

## 题源外刊 09 课堂笔记

### 题源外刊 09

视频定位  
0:00~14:49

#### 上节内容回顾:

##### 单词测试:

reflect	v. 思考, 反射, 反应	iconic	adj. 符号的, 标签式的
fierce	adj. 激烈的	-Michael Jackson was an iconic singer in the United States.	
parallel	adj. 平行的		
Congress	n. 国会		
finance	n. 金融, 财政; v. 向.....提供资金	credit	n. 信用 credit card / v. 认为是..... 的功劳+with
prestige	n. 威望, 声望;	-The company is credited with inventing the industrial robot.	
prestigious	adj. 有声望的, 享誉盛名的		
charity	n. 慈善	instinct	n. 本能=intuition
halt	v. / n. 停止	-Jack finished the exam entirely by instinct.	
rare	adj. 稀有的		
glory	n. 荣耀		

#### NOTE:

##### 大板块

##### 小板块

##### 课后作业

##### 题干关键词

##### 补充知识

### Text 9: Why our emotions are cultural?

视频定位  
14:49~36:28

#### Paragraph 1&2

Q: According to **classical model**, emotion is characterized as

- [A] inherent
- [B] responsive
- [C] unavoidable
- [D] spontaneous

The **time-honoured story** of emotion goes something like this: we all have emotions built in from birth. They are distinct, recognisable phenomena inside us. **[时间状语When something happens in the world, 条件状语whether it's a gunshot or a flirtatious glance.]** our emotions come on quickly and automatically, **as if** someone has flipped a switch.

Modern science has an account that fits this story, which I call the **classical view of emotion**. According to this view, we have many emotional circuits in our brains, and each is said to cause a distinct set of changes – that is, a fingerprint. Perhaps an annoying co-worker triggers your "anger neurons", so your blood pressure rises – you scowl, yell and feel the heat of fury. Or an alarming news story triggers your "fear neurons", so your heart races – you freeze and feel a flash of dread.

A: [B] responsive

本部分讲述古典情感观, 人们的情感回路相对固定统一, 例如生气会引起血压高、心跳加速。

#### Notes:

【使役动词】have/ let / make

主动用法- The boss has his employees work all day.

被动用法- I have this matter settled right away. (have sth done)

注意定位的重要性

#### 重点词汇:

1. time-honoured	adj. 由来已久的	10. classical	adj. 古典的(classic 经典的)
2. distinct	adj. 清楚的, 明显的; 截然不同的	11. circuit	n. 环形, 电路
3. recognisable	v. 可识别的	12. annoying	adj. 使恼怒的
4. gunshot	n. 枪炮射击	13. trigger	v. 引起, 诱发

视频定位  
36:28~37:20

5. flirtatious	adj. 轻浮的, 调情的	14. neuron	n. 神经元
6. glance	n. 瞥一眼; 匆匆一看	15. scowl	n. 怒视
7. automatic	adj. 自动的	16. fury	n. 狂怒
8. flip a switch	快速地按动开关	17. dread	n. 恐惧
9. account	n. 解释, 说明, 叙述		

### 对照翻译:

The time-honoured story of emotion goes something like this: we all have emotions built in from birth. They are distinct, recognisable phenomena inside us. When something happens in the world, whether it's a gunshot or a flirtatious glance, our emotions come on quickly and automatically, as if someone has flipped a switch.

关于情感, 由来已久的说法是这样的: 我们所有人自出生那一刻起, 便带有各种情感。它们是我们内心明显的, 可识别的现象。当这个世界上有事情发生, 无论是一声枪响还是调情的一瞥, 我们的情感都会迅速而自发地闪现, 如同有人拨动了开关。

Modern science has an account that fits this story, which I call the classical view of emotion. According to this view, we have many emotional circuits in our brains, and each is said to cause a distinct set of changes – that is, a fingerprint. Perhaps an annoying co-worker triggers your "anger neurons", so your blood pressure rises – you scowl, yell and feel the heat of fury. Or an alarming news story triggers your "fear neurons", so your heart races – you freeze and feel a flash of dread.

现代科学对此有一种解释, 我称之为古典情感观。这一观点认为, 我们大脑中有许多情感回路, 据说每一条情感回路都会引起一系列独特变化——也就是, 情感指纹。一个恼人的同事可能会激发你的“愤怒神经元”, 因此你血压升高——你皱眉, 大喊, 感到愤怒的冲动。或者, 一则惊人的新闻报道会触发你的“恐惧神经元”, 因此你心跳加速——你呆住且感到恐惧闪现。

### Paragraph 3&4

Q: What theory did Plato believe in understanding emotions?

Emotions are thought to be a kind of brute reflex, very often **at odds with** our rationality. This internal battle between emotion and reason is one of the great narratives of western civilisation. It helps define you as human. **Without rationality, you are merely an emotional beast.** This view of emotions has been around for millennia. Plato believed a version of it. So did Hippocrates, Aristotle, the Buddha, René Descartes, Sigmund Freud and Charles Darwin. Today, prominent thinkers such as Steven Pinker, Paul Ekman also offer up descriptions of emotions rooted in the **classical view**.

Notes:

at odds with与.....相矛盾

And **yet** there is abundant scientific evidence that this view cannot possibly be true. Research has not revealed a consistent, physical fingerprint for even a single emotion. When scientists attach electrodes to a person's face and measure muscle movement during an emotion, **they find tremendous variety, not uniformity.** They find the same variety with the body and brain. You can experience anger **with or without** a spike in blood pressure. You can experience fear with or without a change in the amygdala, the brain region tagged as the home of fear.

