

题源外刊 10 课堂笔记

题源外刊 10

视频定位
0:00~15:46

上节内容回顾:

单词测试

glance n. 一瞥	narrative n. 叙述
flip a switch 快速开启开关	at odds with... 与.....矛盾
account n. 解释, 记录 v. 解释; 占...百分比	prominent adj. 卓越的
dread n. 恐惧 (dreadful)	consistent adj. 一致的
classical adj. 古典的	uniformity n. 统一, 一致性
classical music 古典音乐	spike n. 突然上升, 剧增
classic adj. 经典的	abundant adj. 足量的, 重组的
annoying adj. 使人恼怒的	radical adj. 基础的, 根本的; 激进的
rationality n. 合理的, 理性	eradicate vt. 根除
rational adj. 理性的	tag n. 标签; v. 给.....加上标签
civilisation/civilization 文明	tremendous adj. 极大的, 巨大的
culture n. 文化	upbringing n. 培养, 教养
merely adv. 仅仅地	wire n. 金属丝, 电线; v. 连线

NOTE:

大板块

小板块

课后作业

文章关键词

注释

补充知识

视频定位
15:46~26:44

Paragraph 1&2

In 2000, countries such as the UK and the US were already five times as wealthy as in 1930. Yet as we **hurtle** through the first decade of the 21st century, our biggest challenges are not too much **leisure** and **boredom**, but stress and uncertainty.

What does working less actually solve, I was asked recently. I'd rather turn the question around: is there anything that working less does not solve?

段落分析: 虽然经济富裕了, 但是我们看到的不是休闲快乐, 反而感到的是压力和不确定性。作者发问: 少工作不能解决什么问题?

重点词汇

hurtle v. (向某个方向) 飞驰, 猛冲
hurdle n. (跨栏赛跑时用的) 栏架
leisure n. 空闲
boredom n. 厌倦, 无聊

对照翻译

In 2000, countries such as the UK and the US were already five times as wealthy as in 1930. Yet as we hurtle through the first decades of the 21st century, our biggest challenges are not too much leisure and boredom, but stress and uncertainty.	在2000年, 像英国和美国这样的国家其富裕程度已经是1930年的五倍。然而当我们在21世纪的前几十年中飞速前进时, 我们面临的最大挑战不是太多的闲暇和无聊, 而是(太多的)压力和不确定性。
What does working less actually solve, I was	减少工作时间究竟能解决什么问题, 最

asked recently. I'd rather turn the question around: is there anything that working less does not solve?

近有人这样问我。我宁愿把这个问题倒过来问：有什么是减少工作时间解决不了的吗？

Paragraph 3

Q: 这段话作者想用什么方式来类比？

Take climate change. A worldwide shift to a shorter working week could cut the CO2 **【emitted this century】** by half. Countries with a shorter working week have a smaller **【ecological footprint】**. Consuming less starts with working less – or, better yet – with consuming our prosperity in the form of leisure.

A: 作者用全球变暖的例子来类比。

段落分析：作者一开始的格局比较大，拿全球变暖举例子。减少工作时间可以改善全球变暖。

重点词汇

emit v. 排放

ecological adj. 生态的

prosperity n. 繁荣

对照翻译

Take climate change. A worldwide shift to a shorter working week could cut the CO2 emitted this century by half. Countries with a shorter working week have a smaller ecological footprint. Consuming less starts with working less – or, better yet – with consuming our prosperity in the form of leisure.

以气候变化为例。在全世界范围内缩短每周工作天数可以使本世纪的二氧化碳排放量减少一半。每周工作天数较少的国家有更小的生态足迹。减少消耗量首先始于减少工作时间 — 或者，更好的是 — 始于悠闲自在地享受我们所创造的繁荣成果。

Paragraph 4

Overtime is deadly. Long working days lead to more errors: tired **surgeons** are more prone to **slip-ups** and soldiers who get too little shut-eye are more prone to miss

犯错误，失误

targets. From **Chernobyl** to the space shuttle Challenger, overworked managers often prove to have played a role in disasters. It is no coincidence that the financial sector, which triggered the biggest disaster of the past decade, is absolutely groaning with people doing overtime.

