

# step 2 - Lesson 27

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## Lesson 27

### 1. part 1

Interviewer: I understand /you' re interested in *holistic 整体的 ; 全面的 medicine*. Can you explain /what *holistic medicine* is?

采访者：我知道您对整体医学感兴趣。您能解释一下什么是整体医学吗？

#### Example 1. 案例

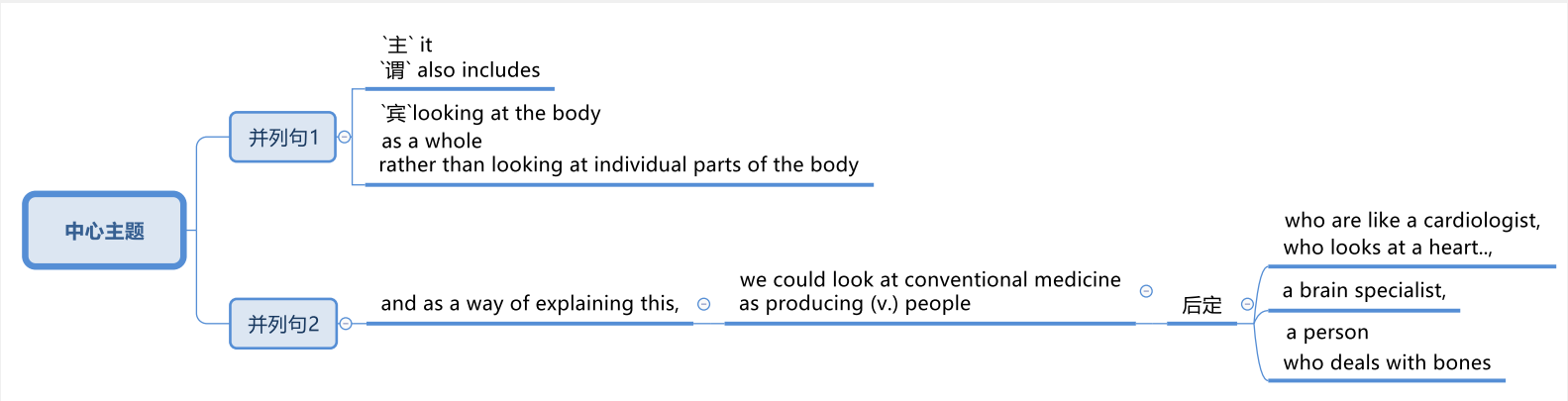
holistic

- (a.) 1.( informal ) considering a whole thing /or being to be more than a collection of parts 整体的 ; 全面的
- a holistic approach (n.) to life 对生命的全面探讨
- 2.( medical 医) treating (v.) the whole person **rather than** just the symptoms 症状 ; 症候 ; 病征 (= effects) of a disease 功能整体性的
- holistic medicine 整体医学

Vivienne: OK. Holistic medicine, um, **takes into consideration** the whole of the person. Now 主 what this means /in, in most holistic systems /谓 **is regarding** (v.)将...认为 ; 把...视为 ; 看待 the person **as** ① a physical entity, ② a mental (a.)思想的 ; 精神的 ; 思考的 ; 智力的 or emotional person, ③ and also even their *spiritual 精神的 ; 心灵的 side* of them.

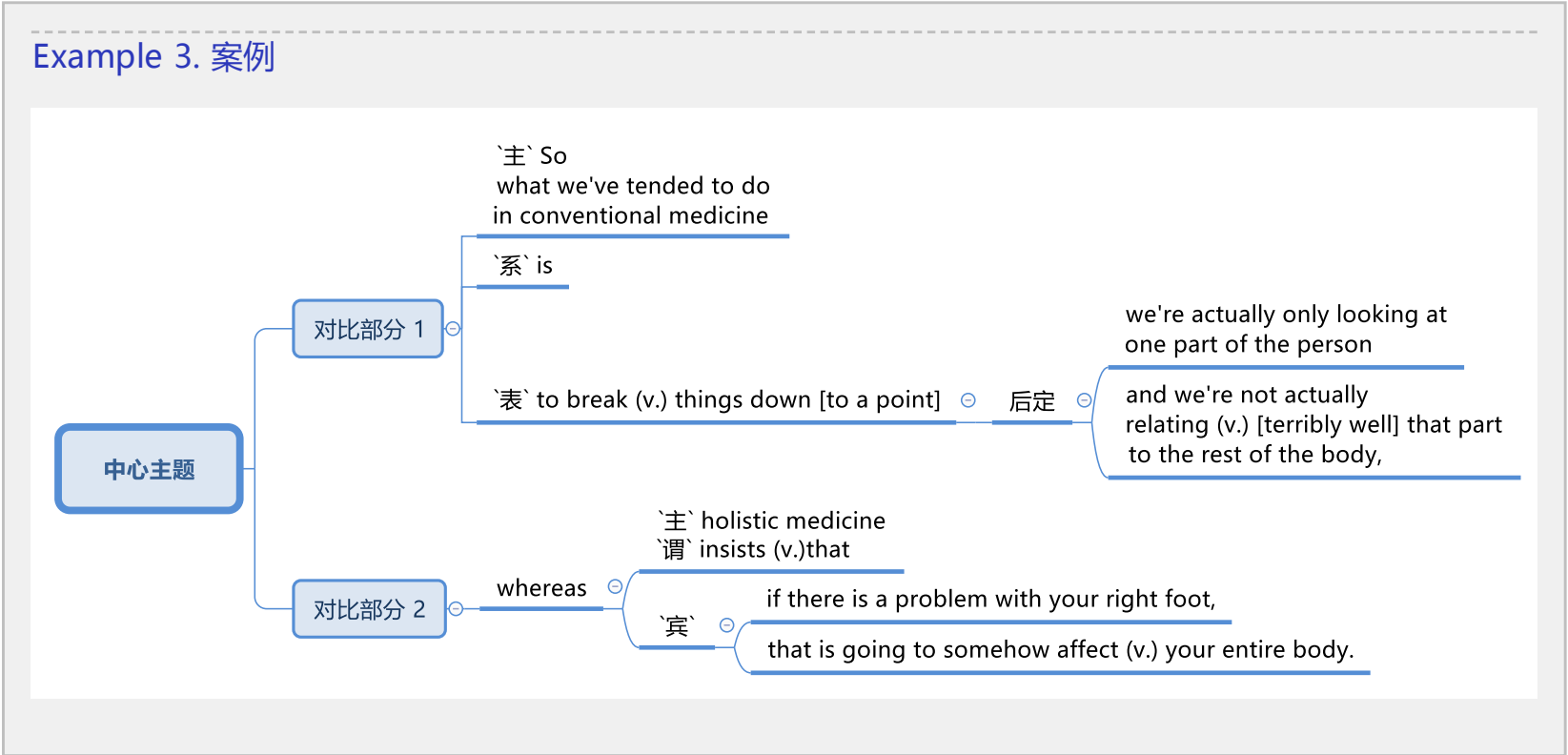
Um, it also includes (v.) **looking at** the body **as a whole** /rather than **looking at** individual parts of the body, and as a way 后定 of explaining this, we could **look at** *conventional 传统的 ; 习惯的 medicine* **as** producing (v.) people 后定 who are like ① **a cardiologist** 心脏病医生 ; 心脏病学家, who **looks at** a heart, um, ② **a brain specialist** 专家 ; 专科医生, a person who **deals with** bones, er, etc.

