

Chapter 2

第二章

KEY TERMS 关键术语

UNIT 1 | PERIOD 1: 1491–1607

单元 1 | 第一时期：1491–1607 年

1. **COLUMBIAN EXCHANGE**—The Columbian Exchange refers to the exchange of plants, animals, and germs between the New World and Europe following the discovery of America in 1492.

1. **哥伦布大交换**——哥伦布大交换是指 1492 年美洲被发现后，新世界与欧洲之间进行的植物、动物和细菌的交换。

New World crops such as maize (corn), tomatoes, and potatoes had a dramatic effect on the European diet, life span, and population growth. At the same time, Old World domesticated animals such as horses, cows, and pigs had a dramatic impact on the environment in the New World.

玉米、番茄和土豆等新大陆作物对欧洲人的饮食、寿命和人口增长产生了巨大影响。与此同时，马、牛和猪等旧大陆家畜也对新大陆的环境产生了巨大影响。

European diseases, such as smallpox, decimated the Native America population. The demographic collapse enabled the Spanish to more easily gain control over Native American lands.

欧洲疾病，例如天花，使美洲原住民人口锐减。人口的急剧下降使得西班牙人更容易控制美洲原住民的土地。

2. **THE ENCOMIENDA SYSTEM**—An *encomienda* was a license granted by the Spanish crown to royal officials to extract labor and tribute from native peoples in specified areas. The *encomienda* system began in the Caribbean and spread to Mexico.

2. **委任统治制度**——委任统治是西班牙王室授予皇家官员的一种特许权，允许其在特定区域内向当地土著居民征收劳役和贡赋。委任统治制度起源于加勒比地区，后传播至墨西哥。

UNIT 2 | PERIOD 2: 1607–1754

第二单元 | 第二时期：1607–1754年

3. **AMERICAN EXCEPTIONALISM**—The belief that America has a special mission to be a beacon of democracy and liberty. First expressed in John Winthrop's "City Upon A Hill" sermon and now an important part of America's national identity.
3. **美国例外论**——认为美国肩负着成为民主和自由灯塔的特殊使命。这一观点最初由约翰·温斯罗普在其《山巅之城》布道中提出，如今已成为美国国家认同的重要组成部分。
4. **MERCANTILISM**—Economic philosophy guiding Great Britain and other European powers during the seventeenth and eighteenth centuries. Intended to enable Britain to achieve a favorable balance of trade by exporting more than it imported. Britain expected to achieve this goal by purchasing raw materials from its North American colonies and then selling more expensive manufactured goods back to the colonies. A series of Navigation Acts attempted to enforce this policy.
4. **重商主义**——十七、十八世纪指导英国及其他欧洲列强的经济哲学。其目的是使英国通过出口大于进口来实现贸易顺差。英国期望通过从北美殖民地购买原材料，然后将更昂贵的制成品卖回殖民地来实现这一目标。一系列航海条例试图强制执行这一政策。
5. **FIRST GREAT AWAKENING**—A wave of religious revivals that began in New England in the mid-1730s and then spread across all the colonies during the 1740s.
5. **第一次大觉醒**——1730年代中期在新英格兰兴起的宗教复兴浪潮，随后在1740年代蔓延到所有殖民地。
6. **ENLIGHTENMENT**—An eighteenth-century philosophy stressing that reason could be used to improve the human condition by eradicating superstition, bigotry, and intolerance. Inspired by John Locke, Enlightenment thinkers such as Thomas Jefferson stressed the idea of natural rights. The second paragraph of the Declaration of Independence provides a timeless expression of Enlightened thought:
6. **启蒙运动**——十八世纪的一种哲学思潮，强调理性可以用来改善人类境况，消除迷信、偏见和不宽容。受约翰·洛克的启发，托马斯·杰斐逊等启蒙思想家强调自然权利的理念。《独立宣言》第二段是对启蒙思想的永恒诠释：

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

"我们认为这些真理是不言而喻的：人人生而平等，造物主赋予他们某些不可剥夺的权利，其中包括生命权、自由权和追求幸福的权利。"

UNIT 3 | PERIOD 3: 1754–1800

第三单元 | 第三时期：1754–1800年

7. **VIRTUAL REPRESENTATION**—British belief that each member of Parliament represented the interests of all Englishmen, including the colonists. Rejected by colonists who argued that as Englishmen they could only be taxed by their own elected

representatives.

