族们可以在"配对传送带"上结识未来的伴侣。他们只有3分钟时间来决定对方是否就是他们的"白马王子"或"白雪公主"。

课堂筆電/

"dating conveyor belt"直译为"配对传送带"。这里是诙谐的比喻,指在速配约会中,一个人会与一连串的陌生人进行简短交谈以确定是否"来电",其情形就像站在生产车间的传送带上快速且连续。

2. read dating

Definition: a method of meeting a potential romantic partner by attending an organized event in which a person meets a series of individuals and talks briefly to each of them about a favourite book

Quotation: Yes, you can judge a guy by his cover ... this event is not an ordinary speed

课堂筆仓/

"judge a guy by his cover"这一用法来源于习语"never judge a book by its cover",意为 "不要根据书的封面判断书的内容",引申为"不要以貌取人"。文中指在读书约会中,人 们会根据一个人的外表来判断其为人。

courtship n. 求爱期, 追求期

prospective adj. 未来的

dating occasion, all beer and bells and **braying** chat-up lines. This is *read* dating and after half a glass of wine my companions start to look less like terrifying **predators** and more like the sort of pleasant, slightly shy types that, well, you'd expect to meet in a library on a quiet Thursday night ...

读书约会

定义:通过在有组织的聚会上与一连串的人简单谈论最喜欢的书来寻找潜在爱侣的方法。

引文:是的,在这里你能以貌取人……这不是一次一般的速配派对,人们喝啤酒、 摇铃铛、大声地说笑。这是一个读书约会,喝了半杯葡萄酒后,我的伙伴们 开始看着不再像可怕的猎食者,相反,他们令人愉快,还有些腼腆,就像那 些在一个安静的周四夜晚你在图书馆碰到的一样……

3. marriage lite

Definition: a relationship or civil status which is similar to marriage, but does not have the same legal implications

Quotation: Civil unions would become a sort of "marriage lite". You could enter into them and take advantage of the legal benefits, but then leave them whenever you wanted. No messy divorces. No marital property laws. No alimony payments. No child support. All the benefits of marriage without any of the trouble.

同居

定义:一种类似于婚姻但没有相同的法律约束的关系或公民身份。

引文:公民联盟将成为一种"同居"形式。你可以加入并享受合法的利益,然而你可以随时退出。不需要繁琐的离婚,不涉及婚姻财产法律,不需要付给对方生活费,不需要供养孩子,只享受婚姻的一切好处却没有任何麻烦。

4. husbeen

Definition: the husband that has given up all sense of individuality and independence to keep his wife happy

Quotation: "The husbeen," explains the man who coined the phrase, GQ deputy editor Bill

课堂笔记/

"GQ"原名"Gentlemen's Quarterly"(中文名《绅士季刊》),是一本男性刊物,文章主要关于男性时尚、风格、文化,也包括美食、电影、健身、旅游、运动等。"GQ"这个词如今已成为日常生活词汇,代表穿着打扮考究、有品位的一类男人。

bray v. 粗声粗气地讲话(或大笑)

predator n. 食肉动物

alimony n. (离婚或分居后在诉讼期间男方

给女方的)赡养费,生活费

coin v. 创造

Prince, "is the man for whom those wedding bells have well and truly tolled, a man who mistook his independence for handing in all of his individuality."

唯妻命是从的丈夫

定义: 放弃一切个性和独立来取悦妻子的丈夫。

引文: "妻管严,"创造该词语的《绅士季刊》的副总编比尔·普林斯解释说, "是指那些在婚礼的钟声奏响后误把独立理解为牺牲了其所有个性的男子。"

5. baby hunger

Definition: the strong desire to have a baby, especially amongst older, professional women Quotation: Male *baby hunger* is not as great as women's—few have to make such a choice between reproduction and professional success.

求子若渴

定义: (尤指年长些的职业女性)想要孩子的强烈愿望。

引文: 男性对孩子的渴望没有女性强烈——很少有男性不得不在生育后代和事业成功之间作出选择。

6. tiger mother also U.S. tiger mom

Definition: a very strict mother who makes her children work particularly hard and restricts their free time so that they continually achieve the highest grades

Quotation: A Michigan State University scholar has **refuted** *tiger mother* philosophy that parents should drive their children to succeed even **at the expense of** the kids' happiness.