#### Example 2. 案例



So 主 what we' ve tended (v.)倾向于 , 往往会 to do /in conventional medicine /系 is **break** (v.) things **down to a point** /where we' re actually only **looking at** one part of the person /and we' re not actually **relating** (v.)联系 ; 使有联系 ; 把...联系起来 [terribly 非常 ; 很 well] that part /**to** the rest of the body, **whereas** ( 表示对比 ) 但是 , 然而 **holistic medicine insists (v.) that** /if there is a problem, er, with your right foot, that **is going to** somehow, um, **affect** (v.) your entire body.

薇薇安：好的。整体医学，嗯，考虑到人的整体。现在，在大多数整体系统中，这意味着将人视为一个物理实体、一个精神或情感的人，甚至是他们的精神层面。嗯，它还包括将身体视为一个整体，而不是观察身体的各个部分，作为解释这一点的一种方式，我们可以将传统医学，视为培养像心脏病专家一样的人，他们会观察心脏，嗯，一位大脑专家，一个处理骨骼的人，呃，等等。所以我们在传统医学中倾向于做的，是将事情分解到我们实际上只关注人的一个部分，并且事实上，我们并没有很好地将该部分，与身体的其他部分联系起来，而整体医学坚持认为，如果你的右脚有问题，呃，那会以某种方式，嗯，影响你的整个身体。



Interviewer: Um, your speciality 专业 ; 专长;特产 ; 特色菜 is acupuncture 针灸 , 针刺疗法. Er, is that a part of **holistic medicine**?

Interviewer：嗯，你的专长是针灸。呃，这是整体医学的一部分吗？

Example 4. 案例

acupuncture

→ 词根ac, 尖。puncture, 刺。

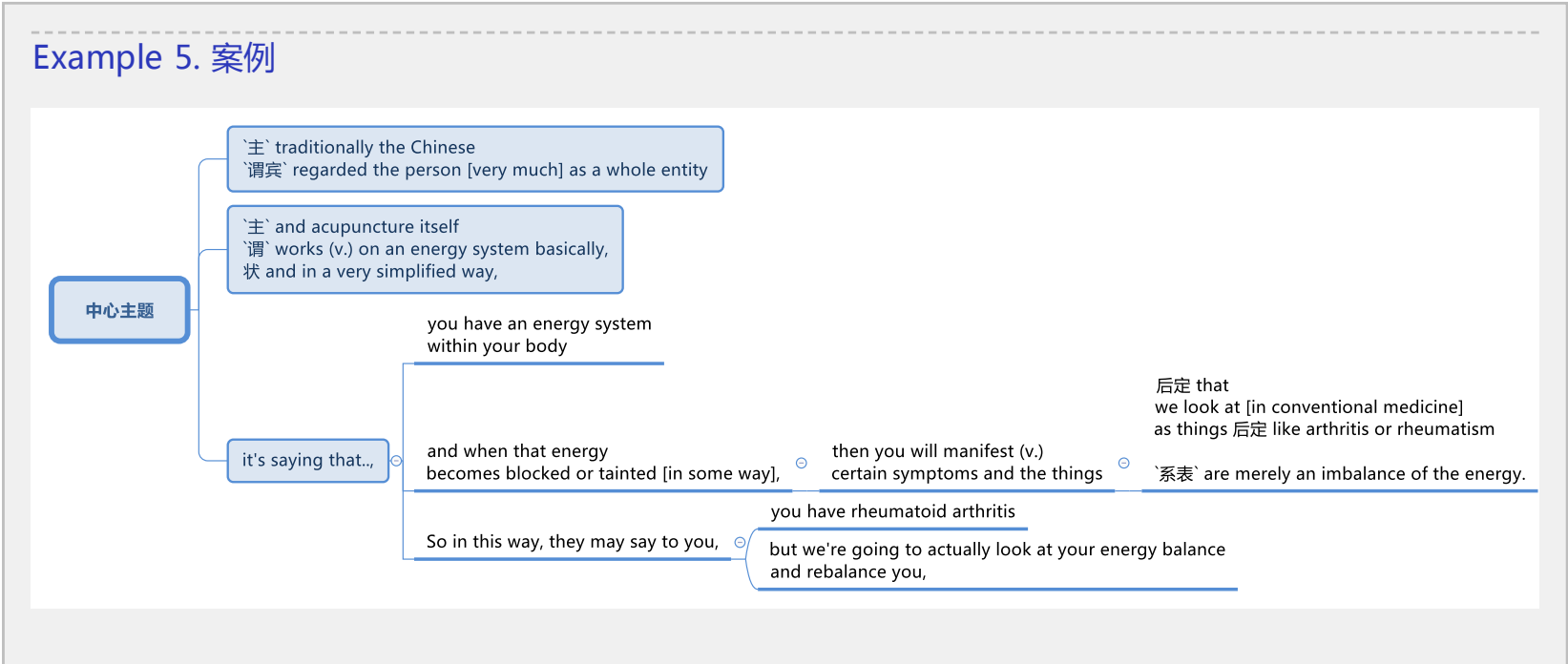
Vivienne: Acupuncture is very much a holistic system.

Um, traditionally /the Chinese **regarded** (v.)the person very much **as a whole entity** /and acupuncture itself **works (v.) on** **an energy system** basically, and in a very simplified way, it' s saying that, er, you have **an energy system** within your body /and when that energy **becomes blocked (a.) or tainted** (a.)污染的 ; 感染的 in some way, then you will **manifest** (v.)表明 , 清楚显示 ( 尤指情感、态度或品质 ) ;显现 ; 使人注意到 certain symptoms /and 主 **the things** /后定 that we **look at** in conventional medicine **as** things 后定 like arthritis 关节炎 or rheumatism 风湿病 /系 **are**, to the Chinese, **merely** an imbalance 衡 ; 不平衡 ; 不公平 of the energy.