7. **虚拟代表制**——英国人认为每位议员都代表所有英国人的利益，包括殖民地居民的利益。殖民地居民反对这一观点，他们认为作为英国人，他们只能由自己选举产生的代表征税。
8. **REPUBLICAN GOVERNMENT/REPUBLICANISM**—Refers to the belief that government should be based on the consent of the people. Defended by Thomas Paine in *Common Sense*. Republicanism inspired the eighteenth century American revolutionaries.
8. **共和政府/共和主义**——指政府应建立在人民同意基础上的信念。托马斯·潘恩在《常识》中捍卫了这一信念。共和主义启发了十八世纪的美国革命者。
9. **SEPARATION OF POWERS**—The division of power among the legislative, judicial, and executive branches of government. Alexander Hamilton defended the principle of separation of powers when he wrote: "There is no liberty if the power of judging be not separated from the legislative and executive powers."
9. **三权分立**——政府立法、司法和行政部门之间的权力划分。亚历山大·汉密尔顿捍卫三权分立原则时写道：“如果司法权不与立法权和行政权分离，就没有自由。”
10. **CHECKS AND BALANCES**—System in which each branch of government can check the power of the other branches. For example, the President can veto a bill passed by Congress but Congress can override the president's veto.
10. **权力制衡**——政府各部门之间相互制衡的制度。例如，总统可以否决国会通过的法案，但国会可以推翻总统的否决。
11. **REPUBLICAN MOTHERHOOD**—Belief that the new American republic offered women the important role of raising their children to be virtuous and responsible citizens. Women would thus play a key role in shaping America's moral and political character.
11. **共和主义母性**——认为新生的美利坚共和国赋予女性重要的角色，即培养子女成为品德高尚、负责任的公民。因此，女性将在塑造美国的道德和政治性格方面发挥关键作用。
12. **ANTIFEDERALISTS**—Opponents of the American Constitution at the time when the states were debating its adoption. They argued that the Constitution lacked a Bill of Rights and would create a powerful central government dominated by the rich.
12. **反联邦主义者**——在各州辩论通过美国宪法时，他们是该宪法的反对者。他们认为宪法缺乏权利法案，并且会建立一个由富人主导的强大中央政府。
13. **HAMILTON'S FINANCIAL PROGRAM**—Hamilton sought to create a sound financial foundation for the new republic by funding the federal debt, assuming state debts, creating a national bank, and imposing tariffs to protect home industries.
13. **汉密尔顿的财政计划**——汉密尔顿试图通过为联邦债务提供资金、承担州债务、建立国家银行以及征收关税来保护国内产业，从而为新共和国建立健全的财政基础。
14. **STATES' RIGHTS**—Doctrine asserting that the Constitution arose as a compact among sovereign states. The states therefore retained the power to challenge and, if necessary, nullify federal laws. First formulated by Jefferson and Madison in the

14. **州权**——该原则主张宪法是主权州之间缔结的契约。因此，各州保留挑战联邦法律并在必要时使其无效的权力。该原则最初由杰斐逊和麦迪逊在《肯塔基决议》和《弗吉尼亚决议》中提出。