虎妈

定义:一位使孩子特别努力地学习并限制他们的自由时间以求持续取得最高分的严厉妈妈。

引文:一位芝加哥州立大学的学者批驳虎妈哲学,即父母甚至以牺牲孩子的快乐为代价促使孩子取得学业成功。

7. overparent also over-parent

Definition: being so worried about the safety or success of your children that you do too many things for them and prevent them from being independent

Quotation: But recently a new kind of parent has emerged who can be harmful to the healthy development of their children. These are the parents who tend to *over-*

parent their children ... Parents who *over-parent* make all the decisions for their child ... The over-parented child is a protected and spoiled child. He lacks real confidence and is unable to take risks or make decisions ...

过度家长化

定义:对孩子的安全和成功过度担心以至于替孩子做太多的事情而阻碍孩子独立。

引文:但是最近出现了一种新型父母,他们危害了孩子的健康发展。这些父母容易过度关心孩子……他们替孩子作所有决定……而孩子被过度保护和溺爱,缺乏自信而不敢尝试冒险或作决定。



1. open-collar worker

Definition: a person who does jobs at home that once required an office setting

Quotation: Home-based business is attracting growing numbers of **recruits** to its ranks. These "open-collar workers" come from a variety of backgrounds: lifelong **entrepreneurs**, homemakers, <u>downsized workers</u>, graduate students, stay-athome parents, homebound disabled people and retirees. But their goals are similar: to be their own bosses, work flexible hours and devote their efforts to projects they love.

开领工人

定义:指在曾经需要装备办公设施的家里工作的人。

引文:家庭企业正在吸引着越来越多的人。这些"开领工人"来自各种背景:终身企业家、家庭主妇、下岗工人、大学毕业生、居家父母、待在家的残疾人和退休者。但是他们的目标是相似的:当自己的老板,有灵活的工作时间以及全身心投入到他们所热爱的事业上。

2. social jet lag

Definition: the feeling of being very tired when you return to work after a holiday, especially because of changes to your sleeping pattern



"downsized workers"指由于公司缩减编制而被裁掉的工人。"downsize"可以作动词,意思是"(公司、机构为降低成本)裁员,紧缩编制",俗称"瘦身"。

Quotation: ... people are left feeling similar effects to jet-lag whereby they struggle to get up in the morning, feel **sluggish**, find it difficult to fall asleep at night and feel sleepy during the day—a phenomenon dubbed *social jet lag*.

倒社会时差

定义: 假期后返回工作岗位的疲惫感,尤其是因为作息时间的改变引起的。

引文: ······人们会有像倒时差一样的感觉: 早上挣扎着起床, 感觉无精打采, 晚上却难以人睡, 整天犯困——这种现象被称为倒社会时差。

3. grass ceiling

Definition: a set of social, cultural, and **discriminatory** barriers that prevent or discourage women from using golf to conduct business

Quotation: Most private golf clubs prevent women from playing during the most popular golfing hours such as weekend mornings. Many clubs also have men-only dining rooms and prevent women from **voting on** club rules. And, when a couple divorces, or a male member dies, the club often orders the woman to clean out her locker. Many women say the restrictions hurt their efforts to be equals in the business world. Like the executive "glass ceiling," the *grass ceiling* keeps women from advancing in business.

草坪天花板

定义:一系列阻止女性通过高尔夫运动来做生意的社会及文化歧视性障碍。

引文:大多数私人高尔夫俱乐部不允许女性在高尔夫最高峰时间(如周末上午)打球。很多俱乐部为男性专门设有餐厅,不允许女性为该俱乐部的规则投票。另外,当夫妻离婚后或者丈夫去世后,俱乐部经常要求女性清空她的寄物柜。很多女性说这些限制有损商界男女平等的原则。正如行政人员遭遇的"玻璃天花板"一样,"草坪天花板"阻碍了女性在商界的发展。