So, in this way, they may **say to you**, well, yes, you have **rheumatoid 类风湿病的 arthritis** 关节炎 /but we' **re going to actually look at** your energy balance /and rebalance (v.)再平衡 ; 调整 you, and, as a result, your symptoms **should disappear**.

Vivienne：针灸在很大程度上是一个整体系统。嗯，传统上中国人将人视为一个整体，而针灸本身基本上是在一个能量系统上起作用，以一种非常简单的方式，它是说，呃，你体内有一个能量系统，当这个能量变成如果受到某种方式的阻塞或污染，那么你就会表现出某些症状，而我们在传统医学中所看到的疾病，如关节炎或风

湿病，对中国人来说，只是能量的不平衡。因此，通过这种方式，他们可能会对你说，嗯，是的，你患有类风湿性关节炎，但我们将实际检查你的能量平衡，并重新平衡你，结果，你的症状应该消失。



Interviewer: Um, is acupuncture /essentially a form of preventative medicine?  
采访者：嗯，针灸本质上是一种预防医学吗？

Vivienne: Traditionally, it was, very much.  
Um, in fact, traditionally, in China, people only **used to** 过去常常 pay (v.) the doctor /while they were well /and they **used to** go to their doctor fairly 相当地，颇 regularly on, you know, maybe four or five times a year, and they would only pay the doctor /when they were kept well.  
And if they **got sick** 得病了, they didn’ t pay the doctor.

And the doctor had various methods /of which **acupuncture** was one, **diet** was another, **exercise** was another, er, of ensuring (v.)保证；确保；担保 that /the person lived a right life style /and their emphasis 强调，加重语气，重读 was on /if you’ re living a right life style, if you’ re living **in tune** （与...）协调,一致 **with** the laws of the universe, **going to sleep** /when it’ s dark, **waking up** /when it’ s light, working, resting, doing all these things properly, then you won’ t **get sick**.

Unfortunately, our way of **looking at** life in the West /is very different /in that ① we tend **to struggle (v.) on** /in **spite of** our headache /② and not **take terribly much notice of** our body /when things are not quite right / ③ and we tend **to struggle on** /until we **fall over** 倒下 / ④ and we **get carted (v.)用马车运送；用车装运 off** to hospital /in an ambulance.

And so, acupuncture in the West, unfortunately, in a way, **has come to be** not the preventative medicine /that it **could be** /because we’ re not taking responsibility enough for ourselves /in **going along** 继续,进展；发展 and **making sure that** /we stay well.

Vivienne：传统上，是的，非常如此。嗯，事实上，在中国传统上，人们只在健康时才付医生的钱，他们通常每年会定期去看医生，可能是四五次，只有在保持健康时才付医生的费用。如果他们生病了，他们不会付医生的钱。医生有各种方法，其中针灸是一种，饮食是另一种，锻炼是另一种，以确保人们过上正确的生活方式，他们的重点是，如果你过着正确的生活方式，如果你与宇宙法则和谐相处，当天黑时睡觉，天亮时醒来，工作、休息，正确地做所有这些事情，那么你就不会生病。不幸的是，我们西方人看待生活的方式非常不同，我们往往会在头痛时依然奋斗，当身体状态不太对劲时并不特别注意，我们往往会一直挣扎下去，直到倒下去，然后被救护车送到医院。因此，不幸的是，在西方，针灸在某种程度上已经不再是预防性医学，因为我们没有为自己的健康负责，去确保我们保持健康。

Example 6. 案例

used to

used to say that sth happened continuously or frequently during a period in the past （用于过去持续或经常发生的事）曾经

- You **used to** see a lot of her, didn’ t you?你过去常见她吧？

be ,in/,out of 'tune (with sb/sth)

to be/not be in agreement with sb/sth; to have/not have the same opinions, feelings, interests, etc. as sb/sth (与... ) 协调/不协调, 一致/不一致, 融洽/不融洽

- These proposals are perfectly **in tune with** our own thoughts on the subject. 这些建议, 与我们在问题上的想法, 完全一致。

- The President **is out of tune /with** public opinion. 总统与公众舆论大唱反调。

## 2. part 2. 部分

Janice: So you really believe **that** /clothes carry a kind of message for other people /and **that** 主 what we put on /系 is [in some way] a reflection of what we feel?

珍妮丝：所以你真的相信, 衣服向其他人传达了一种信息, 而我们穿的衣服, 在某种程度上反映了我们的感受?

Pauline: Oh yes, very much so. People are beginning now /to take seriously the idea /of a kind of psychology of clothing, to believe that /there is **not** just *individual taste* /in our clothes /**but also** a thinking /behind what we wear /which is trying to express (v.) something /we may not even **be aware of** ourselves.

宝琳：哦, 是的, 非常如此。人们现在开始认真对待服装心理学的概念, 相信我们的衣服不仅有个人品味, 而且还有我们穿着背后的思考, 它试图表达一些我们甚至可能没有意识到的东西我们自己。

Janice: But surely /this has always been the case.

We all **dress up** 打扮, 装饰 /when we want to impress someone, **such as** for a job interview /with a prospective employer; we tend to make an effort /and **put on** something smart.

珍妮丝：但确实情况一直如此。当我们想要给某人留下深刻印象时, 例如去面试未来的雇主时, 我们都会盛装打扮; 我们倾向于做出努力, 并穿上一些聪明的衣服。

Pauline: True, but that' s *a conscious* 慎重的; 有意的; 刻意的 *act*.

What I' m talking about **is** more of *a subconscious* 下意识的, 潜意识的 *thing*.

**Take for example** the student /who is **away from home** at college or university: if he tends **to wrap himself up** /**more than** the others, this is because /he is probably feeling homesick.

Similarly, a *general* 全体的; 普遍的; 总的 *feeling* of insecurity /can sometimes **take** (v.) the form of over-dressing /in *warmer clothes* /**than** are necessary.

Pauline：确实如此, 但这是一种有意识的行为。我所说的更多的是潜意识的事情。以离家在外的大学生为例: 如果他比其他人更倾向于把自己包裹得更紧, 这可能是因为他想家了。同样, 普遍的不安全感, 有时会表现为穿得过多、过分保暖的衣服。

Janice: Can you **give any other examples** of this kind?

