

高跟鞋 High heels

Hello. Welcome to 6 Minute English, I'm Neil.

大家好，欢迎收听六分钟英语，我是内尔。

And joining me it's Rob.

和我一起的是罗伯。

Hello.

大家好。

Today, we'll be discussing whether wearing high-heeled shoes is a fashion statement or a sign of oppression-and by that I mean something you have to wear because someone has told you to.

今天我们要讨论穿高跟鞋是一种时尚宣言还是一种压迫的表现——我这样说的意思是你因为被他人告知而不得不穿的东西。

Now Neil, whatever style of shoe you choose to wear, it's good to polish them and keep them looking shiny and new-but one man from India called Vickrant Mahajan, set the Guinness World Record for polishing the most shoes.

那么内尔，不管你选择穿什么风格的鞋子，擦亮并让它们看起来闪亮如新是很好的——但是一个来自印度名叫Vickrant Mahajan的男性创下了擦亮最多鞋子的吉尼斯世界纪录。

Do you know how many pairs he polished in eight hours?

你知道他在八个小时内擦了多少双鞋吗？

Was it a) 151 pairs, b) 251 pairs, or c) 351 pairs?

是 A. 151双，B. 251双，还是 C. 351双？

Well, if it was me, it would be no more than one pair-but as it's a world record, I'm going to go for 351 pairs.

嗯，如果是我的话，肯定不超过一双——但是既然它是一个世界纪录，那么我要选351双。

Hopefully you'll give me the answer later!

你稍后肯定会告诉我答案的。

But let's focus now on high heels.

但是我们现在把焦点集中在高跟鞋上吧。

Yes. It's a style of shoe worn by women around the world.

是的。它是一种被全世界女性穿着的鞋的种类。

But why do millions of people choose to walk on strange, stilt-like shoes?

但是为什么数以百万计的人会选择穿着这么奇怪的像高跷一样的鞋子走路呢？

Studies have suggested wearing high heels can lead to damage to the muscles and skeleton.

研究表明，穿高跟鞋会伤害肌肉和骨骼。

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But despite this, they are worn to look professional in the workplace or for glamour—a word to describe the quality of looking fashionable and attractive.

但是尽管如此，人们穿它们为了看上去在职场显得专业，或者是为了凸显魅力——这个词被用来描述看起来很时尚和吸引人的品质。

And of course, they are associated with female glamour, which is something Tim Edwards, Honorary Fellow in Sociology at the University of Leicester, has been talking about on the BBC Radio 4 programme, Thinking Allowed.

当然了，它们和女性魅力联系在一起，这也是莱斯特大学社会学的名誉学员蒂姆·爱德华在BBC电台4频道的节目《Thinking Allowed》中在谈论的问题。

Here he is describing why he thinks that is.

以下是他在描述他所认为的出现这种情况的原因。。

Women's shoes in particular kind of have this kind of transformative or even magical quality—they can do something for a woman, and it's quite difficult to kind of draw parallels quite like that with men in a sense of which it almost becomes something slightly otherworldly.

女性的鞋子尤其可以说有这种变革或者甚至可以说是神奇的特质——它们可以为女性做一些事情，而这可以说很难跟男性画上等号，在某种意义上它几乎成为了有点超自然的东西。

However one views it, as something which is a kind of act of subordination or an act of empowerment etc, there is a sense in which your experience is changed—you are suddenly raised 3-4-5-6 inches higher, your balance is altered, your experience is transformed.

但是有人把它看做是一种附属行为或一种赋权行为等等，你会觉得你的经历被改变了——你突然长高了3-4-5-6英寸，你的平衡被改变了，你的经历被改变了。

So, he describes high heels as having a magical quality.

所以他说高跟鞋有一种神奇的特质。

He uses the word transformative—meaning a great improvement or positive change—so they transform or improve how someone looks.

他使用了“变革的”这个词——意思是一种伟大的进步或积极的改变——所以它们革新或改善了人们的外观。

Well, they do make you taller and that can make you feel more powerful or important.

嗯，它们确实让你看上去更高，而这能够让你感觉更加强大或重要。

Tim even said it becomes otherworldly—an adjective to describe belonging to an imaginary world rather than the real world.

蒂姆甚至还说它变得有点超自然——这个形容词用来描述属于一个想象中的世界而不是真实的世界。

Magical shoes do sound otherworldly.

神奇的鞋子确实听上去很超自然。

But Tim also mentioned that wearing high heels could be seen as an act of subordination.

但是蒂姆还提到了这一点：穿高跟鞋可能会被看做是一种附属行为。

That's making someone do something to give them less authority or power.

也就是让某人做某事，从而给予他们更少的权威或力量。

Well, I guess that's only if you are forced to wear them.

嗯，我想这只是在在你被强迫穿它们的情况下才是这样。

But there's another interesting point here-men don't have a style of footwear that can define them.

但是还有另一个有趣的观点——男性没有一种能够定义他们的穿鞋风格。

Yes, it's just sandals for you and sports trainers for me.

是的，像你就穿凉拖，而我就穿运动鞋。

In fact, Tim Edwards says it's difficult to draw parallels with men's shoes.

