

守时重要吗？ Is punctuality important?

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语的六分钟英语。我是内尔。

And I'm Catherine.

我是凯瑟琳。

Thanks for making it on time today, Catherine!

谢谢你今天按时来，凯瑟琳！

What do you mean, Neil?

你是什么意思，内尔？

Are you implying I'm always late?

你是在暗示我总是迟到吗？

Well, punctuality, I mean being on time, is not your strong point.

嗯，守时，我的意思是准时，不是你的强项。

But I do always turn up and I never miss the programme—I just don't want to be early, Neil, and then wait around for you!

但是我总是到场了，而且我从来没有错过节目——我只是不想早到，内尔，然后等你！

Hmm, people's attitude to being on time certainly varies, and that's what we're discussing in this programme: how important is punctuality?

嗯，人们对于准时的态度各不相同，而这就是我们今天要在节目中讨论的内容：守时有多重要？

Anyway, Catherine, as you're here on time, you're not going to miss our quiz question!

不管怎么样，凯瑟琳，因为你准时来了，所以你不会错过我们的问题！

Oh, no, I certainly don't want to miss out on that.

哦，，我当然不想错过了！

So what is it?

问题是什么？

Well, in 2011, researchers said that an atomic clock at the UK's National Physical Laboratory would have the best long-term accuracy of any in the world.

嗯，在2011年，研究者们说英国国家物理实验室的一个原子钟拥有世界上最好的长期准确性。

But how many years would it take, approximately, for it to lose or gain a second?

但是它快一秒或慢一秒大约要花多少年？

Is it a) 138 years, b) 138,000 years, or c) 138 million years?

是 A. 138年，B.138000年，还是 1亿3800万年？

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Umm, well now, atomic clocks are very accurate, but 138 million years is a bit extreme, so I'll say b) 138,000 years.

嗯，原子钟非常精确，但是1亿3800万年有点极端，所以我要选 B. 138000年。

OK, Catherine, we'll find out the answer before the end of the programme, which has to be six minutes long!

好的，凯瑟琳，我们会在节目结束前知道答案，节目只有六分钟！

So, let's talk more about people's timekeeping—that's their ability to do things on time.

所以我们再来谈谈人们守时的问题——即他们按时做事的能力。

Now, I know Neil doesn't like to be late—he thinks it's rude.

我知道内尔不喜欢迟到——他认为这很无礼。

But I might be late because the traffic was bad, or I had extra things to do.

但是我可能会迟到，因为交通状况很糟糕，或者我有其它的事情要做。

And I know most appointments we make start late!

而且我知道我们做的大部分预约都会晚一点才开始！

Well, Catherine, it sounds like you might be a time bender.

嗯，凯瑟琳，听起来你是一个踩点者。

It's something author Grace Pacie talked about on the BBC Woman's Hour programme.

这是作家格蕾丝·帕斯在 BBC 的《女性时间》节目中谈论的内容。

Let's hear her definition of a time bender.

我们来听听踩点者的定义。

Well, Jenny, a time bender is actually somebody we all know very well.

嗯，珍妮，踩点者其实是我们非常熟悉的人。

They are the people who arrive last at any meeting or class, or the mums whose children have to run into school at the last minute.

他们参加任何会议或课程都会最后一个到，或者孩子要在最后一分钟跑进学校的妈妈。

They're the people who don't want to be late but they have a strange resistance to being early [like you] and they don't allow enough time.

他们不想迟到，但是他们会奇怪地抗拒早到，像你一样，而且他们不会留足够的时间。

OK, so I might be a time bender—someone who doesn't allow enough time to get somewhere—but, of course, I always think I will have enough time!

好的，所以我可能是个踩点者——不喜欢留足够的时间到某个地方的人——但是，当然，我总是认为我会有足够的时间！

One thing that is guaranteed is you'll never be early.

有一点可以肯定的是你永远不会早到。

You have a resistance to—you fight against or are opposed to being on time.

你抗拒——你对抗或反对准时。

Isn't it best to leave home just a little bit earlier?

难道早点离开家不是最好的方法吗？

Well, Neil, it's about deadlines—you know, a fixed time when something must be completed by.

嗯，内尔，这跟截止时间——你知道，某件事情必须完成的一个固定期限——有关。

If a deadline really matters, I'll make it, but for less important things, it's not worth getting too stressed.

如果截止时间真的很重要，我会遵守的，但是对于不那么重要的事情，它并不值得太紧张。

Umm, if you say so, Catherine.

嗯，如果你要这么说的话，凯瑟琳。

Being late makes me anxious, which is why I always arrive early.

