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How the heel got its height

高跟鞋是怎么高起来的

Marilyn Monroe in high heels is the embodiment of a certain version of **femininity** – **dainty, sexualised** and uncomfortable, with limited mobility, and **pandering** to the male gaze.

身穿高跟鞋的玛丽莲·梦露是一种女性气质的化身——娇小玲珑、有女人味儿，又不太舒服、行动不便，迎合着男性的目光。

A is the embodiment of B: A 是 B 的化身、体现

相关词汇：embodiment (n. 具体形象，化身)

相关词汇：embody (v. 使...具体化)

例句：This team embodies competitive spirit. 这个团队展现了竞争精神。

femininity /fəˈmɪnɪnɪti/: n. 阴柔；女性气质

相关词汇：**feminine** /fəˈmɪnɪn/: adj. 女性的；n. 阴性

dainty /ˈdeɪnti/: adj. (物) 小巧的；(动作) 文雅的；(人) 娇小的，秀丽的

搭配短语：a dainty gold chain ((物) 小巧的)

搭配短语：a dainty teenage girl ((人) 娇小的，秀丽的)

sexualise /ˈsek.sju.əl.aɪz/: v. 使...带有性特征，让...变得性感

相关词汇：sexual (adj. 性的，与性有关的)

词根词缀：-ise/-ize (使...化)

派生词：privatize (使...私有化)

pander /ˈpændə/: v. 迎合

例句：He didn't pander to popular taste. 他不喜欢大众口味。

male gaze (男性凝视)

男性凝视是一种社会文化现象，它将女性角色建构成了男权社会所希望的具有“女性气息”的角色，是男女差异和不平等的表现。

High heels were, in fact, originally designed for men – and had an **immensely** practical purpose. Soldiers on horseback wore them in tenth-century **Persia**. The heel helped keep them stable as they stood up in their **stirrups** and took aim at enemies with bows and arrows. Yet from the mid-17th century, heels became associated with **supposedly** “feminine” qualities, and so became women's wear.

实际上，高跟鞋原本是为男性设计的，并且有着极大的实用价值。在 10 世纪的波斯，骑兵们穿的就是高跟鞋。这可以帮助他们稳稳地踩在马镫上，用弓箭瞄准敌人。然而从 17 世纪中期开始，高跟鞋与所谓的“女性特质”联系在了一起，于是成为了女性的服饰。

immensely /ɪˈmɛnsli/: adv. 非常，极其

近义词：extremely

相关词汇：immense (adj. 巨大的)

Persia /ˈpɜːʃə/: n. 波斯

stirrup /ˈstɪrəp/: n. 马镫

(a) bow and arrow: 弓和箭

相关词汇：(a) knife and fork 刀和叉

supposedly /səˈpoʊ.zɪd.li/: adv. 据说，据称 (常用来暗示说话人对此有怀疑)

相关词汇：suppose (v. 认为，估计)

Until the mid-20th century heels were **chunky, clunky** things. After the Second World War, techniques and materials used in aircraft engineering were applied to shoes, creating the

stiletto.

直到 20 世纪中期，高跟鞋依然是大块、笨重的。第二次世界大战之后，航空工程中使用的技术和材料被应用到了鞋子上，细高跟女鞋由此出现。

chunky/'tʃʌŋ.ki/: adj. 大块的，厚重的

相关词汇：chunk (n. 大块)