UNIT 4 | PERIOD 4: 1800–1848

第四单元 | 第四时期：1800–1848年

15. **JUDICIAL REVIEW**—The power of the Supreme Court to strike down an act of Congress by declaring it unconstitutional. This principle was established by the Marshall Court in the 1803 case of *Marbury v. Madison*.
15. **司法审查**——最高法院有权通过宣布国会法案违宪来使其失效。这一原则是由马歇尔法院在1803年的《马伯里诉麦迪逊案》中确立的。
16. **AMERICAN SYSTEM/INTERNAL IMPROVEMENTS**—The American System was a set of proposals sponsored by Henry Clay to unify the nation and strengthen the economy by means of protective tariffs, a national bank, and internal improvements or transportation projects such as canals and new roads.
16. **美国体系/内部改进**——美国体系是由亨利·克莱提出的一系列提案，旨在通过保护性关税、国家银行以及运河和新道路等内部改进或交通项目来统一国家并加强经济。
17. **JACKSONIAN DEMOCRACY**—A set of political beliefs associated with Andrew Jackson and his followers. Jacksonian democracy included respect for the common man, expansion of white male suffrage, appointment of political supporters to government positions, and opposition to privileged Eastern elites.
17. **杰克逊式民主**——一套与安德鲁·杰克逊及其追随者相关的政治信仰。杰克逊式民主包括尊重普通民众、扩大白人男性选举权、任命政治支持者担任政府要职以及反对东部特权精英阶层。
18. **NULLIFICATION**—A legal theory that a state in the United States has the right to nullify or invalidate any federal law that the state deems unconstitutional. John C. Calhoun was the foremost proponent of the doctrine of nullification. Inspired by his leadership, a convention in South Carolina declared the tariffs of both 1828 and 1832 unenforceable in that state.
18. **无效化**——美国的一个法律理论认为，各州有权宣布任何其认为违宪的联邦法律无效。约翰·C·卡尔霍恩是无效化理论的主要倡导者。在他的领导下，南卡罗来纳州的一次制宪会议宣布1828年和1832年的关税在该州无效。
19. **MARKET REVOLUTION**—The dramatic increase between 1820 and 1850 in the exchange of goods among regional and national markets. The market revolution reflected the increased output of farms and factories, the entrepreneurial activities of traders and merchants, and the creation of a transportation network of canals, roads, steamship lines, and railroads.
19. **市场革命**——1820年至1850年间，区域和国家市场之间的商品交换量急剧增加。市场革命反映了农场和工厂产量的增加、贸易商和商人的创业活动，以及运河、公路、轮船航线和铁路等交通网络的建立。

- 20. NATIVISM**—Anti-foreign sentiment favoring the interests of native-born people over the interests of immigrants. Nativism directed against Irish and German immigrants in the 1840s and 1850s fueled the rise of the Know-Nothing Party. Nativism reappeared as a reaction to the mass immigration from Eastern and Southern Europe between 1890 and 1920.
- 20. 本土主义**——一种反外情绪，主张维护本国人民的利益而非移民的利益。19 世纪 40 年代和 50 年代针对爱尔兰和德国移民的本土主义助长了“一无所知党”（Know-Nothing Party）的崛起。1890 年至 1920 年间，随着来自东欧和南欧的大规模移民涌入，本土主义再次出现。
- 21. THE SECOND GREAT AWAKENING**—Refers to a wave of religious enthusiasm that spread across America between 1800 and 1830. Middle-class women played an especially important role in the Second Great Awakening by making Americans aware of the moral issues posed by slavery. The religious fervor also led to reformist zeal for causes such as temperance, better care for the mentally ill, and higher standards for public schools.
- 21. 第二次大觉醒**——指的是 1800 年至 1830 年间席卷美国的一股宗教热情浪潮。中产阶级女性在第二次大觉醒中扮演了尤为重要的角色，她们使美国民众意识到奴隶制所带来的道德问题。这股宗教热情也激发了人们对改革事业的积极追求，例如禁酒、改善精神病人的护理以及提高公立学校的办学标准。
- 22. PERFECTIONISM**—Belief that humans can use conscious acts of will to create communities based upon cooperation and mutual respect. Utopian communities such as Brook Farm, New Harmony, and Oneida reflected the blossoming of perfectionist aspirations.
- 22. 完美主义**——认为人类可以通过有意识的意志行为来创建基于合作和相互尊重的社群。布鲁克农场、新和谐镇和奥奈达等乌托邦式社群体现了完美主义理想的兴起。
- 23. CULT OF DOMESTICITY**—Idealized women in their roles as wives and mothers. As a nurturing mother and faithful spouse, the wife would create a home that was a “haven in a heartless world.”
- 23. 家庭崇拜**——将女性理想化为妻子和母亲的角色。作为一位慈爱的母亲和忠诚的伴侣，妻子会创造一个“冷酷世界中的避风港”。
- 24. TRANSCENDENTALISM**—An antebellum philosophical and literary movement that emphasized living a simple life and celebrating the truth found in nature and in personal emotion and imagination. Ralph Waldo Emerson, Henry David Thoreau, and Margaret Fuller were the foremost transcendentalist writers.
- 24. 超验主义**——南北战争前的一个哲学和文学运动，强调过简单的生活，并颂扬在自然、个人情感和想象中发现的真理。拉尔夫·沃尔多·爱默生、亨利·大卫·梭罗和玛格丽特·富勒是超验主义最重要的作家。

UNIT 5 | PERIOD 5: 1844–1877

第五单元 | 第五时期：1844–1877年

- 25. MANIFEST DESTINY**—Nineteenth-century belief that the United States was destined by Providence to spread democratic institutions and liberty from the Atlantic to the

Pacific. The ideology of manifest destiny helped justify Polk's expansionist program.

