

舒适鞋潮流的兴起 The rise in popularity of the comfy shoe

Hello and welcome to 6 Minute English. I'm Dan.

大家好，欢迎收听六分钟英语。我是丹。

Let me just sit down.

让我坐下来。

Ah! And I'm Neil.

啊！我是内尔。

Neil, are you wearing high heels?

内尔，你穿的是高跟鞋吗？

Hang on. Ah! Not any more!

等等。啊！再也不这样了！

How did they feel?

感觉怎么样？

Agony! How do women do this?

痛苦！女性们是怎么办到的？

Why on earth are you wearing them?

你到底为什么要穿它们？

Well, I wanted to look fashionable and cool!

嗯，我想看上去又时髦又酷。

Everyone knows that high heels are the height of fashion-on the street, at work and at parties.

每个人都知道高跟鞋在潮流顶端——出现在街头、工作场合和派对上。

I'm ready for anything!

我敢于尝试一切。

I'm not so sure you're right there, Neil.

我不确定你在潮流顶端，内尔。

Our topic for this 6 Minute English is about the rise in popularity of the comfy shoe.

本期六分钟英语的话题是关于舒适鞋潮流的兴起。

However, before we step into that, let's have our quiz question.

但是在我们聊这个话题之前，我们要回答今天的问题。

Which famous sports clothing company's first pair of running shoes was inspired by the square pattern on a waffle-making machine?

哪一个有名的运动服装厂牌的第一双跑鞋的灵感是来自华夫饼机上的方形图案？

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Was it a) Adidas, b) Nike, or c) Puma?

是 A. 阿迪达斯, B. 耐克, 还是 C. 彪马?

Well, I have no idea, so I'm going to say Adidas because that's got marks.

嗯, 我不知道, 所以我要猜阿迪达斯, 因为它上面有标记。

We'll have to wait until later to find out.

我们要等晚一点才知道。

So, what do you think of when I say comfy shoes?

所以当我说舒适鞋的时候你想到了什么?

Well, comfy is an adjective which is an informal way of saying 'comfortable'.

嗯, comfy 这个形容词是“comfortable”的非正式说法。

So, I suppose we're talking trainers.

所以我想我们说的是运动鞋。

But I was always told that trainers weren't appropriate for everywhere, like work and many formal or social places, such as parties, bars and clubs.

但是别人总是跟我说运动鞋并不是适合所有场合, 例如工作场合和许多正式的或社交场合, 例如派对, 酒吧和俱乐部。

Well, that certainly used to be the case, but that may not be as true any more.

嗯, 过去可能是这样, 但是现在可不再这样了。

Victoria Moss is the Senior Fashion Editor at the Telegraph newspaper in the UK.

维多利亚·摩斯是英国《电报报》的高级时尚编辑。

Here she is speaking on BBC Radio 4's Woman's Hour about why trainers are considered more fashionable these days.

她在BBC电台4频道的《女性时间》节目中解释了如今运动鞋为何会被认为更加时尚。

Is it something that's happened very recently?

这是最近才发生的事情吗?

Well, I think it's been, sort of, coming on for a while.

嗯, 我认为它应该是已经出现一阵子了。

And I think one thing in fashion in the last 10 years has been a, sort of, mass casualisation of everything.

我认为过去的10年中时尚圈的一件事可以说是每件事物的大量休闲化。

And there's been a big streetwear trend, which has filtered through enough.

而且还有浩大的街头服饰潮流, 它逐渐渗透。

So, is it something that's happened very recently?

所以这是最近发生的事情吗?

Apparently not, no.

很显然不是的。

She said that there has been a mass casualisation of things over the last 10 years.

她说在过去的10年里有了一场好大的事物休闲化。

Casualisation here means 'the process of becoming less formal and more relaxed'-'more casual'.

这里休闲化指的是“变得不那么正式且更放松的过程”——即“更休闲”。

Yes! Society has relaxed its idea of what is considered formal or appropriate.

是的！社会已经放开了对什么被认为是正式或合适的观念。

In addition, we're told there has been a big streetwear trend.

除此之外，我们还被告知有一场浩大的街头服饰潮流。

Streetwear is a style of casual clothing worn especially by young people from urban settings-that's the city.

街头服饰指的是一种休闲服饰的风格，尤其为有城市背景——即城市里的——的年轻人所穿戴。

This trend has filtered through.

这个潮流逐渐渗透。

If something filters through, it appears or happens gradually over time.

如果某事逐渐渗透，它会随着时间渐渐出现或发生。

So, presumably, the trend for streetwear filtered through from its specialised area into mainstream fashion until everyone was following it.

所以街头服饰的潮流想必从其专有的区域渗透到了主流时尚，直到每个人都在赶时髦。

Well, that explains why trainers are more fashionable these days, but it doesn't explain why people are wearing them more.

嗯，这解释了为什么如今运动鞋更时尚了，但是这无法解释为什么人们更常穿它们。

Not everyone follows fashion, you know.

你知道的，并不是每个人都赶时髦。

Yes, Neil, I can see that when I look at you.

是的，内尔，我看到你的时候就能明白。

But you're forgetting the comfy part.

但是你忘记了舒适那部分。

Emma Supple is a podiatrist-a foot doctor-who also spoke on Woman's Hour.