珍妮丝：你还能举出其他类似的例子吗?

Pauline: Yes. I think /主 people /who are sociable and outgoing 爱交际的, 外向的 /谓 tend to dress (v.) /in an extrovert (n.) 性格外向者; 活泼自信的人 way, **preferring** brighter or more dazzling 使目眩, 使眼花 colours — yellows, bright reds, and so on.

In the same way, what might **be seen as** a parallel 平行的; 极相似的; 同时发生的; 相应的; 对应的 with the animal kingdom, *aggressive clothes* **might indicate** *an aggressive personality or attitude* to life.

**Think about** the threat 威胁, 恐吓 displays (n.) /used by animals /when they want **to warn off** 警告某人离开 opponents.

宝琳：是的。我认为善于交际、外向的人倾向于外向的着装, 喜欢更明亮或更耀眼的颜色——黄色、鲜红色等。同样, 攻击性的衣服可能与动物王国相似, 可能表明攻击性的个性或生活态度。想想动物在警告对手时所使用的威胁表现。



Janice: Do you think /主 the care — or **lack of it** — over the way /后定 we actually wear (v.) our clothes /谓 has anything to tell us?

珍妮丝：你认为，我们对实际穿衣方式的关心（或缺乏关心），能告诉我们什么吗？

Pauline: Yes, indeed. 主 **The length**, for example, **of** a man’ s trousers /谓 speaks (v.) volumes 量；额 about *his awareness* 知道；认识；意识；兴趣 *of his own image*. Or, if his trousers are at half-mast 下半旗, all sort of 各种各样的 **hanging down** 下垂, this probably means (v.) /he’ s **absorbed** (v.)吸引全部注意力；使全神贯注 by other things.

宝琳：是的，确实如此。例如，一个男人裤子的长度，就足以说明他对自己形象的认识。或者，如果他的裤子下半旗，有点垂下来，这可能意味着他正在忙于其他事情。

Janice: Really.

珍妮丝：真的。

Pauline: Or, to give you other examples, 主 often **minority groups**, who have perhaps failed to persuade [with words], 谓 **tend** to express (v.) themselves /by wearing unconventional 非传统的, 非常规的, or what /后定 some **might consider** (v.) outrageous 骇人的；无法容忍的 clothing, **as a way /of** showing 主 their thoughts and feelings 系 **are** different from the rest, and so /they find an outlet /in this way.

Pauline：或者，举个其他例子，少数群体往往无法用语言说服他们，倾向于通过穿着非常规的服装来表达自己，或者一些人可能认为令人难以忍受的服装，以此来表达他们的想法和感受是不同的。与其他人不同，所以他们通过这种方式，找到一个出口。

Janice: That surely **spills over into** 溢出；漫出;波及 other things **as well**.

珍妮丝：这肯定也会影响到其他事情。

Example 7. 案例  
spill 'over (into sth)

- (1)to fill a container and go over the edge 溢出；漫出
  - She filled the glass so full /that the water **spilled over**.她往杯子里倒水倒得太满，都溢出来了。
  - Her emotions **suddenly spilled over**.她突然就控制不住自己的感情了。
- (2)to start in one area and then affect other areas 波及
  - Unrest **has spilt over into areas** outside the city. 骚乱已经波及城市的周边地区。

Pauline: Oh yes, indeed. Haircuts 发型；发式, jewellery, kinds of fabric used — these things **can all be** a form of rebellion.

But **to get back to** clothes, I would like to add that /主 a whole lot about our personality 个性，性格；魅力 /谓 **is conveyed** (v.)表达，传递（思想、感情等） /in our clothes /and the way we look — aggressiveness, rebelliousness 造反；叛逆性, happiness, sadness, and so on.

These can all **be interpreted**. **Think of** the ageing *pop star* /who may **be pushing** middle age, he’ ll **keep on** dressing up like a rebel 叛乱者；造反者 /to try to prove he’ s 'with it' still, and **in touch with** his young fans and current trends.

宝琳：哦，是的，确实如此。发型、珠宝、使用的各种布料——这些东西都可以是叛逆的一种形式。但回到衣服上，我想补充一点，我们的性格，很大程度上是通过我们的衣服和我们的外表，来传达的——攻击性、叛逆性、快乐、悲伤等等。这些都可以解读。想想那些可能已经步入中年的流行歌星，他会继续打扮得像个叛逆者，试图证明他仍然“坚持下去”，并与他的年轻歌迷和当前的趋势，保持联系。

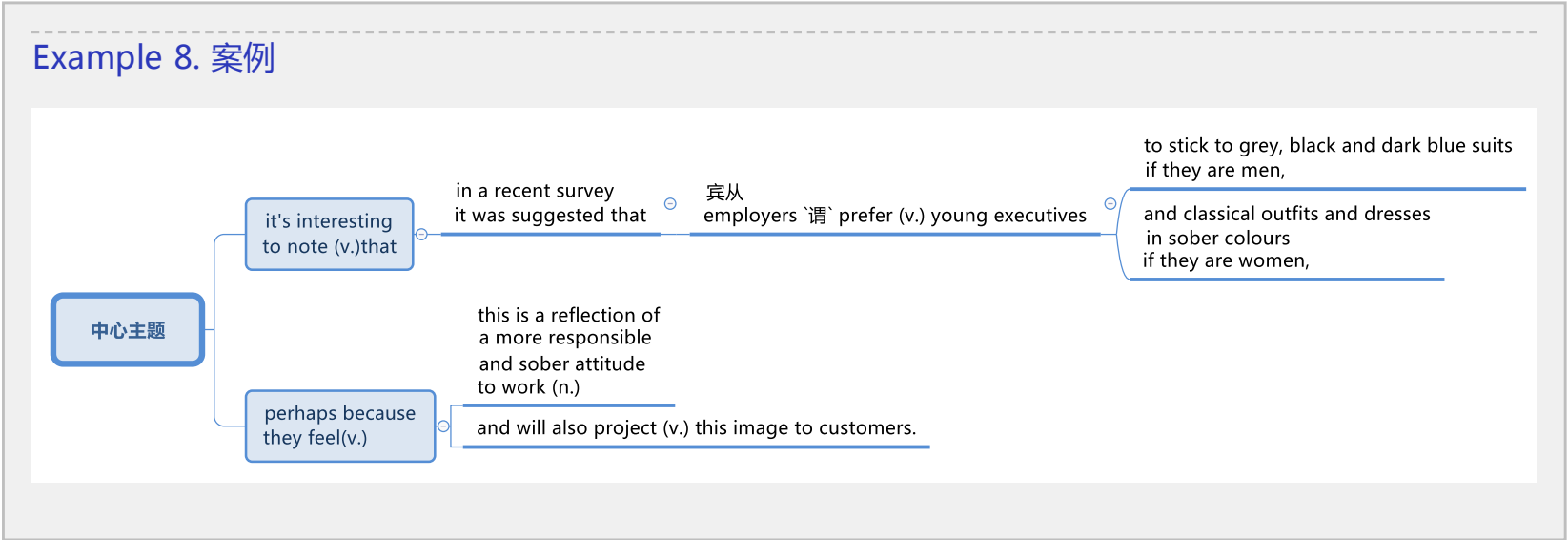
Janice: Do you think that /主 at *work clothes* and *general appearance* /谓 have any significance?