25. **昭昭天命**——19 世纪的一种信念，认为美国注定要按照天意将民主制度和自由从大西洋传播到太平洋。昭昭天命的意识形态为波尔克的扩张主义计划提供了理论依据。
26. **WILMOT PROVISIO**—The 1846 proposal by Representative David Wilmot of Pennsylvania to ban slavery in territory acquired from the Mexican War. The proviso triggered a divisive and increasingly ominous dispute between the North and the South. It passed twice in the House but was defeated in the Senate.
26. **威尔莫特条款**——1846 年，宾夕法尼亚州众议员戴维·威尔莫特提出一项提案，旨在禁止在墨西哥战争后获得的领土上实行奴隶制。该条款引发了南北双方之间日益激烈的争端。它两次在众议院获得通过，但在参议院遭到否决。
27. **SLAVE POWER**—Antebellum term referring to the disproportionate power that Northerners believed wealthy slaveholders wielded over national political decisions.
27. **奴隶权力**——内战前的一个术语，指的是北方人认为富有的奴隶主对国家政治决策拥有不成比例的权力。
28. **POPULAR SOVEREIGNTY**—Principle advocated by Stephen A. Douglas that the settlers of a given territory have the sole right to decide whether slavery will be permitted there. Popular sovereignty led to a divisive debate over the expansion of slavery into the western territories. The first great test of popular sovereignty occurred in Kansas following passage of the Kansas-Nebraska Act, which led to "Bleeding Kansas" and increased sectionalism.
28. **人民主权**——斯蒂芬·A·道格拉斯倡导的一项原则，认为特定领土的定居者拥有决定是否允许奴隶制在该领土存在的专属权利。人民主权引发了关于奴隶制向西部领土扩张的激烈辩论。人民主权面临的第一次重大考验发生在堪萨斯州，堪萨斯-内布拉斯加法案的通过导致了“堪萨斯流血事件”和地区主义的加剧。
29. **BLACK CODES**—Laws passed by Southern states after the Civil War denying ex-slaves the civil rights enjoyed by whites and punishing "crimes" such as failing to have a labor contract or travelling outside a plantation without a written pass.
29. **黑人法典**——内战后南方各州通过的法律，剥夺了前奴隶享有的白人公民权利，并惩罚了诸如没有劳动合同或没有书面通行证就离开种植园之类的“犯罪行为”。
30. **SHARECROPPING**—A labor system in the South after the Civil War. Tenants worked the land in return for a share of the crops produced instead of paying cash rent. The system perpetuated a seemingly endless cycle of debt and poverty.
30. **分成制**——内战后南方的一种劳动制度。佃农耕种土地，以收成的一部分作为报酬，而不是支付现金租金。这种制度使债务和贫困陷入了看似永无止境的恶性循环。
31. **CARPETBAGGERS AND SCALAWAGS**—*Carpetbagger* is the derisive name given by ex-Confederates to Northerners who moved to the South during Reconstruction. *Scalawag* is the derisive name given to Southern whites who supported Republican

Reconstruction.

31. **投机分子和南方白人叛徒**——“投机分子”是前南方邦联成员对重建时期移居南方的北方人的蔑称。“南方白人叛徒”是对支持共和党重建的南方白人的蔑称。
32. **REDEEMERS**—White Southern political leaders who claimed to “redeem” or save the South from Republican domination. Redeemers supported diversified economic growth and white supremacy.
32. **救赎者**——声称要“救赎”或拯救南方脱离共和党统治的南方白人政治领袖。救赎者支持多元化的经济增长和白人至上主义。
33. **JIM CROW**—A system of racial segregation in the South lasting from the end of Reconstruction until the 1960s.
33. **吉姆·克劳**——南方从重建时期结束到 20 世纪 60 年代一直存在的种族隔离制度。

UNIT 6 | PERIOD 6: 1865–1898

第六单元 | 第六时期：1865–1898年

34. **FRONTIER THESIS**—Argument by historian Frederick Jackson Turner that the frontier experience helped make American society more democratic. Turner especially emphasized the importance of cheap, unsettled land and the absence of a landed aristocracy. Here is an illustrative quote:
34. **边疆论**——历史学家弗雷德里克·杰克逊·特纳提出的论点，认为边疆经历有助于美国社会走向民主。特纳尤其强调了廉价且未开发的土地以及土地贵族阶层的缺失的重要性。以下是一段例证性的引文：

“From the beginning of the settlement of America, the frontier regions have exercised a steady influence toward democracy...American democracy is fundamentally the outcome of the experience of the American people in dealing with the West....”