段落分析：过度工作是致命的，疲倦的人更容易犯错。

重点词汇

deadly adj. 致命的

surgeon n. 外科医生

be prone to 倾向于，有.....的倾向，易于.....的

Notes:

辨析：surgeon n. 外科医生

physician n. 内科医生

physicist n. 物理学家

sergeant n. 中士

Notes:

Chernobyl: “切尔诺贝利事件”，是一件发生在苏联统治下乌克兰境内切尔诺贝利核电站的核子反应堆事故。该事故被认为是历史上最严重的核电事故。

= be likely to =tend to =be liable to =be inclined to =incline to

slip-up n. 疏漏, 差错

coincidence n. 巧合, 一致

groan v. 呻吟; 抱怨

对照翻译

Overtime is deadly. Long working days lead to more errors: tired surgeons are more prone to slip-ups and soldiers who get too little shut-eye are more prone to miss targets. From Chernobyl to the space shuttle Challenger, overworked managers often prove to have played a role in disasters. It is no coincidence that the financial sector, which triggered the biggest disaster of the past decade, is absolutely groaning with people doing overtime.

加班是致命的。较长的工作时间会导致更多的失误: 疲倦的外科医生在工作中更容易出现差错, 睡眠太少的士兵更容易打偏目标。从切尔诺贝利核泄漏事故到挑战者号航天飞机爆炸事故, 事实证明过度劳累的管理者往往对这些灾难负有一定的责任。曾引发近十年来最大灾难的金融行业, 绝对是员工加班的重灾区, 这绝非巧合。

Paragraph 5

Countless studies have shown that people who work less are more satisfied with their lives. In a recent poll conducted among working women, German researchers quantified the "perfect day". The largest share of minutes would go toward

不用翻译为“分钟”, 译为“时间”

"intimate relationships". Down at the bottom of the list were work and commuting. The researchers noted that "in order to maximize well-being it is likely that working

幸福感

and consuming (which increases GDP) might play a smaller role in people's daily activities compared with now".

段落分析: 工作少的人更能满意他们的生活。工作通勤应该在人们的生活中扮演一个比较小的角色。

重点词汇

poll n. 投票

quantify v. 为...定量

intimate adj. 亲密的

commute v. 通勤

well-being n. 健康; 幸福

对照翻译

Countless studies have shown that people who work less are more satisfied with their lives. In a recent poll conducted among working women, German researchers quantified the "perfect day". The largest share of minutes would go toward "intimate relationships". Down at the bottom of the list were work and commuting. The researchers noted that "in order to maximize well-being it is likely that working and consuming (which increases GDP) might play a smaller role in people's daily activities compared with now".

很多研究表明, 工作时间更少的人对自己的生活更满意。在最近一项针对职场女性群体的调查中, 德国研究人员对“完美的一天”进行了量化。花在“亲密关系”上的时间最多。列表中排名最低的是工作和通勤。研究人员指出, “为了最大限度地提升福利, 与现在相比, 有可能(促进GDP增长的)工作和通勤时间在未来人们日常活动中所占的比重会更小”。

视频定位
50:10~56:00

视频定位
56:00~62:10

Paragraph 6

Obviously, you can't simply chop a job up into smaller pieces. Nevertheless, researchers at the International Labour Organization have concluded that job sharing – in which two part-time employees split a workload **【traditionally assigned to one full-time worker】** – went a long way towards resolving the last economic crisis. Particularly in times of recession with spiking unemployment and production exceeding demand, sharing jobs can help to soften the blow.