事实上，蒂姆·爱德华说很难将男性的各种鞋子划上等号。

When you draw parallels between two distinct things, it means you highlight the similarities-but here he's saying it's difficult to find similarities.

当你将两样不同的东西划上等号时，这意味着你强调它们的相似之处——但是在这里他说很难找到相似性。

Men have nothing special to wear on their feet.

男性没有特别的穿在脚上的东西。

Of course there is nothing to stop men wearing high heels-although personally I don't think I'd be able to keep my balance-but Tim Edwards suggests it would be viewed with suspicion.

当然没有什么东西可以阻挡男性穿高跟鞋——尽管就我个人而言，我认为我会无法保持平衡——但是蒂姆·爱德华表示这会被怀疑。

Let's hear what he has to say.

我们来听听他的话。

I think the issue with men and footwear is that if you think of more contemporary culture-I mean the guy who kind of wears overly-flamboyant shoes or shoes which are not black, brown or flat is viewed with a degree of suspicion-either in terms of his sexuality, or in terms of his work ethic-or in terms of his kind of general moral, well, you know, his moral standards in other kinds of ways.

我认为男性和鞋履的问题是，如果你多想想现代文化——我的意思是穿着过分艳丽的鞋子或者不是黑色、棕色或平底鞋子的男性会在某种程度上被怀疑——要么是他们的性取向，或他们的职业操守——或者他的普世伦理观，嗯，你知道的，就是他在其它方面的道德标准。

He says that if you don't wear a regular, ordinary black, brown or flat style of shoe, you might be viewed with suspicion.

他说如果你没有穿常规的，常见的黑色、棕色或平底的鞋子，你可能会被怀疑。

Men who wear shoes that are flamboyant-that's brightly coloured and that attracts attention-have their sexuality or their attitude to work judged.

穿着颜色艳丽——这个词的意思是颜色很亮并且吸引眼球——的鞋的男性，他们的性取向或对待工作的态度会被评判。

He mentions someone's work ethic-that's the belief that working hard is morally right.

他提到了某人的职业操守——就是认为努力工作从伦理上来说是正确的想法。

A man who wears flamboyant shoes may have a different attitude to work.

穿着颜色艳丽的鞋子的男性可能会对工作有不一样的态度。

It sounds like quite an old-fashioned view.

这听上去是一种很陈旧的观念。

It does, and let's hope people don't judge you when you go out wearing your sandals and socks!

确实，让我们希望人们不会在你出门穿着凉拖和袜子的时候评判你吧。

Now, how about giving us the answer to the question you set earlier.

现在请告诉我们你之前提的问题的答案吧。

Yes. I told you about Vickrant Mahajan, who set the Guinness World Record for polishing the most shoes.

好的。我之前跟你提到了Vickrant Mahajan这个人，他创下了擦亮最多鞋子的吉尼斯世界纪录。

I asked if you knew how many pairs he polished in eight hours.

我问你是否知道他在八个小时内擦了多少双鞋子。

And I guessed 351 pairs.

我猜的是351双。

Come on, was I right?

快说，我对了吗？

I'm afraid not, Neil.

恐怕没有，内尔。

The answer was 251 pairs.

答案是251双。

It's still quite a lot—that's 502 individual shoes and I'm not sure if he actually got paid for doing it.

这仍然很多——那可是502只鞋子啊，而且我不知道他是否得到了报酬。

Right, let's polish up some of our English vocabulary and remind ourselves of some of the words we've discussed today, starting with oppression.

好的，我们来打磨一下我们的英语词汇并回顾一些我们今天讨论到的单词吧，先从压迫开始。

Oppression is when you are forced to do something by someone more powerful.

压迫指的是你被更有权势的人强迫做某事。

We talked about glamour – a word to describe the quality of looking fashionable and attractive.

我们谈到了魅力——这个词描述的是看上去时尚迷人的品质。

Our next word was transformative, meaning a great improvement or positive change.

我们的下一个词是革新的，意思是伟大的进步或积极的改变。

Otherworldly is an adjective to describe belonging to an imaginary world rather than the real world—it's magical or special.

超自然的是一个形容词，用来描述属于某个想象中的世界而不是真实的世界——它是神奇的或特别的。

We also discussed an act of subordination-that's making someone do something to give them less authority or power.

我们还讨论了附属行为——指的是让某人做某事从而给予他们更少的权威或权力。

To draw parallels is an idiom meaning to highlight the similarities between two distinct things.

划等号是一个习语，意思是强调两个不同的东西之间的相似之处。

And we mentioned flamboyant-that describes someone or something brightly coloured and that attracts attention.

我们还提到了艳丽的——这个词描述的是某人或某物颜色亮丽并且会吸引注意力。

Finally, we talked about work ethic-that's the belief that working hard is morally right.

最后我们谈到了职业操守——指的是认为努力工作从伦理上来说是正确的想法。

Something that both Neil and I have!

这是我和内尔都有的东西！

And that brings us to the end of the programme.

今天的节目就到这里。

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Bye bye.

再见。