“自美国殖民之初，边疆地区就对民主产生了持续的影响.....美国民主从根本上说是美国人民在与西部地区交往的过程中积累的经验的产物.....”

35. **VERTICAL AND HORIZONTAL INTEGRATION**—*Vertical integration* is a business model in which a corporation controls all aspects of production from raw materials to packaged products. For example, Andrew Carnegie used vertical integration to gain control over the U.S. steel industry.
35. **垂直整合与水平整合**——垂直整合是一种商业模式，在这种模式下，公司控制从原材料到成品的所有生产环节。例如，安德鲁·卡内基就利用垂直整合控制了美国钢铁行业。

Horizontal integration is a business model in which one company gains control over other companies that produce the same product. For example, John D. Rockefeller used horizontal integration to gain control over the U.S. oil industry.

横向整合是一种商业模式，在这种模式下，一家公司控制着生产相同产品的其他公司。例如，约翰·D·洛克菲勒就利用横向整合控制了美国石油行业。

- 36. SOCIAL DARWINISM**—Refers to the belief that there is a natural evolutionary process by which the fittest will survive and prosper. During the Gilded Age, wealthy business and industrial leaders used Social Darwinism to justify their success.
- 36. 社会达尔文主义**——指的是这样一种信念：存在一个自然进化过程，适者生存并繁荣发展。在镀金时代，富有的商业和工业领袖利用社会达尔文主义来证明他们的成功是合理的。
- 37. GOSPEL OF WEALTH**—View advanced by Andrew Carnegie that the wealthy were the guardians of society. Carnegie believed that the rich could best serve society by funding institutions such as colleges and public libraries that created “ladders of success.”
- 37. 财富福音**——安德鲁·卡内基提出的观点，认为富人是社会的守护者。卡内基相信，富人服务社会的最佳方式是资助大学和公共图书馆等机构，从而搭建“成功阶梯”。
- 38. SOCIAL GOSPEL**—Late nineteenth-century reform movement based on the belief that Christians have a responsibility to actively confront social problems such as poverty. Led by Christian ministers, advocates of the Social Gospel argued that real social change would result from dedication to both religious practice and social reform.
- 38. 社会福音运动**——十九世纪末的一场改革运动，其核心理念是基督徒有责任积极应对贫困等社会问题。在基督教牧师的带领下，社会福音运动的倡导者们认为，只有同时致力于宗教实践和社会改革，才能带来真正的社会变革。
- 39. NEW IMMIGRANTS**—Refers to the massive wave of immigrants from Southern and Eastern Europe who came to America between 1890 and 1924.
- 39. 新移民**——指的是 1890 年至 1924 年间从南欧和东欧涌入美国的移民潮。
- 40. REALISM**—A late nineteenth and early twentieth-century movement calling for writers, artists, and photographers to portray daily life as precisely and truly as possible. Realists avoided idealized landscapes favored by the Hudson River School and instead painted raucous urban scenes favored by the Ashcan School of artists.
- 40. 现实主义**——十九世纪末二十世纪初的一场运动，呼吁作家、艺术家和摄影师尽可能精确、真实地描绘日常生活。现实主义者摒弃了哈德逊河画派所推崇的理想化风景，转而描绘垃圾桶画派艺术家所钟爱的喧闹都市景象。

UNIT 7 | PERIOD 7: 1890–1945

单元 7 | 时期 7 : 1890–1945

- 41. POPULISM**—The term refers to the mainly agrarian movement developed in the 1890s that supported the unlimited coinage of silver, government regulation of the railroads, and other policies favoring farmers and the working class.
- 41. 民粹主义**——该术语指的是 19 世纪 90 年代发展起来的以农业为主的运动，该运动支持无限量铸造白银、政府监管铁路以及其他有利于农民和工人阶级的政策。
- 42. PROGRESSIVISM**—Progressivism sought to use government to help create a more just society. Progressives fought against impure foods, child labor, corruption, and trusts.