Notes:

yet 转折词

A: Without rationality, you are merely an emotional beast.——柏拉图认为  
本部分讲述大部分的学者 (包括柏拉图) 认为情感与理性相对, 而科学结果表面这种观点是假的

视频定位  
37:20~49:27

视频定位  
49:27~50:15

重点词汇:

18. brute	adj. 无理性的, 动物的	27. consistent	adj. 一致的
19. reflex	n. 反射	28. uniformity	n. 一致 (性); 统一性
20. at odds with ...	与.....相矛盾	29. spike	n. 尖状物; (价格、数量的)突然上升, 剧增
21. rationality	n. 理性, 合理性	30. amygdala	n. 杏仁核, 杏仁体 (大脑中的两个区域之一, 与记忆、情绪及嗅觉有关)
22. narrative	n. 叙述	31. abundant	adj. 足够的
23. civilisation	n. 文明	32. tag	v. 给.....加上标签
24. electrode	n. 电极		
25. merely	adv. 仅仅; 只不过		
26. prominent	adj. 卓越的; 突出的		

对照翻译:

Emotions are thought to be a kind of brute reflex, very often at odds with our rationality. This internal battle between emotion and reason is one of the great narratives of western civilisation. It helps define you as human. Without rationality, you are merely an emotional beast. This view of emotions has been around for millennia. Plato believed a version of it. So did Hippocrates, Aristotle, the Buddha, René Descartes, Sigmund Freud and Charles Darwin. Today, prominent thinkers such as Steven Pinker, Paul Ekman also offer up descriptions of emotions rooted in the classical view.	情感被认为是一种纯粹的反射, 经常与我们的理性对立。这种情感与理性的内在斗争是西方文明的伟大叙事之一。借助于此, 人之为人。如果没有理性, 你只是一头情绪化的野兽。这种情感观已存在数几千年。柏拉图对此深信不疑。希波克拉底、亚里士多德、佛陀、勒内·笛卡尔、西格蒙德·弗洛伊德和查尔斯·达尔文也是如此。如今, 史迪芬·平克和保罗·艾克曼等杰出思想家对情感的描述亦是植根于传统观点。
And yet there is abundant scientific evidence that this view cannot possibly be true. Research has not revealed a consistent, physical fingerprint for even a single emotion. When scientists attach electrodes to a person's face and measure muscle movement during an emotion, they find tremendous variety, not uniformity. They find the same variety with the body and brain. You can experience anger with or without a spike in blood pressure. You can experience fear with or without a change in the amygdala, the brain region tagged as the home of fear.	然而, 有大量科学证据表明这种观点不可能为真。研究揭示, 即使是单一的情感, 物理指纹也是不一致的。当科学家把电极连接到人的面部, 测定情感发生时的肌肉活动, 他们发现的是极大的多样性, 而非一致性。他们发现人的身体和大脑都有同样的多样性。你经历愤怒时, 血压可能达到峰值, 也可能未必。你恐惧时, 杏仁体 (大脑感知恐惧的区域) 可能会变化, 也可能未必。

**Paragraph 5**

Q: 本文作者想要表达什么?

When scientists set aside the classical view and just look at the data, a radically different explanation for emotion **comes to light**. We find that emotions are not universal but vary from culture to culture. They are not triggered; you create them. They emerge as a combination of the physical properties of your body, a flexible brain (定语从句 **that wires itself to whatever environment it develops in**), and your culture and upbringing.

**Notes:**  
**come to light** 映入眼帘

视频定位  
50:15~57:09

A: 情绪是我们创造的，是由身体的物理属性、成长环境和文化共同造就的。

本段是作者的观点，作者反驳了前人对情感的看法，情感的表达在不同文化中是不同的。

### 重点词汇:

33. radical          adj. 根本的; 激烈的  
34. wire              v. 将...连接到  
35. upbringing      n. 教养, 培养  
36. tremendous    adj. 极大的, 巨大的

### 对照翻译:

When scientists set aside the classical view and just look at the data, a radically different explanation for emotion comes to light. We find that emotions are not universal but vary from culture to culture. They are not triggered; you create them. They emerge as a combination of the physical properties of your body, a flexible brain that wires itself to whatever environment it develops in, and your culture and upbringing.	当科学家抛开古典观点，只看数据时，对情感的解释就完全不同了。我们发现情感不是全体一致的，而是因文化不同而不同。情感不是被触发的，而是由你创造的。它们是你“身体的物理属性”、“连通成长环境的灵活大脑”，以及“你的文化和教养”的合成。
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视频定位

57:09~1:00:24

### 语法知识点9

虚拟语气-时态倒推一格, as if

1. 我非常崇拜那个女老板，就好像我爱上她了一样。

I admire the lady boss so much as if I loved her.

2. 不要理睬这个愚蠢的领导。他说来就好像自己是总统一样，总觉得任何人都应该服从他的命令。

Don't take seriously what this stupid boss says. He talks as if he were a president. He always thinks his orders should be obeyed.

### 课后作业:

1. 背诵重点单词

2. 分析文中句子

1) When something happens in the world, whether it's a gunshot or a flirtatious glance, our emotions come on quickly and automatically, as if someone has flipped a switch.

2) They emerge as a combination of the physical properties of your body, a flexible brain that wires itself to whatever environment it develops in, and your culture and upbringing.

3. 回顾今日语法知识