

Better get your ‘qiuku’ out of the wardrobe

n.
衣柜, 衣橱;

秋裤的前世今生: 我本时尚

www.i21st.cn

BY wangxingwei from 21st Century
Published 2018-12-07

导读: 随着温度的下降, 很多年轻人不再用妈妈提醒, 就自觉地穿上了秋裤护体。理由是“穿秋裤防老寒腿”。其实, 穿秋裤不光养生, 也一度是时尚的标志~

Winter is coming, and temperatures are about to drop **sharply** in most cities in China. Many people have put on their heavy winter clothes including long underwear, known as qiuku in China, to resist the cold.

adv.
严厉地;



Qiuku keeps us warm in winter. CFP

冬天到了, 全国大多数城市大幅降温。不少人都已换上了厚重的冬装来抵御寒冷, 比如在中国被称为秋裤的长款内衣。

n. 衣服袖子 (sleeve的名词复数);

Long underwear has two parts: long legs and **sleeves**. Due to its pronunciation in Chinese, English-speaking people **jokingly** call it “chill cool”. When it gets colder in winter, people tend to wear **thicker** qiuku, or “**thermal** underwear”. Long underwear is divided into two parts: long pants and long sleeves. English speakers, according to the Chinese pronunciation of “qiuku”, jokingly call it “chill cool” (super cold). People wear thick long underwear or “thermal underwear” in winter to keep warm.

adv.
打趣地, 开玩笑地;

adj. 浓的 (thick的比较级); adj. 热的, 保热的

n. 肢 (limb的名词复数)

Keeping warm in the lower **limbs** can help heat the whole body, according to Traditional Chinese Medicine (TCM) theory. “We often say, ‘A hundred diseases originate from the cold’,” Han Jingwen, a TCM doctor at Dongzhimen Hospital in Beijing, told China Daily. “Once the cold enters the body, it can cause illnesses that last a long time. Many of my patients have gotten **arthritis** because they didn’t keep warm in low-temperature environments.” He advised people to wear qiuku to maintain their body heat and drive the cold away.

n. 关节炎;

根据中医理论, 下肢做好保暖能让全身都暖和起来。“我们常说: ‘百病起于寒’, ”北京东直门医院中医韩景文在接受《中国日报》采访时表示。“寒气入体会引发一些长期疾病。我有很多病人都患关节炎, 就是因为天冷不注意保暖。”他建议大家都穿上秋裤, 防寒保暖。

But not everyone likes qiuku, especially fashionistas. On the talk show A Date With Luyu, Su Mang, the former chief editor of Harper’s Bazaar China magazine, once said she didn’t wear qiuku because she found them unstylish. She added that Western people don’t wear these clothes.

但并非所有人都喜欢秋裤, 尤其是时尚达人。《时尚芭莎》前总编辑苏芒曾在访谈节目《鲁豫有约》中表示, 她从不穿秋裤, 因为太土了。她还表示, 西方人也不穿秋裤。

But in Western countries, some people do wear underclothes similar to qiuku – long johns. In the Tudor Dynasty of

the 16th century, King Henry VIII liked to wear tight woolen **breeches** with pointed shoes. Since everyone liked to copy the king, he became a fashion icon.

短裤；马裤；

但在西方国家，也有人会穿和秋裤类似的内衣——衬裤。在16世纪的都铎王朝，英国国王亨利八世喜欢穿紧身羊毛马裤和尖头鞋。大家都喜欢效仿国王的穿搭，而亨利八世也成了时尚偶像。

In 1915, Canadian Frank Stanfield formally applied for a patent for long underwear. After that, long underwear became popular among ordinary people. But it was during World War II, when long underwear was given to US soldiers to keep them warm in the winter cold, that long underwear really came to the public's attention.

1915年，加拿大人弗兰克·斯坦菲尔德正式为内衣长裤申请专利。从此以后，内衣长裤在普通人中开始流行起来。但直到美军在二战期间穿上它抵御寒冬，它才真正走入大众的视线。



(Translator & Editor: Wang Xingwei AND Ji Yuan)
<http://www.i21st.cn/story/3224.html>

辞海拾贝

Thermal underwear 保暖内衣

Fashionistas 时尚达人

Icon 偶像

Arthritis 关节炎

Breeches 马裤