搭配短语：chunky sweaters 厚毛衣

搭配短语：chunky jewellery 沉甸甸的首饰（大金链子）

clunky/'klʌŋ.ki/: adj. 笨重的

搭配短语：clunky Dr Martens 笨重的马丁博士（鞋子品牌）

搭配短语：a clunky piece of architecture 笨重的建筑

the Second World War: 第二次世界大战

第二次世界大战的英文也可以表达为 World War II（简称为 WWII 或 WW2），又称世界反法西斯战争，持续时间是 1939-1945 年。

stiletto/stɪ'letəʊ/: n. 细高跟女鞋（意大利语）

回忆12.31学习的几个意大利语：

相关词汇：espresso /ɛ'sprɛsəʊ/: n. 浓缩咖啡

相关词汇：tiramisu /ˌtɪrəˈmiːsʊ/: n. 提拉米苏

相关词汇：cappuccino /ˌkəpuˈtʃiːnəʊ/: n. 卡布奇诺

Shoemakers and wearers have searched **doggedly** for a heel that is both high and comfortable. Joan Oloff, a **podiatrist**-turned-shoe-designer, makes **footwear** lined with memory foam to absorb the shock of each painful step. Sandra Gault has developed an app to create 3D images of your feet, which can be used to create perfectly fitting shoes. And growing numbers of companies make shoes with **adjustable** heels: two inches for the **boardroom**, four for the nightclub, none for the **schlep** home.

鞋匠和穿鞋的人一直在努力寻找一种又高又舒服的高跟鞋。琼·奥洛夫原本是足科医生，后来转行当了鞋子设计师，她制造的鞋子里铺着记忆海绵做的衬垫。穿着高跟鞋走的每一步都会造成疼痛，而记忆海绵能够起到缓冲的作用。桑德拉·高尔特开发出了一款能够绘制脚部三维图像的 app，这种图像可以被用于制作完全贴合脚部的鞋子。除此之外，越来越多的公司开始制造可调节鞋跟高度的鞋子：调到 2 英寸，适合职场；调到 4 英寸，适合夜店；调到平跟，适合赶路回家。

doggedly /'dɒɡɪdli/: adv. 顽强地

相关词汇：dogged (adj. 顽强的，坚决的)

英文释义：having the qualities of a dog

搭配短语：dogged determination 坚定的决心

podiatrist/pə'dʌɪətrɪst/: n. 足科医生

词根词缀：pod- (脚)

词根词缀：-iatrist (健康；治疗)

footwear/'fʊt.wer/: n. 鞋类

line with...: 在某样东西的内表面铺上...

搭配短语：line A with B

例句：The greedy merchants desire to line their pockets with gold. 贪婪的商人希望用金子铺满自己的口袋。

adjustable/ə'dʒʌstəbl/: adj. 可调节的

相关词汇：adjust (v. 调整，调节)

例句：The height of the bike seat is adjustable. 自行车座椅的高度是可调的。

boardroom/'bɔ:rd.ru:m/: n. 董事会会议室，本文中广译为职场

相关短语：board of directors (董事会)

schlep/ʃlep/: n. 艰难的旅途或过程，跋涉

英文释义：an arduous journey or procedure

词性拓展：schlep (v. 拖，拉，拽)

例句：I schlepped my luggage all the way to the airport.

For those looking for cheaper options, myriad hacks exist. **Taping** your third and fourth toes together gets good reviews. The **wisest** are stepping down **altogether**: in 2016, for the first time, more British women bought trainers than heels.

对于那些想省钱的人来说，这儿还有各种各样的小窍门。（比如）把第三根和第四根脚趾绑在一起——这个方法获得过不少好评。最聪明的做法就是彻底不穿高跟鞋：2016年，在英国女性当中，购买运动鞋的人数首次超过了购买高跟鞋的人数。

myriad/'mlr.i.əd/: adj. 大量的，各种各样的

词性拓展：myriad (n. 无数，极大数量)

搭配短语：a myriad of problems 无数的问题

搭配短语：myriad topics 各种各样的话题

hack/hæk/: n. 好的方案，好的建议

英文释义：a good solution or piece of advice

搭配短语：life hacks 生活窍门

tape/teɪp/: v. 用带子捆；n. 带子，胶带

wisest: wise的最高级

wise: adj. 聪明的

step down: 减少；放弃

词义拓展：退位，下台

例句：The king stepped down.

altogether: altogether 在这里相当于 completely, 彻底地

原文：

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— The Economist: How the heel got its height | 1843