过去分词作后置定语

段落分析：把一份工作分成小部分，可以缓解经济衰退时的失业问题。

重点词汇

chop up 砍下
assign v. 分配
crisis n. 危机
recession n. 衰退
exceed v. 超过，胜过

对照翻译

Obviously, you can't simply chop a job up into smaller pieces. Nevertheless, researchers at the International Labour Organization have concluded that job sharing – in which two part-time employees split a workload traditionally assigned to one full-time worker – went a long way towards resolving the last economic crisis. Particularly in times of recession with spiking unemployment and production exceeding demand, sharing jobs can help to soften the blow.	显然，你不能把工作简单地切成若干小块。然而，国际劳工组织的研究人员得出的结论是，工作分享制——以往分配给一个全职员工的工作量由两个兼职雇员共同分担——在化解上次经济危机中发挥了重要作用。特别是在失业率剧增、生产供大于求的经济衰退时期，工作共享有助于缓解经济衰退的冲击。
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视频定位
62:10~1:16:41

Paragraph 7

Furthermore, countries with shorter working weeks consistently top gender-equality rankings. The central issue is achieving a more equitable distribution of work. **Not until men do their fair share of cooking, cleaning and other domestic labour will women be free to fully participate in the broader economy.** Take Sweden, a country with a truly decent system for childcare and paternity leave – and the world's smallest work-time disparity between men and women.

此句为倒装句，原序为：

Women will not be free to fully participate in the broader economy until men do their fair share of cooking, cleaning and other domestic labour.

段落分析：工作时间少的国家更能体现男女平等。

重点词汇

gender-equality n. 性别平等
equitable adj. 公平的, 公正的
distribution n. 分配
decent adj. 像样的, 合宜的
paternity leave 陪产假, 父亲照顾新生儿的休假
disparity n. (尤指因不公正对待引起的) 不同, 不等

对照翻译

Furthermore, countries with shorter working weeks consistently top gender-equality rankings. The central issue is achieving a more equitable distribution of work. Not until men do their fair share of cooking, cleaning and other domestic labour will women be free to fully participate in the broader economy. Take Sweden, a country with a truly decent system for childcare and paternity leave – and the world's smallest work-time disparity between men and women.	此外, 具有较短工作周的国家一直在两性平等指数排行榜上名列前茅。关键是更公平地分配工作。只有男性公平分摊一部分做饭、打扫卫生等家务劳动, 女性才能自由充分地参与到整体经济中。比如瑞典, 该国具有非常慷慨得体的育儿和陪产假制度——同时在工作时间上也具有世界上最小的性别差异。
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What is the best title for the passage?

- [A] The solution to nearly everything: working less
[B] Working less: a way to deal with challenges
[C] How to Release Working Stress
[D] Goodbye, Climate Change

语法知识点10

虚拟语气

- (1) 他活着的时候最擅长吹牛, 从来都没有离开过他的乡村, 但是说话时却好像曾去过全世界很多地方一样, 而且还有人相信他。
When he was alive, he was very good at bragging and cheating. He never left his village. But he talked as if he had been to many different places in the world. And people believed him.
- (2) 经过流血争斗之后, 他去了学校, 好像什么都没有发生过一样。
After the bloody fight, he went to school as if nothing had happened.
- (3) 两个月前, 我叔叔回到了他的祖国英国, 但是很快他就离开了。他表现地好像他从来没有在英国居住过一样。
Two months ago, my uncle returned to his homeland: England, but very soon, he left, acted as if he had never lived in this country before.
- (4) 他们谈起来好像早就认识了一样。
They talked as if they had known for years.

课后作业:

1. 句子分析

- ① Not until men do their fair share of cooking, cleaning and other domestic labour will women be free to fully participate in the broader economy.
② Long working days lead to more errors: tired surgeons are more prone to slip-ups and soldiers who get too little shut-eye are more prone to miss targets.

2. 复习文章和词汇自测

视频定位
1:16:41~1:23:40