艾玛·沙布尔是一位足病医生——看脚的医生——她也在《女性时间》节目上发了言。

Here she is explaining why being comfy is so important.

下面是她解释为什么舒适如此重要。

What are people doing more these days that they weren't before?

如今人们比过去更频繁地做什么事？

So what we're actually talking about is, actually, people, for wellness walking more and doing more...and they're not going to do that in a lot of high heels...so trainers are changing the materials.

所以我们在谈的是，事实上，人们，为了健康更多地走路并且更多地做.....而且他们穿高跟鞋做不了多少.....所以运动鞋正改变材料。

There are now a lot of fabric trainers and if you've inherited foot problems, then that kind of fabric...they're wrapping around knobbly bits, and knobbly bits hurt.

现在有很多布面运动鞋，而且如果你遗传了足部问题，那么那种布料.....它们包裹了疙瘩，而且疙瘩会很痛。

What are people doing more?

人们现在更多地做什么？

They're walking more and they're doing it for wellness.

他们更常走路，并且他们这样做是为了健康。

Wellness is the state of being healthy.

健康是良好的身体状态。

As a result, trainers have had to change their materials to fabric to make themselves more comfortable.

因此，运动鞋不得不将材料变为布料来让它们更舒适。

Not only that, but if you have any foot problems, these fabric, or cloth, trainers are better at fitting to the shape of your foot.

不仅如此，如果你有足部问题，这些纺织物或布料，运动鞋能更好地契合你的脚型。

That means if you have any knobbly bits, they won't hurt as much, which makes trainers more comfortable for everyone!

这意味着你如果你有任何凸起的地方，它们不会那么痛，这使得运动鞋适合每个人。

Knobbly is an adjective that means 'lumpy'-'having many raised areas on the surface'.

疙瘩是一个形容词，意思是“凸起的”——“表面上有很多凸起的部分”。

So, it's the combination of a change in fashion and a change in materials that's made trainers and other comfy shoes more popular than ever, right?

所以它是潮流转变和材料的变化使得运动鞋和其它的舒适鞋变得比以前更受欢迎的，是吗？

Exactly! And hard on the heels of that revelation, we can reveal the answer to our quiz question.

没错！揭晓了这一谜题后，我们可以揭晓今天问题的答案了。

Earlier I asked which famous sports clothing company's first pair of running shoes was inspired by the square pattern on a waffle-making machine.

之前我问哪一个有名的运动服装厂牌的第一双跑鞋的灵感是来自华夫饼机上的方形图案？

Was it: a) Adidas, b) Nike, or c) Puma?

是 A. 阿迪达斯，B. 耐克，还是 C. 彪马？

Neil, you said?

内尔，你说的是？

I said Adidas.

我说的是阿迪达斯。

Sorry. The answer is Nike.

不好意思，答案是耐克。

In 1971 their co-founder Bill Bowerman was having breakfast when he saw the waffle machine and it inspired the design of Nike's first running shoe.

在1971年，他们的共同创始人比尔·鲍威曼在吃早饭的时候看到了华夫饼机，而这激发了耐克第一双跑鞋的设计灵感。

Let's hope it was comfy one.

希望那是一双舒适的鞋。

Aha! It must be time to review our vocabulary!

啊哈！时候回顾词汇了。

So, first we had comfy-an adjective which is an informal ways of saying 'comfortable'.

所以我们说的第一个词是舒适的——这个形容词是“comfortable”的非正式说法。

Then we had casualisation.

然后我们说到了休闲化。

This describes the process of things, such as fashion or behaviour, becoming less formal and more casual.

这描述的是事物，例如时尚或行为，变得更不正式且更休闲。

Next was streetwear.

下一个词是街头服饰。

That describes a style of casual clothing that is worn especially by young people who live in cities.

这描述的是一种休闲服饰的风格，尤其为住在城市中的年轻人所穿。

Then we heard filtered through.

然后我们听到了逐渐渗透。

If something filters through, it appears or happens gradually over time.

如果某物逐渐渗透，它会随着时间逐渐出现或发生。

For example, has it filtered through to you yet, Neil, that high heels were a mistake?

比如，它逐渐渗透向你了吗，内尔，高跟鞋是个错误吗？

Yes, it has!

是的，没错！

They didn't do anything for my wellness, I can tell you, which means 'the state of being healthy'.

我可以告诉你，它们无益于我的健康，这个词的意思是“良好的身体状态”。

And lastly, we had knobbly.

最后我们说到了疙瘩。

This adjective means 'lumpy' or 'having many raised areas on the surface'-like skin when it gets cold.

这个形容词的意思是“凸起的”或“表面上有很多凸起的区域”——就像天冷时的皮肤。

Do you have anything knobbly on your foot, Neil?

你的脚上有疙瘩吗，内尔？

Probably! My feet are killing me!

很可能！我的脚疼死了。

I think we've found your Achilles' heel!

我想我们找到了你的阿克琉斯的脚后跟（致命的弱点）！

However, it's time to go.

然而，该结束了。

But we will be back.

但是我们会回来的。

In the meantime, you can find us in all the usual places online and on social media, just look for BBC Learning English.

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Bye for now.

再见了。

Goodbye!

再见！