珍妮丝：你认为工作服装和整体仪表，有什么意义吗？

Pauline: Definitely 肯定地，当然. We’ **ve already spoken** about *job interviews* a bit, and **it’ s interesting /to note (v.) that** /in a recent survey /it was suggested that /employers **prefer** (v.)

young executives ① **to stick to** *grey, black and dark blue suits* /if they are men, ② and *classical outfits* 全套装备；一套服装 and *dresses* in *sober* 持重的；冷静的;素净的；淡素的 *colours* /if they are women, perhaps because they feel /① this is a reflection of *a more responsible and sober attitude* to work /② and will also **project** (v.) this image **to** customers.

宝琳：当然。我们已经谈过一些关于工作面试的问题，有趣的是，在最近的一项调查中，雇主更喜欢年轻管理人员在男性中穿灰色、黑色和深蓝色西装，而穿着古典服装和连衣裙。如果她们是女性，则可能会选择清醒的颜色，也许是因为她们觉得这是一种更负责任、更清醒的工作态度的体现，也会将这种形象投射给顾客。



Janice: Do you **subscribe** (v.)同意；赞成 **to** this opinion?

珍妮丝：你同意这个观点吗？

Pauline: I personally think that /too much conservatism 保守主义；守旧性 **defeats** (v.)the object of the clothes industry.

They want to create new fashions and colour /to sell clothes, so I can’ t really say that /I **go along wholeheartedly** 全心全意地，全神贯注地 **with** 赞同某事；和某人观点一致 it.

There **should be** room for manoeuvre 细致巧妙的移动；机动动作, **leaving** people scope (n.) ( 做或实现某事的 ) 机会，能力; ( 题目、组织、活动等的 ) 范围 /**to express** (v.) their individuality /**in** what they are wearing.

Pauline：我个人认为，太多的保守主义会挫败服装行业的目标。他们想创造新的时尚和颜色来卖衣服，所以我不能说 I 全心全意地支持他们。应该有回旋的余地，让人们在着装上表现自己的个性。

Example 9. 案例

go a'long with sb/sth

to agree with sb/sth 赞同某事；和某人观点一致

- **I don’ t go along with** her views /后定 on private medicine.在私人行医的问题上，我不敢苟同她的观点。

### 3. part 3. 部分

We’ ve all seen them /on TV commercials 商业广告；宣传, ① looking out at us /from the covers of *glossy* 光滑的；光彩夺目的；有光泽的;浮华的；虚有其表的 *magazines* /② or **showing off** 炫耀；卖弄；显示 the latest creations (n.) 后定 from Paris, and it must **have seemed [to us] that** /they **have** lives (n.) /后定 which are all glamour.

Jeffrey Ingrams has been **delving** (v.)探索；探究；查考 **into** the world of the fashion model /and **has come up with** 找到（答案）；拿出（一笔钱等） some interesting facts.

我们都在电视广告中见过他们，从光鲜亮丽的杂志封面上看着我们，或者炫耀来自巴黎的最新创作，在我们看来，他们的生活一定充满魅力。杰弗里·英格拉姆斯（Jeffrey Ingrams）一直在深入研究时装模特的世界，并得出了一些有趣的事实。

Example 10. 案例

## DELVE 'INTO STH

to try hard to find out more information about sth 探索；探究；查考  
→ delve: 来自PIE\*dhelbh, 挖 to dig

Denise: The average model /can earn (v.) **roughly the same as** a top secretary **on the basis** 基于,以...为基础, that is, that she' s a freelance (a.)特约的；自由职业（者）的 /with an agent 代理人，经纪人 who' ll **send her out** /for auditions (n.)（拟进行表演者的）试演，试唱，试音 and interviews /and **get work** for her.

丹尼斯：普通模特的收入，与高级秘书大致相同，也就是说，她是一名自由职业者，有经纪人派她出去试镜和面试，并为她找到工作。

Jeffrey: Denise Harper is *a model agent*.

主 The Central Model Agency, in which she' s a partner, 系 **is very closely associated with** *the Metropolitan (a.)大城市的；大都会的 Academy of Modelling*（时装）模特儿工作，模特儿表演, where dozens of aspiring (a.)有抱负的；有志向的 models /have **come over**（通常远距离地）从...到，从...来 the years /to pay their money /to take a basic course /in the techniques of being a model.

Just over five years ago, one such aspiring model /was eighteen-year-old Margaret Connor, 后定 **fresh (a.)刚从...来；刚有过...经历 from** school.

杰弗里：丹尼斯·哈珀是一名模特经纪人。她是“中央模特经纪公司”的合伙人，该机构与大都会模特学院关系密切，多年来，数十名有抱负的模特，来到该学院付费参加模特技术的基础课程。就在五年前，十八岁的玛格丽特·康纳 (Margaret Connor), 就是这样一位有抱负的模特，她刚从学校毕业。

### Example 11. 案例

#### fresh

(a.)~ **from sth** : having just come from a particular place; having just had a particular experience  
刚从...来；刚有过...经历

- students /后定 **fresh (a.)from college** 刚刚毕业的大学生
- **fresh (a.) from her success** at the Olympic Games 刚从奥运会凯旋归来的她

Margaret: Your mother has told you that /you' re a pretty girl /and you think that /you' re God' s gift.

You' re not, of course, but the Academy give you the works, how to do make-up 化妆品, how to walk, how to do your hair, *dress sense* 穿衣品味, the lot.