课堂拿记/

"glass ceiling"可译为"玻璃天花板"。这是一种比喻的说法,指在公司企业和机关团体中,限制某些人群(女性、少数族裔)晋升到高级经理及决策阶层的障碍。正如玻璃一样,这个障碍虽然不是明文规定在那里,却真实存在着。此外,还有玻璃地板(glass floor),指限制某些群体在地位下降过程中的障碍。比如对女性的刻板印象,在减少她们相对男性升迁公司总裁机会的同时,也减少了她们落到低下的矿工、囚犯等处境的机会。

4. stand-working

Definition: standing in front of the office desk while working on computers for a healthier life

sluggish adj. 无精打采的 discriminatory adj. 差别对待的

vote on 对……进行表决

Quotation: So what's the solution if your job requires you to spend a lot of time in front of a computer? *Stand-working! Stand-working* can help your back problems resolved; you'll have more energy, and can focus and concentrate better while standing.

站立办公

定义: 为了健康, 在办公桌前站着操作电脑。

引文:如果你的工作需要长时间在电脑前工作,你怎么办?站立工作!站立工作能帮助你解除背痛之忧;站立时你的精力会更充沛,注意力更加集中。

5. humblebrag also humble brag, humble-brag

Definition: a statement in which you pretend to be modest but which you are really using as a way of telling people about your success or achievements

Quotation: Gabriell was quick to reveal that despite never paying attention in history class, he still got an A, marking what was probably the first non-**culinary** *humble brag* in *Top Chef* history.

低调夸耀

定义:装做诚实而实则在向人们夸耀你的成就的陈述。

引文:加百利很快透露了一件事:尽管在历史课上从不用心,他仍然拿到高分—— 这可能标志着这是《高厨》节目历史上第一个非厨艺的低调夸耀。



《高厨》(Top Chef)是美国的一套以厨师比赛为题材的真人秀节目。

6. flyboard

Definition: put (or the activity of putting) "For Sale" or "Sold" signs outside properties which are not for sale, as a way of generating **publicity** for an **estate agent**

Quotation: The placing of For Sale and Sold boards on property with which the agent has no connection is very common, especially in central London where there is intense competition between agents and "flyboards", as they are known, are considered a cheap and effective way of advertising.

虚假销售

定义:在不是用来出售的房屋外挂上"待售"或"已售"的牌子,这是一种房地产 经纪人吸引公众注意力的一种方式。

引文: 在和某地产经济人毫无关系的房屋外悬挂上"代售"或"已售"的牌子,这

culinary adj. 烹饪的 publicity n. 公众的注意 estate agent 地产经纪人

种做法非常普遍,尤其在地产竞争激烈的伦敦中心区。而"虚假销售"被认为是一种廉价且有效的广告方式。

7. naked resignation

Definition: quitting your job without having another job **lined up**. People are doing this mainly because they are not happy with what they're doing or they feel lost about the future of their career

Quotation: To know when is the right time to go back to work is quite crucial for those **job-quitters**. Normally speaking, three months is the defining period. It is ideal if you can go back to work in the first three months after your "naked resignation." If you are still idling around after that, you will start worrying. Six months later, you will be under great pressure and confronted with many problems if no job is located by then, which will be very harmful for your career development.

裸辞

定义:在没有找到下一个工作之前就辞掉目前的工作。人们这样做主要是因为他们对现在的工作不满意或者对职业的前景感到迷茫。

引文:对那些辞职者来说,知道何时该返回工作非常关键。通常来讲,3个月是期限。在"裸辞"后的3个月内返回职场是最理想的。如果在那个时期后你仍然在虚度光阴,就要开始忧虑了。6个月后,如果工作还没有搞定,你将面对很大的压力和问题,而这将会对你的职业发展造成危害。

8. nevertiree

Definition: someone who continues to work beyond the age when people usually retire

Quotation: Dubbed *nevertirees*, many wealthy individuals will never stop working, the report said, even if they have little financial need to do so. Like Alper, they want to keep doing what they are doing for as long as possible.

永不退休的人

定义:到了通常的退休年龄仍然继续工作的人。

引文:该报告称很多有钱人被称为永不退休的人,他们将永远不会停止工作,即使他们并非为经济所迫。就像阿尔珀一样,只要可能,他们想尽可能长地从事他们的事业。