Theodore Roosevelt and Woodrow Wilson were prominent Progressive presidents.

- 42. 进步主义**——进步主义力图利用政府力量来创建一个更加公正的社会。进步主义者反对不纯食品、童工、腐败和托拉斯。西奥多·罗斯福和伍德罗·威尔逊是两位杰出的进步主义总统。
- 43. MUCKRAKERS**—These were early twentieth century journalists who exposed illegal business practices, social injustices, and corrupt urban political bosses. Leading muckrakers included Upton Sinclair, Jacob Riis, and Ida Tarbell.
- 43. 揭丑记者**——这些是 20 世纪初的记者，他们揭露非法商业行为、社会不公和腐败的城市政治头目。著名的揭丑记者包括厄普顿·辛克莱、雅各布·里斯和艾达·塔贝尔。
- 44. RED SCARE**—A term for anticommunist hysteria that swept the United States after World War I and led to a series of government raids on alleged subversives and a suppression of civil liberties.
- 44. 红色恐慌**——指第一次世界大战后席卷美国的反共歇斯底里情绪，导致政府对所谓的颠覆分子进行一系列突袭，并压制公民自由。
- 45. GREAT MIGRATION**—A massive movement of blacks leaving the South for cities in the North that began slowly in 1910 and accelerated between World War I and the Great Crash.
- 45. 大迁徙**——黑人大规模离开南方前往北方城市的运动，始于 1910 年，起初缓慢，但在第一次世界大战和大萧条之间加速发展。
- 46. HARLEM RENAISSANCE**—The term refers to a flowering of African American artists, writers, and intellectuals during the 1920s. Harlem Renaissance writers used the term “New Negro” as a proud assertion of African American culture.
- 46. 哈莱姆文艺复兴**——该术语指的是 20 世纪 20 年代非裔美国艺术家、作家和知识分子的蓬勃发展。哈莱姆文艺复兴时期的作家们使用“新黑人”一词，以此自豪地宣扬非裔美国文化。
- 47. ISOLATIONISM**—A U.S. foreign policy calling for Americans to avoid entangling political alliances following World War I. During the 1930s, isolationists drew support from ideas expressed in Washington’s Farewell Address. The Neutrality Acts of the 1930s were expressions of a commitment to isolationism.
- 47. 孤立主义**——第一次世界大战后，美国的一项外交政策，主张美国人避免卷入复杂的政治联盟。20 世纪 30 年代，孤立主义者从华盛顿的告别演说中汲取了支持。20 世纪 30 年代的《中立法案》正是对孤立主义的体现。

UNIT 8 | PERIOD 8: 1945–1980

单元 8 | 第 8 时期：1945–1980 年

- 48. CONTAINMENT**—Advocated by George Kennan and adopted as the Truman Doctrine, containment was the name given to America’s Cold War policy of blocking the expansion of Soviet influence.
- 48. 遏制**——由乔治·凯南倡导，并被杜鲁门主义采纳，遏制是美国在冷战时期阻止苏联影响力扩张的政策名称。