玛格丽特：你妈妈告诉过你，你是一个漂亮的女孩，你认为你是上帝的礼物。当然，你不是，但学院给你作品，如何化妆，如何走路，如何做头发，着装品味，等等。

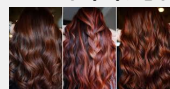
Jeffrey: Now before we **go any further** /I really ought to give you some idea of /what Margaret looks like.

She' s about *5 feet 尺 8 inches* tall, with *shoulder-length*（头发）齐肩的 *auburn* 红褐色的 *hair*, *hazel (a.)淡绿褐色的；浅赤褐色的 eyes* and *a ready* 方便使用的；现成的,聪明的；机敏的 *smile* 笑口常开.

### Example 12. 案例

#### auburn

→ 来自词根alb, 白色的，见albumen,蛋白。字母l弱化成u, 词义受brown影响。



#### ready smile



笑口常开，随时可以显露的微笑：指一个人经常保持微笑的状态，随时可以展现出来。

Like Margaret, every model /has her *index card* 索引卡 which *potential clients* can **keep** in their files **/to refer to**.

When not working, Margaret is *a rather prettier-than-average girl-next-door*, but her photograph alone /seemed to show that /she can be **as** versatile (a.)多才多艺的 and **as** fashionable **/as** anyone might want.

But why did *Denise Harper* **pick her out** from the other similar applicants /for *the modelling course* at the Academy?

杰弗里：现在，在我们进一步讨论之前，我真的应该让你了解一下玛格丽特的长相。她身高约 5 英尺 8 英寸，留着及肩的赤褐色头发、淡褐色的眼睛和笑容。像玛格丽特一样，每个模特都有她的索引卡，潜在客户可以将其保存在他们的文件中，以供参考。不工作时，玛格丽特是一个比一般人漂亮的邻家女孩，但仅凭她的照片，似乎就表明她可以像任何人想要的那样多才多艺和时尚。但为什么丹尼斯·哈珀从其他类似的申请者中挑选了她，来参加学院的模特课程呢？

#### Example 13. 案例 *index card*

a small card that you can write information on /and keep with other cards in a box or file 索引卡



#### *girl-next-door*

邻家女孩：指一个来自中产家庭的纯真年轻女子。

Denise: I always **look for** personality 魅力；气质；气度；性格；个性；人格, poise 沉着自信；稳重；自若, good height **and**, very important, initiative (n.)主动性；积极性；自发性, all of which /Margaret has.

You try to find [**above all** 最重要的是；尤其是] a girl /who **you think** {will work /and **is not** only in it /for the money}.

丹尼斯：我总是寻找个性、沉着、良好的身高，以及非常重要的主动性，所有这些都是玛格丽特所具备的。最重要的是，你试图找到一个你认为可以工作的女孩，而不仅仅是为了钱。

#### Example 14. 案例 *above all*

most important of all; especially 最重要的是；尤其是  
- **Above all**, keep in touch. 最要紧的是保持联系。

Jeffrey: Naturally, when they' ve finished the course /it doesn' t always mean automatically that /they are set (v.)使处于某种状况；使开始 for stardom 明星的地位（或身份）.

Margaret occasionally gives classes /at the Academy **/and** she told me /why some girls just **pack (v.) 停止做某事** in the job.

杰弗里：当然，当他们完成课程时，并不总是意味着他们就注定会成为明星。玛格丽特偶尔会在学院上课，她告诉我为什么有些女孩只是打包这份工作。

#### Example 15. 案例 *pack (v.) sth in*

( informal ) to stop doing sth 停止做某事  
SYN give up



- She decided **to pack (v.) in her job**.她决定辞职不干了。
- **Pack (v.) it in** (= stop behaving badly or annoying me), you two!别闹了，你们俩！

Margaret: Sometimes the work is too hard, sometimes it's too scarce (a.)缺乏的；不足的；稀少的 /and sometimes you have to push yourself too much.

You've got to be a saleswoman 女销售员 /to be a model, 主 just sitting back /and thinking you're going to be cosseted (v.)宠爱 /系 is no good, you've got to go out there /and get work.

But once you've got it, OK, fine.

玛格丽特：有时工作太辛苦，有时工作太稀缺，有时你不得不给自己太大压力。你必须成为一名女售货员才能成为一名模特，只是坐下来认为自己会受到宠爱是不行的，你必须出去工作。但一旦你得到了它，好吧，好吧。

Jeffrey: When work does **come along** 偶然出现; 不期而至;在进展, it could be [pretty well 几乎；差不多] anything.

杰弗里：当工作真的出现时，它可以是任何东西。

#### Example 16. 案例

pretty 'much/'well

( BrE also also **pretty 'nearly** ) ( NAmE also also pretty 'near ) ( informal ) almost; almost completely 几乎；差不多

- One dog /looks **pretty much** like another /to me. 在我看来，狗长得都差不多。

Margaret: Really /it's a different job every time — it **might be** TV advertisements, live advertising promotions, a photo session 一场；一节；一段时间, anything.

玛格丽特：真的，每次都是不同的工作——可能是电视广告、现场广告促销、拍照(合影环节)，等等。

Jeffrey: I asked Margaret /to give me some idea of /a *typical day* in her life.

杰弗里：我请玛格丽特给我一些关于她生活中典型的一天的想法。

Margaret: This is the fun thing about it, really.

You've got no idea /what you'll be doing tomorrow, nothing's **planned (v.) ahead**.

There's such a *variety of ways* of spending the day.

There's a sort of 'wake-up at 8 o'clock /with the phone ringing' day, and next minute /you're off abroad somewhere, which is everybody's idea of modelling.

Then, other days /you have to **go round** 拜访（某人）；访问，参观（附近某处） /and sell yourself /because you've **got nothing on** （谈及或问及某人）进展，进步;获得成功；事业有成 at all — seeing photographers 摄影师, magazines, newspapers, generally getting your face around.

#### Example 17. 案例

GET 'ON

(1) ( also ,get a'long ) used to talk or ask about how well sb is doing in a particular situation ( 谈及或问及某人 ) 进展，进步

- **He's getting on very well** at school.他在学校学得很好。

- How did you **get on** /at the interview? 你面试的情况怎么样？

(2)to be successful in your career, etc. 获得成功；事业有成

- Parents are always anxious /for their children **to get on**. 父母总是急切地盼望孩子们事业有成。

(3) ( also ,get a'long ) to manage or survive 对付；应付；活下来；过活

- We can **get on perfectly well** /without her. 没有她我们也能过得很好。

On a busy day /you’ ve **got to dash** (v.)**急奔；急驰；猛冲 from job to job**, it’ s all very hectic (a.)忙碌的；繁忙的, but basically you’ ve always **got to** have everything literally 按字面；字面上; （ 强调事实可能令人惊讶 ）真正地，确实地 by the phone, be ready to leave /at a moment’ s 片刻；瞬间 notice.

