

BBC Learning English – Q & A of the Week

About this script

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关于台词的备注:

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Heart Idioms 和“心”有关的成语

Jean: 大家好，欢迎收听我们今天的《你问我答》节目。在这档节目中，我们为大家解答在英语学习过程中有时会碰到的一些最不容易掌握的环节。我的名字叫董征，而今天和我一起在这个荒凉恐怖的坟场现场主持节目的是我的同事 William. Hi William.

William: Hi Jean. Brrr. It's really cold today isn't it?

Jean: William, why are we in a graveyard? It's so spooky, 好恐怖。

William: It is spooky, but don't worry Jean. It's just FX and music. A bit of atmosphere, that's all.

Jean: 谁让您搞出这么多装神弄鬼的音响效果！William 你不要成心吓唬人好不好！

William: Well I've opted for spooky atmospheres today to help us answer a question from Zhang Yishi in China. Let's hear his question now.

Insert

Hello. My name is 张益诗. I'm a final year student of Sichuan University for Nationalities in Ganzi Tibetan Autonomous Prefecture in Sichuan Province. The phrase 'eat somebody's heart out' beats me. How do the British use this phrase? Please give me some examples. Cheers.

Jean: 这位名叫张艺实的中国朋友想知道英语里 to eat somebody's heart out 是什么意思，难道真的是要把谁的心掏出来吃了么？

[crazy organ music. Manic laughter.]

Jean: 再吓唬我可真的要走人了啊！你们英国人本来就喜欢搞怪，难道还真的有这么邪恶的事情，真要活吃人心了！太可怕，太可怕了！

William: Do calm down Jean. Here, have a cup of tea. No-one's eating anybody's heart. We're just talking about a phrase that we can use when we're proud of something.

Jean: 这个说法怎么会是当你在为某事特别骄傲的时候用的呢？Can you give us an example, William?

William: Of course. But before we go to the examples, let's just get the phrase right. We nearly always say, "eat your heart out".

Jean: Eat your heart out. 那就是说, 我们一般不会说 eat his heart out, 或者 eat her heart out....

William: No no no no no. Eat your heart out or, eat yer heart out! And British people say this as a kind of joke after we think we've done something really well. So, for example...

Insert

A: Why are you looking so pleased with yourself?

B: I've just passed my driving test!

A: Yey!

B: Eat your heart out Lewis Hamilton!

Jean: 在刚才的录音片段中我们听到说话的女孩刚考过驾照很兴奋, 她说 eat your heart out Lewis Hamilton. Lewis Hamilton 是英国当今最著名的赛车手, 所以这个女孩开的玩笑的意思是她比 Lewis Hamilton 的驾驶技术还要棒, 而用到的这个说法就是说就连超级赛车手都会羡慕到她的驾驶技术。让我们把这段录音再听一遍。

Insert

A: Why are you looking so pleased with yourself?

B: I've just passed my driving test!

A: Yey!

B: Eat your heart out Lewis Hamilton!

William: Let's hear another example. This one refers to the famous chef, Jamie Oliver.

Insert

A: Wow Tom, that was delicious!

B: Yeah it was, thanks Tom. Eat your heart out Jamie Oliver!

Jean: 在这段录音中, 一个人和另一个人开玩笑的意思是她比英国名厨 Jamie Oliver 厨艺还要更胜一筹, eat your heart out Jamie Oliver!

What was that?!

William: What?

Jean: I thought, I thought I heard something. Sssh! Do you hear that? 好像有人在跟着我们... 你听! 脚步声越来越近了! William, 拜托我们不要再玩这些音响效果了好不好! 把人吓坏了怎么办!

William: What can I say? This programme is not for the faint-hearted.

Jean: Ok, this programme is not for the faint-hearted.

William: If something is not for the faint-hearted it means that it isn't good for nervous people like you Jean.



- Jean: Not for the faint-hearted. 不适合胆小的人。
- 好了我这回真的忍无可忍了！你要再不把这些鬼鬼怪怪的音响效果关掉我可真要走人了！
- William: Oh you're going to just walk off again are you, Jean? Fine. What you don't seem to realise, Jean, is that I put my heart and soul into these programmes! I spent hours looking for those FX and making it all extra... spooky. What a... waste of time!
- Jean: Ok, you put your heart and soul into it. 你是把你所有的爱心和精力都倾注在这节目里了。（也有点太夸张了吧。）
- William: Yeah, I put my heart and soul into it. I wish I'd never bothered, frankly! Oh! I'm going to give up making these stupid audio programmes!
- Jean: William, 别急呀，我只是说我不喜欢你搞来的这些音效，我并没说你做的节目不好嘛。我本来也没有再批评你，你不要自己把它想得太认真了。You shouldn't take these things to heart.
- William: [sighs] I can't help it. I always take everything to heart. I think it comes from when I was a baby and my parents left me in a park. I was only two years old and I was playing on the swings when they just took off in the car [fade down]
- [fade up] And still to this day Jean, I can't so much as look at a packet of peanuts.... I don't know. I'm sorry Jean, I don't mean to go on and on about all my personal problems.
- Jean: That's all right William. People often pour their hearts out to me. 你能这么交心交肺的和我倾谈，我已经很感动了。
- William: Thanks. But Jean, if you ever want to pour your heart out to me please just go ahead.
- Jean: 啊，以后再说吧！
- William: What's that?
- Jean: Nothing! Nothing, William! 各位收听我们节目的朋友，希望你们喜欢今天这期完全自然没有做任何创造加工的节目，共同学习几个和 **heart** 有关的成语和说法。其实和“心”有关的短语真的是不少，而且和很多其它英语成语不同，许多这样的短语其实在日常会话中都会经常出现。在节目的最后，让我们再来回顾一下今天学到的这些成语和短语。

Insert

Eat your heart out Lewis Hamilton!



Jean: Eat your heart out – 这是我们在很为某事骄傲的时候半开玩笑的一种说法。

Insert

William: This programme is not for the faint-hearted.

Jean: This programme is not for the faint-hearted 这个节目可不适合那些容易受惊吓的人。

Insert

William: I put my heart and soul into these programmes!

Jean: William puts his heart and soul into these programmes, William 把他全部的爱心与力量都倾注在了这些节目中。

Insert

William: I always take everything to heart!

Jean: But he takes everything to heart. 不要凡事太认真搞得自己不开心。Don't take it to heart, William!

Insert

William: Jean, if you ever want to pour your heart out to me please just go ahead.

Jean: To pour your heart out 就是交心的把自己的心里话告诉人家。

William: Thanks again Zhang Yishi for your interesting question. If you're listening and you have a question you'd like an answer to, please email us at questions.chinaelt@bbc.co.uk.

Jean: 哎呀又来了!

Both: Bye!