49. **McCARTHYISM**—The term is associated with Senator Joseph McCarthy' s anti-Communist crusade during the early 1950s. McCarthy' s unsubstantiated accusations that communists had infiltrated the U.S. State Department and other federal agencies helped create a climate of fear and paranoia often called the Second Red Scare.
49. **麦卡锡主义**——该术语与参议员约瑟夫·麦卡锡在 20 世纪 50 年代初发起的反共运动有关。麦卡锡毫无根据地指控共产党人渗透到美国国务院和其他联邦机构，这助长了一种恐惧和偏执的氛围，通常被称为第二次红色恐慌。
50. **BEATS**—A small but influential group of literary figures based in New York City and San Francisco in the 1950s. Led by Jack Kerouac and Allen Ginsberg, Beats rejected mainstream America' s carefree consumption and mindless conformity.
50. **垮掉的一代**——20 世纪 50 年代，一群生活在纽约市和旧金山的文学人物，人数虽少但影响力巨大。以杰克·凯鲁亚克和艾伦·金斯伯格为首的垮掉一代，拒绝了美国主流社会无忧无虑的消费主义和盲目的从众心理。
51. **DOMINO THEORY**—This geopolitical theory refers to the belief that, if one country falls to communism, its neighbors will also be infected and fall to communism. For example, American Cold War hawks predicted that the fall of South Vietnam would lead to the loss of all of Southeast Asia.
51. **多米诺骨牌理论**——这种地缘政治理论指的是这样一种观点：如果一个国家沦陷于共产主义，其邻国也会受到影响并最终沦陷于共产主义。例如，美国冷战鹰派曾预言，南越的沦陷将导致整个东南亚的沦陷。
52. **THE FEMININE MYSTIQUE**—The title of an influential book written in 1963 by Betty Friedan critiquing the prevailing cult of domesticity whereby women were to devote themselves to the roles of housewife and mother. Historians believe that Friedan' s book helped spark a period known as second-wave feminism that focused on workplace inequalities, reproductive rights, and passage of the Equal Rights Amendment.
52. **《女性的奥秘》**——这是贝蒂·弗里丹于 1963 年出版的一本极具影响力的著作，书中批判了当时盛行的家庭崇拜，认为女性应该全身心投入到家庭主妇和母亲的角色中。历史学家认为，弗里丹的这本书引发了被称为第二波女权主义的时期，该运动关注职场不平等、生育权以及《平等权利修正案》的通过。
53. **BLACK POWER**—The Black Power movement of the 1960s advocated that African Americans establish control of their political and economic lives. Key advocates of Black Power included Malcolm X, Stokely Carmichael, and Huey Newton.
53. **黑人权力运动**——20 世纪 60 年代的黑人权力运动主张非裔美国人掌握自身政治和经济生活的控制权。黑人权力运动的主要倡导者包括马尔科姆·X、斯托克利·卡迈克尔和休伊·牛顿。
54. **COUNTERCULTURE**—A cultural movement during the late 1960s associated with hippies who advocated an alternative lifestyle based upon peace, love, and "doing your own thing."
54. **反主流文化**——20 世纪 60 年代后期的一场文化运动，与嬉皮士有关，他们提倡一种基于和平、爱和“做自己”的另类生活方式。

55. **SILENT MAJORITY**—Term used by President Nixon in a 1969 speech to describe those who supported his foreign and domestic policies but did not participate in public protests.
55. **沉默的大多数**——尼克松总统在 1969 年的一次演讲中用这个词来描述那些支持他的外交和内政政策但没有参加公开抗议的人。
56. **DÉTENTE**—The term refers to the policy advocated by President Nixon and his Secretary of State Henry Kissinger to relax tensions between the United States and the Soviet Union. Examples of détente include the Strategic Arms Limitation Talks (SALT), expanded trade with the Soviet Union, and President Nixon's trips to China and Russia.
56. **缓和**——该术语指的是尼克松总统及其国务卿亨利·基辛格倡导的旨在缓和美国与苏联之间紧张关系的政策。缓和政策的例子包括战略武器限制谈判（SALT）、扩大与苏联的贸易以及尼克松总统对中国和俄罗斯的访问。
57. **STAGFLATION**—An economic term to describe the unusual combination of high unemployment and inflation during the 1970s.
57. **滞胀**——一个经济学术语，用来描述 20 世纪 70 年代高失业率和通货膨胀的不寻常组合。

UNIT 9 | PERIOD 9: 1980–PRESENT

第九单元 | 第九时期：1980年至今

58. **REAGANOMICS**—Term used to describe President Reagan's supply-side economic policies that attempted to promote growth and investment by deregulating business, reducing corporate tax rates, and lowering federal tax rates for upper- and middle-income Americans.
58. **里根经济学**——该术语用来描述里根总统的供给侧经济政策，这些政策试图通过放松对商业的管制、降低公司税率以及降低美国中高收入人群的联邦税率来促进经济增长和投资。
59. **SUN BELT**—Name given to the states in the Southwest and South that experienced a rapid growth in population and political power during the past half century.
59. **阳光地带**——指过去半个世纪以来人口和政治力量迅速增长的美国西南部和南部各州。
60. **MULTICULTURALISM**—The promotion of diversity in gender, race, ethnicity, religion, and sexual preferences. This political and social policy became increasingly influential and controversial during the period from 1980 to the present.
60. **多元文化主义**——提倡性别、种族、民族、宗教和性取向方面的多样性。这项政治和社会政策在 1980 年至今的时期内，其影响力日益增强，争议也日益增多。