But there’ s variety (n.)变化；多样化；多变性 in it.  
Making *TV commercials* /has **in fact** now overtaken (v.)超过，赶上 *straightforward* 简单的；易懂的；不复杂的 *fashion* /as our favourite occupation.

It’ s more fun /**than** photographic work, where one **split second** 瞬间；刹那 decides (v.) whether you look nice or not.  
In a TV commercial /there’ s some acting (n.) involved, and you have to **keep it up** 使某事物保持高水平 /for a while, which is more of a challenge.

玛格丽特：这确实是一件有趣的事情。你不知道明天要做什么，没有任何计划。度过这一天的方式有很多种。有一种“八点钟被电话铃声叫醒”的日子，下一分钟你就要去国外某个地方了，这就是每个人对模特的想法。然后，其他时候，你必须到处推销自己，因为你什么也没穿——看摄影师、杂志、报纸，通常是到处露面。在忙碌的一天里，你必须从一个工作赶到另一个工作，这一切都非常忙碌，但基本上，你总是必须通过电话掌握一切，准备好随时离开。但其中有多多样性。事实上，制作电视广告，现在已经取代简单的时尚，成为我们最喜欢的职业。这比摄影工作有趣多了，一瞬间就决定了你好看不好看。电视广告里有一些表演，你得坚持一段时间，这是一个更大的挑战。

Example 18. 案例

hectic

→ 来自希腊语ekhein,持有，保持，持续，词源同scheme,hector.引申词义持续的，忙碌的。发烧义缩写自hectic fever,原用于指肺结核的症状。

(AT) ANY 'MOMENT ('NOW)

very soon很快；随时

- Hurry up! He’ ll be back **any moment now**.快点！他随时都会回来。

Jeffrey: When Margaret said /she kept everything by the phone, I wondered /what she meant.  
杰弗里：当玛格丽特说，她把一切都放在电话里时，我想知道她的意思。


Margaret: Definitely 确切地；明确地；清楚地 your diary, with a pen, **waiting for** that interview.  
Then every model **has** one arm /**longer than** the other (laughs) /**because of** all the things /后定 she has to **cart** (v.)用手提（笨重物品）;用马车运送；用车装运 around in her bag — spare (v.)抽出；拨出；留出；匀出 *pairs of shoes*, make-up, spare (a.)备用的；外加的 tights （女用）连裤袜，紧身裤, and a book — it can get boring /waiting around sometimes.

I read such a lot of novels! Umm, everything but *the kitchen sink* （女用）连裤袜，紧身裤 — it all /has to **be packed in**.

玛格丽特：当然是你的日记，带着笔，等待采访。然后，每个模特的一只手臂，都比另一只长（笑），因为她的包里必须装满所有东西——备用鞋子、化妆品、备用紧身衣，和一本书——有时等待会很无聊。我读了这么多小说！嗯，除了厨房水槽之外的所有东西——都必须装进去。

Example 19. 案例

tights



kitchen sink



Jeffrey: Whatever her motivation, it' s quite clear that /Margaret **enormously** 非常；极其 **enjoys** (v.) being a model.

杰弗里：无论玛格丽特的动机是什么，很明显她非常喜欢当模特。

Margaret: Yes, I love it! It' s fantastic! **I just couldn' t think of** doing anything else.  
It' s always been the glamour 吸引力，魅力，诱惑力（多因财富或地位所致） /that attracted me.  
To begin with, it' s real hard work /to get established, but 主 *the variety and excitement of* **not knowing** (v.) [from one day to the next] **what** ' s going to happen /谓 has never ceased (v.) /to give me a thrill 震颤感；兴奋感；兴奋；激动；令人兴奋的经历.

玛格丽特：是的，我喜欢它！这是梦幻般的！我只是想不出做其他事情。它的魅力一直吸引着我。首先，建立起来确实很辛苦，但是从一天到下一天不知道会发生什么的变化和兴奋，从未停止给我带来兴奋。

## 4. Solving Problems 4. 解决问题

Today /I am going to **talk about** some thoughts /that psychologists **have had** /on how people go about solving problems.

今天，我要谈谈心理学家对人们如何解决问题的一些想法。

主 The first point /I want to make /系 is that /there is no one way of solving all problems.  
If you think about it /you will realize the obvious fact /that there are many different kinds of problems /which have to be solved /in different ways.

Let us take two very different examples.

A student is sitting in his study, trying to solve a problem in Mathematics. After an hour, still unsuccessful, he gives up /and goes to bed.

The following morning /he **wakes up** /and wanders (v.)漫游，闲逛 into the study. Suddenly, the solution **comes to him**.

我想说的第一点是，没有一种方法可以解决所有问题。如果您思考一下，您就会意识到一个明显的事实：存在许多不同类型的问题，必须以不同的方式解决。让我们举两个截然不同的例子。一名学生坐在书房里，试图解决数学问题。一个小时后，仍然没有成功，他放弃了，上床睡觉了。第二天早上，他醒来，走进书房。突然，他想到了解决办法。

Now /for a very different kind of problem.

In the Shakespeare play (n.)戏剧；剧本 Hamlet 哈姆雷特, young Hamlet, Prince of Denmark, discovers that /his father has been murdered by his uncle.

The evidence **is based on** the appearance of his father' s ghost, urging (v.) him /to revenge (v.) his death /by killing his uncle.

Should he accept (v.) the ghost' s evidence, and kill his uncle?

This is obviously a very different kind of problem.

Such moral 道德的 or emotional problems /**might have** no real solution, or [**at any rate** 无论如何，不管怎样] no solution /后定 that everyone **might agree on**.

现在讨论一个非常不同类型的问题。在莎士比亚戏剧《哈姆雷特》中，年轻的丹麦王子哈姆雷特发现，他的父亲被叔叔谋杀了。证据是他父亲的鬼魂出现，敦促他杀死叔叔来报仇。他应该接受鬼魂的证据，并杀死他的叔叔吗？这显然是一个非常不同的问题。此类道德或情感问题，可能没有真正的解决方案，或者至少没有每个人都同意的解决方案。

There are many other different types of problems /**apart from** these two.