迟到会让我感到焦虑，这就是为什么我总是会早到。

But therapist Philippa Perry might be able to explain your more relaxed attitude to timekeeping.

但是治疗师菲利普·派瑞也许能够解释你对于守时的更为放松的态度。

She also spoke about this on the BBC's Woman's Hour programme.

她也在 BBC 的《女性时间》节目中谈论了这一点。

See if you can hear what her reasons are.

看看你能否听到她的理由。

Underlying it all, there is this fear of being early, and the fear could be a fear of being conspicuous, a fear of standing out in a strange place, having no one to talk to, feeling a bit alone and awkward...

在这一切表象之下是对于早到的害怕，以及害怕显眼，害怕在陌生的地方突出，没有人可以聊天，感到有点孤单和局促.....

The other reason people are always late is that all the traffic lights will be green, and they generally sort of stretch the time somehow in their minds and just think there's time to do absolutely everything they've packed in.

人们总是迟到的另一个原因是所有的交通灯都是绿色的，而且他们通常会在脑海里延长他们的时间，认为肯定还有时间去做他们安排的一切事情。

So, she thinks being late is to do with social awkwardness—if you arrive too soon, you feel awkward—that's uncomfortable or nervous, waiting for others to arrive.

所以他认为迟到跟社交局促有关——如果你到得太早了，你会感到局促——即不舒服或紧张，等着其他人来。

There's also the fear of being conspicuous—easily noticed or standing out in a crowd.

而且人们还害怕显眼——容易在人群中被发觉或突出。

It's a very uncomfortable feeling, but that's not why I might be late.

这是一种很不舒适的感觉，但是这不是我可能会迟到的原因。

It's the other reason Philippa Perry mentioned.

是菲利普·派瑞 提到的另一个原因。

I just think there's time to pack everything in!

我认为还有时间安排一切！

But if it makes you happy, I will try to be on time next time.

但是如果这让你感到开心，我会努力下次准时。

Well, according to experts on the Woman's Hour programme, you shouldn't 'try' to be on time, you should 'decide' to be on time.

嗯，根据《女性时间》节目中专家的说法，你不应该“努力”准时，你应该“决定”要准时。

OK, Neil!

好的，内尔！

But before we run out of time, why don't you tell me if I had the right answer to the quiz.

但是在我们时间用尽之前，你何不告诉我有没有答对问题呢？

Was I correct?

我答对了吗？

Yes, I asked you how many years it would take, approximately, for the UK's National Physical Laboratory's atomic clock to lose or gain a second.

是的，我之前问你英国国家物理实验室里的原子钟大约要多久才会走快或走慢一秒。

Is it a) 138 years, b) 138,000 years, or c) 138 million years?

是 A. 138年，B.138000年，还是 C. 1亿3800万年？

And I said b) 138,000 years.

我说的是 B. 138000年。

And you are wrong!

你答错了！

You are too early..... you are too early for a change-the answer is c) 138 million years.

你选的误差时间太早了——答案是 C. 1亿3800万年。

Maybe I should buy you an atomic watch, Catherine?

也许我应该给你买一个原子表，凯瑟琳？

Ha ha. Right, let's not waste any more time-here's a recap of the vocabulary we've discussed today, starting with punctuality.

哈哈。是的，我们不要再浪费时间了——现在来回顾我们今天讨论的单词，从守时开始。

This is about doing something at an agreed time and being on time.

这指的是在某个规定的时间做某件事，并且准时做。

When we talk about someone's timekeeping, we mean their ability to achieve things on time.

当我们谈论某人的守时时，我们指的是他们能够按时达成某事的能力。

And we heard about time benders-not really people who bend time-but people who are always late because they don't allow enough time to get somewhere.

我们还听到了有关踩点者的内容——不是弯曲时间的人——而是总是因为没有留出足够时间到达某地的人。

Like you, Catherine, maybe?

也许就像你一样，凯瑟琳？

It's because you have a resistance to being on time-you are against being on time, you fight against it.

这是因为你抗拒按时——你不反对按时，你对抗它。

That's because I hate deadlines-fixed times when things must be completed by.

这是因为讨厌截止时间——事情必须在某个固定的时间前完成的期限。

And some people also feel conspicuous, easily noticed, and they feel awkward-uncomfortable or nervous.

而且有人还会觉得显眼，容易被发现，而且他们会感到局促——不舒服或紧张。

Thanks for joining us, and don't forget to check out all our other programmes on our website-at bbclearningenglish.com. Bye for now.

感谢你加入我们，不要忘记查看我们网站上其他的所有节目——地址是 bbclearningenglish.com。再见。

Bye!

再见！