In this talk, I would like to **talk about** /the first kind of problem: the kind /that the student of



Mathematics **was involved with.**

除了这两个问题之外，还有许多其他不同类型的问题。在这次演讲中，我想谈谈第一类问题：数学学生所涉及的问题。

The solution to that kind of problem **/is sometimes called** an 'A-ha' solution, because the solution **comes suddenly**, out of nowhere 无处；哪里都不 as it were, and in English /people sometimes say (v.) 'A-ha' /when a good idea **comes to them** like that. Another, less amusing, name for it **is** insight (n.)洞察力；领悟.

For a long time /the student seems to **get no where** 毫无进展，and then /there is a sudden flash of insight /and the solution appears.

这类问题的解决方案, 有时被称为“A-ha” 解决方案，因为解决方案突然出现，不知从何而来，在英语中，当一个好主意出现时，人们有时会说“A-ha”，例如那。另一个不那么有趣的名字, 是"洞察力"。很长一段时间，学生似乎一无所获，然后突然顿悟，解决方案出现了。

Example 20. 案例

out of nowhere

不知打哪儿来；突然冒出来；莫名其妙的出现

- **come out of nowhere** 突然出现, 横空出世, 突然莫名其妙地发生

A classic example of insight **/is the case of** the French mathematician 数学家, Poincare 法国数学家. I’ ll spell it. P-O-I-N-C-A-R-E, POINCARE.

For fifteen days /Poincare **struggled with** a mathematical problem /and had no success.

Then one evening /he took black coffee /before going to bed /(which was not his usual custom). As he lay in bed 在床上躺着, he couldn’ t sleep, and all sorts of ideas came to him. By morning /he had solved that problem /which had baffled (v.)使困惑；难住 him /for over a fortnight.

洞察力的一个典型例子是法国数学家庞加莱的例子。我会拼写它。 P-O-I-N-C-A-R-E，庞卡莱。庞加莱花了十五天的时间, 来解决一个数学问题，但没有成功。然后有一天晚上，他在睡觉前喝了一杯黑咖啡（这不是他平常的习惯）。他躺在床上睡不着，各种想法涌上心头。到早上，他解决了困扰他两个多星期的问题。

What do psychologists 心理学家 have to say /about this process of problem solving?

对于这个解决问题的过程，心理学家有什么看法？

A very good and helpful description /of the solving process /has been made by POLYA, a teacher of Mathematics 数学. I’ ll spell his name, too. P-O-L-Y-A, POLYA. Remember that /Polya **is thinking of** insight problems, and in particular, mathematics problems, but his ideas **should apply** 适用，适合 in all sorts of areas.

数学老师 POLYA 对求解过程, 做了非常好的、有用的描述。我也会拼写他的名字。 P-O-L-Y-A，波利亚。请记住，波利亚正在考虑洞察力问题，特别是数学问题，但他的想法应该适用于各种领域。

Polya’ s description **has** four stages. They are: Stage one: Understanding (v.) the problem: At this stage, the student gathers (v.) all the information he needs /and asks himself two questions:

波利亚的描述分为四个阶段。它们是： 第一阶段：理解问题：在这个阶段，学生收集他需要的所有信息, 并问自己两个问题：

The first question is: What is the unknown? What is my goal? In other words, what do I want to find out?

第一个问题是：什么是未知的？我的目标是什么？换句话说，我想知道什么？

The second question is: What are the data and conditions? What **is given**? In other words: what do I already know?

第二个问题是：有哪些数据和条件？给予什么？换句话说：我已经知道什么？

Stage two: Devising (v.)发明；设计；想出 a plan: here /the student **makes use of** 利用；使用 his past experience **/to decide 决定；选定 on** the method of solution.  
At this stage /he asks himself three questions:

- a) Do I know a problem /similar to this one?
- b) Can I restate (v.)重申；重新表述 the goal [in a different way] /that will make it easier for me /to use my past experience? Polya calls (v.) 宾 *restating the goal* 宾补 *'working backwards* 逆向思考'.
- c) Can I **restate** (v.) 宾 *what is given* **[in a way** /后定 that **relates to** my past experience]?

第二阶段：制定计划：在这里，学生利用他过去的经验, 来决定解决方案的方法。在这一阶段，他问自己三个问题：

- a) 我是否知道与此类似的问题？
- b) 我可以用不同的方式重申目标，以便更容易利用我过去的经验吗？波利亚称重申这一目标是“逆向工作”。
- c) 我可以用与我过去的经验相关的方式, 重述所给出的内容吗？

Example 21. 案例

DECIDE ON/UPON STH

to choose sth from a number of possibilities 决定；选定

Polya calls **restating** *what is given* **as** 'working forward'.  
The student stays (v.) [at stage two] /until he **has** *the flash* (使) 闪现，映出，显示 *of insight*.  
If necessary /he can **put** the problem **to one side** /for a while /and then **come back to** it.  
Eventually he will see /how the problem **can be done**.  
波利亚称重申“继续努力”。学生停留在第二阶段，直到他获得顿悟。如果有必要，他可以把问题暂时放在一边，然后再回来解决。最终他会看到如何解决这个问题。

Stage three: **Carrying out** 履行；实施；执行；落实 the plan: the student **carries out** the plan of solution, **checking** each step.  
第三阶段：执行计划：学生执行解决方案的计划，检查每一步。

Stage four: Looking back: the student checks his answer /in some way, perhaps by using another method, or whatever.  
**Having done** that, he makes it 宾补 **part of** his experience /by asking himself: 'Can I **use** (v.) this result or method **/for** other problems'?'  
第四阶段：回顾：学生以某种方式检查他的答案，也许使用另一种方法，或其他什么。完成此操作后，他问自己：“我可以使用这个结果或方法来解决其他问题”，从而将其作为自己的经验的一部分吗？

I will repeat again that /not all problems /are like the mathematics problems /后定 that Polya is thinking about.  
Not every problem is solvable, and some **may even have** no satisfactory solution.  
Nevertheless, it is probably a good idea **/to do** what Polya has done.  
That is, when you are successful /in solving a problem, analyse (v.) how you have done it, and remember (v.) your method /for the next time.  
我再说一遍，并不是所有的问题, 都像波利亚正在思考的数学问题。并不是所有的问题, 都能得到解决，有的甚至可能没有令人满意的解决方案。尽管如此，像波利亚所做的那样, 可能是个好主意。也就是说，当你成功解决了一个问题后，分析一下你是如何做到的，并记住你的方法，以供下次使用。